

Agricultural Producer Stress: Montana Statewide Report

Western Regional Agricultural Stress Assistance Program (WRASAP) Baseline Survey Data

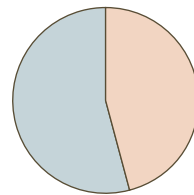
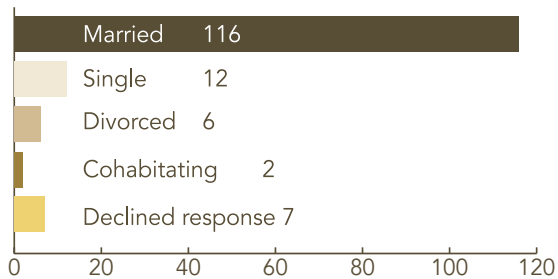
This baseline survey project is part of a larger USDA-funded grant initiative called WRASAP (to learn more visit farmstress.us). The aim of this survey was to better understand the types of stressors that agriculture producers are currently facing, as well as what types of stress management topics and dissemination strategies they would most prefer. These results will help to inform future WRASAP outreach and programming.

Who were our survey respondents?



23 Average number of years respondents have worked in agriculture

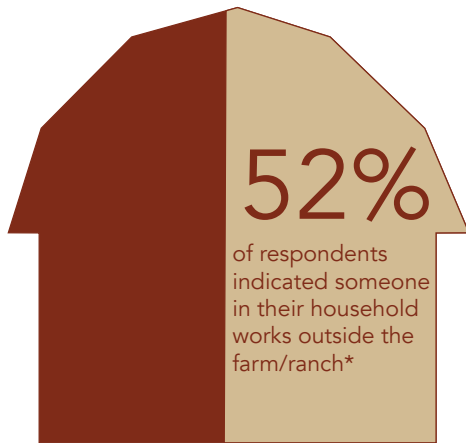
Marital Status



54% Male **46% Female**

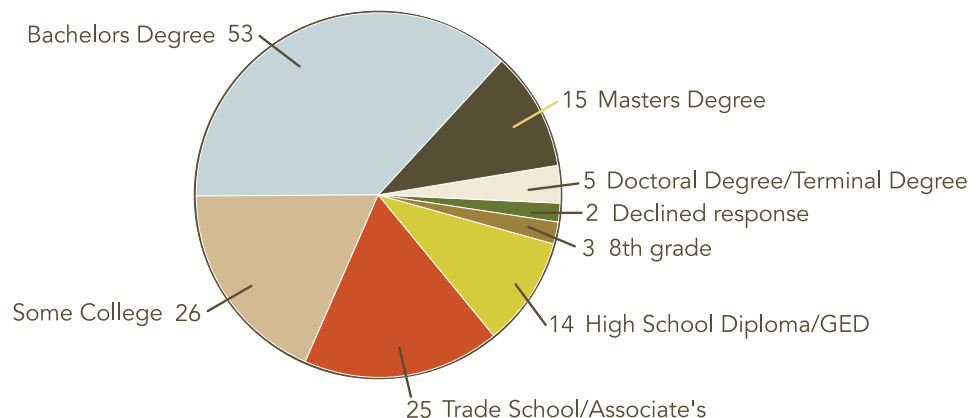
Ethnicity

- White 117
- Not indicated 10
- Native American 8
- African American/Black 2
- Asian American 2
- Bi-racial 2
- Hispanic 1
- Other 1



*most commonly in the field of Education

Highest Level of Education Completed (# of respondents)

