
NSSE 2023 Topical Module Report

Mental Health & Well-Being

California State University, Sacramento

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		
				Sacramento State		Mental Health		Sacramento State	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	12	3	242	3	4.2	4.1	.06
		2		15	3	632	6			
		3		64	14	1,654	16			
		4		193	43	3,835	37			
		5		114	26	3,002	28			
		6	Very difficult	47	11	1,035	10			
		—	Not applicable	0	0	36	0			
			Total	445	100	10,436	100			
b. Employment	MHWdemploy	1	Not at all difficult	72	15	1,671	16	3.5	3.2 ***	.19
		2		33	8	1,184	11			
		3		59	14	1,306	12			
		4		56	13	1,513	15			
		5		64	14	988	10			
		6	Very difficult	54	13	856	8			
		—	Not applicable	104	24	2,917	28			
			Total	442	100	10,435	100			
c. Finances	MHWdfinance	1	Not at all difficult	30	6	819	8	4.1	3.9	.10
		2		42	10	1,147	11			
		3		68	15	1,696	16			
		4		101	22	2,216	22			
		5		102	23	2,039	19			
		6	Very difficult	79	19	1,821	17			
		—	Not applicable	22	5	694	7			
			Total	444	100	10,432	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	113	25	2,899	29	3.0	2.8 **	.14
		2		83	19	2,229	21			
		3		65	14	1,749	16			
		4		91	21	1,761	17			
		5		39	9	986	9			
		6	Very difficult	42	9	630	6			
		—	Not applicable	8	2	177	2			
			Total	441	100	10,431	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	179	41	3,124	32	2.5	2.6	-.09
		2		46	10	2,021	19			
		3		54	12	1,509	14			
		4		43	10	1,464	13			
		5		26	5	936	8			
		6	Very difficult	42	9	789	7			
		—	Not applicable	56	12	585	6			
			Total	446	100	10,428	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	116	26	2,185	21	3.1	3.2	-.06
		2		47	10	1,344	12			
		3		48	11	1,344	13			
		4		60	13	1,453	14			
		5		40	10	983	9			
		6	Very difficult	51	11	1,203	12			
		—	Not applicable	84	19	1,911	18			
			Total	446	100	10,423	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	119	26	2,276	23	2.9	2.8	.06
		2		82	19	2,398	23			
		3		73	17	2,108	20			
		4		85	19	1,937	18			
		5		38	9	952	9			
		6	Very difficult	36	8	591	5			
		—	Not applicable	7	2	152	2			
		Total		440	100	10,414	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	82	18	1,726	18	3.5	3.4	.06
		2		61	14	1,763	17			
		3		75	17	1,742	16			
		4		74	16	1,987	19			
		5		71	16	1,547	14			
		6	Very difficult	70	16	1,465	14			
		—	Not applicable	9	2	191	2			
		Total		442	100	10,421	100			
i. Mental health	MHWdmental	1	Not at all difficult	62	15	1,338	14	3.6	3.6	.00
		2		54	13	1,432	14			
		3		76	17	1,827	17			
		4		108	24	2,265	21			
		5		74	16	1,836	17			
		6	Very difficult	64	14	1,593	14			
		—	Not applicable	5	1	138	1			
		Total		443	100	10,429	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	42	10	804	9	4.1	4.1	.00
		2		36	9	937	10			
		3		61	13	1,490	15			
		4		104	25	2,245	21			
		5		90	19	2,381	22			
		6	Very difficult	108	24	2,462	23			
		—	Not applicable	2	1	99	1			
		Total		443	100	10,418	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	41	10	1,043	11	4.0	3.8 *	.11 △
		2		36	8	1,321	13			
		3		74	17	1,780	17			
		4		114	25	2,327	22			
		5		99	22	1,982	19			
		6	Very difficult	78	19	1,917	18			
		—	Not applicable	1	0	53	1			
		Total		443	100	10,423	100			
l. Physical health	MHWdphysical	1	Not at all difficult	75	17	1,822	19	3.2	3.1 *	.11 △
		2		77	18	2,107	20			
		3		97	22	2,198	20			
		4		107	23	2,231	21			
		5		47	11	1,140	11			
