
NSSE 2023 Topical Module Report

Mental Health & Well-Being

Northern Michigan University

The Mental Health and Well-Being Topical Module provides colleges and universities an opportunity to understand and address current concerns about students' emotional, psychological, and social wellness. Results will help institutions promote well-being by purposefully creating supportive environments and providing necessary resources for students to thrive. This module assesses students' experiences related to a range of dimensions for mental health and well-being. It also examines sources of support and explores students' perceptions about campus resources. Some components for this set were influenced by the Butler University Student Well-Being Institutional Support Survey (SWISS)

Comparison group details are in the online Selected Comparison Groups report, linked in the Data & Reports table on the Institution Interface. A PDF copy is also saved in your report download folder.

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First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	1	1	253	3	4.2	4.1	.09
		2		4	3	643	6			
		3		19	17	1,699	16			
		4		45	41	3,983	37			
		5		30	31	3,086	28			
		6	Very difficult	7	8	1,075	10			
		—	Not applicable	0	0	36	0			
			Total	106	100	10,775	100			
b. Employment	MHWdemploy	1	Not at all difficult	17	15	1,726	16	3.4	3.2	.13
		2		14	15	1,203	11			
		3		9	6	1,356	13			
		4		15	12	1,554	14			
		5		11	11	1,041	10			
		6	Very difficult	14	15	896	9			
		—	Not applicable	27	25	2,994	28			
			Total	107	100	10,770	100			
c. Finances	MHWdfinance	1	Not at all difficult	6	6	843	8	4.1	3.9	.12
		2		14	10	1,175	11			
		3		21	20	1,743	16			
		4		19	20	2,298	22			
		5		14	14	2,127	20			
		6	Very difficult	27	26	1,873	17			
		—	Not applicable	6	4	710	7			
			Total	107	100	10,769	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	30	29	2,982	28	2.8	2.8	.01
		2		29	27	2,283	21			
		3		13	11	1,801	16			
		4		11	11	1,841	17			
		5		14	12	1,011	9			
		6	Very difficult	10	10	662	6			
		—	Not applicable	0	0	185	2			
			Total	107	100	10,765	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	33	31	3,270	33	2.9	2.6	.15
		2		16	16	2,051	19			
		3		16	11	1,547	14			
		4		16	19	1,491	13			
		5		13	12	949	8			
		6	Very difficult	11	8	820	7			
		—	Not applicable	2	1	639	6			
			Total	107	100	10,767	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	26	28	2,275	21	3.0	3.2	-.09
		2		13	9	1,378	12			
		3		12	13	1,380	13			
		4		22	20	1,491	14			
		5		12	12	1,011	9			
		6	Very difficult	10	7	1,244	12			
		—	Not applicable	12	10	1,983	19			
			Total	107	100	10,762	100			