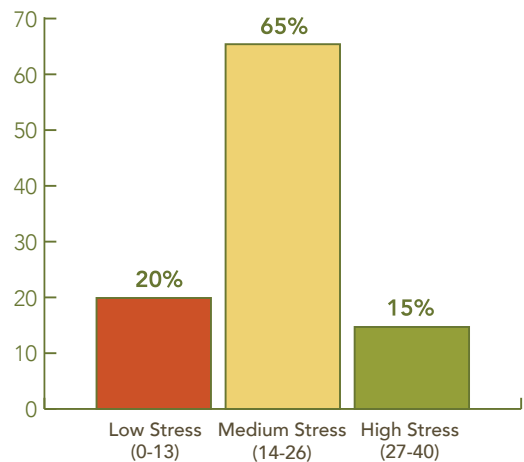


45
– Average age of respondents

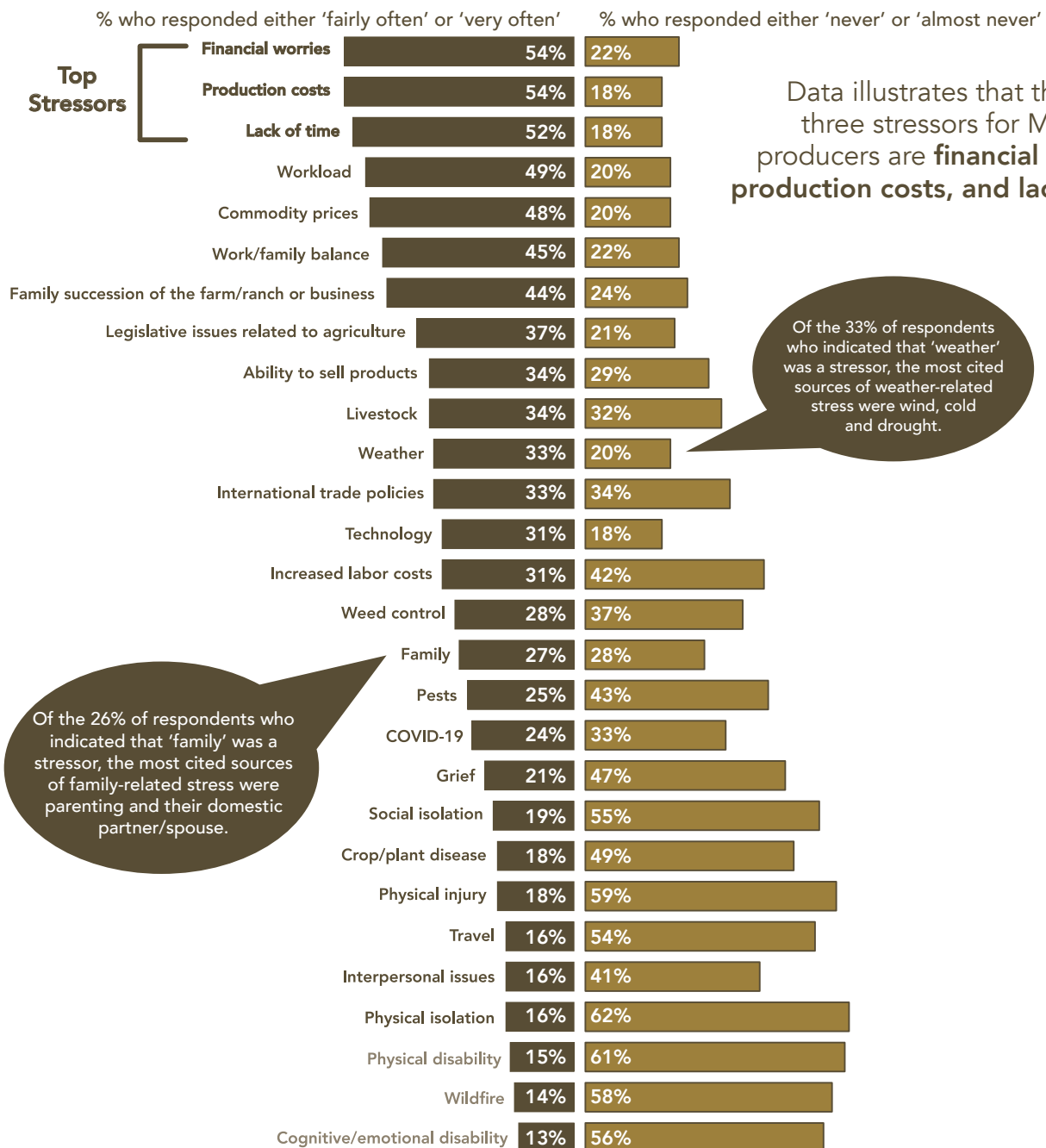
This survey utilized the Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are considered stressful.

