
NSSE 2024 Topical Module Report

Mental Health & Well-Being

Valparaiso 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		
				Valpo		Mental Health		Valpo	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	0	0	594	3	4.3	4.1 *	.21 △
		2		7	6	1,441	6			
		3		17	14	3,611	16			
		4		41	34	8,272	36			
		5		35	30	6,437	27			
		6	Very difficult	19	16	2,366	10			
		—	Not applicable	0	0	63	0			
			Total	119	100	22,784	100			
b. Employment	MHWdemploy	1	Not at all difficult	21	16	3,633	16	3.2	3.3	-.07
		2		10	8	2,663	11			
		3		25	21	2,986	13			
		4		20	17	3,235	14			
		5		12	10	2,240	10			
		6	Very difficult	6	6	2,108	10			
		—	Not applicable	25	21	5,905	27			
			Total	119	100	22,770	100			
c. Finances	MHWdfinance	1	Not at all difficult	12	10	1,965	9	4.0	3.9	.07
		2		6	5	2,673	11			
		3		18	15	3,784	16			
		4		34	29	4,911	22			
		5		27	22	4,163	18			
		6	Very difficult	17	15	3,912	17			
		—	Not applicable	5	4	1,367	6			
			Total	119	100	22,775	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	26	22	6,795	30	2.8	2.7	.08
		2		26	22	4,822	20			
		3		28	24	3,768	16			
		4		23	19	3,722	17			
		5		9	8	1,986	9			
		6	Very difficult	5	4	1,297	6			
		—	Not applicable	1	1	371	2			
			Total	118	100	22,761	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	35	30	7,233	33	2.8	2.6	.14
		2		12	11	4,443	19			
		3		27	22	3,246	14			
		4		25	21	2,972	13			
		5		11	9	1,864	8			
		6	Very difficult	6	5	1,635	7			
		—	Not applicable	3	3	1,370	7			
			Total	119	100	22,763	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	29	24	4,846	21	3.1	3.2	-.03
		2		13	11	2,946	12			
		3		13	11	2,984	13			
		4		20	17	3,163	14			
		5		17	15	2,153	9			
		6	Very difficult	8	7	2,621	12			
		—	Not applicable	19	15	4,043	19			
			Total	119	100	22,756	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		
				Valpo		Mental Health		Valpo	Mental Health	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	20	17	5,085	23	3.0	2.8	.10
		2		28	23	5,280	23			
		3		27	24	4,528	20			
		4		28	24	4,120	18			
		5		7	6	2,052	9			
		6	Very difficult	8	6	1,270	6			
		—	Not applicable	0	0	399	2			
		Total		118	100	22,734	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	9	8	4,030	19	3.4	3.3	.03
		2		25	22	3,973	17			
		3		24	20	3,722	16			
		4		36	30	4,199	18			
		5		10	8	3,282	14			
		6	Very difficult	12	10	3,124	14			
		—	Not applicable	2	2	423	2			
		Total		118	100	22,753	100			
i. Mental health	MHWdmental	1	Not at all difficult	9	8	3,278	16	3.6	3.5	.07
		2		16	14	3,357	15			
		3		24	21	3,962	17			
		4		37	30	4,767	21			
		5		22	18	3,711	16			
		6	Very difficult	11	9	3,386	15			
		—	Not applicable	0	0	298	1			
		Total		119	100	22,759	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	4	4	1,886	9	4.2	4.0	.08
		2		11	9	2,173	10			
		3		16	14	3,334	15			
		4		39	33	4,898	21			
		5		26	21	5,039	21			
		6	Very difficult	23	19	5,182	22			
		—	Not applicable	0	0	227	1			
		Total		119	100	22,739	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	8	7	2,295	11	3.8	3.8	.01
		2		19	16	3,065	13			
		3		20	17	3,841	17			
		4		31	26	5,120	22			
		5		24	21	4,183	18			
		6	Very difficult	17	14	4,135	18			
		—	Not applicable	0	0	119	1			
		Total		119	100	22,758	100			
l. Physical health	MHWdphysical	1	Not at all difficult	14	11	4,023	19	3.3	3.0 *	.18 △
		2		27	22	4,930	21			
		3		20	17	4,780	20			
		4		31	26	4,774	21			
		5		21	18	2,289	10			
		6	Very difficult	6	5	1,737	8			
		—	Not applicable	0	0	200	1			
		Total		119	100	22,733	100			

