

At a Glance: Student Athletes: Drinking, Stress, & Mental Health

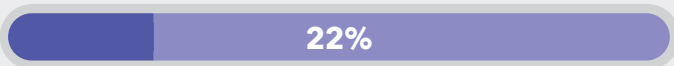
This 'At a Glance' will look at alcohol consumption, stress levels, and mental health concerns in Missouri student athletes from the 2024 MACHB and MACHB-A surveys.

Alcohol Consumption



63% of college athletes reported drinking in the past year.

Athletes self-reported **drinking 1 day per week**, on average.



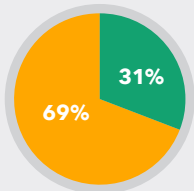
of athletes self reported a binge drinking episode in past month.

Off-season vs. In-season drinking differ significantly.*

"29% of student-athletes endorsed that they would drink more than they do if they didn't play their sport" - MACHBA

*Martens, 2006

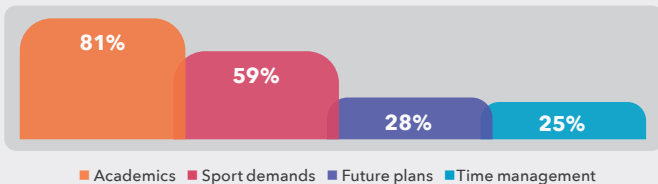
Stress



Nearly 1/3 of college athletes report unbearable to overwhelming stress.

Overwhelming-unbearable stress Average stress

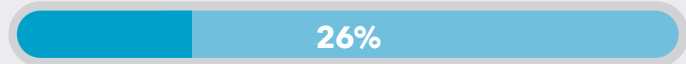
Highest Stressors reported by athletes



Mental Health

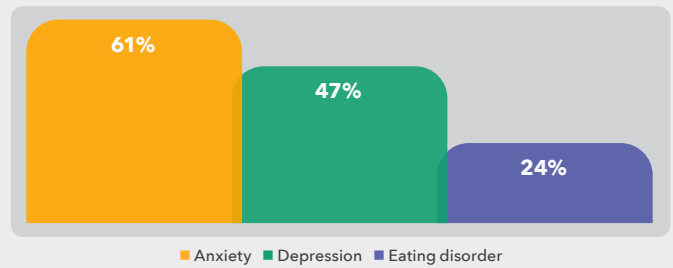


of student athletes self report experiencing a mental health concern in the past year.

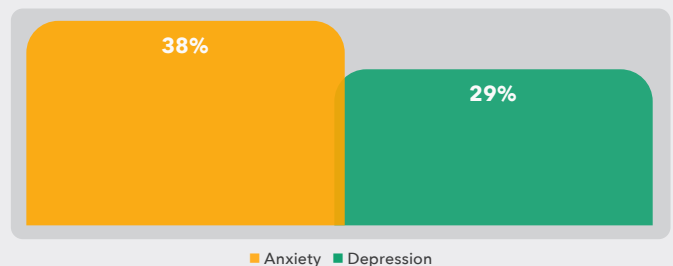


of student athletes self reported a formal mental health diagnosis

Most prevalent self-reported mental health experiences

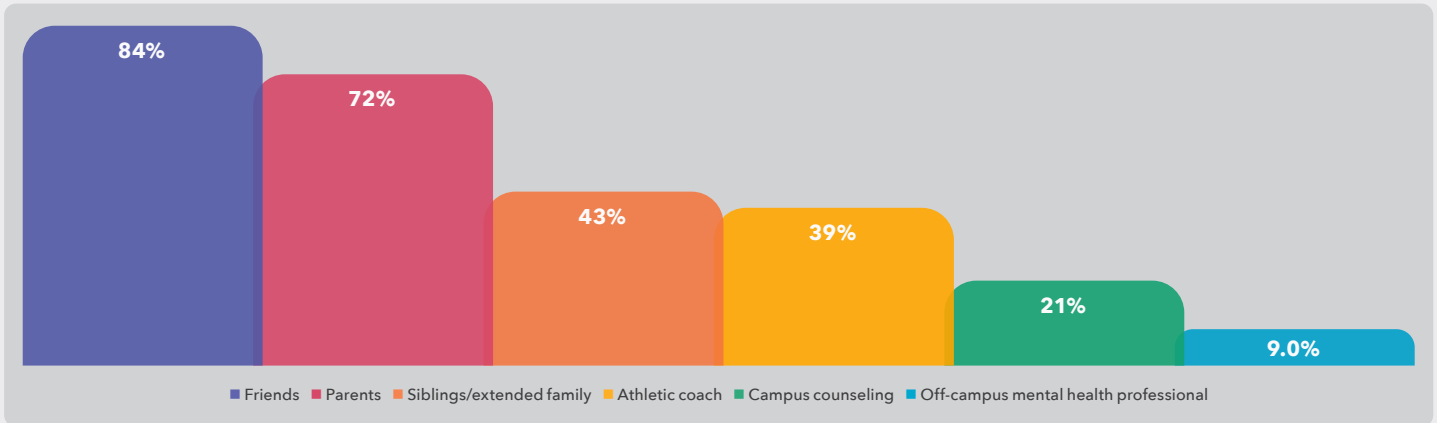


Most prevalent mental health diagnosis among student athletes who self-reported a mental health experience

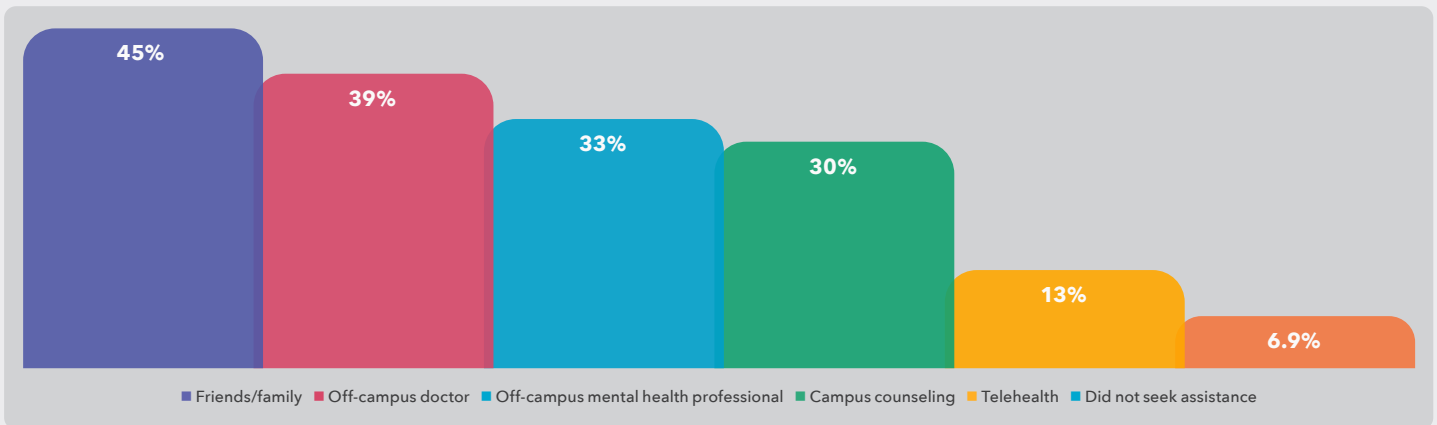


Help Seeking

When asked (hypothetically) who you would go to with stress or problems,
student athletes responded:



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Take Home

Developing and implementing targeted interventions to help reduce high-risk drinking behaviors and support overall well-being among collegiate athletes is crucial.