
NSSE 2024 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.

This page intentionally left blank.

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
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	5	3	589	3	4.1	4.1	-.03
		2		13	7	1,435	6			
		3		41	20	3,587	16			
		4		71	36	8,242	36			
		5		37	18	6,435	28			
		6	Very difficult	28	16	2,357	10			
		—	Not applicable	0	0	63	0			
			Total	195	100	22,708	100			
b. Employment	MHWemploy	1	Not at all difficult	19	9	3,635	16	3.9	3.3 ***	.38
		2		17	9	2,656	11			
		3		22	11	2,989	13			
		4		27	13	3,228	14			
		5		25	14	2,227	10			
		6	Very difficult	34	18	2,080	9			
		—	Not applicable	50	26	5,880	27			
			Total	194	100	22,695	100			
c. Finances	MHWdfinance	1	Not at all difficult	18	10	1,959	9	4.0	3.9	.06
		2		17	9	2,662	11			
		3		30	15	3,772	16			
		4		32	16	4,913	22			
		5		42	21	4,148	18			
		6	Very difficult	37	19	3,892	17			
		—	Not applicable	19	10	1,353	6			
			Total	195	100	22,699	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	54	28	6,767	30	2.9	2.7	.13
		2		34	17	4,814	21			
		3		35	17	3,761	16			
		4		31	17	3,714	17			
		5		20	9	1,975	9			
		6	Very difficult	17	9	1,285	6			
		—	Not applicable	3	2	369	2			
			Total	194	100	22,685	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	80	42	7,188	33	2.4	2.6	-.13
		2		22	10	4,433	19			
		3		23	12	3,250	14			
		4		25	13	2,972	13			
		5		8	4	1,867	8			
		6	Very difficult	13	7	1,628	7			
		—	Not applicable	23	12	1,350	6			
			Total	194	100	22,688	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	46	23	4,829	21	3.0	3.2	-.08
		2		21	11	2,938	12			
		3		20	10	2,977	13			
		4		21	11	3,162	14			
		5		21	11	2,149	9			
		6	Very difficult	15	8	2,614	12			
		—	Not applicable	50	26	4,012	19			
			Total	194	100	22,681	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	37	20	5,068	23	3.1	2.8 *	.15
		2		46	23	5,262	23			
		3		36	18	4,519	20			
		4		29	16	4,119	18			
		5		21	10	2,038	9			
		6	Very difficult	20	10	1,258	6			
		—	Not applicable	4	2	395	2			
	Total	193	100	22,659	100					
h. Loneliness	MHWdlonely	1	Not at all difficult	36	19	4,003	19	3.4	3.3	.06
		2		26	14	3,972	17			
		3		36	18	3,710	16			
		4		31	15	4,204	18			
		5		32	18	3,260	14			
		6	Very difficult	29	14	3,107	14			
		—	Not applicable	4	2	421	2			
	Total	194	100	22,677	100					
i. Mental health	MHWdmental	1	Not at all difficult	36	19	3,251	15	3.5	3.5	-.01
		2		20	10	3,353	15			
		3		33	18	3,953	17			
		4		41	22	4,763	21			
		5		34	16	3,699	16			
		6	Very difficult	28	14	3,369	15			
		—	Not applicable	2	1	296	1			
	Total	194	100	22,684	100					
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	21	12	1,869	9	3.9	4.0	-.08
		2		19	10	2,165	10			
		3		26	14	3,324	15			
		4		46	24	4,891	21			
		5		35	17	5,030	22			
		6	Very difficult	44	22	5,161	22			
		—	Not applicable	2	1	225	1			
	Total	193	100	22,665	100					
k. Sleeping well	MHWdsleep	1	Not at all difficult	14	8	2,289	11	4.0	3.8	.12
		2		25	13	3,059	13			
		3		35	19	3,826	17			
		4		38	21	5,113	22			
		5		32	16	4,175	18			
		6	Very difficult	48	25	4,104	18			
		—	Not applicable	0	0	119	1			
	Total	192	100	22,685	100					
l. Physical health	MHWdphysical	1	Not at all difficult	27	14	4,010	19	3.2	3.0	.10
		2		39	22	4,918	21			
		3		45	23	4,755	20			
		4		35	18	4,770	21			
		5		33	16	2,277	10			
		6	Very difficult	14	7	1,729	8			
		—	Not applicable	0	0	200	1			
	Total	193	100	22,659	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	123	63	14,785	65	1.5	1.5	-.06
		2		24	12	3,250	14			