		6	Very difficult	40	10	823	8			
		—	Not applicable	0	0	96	1			
		Total		443	100	10,417	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	293	66	6,588	64	1.5	1.6	-.02
		2		61	14	1,630	15			
		3		32	8	597	5			
		4		11	2	488	5			
		5		4	1	202	2			
		6	Very difficult	7	2	110	1			
		—	Not applicable	34	7	804	8			
		Total		442	100	10,419	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	17	4	228	2	2.8	2.9	-.09
		1	Very little	33	8	693	7			
		2	Some	106	23	2,348	23			
		3	Quite a bit	127	29	3,407	32			
		4	Very much	141	32	3,445	33			
		—	Not applicable	21	4	290	3			
		Total		445	100	10,411	100			
b. Your family	MHWsfamily	0	Not at all	25	6	388	4	2.7	2.8 *	-0.12 ▽
		1	Very little	44	10	969	10			
		2	Some	112	26	2,314	22			
		3	Quite a bit	113	25	2,858	27			
		4	Very much	139	32	3,719	36			
		—	Not applicable	9	2	163	2			
Total		442	100	10,411	100					
c. Significant others or romantic partners	MHWsrromantic	0	Not at all	32	8	604	6	2.6	2.7	-.10
		1	Very little	28	6	576	6			
		2	Some	54	13	1,174	12			
		3	Quite a bit	51	11	1,402	13			
		4	Very much	108	23	2,561	25			
		—	Not applicable	170	39	4,072	39			
Total		443	100	10,389	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	62	14	1,287	13	1.9	1.9	-.05
		1	Very little	83	18	1,865	18			
		2	Some	148	34	3,526	34			
		3	Quite a bit	58	13	1,850	17			
		4	Very much	51	12	1,010	10			
		—	Not applicable	41	9	853	8			
Total		443	100	10,391	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	74	17	1,537	15	1.9	1.9	-.01
		1	Very little	58	12	1,405	13			
		2	Some	97	22	2,325	22			
		3	Quite a bit	48	11	1,552	15			
		4	Very much	63	14	1,208	12			
		—	Not applicable	102	23	2,344	23			
Total		442	100	10,371	100					
f. Your academic advisor	MHWsadviser	0	Not at all	92	21	2,177	21	1.7	1.7	.03
		1	Very little	62	13	1,921	18			
		2	Some	91	21	2,585	25			
		3	Quite a bit	53	12	1,331	13			
		4	Very much	45	10	877	9			
		—	Not applicable	101	23	1,498	14			
Total		444	100	10,389	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	59	13	1,532	15	2.0	1.8 *	.13
		1	Very little	72	17	1,957	19			
		2	Some	131	29	3,298	31			
		3	Quite a bit	71	16	1,642	16			
		4	Very much	54	13	874	9			
		—	Not applicable	56	13	1,090	11			
Total				443	100	10,393	100			
h. Counseling services	MHWscounsel	0	Not at all	64	15	1,634	16	1.9	1.8	.10
		1	Very little	34	8	1,010	10			
		2	Some	79	18	1,490	14			
		3	Quite a bit	49	11	937	9			
		4	Very much	49	11	950	9			
		—	Not applicable	168	38	4,355	42			
Total				443	100	10,376	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	76	17	2,132	20	1.7	1.5 *	.13
		1	Very little	41	9	1,439	14			
		2	Some	83	20	1,965	18			
		3	Quite a bit	35	8	893	9			
		4	Very much	39	8	640	7			
		—	Not applicable	168	38	3,296	32			
Total				442	100	10,365	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	4	1	365	3	4.8	4.4 ***	.27
		2	Disagree	13	3	657	6			
		3	Slightly disagree	39	8	1,168	11			
		4	Slightly agree	101	21	2,508	24			
		5	Agree	165	38	3,652	35			
		6	Strongly agree	122	29	2,028	21			
		Total				444	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	26	5	514	5	3.9	3.9	-.05
		2	Disagree	59	14	1,531	15			
		3	Slightly disagree	102	22	1,894	18			
		4	Slightly agree	92	21	2,291	22			
		5	Agree	98	23	2,626	25			
		6	Strongly agree	65	15	1,522	15			
