

Fact Sheet

Missouri Athlete Wellness Survey: MAWS

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

The coalition is comprised of 27 public and private colleges and universities in the state. The MAWS was designed and implemented in the Fall of 2024 among 12 campuses in Missouri. Student-athletes are a unique subpopulation given both academic and athletic demands. Therefore, resources designed for the average college student often lack effectiveness for student-athletes, which can have detrimental consequences on their mental and physical well-being, and impact them both on and off the field. This population was not being captured effectively within the standard MACHB. By creating this specific assessment, participating campuses were able to gain beneficial health and well-being data about their student-athlete population. As an outcome of the implementation, campuses have developed a better understanding of the needs of their student-athletes and are able to provide more effective programming related to student-athlete health and wellness.

The MAWS Examines the Following Health Behaviors

Demographics

Demographic data is gained from the MAWS including age, sex, sport that the student participates in, and injury status over the past year. Approximately 5 questions on the MAWS focus on demographics.

Sport-Specific Factors

Questions about sport-specific factors are asked on the MAWS to gain information about topics that are exclusive to the student-athlete population including athletic identity, body image as an athlete, coach/teammate relationships, concerns

related to transitioning into college sport as a freshman and out of college sport due to graduating, career-ending injuries, etc., motivation to participate in sport, injuries experienced as a result of training, and relative energy deficiency in sport (RED-S). Approximately 20 questions on the MAWS focus on sport-specific factors.

Alcohol Use and Abuse

Questions about alcohol are asked on the MAWS to gain information about drinking patterns among student-athletes such as how much and how often students are drinking, what problematic alcohol-related behaviors occur, and whether they'd drink more if they weren't a student-athlete. Approximately 15 questions on the MAWS focus on alcohol.

Mental Health

Questions about mental health on the MAWS ask student-athletes about stress levels, sources of stress, support systems on and off-campus, mental health concerns such as anxiety, depression, eating disorders, panic attacks, etc., suicidal thoughts and attempts, help-seeking behaviors, and barriers to help-seeking. Questions also ask whether student-athletes feel that mental health is taken more seriously than mental health and whether they think coaching staff knows how to talk about mental health. Approximately 20 questions about mental health are included on the MAWS.

Illicit Drug, Prescription Drug, and Cannabis Use

Questions on the MAWS ask student-athletes to self-report illicit drug use, use of prescription drugs with/without a doctor's prescription, and cannabis use. These questions help determine which drugs, the frequency of use, and the reason for use. Questions about drugs also ask if student-athletes have used any substance to enhance performance and/or deal with performance anxiety. Approximately 10 questions about drug and cannabis use are included on the MAWS.

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