		3		10	6	1,271	6			
		4		7	4	959	4			
		5		4	2	380	2			
		6	Very difficult	0	0	235	1			
		—	Not applicable	23	13	1,806	8			
		Total		191	100	22,686	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	9	5	521	2	2.8	2.9	-.07
		1	Very little	12	7	1,526	7			
		2	Some	42	21	4,989	22			
		3	Quite a bit	62	33	7,378	32			
		4	Very much	64	32	7,617	33			
		—	Not applicable	4	2	627	3			
		Total		193	100	22,658	100			
b. Your family	MHWsfamily	0	Not at all	8	4	788	4	2.8	2.9	-.10
		1	Very little	16	9	1,926	9			
		2	Some	51	27	4,773	21			
		3	Quite a bit	51	27	6,235	27			
		4	Very much	65	33	8,608	38			
		—	Not applicable	1	0	323	2			
Total		192	100	22,653	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	11	5	1,471	7	2.8	2.7	.05
		1	Very little	6	3	1,238	6			
		2	Some	16	8	2,423	11			
		3	Quite a bit	30	15	2,936	13			
		4	Very much	36	19	5,683	24			
		—	Not applicable	93	49	8,870	39			
Total		192	100	22,621	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	32	17	2,990	14	1.7	1.9 **	-.21
		1	Very little	34	19	4,108	18			
		2	Some	62	31	7,571	33			
		3	Quite a bit	23	13	3,905	17			
		4	Very much	12	6	2,216	10			
		—	Not applicable	29	15	1,823	9			
Total		192	100	22,613	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	30	16	2,946	14	1.8	2.0 *	-.18
		1	Very little	21	12	2,776	12			
		2	Some	38	19	5,110	22			
		3	Quite a bit	20	11	3,782	16			
		4	Very much	18	9	3,157	13			
		—	Not applicable	64	33	4,818	23			
Total		191	100	22,589	100					
f. Your academic advisor	MHWsadvice	0	Not at all	36	19	5,005	22	1.6	1.6	-.03
		1	Very little	31	17	3,837	17			
		2	Some	46	23	5,358	24			
		3	Quite a bit	17	9	2,667	12			
		4	Very much	15	8	1,879	9			
		—	Not applicable	47	24	3,854	17			
Total		192	100	22,600	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	
g. Your instructors	MHWsinstruct	0	Not at all	26	14	3,487	16	1.8	1.8	-.03
		1	Very little	37	19	4,209	19			
		2	Some	58	29	7,150	31			
		3	Quite a bit	22	11	3,413	15			
		4	Very much	16	8	1,910	9			
		—	Not applicable	33	18	2,438	11			
Total				192	100	22,607	100			
h. Counseling services	MHWscounsel	0	Not at all	22	12	3,786	17	1.7	1.7	.03
		1	Very little	24	13	2,103	10			
		2	Some	33	16	3,183	14			
		3	Quite a bit	12	6	1,923	9			
		4	Very much	18	8	1,990	9			
		—	Not applicable	84	44	9,592	43			
Total				193	100	22,577	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	26	14	2,349	18	1.7	1.6	.09
		1	Very little	16	8	1,184	9			
		2	Some	32	16	1,706	14			
		3	Quite a bit	10	5	945	8			
		4	Very much	16	8	906	7			
		—	Not applicable	92	48	5,401	43			
Total				192	100	12,491	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	33	17	4,706	20	1.7	1.5	.14
		1	Very little	18	10	2,911	13			
		2	Some	31	15	4,041	17			
		3	Quite a bit	22	12	1,820	8			
		4	Very much	12	6	1,414	7			
		—	Not applicable	77	39	7,682	35			
Total				193	100	22,574	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	2	670	3	4.6	4.5	.12
		2	Disagree	4	2	1,329	6			
		3	Slightly disagree	19	10	2,359	10			
		4	Slightly agree	45	23	5,361	24			
		5	Agree	80	41	8,117	36			
		6	Strongly agree	41	21	4,745	21			
Total				193	100	22,581	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	7	4	1,066	5	3.9	3.9	-.02
		2	Disagree	30	14	3,358	14			
		3	Slightly disagree	37	19	4,143	18			
		4	Slightly agree	56	28	5,014	22			
		5	Agree	38	21	5,660	25			
		6	Strongly agree	24	14	3,339	15			
Total				192	100	22,580	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	7	4	843	4	4.0	4.1	-.05
		2	Disagree	20	9	2,505	11			