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	19	24	2,376	23	2.9	2.8	.03
		2		23	20	2,457	23			
		3		23	23	2,158	20			
		4		21	17	2,001	18			
		5		10	7	980	9			
		6	Very difficult	9	8	618	5			
		—	Not applicable	2	1	157	2			
		Total		107	100	10,747	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	17	17	1,791	18	3.5	3.4	.10
		2		12	13	1,812	17			
		3		19	15	1,798	16			
		4		22	20	2,039	19			
		5		21	18	1,597	15			
		6	Very difficult	14	15	1,521	14			
		—	Not applicable	2	1	198	2			
		Total		107	100	10,756	100			
i. Mental health	MHWdmental	1	Not at all difficult	8	9	1,392	14	4.0	3.6 *	.26 △
		2		17	15	1,469	14			
		3		15	13	1,888	17			
		4		20	16	2,353	21			
		5		23	24	1,887	17			
		6	Very difficult	22	22	1,635	14			
		—	Not applicable	2	1	141	1			
		Total		107	100	10,765	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	6	6	840	9	4.5	4.1 **	.28 △
		2		4	6	969	9			
		3		13	13	1,538	15			
		4		21	17	2,328	21			
		5		26	23	2,445	22			
		6	Very difficult	36	35	2,534	23			
		—	Not applicable	1	1	100	1			
		Total		107	100	10,754	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	12	12	1,072	11	3.8	3.8	.02
		2		13	14	1,344	13			
		3		11	11	1,843	17			
		4		23	20	2,418	22			
		5		26	26	2,055	19			
		6	Very difficult	21	17	1,974	18			
		—	Not applicable	1	1	53	1			
		Total		107	100	10,759	100			
l. Physical health	MHWdphysical	1	Not at all difficult	18	18	1,879	19	3.1	3.1	-.01
		2		19	20	2,165	20			
		3		22	22	2,273	21			
		4		27	23	2,311	21			
		5		15	14	1,172	11			
		6	Very difficult	5	4	858	8			
		—	Not applicable	1	1	95	1			
		Total		107	100	10,753	100			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	64	60	6,817	64	1.7	1.6	.12
		2		23	23	1,668	15			
		3		5	4	624	6			
		4		5	5	494	4			
		5		3	3	203	2			
		6	Very difficult	2	2	115	1			
		—	Not applicable	5	4	833	8			
		Total		107	100	10,754	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	0	0	245	2	3.0	2.9	.08
		1	Very little	2	1	724	7			
		2	Some	26	25	2,428	23			
		3	Quite a bit	48	49	3,486	32			
		4	Very much	30	24	3,556	33			
		—	Not applicable	1	1	310	3			
		Total		107	100	10,749	100			
b. Your family	MHWsfamily	0	Not at all	5	5	408	4	2.7	2.8	-.14
		1	Very little	13	12	1,000	10			
		2	Some	24	22	2,402	22			
		3	Quite a bit	34	32	2,937	27			
		4	Very much	30	28	3,828	36			
		—	Not applicable	1	1	171	2			
Total		107	100	10,746	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	5	3	631	6	3.0	2.7 *	.22
		1	Very little	5	5	599	6			
		2	Some	14	13	1,214	12			
		3	Quite a bit	14	14	1,439	13			
		4	Very much	32	35	2,637	24			
		—	Not applicable	37	28	4,205	39			
Total		107	100	10,725	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	17	14	1,332	13	1.8	1.9	-.09
		1	Very little	23	22	1,925	18			
		2	Some	40	35	3,634	34			
		3	Quite a bit	13	14	1,895	17			
		4	Very much	8	10	1,053	10			
		—	Not applicable	6	4	888	8			
Total		107	100	10,727	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	24	22	1,587	15	1.5	1.9 **	-.32
		1	Very little	19	20	1,444	13			
		2	Some	22	19	2,400	22			
		3	Quite a bit	12	10	1,588	15			
		4	Very much	7	8	1,264	12			
		—	Not applicable	23	21	2,423	23			
Total		107	100	10,706	100					
f. Your academic advisor	MHWsadvice	0	Not at all	23	19	2,246	21	1.7	1.7	.02
		1	Very little	13	12	1,970	18			
		2	Some	36	35	2,640	25			
		3	Quite a bit	13	12	1,371	13			
		4	Very much	6	6	916	9			
		—	Not applicable	16	16	1,583	15			
Total		107	100	10,726	100					

