



Stressed @ Brock Participant Newsletter

April 2010 – Preliminary Results!

Thank you so much for participating in Stressed@Brock!

We are excited to provide you with some preliminary results, and we hope you will find them interesting!

Who participated?

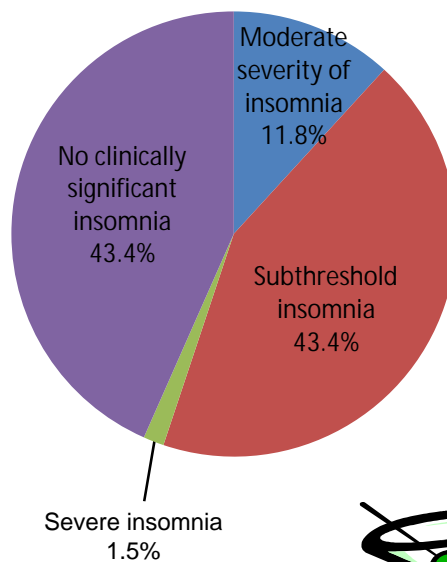
1120 first year students
74% female, 26% male
75% lived in residence
15% lived at home
10% lived off-campus
86% were born in Canada

What are the top 10 things that stress you out?

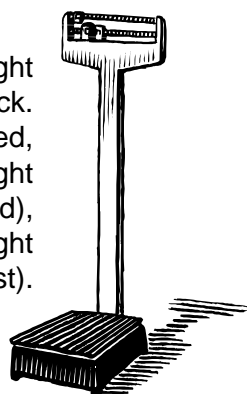
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|---------------------------------|----------------------------------|
| (1) Not enough money | (6) Managing a job and school |
| (2) Getting good marks | (7) Problems with friends |
| (3) Schoolwork pressures | (8) Problems with boy/girlfriend |
| (4) Thinking about future plans | (9) Not enough friends |
| (5) Looks/weight | (10) Problems with roommates |

Sleeping@Brock:

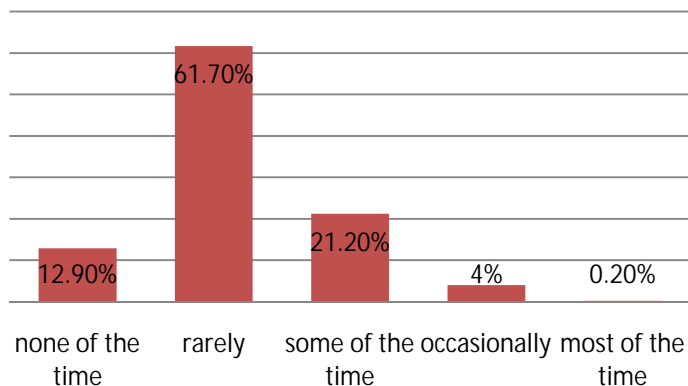
How many students reported symptoms of insomnia?



67% reported their weight changed since starting at Brock. Of those whose weight changed, 76% gained weight (average 9 lbs gained), 24% lost weight (average 10 lbs lost).



Percent of students who reported some depressive symptoms in the past 2 weeks



What are the most common reasons that students *binge drink*?

- Their friends are doing it
- To reduce stress and anxiety
- To reduce frustration and anger
- They are "numb" & want to feel something

Non-suicidal self injury behaviours are defined as intentionally cutting, biting, burning, or sticking needles into one's skin, or abusing medication (without the intent to take one's life). Very little research has been conducted on these behaviours. One of the goals of Stressed@Brock is to better understand non-suicidal self-injury.

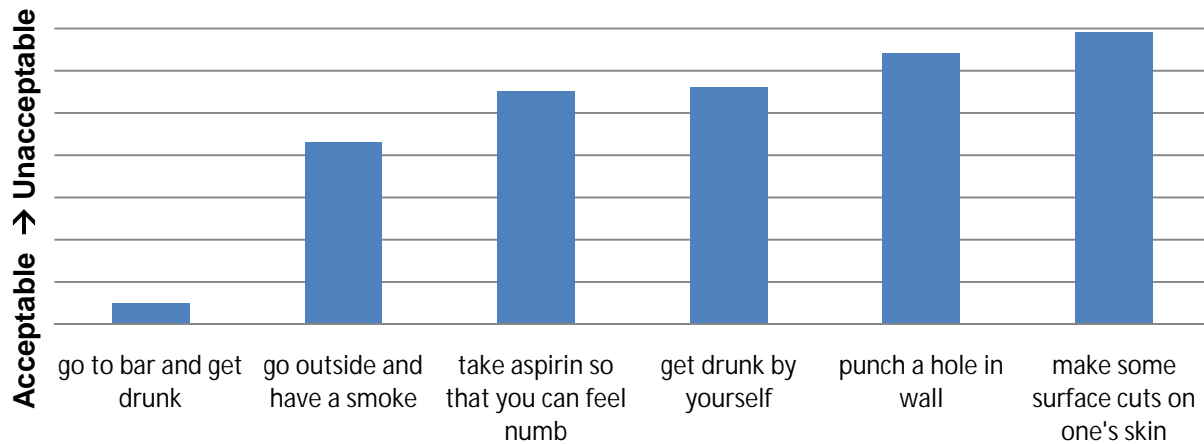
- Over 21% of Stressed@Brock participants reported intentionally hurting themselves (e.g., cutting, biting, burning themselves) in the past and/or currently. Most students do not engage in these behaviours very often.

What are the most common reasons why students report engaging in non-suicidal self-injury? (note the similarities to the reasons given for binge drinking and smoking reported elsewhere in this newsletter)

- To release emotional pressure.
- To reduce anxiety, frustration, or anger.
- To calm themselves down.
- To express anger towards themselves for being worthless or stupid.

Stressed@Brock participants believe that non-suicidal self-injury is an unacceptable way of dealing with stress – much more unacceptable than other harmful behaviours such as getting drunk or smoking.

After a really bad day, how acceptable is it to...



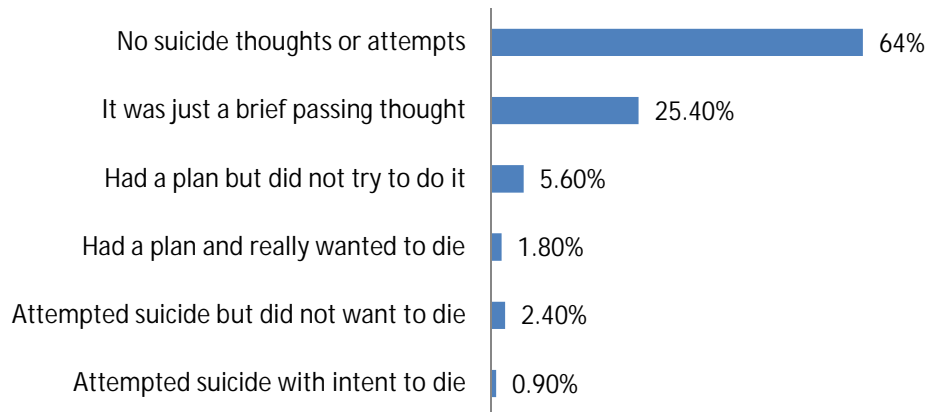
9.2% of students surveyed are at-risk for suicide-related behaviour or thoughts.



What are the most common reasons why students smoke?

- Their friends are doing it
- To reduce stress and anxiety
- They want others to leave them alone
- To Reduce frustration and anger

Past suicide attempts/thoughts



Thank you for making this project possible by your participation!
Stay tuned for more newsletters next year, and for more opportunities to participate!