

STATE REPORT ON MONTANA AG WORKER STRESS

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

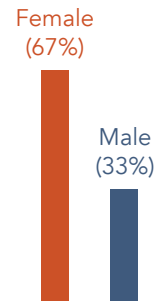
Survey Demographics

31
Agricultural workers completed the survey

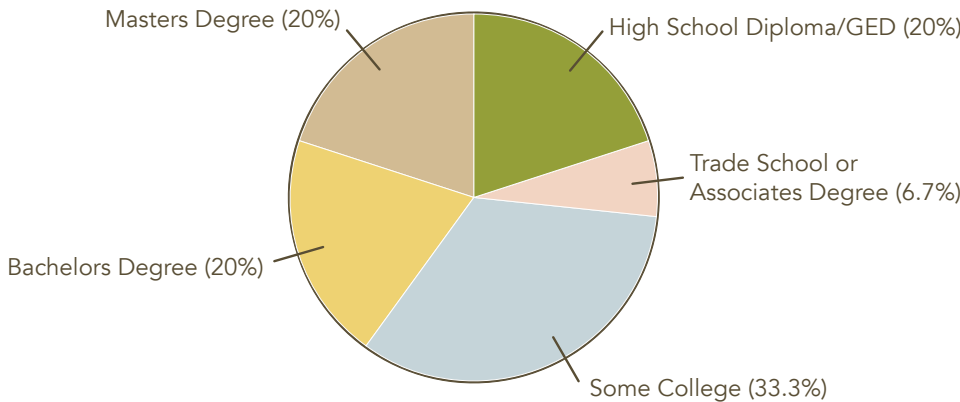
32 Average age of respondents

15 Average number of years respondents have worked in agriculture

Gender*



Highest Level of Education



*According to the 2017 Census of Agriculture, females represent 40% of agricultural producers. The census does not capture gender of workers, but based on producer data, this gender breakdown is likely not representative of current gender breakdown of Montana agricultural workers.

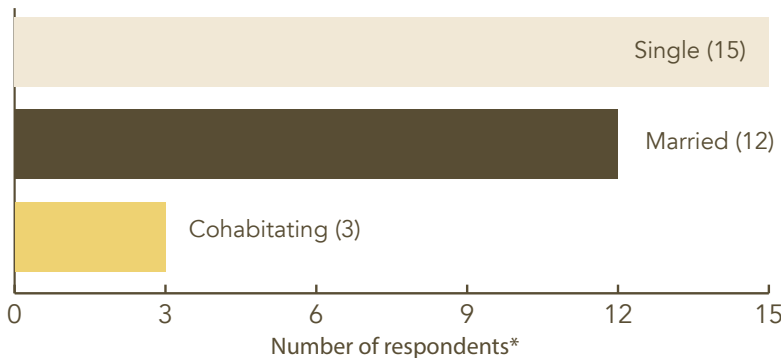
Ethnicity

- White or European American 90.3%
- American Indian or Alaskan Native 6.5%
- 3.2% of respondents did not answer this question

Native/Primary Language

- English 93.5%
- French/English 3.25%
- 3.25% of respondents did not answer this question

Marital Status



*1 respondent declined to answer this question

Work Schedules

- 32% Work Full-Time
- 68% Work Part-Time
- 58% Work Year-round
- 42% Work Seasonally