		3	Slightly disagree	33	16	3,836	17			
		4	Slightly agree	64	35	5,594	24			
		5	Agree	51	26	6,907	31			
		6	Strongly agree	18	10	2,885	13			
Total				193	100	22,570	100			

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	7	4	530	3	4.2	4.3	-.08
		2	Disagree	11	6	1,450	7			
		3	Slightly disagree	26	14	2,807	12			
		4	Slightly agree	65	32	7,237	32			
		5	Agree	66	34	7,770	34			
		6	Strongly agree	19	10	2,743	12			
		Total		194	100	22,537	100			
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress	No		58	32	5,163	24	68%	75% *	-0.15
		Yes	(Means indicate the percentage who responded "Yes.")	135	68	17,227	75			
		Help for this is not available		0	0	173	1			
		Total		193	100	22,563	100			
b. Discrimination or harassment	MHWhdiscrim	No		71	39	6,230	29	61%	70% **	-0.20
		Yes	(Means indicate the percentage who responded "Yes.")	121	61	16,164	70			
		Help for this is not available		0	0	163	1			
		Total		192	100	22,557	100			
						▽				
c. Food insecurity (not having enough food)	MHWhfood	No		44	24	8,721	38	76%	61% ***	.31
		Yes	(Means indicate the percentage who responded "Yes.")	149	76	13,615	61			
		Help for this is not available		0	0	209	1			
		Total		193	100	22,545	100			
						▲				
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse	No		74	40	10,361	46	60%	52% *	.17
		Yes	(Means indicate the percentage who responded "Yes.")	120	60	11,817	52			
		Help for this is not available		0	0	349	2			
		Total		194	100	22,527	100			
						△				
e. Emergency financial situation	MHWhfinance	No		79	42	10,556	47	58%	52%	.12
		Yes	(Means indicate the percentage who responded "Yes.")	114	58	11,661	52			
		Help for this is not available		1	0	308	2			
		Total		194	100	22,525	100			
f. Lack of care for dependents	MHWhcare	No		107	57	13,022	57	43%	41%	.05
		Yes	(Means indicate the percentage who responded "Yes.")	87	43	9,098	41			
		Help for this is not available		0	0	381	2			
		Total		194	100	22,501	100			
g. Mental health crises	MHWhmental	No		50	28	5,563	26	72%	73%	-.01
		Yes	(Means indicate the percentage who responded "Yes.")	142	72	16,806	73			
		Help for this is not available		0	0	145	1			
		Total		192	100	22,514	100			
h. Sexual assault or relationship violence	MHWhassault	No		58	31	5,552	26	69%	74%	-.10
		Yes	(Means indicate the percentage who responded "Yes.")	135	69	16,852	74			
		Help for this is not available		0	0	125	1			
		Total		193	100	22,529	100			
i. Sleep difficulty	MHWhsleep	No		120	63	13,359	59	36%	39%	-.06
		Yes	(Means indicate the percentage who responded "Yes.")	70	36	8,699	39			
		Help for this is not available		3	1	472	2			
		Total		193	100	22,530	100			
j. Substance abuse	MHWhabuse	No		93	49	9,586	42	51%	57%	-.11
		Yes	(Means indicate the percentage who responded "Yes.")	101	51	12,707	57			
		Help for this is not available		0	0	239	1			
		Total		194	100	22,532	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	
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	2	900	4	2.6	2.6	.07
		1	Very little	12	6	2,394	10			
		2	Some	50	27	5,127	23			
		3	Quite a bit	38	21	5,392	24			
		4	Very much	39	19	4,506	20			
		—	I don't know	48	25	4,182	19			
			Total	192	100	22,501	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	0	0	454	2	3.0	2.7 ***	.29
		1	Very little	3	2	1,422	6			
		2	Some	38	20	5,454	24			
		3	Quite a bit	72	38	6,999	31			
		4	Very much	53	27	4,768	21			
		—	I don't know	24	12	3,366	15			
			Total	190	100	22,463	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	0	0	350	2	3.0	2.8 **	.19
		1	Very little	6	4	1,228	6			