		Total				442	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	19	4	397	4	4.1	4.1	.01
		2	Disagree	40	8	1,139	11			
		3	Slightly disagree	77	17	1,778	17			
		4	Slightly agree	128	29	2,575	24			
		5	Agree	115	26	3,180	31			
		6	Strongly agree	62	15	1,304	13			
		Total				441	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	7	2	233	2	4.4	4.2 *	.12
		2	Disagree	18	4	732	7			
		3	Slightly disagree	43	10	1,331	13			
		4	Slightly agree	153	34	3,375	32			
		5	Agree	161	36	3,499	34			
		6	Strongly agree	60	13	1,185	12			
		Total				442	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		
				Sacramento State		Mental Health		Sacramento State	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		124	28	2,249	23	70%	76% **	-0.12
		Yes		316	70	8,036	76			
		Help for this is not available		4	1	87	1			
		Total		444	100	10,372	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		129	28	2,751	28	71%	71%	-0.02
		Yes		311	71	7,544	71			
		Help for this is not available		4	1	79	1			
		Total		444	100	10,374	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		94	22	3,788	37	78%	62% ***	.34
		Yes		349	78	6,466	62			
		Help for this is not available		2	0	107	1			
		Total		445	100	10,361	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		165	38	4,477	44	61%	54% **	.14
		Yes		272	61	5,681	54			
		Help for this is not available		5	1	189	2			
		Total		442	100	10,347	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		149	33	4,598	45	66%	54% ***	.25
		Yes		290	66	5,584	54			
		Help for this is not available		3	1	170	2			
		Total		442	100	10,352	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		212	48	5,851	56	50%	42% ***	.17
		Yes		226	50	4,263	42			
		Help for this is not available		5	2	223	2			
		Total		443	100	10,337	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		124	28	2,456	26	71%	74%	-0.07
		Yes		317	71	7,825	74			
		Help for this is not available		3	1	77	1			
		Total		444	100	10,358	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		118	28	2,422	25	71%	74%	-0.07
		Yes		321	71	7,856	74			
		Help for this is not available		4	1	72	1			
		Total		443	100	10,350	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		243	54	6,034	58	44%	39% *	.10
		Yes		195	44	4,060	39			
		Help for this is not available		6	2	263	2			
		Total		444	100	10,357	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		199	45	4,230	41	54%	58%	-0.07
		Yes		242	54	5,997	58			
		Help for this is not available		4	1	125	1			
		Total		445	100	10,352	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	13	3	471	4	2.6	2.5	.02
		1	Very little	41	10	1,210	11			
		2	Some	112	26	2,491	24			
		3	Quite a bit	90	20	2,438	23			
		4	Very much	84	19	2,020	20			
		—	I don't know	100	22	1,710	18			
		Total		440	100	10,340	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
b. Health services for physical health needs	MHWihelp	0	Not at all	8	2	215	2	2.9	2.7 ***	.18
		1	Very little	14	3	754	7			
		2	Some	101	24	2,606	25			
		3	Quite a bit	131	30	3,244	31			
		4	Very much	122	27	2,104	21			
		—	I don't know	60	15	1,408	14			
Total				436	100	10,331	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	8	2	156	2	2.8	2.8	.03
		1	Very little	18	4	630	6			
		2	Some	108	25	2,476	24			
		3	Quite a bit	139	32	3,326	32			
		4	Very much	117	25	2,486	24			
		—	I don't know	52	12	1,258	13			
Total				442	100	10,332	100			
