

At a Glance:

2020 Students' Well-being Survey Key Findings: Well-being and Mental Health

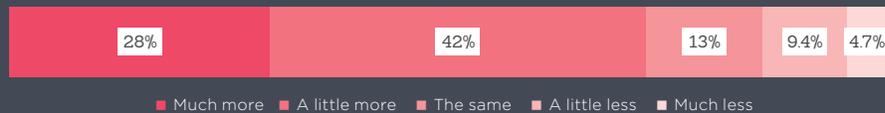
The 2020 Students' Well-being Survey, which was implemented at 13 public/private institutions in mid-September 2020 with a 19% return rate (N= 5446). The following are key findings from Survey. To better understand the differences, we compared the Well-being Survey data with the Missouri Assessment of College Health Behavior (MACHB) 2020 data, which was collected before campuses' spring breaks and prior to campus operations being disrupted.

Missouri students experienced higher rates of stress and mental health concerns after they came back on campus in fall 2020.

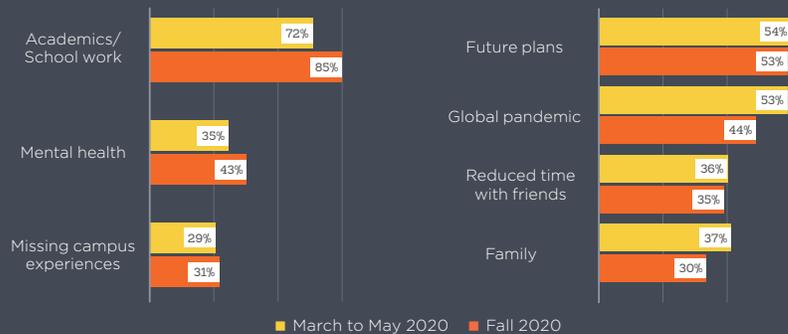


During the spring COVID-19 outbreak (i.e. March to May 2020), most students (71%) felt more stress than before.

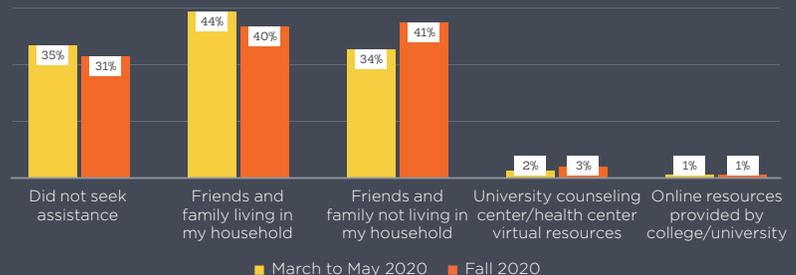
I felt _____ stress than before:



Sources of students' stress vary. Academics/School work (including technology/online learning) increased the most while stress from family decreased after students came back to school in Fall 2020.



Less students sought assistance for their mental health concerns after they came back on campus in Fall 2020. Friends and family are the most common places that students will go if they need assistance.



The survey was implemented at 13 public/private Universities/Colleges in mid-September 2020 with a 19% response rate (N=5446).

For more information please visit pip.missouri.edu/research.html

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