		2	Some	33	17	5,081	23			
		3	Quite a bit	79	41	7,213	31			
		4	Very much	51	26	5,655	24			
		—	I don't know	23	13	2,944	14			
			Total	192	100	22,471	100			
d. Affordable housing for students	MHWihouse	0	Not at all	13	6	1,984	10	2.0	2.0	.03
		1	Very little	32	16	3,839	18			
		2	Some	46	24	6,968	30			
		3	Quite a bit	30	16	3,673	15			
		4	Very much	14	7	2,262	10			
		—	I don't know	58	31	3,717	17			
			Total	193	100	22,443	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	685	3	3.1	2.7 ***	.38
		1	Very little	6	4	2,049	9			
		2	Some	35	19	5,405	24			
		3	Quite a bit	65	32	6,799	30			
		4	Very much	76	40	6,443	28			
		—	I don't know	10	6	1,043	5			
			Total	192	100	22,424	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 114 first-year student(s) and 199 senior(s). Responses are provided in your NSSE24 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	
				Count	%	Count	%	Mean	Mean	Effect size ^d
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	18	6	1,096	5	4.1	4.1	.02
		2		24	7	1,941	8			
		3		39	11	3,874	15			
		4		115	34	8,311	32			
		5		110	31	7,560	28			
		6	Very difficult	41	11	3,346	12			
		—	Not applicable	1	0	94	0			
			Total	348	100	26,222	100			
b. Employment	MHWdemploy	1	Not at all difficult	36	11	3,901	15	3.9	3.5 ***	.24
		2		39	11	3,364	12			
		3		45	12	4,129	15			
		4		65	18	5,281	19			
		5		52	15	3,761	15			
		6	Very difficult	63	19	2,943	12			
		—	Not applicable	46	14	2,863	12			
			Total	346	100	26,242	100			
c. Finances	MHWdfinance	1	Not at all difficult	21	6	2,186	9	4.4	4.1 ***	.22
		2		25	7	2,769	10			
		3		40	12	3,927	15			
		4		59	16	5,444	21			
		5		83	23	5,135	19			
		6	Very difficult	106	30	6,174	24			
		—	Not applicable	16	5	609	3			
			Total	350	100	26,244	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	62	19	6,822	26	3.3	2.9 ***	.26
		2		58	17	5,330	20			
		3		51	14	4,296	16			
		4		77	21	4,525	17			
		5		46	13	2,733	10			
		6	Very difficult	44	14	2,206	8			
		—	Not applicable	8	3	316	1			
			Total	346	100	26,228	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	169	49	12,299	47	2.1	2.1	-.01
		2		34	10	4,366	16			
		3		22	6	2,610	10			
		4		20	6	2,207	8			
		5		23	6	1,176	4			
		6	Very difficult	16	5	1,053	4			
		—	Not applicable	64	18	2,527	11			
			Total	348	100	26,238	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	92	25	6,816	26	3.1	3.0	.04
		2		49	14	3,981	15			
		3		37	10	3,464	13			
		4		46	14	3,573	14			
		5		32	9	2,363	9			
		6	Very difficult	39	13	2,927	12			
		—	Not applicable	54	15	3,110	13			
			Total	349	100	26,234	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	71	21	6,949	27	2.9	2.7 *	.14
		2		78	22	6,276	23			
		3		72	19	4,966	19			
		4		63	18	4,181	16			
		5		32	9	1,992	8			
		6	Very difficult	16	5	1,205	5			
		—	Not applicable	16	5	656	3			
	Total	348	100	26,225	100					
h. Loneliness	MHWdlonely	1	Not at all difficult	73	23	6,103	24	3.3	3.1	.09
		2		50	14	4,479	16			
		3		43	12	4,026	15			
		4		66	19	4,401	17			
		5		46	13	3,346	12			
		6	Very difficult	49	14	3,159	12			
		—	Not applicable	19	6	709	3			
	Total	346	100	26,223	100					
i. Mental health	MHWdmental	1	Not at all difficult	41	14	3,699	15	3.7	3.6	.07
		2		37	11	3,584	14			
		3		59	17	4,287	16			
		4		75	20	5,430	21			
		5		72	21	4,431	16			
		6	Very difficult	53	15	4,377	16			
		—	Not applicable	10	4	413	2			
	Total	347	100	26,221	100					
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	18	6	2,120	9	4.5	4.2 ***	.19
		2		21	6	2,090	8			
		3		29	8	3,326	13			