Based on their PSS scores, on average, Montana agricultural producers are experiencing a **MEDIUM LEVEL** of stress (average = 19)

Perceived Stress Score (PSS)



Within the last year, please indicate how often the following led you to experience stress?

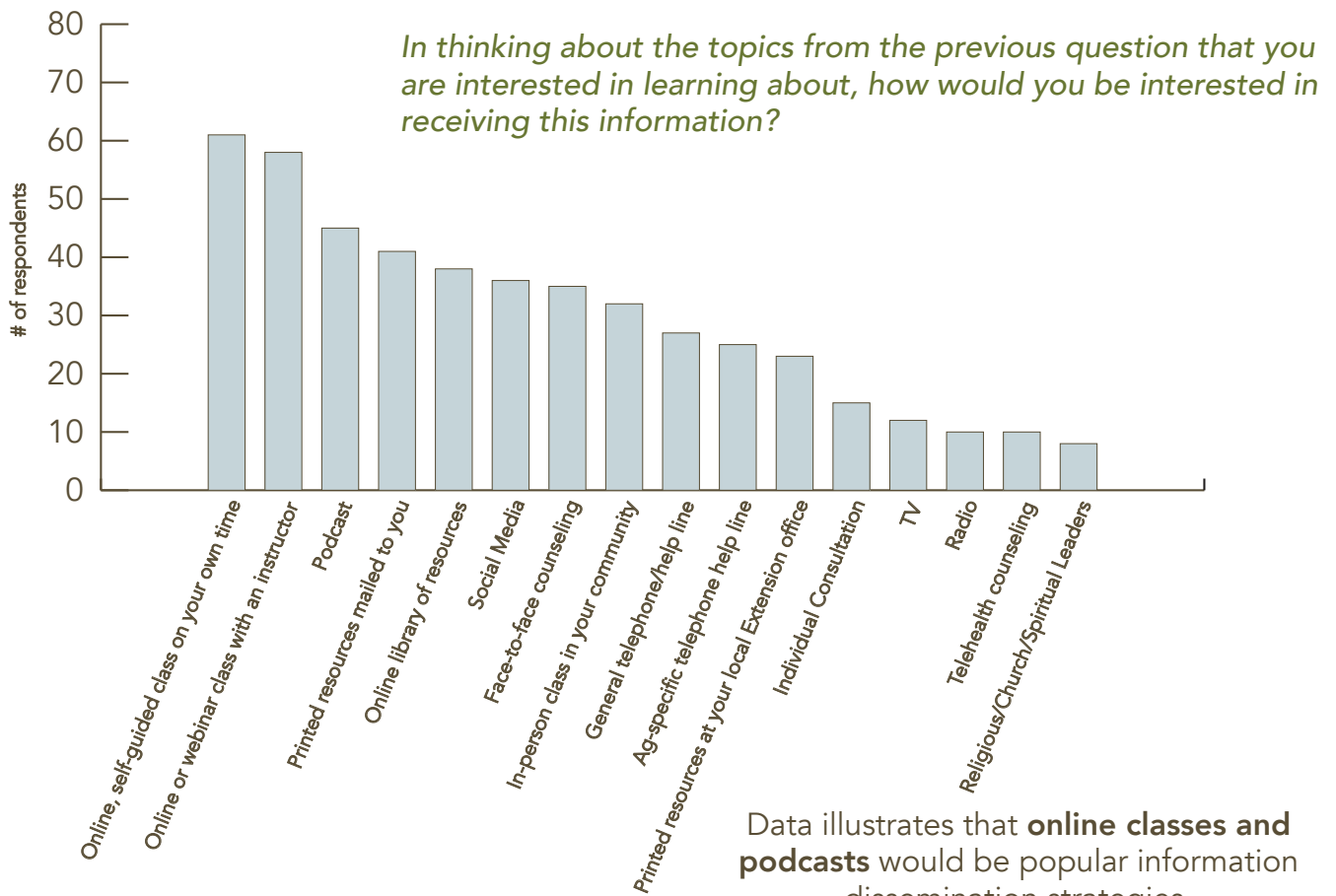
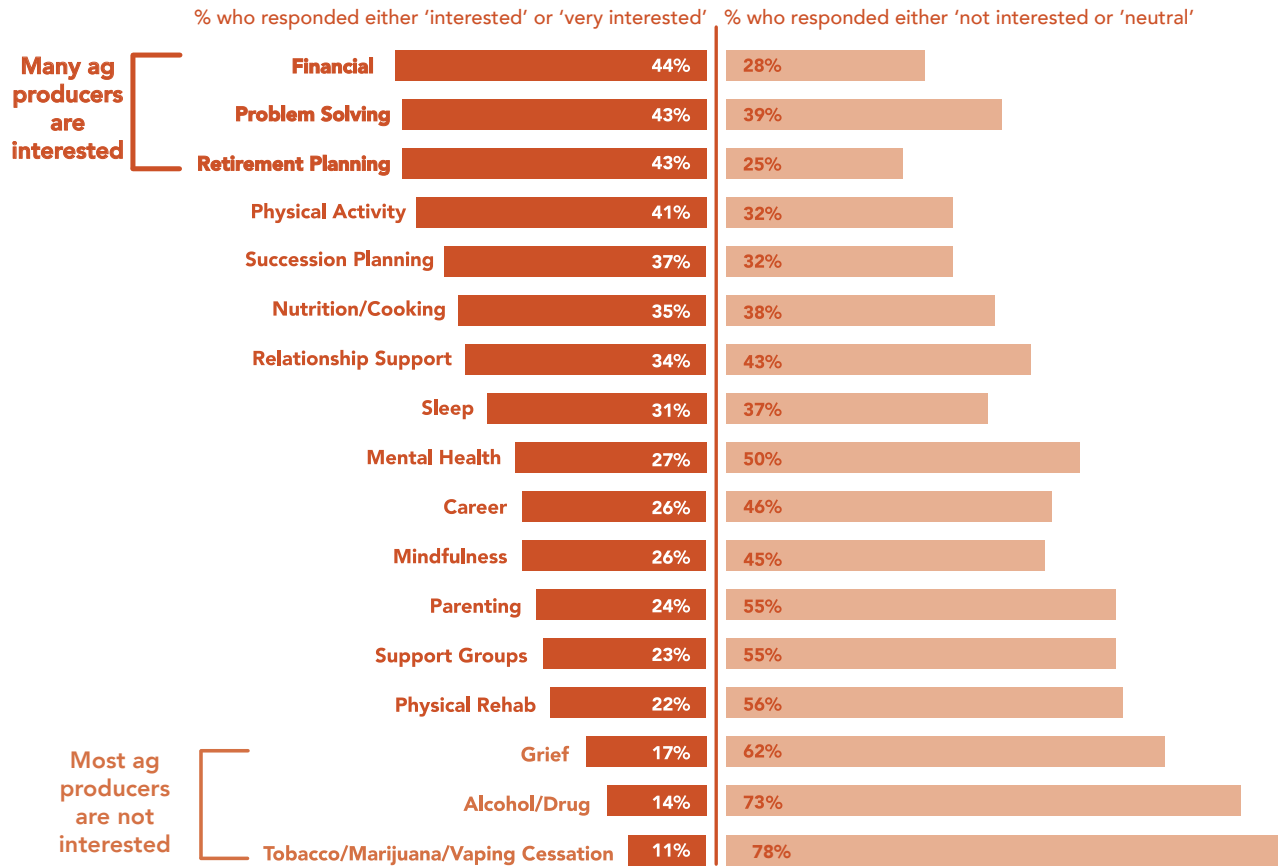


