MACHB 2021: A Deeper Dive into Mental Health, Well-being, & Suicidality

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Missouri Partners in Prevention
http://mopip.org
PIP and the Missouri Assessment of College Health Behaviors Survey (MACHB)

- 24 campuses included in the 2021 data
- N=10,154
- Campuses can use data to plan strategically
- Campuses receive funding and training from PIP to implement strategic plans
- Survey is open to any campus in the State of Missouri for free every spring
- A 2-year school MACHB is being piloted currently with 6 2-year campuses

*The 2020 MACHB data was collected prior to the impact of COVID-19 being felt on our campuses, so responses were NOT affected by changes to campus operations.*
Key Takeaways From This Presentation

- Sense of belonging (or lack thereof) is strongly associated with mental health concerns and is experienced differently among different sub-populations of students.

- Students who report experiencing a high level of stress use substances at higher rates, have higher rates of mental health concerns, and report higher use of unhealthy forms of stress relief compared to students with low stress.

- Mental health concerns increased this year, and are disproportionately burdening our LGBQQAP and trans-spectrum students, and students who are impacted by previous/current trauma.

- Students who use cannabis appear to be struggling with mental health more than non-users and have higher rates of suicidality.

- Suicidality stayed consistent with last year, although awareness and utilization of ALR has continued to decrease.
Mental Health of Missouri College Students
Past Year Mental Health Concerns

- Major Depression: 35% Experienced, 24% Diagnosed
- Eating Disorder(s): 14% Experienced, 4.6% Diagnosed
- Chronic Sleep Issues: 25% Experienced, 6.6% Diagnosed
- Anxiety: 64% Experienced
- Bipolar Disorder: 3.4% Experienced, 2.9% Diagnosed
- Panic Attacks: 30% Experienced
- Self-Injury (not Suicidal Behavior): 6.1% Experienced
- PTSD: 6.7% Experienced

Legend:
- Gray: Experienced in Past Year
- Blue: Been Diagnosed by a Professional
Past Year Mental Health Concerns by Subpopulation

- Experienced Any Mental Health Concern in the Past Year

- All Students: 73%
- LGBQQAP: 90%
- Trans-Spectrum Students with Disabilities: 96%
- Students with Disabilities: 88%
- Thought of Transferring: 81%
- Thought of Quitting: 86%
- High Stress: 89%
- Suicidal Thought in Past Year: 96%
- Experienced Abusive Relationship in Past Year: 91%
- Experienced NCSC in Past Year: 95%
- Identify as Sober and in Recovery: 93%
### Locations & Barriers for Mental Health Assistance

**“For the issues previously identified, where did you initially seek assistance?”** (Check up to 2)

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I did <strong>not</strong> seek assistance</td>
<td>33%</td>
</tr>
<tr>
<td>Friends and Family</td>
<td>36%</td>
</tr>
<tr>
<td>Off-Campus Mental Health Provider</td>
<td>18%</td>
</tr>
<tr>
<td>Off-Campus Medical Doctor</td>
<td>16%</td>
</tr>
<tr>
<td>University Counseling Center</td>
<td>12%</td>
</tr>
<tr>
<td>University Health Center</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

**“What are the barriers that stop you from seeking assistance?”** (Check all that apply)

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do not think I need any assistance</td>
<td>53%</td>
</tr>
<tr>
<td>The cost is too expensive/My insurance does not cover</td>
<td>27%</td>
</tr>
<tr>
<td>I am afraid that people will judge me</td>
<td>27%</td>
</tr>
<tr>
<td>It is not helpful</td>
<td>15%</td>
</tr>
<tr>
<td>I do not know any resources</td>
<td>13%</td>
</tr>
</tbody>
</table>
Frequency of Cannabis Use and Mental Health Concerns

- Anxiety: 59% (No cannabis use), 29% (Infrequent cannabis use), 76% (Frequent cannabis use)
- Major depression: 45% (No cannabis use), 22% (Infrequent cannabis use), 57% (Frequent cannabis use)
- Chronic sleep issues: 30% (No cannabis use), 30% (Infrequent cannabis use), 39% (Frequent cannabis use)
- Panic attacks: 36% (No cannabis use), 26% (Infrequent cannabis use), 47% (Frequent cannabis use)
- I have not experienced a mental health concern: 30% (No cannabis use), 15% (Infrequent cannabis use), 9.4% (Frequent cannabis use)
Frequency of Cannabis Use and Mental Health Diagnosis

