

# MCHBS 2011

## TRUMAN STATE UNIVERSITY

Campus Data (Demographics, Campus Alcohol Policies, Social Desirability)

Created by: Liz

Date: May 6, 2011

	PIP 20 n = 8905	Truman n = 339
<b>Age</b>		
18	10.3	14.2
19	20.6	23.0
20	18.8	28.3
21	15.8	18.3
22	10.1	10.3
23	4.4	3.5
24	2.6	0.6
25 or older	17.4	1.8
<b>Gender</b>		
Female	56.3	54.6
Male	43.6	44.8
Transgender	0.1	0.6
<b>Body Mass Index</b>		
Underweight (Lowest - 18.4)	3.3	5.8
Normal (18.5-24.9)	56.1	60.9
Overweight (25.0-29.9)	24.2	22.6
Obesity 1 (30.0-34.9)	9.9	6.7
Obesity 2 (35.0-39.9)	3.8	1.8
Obesity 3 (40 - Highest)	2.6	2.1
<b>Cumulative GPA</b>		
<1.0	0.1	0.0
1.0-1.49	0.3	0.3
1.5-1.99	1.5	0.9
2.0-2.49	6.8	2.9
2.5-2.99	18.9	16.8
3.0-3.49	30.1	27.7
3.5-3.99	36.2	40.7
4.00	6.1	10.6
<b>Ethnicity</b>		
Hispanic/Latino	3.5	2.9
Non-Hispanic/Latino	96.5	97.1
<b>Racial/Ethnic Background</b>		
American Indian/Alaskan Native	2.3	2.1
Asian	4.3	4.4
Hawaiian/Pacific Islander	0.5	0.9
White/Caucasian	84.6	88.8
Black/African American	6.7	2.4
Bi-racial or Multi-racial	3.0	2.7
Other	1.9	2.1
I prefer not to respond	1.9	1.5
<b>Sexual Orientation</b>		
Bisexual	2.4	2.7
Gay	2.1	1.8
Heterosexual	90.7	91.4
Lesbian	0.6	0.0

Queer	0.1	0.9
Uncertain	0.8	0.6
Prefer not to respond	3.2	2.7

#### Disability status

I have no disability	88.0	90.3
Learning disability (LD)	1.8	1.2
ADD/ADHD	5.4	4.1
Deaf/hard of hearing	0.7	0.6
Blind/low vision	0.8	0.6
Physical health disability	2.0	2.4
Mental health disability	2.5	3.2
Orthopedic or mobility disability	0.7	0.3
Other	0.5	0.3

#### Year in School

1st	25.5	31.6
2nd	22.2	23.3
3rd	22.4	24.5
4th	17.0	16.5
5th or higher	7.6	4.1
Graduate/Professional	4.2	0.0
Other	1.2	0.0

#### Are you an international student?

Yes	3.1	2.7
No	96.9	97.3

#### Relationship Status

Single	59.1	67.0
Married/have spouse/partner	10.0	1.8
Long-term relationship	28.6	31.3
Divorced or separated	2.2	0.0
Widowed	0.2	0.0

#### Parent

Yes	11.4	2.9
No	88.3	96.8
I prefer not to answer	0.3	0.3

#### Campus have alco/drug prevention prog?

No	2.3	1.5
Yes	46.6	45.4
Unsure	51.1	53.1

#### Campus concerned about alco/drug use?

No	14.7	6.5
Yes	85.3	93.5

#### Campus policies consistently enforced?

No	37.0	30.1
Yes	63.0	69.9

#### Marlowe-Crowne Social Desirability Scale [Range = 0-13 (13: Max Socially Desirable Responding)] AVERAGE

7.28	6.64
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## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Participation (Depth)

n = 8905    n = 339

**Other School-Based Info**

Full time student	92.4	98.8
Part time student	7.0	1.2
Web-based distance learning	0.6	0.0

**In which subject area is your major (Select up to two):**

Agriculture	2.1	1.2
Business	14.9	12.7
Communication (advertising, mass comm, public relations)	3.2	4.7
Computer Science	2.4	0.9
Divinity/Theology/Religious	0.3	0.6
Education	11.6	5.6
English	2.9	8.0
Engineering	6.6	0.3
Foreign Language	2.2	3.2
Health Sciences/Veterinary Science	17.8	20.4
Human Development & Family Studies	0.6	0.3
Interdisciplinary	0.3	0.9
Journalism	2.1	0.6
Liberal Arts/Humanities	2.0	1.2
Mathematics	2.0	5.9
Physical Sciences	9.5	17.7
Social Sciences	15.4	22.7
Technology	1.1	0.0
Visual and Performing Arts	4.6	5.9
Undecided/Do not have a major	2.8	1.5
Other (please specify)	7.7	7.4

**Living Arrangements**

On-campus housing	36.2	59.9
Fraternity/Sorority Housing	4.1	3.5
Off-campus housing (w/o parents)	45.3	36.0
Off campus (with parents)	13.1	0.6
Other	1.3	0.0

**Residence Location (on-campus housing students only)**

Residence hall	83.7	92.1
Apartment	13.9	7.9
House	2.0	0.0
Other (please specify)	0.5	0.0

**Greek Living Arrangements (Fraternity/sorority housing students only)**

Residence Hall	11.2	8.3
On campus (not residence hall)	56.2	8.3
Off-campus	32.3	83.3
Other	0.3	0.0

**In which campus activities or organizations are you involved? Check all that apply**

Religious groups	13.6	22.1
Honors/Academic/Professional Clubs	28.7	38.1
Service/Volunteer groups	19.7	28.0
Student government	4.1	6.8
Fraternity or Sorority (IFC, PHC, NPHC, Multicultural Greek)	15.9	27.1
Intercollegiate/Varsity Athletics	4.5	6.8
Intramurals/Club sports	18.2	21.8
Performance Arts (music, theater, visual art)	7.7	14.2
Other	8.7	11.2
I am not involved in any campus activity/organization	35.3	13.0

**In which of these activities/organizations do you hold a leadership position (Check all that**

**apply?)**

Religious groups	3.7	5.9
Honors/Academic/Professional Clubs	7.2	13.6
Service/Volunteer groups	5.3	9.7
Student government	2.3	3.8
Fraternity or Sorority (IFC, PHC, NPHC, Multicultural Greek)	7.8	16.2
Intercollegiate/Varsity Athletics	1.5	2.1
Intramurals/Club sports	4.1	4.4
Performance Arts (music, theater, visual art)	1.9	3.2
Other	3.5	3.8
I do not hold a leadership position in any campus activity/org	71.8	52.8

MCHBS 2011

TRUMAN STATE UNIVERSITY

Alcohol (Depth)

	PIP 20	Truman
	n =	n =
	8905	339
<b>ALCOHOL</b>		
Age First drink		
Never used	17.6	23.0
12 or younger	2.3	0.3
13-15	15.5	10.3
16	16.1	11.5
17	12.3	12.1
18	17.8	19.2
19	7.2	10.6
20	3.9	5.3
21	6.2	7.4
22	0.6	0.0
23	0.2	0.0
24+	0.5	0.3
Have you consumed alcohol in the past year? (YES)	77.8	74.3
Reasons for not drinking (check all that apply)		
My friends don't drink	6.0	9.4
So I don't have to worry about negative consequences	13.8	16.2
Alcohol costs too much	4.9	6.5
It's hard to access alcohol	1.0	1.8
I don't like the taste	6.2	5.6
I don't like how it feels	3.2	3.5
Too many personal responsibilities	12.8	12.4
Too many academic responsibilities	12.7	11.8
Personal beliefs/values	15.6	18.0
I don't want to do something I later regret	12.4	15.3
To be the designated driver	3.4	5.0
Because drinking is against the law/policy	10.2	18.0
Other (please specify)	2.3	2.9
30 day drink rate		
0 days	15.0	12.4
1-2 days	28.3	28.0
3-5 days	24.3	27.2
6-9 days	19.9	25.2
10-20 days	10.8	5.6
21-30 days	1.7	1.6
Number of days you drank in the last two weeks		
0 days	27.7	25.6