d. Affordable housing for students	MHWihouse	0	Not at all	29	6	987	10	2.2	2.0 ***	.20
		1	Very little	62	14	1,839	18			
		2	Some	127	29	3,285	31			
		3	Quite a bit	64	15	1,614	15			
		4	Very much	59	13	954	10			
		—	I don't know	97	22	1,646	17			
Total				438	100	10,325	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	4	1	365	4	3.1	2.6 ***	.41
		1	Very little	17	4	1,100	11			
		2	Some	86	20	2,760	27			
		3	Quite a bit	126	29	3,079	29			
		4	Very much	175	39	2,594	25			
		—	I don't know	30	7	412	4			
Total				438	100	10,310	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 292 first-year student(s) and 793 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		
				Sacramento State		Mental Health		Sacramento State	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	58	5	502	4	4.2	4.1 *	.06 △
		2		72	5	951	8			
		3		198	14	1,827	15			
		4		455	32	4,075	32			
		5		418	30	3,664	29			
		6	Very difficult	187	14	1,560	12			
		—	Not applicable	7	0	67	1			
			Total	1,395	100	12,646	100			
b. Employment	MHWdemploy	1	Not at all difficult	154	12	1,875	15	3.9	3.4 ***	.30 △
		2		118	9	1,588	12			
		3		164	12	1,978	16			
		4		296	20	2,517	20			
		5		248	18	1,836	15			
		6	Very difficult	271	19	1,379	11			
		—	Not applicable	143	11	1,475	12			
			Total	1,394	100	12,648	100			
c. Finances	MHWdfinance	1	Not at all difficult	80	6	1,004	8	4.5	4.1 ***	.29 △
		2		80	6	1,316	11			
		3		133	10	1,779	14			
		4		252	18	2,618	21			
		5		340	24	2,491	19			
		6	Very difficult	480	33	3,131	24			
		—	Not applicable	32	3	316	3			
			Total	1,397	100	12,655	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	254	19	3,131	25	3.4	2.9 ***	.31 ▲
		2		203	14	2,491	20			
		3		201	15	2,128	17			
		4		279	20	2,275	18			
		5		227	16	1,369	11			
		6	Very difficult	210	15	1,106	8			
		—	Not applicable	20	2	147	1			
			Total	1,394	100	12,647	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	623	45	5,569	45	2.2	2.1	.05
		2		175	13	2,192	17			
		3		131	9	1,321	10			
		4		108	7	1,144	9			
		5		79	6	607	5			
		6	Very difficult	79	5	551	4			
		—	Not applicable	201	14	1,267	11			
			Total	1,396	100	12,651	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	333	23	3,168	25	3.2	3.0 **	.10 △
		2		187	13	1,952	15			
		3		155	11	1,694	13			
		4		213	16	1,797	14			
		5		130	10	1,129	9			
		6	Very difficult	191	14	1,367	11			
		—	Not applicable	188	14	1,536	12			
			Total	1,397	100	12,643	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	347	25	3,356	27	2.9	2.7 ***	.16
		2		258	18	2,912	23			
		3		242	17	2,355	18			
		4		275	19	2,084	16			
		5		134	10	1,021	8			
		6	Very difficult	98	7	604	5			
		—	Not applicable	43	3	308	3			
		Total		1,397	100	12,640	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	271	20	2,902	24	3.5	3.2 ***	.17
		2		206	15	2,117	17			
		3		190	13	1,897	15			
		4		224	15	2,204	17			
		5		208	15	1,664	13			
		6	Very difficult	245	18	1,518	12			
		—	Not applicable	53	4	344	3			
		Total		1,397	100	12,646	100			
i. Mental health	MHWdmental	1	Not at all difficult	164	13	1,737	15	3.8	3.6 ***	.11
		2		156	12	1,642	13			
		3		206	15	1,992	16			
		4		296	21	2,665	21			
		5		256	18	2,202	17			
		6	Very difficult	293	20	2,220	17			
		—	Not applicable	27	2	189	2			
		Total		1,398	100	12,647	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	101	8	1,016	9	4.3	4.2 *	.07