- Anxiety disorder diagnosis: 32% No cannabis use, 40% Infrequent cannabis use, 50% Frequent cannabis use
- Major depression diagnosis: 20% No cannabis use, 28% Infrequent cannabis use, 37% Frequent cannabis use
- Chronic sleep issue diagnosis: 6.2% No cannabis use, 6.5% Infrequent cannabis use, 8.7% Frequent cannabis use
- PTSD: 5.8% No cannabis use, 7.5% Infrequent cannabis use, 10.0% Frequent cannabis use
- Bipolar disorder: 2.0% No cannabis use, 3.1% Infrequent cannabis use, 7.2% Frequent cannabis use
- None of the above: 58% No cannabis use, 50% Infrequent cannabis use, 40% Frequent cannabis use
Suicidality
Trends in Suicidality

- Suicidal Ideation (Lifetime)
- Suicidal Ideation (Past Year)
- Attempted Suicide (Past Year)

<table>
<thead>
<tr>
<th>Year</th>
<th>Suicidal Ideation (Lifetime)</th>
<th>Suicidal Ideation (Past Year)</th>
<th>Attempted Suicide (Past Year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>41%</td>
<td>15%</td>
<td>1.5%</td>
</tr>
<tr>
<td>2016</td>
<td>38%</td>
<td>17%</td>
<td>1.6%</td>
</tr>
<tr>
<td>2017</td>
<td>39%</td>
<td>18%</td>
<td>1.3%</td>
</tr>
<tr>
<td>2018</td>
<td>41%</td>
<td>20%</td>
<td>1.8%</td>
</tr>
<tr>
<td>2019</td>
<td>44%</td>
<td>23%</td>
<td>1.8%</td>
</tr>
<tr>
<td>2020</td>
<td>46%</td>
<td>25%</td>
<td>2.1%</td>
</tr>
<tr>
<td>2021</td>
<td>46%</td>
<td>25%</td>
<td>1.6%</td>
</tr>
</tbody>
</table>
Suicidal Ideation by Subpopulation

- 25% of All Students
- 46% of LGBQQAP
- 62% of Trans-Spectrum
- 42% of Students with Disabilities
- 35% of Thought of Transferring
- 46% of Thought of Quitting
- 40% of High Stress
- 33% of Anxiety
- 53% of Depression
- 44% of Experienced Abusive Relationship in Past Year
- 53% of Experienced NCSC in Past Year
- 49% of Identify as Sober and in Recovery

Thought of Suicide in the Past Year
Interpersonal Violence & Suicidality
(2021)

- Suicidal thought in the past year:
  - Abusive relationship (lifetime): 37%
  - No abusive relationship (lifetime): 17%
  - Abusive relationship (past year): 44%
  - No abusive relationship (past year): 21%

- Suicide attempt in the past year:
  - Abusive relationship (lifetime): 2.5%
  - No abusive relationship (lifetime): 0.9%
  - Abusive relationship (past year): 4.1%
  - No abusive relationship (past year): 1.0%

- Sought for assistance (among who thought or attempted):
  - Abusive relationship (lifetime): 41%
  - No abusive relationship (lifetime): 33%
  - Abusive relationship (past year): 41%
  - No abusive relationship (past year): 37%
Non-Consensual Sexual Contact & Suicidality (2021)

- Suicidal thought in the past year:
  - NCSC (lifetime): 53%
  - No NCSC (lifetime): 19%
  - NCSC (past-year): 23%
- Suicide attempt in the past year:
  - NCSC (past-year): 8.6%
- Sought for assistance (among who thought or attempted):
  - NCSC (lifetime): 46%
  - No NCSC (lifetime): 33%
  - NCSC (past-year): 45%
  - No NCSC (past-year): 38%
Frequency of Cannabis Use and Suicidality