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Your instructors	MHWsinstruct	0	Not at all	11	8	1,580	15	2.0	1.8	.13
		1	Very little	18	16	2,011	19			
		2	Some	42	41	3,387	31			
		3	Quite a bit	20	20	1,693	16			
		4	Very much	6	6	922	9			
		—	Not applicable	10	9	1,136	11			
Total				107	100	10,729	100			
h. Counseling services	MHWscounsel	0	Not at all	19	17	1,679	16	1.7	1.8	-.06
		1	Very little	8	6	1,036	10			
		2	Some	16	17	1,553	14			
		3	Quite a bit	7	8	979	9			
		4	Very much	6	7	993	9			
		—	Not applicable	51	44	4,472	42			
Total				107	100	10,712	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	27	25	2,181	20	1.4	1.5	-.07
		1	Very little	15	14	1,465	14			
		2	Some	23	23	2,025	19			
		3	Quite a bit	6	5	922	9			
		4	Very much	7	8	672	7			
		—	Not applicable	28	24	3,436	33			
Total				106	100	10,701	100			
3. To what extent to do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	10	12	359	3	3.9	4.5 ***	-.43
		2	Disagree	5	4	665	6			
		3	Slightly disagree	21	16	1,186	11			
		4	Slightly agree	30	29	2,579	24			
		5	Agree	26	25	3,791	36			
		6	Strongly agree	14	13	2,136	21			
		Total				106	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	12	12	528	5	3.6	3.9 *	-.25
		2	Disagree	19	16	1,571	14			
		3	Slightly disagree	20	18	1,976	19			
		4	Slightly agree	22	22	2,361	22			
		5	Agree	23	21	2,701	25			
		6	Strongly agree	11	11	1,576	15			
		Total				107	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	5	5	411	4	4.1	4.1	.06
		2	Disagree	10	11	1,169	11			
		3	Slightly disagree	13	13	1,842	17			
		4	Slightly agree	28	22	2,675	25			
		5	Agree	37	33	3,258	31			
		6	Strongly agree	14	16	1,352	13			
		Total				107	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	4	3	236	2	3.9	4.2 **	-.33
		2	Disagree	11	15	739	7			
		3	Slightly disagree	19	15	1,355	13			
		4	Slightly agree	35	31	3,493	32			
		5	Agree	31	29	3,629	34			
		6	Strongly agree	7	7	1,238	12			
		Total				107	100			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress <i>(Means indicate the percentage who responded "Yes.")</i>	No		24	22	2,349	24	76%	76%	.01
		Yes		82	76	8,270	76			
		Help for this is not available		1	2	90	1			
		Total		107	100	10,709	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		38	36	2,842	28	63%	71%	-.18
		Yes		68	63	7,787	71			
		Help for this is not available		1	1	82	1			
		Total		107	100	10,711	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		38	37	3,844	36	59%	63%	-.08
		Yes		67	59	6,748	63			
		Help for this is not available		2	4	107	1			
		Total		107	100	10,699	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		54	49	4,588	44	46%	54%	-.16
		Yes		51	46	5,902	54			
		Help for this is not available		2	4	192	2			
		Total		107	100	10,682	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		54	48	4,693	44	50%	55%	-.09
		Yes		52	50	5,822	55			
		Help for this is not available		1	2	172	1			
		Total		107	100	10,687	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		71	64	5,992	56	32%	42% *	-0.22 ▽
		Yes		31	32	4,458	42			
		Help for this is not available		4	4	224	2			
		Total		106	100	10,674	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		24	23	2,556	26	77%	73%	.08
		Yes		83	77	8,059	73			
		Help for this is not available		0	0	80	1			
		Total		107	100	10,695	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		35	33	2,505	25	65%	74% *	-0.20 ▽
		Yes		71	65	8,106	74			
		Help for this is not available		1	2	75	1			
		Total		107	100	10,686	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		75	68	6,202	58	29%	40% *	-0.23 ▽
		Yes		29	29	4,226	40			
		Help for this is not available		3	4	266	2			
		Total		107	100	10,694	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		49	47	4,380	41	51%	57%	-.12
		Yes		56	51	6,183	57			
		Help for this is not available		2	1	127	1			
		Total		107	100	10,690	100			
5. Thinking about resources on campus, to what extent does your institution provide adequate resources in the following areas?										
a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)	MHWifood	0	Not at all	5	7	479	4	2.4	2.5	-.14
		1	Very little	15	14	1,236	11			
		2	Some	33	26	2,570	24			
		3	Quite a bit	21	24	2,507	23			
		4	Very much	21	18	2,083	20			
		—	I don't know	12	11	1,798	18			
		Total		107	100	10,673	100			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	3	2	220	2	2.5	2.7	-.20
		1	Very little	7	7	761	7			
		2	Some	36	35	2,671	25			
		3	Quite a bit	29	25	3,346	31			
		4	Very much	18	16	2,208	21			
		—	I don't know	14	14	1,454	14			
Total				107	100	10,660	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	2	1	162	2	2.6	2.8	-.18
		1	Very little	12	9	636	6			
		2	Some	32	30	2,552	24			
		3	Quite a bit	27	24	3,438	32			
		4	Very much	21	21	2,582	24			
		—	I don't know	13	14	1,297	13			
Total				107	100	10,667	100			
d. Affordable housing for students	MHWihouse	0	Not at all	11	10	1,005	10	2.0	2.0	.03
		1	Very little	14	11	1,887	17			
		2	Some	47	43	3,365	31			
		3	Quite a bit	15	17	1,663	15			
		4	Very much	6	7	1,007	10			
		—	I don't know	14	11	1,729	17			
Total				107	100	10,656	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	7	7	362	4	2.2	2.7 ***	-.45
		1	Very little	20	16	1,097	10			
		2	Some	41	42	2,805	26			
		3	Quite a bit	21	20	3,184	29			
		4	Very much	14	13	2,755	26			
		—	I don't know	3	2	439	5			
Total				106	100	10,642	100			

6. What is one way your institution has supported your mental health and well-being? Please describe (5,000 character limit)

This final question asked students to respond in an open text box. Comments were recorded for 56 first-year student(s) and 141 senior(s). Responses are provided in your NSSE23 Student Comments Report and in a separate SPSS data file.

These open-ended responses appear exactly as respondents entered them and may not be suitable for distribution without prior review.