1-2 days	41.5	42.8
3-5 days	21.9	26.4
6-8 days	6.3	2.4
9-11 days	1.7	2.0
12-14 days	1.0	0.8
Ave # drinks per week (drinkers only)	8.98	8.97
Ave # drinks per week ALL	6.97	6.66
% who are binge (2 hr; drinkers only)	41.80	51.10
% who are binge (2 hr; ALL)	31.20	36.60
Old binge rate- (drinkers only)	44.00	50.70
Old binge rate-ALL	32.80	36.30
30 Day Binge Rate (drinkers only) AVERAGE	2.18	2.27
30 Day Binge Rate (ALL) AVERAGE	1.61	1.62
BAC-drinkers AVERAGE	0.0565	0.0587
BAC-ALL AVERAGE	0.0418	0.0418
How many times in past year have you consumed drink that combined alcohol and energy drink?		
0 times	52.3	53.5
1 time	12.3	17.1
2 times	9.8	6.5
3-5 times	10.0	10.1
5+ times	15.7	12.9
Where do you typically consume alcohol? (Check all that apply)		
Bars/Restaurants	33.0	26.5
Social gathering or friend's house (off campus)	46.1	57.5
Fraternity or Sorority house	8.5	18.3
Fraternity or Sorority Community in a residence hall	0.9	0.6
Residence hall	4.7	3.8
Sporting events	7.4	2.9
Where I live	33.2	26.3
Other (please specify)	1.5	0.6
If you drink at sporting events, which sporting events do you typically drink at? (Check all that apply)		
I do not drink at sporting events.	40.8	50.7
Professional sports (i.e., NFL, NBA, NHL, etc)	17.6	11.8
Intercollegiate sports - College football	8.5	2.1
Intercollegiate sports - College basketball	2.9	0.6
Intercollegiate sports - Other	1.1	0.6
Intramural/Club sports (i.e., Flag football, basketball, kickball, etc)	1.1	0.3
Other (please specify)	0.7	0.6
If you pre-party, where do you typically do so? (Check all that apply)		
I do not pre-party.	23.8	24.2
Bar/Restaurant	7.8	3.5
Social gathering or friend's house	32.8	36.9
Fraternity or Sorority House	4.2	7.1
Fraternity or Sorority Community in a residence hall	0.8	0.3
Residence hall	5.6	4.4
Sporting events (including tailgating)	5.1	1.5
Parking lot	5.5	2.1
In transit (e.g., driving, walking, etc., to a location)	6.3	2.9
Other (please specify)	3.6	4.1
If you pre-party, why do you typically do so? (Check all that apply)		
I do not pre-party.	23.5	23.6

Under 21	11.1	11.5
To save money	26.0	21.5
To become more intoxicated, "loosen up"	14.5	15.3
To drink as much as my peers	1.2	1.5
To spend time with friends, socialize	27.6	33.0
Other (please specify)	0.6	0.3
Last time you consumed the most alcohol...WHERE did you consume the majority of your drinks?		
Bar/Restaurant	28.1	15.2
Social gathering or friend's house (off campus)	43.6	53.9
Fraternity or Sorority House	5.9	13.8
Fraternity or Sorority Community in a residence hall	0.3	0.5
Residence hall	2.7	1.8
Sporing events	0.3	0.5
Where I live	19.1	14.3
If you are under 21, how do you obtain your alcohol? (Check all that apply)	n=4426	n = 222
21 or older...	0.2	0.0
Over 21 friend	44.8	48.6
Fake ID	5.9	1.8
Family members	8.4	4.5
Know people in rest/bar	4.6	2.3
Go where IDs not checked	9.0	6.8
Know people convenience/grocery stores who sell to me	1.9	0.9
Other (please specify)	3.8	3.2
When you drink, what contributes to your decision to drink alcohol (check all that apply)		
I don't drink	3.9	4.1
I want to relax	36.1	35.4
I want to have fun with friends	50.8	54.6
I want to drink because my friends are drinking	8.9	9.4
I am unconcerned about negative consequences	4.4	8.3
I have nothing better to do	6.7	10.9
I like the taste	30.2	30.4
I like how it makes me feel	24.5	27.7
I can lose my inhibitions	9.0	12.1
I have easy access to alcohol	7.2	8.6
I take advantage of drink specials/happy hours	10.6	8.0
Other (please specify)	3.7	3.5
What motivated you to drink less or not drink alcohol at all on one or more occasions (check all that apply)		
High cost of drinks/alcohol	39.5	41.9
Strict enforcement of alcohol laws	17.9	18.6
Academic obligations the following day	48.0	53.7
Chance of getting sick or havin ga hangover	29.4	30.1
Possibility of getting caught by authorities	18.0	20.6
My friends' drinking habits	9.3	12.7
Potential of doing something I will regret later	19.0	20.4
Reduced ability to make informed choices	16.2	14.2
Being a designated driver	39.3	40.1
My parents might find out	4.9	5.6
My behavior when I am drunk	9.6	8.6
Other (please specify)	8.2	6.5
In the past year, how often have you done the following at parties or social gatherings where alcohol was served?		
<b>Use a designated driver</b>		
Never	12.6	15.4

Rarely	6.3	7.1
Occasionally	7.6	5.8
Sometimes	7.2	7.9
Usually	20.9	19.9
Always	45.4	44.0

#### **Determine not to exceed a set number of drinks**

Never	18.0	20.7
Rarely	13.2	12.9
Occasionally	11.6	9.1
Sometimes	14.3	15.4
Usually	19.2	19.9
Always	23.8	22.0

#### **Alternate alcoholic and non-alcoholic drinks**

Never	21.2	17.8
Rarely	18.8	18.3
Occasionally	14.5	18.3
Sometimes	15.1	15.8
Usually	14.0	15.8
Always	16.4	14.1

#### **Have a friend let you know when you have had enough to drink**

Never	33.8	29.5
Rarely	17.1	17.8
Occasionally	10.5	11.2
Sometimes	9.6	13.3
Usually	12.4	14.5
Always	16.6	13.7

#### **Avoid drinking games**

Never	23.6	23.7
Rarely	20.4	24.9
Occasionally	13.5	17.0
Sometimes	10.0	10.0
Usually	11.9	10.8
Always	20.6	13.7

#### **Leave the bar/party at a predetermined time**

Never	20.9	22.0
Rarely	17.2	27.0
Occasionally	16.9	17.0
Sometimes	16.8	13.3
Usually	14.5	11.2
Always	13.7	9.5

#### **Make sure that you go home with a friend**

Never	11.2	12.0
Rarely	6.2	7.1
Occasionally	8.5	12.0
Sometimes	9.0	11.2
Usually	18.9	23.7
Always	46.2	34.0

#### **Know where your drink has been at all times**

Never	6.4	7.1
Rarely	2.9	0.8
Occasionally	4.1	4.1
Sometimes	4.5	6.6
Usually	17.4	19.9
Always	64.7	61.4

#### **Drink shots of liquor**

Never	18.6	17.4
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Rarely	15.4	13.3
Occasionally	16.2	13.3
Sometimes	24.4	29.9
Usually	16.2	20.3
Always	9.2	5.8
<b>Stop drinking at a predetermined time</b>		
Never	21.2	20.7
Rarely	18.7	24.1
Occasionally	17.0	20.3
Sometimes	17.1	16.6
Usually	12.9	11.2
Always	13.2	7.1
<b>Drink water while drinking alcohol</b>		
Never	19.0	14.9
Rarely	15.8	16.6
Occasionally	14.8	20.3
Sometimes	16.0	16.2
Usually	15.5	14.5
Always	18.9	17.4
<b>Put extra ice in your drink</b>		
Never	33.3	38.2
Rarely	18.7	18.7
Occasionally	13.9	13.3
Sometimes	14.0	15.4
Usually	10.3	9.1
Always	9.7	5.4
<b>Avoid mixing different types of alcohol</b>		
Never	15.2	17.4
Rarely	15.8	14.9
Occasionally	17.9	19.9
Sometimes	12.7	17.0
Usually	18.0	15.8
Always	20.4	14.9
<b>Drink slowly, rather than gulp or chug</b>		
Never	7.5	5.8
Rarely	9.0	6.2
Occasionally	18.2	24.5
Sometimes	16.3	18.3
Usually	24.1	28.2
Always	25.0	17.0
<b>Avoid trying to "keep up" or "out-drink" others</b>		
Never	9.3	8.3
Rarely	7.8	10.4
Occasionally	12.2	14.5
Sometimes	11.0	9.5
Usually	21.8	26.6
Always	37.9	30.7
<b>Purposefully limited the amount of money I spent on alcohol</b>		
Never	10.3	10.4
Rarely	5.6	3.7
Occasionally	10.1	10.0
Sometimes	13.8	12.9
Usually	25.2	29.9
Always	35.1	33.2
<b>Eaten before and/or during alcohol consumption</b>		
Never	3.5	3.3