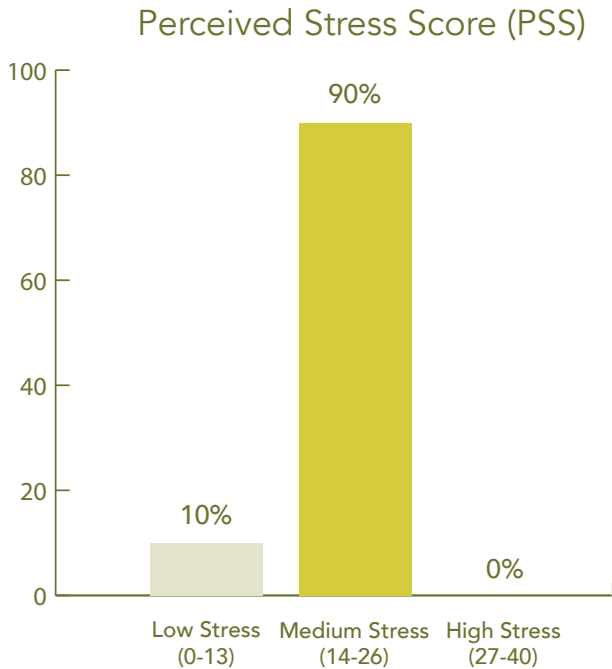
94% of Montana respondents hold at least one additional job in addition to their work on a farm or ranch.

Perceived Stress Score

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, agricultural workers throughout Montana are experiencing a **MEDIUM LEVEL** of stress (average PSS score =18.9)

A medium level PSS score indicates the respondent is experiencing a moderate amount of stress, which could be impacting their sleep, physical health, mental health and/or relationships with other people.