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	61	51	14,847	65	1.7	1.5	.16
		2		27	24	3,247	14			
		3		8	7	1,273	6			
		4		9	8	957	4			
		5		1	1	383	2			
		6	Very difficult	0	0	235	1			
		—	Not applicable	13	10	1,816	8			
		Total		119	100	22,758	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	4	4	526	3	2.8	2.9	-.07
		1	Very little	7	6	1,531	7			
		2	Some	27	22	5,004	22			
		3	Quite a bit	47	39	7,393	32			
		4	Very much	33	28	7,648	33			
		—	Not applicable	1	1	630	3			
		Total		119	100	22,732	100			
b. Your family	MHWsfamily	0	Not at all	3	3	793	4	2.9	2.9	.04
		1	Very little	7	6	1,935	9			
		2	Some	27	23	4,797	21			
		3	Quite a bit	39	34	6,247	27			
		4	Very much	42	35	8,631	38			
		—	Not applicable	0	0	324	2			
Total		118	100	22,727	100					
c. Significant others or romantic partners	MHWsrromantic	0	Not at all	6	6	1,476	7	2.5	2.7	-.13
		1	Very little	6	6	1,238	6			
		2	Some	22	19	2,417	11			
		3	Quite a bit	14	12	2,952	13			
		4	Very much	22	18	5,697	24			
		—	Not applicable	49	40	8,914	40			
Total		119	100	22,694	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	8	7	3,014	14	2.0	1.9	.12
		1	Very little	21	18	4,121	18			
		2	Some	50	42	7,583	33			
		3	Quite a bit	28	24	3,900	17			
		4	Very much	7	6	2,221	10			
		—	Not applicable	5	4	1,847	9			
Total		119	100	22,686	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	8	7	2,968	14	2.1	2.0	.08
		1	Very little	17	15	2,780	12			
		2	Some	39	33	5,109	22			
		3	Quite a bit	27	23	3,775	16			
		4	Very much	11	9	3,164	13			
		—	Not applicable	16	13	4,866	23			
Total		118	100	22,662	100					
f. Your academic advisor	MHWsadviser	0	Not at all	16	13	5,025	22	1.8	1.6 *	.17
		1	Very little	21	18	3,847	17			
		2	Some	45	38	5,359	24			
		3	Quite a bit	17	15	2,667	12			
		4	Very much	10	8	1,884	9			
		—	Not applicable	10	8	3,891	17			
Total		119	100	22,673	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		
				Valpo		Mental Health		Valpo	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	10	8	3,503	16	2.1	1.8 **	.23 △
		1	Very little	21	17	4,225	19			
		2	Some	46	38	7,162	31			
		3	Quite a bit	22	19	3,413	15			
		4	Very much	13	11	1,913	9			
		—	Not applicable	7	6	2,464	12			
Total				119	100	22,680	100			
h. Counseling services	MHWscounsel	0	Not at all	14	12	3,794	17	1.9	1.7	.13
		1	Very little	12	11	2,115	10			
		2	Some	18	15	3,198	14			
		3	Quite a bit	12	10	1,923	8			
		4	Very much	11	9	1,997	9			
		—	Not applicable	52	43	9,624	43			
Total				119	100	22,651	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	15	12	2,360	18	1.6	1.6	.00
		1	Very little	13	11	1,187	9			
		2	Some	23	20	1,715	14			
		3	Quite a bit	7	7	948	8			
		4	Very much	5	4	917	7			
		—	Not applicable	55	46	5,438	44			
Total				118	100	12,565	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	15	13	4,724	20	1.8	1.5 *	.20 △
		1	Very little	12	10	2,917	13			
		2	Some	34	29	4,038	17			
		3	Quite a bit	12	11	1,830	8			
		4	Very much	6	5	1,420	6			
		—	Not applicable	40	32	7,719	35			
Total				119	100	22,648	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	3	3	671	3	4.2	4.5	-.18
		2	Disagree	9	8	1,324	6			
		3	Slightly disagree	19	15	2,359	10			
		4	Slightly agree	26	22	5,380	24			
		5	Agree	47	41	8,150	36			
		6	Strongly agree	14	12	4,772	21			
Total				118	100	22,656	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	7	6	1,066	5	3.9	3.9	-.04
		2	Disagree	13	11	3,375	14			
		3	Slightly disagree	29	24	4,151	18			
		4	Slightly agree	25	21	5,045	22			
		5	Agree	29	24	5,669	25			
		6	Strongly agree	16	13	3,347	15			
Total				119	100	22,653	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	6	5	844	4	4.0	4.1	-.04
		2	Disagree	9	7	2,516	11			
		3	Slightly disagree	25	20	3,844	17			
		4	Slightly agree	31	26	5,627	24			
		5	Agree	38	33	6,920	31			
		6	Strongly agree	10	9	2,893	13			
Total				119	100	22,644	100			