Rarely	1.5	2.5
Occasionally	7.4	5.8
Sometimes	12.1	12.0
Usually	31.2	37.8
Always	44.3	38.6

**Which of these activities have you participated in during the past academic year? (Check all that apply)**

21 birthday shots	9.1	8.6
Beer bong and/or kegstand	21.8	23.9
Drinking games	44.1	52.5
Drink specials	29.7	27.4
None of above	19.4	12.7

**How often in the past year have you experienced after, or as a result of, alcohol consumption? (ALL STUDENTS--AT LEAST ONE TIME)**

Hangover	51.4	48.2
Trouble campus administrators	3.5	2.1
Arrested campus police	1.8	1.8
Hurt/injured	11.6	12.5
Received medical attention	2.1	1.2
Driven after consumption	27.3	18.6
DUI/DWI	1.1	0.3
Taken advantage of sexually	6.3	6.7
Took advantage of someone sexually	2.2	0.9
Rode with someone post drinking	33.6	28.4
Risky sexual behavior	16.9	18.3
Forced to drink more than you wanted to	13.5	15.2
Performed poorly on a test of assignment	11.0	9.5
Missed Class	18.3	16.2
Blackout/mem loss	26.1	30.8

**How often have you experienced alcohol poisoning in the last year? (ALL STUDENTS--AT LEAST ONE TIME)**

	6.9	8.7
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**Which of the following occurred to you in response of experiencing alcohol poisoning? (Check all that apply)**

I do not remember.	1.6	1.8
I was left alone.	0.6	0.6
I vomited in my sleep	1.5	1.5
No one helped me.	0.3	0.3
Friends let me sleep it off.	2.0	2.7
I was taken for medical attention.	0.2	0.0
Someone stayed with me to make sure I was okay.	2.5	4.7
Other (please specify)	0.2	0.0

**In the past year, which of the following have you experienced as a result of another person's alcohol use? (Check all that apply)**

Took care of someone	53.9	37.3
Took someone to ER	3.6	2.4
Sleep interrupted	38.8	40.1
Study interrupted	22.8	24.8
Prevent from enjoy events	19.4	20.6
Harassed (race, sex. Orient., etc)	4.8	4.7
Verbal argum.	21.8	19.5
Pushed/hit	7.5	7.4

Threatened w. violence	6.2	6.5
Taken advantage of sexually	3.1	3.5
Pers. Prop. Damaged	8.6	13.6
Felt unsafe	10.6	9.1
None of the above	23.2	16.8

**How often do you think the students in each category (on your campus) consume alcohol? Please provide your best guess. (REGULAR USE: 3 or more drinks/week)**

Perceived-You	6.2	4.4
Perceived-Friends	14.7	9.7
Perceived-Typical student	14.4	3.4
Perceived-Athletes	14.3	10.3
Perceived-Greek	55.4	56.4
Perceived-Student leaders	5.8	2.2

**On a typical night of drinking alcohol, how much do you think the student in each category (on your campus) consumes? Please provide your best guess:**

Perceived-You	3.08	3.30
Perceived-Friends	4.71	4.81
Perceived-Typical student	5.10	4.44
Perceived-Athletes	5.53	5.76
Perceived-Greek	8.56	8.31
Perceived-Student leaders	3.99	3.95

**What would you do if you were in the presence of a student whom you suspected had alcohol poisoning?**

I would call 911	61.9	53.6
I would take them to the hospital myself	32.5	40.2
I would not do anything because I would be afraid I would get in trouble with campus officials, or police	1.3	4.0
I would not do anything because I would not feel comfortable getting involved	4.2	2.2

**Which statement below about drinking alcoholic beverages do you feel best represents your own attitude?**

Drinking is never a good thing to do	12.4	11.2
Drinking is alright, but a person should not get drunk	31.5	29.3
Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	51.7	53.6
Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	1.4	0.9
Frequently getting drunk is okay if that's what the individual wants to do.	3.0	5.0

**Which statement below about drinking alcoholic beverages do you feel best represents the most common attitude of students on your campus?**

Drinking is never a good thing to do	2.7	2.5
Drinking is alright, but a person should not get drunk	6.3	4.0
Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	58.0	72.0
Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	17.0	12.1
Frequently getting drunk is okay if that's what the individual wants to do.	15.9	9.3

### What is your campus administration's attitude about alcohol?

Drinking is never a good thing to do	41.3	54.2
Drinking is alright, but a person should not get drunk	35.5	28.0
Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	21.4	17.1
Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	0.8	0.0
Frequently getting drunk is okay if that's what the individual wants to do.	0.9	0.6

### When you consume alcohol, how do you define the designated driver that you would typically use?

Someone who has not had any alcohol beverages	96.6	98.9
Someone who has had a couple of alcoholic beverages, but a few hours have elapsed so he/she is sober enough to drive	2.9	1.1
Someone who has many alcoholic beverages but is the least drunk person in the group.	0.5	0.0

### In the last academic year, have you ever used a designated driver (\*defined as someone who had no alcohol) when you drank?

100%	41.5	47.3
75-99%	26.8	24.3
51-74%	6.2	6.3
50%	3.7	0.8
25-49%	3.2	2.1
1-24%	5.2	5.4
No	13.3	13.8

### Who was your designated driver? (Check all that apply)

Taxi service	13.4	0.9
Friend, family, or acquaintance	55.5	51.6
Fraternity or Sorority designated driver	12.1	27.7
Other University DD program	6.1	0.0

### Have you heard of the CHEERS program?

Yes	40.3	80.6
No	59.7	19.4

### In the past year, IF you have ever been a designated driver, how often have you used the CHEERS program?

I have not been a designated driver in the past year	33.4	50.2
Always	4.8	2.3
Most of the time	3.6	2.7
Sometimes	5.6	3.5
Rarely	6.1	4.3
Never	46.4	37.0

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Drug Use (Depth)

PIP 20  
n = 8905

Truman  
n = 339

## ILLEGAL DRUG USE

In the past year, how often have you used the following drug(s)?

<b>Year-Marijuana</b>		
Did not use	76.6	73.0
1-6 times/year	12.9	15.1
1-2 times/month	3.6	4.4
1-2 times/week	2.2	2.5
3 or more times/week	4.6	5.0
<b>Year-Cocaine</b>		
Did not use	97.6	97.2
1-6 times/year	2.0	2.2
1-2 times/month	0.3	0.3
1-2 times/week	0.1	0.0
3 or more times/week	0.1	0.3
<b>Year-Amphetamines</b>		
Did not use	96.7	95.9
1-6 times/year	1.5	1.6
1-2 times/month	0.7	1.3
1-2 times/week	0.3	0.3
3 or more times/week	0.8	0.9
<b>Year-Meth</b>		
Did not use	99.2	99.7
1-6 times/year	0.5	0.0
1-2 times/month	0.1	0.0
1-2 times/week	0.1	0.0
3 or more times/week	0.1	0.3
<b>Year-Inhalants</b>		
Did not use	98.8	98.1
1-6 times/year	0.8	0.9
1-2 times/month	0.2	0.9
1-2 times/week	0.1	0.0
3 or more times/week	0.1	0.0
<b>Year-Club Drugs</b>		
Did not use	97.2	96.9
1-6 times/year	2.3	2.2
1-2 times/month	0.3	0.3
1-2 times/week	0.1	0.0
3 or more times/week	0.2	0.6
<b>Where have you used marijuana in the past year? (Check all that apply)</b>		
Residence hall	1.9	1.8
Apartment/house	11.5	10.9
Greek house	1.8	3.5
Athletic events	0.7	0.6
Concert	3.5	2.9
Bar	1.4	0.9
Party	10.8	11.8
Other	5.0	11.8
<b>First use-Marijuana</b>		
	<b>n = 1852</b>	<b>n = 85</b>
Never used	0.2	0
12 or younger	3.1	0.0
13-15	18.6	12.9
16	15.6	17.6
17	16.3	16.5
18	22.7	24.7
19	12.2	15.3
20	6.1	7.1
21	2.8	4.7