		4		72	21	5,286	20			
		5		90	25	5,838	22			
		6	Very difficult	109	31	7,275	27			
		—	Not applicable	8	3	279	1			
	Total	347	100	26,214	100					
k. Sleeping well	MHWdsleep	1	Not at all difficult	24	7	2,812	11	4.1	3.8 **	.18
		2		36	11	3,449	13			
		3		50	14	4,259	16			
		4		66	20	5,566	21			
		5		94	26	4,810	19			
		6	Very difficult	74	21	5,159	20			
		—	Not applicable	3	1	177	1			
	Total	347	100	26,232	100					
l. Physical health	MHWdphysical	1	Not at all difficult	42	13	4,086	16	3.4	3.2 *	.13
		2		51	15	5,149	19			
		3		79	23	5,269	20			
		4		76	21	5,740	22			
		5		54	15	3,178	12			
		6	Very difficult	40	11	2,551	10			
		—	Not applicable	5	2	233	1			
	Total	347	100	26,206	100					

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

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	212	61	16,853	64	1.7	1.6	.06
		2		50	13	3,742	14			
		3		20	5	1,484	6			
		4		15	5	1,146	4			
		5		6	2	471	2			
		6	Very difficult	8	2	416	2			
		—	Not applicable	37	11	2,115	9			
			Total	348	100	26,227	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	11	4	597	3	2.7	2.9 ***	-.21
		1	Very little	27	8	1,604	6			
		2	Some	88	26	5,815	22			
		3	Quite a bit	110	31	7,913	29			
		4	Very much	90	25	9,449	36			
		—	Not applicable	22	7	819	4			
			Total	348	100	26,197	100			
b. Your family	MHWsfamily	0	Not at all	19	6	886	4	2.6	2.9 ***	-.23
		1	Very little	43	12	2,216	9			
		2	Some	85	25	5,849	22			
		3	Quite a bit	97	27	6,967	26			
		4	Very much	97	27	9,848	37			
		—	Not applicable	7	2	419	2			
	Total	348	100	26,185	100					
c. Significant others or romantic partners	MHWsrromantic	0	Not at all	16	5	1,410	6	2.9	3.0	-.01
		1	Very little	16	4	1,323	5			
		2	Some	39	13	2,791	11			
		3	Quite a bit	48	13	4,000	15			
		4	Very much	120	33	9,530	35			
		—	Not applicable	106	31	7,119	28			
	Total	345	100	26,173	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	52	15	3,429	14	1.8	2.0	-.10
		1	Very little	64	19	4,331	16			
		2	Some	103	31	8,337	31			
		3	Quite a bit	70	19	4,801	18			
		4	Very much	30	8	3,055	12			
		—	Not applicable	29	9	2,198	9			
	Total	348	100	26,151	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	58	18	3,622	15	1.7	2.0 ***	-.23
		1	Very little	44	13	3,083	12			
		2	Some	63	18	5,391	20			
		3	Quite a bit	35	10	3,944	14			
		4	Very much	32	9	3,814	14			
		—	Not applicable	115	32	6,275	26			
	Total	347	100	26,129	100					
f. Your academic advisor	MHWsadvise	0	Not at all	86	24	7,128	27	1.5	1.5	.00
		1	Very little	55	16	4,157	15			
		2	Some	69	20	5,331	20			
		3	Quite a bit	25	8	2,736	10			
		4	Very much	34	9	2,439	9			
		—	Not applicable	78	22	4,361	17			
	Total	347	100	26,152	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	42	12	3,829	15	2.0	1.9	.10
		1	Very little	58	17	4,337	17			
		2	Some	105	30	7,958	30			
		3	Quite a bit	56	16	4,597	17			
		4	Very much	48	14	2,963	11			
		—	Not applicable	37	11	2,474	10			
Total				346	100	26,158	100			
h. Counseling services	MHWscounsel	0	Not at all	61	18	5,464	21	1.6	1.6	.01
		1	Very little	38	12	2,279	9			
		2	Some	49	14	3,089	12			
		3	Quite a bit	21	6	2,003	7			
		4	Very much	31	8	2,403	9			
		—	Not applicable	146	42	10,909	42			
Total				346	100	26,147	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	63	19	3,313	22	1.5	1.4	.07
		1	Very little	35	10	1,270	8			
		2	Some	43	12	1,539	11			
		3	Quite a bit	22	7	827	6			
		4	Very much	24	7	912	7			
		—	Not applicable	161	46	6,343	45			
Total				348	100	14,204	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	78	22	6,736	25	1.3	1.2	.09