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	2	2	535	3	4.4	4.2	.09
		2	Disagree	2	2	1,459	7			
		3	Slightly disagree	11	9	2,822	13			
		4	Slightly agree	48	41	7,254	32			
		5	Agree	49	41	7,787	34			
		6	Strongly agree	7	6	2,755	12			
		Total		119	100	22,612	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 <i>(Means indicate the percentage who responded "Yes.")</i>	No		21	18	5,200	25	82%	75% *	.18
		Yes		98	82	17,264	75			
		Help for this is not available		0	0	173	1			
		Total		119	100	22,637	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		29	24	6,272	29	76%	70%	.12
		Yes		90	76	16,195	70			
		Help for this is not available		0	0	163	1			
		Total		119	100	22,630	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		60	50	8,705	37	50%	62% *	-.23
		Yes		59	50	13,705	62			
		Help for this is not available		0	0	209	1			
		Total		119	100	22,619	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		58	48	10,377	46	51%	52%	-.02
		Yes		60	51	11,877	52			
		Help for this is not available		1	1	348	2			
		Total		119	100	22,602	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		47	40	10,588	47	60%	52%	.16
		Yes		71	60	11,704	52			
		Help for this is not available		1	1	308	2			
		Total		119	100	22,600	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		69	58	13,060	57	41%	41%	-.01
		Yes		47	41	9,138	41			
		Help for this is not available		2	2	379	2			
		Total		118	100	22,577	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		21	18	5,592	26	82%	73% *	.21
		Yes		97	82	16,851	73			
		Help for this is not available		0	0	145	1			
		Total		118	100	22,588	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		25	21	5,585	26	79%	73%	.13
		Yes		93	79	16,894	73			
		Help for this is not available		0	0	125	1			
		Total		118	100	22,604	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		62	52	13,417	59	47%	39%	.17
		Yes		56	47	8,713	39			
		Help for this is not available		1	1	474	2			
		Total		119	100	22,604	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		44	36	9,635	42	63%	57%	.13
		Yes		74	63	12,734	57			
		Help for this is not available		1	1	238	1			
		Total		119	100	22,607	100			

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	6	5	899	4	2.4	2.6	-.15
		1	Very little	21	18	2,385	10			
		2	Some	27	22	5,150	23			
		3	Quite a bit	35	30	5,395	24			
		4	Very much	19	17	4,526	20			
		—	I don't know	11	9	4,219	19			
			Total	119	100	22,574	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	0	0	454	2	2.6	2.8	-.11
		1	Very little	7	6	1,418	6			
		2	Some	41	35	5,451	24			
		3	Quite a bit	41	35	7,030	31			
		4	Very much	17	14	4,804	22			
		—	I don't know	13	10	3,377	15			
			Total	119	100	22,534	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	0	0	350	2	2.8	2.8	-.01
		1	Very little	6	5	1,228	6			
		2	Some	33	27	5,081	23			
		3	Quite a bit	47	40	7,245	32			
		4	Very much	25	21	5,681	24			
		—	I don't know	8	6	2,959	14			
			Total	119	100	22,544	100			
d. Affordable housing for students	MHWihouse	0	Not at all	11	9	1,986	10	1.9	2.0	-.06
		1	Very little	19	16	3,852	18			
		2	Some	52	45	6,962	30			
		3	Quite a bit	19	16	3,684	15			
		4	Very much	5	4	2,271	10			
		—	I don't know	12	10	3,763	18			
			Total	118	100	22,518	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	685	3	3.2	2.7 ***	.41 ▲
		1	Very little	3	3	2,052	9			
		2	Some	19	16	5,421	24			
		3	Quite a bit	46	38	6,818	30			
		4	Very much	48	41	6,471	28			
		—	I don't know	2	2	1,051	5			
			Total	118	100	22,498	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 69 first-year student(s) and 76 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.