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	7	3	553	4	4.1	4.1	.01
		2		24	10	999	7			
		3		39	14	1,986	15			
		4		90	31	4,440	32			
		5		65	24	4,017	29			
		6	Very difficult	42	16	1,705	12			
		—	Not applicable	1	1	73	1			
			Total	268	100	13,773	100			
b. Employment	MHWdemploy	1	Not at all difficult	40	14	1,989	15	3.2	3.5 **	-.17
		2		61	23	1,645	12			
		3		46	18	2,096	15			
		4		41	14	2,772	20			
		5		32	11	2,052	15			
		6	Very difficult	31	12	1,619	12			
		—	Not applicable	17	8	1,601	12			
			Total	268	100	13,774	100			
c. Finances	MHWdfinance	1	Not at all difficult	13	5	1,071	8	4.4	4.1 **	.18
		2		25	9	1,371	10			
		3		33	12	1,879	14			
		4		51	19	2,819	21			
		5		57	21	2,774	20			
		6	Very difficult	86	33	3,525	25			
		—	Not applicable	2	1	346	3			
			Total	267	100	13,785	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	61	25	3,324	25	3.0	3.0	-.02
		2		61	22	2,633	19			
		3		44	17	2,285	16			
		4		45	16	2,509	18			
		5		24	9	1,572	11			
		6	Very difficult	30	11	1,286	9			
		—	Not applicable	1	0	166	1			
			Total	266	100	13,775	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	106	43	6,086	45	2.4	2.1 *	.14
		2		51	17	2,316	16			
		3		34	13	1,418	10			
		4		33	11	1,219	9			
		5		18	6	668	5			
		6	Very difficult	14	6	616	4			
		—	Not applicable	11	5	1,457	11			
			Total	267	100	13,780	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	57	22	3,444	25	3.1	3.0	.06
		2		44	15	2,095	15			
		3		45	16	1,804	13			
		4		39	14	1,971	14			
		5		19	7	1,240	9			
		6	Very difficult	31	14	1,527	11			
		—	Not applicable	31	11	1,693	13			
			Total	266	100	13,774	100			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	58	23	3,645	27	2.8	2.7	.04
		2		58	24	3,112	22			
		3		70	25	2,527	18			
		4		44	15	2,315	17			
		5		17	6	1,138	8			
		6	Very difficult	17	6	685	5			
		—	Not applicable	2	1	349	3			
		Total		266	100	13,771	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	42	18	3,131	23	3.3	3.2	.09
		2		45	18	2,278	16			
		3		49	17	2,038	14			
		4		57	20	2,371	17			
		5		34	11	1,838	13			
		6	Very difficult	38	14	1,725	13			
		—	Not applicable	2	1	395	3			
		Total		267	100	13,776	100			
i. Mental health	MHWdmental	1	Not at all difficult	21	10	1,880	15	4.0	3.6 ***	.23
		2		27	11	1,771	13			
		3		39	15	2,159	16			
		4		58	21	2,903	21			
		5		50	17	2,408	17			
		6	Very difficult	72	26	2,441	17			
		—	Not applicable	0	0	216	2			
		Total		267	100	13,778	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	6	3	1,111	9	4.7	4.2 ***	.29
		2		17	8	1,062	8			
		3		28	10	1,706	13			
		4		42	16	2,715	20			
		5		64	23	3,119	22			
		6	Very difficult	109	39	3,901	27			
		—	Not applicable	0	0	157	1			
		Total		266	100	13,771	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	26	11	1,412	11	3.8	3.9	-.02
		2		30	12	1,679	12			
		3		47	18	2,243	16			
		4		58	21	2,906	21			
		5		43	14	2,567	19			
		6	Very difficult	62	23	2,878	20			
		—	Not applicable	1	1	93	1			
		Total		267	100	13,778	100			
l. Physical health	MHWdphysical	1	Not at all difficult	38	17	2,116	16	3.3	3.2	.02
		2		51	19	2,551	19			
		3		53	20	2,802	20			
		4		57	19	3,046	22			
		5		37	13	1,683	12			
		6	Very difficult	31	12	1,445	10			
		—	Not applicable	0	0	121	1			
		Total		267	100	13,764	100			