<table>
<thead>
<tr>
<th>Past year suicidal thoughts</th>
<th>Past year suicide attempt</th>
</tr>
</thead>
<tbody>
<tr>
<td>No cannabis use</td>
<td>Past year suicidal thoughts: 19%</td>
</tr>
<tr>
<td>Infrequent cannabis use</td>
<td>Past year suicide attempt: 1.0%</td>
</tr>
<tr>
<td>Frequent cannabis use</td>
<td>Past year suicide attempt: 2.3%</td>
</tr>
</tbody>
</table>

- 34% for Infrequent cannabis use
- 43% for Frequent cannabis use

2021 MACHB
Assistance for Suicidal Attempts/Thoughts

In 2021, 38% of students sought assistance for their suicidal attempt/thoughts

<table>
<thead>
<tr>
<th>Location of Assistance</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Off-campus Mental Health Provider</td>
<td>35%</td>
</tr>
<tr>
<td>University Counseling Center</td>
<td>22%</td>
</tr>
<tr>
<td>Off-campus Medical Doctor</td>
<td>13%</td>
</tr>
<tr>
<td>Other*</td>
<td>13%</td>
</tr>
<tr>
<td>Hospital Emergency Room</td>
<td>4.1%</td>
</tr>
<tr>
<td>Religious or Spiritual Advisor</td>
<td>1.8%</td>
</tr>
<tr>
<td>University Health Center</td>
<td>0.9%</td>
</tr>
</tbody>
</table>

*Most common answers for ‘Other’ included friends/family/parents, crisis line, dating partner/spouse
Barriers to Seeking Suicidality Assistance

In 2021, 55% of students who had a suicidal attempt/suicidal thoughts in the past year did not seek assistance.

<table>
<thead>
<tr>
<th>“What are the barriers that stop you from seeking assistance?” (Check all that apply)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel shame</td>
<td>42%</td>
</tr>
<tr>
<td>I do not think I need any assistance</td>
<td>40%</td>
</tr>
<tr>
<td>I am afraid that people will judge me</td>
<td>34%</td>
</tr>
<tr>
<td>The cost is too expensive/My insurance does not cover it</td>
<td>30%</td>
</tr>
<tr>
<td>I have fear of hospitalization</td>
<td>26%</td>
</tr>
<tr>
<td>It is not helpful</td>
<td>25%</td>
</tr>
<tr>
<td>I do not know any resources</td>
<td>11%</td>
</tr>
</tbody>
</table>

29% of students selected both shame and judgment as barriers to suicide assistance.
Well-being
Sense of Belonging by MH Concerns

In 2021, 59% of students agreed or strongly agreed that they felt a sense of belonging to the campus community.
The percentage of students reporting that their stress is overwhelming or unbearable has steadily increased since 2014.
Stress & Substance Use

- Used CBD: 20% (High Stress), 15% (No/Low Stress)
- Used Tobacco: 27% (High Stress), 23% (No/Low Stress)
- Used an Rx with no Prescription: 3.9% (High Stress), 2.4% (No/Low Stress)
- Used Cannabis: 32% (High Stress), 26% (No/Low Stress)
- Binge Drank: 21% (High Stress), 19% (No/Low Stress)
Stress by Retention & Mental Health Concerns

- Thought of Transferring: 19% No/Low Stress, 29% High Stress
- Thought of Quitting: 14% No/Low Stress, 31% High Stress
- Low Sense of Belonging: 36% No/Low Stress, 50% High Stress
- Depression: 24% No/Low Stress, 54% High Stress
- Anxiety: 55% No/Low Stress, 81% High Stress
- Panic Attacks: 21% No/Low Stress, 45% High Stress
- Had Suicidal Thoughts in Past Year: 16% No/Low Stress, 40% High Stress
Sources & Impacts of Stress

Top Causes of Stress:
1. School/Academics: 91%
2. Future Plans (graduation, finding a job): 56%
3. Time Management: 51%
4. Financial Concerns: 50%
5. Mental Health Issues: 41%

New Options for Stress this Year:
• Reduced Time with Friends: 36%
• Global Pandemic (COVID-19): 35%
• Missing the Campus Experience: 30%
• Physical Health (Unrelated to COVID-19): 29%
• Social Unrest Related to Racial Injustice: 16%
• Physical Health (Related to COVID-19): 11%
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