

The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2022. 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 2022, 5,381 students from 19 schools participated.

Stress levels

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

- 2% experienced no stress
- 6% said minimal stress
- 12% said a little stress
- 43% were stressed but managing
- **32% were overwhelmed**
- **6% felt their stress was unbearable**



Respondents were provided a list of possible stressors and asked to not which ones they were struggling with, top responses included:

- **93% school and/or academics**
- 55% future plans
- 53% time management
- 50% financial concerns
- 44% mental health issues

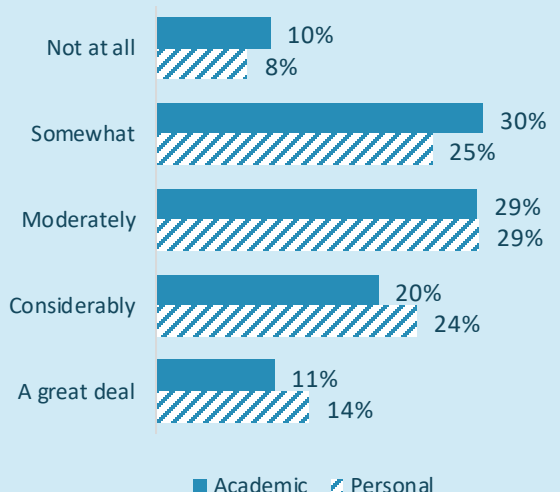


The most common methods of stress relief were listening to music (73%), taking naps/sleeping (68%), talking with friends (65%), watching TV or movies (63%), and smiling or laughing (62%). More than three-quarters said they could reach out to friends for support, on-campus (78%) or off-campus (79%).

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 **32%**.

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



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:

- 69% anxiety
- 54% depression
- 33% panic attacks
- 24% chronic sleep issues
- 21% eating disorders



Only 22% of students said they had not experienced any of the 10 conditions listed.

More than a third of students (36%) who had experienced a mental health condition in the past year did not seek assistance. Just over half (54%) sought help from friends and family, but all other options were selected by fewer than one in five respondents.

Sources of support

Students were asked who they went to on-campus with personal concerns:

- 78% friends or peers
- 30% campus counseling center
- 24% faculty or professor
- 21% academic advisor

A troubling 12% said they didn't feel like they could go to anyone on campus.

There were more off-campus sources of support reported by students:

- 79% friends or peers
- 72% parents
- 55% siblings or other family
- 39% dating partner or spouse
- 24% mental health professional

One out of 20 students said they felt they had no one to go to off-campus with personal concerns.

Suicide

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

Lifetime thoughts 46%

Past year thoughts 54%

(of those with lifetime thoughts; 24% of all)

Attempted 4%

(of those with lifetime thoughts; 2% of all)

Less than half (43%) of students who had suicidal thoughts in the past year sought assistance. Of the roughly 400 students who sought help, they were most likely to seek assistance from these sources:

- 36% off-campus mental health center
- 29% friends and family
- 16% campus counseling center

Just over half (52%) said the assistance they received was very or extremely effective.

Three out of seven students (43%) were concerned about a friend having suicidal thoughts or behaviors in the past year.

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