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	162	65	8,517	63	1.6	1.6	-.06
		2		47	15	2,105	14			
		3		17	6	841	6			
		4		10	3	661	5			
		5		2	1	267	2			
		6	Very difficult	5	3	226	2			
		—	Not applicable	24	8	1,161	9			
		Total		267	100	13,778	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	4	2	368	3	2.8	2.9	-.04
		1	Very little	21	8	886	7			
		2	Some	62	24	3,096	23			
		3	Quite a bit	99	36	4,201	30			
		4	Very much	78	29	4,758	34			
		—	Not applicable	3	1	455	4			
		Total		267	100	13,764	100			
b. Your family	MHWsfamily	0	Not at all	13	6	515	4	2.6	2.8 *	-0.15 ▽
		1	Very little	29	10	1,318	10			
		2	Some	69	26	3,252	23			
		3	Quite a bit	78	29	3,631	26			
		4	Very much	73	28	4,808	35			
		—	Not applicable	4	1	229	2			
Total		266	100	13,753	100					
c. Significant others or romantic partners	MHWstromantic	0	Not at all	9	5	745	6	3.0	2.9	.08
		1	Very little	15	6	698	5			
		2	Some	27	10	1,605	12			
		3	Quite a bit	44	16	2,274	16			
		4	Very much	100	37	4,712	34			
		—	Not applicable	72	26	3,716	27			
Total		267	100	13,750	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	31	13	1,847	14	1.9	2.0	-.01
		1	Very little	39	15	2,231	16			
		2	Some	105	39	4,373	32			
		3	Quite a bit	51	18	2,469	17			
		4	Very much	24	9	1,576	11			
		—	Not applicable	17	7	1,240	9			
Total		267	100	13,736	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	46	19	2,259	17	1.6	1.9 **	-0.21 ▽
		1	Very little	28	10	1,792	13			
		2	Some	54	21	2,759	20			
		3	Quite a bit	24	8	1,752	13			
		4	Very much	16	6	1,629	12			
		—	Not applicable	99	36	3,523	26			
Total		267	100	13,714	100					
f. Your academic advisor	MHWsadvice	0	Not at all	77	30	3,556	26	1.5	1.5	-.03
		1	Very little	34	12	2,122	16			
		2	Some	53	19	2,884	21			
		3	Quite a bit	37	15	1,540	11			
		4	Very much	19	8	1,322	10			
		—	Not applicable	47	16	2,309	17			
Total		267	100	13,733	100					

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	32	13	2,025	15	2.0	1.9	.09
		1	Very little	36	13	2,263	17			
		2	Some	94	34	4,123	30			
		3	Quite a bit	60	23	2,328	16			
		4	Very much	24	9	1,554	11			
		—	Not applicable	21	8	1,445	11			
Total				267	100	13,738	100			
h. Counseling services	MHWscounsel	0	Not at all	65	25	2,784	21	1.1	1.6 **	-0.29
		1	Very little	16	6	1,175	9			
		2	Some	17	6	1,670	12			
		3	Quite a bit	13	5	1,068	7			
		4	Very much	14	5	1,254	9			
		—	Not applicable	142	53	5,779	42			
Total				267	100	13,730	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	70	27	3,318	25	1.2	1.3	-0.05
		1	Very little	27	10	1,477	11			
		2	Some	28	11	1,700	12			
		3	Quite a bit	17	6	739	5			
		4	Very much	13	5	753	6			
		—	Not applicable	112	41	5,720	42			
Total				267	100	13,707	100			
3. To what extent to do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	12	6	314	2	4.1	4.6 ***	-0.44
		2	Disagree	21	8	654	5			
		3	Slightly disagree	43	16	1,248	9			
		4	Slightly agree	75	28	2,987	22			
		5	Agree	82	29	4,965	36			
		6	Strongly agree	33	14	3,569	26			
		Total				266	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	28	10	1,043	8	3.5	3.7	-0.11
		2	Disagree	42	15	2,515	18			
		3	Slightly disagree	71	25	2,722	20			
		4	Slightly agree	55	22	2,795	20			
		5	Agree	43	18	2,790	21			
		6	Strongly agree	26	11	1,870	14			
		Total				265	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	21	8	948	7	3.7	3.8	-0.11
		2	Disagree	48	17	2,077	15			
		3	Slightly disagree	61	20	2,528	18			
		4	Slightly agree	53	20	3,202	23			
		5	Agree	60	25	3,340	25			
		6	Strongly agree	23	10	1,631	13			
		Total				266	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	22	9	701	5	3.5	4.0 ***	-0.33
		2	Disagree	45	16	1,405	10			
		3	Slightly disagree	57	19	2,128	15			
		4	Slightly agree	78	31	4,226	30			
		5	Agree	48	19	3,778	28			
		6	Strongly agree	16	6	1,460	11			
		Total				266	100			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWdepress	No	Yes	67	26	3,504	26	70%	72%	-.04
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	189	70	10,022	72			
				10	4	197	1			
				266	100	13,723	100			
b. Discrimination or harassment	MHWdiscrim	No	Yes	101	36	4,255	31	62%	67%	-.11
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	160	62	9,289	67			
				5	2	167	1			
				266	100	13,711	100			
c. Food insecurity (not having enough food)	MHWfood	No	Yes	78	29	5,375	40	71%	58% ***	.26
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	187	71	8,142	58			
				1	0	195	1			
				266	100	13,712	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhouse	No	Yes	175	63	7,589	56	32%	42% **	-.19
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	74	32	5,736	42			
				15	5	372	3			
				264	100	13,697	100			
e. Emergency financial situation	MHWfinance	No	Yes	177	63	7,332	54	31%	44% ***	-.26
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	74	31	6,034	44			
				15	6	343	2			
				266	100	13,709	100			
f. Lack of care for dependents	MHWcare	No	Yes	201	73	8,872	65	23%	32% **	-.21
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	49	23	4,370	32			
				15	5	451	3			
				265	100	13,693	100			
g. Mental health crises	MHWmental	No	Yes	66	25	4,026	30	72%	68%	.08
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	192	72	9,493	68			
				7	3	187	1			
				265	100	13,706	100			
h. Sexual assault or relationship violence	MWHassault	No	Yes	99	35	3,972	29	64%	70%	-.12
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	163	64	9,583	70			
				3	1	149	1			
				265	100	13,704	100			
i. Sleep difficulty	MWHsleep	No	Yes	190	69	8,701	64	23%	33% ***	-.22
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	54	23	4,554	33			
				22	8	459	3			
				266	100	13,714	100			
j. Substance abuse	MWHabuse	No	Yes	166	60	6,765	50	36%	49% ***	-.26
	(Means indicate the percentage who responded "Yes.")	Help for this is not available	Total	88	36	6,653	49			
				12	4	289	2			
				266	100	13,707	100			
5. Thinking about resources on campus, to what extent does your institution provide adequate resources in the following areas?										
a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)	MHWifood	0	1	2	3	4	—	2.1	2.4 ***	-.26
		Not at all	Very little	Some	Quite a bit	Very much	I don't know			