22	1.1	1.2
23	0.8	0.0
24 or older	0.6	0.0

**In the past year, which of the following prescription drugs have you used without a doctor's prescription for your use? (Check all that apply)**

Year-Stimulants	5.5	5.3
Year-Pain Med	6.6	7.1
Year-Sedatives	2.8	3.2
Year-Sleep meds	1.8	1.8
Have not used any prescript meds	78.2	82.9

**How often have you used the prescription drug(s) (without a doctor's prescription)? [Percentages of (users)/( total population)]**

<b>Reg use-Stim</b>	<b>%/Valid %</b>	<b>%/Valid %</b>
1-6 times/year	3.8/70.6	3.5/66.7
1-2 times/month	1.0/19.0	0.9/16.7
1-2 times/week	0.3/6.2	0.9/16.7
3 or more times/week	0.2/3.9	0.0/0.0

**Reg use-Pain med**

1-6 times/year	5.2/79.7	5.6/79.2
1-2 times/month	0.9/14.1	0.9/12.5
1-2 times/week	0.3/4.2	0.6/8.3
3 or more times/week	0.1/2.1	0.0/0.0

**Reg use-Sedatives**

1-6 times/year	2.2/77.1	2.9/90.9
1-2 times/month	0.3/12.4	0.3/9.1
1-2 times/week	0.1/4.4	0.0/.00
3 or more times/week	0.2/6.0	0.0/0.0

**Reg use-Sleep meds**

1-6 times/year	1.3/74.4	1.8/100
1-2 times/month	0.2/13.1	0.0/.00
1-2 times/week	0.1/5.0	0.0/.00
3 or more times/week	0.1/7.5	0.0/.00

**People use prescription drugs for various reasons, including the reasons displayed below. For any of the drugs you used without a doctor's prescription, how important were these reasons for your use?**

**n = 963      n = 35**

**Stress reduction**

Not at all important	43.7	37.1
Not Important	7.8	5.7
Somewhat Important	15.3	14.3
Important	15.3	25.7
Very Important	18.0	17.1

**Sleep aid**

Not at all important	47.1	54.3
Not Important	11.0	8.6
Somewhat Important	13.8	14.3
Important	12.3	5.6
Very Important	15.8	14.3

**Mood enhancement**

Not at all important	48.5	45.7
Not Important	8.8	2.9
Somewhat Important	14.4	14.3
Important	15.3	25.7
Very Important	13.0	11.4

**Increased energy**

Not at all important	41.8	42.9
Not Important	7.9	11.4
Somewhat Important	12.1	11.4
Important	18.3	11.4
Very Important	19.8	22.9
<b>Weight loss</b>		
Not at all important	72.5	82.9
Not Important	10.8	8.6
Somewhat Important	8.3	2.9
Important	4.3	2.9
Very Important	4.2	2.9
<b>To fit in</b>		
Not at all important	82.5	91.4
Not Important	9.4	5.7
Somewhat Important	5.1	2.9
Important	1.9	0.0
Very Important	1.1	0.0
<b>Good time</b>		
Not at all important	56.3	54.3
Not Important	6.2	0.0
Somewhat Important	13.4	14.3
Important	13.0	20.0
Very Important	11.1	11.4
<b>Reduce pain</b>		
Not at all important	39.7	40.0
Not Important	6.7	8.6
Somewhat Important	12.9	14.3
Important	17.1	14.3
Very Important	23.6	22.9
<b>Improve academics</b>		
Not at all important	46.7	48.6
Not Important	6.9	5.7
Somewhat Important	8.5	5.7
Important	14.0	5.7
Very Important	23.9	34.3
<b>As a result of meds: (Just Prescription med users.)</b>		
	<b>n = 963</b>	<b>n = 35</b>
<b>Academic probs</b>		
None at all	83.4	74.3
Very Little	8.8	20.0
Somewhat	5.6	2.9
To a great extent	2.2	2.9
<b>Strained relationships</b>		
None at all	82.9	88.6
Very Little	8.9	5.7
Somewhat	5.8	2.9
To a great extent	2.4	2.9
<b>Poor physical Health</b>		
None at all	82.8	80.0
Very Little	10.4	11.4
Somewhat	5.5	5.7
To a great extent	1.3	2.9
<b>Low well-being</b>		
None at all	82.6	80.0
Very Little	7.6	14.3
Somewhat	7.7	2.9
To a great extent	2.2	2.9

<b>Legal trouble</b>		
None at all	92.0	91.4
Very Little	3.5	5.7
Somewhat	3.4	0.0
To a great extent	1.0	2.9
<b>Finance problems</b>		
None at all	87.1	85.7
Very Little	5.6	11.4
Somewhat	5.2	0.0
To a great extent	2.1	2.9
<b>Employment problems</b>		
None at all	92.0	97.1
Very Little	4.3	0.0
Somewhat	1.9	0.0
To a great extent	1.9	2.9
<b>Reduced pain</b>		
None at all	50.5	48.6
Very Little	8.8	5.7
Somewhat	23.1	28.6
To a great extent	17.7	17.1
<b>Improved academic</b>		
None at all	53.6	51.4
Very Little	9.3	14.3
Somewhat	22.8	17.1
To a great extent	14.2	17.1

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Gambling (Depth)

PIP 20  
n = 8905

Truman  
n = 339

<b>GAMBLING</b>		
<b>Do you gamble?</b>		
Yes	29.9	21.3
No	70.1	78.7
<b>In past year, which of the following gambling activities have you participated in</b>		
Fantasy sports leagues (entry fee required)	4.4	2.4
Lotto/scratch tickets	17.3	10.3
Casino games	15.3	8.0
I have not participated in any of these gambling activities	2.6	4.4
<b>In the past year, how often have you engaged in these forms of gambling (for money, prizes, etc.)?</b>		
<b>Fantasy sports leagues (entry fee required)</b>		
1-6 times/year	84.7	87.5
1-2 times/month	6.4	12.5
1-2 times/week	4.9	0.0
3 or more times/week	4.1	0.0
<b>Lotto/scratch tickets</b>		
1-6 times/year	65.7	77.1
1-2 times/month	26.6	22.9
1-2 times/week	6.0	0.0
3 or more times/week	1.8	0.0
<b>Casino games</b>		

1-6 times/year	81.6	5.0
1-2 times/month	14.4	2.4
1-2 times/week	3.0	0.0
3 or more times/week	1.0	0.6

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Tobacco (Depth)

PIP 20  
n = 8905

Truman  
n = 339

## TOBACCO

### Which of the following tobacco products do you use in the past year?

Do not use Tobacco	56.4	59.0
Cigarettes	18.9	18.3
Cigars	11.5	16.2
Smokeless	5.4	5.0
Pipes	2.7	5.9
Hookah	16.0	22.1
Other	0.6	0.6

### How old were you when you first started smoking hookah?

n =  
1421

n = 74

17 or younger	16.4	16.2
18	41.5	41.9
19	19.8	23.0
20	11.3	10.8
21	6.5	5.4
22	1.8	0.0
23	1.2	2.7
24 or older	1.6	0.0

### How often do you smoke hookah?

A few times a year	81.2	82.4
1-3 times/month	15.3	14.9
1-2 times/week	2.4	2.7
3-6 times/week	0.8	0.0
Everyday	0.2	0.0

### In which settings/occasions do you smoke hookah?

Where I live	12.8	8.1
At a hookah bar	45.5	36.5
At a friends' house	34.3	45.9
At a party	6.0	8.1
Other	1.5	1.4

### How old were you when you first started using smokeless tobacco?

n = 478

n = 17

12 or younger	4.0	0.0
13	2.7	0.0
14	4.4	5.9
15	9.6	0.0
16	15.7	23.5
17	11.9	5.9
18	24.3	17.6
19	9.8	23.5
20	8.8	23.5
21	3.3	0.0