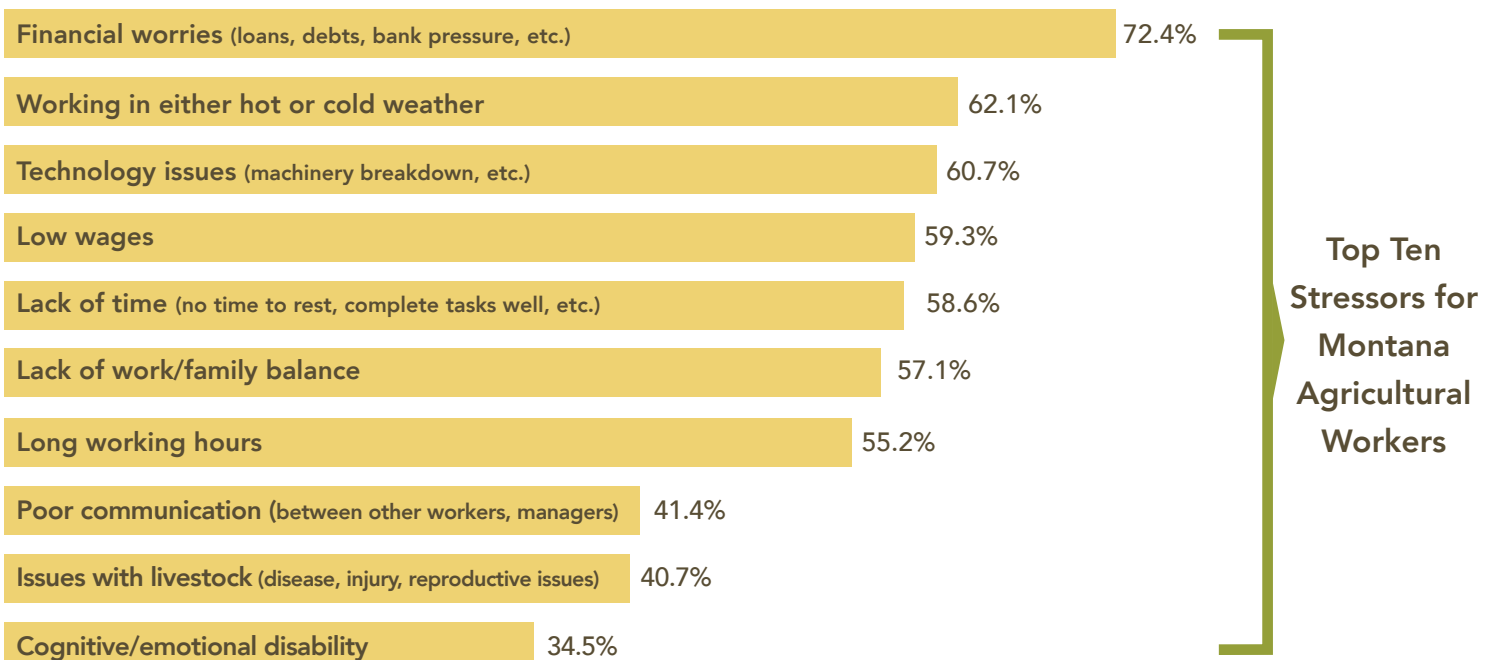


Most respondents indicated that **SUMMER (Jun-Aug)** and **FALL (Sep-Nov)** were their **MOST STRESSFUL** times of year.

Stressors

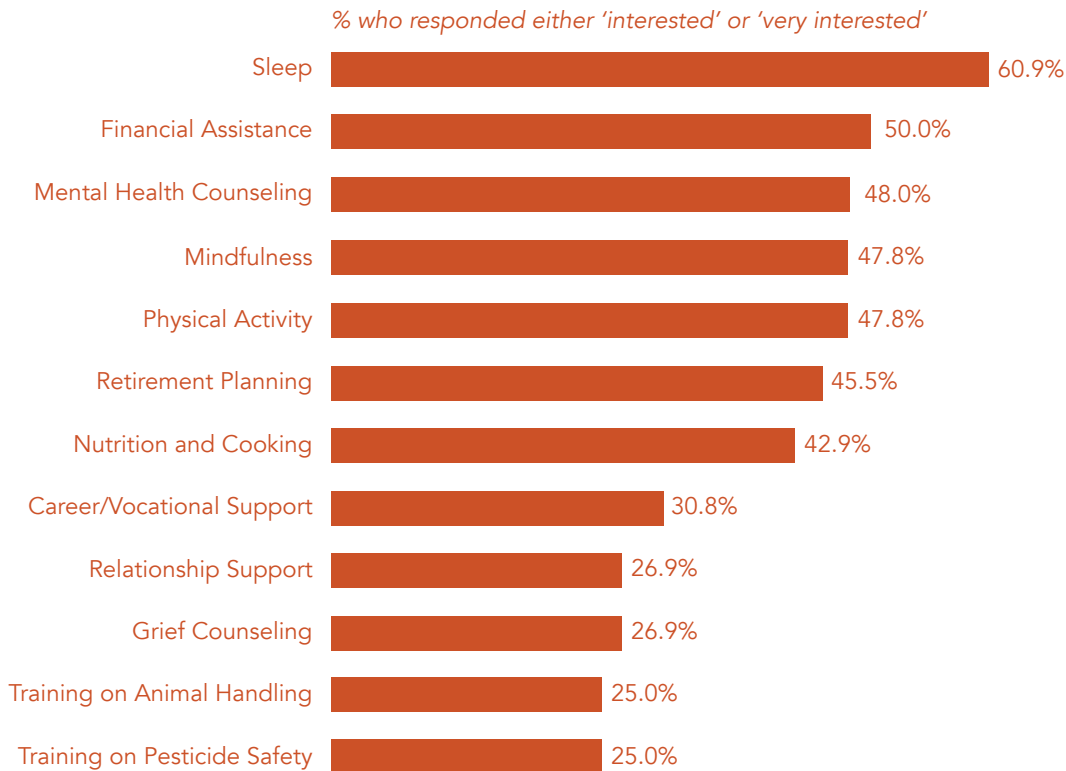
Within the last year, please indicate how often the following led you to **experience stress?**

% who responded 'fairly often' or 'very often'



Topics of Interest

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?



*Participants were asked about numerous other topics. The top ten topics are listed here.

