

Wellness Brief: Introduction to Research Briefs



Introduction

The Wellness Resource Center's Wellness Team will be preparing ongoing research briefs addressing student wellness issues and related consequences. The Wellness Resource Center (WRC) was founded in 1990 and is the primary prevention office on the University of Missouri Campus. The office focuses on environmental management, social norming and education related to alcohol use, tobacco cessation and policy, fitness, nutrition, stress and time management. A comprehensive, year-long approach is used with specific targeted months such as Alcohol Responsibility Month (October) and Wellness Month (April). In addition WRC staff assist with and utilize the annual surveys to guide the campus prevention efforts (please see longer survey descriptions below). For additional information on the Wellness Resource Center programs, services and staff please visit <http://wellness.missouri.edu>.

The data for these research briefs is taken from the Missouri College Health Behavior Survey, the Wellness Survey and the Bystander Survey. This data is specific to University of Missouri students and athletics fans and is used to guide the prevention and wellness efforts of the Wellness Resource Center.

The Missouri College Health Behavior Survey (MCHBS)

The Wellness Resource Center's Missouri College Health Behavior Survey (MCHBS) has been implemented since 2007 through Partners in Prevention statewide coalition. Prior to 2006, the University of Missouri's Wellness Resource Center implemented the Core Alcohol and Drug Survey which was a paper survey administered in classrooms. The MCHBS was created by the statewide coalition based on information gathered by the CORE and is administered via e-mail to a random selected group of students at MU each spring. Questions on the survey assess alcohol and drug usage and the associated negative consequences experienced by college students as well as issues such as stress and mental health, tobacco use, gambling behavior, and driving behavior. **For more information about the MCHBS, visit the Partners in Prevention website at pip.missouri.edu/research.**

The Wellness Survey

The Wellness Survey is an evolving survey developed and implemented by the Wellness Resource Center that was first administered in 2003. The questions on this survey assess how students spend their free time and a variety of questions about students' use of alcohol, tobacco, drugs, nutrition, and other health behaviors. Questions include body image, stress, self-esteem, sleep hygiene, exercise habits, nutrition, and other student health behaviors. Questions also assess student knowledge about health behaviors. It is administered via e-mail to a random selection of MU students each fall on the MU campus.

The Bystander Survey

The Bystander Survey is administered annually in the fall to a random sample of MU undergraduate students via e-mail. The purpose of the survey is to measure how likely students are to intervene in potentially harmful situations with their friends or with strangers. Additionally, the survey measures students' perceptions of how likely they think their peers are to intervene in the same situations. The results are used to implement The Wellness Resource Center's social norming campaign, as well as determine where programming and interventions may be most needed to encourage students to help their friends. This survey was first implemented in 2010.

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