22	2.1	0.0
23	1.0	0.0
24	2.3	0.0
<b>How often do you use smokeless tobacco?</b>		
A few times a year	41.2	52.9
1-3 times/month	14.0	0.0
1-2 times/week	5.2	11.8
3-6 times/week	10.0	11.8
Everyday	29.5	23.5
<b>In which settings/occasions do you use smokeless tobacco?</b>		
Where I live	49.6	41.2
When I am bored	22.4	35.3
In class	4.6	0.0
Playing Sports	4.4	17.6
After meals	5.2	0.0
At a party	13.8	5.9
<b>How old were you when you first started smoking cigarettes?</b>		
	<b>n =</b>	
	<b>1686</b>	<b>n = 62</b>
12 or younger	5.6	0.0
13	4.6	3.2
14	4.7	1.6
15	8.4	0.0
16	14.6	9.7
17	13.8	16.1
18	25.6	35.5
19	10.2	16.1
20	5.6	6.5
21	4.1	4.8
22	1.2	6.5
23	0.2	0.0
24+	1.3	0.0
<b>How often do you smoke cigarettes?</b>		
A few times a year	37.5	56.5
1-3 times/month	13.5	17.7
1-2 times/week	6.7	8.1
3-6 times/week	7.0	4.8
Everyday	35.3	12.9
<b>In which settings/occasions do you smoke? (Check all that apply)</b>		
Where you live	8.9	4.7
When I drink	14.5	14.5
When I'm in a social setting	11.2	11.5
After meals	6.4	2.7
When I want to relax	8.8	5.9
When I try to lose/maintain weight	1.4	0.3
Other	1.5	0.0
<b>Have you attempted to quit smoking since entering college?</b>		
Yes	54.7	33.9
No	45.3	66.1
<b>What methods have you used to assist your quitting? (Check all that apply)</b>		
	<b>n = 923</b>	<b>n = 21</b>
Quitting cold turkey (no assistance)	86.9	81.0
Substituting other types of tobacco instead of cigarettes (e.g., cigars, smokeless tobacco, hookah)	13.3	14.3
Reducing total number of cigarettes smoked	48.4	38.1
Spoke with someone to get support (University Health center staff, counseling, support of family/friends)	8.2	9.5

Used medication (nicotine replacement, prescription medications)	14.1	4.8
Other (please specify)	4.9	9.5

<b>Where have you sought assistance? (Check all that apply)</b>	<b>n = 762</b>	<b>n = 2</b>
I did not seek assistance.	5.3	0.0
University Health Center	15.8	50.0
University Counseling Center	1.3	0.0
Nicotine replacement patches/gum	36.8	0.0
Prescription medication	22.4	0.0
Support of family/friends	80.3	50.0
Other (please specify)	6.6	0.0

<b>Center?</b>	<b>n = 12</b>	<b>n = 1</b>
<b>How effective was the assistance you received from the University Health</b>		
It negatively impacted me	0.0	0.0
Not effective at all	25.0	0.0
Slightly effective	41.7	100.0
Moderately effective	33.3	0.0
Very effective	0.0	0.0
Extremely effective	0.0	0.0

<b>Center?</b>	<b>n = 1</b>	<b>n = 0</b>
<b>How effective was the assistance you received from the University Counseling</b>		
It negatively impacted me	0.0	0.0
Not effective at all	0.0	0.0
Slightly effective	100.0	0.0
Moderately effective	0.0	0.0
Very effective	0.0	0.0
Extremely effective	0.0	0.0

<b>your quit attempt?</b>	<b>n = 28</b>	<b>n = 0</b>
<b>How effective was using nicotine replacement patches/gum in assisting with</b>		
It negatively impacted me	3.6	0.0
Not effective at all	28.6	0.0
Slightly effective	25.0	0.0
Moderately effective	35.7	0.0
Very effective	7.1	0.0
Extremely effective	0.0	0.0

<b>attempt?</b>	<b>n = 17</b>	<b>n = 0</b>
<b>How effective was using prescription medication in assisting with your quit</b>		
It negatively impacted me	29.4	0.0
Not effective at all	17.6	0.0
Slightly effective	17.6	0.0
Moderately effective	17.6	0.0
Very effective	5.9	0.0
Extremely effective	11.8	0.0

<b>quit attempt?</b>	<b>n = 61</b>	<b>n = 1</b>
<b>How effective was utilizing support of family/friends in assisting with your</b>		
It negatively impacted me	3.3	0.0
Not effective at all	9.8	0.0
Slightly effective	47.5	0.0
Moderately effective	24.6	0.0
Very effective	9.8	100.0
Extremely effective	4.9	0.0

	<b>n = 5</b>	<b>n = 0</b>
<b>How effective was 'other' in assisting with your quit attempt?</b>		
It negatively impacted me	0.0	0.0
Not effective at all	20.0	0.0
Slightly effective	40.0	0.0

Moderately effective	40.0	0.0
Very effective	0.0	0.0
Extremely effective	0.0	0.0
<b>Which statement best describes the results of your quit attempt?</b>	<b>n = 923</b>	<b>n = 21</b>
I have not smoked a cigarette since quitting.	29.7	38.1
I have greatly reduced my smoking but have occasional "slip-ups".	37.6	38.1
I continue to smoke at the same level as before the quit attempt, but I still would like to quit.	29.6	14.3
I continue to smoke at the same level as before the quit attempt, but I do not want to quit.	3.1	9.5
<b>Do you want to quit smoking? (NO quit attempts past year)</b>	<b>n = 762</b>	<b>n = 41</b>
Yes	28.0	14.6
No	72.0	85.4
<b>Secondhand smoke has negative health effects</b>	<b>n =</b>	<b>n = 314</b>
	<b>7881</b>	
Strongly disagree	2.0	0.0
Disagree	1.4	1.6
Neutral	4.6	4.1
Agree	17.2	17.5
Strongly agree	74.8	76.8
<b>An occasional cigarette is dangerous to my health</b>		
Strongly disagree	2.3	2.5
Disagree	7.1	11.1
Neutral	12.3	11.1
Agree	23.3	24.2
Strongly agree	55.1	51.0
<b>Smoking helps people relax</b>		
Strongly disagree	17.5	13.7
Disagree	13.8	17.2
Neutral	28.9	28.3
Agree	30.9	33.8
Strongly agree	8.9	7.0
<b>Smoking helps people stay thin</b>		
Strongly disagree	27.7	24.5
Disagree	22.8	28.7
Neutral	30.1	28.0
Agree	15.1	16.6
Strongly agree	4.3	2.2
<b>Smoking is unattractive</b>		
Strongly disagree	2.1	2.5
Disagree	3.3	6.7
Neutral	11.2	10.2
Agree	15.0	12.1
Strongly agree	68.3	68.5
<b>I don't like to be around smokers</b>		
Strongly disagree	4.3	4.5
Disagree	7.1	7.6
Neutral	16.3	14.3
Agree	17.0	14.6
Strongly agree	55.4	58.9
<b>I hate how my clothes smell after being around cigarette smoke</b>		
Strongly disagree	1.5	1.9
Disagree	2.3	2.2
Neutral	6.9	6.7
Agree	15.5	16.6
Strongly agree	73.7	72.6

**If all other things were equal, I would prefer to kiss a non-smoker**

Strongly disagree	2.3	1.6
Disagree	1.6	1.9
Neutral	8.2	6.1
Agree	10.7	11.5
Strongly agree	77.3	79.0

**Using a hookah is a safe alternative to smoking cigarettes.**

Strongly disagree	28.4	25.2
Disagree	24.0	33.1
Neutral	34.1	28.7
Agree	9.0	9.6
Strongly agree	4.5	3.5

**Do you feel your university should have smoke-free:****Residence halls**

No	8.4	4.8
Yes	91.6	95.2

**All university buildings**

No	8.0	6.1
Yes	92.0	93.9

**All outdoor university areas**

No	44.0	44.3
Yes	56.0	55.7

**Prefer Smoke-free restaurant**

No	4.8	1.6
Yes	82.1	84.7
Does not matter to me	13.1	13.7

**Prefer Smoke-free bar**

No	12.5	9.2
Yes	61.3	66.2
Does not matter to me	26.2	24.5

**MCHBS 2011****TRUMAN STATE UNIVERSITY**

Driving (Depth)

PIP 20	Truman
n = 8905	n = 339

**DRIVING BEHAVIOR****Wear a safety belt**

Never	1.3	1.0
Rarely	2.1	1.0
Sometimes	4.3	3.3
Most of the time	11.7	12.3
Always	80.7	82.5