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				NMU		Mental Health		NMU	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	10	4	321	2	2.4	2.7 ***	-0.24 ▽
		1	Very little	21	8	930	6			
		2	Some	88	32	3,341	24			
		3	Quite a bit	79	29	3,729	27			
		4	Very much	25	10	2,363	18			
		—	I don't know	43	17	2,985	22			
Total				266	100	13,669	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	21	7	374	3	2.0	2.6 ***	-0.58 ▽
		1	Very little	49	18	1,114	8			
		2	Some	92	33	3,385	25			
		3	Quite a bit	55	20	3,707	27			
		4	Very much	15	7	2,529	18			
		—	I don't know	34	14	2,561	20			
Total				266	100	13,670	100			
d. Affordable housing for students	MHWihouse	0	Not at all	53	20	1,508	11	1.3	1.8 ***	-0.43 ▽
		1	Very little	84	30	2,310	16			
		2	Some	58	22	3,193	23			
		3	Quite a bit	23	9	1,471	11			
		4	Very much	3	2	938	7			
		—	I don't know	45	17	4,239	32			
Total				266	100	13,659	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	6	2	360	3	2.7	2.8 *	-0.14 ▽
		1	Very little	26	10	946	7			
		2	Some	79	29	2,913	21			
		3	Quite a bit	81	30	3,980	29			
		4	Very much	61	24	3,846	29			
		—	I don't know	12	5	1,594	12			
Total				265	100	13,639	100			

6. What is one way your institution has supported your mental health and well-being? Please describe (5,000 character limit)

This final question asked students to respond in an open text box. Comments were recorded for 56 first-year student(s) and 141 senior(s). Responses are provided in your NSSE23 Student Comments Report and in a separate SPSS data file.

These open-ended responses appear exactly as respondents entered them and may not be suitable for distribution without prior review.

