

# Fact Sheet

## 2020 Students' Well-Being Survey

**Missouri Partners in Prevention (PIP) is a higher education substance misuse consortium dedicated to creating healthy and safe college campuses.**

COVID-19 has affected Missouri campuses in unprecedented ways. As sheltering in place, virtual learning, and social distancing became the new normal, we considered the unprecedented impact on students' health and well-being, especially related to stress and mental health, financial stability, and substance misuse. The 2020 Students' Well-being Survey is designed to assess students' experiences due to the pandemic. The results of the survey could help campus administrators understand students' behaviors and needs when they come back to campus in Fall 2020. Additionally, the 2020 Students' Well-being Survey results could allow us to compare students' substance use and mental health experience to the MACHB survey results in both 2020 and 2021. The survey is planned to be implemented in September and will last for a week. There are approximately 50 questions in the survey.

Questions on the survey ask students' current (i.e. September) experience and their experience from March to May 2020 (i.e. during the spring COVID-19 outbreak). The 2020 Students' Well-being Survey examines the following health behaviors:

### Demographics

Demographic questions on the 2020 Students' Well-being Survey include age, racial/ethnic background, gender, year in school, current living arrangement, and living arrangement from March to May 2020.

### COVID-19 Prevention Strategies

The survey includes questions about COVID-19 personal prevention strategies, such as wearing face masks, social distancing, washing hands,

etc. Questions on the survey also ask students' attitudes regarding social gathering, in-person classes, as well as campus prevention strategies. The result of these questions could help campuses to promote rules and guidance.

### Policy/Resource Awareness and Utilization

Questions about policy and resources ask whether students have heard of any policies, or utilized any resources that their campuses implemented from March to May 2020 and/or in the fall. Additionally, questions also ask what type of services/programs that students would like to have. These questions could help campuses provide the most effective and efficient resources for students.

**For more information, visit [pip.missouri.edu](http://pip.missouri.edu)**

*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

## Substance Use

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Questions examine students' current substance use (alcohol, cannabis and illicit drugs, prescription drugs, and tobacco/nicotine use) behaviors and behaviors from March to May 2020. Questions ask substance use amount, frequency, use locations, and whether their substance use behaviors changed due to the COVID-19 outbreak.

## Well-being and Mental Health

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Questions about mental health and well-being ask students' stress levels, factors that contribute to stress, mental health concerns such as major depression, anxiety, etc., as well as on/off-campus support where they would seek assistance. Questions also ask environmental factors that contribute to students' well-being status.

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