**Talk on a cell phone**

Never	5.7	7.3
Rarely	27.0	30.4
Sometimes	54.6	53.1
Most of the time	8.9	5.9
Always	3.8	3.3

**Text-message on a cell phone**

Never	26.1	29.5
Rarely	33.4	37.1

Sometimes	29.5	25.5
Most of the time	7.5	6.3
Always	3.5	1.7

#### Drive while drowsy

Never	17.6	14.5
Rarely	41.6	40.9
Sometimes	36.6	41.6
Most of the time	3.0	2.6
Always	1.3	0.3

#### Go 10 or more miles per hour over the speed limit

Never	13.7	22.1
Rarely	32.5	37.0
Sometimes	36.2	31.0
Most of the time	14.0	7.6
Always	3.6	2.3

#### Become angry at other drivers

Never	8.6	10.3
Rarely	31.1	34.0
Sometimes	40.5	38.3
Most of the time	14.1	11.7
Always	5.6	5.7

#### Change a musical component

Never	2.9	3.0
Rarely	6.9	7.6
Sometimes	27.9	32.3
Most of the time	34.9	35.3
Always	27.4	21.8

#### Eat or Drink

Never	5.3	5.3
Rarely	21.1	26.2
Sometimes	52.0	47.2
Most of the time	16.2	16.3
Always	5.4	5.0

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Sexual and Relationship Violence (Depth)

PIP 20  
n = 8905

Truman  
n = 339

#### SEXUAL AND RELATIONSHIP

##### Ever experienced non-consensual sexual contact

Yes	11.0	9.6
No	85.0	87.9
Prefer not to respond	4.0	2.5

##### Has the non-consensual sexual contact occurred while attending this college/university?

n = 867

n = 30

Yes	31.4	30.0
No	67.2	70.0
Prefer not to respond	1.4	0.0

##### Have you ever been in an intimate relationship that has been: (check all that apply)

Emotionally-verbally abusive	18.5	12.7
Sexually abusive	3.1	2.4
Physicall abusive	6.2	2.4
Abusive in any other way (please specify)	0.7	0.6
Not applicable/none of the above	65.8	75.5
Prefer not to respond	2.8	3.5

#### Used drugs or alcohol to help you feel more comfortable with sexual partner

Yes	16.6	13.4
No	82.1	85.4
Prefer not to respond	1.3	1.3

#### Used drugs or alcohol to help you feel more comfortable with sexual partner

Yes	25.0	21.3
No	73.5	77.1
Prefer not to respond	1.5	1.6

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Well-being (Depth)

PIP 20  
n = 8905

Truman  
n = 339

#### WELL-BEING

##### In the past two weeks, how stressed have you felt?

I have experienced no stress	1.7	0.3
Minimal	10.5	4.5
A little stressed	18.8	13.4
Stressed, but managing	47.2	49.0
Overwhelmed	19.5	29.9
My stress is unbearable	2.3	2.9

##### To what extent has stress impacted or interfered with your academic life?

Not at all	19.0	11.8
Somewhat	38.2	29.6
Moderately	26.5	34.1
Considerably	12.5	18.8
A great deal	3.8	5.7

##### To what extent has stress impacted or interfered with your personal life?

Not at all	14.6	7.6
Somewhat	37.2	34.7
Moderately	27.0	29.6
Considerably	15.8	20.4
A great deal	5.3	7.6

##### Which of the following are the main sources of your stress? (Check all that apply)

School/Academics	78.7	90.6
Financial concerns	50.6	43.4
Job	32.1	14.7
Dating/relationship with partner	28.8	31.3
Family	27.7	24.8
Friends	17.6	21.8
Roommates	15.5	22.4
Time management	47.1	56.0
Physical health	22.3	20.9

Future plans	44.3	50.7
Outside organizations/responsibilities (i.e. athletics, Greek system)	17.7	29.2
Mental health issues	7.4	11.5
Other	3.2	2.1

**Which of the following have you done in the past two weeks to relieve stress?  
(Check all that apply)**

Made a list	53.0	64.3
Exercised	51.0	54.9
Ate healthy foods	39.5	45.1
Ate unhealthy/junk food	37.1	49.9
Talked with friend	54.9	66.1
Talked with family	42.1	43.7
Said "No" to additional time pressures	29.4	36.6
Smiled/laugh	62.3	70.2
Online, video, or computer games	26.0	47.8
Took a nap	54.9	63.7
Drank alcoholic beverages	25.8	25.4
Smoked tobacco cigarettes	9.4	6.8
Used marijuana	7.1	8.3
Other (please specify)	3.6	3.5

**To what extent did the following help you relieve your stress?**

<b>Made a list of what I needed to do</b>	<b>n = 4709</b>	<b>n = 218</b>
Not at all	2.8	1.8
Somewhat	19.8	21.1
Moderately	27.1	30.7
Considerably	26.9	28.0
A great deal	23.4	18.3
<b>Exercise</b>	<b>n = 4532</b>	<b>n = 185</b>
Not at all	1.3	0.8
Somewhat	10.4	10.8
Moderately	22.9	23.2
Considerably	32.1	30.3
A great deal	33.3	35.1
<b>Eating Healthy</b>	<b>n = 3508</b>	<b>n = 152</b>
Not at all	3.6	0.7
Somewhat	14.8	21.1
Moderately	30.5	32.2
Considerably	29.7	25.7
A great deal	21.4	20.4
<b>Eat unhealthy/junk food</b>	<b>n = 3293</b>	<b>n = 169</b>
Not at all	19.8	16.0
Somewhat	30.6	32.5
Moderately	32.8	36.1
Considerably	12.1	11.8
A great deal	4.6	3.6
<b>Talk with friend</b>	<b>n = 4880</b>	<b>n = 223</b>
Not at all	0.7	0.9
Somewhat	8.1	10.8
Moderately	21.3	18.8
Considerably	39.3	42.2
A great deal	30.7	27.4
<b>Talk with family</b>	<b>n = 3743</b>	<b>n = 147</b>
Not at all	1.2	1.4
Somewhat	8.2	7.5
Moderately	20.3	14.3

Considerably	35.3	42.2
A great deal	35.0	34.7
<b>Saying "no" to additional time pressures</b>	<b>n = 2609</b>	<b>n = 123</b>
Not at all	2.3	1.6
Somewhat	10.8	11.4
Moderately	23.6	30.9
Considerably	35.6	38.2
A great deal	27.7	17.9
<b>Smiled/laugh</b>	<b>n = 5541</b>	<b>n = 237</b>
Not at all	1.0	1.3
Somewhat	5.8	7.2
Moderately	16.7	17.3
Considerably	32.5	39.7
A great deal	43.9	34.6
<b>Online, video, or computer games</b>	<b>n = 3203</b>	<b>n = 161</b>
Not at all	5.2	8.7
Somewhat	19.5	20.5
Moderately	32.6	29.2
Considerably	24.6	30.4
A great deal	18.1	11.2
<b>Taking a nap</b>	<b>n = 4879</b>	<b>n = 215</b>
Not at all	3.4	4.2
Somewhat	15.0	17.2
Moderately	27.1	35.3
Considerably	28.7	28.8
A great deal	26.0	14.4
<b>Drank alcoholic beverages</b>	<b>n = 2295</b>	<b>n = 86</b>
Not at all	2.9	2.3
Somewhat	20.7	36.0
Moderately	37.3	33.7
Considerably	27.5	20.9
A great deal	11.6	7.0
<b>Smoked tobacco cigarettes</b>	<b>n = 829</b>	<b>n = 22</b>
Not at all	5.5	4.5
Somewhat	23.4	59.1
Moderately	33.4	22.7
Considerably	22.4	9.1
A great deal	15.2	4.5
<b>Used marijuana</b>	<b>n = 625</b>	<b>n = 27</b>
Not at all	2.2	0.0
Somewhat	11.0	18.5
Moderately	17.4	22.2
Considerably	27.7	22.2
A great deal	41.6	37.0
<b>Whom do you feel you can go to ON CAMPUS when personal concerns arise? (Check all that apply)</b>		
Friends/peers	63.2	77.9
University counseling center	19.0	35.7
Religious or spiritual advisor	9.6	12.4
Residence life staff	6.6	13.0
University health center	7.6	11.2
Law enforcement/campus security	3.7	2.9
Academic advisor	13.4	23.6
Faculty/Professor	17.1	23.6
University staff member	5.4	4.7
Other	1.2	1.8



