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

Sleeping@Brock:
How many students reported symptoms of insomnia?

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
What are the most common reasons why students report engaging in non-suicidal self-injury?

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

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.

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.

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.

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

Past suicide attempts/thoughts

- No suicide thoughts or attempts: 64%
- It was just a brief passing thought: 25.40%
- Had a plan but did not try to do it: 5.60%
- Had a plan and really wanted to die: 1.80%
- Attempted suicide but did not want to die: 2.40%
- Attempted suicide with intent to die: 0.90%

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