		1	Very little	27	7	2,756	10			
		2	Some	45	13	2,963	11			
		3	Quite a bit	13	4	1,303	5			
		4	Very much	23	7	1,399	6			
		—	Not applicable	162	46	10,965	43			
Total				348	100	26,122	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	11	3	623	3	4.6	4.6	.00
		2	Disagree	13	4	1,297	5			
		3	Slightly disagree	24	8	2,349	9			
		4	Slightly agree	67	20	5,452	21			
		5	Agree	148	42	9,442	36			
		6	Strongly agree	82	23	6,977	27			
Total				345	100	26,140	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	36	10	1,923	7	3.6	3.7	-.06
		2	Disagree	57	17	4,897	19			
		3	Slightly disagree	64	18	5,184	20			
		4	Slightly agree	88	26	5,210	20			
		5	Agree	65	19	5,354	20			
		6	Strongly agree	37	11	3,557	14			
Total				347	100	26,125	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	22	6	1,735	7	3.7	3.8	-.09
		2	Disagree	65	18	3,971	15			
		3	Slightly disagree	60	17	4,928	18			
		4	Slightly agree	94	28	6,015	23			
		5	Agree	77	23	6,420	25			
		6	Strongly agree	29	8	3,049	12			
Total				347	100	26,118	100			

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	
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	11	3	1,352	6	4.0	4.0	.07
		2	Disagree	36	10	2,713	11			
		3	Slightly disagree	54	15	4,160	16			
		4	Slightly agree	109	32	7,783	30			
		5	Agree	101	30	7,174	27			
		6	Strongly agree	34	10	2,892	11			
		Total		345	100	26,074	100			
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress	No		100	30	6,269	25	67%	73% *	-0.13
		Yes	(Means indicate the percentage who responded "Yes.")	239	67	19,490	73			
		Help for this is not available		9	3	347	1			
		Total		348	100	26,106	100			
		Total		348	100	26,106	100			
b. Discrimination or harassment	MHWhdiscrim	No		123	35	7,903	31	63%	68%	-0.10
		Yes	(Means indicate the percentage who responded "Yes.")	217	63	17,881	68			
		Help for this is not available		7	2	304	1			
		Total		347	100	26,088	100			
c. Food insecurity (not having enough food)	MHWhfood	No		51	16	11,061	41	83%	58% ***	.56
		Yes	(Means indicate the percentage who responded "Yes.")	292	83	14,646	58			
		Help for this is not available		4	2	378	1			
		Total		347	100	26,085	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse	No		153	44	15,051	57	54%	40% ***	.29
		Yes	(Means indicate the percentage who responded "Yes.")	188	54	10,279	40			
		Help for this is not available		5	2	734	3			
		Total		346	100	26,064	100			
e. Emergency financial situation	MHWhfinance	No		166	48	14,615	56	50%	42% **	.17
		Yes	(Means indicate the percentage who responded "Yes.")	175	50	10,794	42			
		Help for this is not available		6	2	667	3			
		Total		347	100	26,076	100			
f. Lack of care for dependents	MHWhcare	No		199	58	17,270	66	39%	31% **	.17
		Yes	(Means indicate the percentage who responded "Yes.")	137	39	7,912	31			
		Help for this is not available		8	3	836	3			
		Total		344	100	26,018	100			
g. Mental health crises	MHWhmental	No		107	32	7,296	30	66%	69%	-0.08
		Yes	(Means indicate the percentage who responded "Yes.")	233	66	18,436	69			
		Help for this is not available		7	2	329	1			
		Total		347	100	26,061	100			
h. Sexual assault or relationship violence	MHWhassault	No		128	38	7,215	29	60%	70% ***	-0.20
		Yes	(Means indicate the percentage who responded "Yes.")	212	60	18,585	70			
		Help for this is not available		5	2	265	1			
		Total		345	100	26,065	100			
i. Sleep difficulty	MHWhsleep	No		216	61	16,786	64	35%	33%	.05
		Yes	(Means indicate the percentage who responded "Yes.")	119	35	8,428	33			