I don't feel like I can go to anyone on campus when personal concerns arise	16.0	8.6
<b>Whom do you feel you can go to OFF CAMPUS when personal concerns arise? (Check all that apply)</b>		
Parents	62.5	69.9
Sibling/extended family	47.1	49.9
Friends/peers	72.5	79.9
Mental health professional (counselor)	7.8	8.8
Religious or spiritual advisor	16.3	16.5
Chat rooms or online support groups	1.9	0.9
Dating partner/spouse	38.5	36.3
Other	0.8	0.3
I don't feel like I can go to anyone off campus when personal concerns arise	3.0	3.8

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Mental Health (Depth)

PIP 20  
n = 8905

Truman  
n = 339

#### MENTAL HEALTH

##### In the past year, have you had suicidal thoughts?

Yes	13.4	17.6
No	86.6	82.4

##### In the past year, have you attempted suicide?

Yes	0.8	0.6
No	99.2	99.4

##### Have you sought assistance for your suicide attempt/thoughts in the past year

n =  
**1057**

n = **55**

Yes	27.9	29.1
No	72.1	70.9

##### Where did you initially seek assistance?

n = **295**

n = **16**

University counseling center	23.4	68.8
University health center	5.1	0
Religious or spiritual advisor	5.4	0.0
Hospital ER	2.7	0.0
Off-campus medical doctor	12.5	0.0
Off-campus mental health provider	33.9	25.0
In-patient psychiatric facility	3.1	0.0
Other	13.9	6.3

##### What other services did you utilize? (Check all that apply)

n = **295**

n = **16**

University counseling center	29.8	68.8
University health center	12.9	25.0
Religious or spiritual advisor	13.6	12.5
Hospital ER	4.7	6.3
Off-campus medical doctor	25.1	25.0
Off-campus mental health provider	35.6	31.3
In-patient psychiatric facility	7.1	12.5
Other	16.6	12.5

##### Which of the following have you experienced in the past year? (Check all that apply)

Major depression	12.5	14.7
Sexual assault	1.2	1.2
Eating disorder(s)	5.0	5.9
Chronic sleep issues	16.8	16.5

Self-injury (not suicidal behavior)	4.0	4.1
Anxiety	34.9	38.3
Abusive relationship	3.2	1.8
Alcohol Use/dependency	2.8	2.9
Panic attacks	12.5	15.6
Bipolar disorder	2.3	2.9
Other	1.5	0.6
I have not experienced any of these	42.3	42.8

### Have you sought assistance for any of the following? (YES)

Major depression	50.0	52.0
Sexual assault	26.6	25.0
Eating disorder(s)	23.1	15.0
Chronic sleep issues	31.1	23.2
Self-injury (not suicidal behavior)	32.8	35.7
Anxiety	34.2	31.5
Abusive relationship	35.8	16.7
Alcohol Use/dependency	16.6	10.0
Panic attacks	41.1	17.0
Bipolar disorder	51.5	60.0
Other	45.4	50.0

### Where did you seek assistance for...?

Major depression	n = 556	n = 26
Off-campus mental health provider	28.6	23.1
Off-campus medical doctor	26.8	15.4
Hospital ER	0.5	0.0
Religious or spiritual advisor	3.6	3.8
University health center	6.1	0.0
University counseling center	21.2	42.3
Other	13.1	15.4
Sexual assault	n = 29	n = 1
Off-campus mental health provider	27.6	0.0
Off-campus medical doctor	3.4	0.0
Hospital ER	10.3	0.0
Religious or spiritual advisor	6.9	0.0
University health center	10.3	0.0
University counseling center	34.5	100.0
Other	6.9	0.0
Eating disorder(s)	n = 102	n = 339
Off-campus mental health provider	24.5	66.7
Off-campus medical doctor	17.6	0.0
Hospital ER	2.0	0.0
Religious or spiritual advisor	3.9	0.0
University health center	8.8	0.0
University counseling center	18.6	0.0
Other	24.5	33.3
Chronic sleep issues	n = 466	n = 13
Off-campus mental health provider	14.4	0.0
Off-campus medical doctor	48.7	46.2
Hospital ER	0.6	0.0
Religious or spiritual advisor	1.7	15.4
University health center	9.4	7.7
University counseling center	9.2	15.4
Other	15.9	15.4
Self-injury	n = 116	n = 5
Off-campus mental health provider	21.6	40.0
Off-campus medical doctor	25.0	0.0

Hospital ER	7.8	0.0
Religious or spiritual advisor	6.0	20.0
University health center	12.1	20.0
University counseling center	12.9	0.0
Other	14.7	20.0
<b>Anxiety</b>	<b>n = 1063</b>	<b>n = 41</b>
Off-campus mental health provider	19.7	22.0
Off-campus medical doctor	32.6	7.3
Hospital ER	1.0	0.0
Religious or spiritual advisor	5.2	4.9
University health center	6.7	7.3
University counseling center	18.6	36.6
Other	16.2	22.0
<b>Abusive relationship</b>	<b>n = 102</b>	<b>n = 1</b>
Off-campus mental health provider	17.6	0.0
Off-campus medical doctor	6.9	0.0
Hospital ER	2.0	0.0
Religious or spiritual advisor	7.8	0.0
University health center	3.9	0.0
University counseling center	19.6	0.0
Other	42.2	100.0
<b>Alcohol Use/dependency</b>	<b>n = 42</b>	<b>n = 1</b>
Off-campus mental health provider	21.4	0.0
Off-campus medical doctor	7.1	0.0
Hospital ER	4.8	0.0
Religious or spiritual advisor	9.5	0.0
University health center	7.1	0.0
University counseling center	19.0	100.0
Other	31.0	0.0
<b>Panic attacks</b>	<b>n = 457</b>	<b>n = 9</b>
Off-campus mental health provider	23.4	22.2
Off-campus medical doctor	33.3	0.0
Hospital ER	3.9	11.1
Religious or spiritual advisor	2.6	0.0
University health center	10.5	22.2
University counseling center	14.4	33.3
Other	11.8	11.1
<b>Bipolar disorder</b>	<b>n = 106</b>	<b>n = 6</b>
Off-campus mental health provider	38.7	50.0
Off-campus medical doctor	25.5	16.7
Hospital ER	0.9	0.0
Religious or spiritual advisor	3.8	0.0
University health center	10.4	16.7
University counseling center	8.5	16.7
Other	12.3	0.0
<b>Other</b>	<b>n = 59</b>	<b>n = 1</b>
Off-campus mental health provider	13.6	0.0
Off-campus medical doctor	27.1	0.0
Hospital ER	3.4	0.0
Religious or spiritual advisor	8.5	0.0
University health center	6.8	0.0
University counseling center	16.9	0.0
Other	23.7	100.0
<b>How effective was the assistance you received for.....?</b>		
<b>Major depression</b>	<b>n = 556</b>	<b>n = 26</b>
Not effective at all	7.7	15.4