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		NMU	Mental Health	NMU	Mental Health	NMU	Mental Health			
MHWdacad	97	4.22	4.12	.098	.010	0.97	1.14	12,378	.374	.09
MHWdemploy	73	3.45	3.23	.217	.018	1.84	1.67	72	.333	.13
MHWdfinance	93	4.10	3.92	.161	.014	1.56	1.53	11,597	.247	.12
MHWdfamily	97	2.78	2.77	.173	.014	1.71	1.57	12,190	.921	.01
MHWdhomesick	96	2.89	2.64	.173	.015	1.70	1.62	11,628	.132	.15
MHWdromantic	87	3.01	3.16	.182	.018	1.70	1.76	10,116	.429	-.09
MHWdpeers	96	2.85	2.82	.158	.013	1.54	1.48	12,177	.802	.03
MHWdlonely	96	3.55	3.38	.173	.015	1.69	1.68	12,145	.330	.10
MHWdmental	96	3.98	3.56	.169	.015	1.65	1.62	12,222	.013	.26
MHWdexhaust	97	4.51	4.07	.154	.014	1.52	1.58	12,265	.005	.28
MHWdsleep	97	3.85	3.82	.167	.014	1.64	1.59	12,330	.841	.02
MHWdphysical	97	3.06	3.08	.145	.014	1.43	1.52	12,278	.935	-.01
MHWddiscrim	94	1.69	1.57	.122	.010	1.18	1.06	11,449	.258	.12
MHWsfriend	97	2.97	2.88	.075	.010	0.74	1.04	99	.259	.08
MHWsfamily	97	2.67	2.82	.118	.010	1.16	1.14	12,167	.180	-.14
MHWsromantic	70	3.01	2.72	.143	.015	1.19	1.34	70	.045	.22
MHWsstudent	93	1.83	1.94	.122	.011	1.18	1.17	11,318	.370	-.09
MHWscultural	77	1.51	1.94	.149	.014	1.31	1.33	9,534	.005	-.32
MHWsadvice	82	1.69	1.67	.131	.013	1.18	1.29	10,535	.864	.02
MHWsinstruct	89	1.99	1.83	.108	.011	1.02	1.20	90	.150	.13
MHWscounsel	54	1.69	1.77	.190	.017	1.40	1.41	7,182	.643	-.06
MHWsstaff	72	1.44	1.54	.155	.014	1.32	1.30	8,298	.535	-.07
MHWfood	97	3.91	4.46	.151	.011	1.49	1.27	12,348	.000	-.43
MHWexercise	97	3.58	3.94	.157	.013	1.55	1.44	12,342	.014	-.25
MHWleisure	97	4.15	4.07	.143	.012	1.41	1.33	12,332	.587	.06
MHWinst	97	3.87	4.25	.128	.011	1.26	1.17	12,307	.001	-.33
MHWdepress	97	76%	76%	.044	.004	--	--	--	.932	.01
MHWdiscrim	97	63%	71%	.049	.004	--	--	--	.067	-.18
MHWfood	97	59%	63%	.050	.004	--	--	--	.429	-.08
MWHhouse	97	46%	54%	.051	.005	--	--	--	.104	-.16
MWHfinance	97	50%	55%	.051	.005	--	--	--	.350	-.09
MWHcare	97	32%	42%	.048	.004	--	--	--	.040	-.22
MWHmental	97	77%	73%	.043	.004	--	--	--	.456	.08
MWHassault	97	65%	74%	.049	.004	--	--	--	.036	-.20
MWHsleep	97	29%	40%	.046	.004	--	--	--	.027	-.23
MWHabuse	97	51%	57%	.051	.004	--	--	--	.218	-.12
MHWifood	87	2.37	2.53	.127	.011	1.19	1.14	10,090	.199	-.14
MWHihelp	83	2.54	2.74	.107	.010	0.98	0.99	10,545	.069	-.20
MHWicounsel	84	2.64	2.81	.112	.009	1.02	0.98	10,662	.106	-.18
MWHihouse	86	2.01	1.98	.114	.011	1.06	1.15	10,155	.812	.03
MHWiinternet	94	2.17	2.66	.111	.010	1.08	1.10	11,686	.000	-.45