		2		85	7	994	8			
		3		174	13	1,560	13			
		4		240	17	2,517	20			
		5		343	24	2,840	22			
		6	Very difficult	427	29	3,583	27			
		—	Not applicable	23	2	134	1			
		Total		1,393	100	12,644	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	108	8	1,330	11	4.1	3.8 ***	.15
		2		133	10	1,576	13			
		3		217	15	2,073	17			
		4		306	22	2,658	21			
		5		290	21	2,320	18			
		6	Very difficult	329	23	2,611	20			
		—	Not applicable	11	1	83	1			
		Total		1,394	100	12,651	100			
l. Physical health	MHWdphysical	1	Not at all difficult	157	12	1,997	17	3.5	3.2 ***	.18
		2		207	15	2,395	19			
		3		299	22	2,556	20			
		4		326	23	2,777	22			
		5		216	15	1,504	12			
		6	Very difficult	175	12	1,301	10			
		—	Not applicable	15	1	106	1			
		Total		1,395	100	12,636	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	801	58	7,878	63	1.7	1.6 **	.10 △
		2		231	16	1,921	14			
		3		97	7	761	6			
		4		81	6	590	5			
		5		32	3	237	2			
		6	Very difficult	22	2	209	2			
		—	Not applicable	132	9	1,053	9			
		Total		1,396	100	12,649	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	63	5	309	3	2.7	2.9 ***	-.25 ▽
		1	Very little	120	9	787	6			
		2	Some	369	27	2,789	22			
		3	Quite a bit	397	28	3,903	30			
		4	Very much	373	26	4,463	35			
		—	Not applicable	76	5	382	3			
		Total		1,398	100	12,633	100			
b. Your family	MHWsfamily	0	Not at all	80	6	448	4	2.6	2.8 ***	-.25 ▽
		1	Very little	179	13	1,168	9			
		2	Some	396	28	2,925	23			
		3	Quite a bit	316	23	3,393	27			
		4	Very much	389	28	4,492	36			
		—	Not applicable	35	2	198	2			
Total		1,395	100	12,624	100					
c. Significant others or romantic partners	MHWsrromantic	0	Not at all	73	6	681	6	2.9	2.9	-.06
		1	Very little	70	5	643	5			
		2	Some	187	14	1,445	12			
		3	Quite a bit	236	17	2,082	16			
		4	Very much	432	30	4,380	34			
		—	Not applicable	397	29	3,391	27			
Total		1,395	100	12,622	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	222	16	1,656	14	1.8	2.0 ***	-.11 ▽
		1	Very little	225	16	2,045	16			
		2	Some	448	32	4,030	32			
		3	Quite a bit	221	15	2,299	17			
		4	Very much	127	9	1,473	12			
		—	Not applicable	154	11	1,103	9			
Total		1,397	100	12,606	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	271	20	2,034	17	1.6	1.9 ***	-.20 ▽
		1	Very little	197	14	1,623	13			
		2	Some	293	21	2,520	20			
		3	Quite a bit	130	9	1,646	13			
		4	Very much	115	8	1,530	12			
		—	Not applicable	387	28	3,235	26			
Total		1,393	100	12,588	100					
f. Your academic advisor	MHWsadviser	0	Not at all	317	23	3,316	27	1.5	1.5	-.01
		1	Very little	224	16	1,932	15			
		2	Some	280	20	2,657	21			
		3	Quite a bit	117	8	1,460	11			
		4	Very much	124	9	1,217	10			
		—	Not applicable	335	24	2,021	16			
Total		1,397	100	12,603	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Your instructors	MHWsinstruct	0	Not at all	179	13	1,878	16	1.9	1.9	.04
		1	Very little	230	17	2,069	16			
		2	Some	429	31	3,788	29			
		3	Quite a bit	205	15	2,183	17			
		4	Very much	164	12	1,414	11			
		—	Not applicable	186	13	1,280	11			
Total				1,393	100	12,612	100			
h. Counseling services	MHWscounsel	0	Not at all	236	17	2,613	21	1.7	1.5 *	.08
		1	Very little	132	10	1,059	8			
		2	Some	214	16	1,473	12			
		3	Quite a bit	99	7	982	8			
		4	Very much	122	9	1,146	9			
		—	Not applicable	591	42	5,330	42			
Total				1,394	100	12,603	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	261	19	3,127	25	1.4	1.2 ***	.15