		Help for this is not available		12	4	860	3			
		Total		347	100	26,074	100			
j. Substance abuse	MHWhabuse	No		191	55	13,202	50	42%	48% *	-0.13
		Yes	(Means indicate the percentage who responded "Yes.")	147	42	12,339	48			
		Help for this is not available		9	3	537	2			
		Total		347	100	26,078	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
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	18	6	1,060	4	2.4	2.5	-.07
		1	Very little	32	8	2,689	10			
		2	Some	74	23	5,438	21			
		3	Quite a bit	62	17	4,850	19			
		4	Very much	48	14	4,003	15			
		—	I don't know	113	32	7,979	32			
			Total	347	100	26,019	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	8	3	584	2	2.8	2.7	.10
		1	Very little	20	6	1,814	7			
		2	Some	76	22	6,294	24			
		3	Quite a bit	107	30	7,012	26			
		4	Very much	77	22	4,652	18			
		—	I don't know	58	18	5,639	22			
			Total	346	100	25,995	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	12	4	633	3	2.6	2.6	-.01
		1	Very little	24	6	2,081	8			
		2	Some	90	26	6,371	25			
		3	Quite a bit	95	26	7,080	26			
		4	Very much	72	20	5,162	19			
		—	I don't know	53	17	4,664	19			
			Total	346	100	25,991	100			
d. Affordable housing for students	MHWihouse	0	Not at all	40	12	2,884	12	1.9	1.8	.07
		1	Very little	45	12	4,606	17			
		2	Some	71	20	6,067	22			
		3	Quite a bit	37	10	2,897	10			
		4	Very much	29	9	1,926	7			
		—	I don't know	125	37	7,604	31			
			Total	347	100	25,984	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	6	2	643	2	3.1	2.9 ***	.21 △
		1	Very little	17	5	1,672	6			
		2	Some	52	15	5,311	20			
		3	Quite a bit	92	26	7,438	29			
		4	Very much	142	41	7,976	30			
		—	I don't know	36	11	2,933	12			
			Total	345	100	25,973	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 114 first-year student(s) and 199 senior(s). Responses are provided in your NSSE24 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	197	4.07	4.11	.088	.013	1.24	1.17	8,069	.679	-.03
MHWdemploy	145	3.92	3.27	.142	.022	1.71	1.69	5,870	.000	.38
MHWdfinance	177	3.96	3.87	.123	.018	1.63	1.56	7,568	.414	.06
MHWdfamily	193	2.91	2.70	.119	.018	1.65	1.55	7,941	.070	.13
MHWdhomesick	173	2.41	2.62	.125	.019	1.65	1.61	7,553	.103	-.13
MHWdromantic	146	3.02	3.16	.147	.022	1.78	1.76	6,565	.317	-.08
MHWdpeers	190	3.05	2.83	.117	.017	1.61	1.48	7,911	.039	.15
MHWdlonely	192	3.44	3.34	.123	.019	1.71	1.69	7,912	.438	.06
MHWdmental	193	3.49	3.51	.120	.019	1.67	1.64	7,961	.853	-.01
MHWdexhaust	193	3.91	4.03	.118	.018	1.64	1.58	7,978	.290	-.08
MHWdsleep	194	3.98	3.79	.114	.018	1.59	1.59	8,033	.111	.12
MHWdphysical	195	3.19	3.04	.106	.017	1.49	1.51	7,996	.162	.10
MHWddiscrim	167	1.49	1.55	.073	.012	.94	1.05	7,402	.465	-.06
MHWsfriend	191	2.82	2.89	.081	.012	1.11	1.04	7,828	.360	-.07
MHWsfamily	193	2.76	2.88	.081	.013	1.12	1.13	7,942	.159	-.10
MHWsromantic	98	2.76	2.70	.132	.020	1.31	1.37	4,861	.653	.05
MHWsstudent	166	1.66	1.91	.089	.014	1.15	1.18	7,344	.008	-.21
MHWscultural	130	1.80	2.03	.118	.017	1.35	1.33	6,201	.044	-.18
MHWsadvice	146	1.58	1.63	.105	.016	1.27	1.29	6,661	.689	-.03
MHWsinstruct	159	1.77	1.80	.094	.014	1.19	1.20	7,115	.735	-.03
MHWscounsel	109	1.74	1.71	.127	.021	1.33	1.41	4,615	.787	.03
MHWScclinic	100	1.71	1.58	.138	.029	1.39	1.40	2,445	.352	.09
MHWsstaff	119	1.69	1.50	.123	.018	1.34	1.31	5,240	.123	.14
MHWfood	195	4.62	4.46	.081	.014	1.13	1.27	206	.067	.12
MHWexercise	194	3.90	3.94	.098	.016	1.37	1.43	8,038	.734	-.02
MHWleisure	195	4.01	4.08	.089	.015	1.24	1.34	205	.456	-.05
MHWinst	196	4.16	4.25	.087	.013	1.22	1.18	8,023	.283	-.08