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		NMU	Mental Health	NMU	Mental Health	NMU	Mental Health			
MHWdacad	257	4.14	4.12	.081	.009	1.30	1.26	21,995	.814	.01
MHWdemploy	238	3.22	3.50	.104	.012	1.61	1.63	19,431	.009	-.17
MHWdfinance	254	4.40	4.12	.096	.011	1.53	1.59	21,517	.005	.18
MHWdfamily	255	2.96	3.00	.103	.011	1.65	1.63	21,832	.731	-.02
MHWdhomesick	245	2.36	2.15	.101	.011	1.59	1.49	249	.045	.14
MHWdromantic	227	3.14	3.03	.116	.013	1.75	1.75	19,323	.347	.06
MHWdpeers	253	2.76	2.71	.091	.010	1.44	1.49	21,489	.572	.04
MHWdlonely	253	3.34	3.18	.105	.012	1.66	1.73	21,432	.167	.09
MHWdmental	257	4.02	3.64	.103	.011	1.65	1.67	21,717	.000	.23
MHWdexhaust	255	4.66	4.21	.090	.011	1.44	1.60	261	.000	.29
MHWdsleep	255	3.83	3.86	.103	.011	1.65	1.62	21,931	.788	-.02
MHWdphysical	257	3.28	3.25	.100	.011	1.60	1.55	21,860	.715	.02
MHWddiscrim	235	1.55	1.62	.072	.008	1.10	1.14	20,207	.342	-.06
MHWsfriend	254	2.84	2.89	.063	.007	1.00	1.06	21,287	.488	-.04
MHWsfamily	251	2.64	2.81	.073	.008	1.16	1.14	21,656	.016	-.15
MHWsromantic	189	3.03	2.93	.089	.010	1.23	1.27	16,058	.273	.08
MHWsstudent	239	1.94	1.96	.073	.009	1.13	1.22	244	.863	-.01
MHWscultural	163	1.58	1.86	.101	.011	1.30	1.37	16,300	.009	-.21
MHWsadvice	214	1.50	1.54	.094	.010	1.38	1.35	18,238	.672	-.03
MHWsinstruct	236	2.02	1.90	.076	.009	1.17	1.25	242	.147	.09
MHWscounsel	121	1.14	1.56	.131	.013	1.44	1.46	12,729	.002	-.29
MHWsstaff	152	1.19	1.26	.108	.012	1.34	1.34	12,786	.525	-.05
MHWfood	256	4.10	4.64	.084	.008	1.35	1.22	22,041	.000	-.44
MHWexercise	255	3.54	3.70	.093	.010	1.48	1.51	22,036	.092	-.11
MHWleisure	256	3.66	3.81	.092	.010	1.47	1.45	22,025	.089	-.11
MHWinst	256	3.54	3.98	.085	.009	1.37	1.33	261	.000	-.33
MHWdepress	256	70%	72%	.029	.003	--	--	--	.526	-.04
MHWdiscrim	256	62%	67%	.030	.003	--	--	--	.081	-.11
MHWfood	256	71%	58%	.028	.003	--	--	--	.000	.26
MWHhouse	254	32%	42%	.029	.003	--	--	--	.003	-.19
MWHfinance	256	31%	44%	.029	.003	--	--	--	.000	-.26
MWHcare	255	23%	32%	.026	.003	--	--	--	.001	-.21
MWHmental	255	72%	68%	.028	.003	--	--	--	.190	.08
MWHassault	255	64%	70%	.030	.003	--	--	--	.050	-.12
MWHsleep	256	23%	33%	.026	.003	--	--	--	.001	-.22
MWHabuse	256	36%	49%	.030	.003	--	--	--	.000	-.26
MHWifood	180	2.12	2.42	.078	.010	1.05	1.16	184	.000	-.26
MWHihelp	212	2.42	2.67	.067	.008	0.97	1.01	17,097	.000	-.24
MHWicounsel	220	2.01	2.62	.071	.008	1.06	1.04	224	.000	-.58
MWHihouse	212	1.30	1.82	.070	.010	1.02	1.19	219	.000	-.43
MHWiinternet	240	2.68	2.84	.066	.008	1.03	1.06	19,285	.026	-.14

*p<.05, **p<.01, ***p<.001 (2-tailed); Refer to the endnotes page for the key to triangle symbols.

Endnotes

- a. Column percentages are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Percentages may not sum to 100 due to rounding. Counts are unweighted; column percentages cannot be replicated from counts. Comparison group details are in the Selected Comparison Groups report, linked in the Data & Reports table on the Institution Interface.
- b. All statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Unless otherwise noted, statistical comparisons are two-tailed independent t-tests. Items with categorical response sets are left blank.
- c. These are the values used to calculate means. For the majority of items, these values match the codes in the data file and codebook.
- d. Effect size for independent t-tests uses Cohen's d; z-tests use Cohen's h.
- e. Statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Categorical items are not listed.
- f. The 95% confidence interval for the population mean is equal to the sample mean plus or minus 1.96 times the standard error of the mean.
- g. A measure of the amount individual scores deviate from the mean of all the scores in the distribution.
- h. Degrees of freedom used to compute the t-tests. Values differ from Ns due to weighting and whether equal variances were assumed.
- i. Statistical comparisons are two-tailed independent t-tests or z-tests. Statistical significance represents the probability that the difference between your students' mean and that of the students in the comparison group is due to chance.
- j. Statistical comparison uses z-test to compare the proportion who responded (depending on the item) "Done or in progress" or "Yes" with all who responded otherwise.
- k. Mean represents the proportion who responded (depending on the item) "Done or in progress" or "Yes."

Key to symbols:

- ▲ **Your students' average** was significantly higher ($p < .05$) with an effect size at least .3 in magnitude.
- △ **Your students' average** was significantly higher ($p < .05$) with an effect size less than .3 in magnitude.
- ▽ **Your students' average** was significantly lower ($p < .05$) with an effect size less than .3 in magnitude.
- ▼ **Your students' average** was significantly lower ($p < .05$) with an effect size at least .3 in magnitude.

Note: It is important to interpret the direction of differences relative to item wording and your institutional context. You may not see all of these symbols in your report.