Methods of Receiving Information

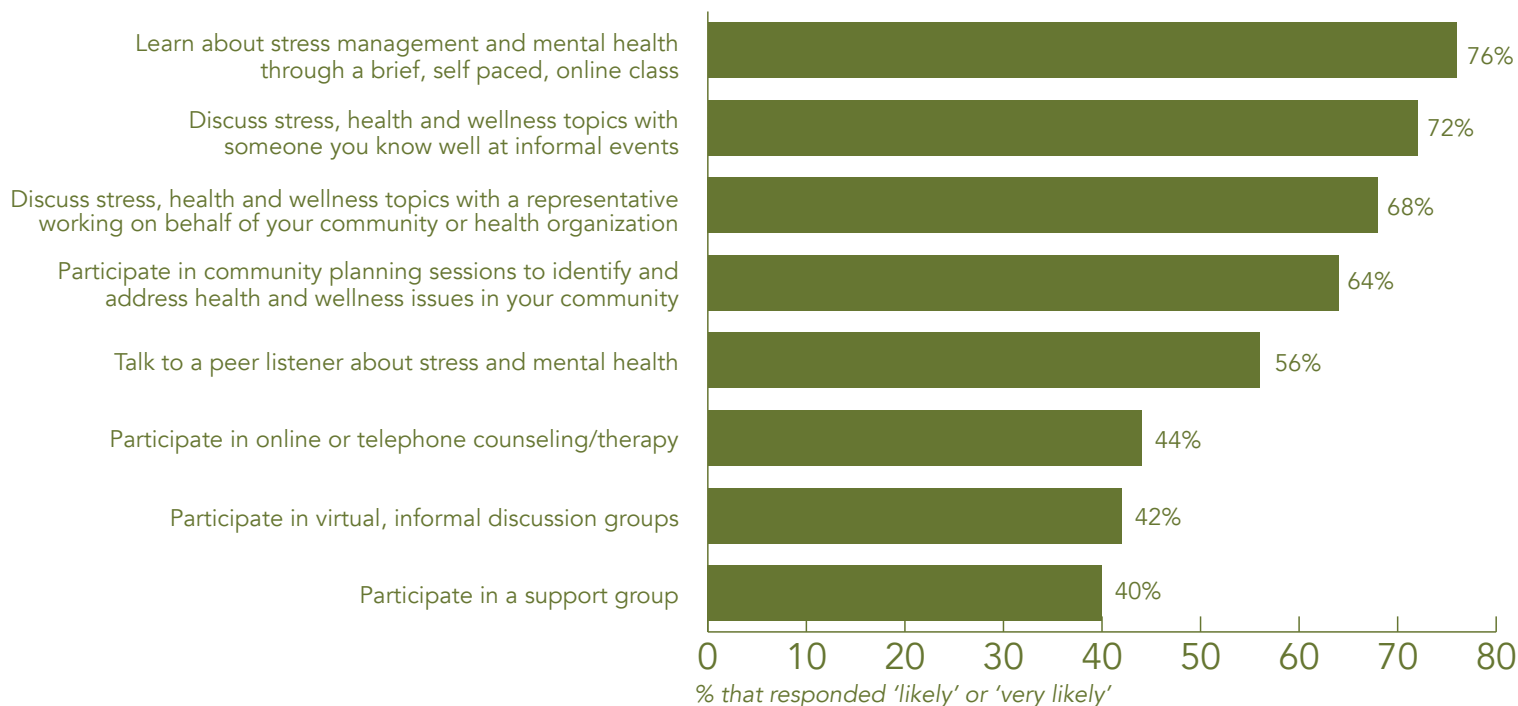
In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in **receiving this information?**



Attending an Online Self-Guided Class was the respondents' preferred method for receiving information

Participation in WRASAP Outreach Programs

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 agricultural workers throughout Montana how likely they would be to participate in such a project if it were made available in their communities.



WRASAP

Western Regional Agricultural
Stress Assistance Program

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 is to better understand the types of stressors that agriculture workers 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.

This report was compiled by Dr. Alison Brennan, Dr. Michelle Grocke, Heather Weas, and Alexandra Nelson. Design by Lori Mayr.

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

Accessible versions of this document are available.
Please visit farmstress.us or call 406.994.6969 to request a copy or more information.

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