

The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2024. The NACHB survey is designed to assess students' personal attitudes and behaviors related to alcohol, drugs, mental health issues, and personal violence. The NACHB helps understand individuals' attitudes towards campus and community policies, other student's behavior, and bystander interventions. The data from the survey makes it possible to research trends of these behaviors on campus over time. In 2024, 6,235 students from 23 schools participated.

Stress levels

When asked about their stress in the past two weeks, the surveyed students said:

- 2% experienced no stress
- 8% said minimal stress
- 15% said a little stress
- 46% were stressed but managing
- **26% were overwhelmed**
- **4% felt their stress was unbearable**



Respondents were provided a list of possible stressors and asked which ones they were struggling with, top responses included:

- **92% school and/or academics**
- 54% future plans
- 52% financial concerns
- 51% time management
- 41% job
- 37% mental health issues

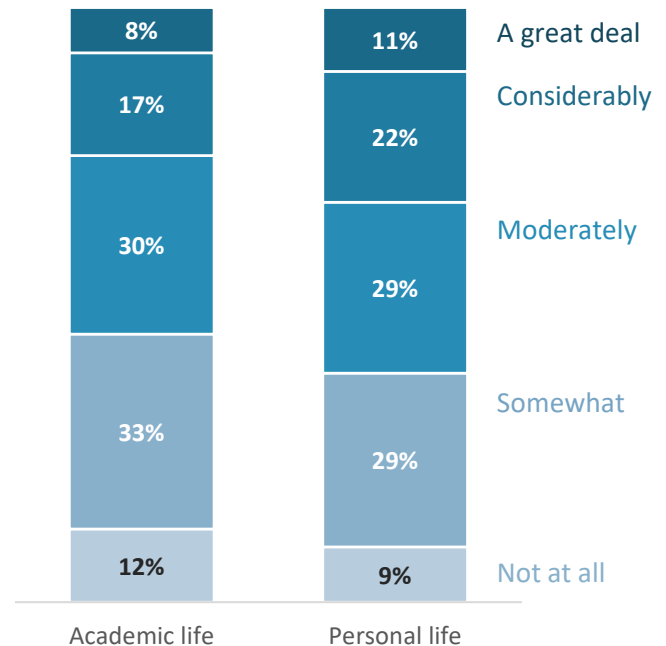


The most common methods of stress relief were listening to music (74%), taking naps/sleeping (67%), talking with friends (65%), smiling or laughing (63%), and watching TV or movies (61%).

Impact

Students were also asked to report the degree to which stress impacted or interfered with their academic and personal lives. The percentage of students who said that stress impacted or interfered considerably or a great deal with their academic life was **25%**.

Stressors had more of an impact on students' personal lives than academic lives



Suicide

Nearly half of students said they had suicidal thoughts at some point in their lives.

Lifetime thoughts **43%**

Past year thoughts **45%**

(of those with lifetime thoughts; 19% of all)

Attempted **3%**

(of those with lifetime thoughts; 1% of all)

Less than half (46%) of students who had suicidal thoughts in the past year sought assistance.

More than a third of students (35%) were concerned about a friend having suicidal thoughts or behaviors in the past year.

Mental health issues

Students shared what mental health issues they experienced in the past year. **Anxiety** was the most common, but several other issues were selected by more than 20% of students:

- 67% anxiety
- 44% depression
- 27% panic attacks
- 22% chronic sleep issues



Only 24% of students said they had not experienced any of the 10 conditions listed.



Students were more likely to refer someone who may be suicidal to resources than to bring up the topic