		1	Very little	144	10	1,360	11			
		2	Some	205	15	1,523	12			
		3	Quite a bit	70	5	686	5			
		4	Very much	82	6	684	5			
		—	Not applicable	627	45	5,205	42			
Total				1,389	100	12,585	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	21	2	305	2	4.6	4.6	-.05
		2	Disagree	67	5	608	5			
		3	Slightly disagree	135	10	1,156	9			
		4	Slightly agree	351	25	2,711	21			
		5	Agree	509	37	4,538	36			
		6	Strongly agree	311	22	3,291	27			
		Total				1,394	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	137	10	934	7	3.6	3.7 **	-.09
		2	Disagree	266	18	2,291	18			
		3	Slightly disagree	279	20	2,514	20			
		4	Slightly agree	309	22	2,541	20			
		5	Agree	255	19	2,578	21			
		6	Strongly agree	150	12	1,746	14			
		Total				1,396	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	120	8	849	7	3.7	3.8 ***	-.10
		2	Disagree	242	17	1,883	15			
		3	Slightly disagree	248	17	2,341	18			
		4	Slightly agree	366	26	2,889	23			
		5	Agree	280	21	3,120	25			
		6	Strongly agree	139	11	1,515	13			
		Total				1,395	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	60	5	663	5	4.0	4.0 *	.06
		2	Disagree	120	8	1,330	11			
		3	Slightly disagree	195	14	1,990	15			
		4	Slightly agree	485	35	3,819	30			
		5	Agree	388	27	3,438	28			
		6	Strongly agree	142	11	1,334	11			
		Total				1,390	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		
				Sacramento State		Mental Health		Sacramento State	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		427	32	3,144	26	67%	73% ***	-.14
		Yes		950	67	9,261	73			
		Help for this is not available		18	1	189	1			
		Total		1,395	100	12,594	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		499	36	3,857	31	63%	68% ***	-.11
		Yes		881	63	8,568	68			
		Help for this is not available		15	1	157	1			
		Total		1,395	100	12,582	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		350	27	5,103	42	73%	57% ***	.34
		Yes		1,037	73	7,292	57			
		Help for this is not available		8	1	188	1			
		Total		1,395	100	12,583	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		676	49	7,088	57	49%	41% ***	.17
		Yes		695	49	5,115	41			
		Help for this is not available		19	1	368	3			
		Total		1,390	100	12,571	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		678	50	6,831	55	49%	43% ***	.12
		Yes		699	49	5,409	43			
		Help for this is not available		20	2	338	2			
		Total		1,397	100	12,578	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		819	60	8,254	66	39%	31% ***	.16
		Yes		553	39	3,866	31			
		Help for this is not available		22	2	444	3			
		Total		1,394	100	12,564	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		483	36	3,609	30	63%	69% ***	-.12
		Yes		896	63	8,789	69			
		Help for this is not available		16	1	178	1			
		Total		1,395	100	12,576	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		494	36	3,577	29	63%	70% ***	-.15
		Yes		885	63	8,861	70			
		Help for this is not available		13	1	139	1			
		Total		1,392	100	12,577	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		892	64	7,999	64	34%	33%	.01
		Yes		469	34	4,139	33			
		Help for this is not available		35	2	446	3			
		Total		1,396	100	12,584	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		793	57	6,138	49	41%	49% ***	-.16
		Yes		578	41	6,163	49			
		Help for this is not available		22	2	279	2			