Data illustrates that the top three stressors for MT ag producers are **financial worries, production costs, and lack of time.**

Of the 26% of respondents who indicated that 'family' was a stressor, the most cited sources of family-related stress were parenting and their domestic partner/spouse.

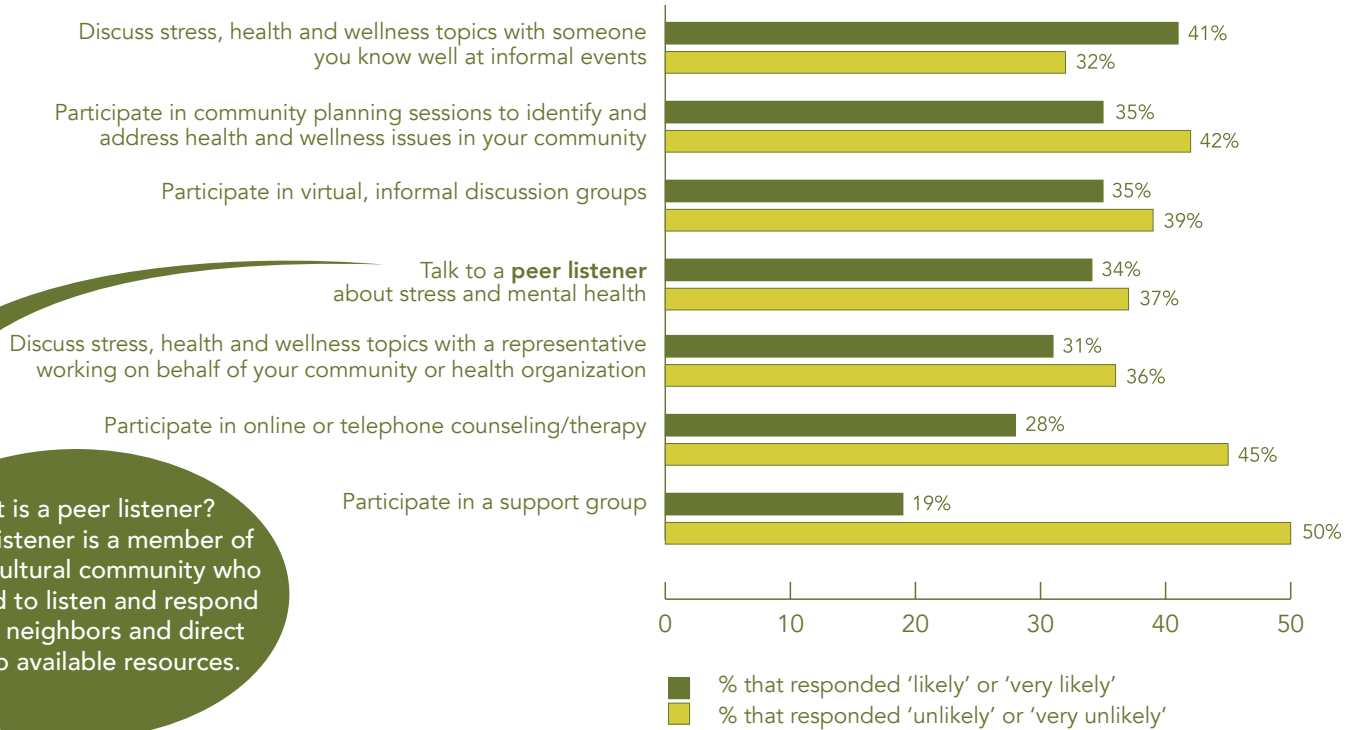
Of the 33% of respondents who indicated that 'weather' was a stressor, the most cited sources of weather-related stress were wind, cold and drought.

To help you manage and/or cope with your stress, how interested would you be to learn about the following topics if the content was made available to you?



This grant initiative also involves specific outreach and education projects. In order to gauge interest in some of the projects that have already begun, we asked ag producers throughout Montana how likely they would be to participate in such a project if it were made available in their communities.

Likelihood of Participation in Specific Education and Outreach Projects



What is a peer listener?
 A peer listener is a member of the agricultural community who is trained to listen and respond to their neighbors and direct them to available resources.

Comments from survey respondents

During freezes or hales, in one evening our income can evaporate and our business plan switches from growth mode to survival mode. It may take several years to recover from a serious crop loss.

There's a lot of pressure to be efficient in what we do. Our survival is very much tied to the efficiency of our labor.

For more information on the data in this report, please contact Dr. Michelle Grocke, michelle.grocke@montana.edu. Please also visit farmstress.us.

This report was compiled by Dr. Michelle Grocke, Dr. Alison Brennan, Dr. Brenda Freeman, Dr. Lorann Stallones, Kara Erickson and Jessica Gutheil. Design by Lori Mayr.



WRASAP
 Western Regional Agricultural
 Stress Assistance Program