NSSE 2024 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Valparaiso University

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	4	3	1,110	5	4.2	4.1	.05
		2		11	7	1,954	8			
		3		27	17	3,886	15			
		4		47	30	8,379	32			
		5		44	29	7,626	28			
		6	Very difficult	22	14	3,365	12			
		—	Not applicable	0	0	95	0			
			Total	155	100	26,415	100			
b. Employment	MHWdemploy	1	Not at all difficult	30	19	3,907	15	3.0	3.5 ***	-.30
		2		35	23	3,368	12			
		3		18	11	4,156	15			
		4		32	20	5,314	19			
		5		19	12	3,794	15			
		6	Very difficult	8	5	2,998	12			
		—	Not applicable	13	9	2,896	12			
			Total	155	100	26,433	100			
c. Finances	MHWdfinance	1	Not at all difficult	18	12	2,189	9	3.8	4.1	-.16
		2		16	11	2,778	10			
		3		26	17	3,941	15			
		4		28	18	5,475	21			
		5		39	25	5,179	19			
		6	Very difficult	23	15	6,257	24			
		—	Not applicable	4	3	621	3			
			Total	154	100	26,440	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	50	32	6,834	26	2.5	2.9 **	-.26
		2		43	28	5,345	20			
		3		19	12	4,328	16			
		4		21	14	4,581	18			
		5		17	11	2,762	11			
		6	Very difficult	4	2	2,246	9			
		—	Not applicable	1	1	323	1			
			Total	155	100	26,419	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	65	43	12,403	48	2.3	2.1	.12
		2		30	19	4,370	16			
		3		21	13	2,611	9			
		4		19	13	2,208	8			
		5		12	8	1,187	4			
		6	Very difficult	2	1	1,067	4			
		—	Not applicable	6	4	2,585	11			
			Total	155	100	26,431	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	37	24	6,871	26	2.8	3.0	-.11
		2		32	20	3,998	15			
		3		24	16	3,477	13			
		4		20	13	3,599	14			
		5		16	11	2,379	9			
		6	Very difficult	8	5	2,958	12			
		—	Not applicable	18	12	3,146	13			
			Total	155	100	26,428	100			

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

NSSE 2024 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Valparaiso University

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	40	26	6,980	27	2.7	2.7	.02
		2		32	21	6,322	23			
		3		39	25	4,999	19			
		4		24	16	4,220	16			
		5		15	10	2,009	8			
		6	Very difficult	4	3	1,217	5			
		—	Not applicable	1	1	671	3			
		Total		155	100	26,418	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	29	19	6,147	24	3.2	3.1	.01
		2		32	20	4,497	16			
		3		27	17	4,042	15			
		4		27	17	4,440	17			
		5		30	20	3,362	12			
		6	Very difficult	9	6	3,199	12			
		—	Not applicable	1	1	727	3			
		Total		155	100	26,414	100			
i. Mental health	MHWdmental	1	Not at all difficult	20	13	3,720	15	3.4	3.6	-.12
		2		26	17	3,595	14			
		3		35	23	4,311	16			
		4		33	21	5,472	21			
		5		22	14	4,481	17			
		6	Very difficult	18	11	4,412	16			
		—	Not applicable	1	1	422	2			
		Total		155	100	26,413	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	10	7	2,128	9	4.1	4.2	-.06
		2		13	9	2,098	8			
		3		21	14	3,334	13			
		4		40	26	5,318	20			
		5		44	28	5,884	22			
		6	Very difficult	27	17	7,357	27			
		—	Not applicable	0	0	287	1			
		Total		155	100	26,406	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	18	12	2,818	11	3.6	3.8	-.14
		2		24	16	3,461	13			
		3		24	16	4,285	16			
		4		38	24	5,594	21			
		5		31	20	4,873	19			
		6	Very difficult	20	12	5,213	20			
		—	Not applicable	0	0	180	1			
		Total		155	100	26,424	100			
l. Physical health	MHWdphysical	1	Not at all difficult	27	18	4,101	16	3.0	3.2 *	-.18
		2		40	26	5,160	19			
		3		30	19	5,318	20			
		4		32	20	5,784	22			
		5		18	12	3,214	12			
		6	Very difficult	8	5	2,583	10			
		—	Not applicable	0	0	238	1			
		Total		155	100	26,398	100			