		Total		1,393	100	12,580	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	62	4	587	4	2.4	2.4	.01
		1	Very little	138	10	1,375	10			
		2	Some	302	22	2,636	21			
		3	Quite a bit	259	19	2,311	19			
		4	Very much	195	15	1,686	14			
		—	I don't know	434	30	3,951	32			
		Total		1,390	100	12,546	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		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	24	2	307	2	2.7	2.7 **	.09
		1	Very little	94	7	857	6			
		2	Some	333	24	3,096	24			
		3	Quite a bit	381	28	3,427	27			
		4	Very much	306	22	2,082	17			
		—	I don't know	252	18	2,776	23			
Total				1,390	100	12,545	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	28	2	367	3	2.7	2.6 *	.08
		1	Very little	103	8	1,060	8			
		2	Some	334	24	3,143	25			
		3	Quite a bit	388	28	3,374	26			
		4	Very much	288	20	2,256	18			
		—	I don't know	248	18	2,347	20			
Total				1,389	100	12,547	100			
d. Affordable housing for students	MHWihouse	0	Not at all	149	10	1,412	11	2.0	1.8 ***	.14
		1	Very little	169	12	2,225	17			
		2	Some	303	22	2,948	23			
		3	Quite a bit	154	11	1,340	11			
		4	Very much	127	9	814	7			
		—	I don't know	487	35	3,797	31			
Total				1,389	100	12,536	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	24	2	342	3	3.1	2.8 ***	.30
		1	Very little	57	4	915	7			
		2	Some	235	17	2,757	22			
		3	Quite a bit	387	28	3,674	29			
		4	Very much	562	41	3,345	27			
		—	I don't know	120	8	1,486	12			
Total				1,385	100	12,519	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 292 first-year student(s) and 793 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
		Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health			
MHWdacad	441	4.19	4.12	.052	.013	1.09	1.15	8,455	.208	.06
MHWdemploy	334	3.54	3.22	.095	.022	1.73	1.67	6,118	.001	.19
MHWdfinance	419	4.06	3.91	.073	.018	1.49	1.54	7,921	.058	.10
MHWdfamily	429	2.97	2.76	.079	.018	1.64	1.57	8,326	.006	.14
MHWdhomesick	388	2.50	2.65	.088	.019	1.74	1.62	422	.098	-.09
MHWdromantic	357	3.06	3.16	.096	.022	1.82	1.76	6,910	.278	-.06
MHWdpeers	429	2.89	2.81	.077	.017	1.60	1.47	468	.298	.06
MHWdlonely	428	3.47	3.37	.083	.019	1.73	1.68	8,295	.232	.06
MHWdmental	432	3.57	3.57	.077	.018	1.61	1.62	8,349	.983	.00
MHWdexhaust	436	4.07	4.07	.076	.018	1.59	1.58	8,378	.953	.00
MHWdsleep	437	3.98	3.81	.073	.018	1.52	1.60	491	.020	.11
MHWdphysical	439	3.23	3.07	.073	.017	1.53	1.52	8,386	.027	.11
MHWddiscrim	405	1.55	1.57	.053	.012	1.06	1.07	7,821	.668	-.02
MHWsfriend	421	2.80	2.89	.054	.012	1.11	1.03	460	.105	-.09
MHWsfamily	428	2.70	2.83	.057	.013	1.19	1.14	8,311	.019	-.12
MHWsromantic	268	2.59	2.73	.086	.019	1.41	1.33	294	.119	-.10
MHWsstudent	399	1.88	1.94	.061	.014	1.22	1.17	7,731	.320	-.05
MHWscultural	335	1.93	1.94	.076	.017	1.39	1.33	6,512	.861	-.01
MHWsadvice	338	1.70	1.67	.074	.015	1.35	1.28	7,196	.636	.03
MHWsinstruct	382	1.98	1.82	.064	.014	1.25	1.20	7,530	.015	.13
MHWscounsel	273	1.91	1.77	.085	.021	1.40	1.41	4,906	.098	.10
MHWsstaff	273	1.70	1.53	.082	.018	1.36	1.30	5,668	.033	.13
MHWfood	439	4.78	4.44	.053	.014	1.11	1.28	505	.000	.27
MHWexercise	437	3.87	3.94	.069	.016	1.44	1.44	8,430	.314	-.05
MHWleisure	437	4.09	4.07	.063	.015	1.32	1.33	8,424	.807	.01
MHWinst	436	4.38	4.24	.053	.013	1.10	1.17	8,406	.012	.12
MHWdepress	440	70%	76%	.022	.005	--	--	--	.009	-.12
MHWdiscrim	439	71%	71%	.022	.005	--	--	--	.726	-.02
MHWfood	441	78%	62%	.020	.005	--	--	--	.000	.34