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

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			
MHWdepress	195	68%	75%	.034	.005	--	--	--	.045	-.15
MHWdiscrim	194	61%	70%	.035	.005	--	--	--	.009	-.20
MHWfood	195	76%	61%	.031	.005	--	--	--	.000	.31
MWHhouse	196	60%	52%	.035	.006	--	--	--	.019	.17
MWHfinance	196	58%	52%	.035	.006	--	--	--	.104	.12
MWHcare	196	43%	41%	.035	.006	--	--	--	.489	.05
MWHmental	193	72%	73%	.032	.005	--	--	--	.872	-.01
MWHassault	195	69%	74%	.033	.005	--	--	--	.175	-.10
MWHsleep	195	36%	39%	.034	.006	--	--	--	.390	-.06
MWHabuse	196	51%	57%	.036	.006	--	--	--	.127	-.11
MHWifood	145	2.65	2.56	.086	.014	1.04	1.13	6,474	.390	.07
MWHihelp	167	3.04	2.75	.061	.012	.79	1.00	180	.000	.29
MHWicounsel	169	3.01	2.83	.063	.012	.82	.98	180	.004	.19
MHWihouse	134	2.01	1.97	.096	.014	1.11	1.16	6,565	.723	.03
MHWiinternet	182	3.14	2.73	.064	.013	.87	1.09	196	.000	.38

*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	346	4.12	4.09	.069	.013	1.29	1.28	9,717	.670	.02
MHWdemploy	298	3.86	3.47	.097	.018	1.68	1.64	8,591	.000	.24
MHWdfinance	331	4.41	4.05	.084	.017	1.54	1.59	9,503	.000	.22
MHWdfamily	336	3.34	2.91	.092	.017	1.68	1.62	9,616	.000	.26
MHWdhomesick	283	2.07	2.08	.095	.016	1.60	1.46	298	.924	-.01
MHWdromantic	295	3.06	3.00	.106	.019	1.82	1.76	8,529	.538	.04
MHWdpeers	330	2.88	2.67	.081	.015	1.48	1.47	9,473	.010	.14
MHWdlonely	326	3.30	3.14	.098	.018	1.77	1.73	9,447	.098	.09
MHWdmental	334	3.70	3.59	.089	.017	1.62	1.66	9,565	.228	.07
MHWdexhaust	338	4.48	4.19	.081	.017	1.50	1.60	365	.000	.19
MHWdsleep	342	4.11	3.82	.083	.017	1.53	1.62	9,679	.001	.18
MHWdphysical	339	3.43	3.23	.083	.016	1.53	1.55	9,639	.018	.13
MHWddiscrim	308	1.66	1.59	.070	.012	1.23	1.12	8,898	.271	.06
MHWsfriend	323	2.71	2.92	.060	.011	1.07	1.05	9,383	.000	-.21
MHWsfamily	338	2.61	2.86	.064	.012	1.18	1.13	360	.000	-.23
MHWsromantic	236	2.94	2.95	.083	.015	1.27	1.28	7,009	.895	-.01
MHWsstudent	316	1.85	1.96	.067	.013	1.19	1.22	8,834	.093	-.10
MHWscultural	234	1.70	2.01	.088	.017	1.35	1.38	7,190	.001	-.23
MHWsadvice	268	1.50	1.50	.082	.015	1.34	1.36	8,018	.988	.00
MHWsinstruct	307	2.03	1.91	.071	.014	1.24	1.24	8,717	.088	.10
MHWscounsel	201	1.57	1.56	.099	.020	1.40	1.46	5,623	.858	.01
MHWselinic	188	1.48	1.38	.101	.027	1.39	1.43	2,908	.358	.07
MHWsstaff	186	1.34	1.22	.103	.018	1.40	1.35	5,541	.208	.09
MHWfood	344	4.63	4.62	.066	.013	1.22	1.25	9,717	.963	.00
MHWexercise	346	3.60	3.69	.080	.016	1.49	1.51	9,712	.313	-.06
MHWleisure	346	3.67	3.81	.075	.015	1.39	1.45	9,710	.085	-.09
MHWinst	344	4.05	3.96	.067	.014	1.24	1.35	373	.191	.07

*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			
MHWdepress	346	67%	73%	.025	.005	--	--	--	.023	-.13
MHWdiscrim	346	63%	68%	.026	.005	--	--	--	.081	-.10
MHWfood	346	83%	58%	.020	.005	--	--	--	.000	.56
MWHhouse	344	54%	40%	.027	.005	--	--	--	.000	.29
MWHfinance	346	50%	42%	.027	.005	--	--	--	.002	.17
MWHcare	343	39%	31%	.026	.005	--	--	--	.003	.17
MWHmental	346	66%	69%	.026	.005	--	--	--	.175	-.08
MWHassault	343	60%	70%	.026	.005	--	--	--	.000	-.20
MWHsleep	346	35%	33%	.026	.005	--	--	--	.346	.05
MWHabuse	346	42%	48%	.027	.005	--	--	--	.020	-.13
MHWifood	234	2.38	2.46	.077	.014	1.18	1.16	6,619	.308	-.07
MWHihelp	282	2.76	2.65	.061	.012	1.03	1.02	7,515	.094	.10
MHWicounsel	287	2.62	2.63	.064	.012	1.08	1.05	7,806	.901	-.01
MWHihouse	219	1.85	1.77	.087	.015	1.28	1.22	6,653	.325	.07
MHWiinternet	307	3.10	2.88	.059	.012	1.03	1.05	8,507	.000	.21

*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.