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	97	63	16,968	64	1.7	1.6	.07
		2		22	14	3,770	14			
		3		11	7	1,493	6			
		4		12	8	1,149	4			
		5		2	1	475	2			
		6	Very difficult	2	1	422	2			
		—	Not applicable	9	6	2,143	9			
		Total		155	100	26,420	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	3	2	605	3	3.2	2.9 **	.24
		1	Very little	10	6	1,621	6			
		2	Some	20	14	5,883	23			
		3	Quite a bit	43	28	7,980	30			
		4	Very much	76	49	9,463	35			
		—	Not applicable	2	1	839	4			
		Total		154	100	26,391	100			
b. Your family	MHWsfamily	0	Not at all	3	2	902	4	3.0	2.9 *	.17
		1	Very little	10	7	2,249	9			
		2	Some	32	21	5,902	22			
		3	Quite a bit	39	26	7,025	26			
		4	Very much	70	45	9,875	37			
		—	Not applicable	0	0	426	2			
		Total		154	100	26,379	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	4	3	1,422	6	3.1	3.0	.14
		1	Very little	9	6	1,330	5			
		2	Some	13	9	2,817	11			
		3	Quite a bit	22	14	4,026	15			
		4	Very much	60	38	9,590	35			
		—	Not applicable	46	31	7,179	28			
		Total		154	100	26,364	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	14	8	3,467	14	2.3	2.0 ***	.29
		1	Very little	23	16	4,372	17			
		2	Some	44	28	8,396	31			
		3	Quite a bit	45	29	4,826	18			
		4	Very much	25	17	3,060	12			
		—	Not applicable	3	2	2,224	9			
		Total		154	100	26,345	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	12	8	3,668	15	2.4	2.0 ***	.32
		1	Very little	13	8	3,114	12			
		2	Some	37	25	5,417	20			
		3	Quite a bit	36	23	3,943	14			
		4	Very much	29	19	3,817	14			
		—	Not applicable	26	17	6,364	26			
		Total		153	100	26,323	100			
f. Your academic advisor	MHWsadvice	0	Not at all	26	17	7,188	27	2.0	1.5 ***	.35
		1	Very little	25	16	4,187	15			
		2	Some	41	27	5,359	20			
		3	Quite a bit	27	18	2,734	10			
		4	Very much	23	15	2,450	9			
		—	Not applicable	11	7	4,428	18			
		Total		153	100	26,346	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		
				Valpo		Mental Health		Valpo	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	9	6	3,862	15	2.4	1.9 ***	.37
		1	Very little	19	12	4,376	17			
		2	Some	47	30	8,016	30			
		3	Quite a bit	48	32	4,605	17			
		4	Very much	21	14	2,990	11			
		—	Not applicable	9	6	2,502	10			
Total				153	100	26,351	100			
h. Counseling services	MHWscounsel	0	Not at all	19	13	5,506	21	2.1	1.6 ***	.38
		1	Very little	15	9	2,302	9			
		2	Some	12	8	3,126	12			
		3	Quite a bit	16	10	2,008	7			
		4	Very much	23	15	2,411	9			
		—	Not applicable	68	45	10,987	42			
Total				153	100	26,340	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	26	17	3,350	22	1.6	1.4	.15
		1	Very little	18	11	1,287	8			
		2	Some	17	11	1,565	11			
		3	Quite a bit	9	6	840	6			
		4	Very much	13	9	923	7			
		—	Not applicable	69	45	6,435	45			
Total				152	100	14,400	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	31	20	6,783	25	1.6	1.2 *	.25
		1	Very little	21	14	2,762	10			
		2	Some	22	14	2,986	11			
		3	Quite a bit	10	7	1,306	5			
		4	Very much	13	9	1,409	6			
		—	Not applicable	55	36	11,072	43			
Total				152	100	26,318	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	2	1	632	3	4.7	4.6	.09