Slightly effective	17.8	26.9
Moderately effective	30.4	19.2
Very effective	27.0	15.4
Extremely effective	15.5	23.1
It negatively impacted me	1.6	0.0
<b>Sexual assault</b>	<b>n = 29</b>	<b>n = 1</b>
Not effective at all	6.9	0.0
Slightly effective	17.2	100.0
Moderately effective	20.7	0.0
Very effective	31.0	0.0
Extremely effective	17.2	0.0
It negatively impacted me	6.9	0.0
<b>Eating disorder(s)</b>	<b>n = 102</b>	<b>n = 3</b>
Not effective at all	13.7	0.0
Slightly effective	23.5	33.3
Moderately effective	18.6	33.3
Very effective	25.5	0.0
Extremely effective	17.6	33.3
It negatively impacted me	1.0	0.0
<b>Chronic sleep issues</b>	<b>n = 466</b>	<b>n = 13</b>
Not effective at all	17.0	15.4
Slightly effective	27.5	30.8
Moderately effective	29.8	38.5
Very effective	17.4	7.7
Extremely effective	7.3	7.7
It negatively impacted me	1.1	0.0
<b>Self-injury (not suicidal behavior)</b>	<b>n = 116</b>	<b>n = 5</b>
Not effective at all	11.2	20.0
Slightly effective	12.1	20.0
Moderately effective	28.4	40.0
Very effective	32.8	20.0
Extremely effective	15.5	0.0
It negatively impacted me	0.0	0.0
<b>Anxiety</b>	<b>n = 1063</b>	<b>n = 41</b>
Not effective at all	7.1	2.4
Slightly effective	19.6	26.8
Moderately effective	31.6	29.3
Very effective	27.8	36.6
Extremely effective	13.4	4.9
It negatively impacted me	0.5	0.0
<b>Abusive relationship</b>	<b>n = 102</b>	<b>n = 1</b>
Not effective at all	4.9	0.0
Slightly effective	23.5	0.0
Moderately effective	26.5	0.0
Very effective	24.5	0.0
Extremely effective	18.6	100.0
It negatively impacted me	2.0	0.0
<b>Alcohol Use/dependency</b>	<b>n = 42</b>	<b>n = 1</b>
Not effective at all	14.3	0.0
Slightly effective	33.3	100.0
Moderately effective	21.4	0.0
Very effective	11.9	0.0
Extremely effective	19.0	0.0
It negatively impacted me	0.0	0.0
<b>Panic attacks</b>	<b>n = 457</b>	<b>n = 9</b>
Not effective at all	9.4	11.1

Slightly effective	16.4	0.0
Moderately effective	27.8	66.7
Very effective	29.3	11.1
Extremely effective	16.0	11.1
It negatively impacted me	1.1	0.0
<b>Bipolar disorder</b>	<b>n = 106</b>	<b>n = 6</b>
Not effective at all	10.4	0.0
Slightly effective	17.0	0.0
Moderately effective	28.3	16.7
Very effective	25.5	50.0
Extremely effective	16.0	16.7
It negatively impacted me	2.8	16.7
<b>Other</b>	<b>n = 59</b>	<b>n = 1</b>
Not effective at all	6.8	0.0
Slightly effective	15.3	0.0
Moderately effective	23.7	0.0
Very effective	25.4	0.0
Extremely effective	28.8	100.0
It negatively impacted me	0.0	0.0

### Ask Listen Refer

<b>In the past year, have you been concerned about a friend's suicidal thoughts or behaviors? (YES)</b>	18.3	24.0
<b>Would you be willing to complete an online suicide prevention training program specializing in the detection, intervention, and referral of friends at risk for suicide? (YES)</b>	38.7	57.2
<b>Have you heard of the Ask Listen Refer program (an online suicide prevention program designed to help faculty, staff, and students prevent suicide)? (YES)</b>	19.3	23.3
<b>In the past year, IF you have been concerned about someone you think is at risk for suicide, how many times have you visited the Ask Listen Refer website?</b>		
I have not been concerned about someone at risk for suicide.	74.1	70.3
Never	23.2	26.5
Once	1.6	2.9
Twice	0.6	0.0
More than twice	0.4	0.3
<b>How likely are you to bring up the topic of suicide with someone you think is at risk?</b>		
Very unlikely	11.6	7.7
Unlikely	12.4	16.3
Neither unlikely or likely	26.6	24.9
Likely	36.9	39.3
Very likely	12.4	11.8
<b>How likely are you to refer someone who tells you they are thinking about suicide to a local resource?</b>		
Very unlikely	6.5	3.8
Unlikely	4.6	4.5
Neither unlikely or likely	14.5	14.7
Likely	36.7	32.9
Very likely	37.7	44.1

## MCHBS 2011

### TRUMAN STATE UNIVERSITY

Extra Questions (Depth)

Truman  
n = 339

## EXTRA QUESTIONS

### If you drank alcohol and did not use a DD or sober driver, was it because: (check all that apply)

I always use DD or sober drivers	20.4
I walked	47.2
I didn't drink enough to need a DD	20.1
I couldn't find a DD	3.8
My DD left without me	0.3
My DD consumed alcohol	2.7
Other	17.1
Other responses that were I don't drink	10.3

### If you are involved in campus activities and organizations, how many hours/week do you participate?

Do not participate	15.4
1-2 hours	14.8
3-4 hours	22.8
5-6 hours	19.6
7-8 hours	10.6
9-10 hours	6.4
More than 10 hours	10.0

### Please rank the following activities from most (1) to least (7) enjoyable for you:

#### Go to a bar/restaurant without consuming alcohol

1	10.0
2	6.8
3	17.4
4	19.6
5	22.8
6	12.9
7	10.6

#### Go to a bar/restaurant and consume alcohol

1	7.1
2	17.4
3	7.7
4	12.5
5	13.2
6	26
7	16.1

#### Go to a party where I consume alcohol

1	10.6
2	11.9
3	13.2
4	14.8
5	14.5
6	15.1
7	19.9

#### Participate in intramurals or other physical activity

1	12.9
2	15.4
3	19.6
4	13.8
5	16.7
6	11.9
7	9.6

#### Watch a movie (without consuming alcohol)

1	6.1
2	21.5
3	20.9

4	17.4
5	16.1
6	13.8
7	4.2
<b>Play video games (without consuming alcohol)</b>	
1	11.3
2	13.8
3	14.1
4	17.7
5	12.9
6	14.5
7	15.8
<b>Spend time with friends (without consuming alcohol)</b>	
1	42.1
2	13.2
3	7.1
4	4.2
5	3.9
6	5.8
7	23.8
<b>How important are each of the following in making an event or social activity fun for you?</b>	
<b>Alcohol drinks</b>	
Not at all important	46.9
	21.9
Moderately important	20.9
	9.6
Very important	0.6
<b>Atmosphere</b>	
Not at all important	1.6
	3.2
Moderately important	23.8
	34.7
Very important	36.7
<b>Being with friends</b>	
Not at all important	1.9
	1
Moderately important	4.8
	16.1
Very important	76.2
<b>Dancing</b>	
Not at all important	22.5
	22.2
Moderately important	25.1
	16.4
Very important	13.8
<b>Food</b>	
Not at all important	8.7
	18.6
Moderately important	38.9
	25.1
Very important	8.7
<b>Meeting new people</b>	
Not at all important	8.4
	23.5
Moderately important	40.5
	21.5

Very important	6.1
<b>Music/entertainment</b>	
Not at all important	2.9
	7.4
Moderately important	26.4
	35
Very important	28.3
<b>How do you react when your date (or person you're interested in) drinks so much that s/he becomes loud and obnoxious?</b>	
<b>My interest in the person decreases</b>	
Not at all like me	5.1
2	6.4
3	22.5
4	27
Very much like me	38.9
<b>I become embarrassed</b>	
Not at all like me	7.4
2	9.6
3	22.8
4	31.2
Very much like me	28.9
<b>I am bothered by it</b>	
Not at all like me	4.8
2	9
3	20.9
4	32.5
Very much like me	32.8
<b>I get concerned</b>	
Not at all like me	5.1
2	11.3
3	23.2
4	28.9
Very much like me	31.5
<b>I think it is funny / I enjoy it</b>	
Not at all like me	26.7
2	28.6
3	29.3
4	10.9
Very much like me	4.5
<b>It does not matter to me</b>	
Not at all like me	41.2
2	27
3	18.3
4	7.7
Very much like me	5.8
<b>When going out/hanging out with males, I prefer to be around men who...</b>	
Don't drink	29.6
Drink but stay in control	65.3
Drink heavily and get out of control	2.6
I prefer not to answer	2.6
<b>When going out/hanging out with females, I prefer to be around women who...</b>	
Don't drink	33.4
Drink but stay in control	58.8
Drink heavily and get out of control	5.5
I prefer not to answer	2.3



**Do you believe that Truman's alcohol policies are enforced?**

Yes	75.6
No	24.4

**Please indicate the highest grade or degree completed for your mother**

Prefer not to answer	2.9
Advanced degree	22.8
Bachelor's degree	36.3
Associate degree	16.7
High school	20.9
Less than high school	0.3

**Please indicate the highest grade or degree completed for your father**

Prefer not to answer	3.9
Advanced degree	27.3
Bachelor's degree	31.8
Associate degree	9.6
High school	25.1
Less than high school	2.3