MWHhouse	437	61%	54%	.023	.006	--	--	--	.004	.14
MWHfinance	438	66%	54%	.023	.006	--	--	--	.000	.25
MWHcare	438	50%	42%	.024	.006	--	--	--	.000	.17
MWHmental	439	71%	74%	.022	.005	--	--	--	.166	-.07
MWHassault	438	71%	74%	.022	.005	--	--	--	.127	-.07
MWHsleep	439	44%	39%	.024	.005	--	--	--	.040	.10
MWHabuse	441	54%	58%	.024	.006	--	--	--	.178	-.07
MHWifood	339	2.55	2.53	.060	.014	1.10	1.15	6,892	.697	.02
MHWihelp	369	2.90	2.73	.050	.012	0.96	1.00	412	.001	.18
MHWicounsel	387	2.84	2.81	.049	.012	0.97	0.98	7,283	.608	.03
MHWihouse	337	2.20	1.96	.063	.014	1.15	1.15	6,936	.000	.20
MHWiinternet	402	3.09	2.64	.047	.013	0.94	1.11	462	.000	.41

*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
		Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health			
MHWdacad	1,387	4.18	4.11	.034	.012	1.26	1.26	12,596	.038	.06
MHWdemploy	1,243	3.92	3.44	.047	.016	1.66	1.62	11,128	.000	.30
MHWdfinance	1,358	4.52	4.07	.041	.015	1.50	1.59	1,754	.000	.29
MHWdfamily	1,370	3.45	2.94	.046	.015	1.71	1.61	1,684	.000	.31
MHWdhomesick	1,194	2.22	2.14	.046	.015	1.60	1.48	1,445	.139	.05
MHWdromantic	1,203	3.19	3.01	.052	.018	1.81	1.74	1,485	.001	.10
MHWdpeers	1,352	2.92	2.68	.043	.014	1.58	1.48	1,657	.000	.16
MHWdlonely	1,338	3.45	3.15	.049	.016	1.80	1.72	1,648	.000	.17
MHWdmental	1,365	3.81	3.62	.045	.016	1.67	1.67	12,437	.000	.11
MHWdexhaust	1,365	4.31	4.20	.043	.015	1.58	1.60	12,492	.011	.07
MHWdsleep	1,379	4.08	3.84	.042	.015	1.56	1.62	1,769	.000	.15
MHWdphysical	1,378	3.50	3.22	.041	.015	1.53	1.55	12,519	.000	.18
MHWddiscrim	1,262	1.72	1.61	.034	.011	1.21	1.13	1,543	.002	.10
MHWsfriend	1,319	2.65	2.92	.031	.010	1.12	1.05	1,608	.000	-.25
MHWsfamily	1,358	2.56	2.84	.033	.011	1.20	1.13	1,664	.000	-.25
MHWsromantic	992	2.86	2.93	.040	.014	1.26	1.27	9,196	.077	-.06
MHWsstudent	1,242	1.83	1.97	.034	.012	1.21	1.22	11,434	.000	-.11
MHWscultural	1,002	1.61	1.89	.041	.015	1.31	1.38	9,335	.000	-.20
MHWsadvice	1,060	1.53	1.54	.041	.014	1.33	1.36	10,444	.782	-.01
MHWsinstruct	1,211	1.95	1.90	.035	.012	1.23	1.25	1,530	.204	.04
MHWscounsel	807	1.66	1.54	.049	.018	1.40	1.47	1,040	.026	.08
MHWsstaff	767	1.44	1.24	.048	.017	1.33	1.34	7,322	.000	.15
MHWfood	1,392	4.58	4.64	.031	.012	1.16	1.23	12,622	.083	-.05
MHWexercise	1,394	3.58	3.71	.040	.014	1.50	1.51	12,620	.001	-.09
MHWleisure	1,393	3.67	3.83	.039	.014	1.46	1.45	12,613	.000	-.10
MHWinst	1,388	4.04	3.97	.034	.013	1.26	1.34	1,799	.038	.06
MHWhdepress	1,392	67%	73%	.013	.004	--	--	--	.000	-.14
MHWhdiscrim	1,393	63%	68%	.013	.004	--	--	--	.000	-.11
MHWhfood	1,391	73%	57%	.012	.005	--	--	--	.000	.34
MHWhhouse	1,390	49%	41%	.013	.005	--	--	--	.000	.17
MHWhfinance	1,395	49%	43%	.013	.005	--	--	--	.000	.12
MHWhcare	1,392	39%	31%	.013	.004	--	--	--	.000	.16
MHWhmental	1,393	63%	69%	.013	.004	--	--	--	.000	-.12
MHWhassault	1,390	63%	70%	.013	.004	--	--	--	.000	-.15
MHWhsleep	1,394	34%	33%	.013	.004	--	--	--	.716	.01
MHWhabuse	1,390	41%	49%	.013	.005	--	--	--	.000	-.16
MHWifood	969	2.43	2.41	.037	.013	1.15	1.16	8,536	.722	.01
MHWihelp	1,143	2.75	2.65	.030	.011	1.01	1.01	9,791	.003	.09
MHWicounsel	1,135	2.68	2.60	.030	.011	1.03	1.05	10,103	.015	.08
MHWihouse	904	1.96	1.79	.042	.013	1.25	1.18	8,615	.000	.14
MHWiinternet	1,268	3.11	2.80	.028	.011	0.98	1.06	1,675	.000	.30

*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.