		2	Disagree	6	4	1,304	5			
		3	Slightly disagree	11	7	2,362	9			
		4	Slightly agree	31	20	5,488	21			
		5	Agree	65	42	9,525	36			
		6	Strongly agree	38	25	7,021	27			
Total				153	100	26,332	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	9	6	1,950	8	3.8	3.7	.11
		2	Disagree	30	19	4,924	19			
		3	Slightly disagree	22	14	5,226	20			
		4	Slightly agree	30	20	5,268	20			
		5	Agree	43	29	5,376	20			
		6	Strongly agree	19	13	3,575	14			
Total				153	100	26,319	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	5	3	1,752	7	4.0	3.8	.13
		2	Disagree	18	11	4,018	15			
		3	Slightly disagree	33	22	4,955	18			
		4	Slightly agree	36	24	6,073	23			
		5	Agree	44	29	6,453	25			
		6	Strongly agree	17	11	3,061	12			
Total				153	100	26,312	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		
				Valpo		Mental Health		Valpo	Mental Health	
				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	5	3	1,358	6	4.3	4.0 **	.26
		2	Disagree	9	6	2,740	11			
		3	Slightly disagree	18	12	4,196	16			
		4	Slightly agree	41	27	7,851	30			
		5	Agree	63	41	7,212	27			
		6	Strongly agree	17	11	2,909	11			
		Total		153	100	26,266	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 <i>(Means indicate the percentage who responded "Yes.")</i>	No		16	10	6,353	25	88%	73% ***	.39
		Yes		136	88	19,593	73			
		Help for this is not available		2	1	354	2			
		Total		154	100	26,300	100			
		Total		154	100	26,300	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		26	17	8,000	31	83%	67% ***	.38
		Yes		128	83	17,970	67			
		Help for this is not available		0	0	311	1			
		Total		154	100	26,281	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		94	60	11,018	40	33%	59% ***	-.52
		Yes		50	33	14,888	59			
		Help for this is not available		10	6	372	1			
		Total		154	100	26,278	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		90	57	15,114	57	38%	40%	-.04
		Yes		57	38	10,410	40			
		Help for this is not available		7	4	732	3			
		Total		154	100	26,256	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		87	56	14,694	55	41%	42%	-.02
		Yes		62	41	10,907	42			
		Help for this is not available		5	3	668	3			
		Total		154	100	26,269	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		104	67	17,365	65	28%	32%	-.07
		Yes		42	28	8,007	32			
		Help for this is not available		8	5	836	3			
		Total		154	100	26,208	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		26	17	7,377	30	82%	69% ***	.31
		Yes		126	82	18,543	69			
		Help for this is not available		2	1	334	1			
		Total		154	100	26,254	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		29	18	7,314	29	82%	70% ***	.28
		Yes		125	82	18,672	70			
		Help for this is not available		0	0	270	1			
		Total		154	100	26,256	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		87	56	16,915	64	38%	33%	.11
		Yes		58	38	8,489	33			
		Help for this is not available		9	6	863	3			
		Total		154	100	26,267	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		49	32	13,344	50	68%	48% ***	.41
		Yes		105	68	12,381	48			
		Help for this is not available		0	0	546	2			
		Total		154	100	26,271	100			

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				Valpo		Mental Health		Valpo	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	5	3	1,073	4	2.3	2.5	-.11
		1	Very little	33	20	2,688	10			
		2	Some	35	23	5,477	21			
		3	Quite a bit	39	26	4,873	18			
		4	Very much	22	15	4,029	15			
		—	I don't know	20	13	8,072	32			
			Total	154	100	26,212	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	3	2	589	2	2.7	2.7	.05
		1	Very little	6	4	1,828	7			
		2	Some	42	27	6,328	24			
		3	Quite a bit	59	39	7,060	26			
		4	Very much	23	15	4,706	18			
		—	I don't know	20	13	5,677	22			
			Total	153	100	26,188	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	1	1	644	3	2.9	2.6 ***	.28
		1	Very little	10	6	2,095	8			
		2	Some	29	18	6,432	25			
		3	Quite a bit	63	42	7,112	26			
		4	Very much	39	26	5,195	19			
		—	I don't know	11	7	4,706	19			
			Total	153	100	26,184	100			
d. Affordable housing for students	MHWihouse	0	Not at all	18	12	2,906	12	1.7	1.8	-.05
		1	Very little	35	23	4,616	17			
		2	Some	54	34	6,084	22			
		3	Quite a bit	16	11	2,918	10			
		4	Very much	7	5	1,948	8			
		—	I don't know	24	15	7,705	31			
			Total	154	100	26,177	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	649	2	3.2	2.9 ***	.31
		1	Very little	2	1	1,687	6			
		2	Some	25	16	5,338	20			
		3	Quite a bit	61	40	7,469	28			
		4	Very much	60	39	8,058	31			
		—	I don't know	6	4	2,963	12			
			Total	154	100	26,164	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 69 first-year student(s) and 76 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
		Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health			
MHWdacad	119	4.35	4.10	.101	.006	1.10	1.17	33,779	.025	.21
MHWdemploy	93	3.18	3.29	.157	.011	1.52	1.69	93	.474	-.07
MHWdfinance	114	3.98	3.87	.137	.009	1.46	1.56	114	.429	.07
MHWdfamily	116	2.83	2.71	.130	.009	1.41	1.55	116	.344	.08
MHWdhomesick	115	2.83	2.61	.143	.009	1.53	1.61	31,621	.143	.14
MHWdromantic	100	3.10	3.16	.171	.011	1.71	1.77	27,486	.732	-.03
MHWdpeers	117	2.98	2.83	.130	.008	1.41	1.49	33,119	.277	.10
MHWdlonely	116	3.39	3.34	.130	.009	1.40	1.69	116	.718	.03
MHWdmental	119	3.63	3.51	.127	.009	1.38	1.64	119	.364	.07
MHWdexhaust	119	4.15	4.03	.123	.009	1.34	1.59	119	.322	.08
MHWdsleep	119	3.80	3.80	.135	.009	1.47	1.59	33,629	.953	.01
MHWdphysical	119	3.32	3.04	.131	.008	1.43	1.51	33,473	.045	.18
MHWddiscrim	106	1.71	1.54	.097	.006	1.01	1.05	30,988	.100	.16
MHWsfriend	118	2.82	2.89	.095	.006	1.03	1.04	32,774	.465	-.07
MHWsfamily	117	2.93	2.88	.095	.006	1.03	1.13	117	.602	.04
MHWsromantic	72	2.52	2.70	.151	.010	1.27	1.37	20,354	.254	-.13
MHWsstudent	114	2.05	1.90	.093	.007	.99	1.18	114	.121	.12
MHWscultural	102	2.14	2.03	.107	.008	1.08	1.33	103	.311	.08
MHWsadvice	109	1.84	1.63	.107	.008	1.12	1.29	109	.044	.17
MHWsinstruct	112	2.07	1.80	.104	.007	1.10	1.20	112	.009	.23
MHWscounsel	67	1.89	1.71	.165	.010	1.35	1.41	19,325	.291	.13
MHWScclinic	64	1.59	1.59	.147	.014	1.18	1.40	64	.965	.00
MHWsstaff	80	1.77	1.51	.128	.009	1.14	1.31	80	.039	.20
MHWfood	118	4.24	4.47	.114	.007	1.24	1.27	33,670	.053	-.18
MHWexercise	119	3.88	3.94	.130	.008	1.41	1.43	33,651	.642	-.04
MHWleisure	119	4.02	4.08	.117	.007	1.27	1.33	33,644	.657	-.04
MHWinst	119	4.36	4.25	.083	.006	.90	1.18	119	.199	.09

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health			
MHWdepress	119	82%	75%	.036	.002	--	--	--	.045	.18
MHWdiscrim	119	76%	70%	.040	.002	--	--	--	.168	.12
MHWfood	119	50%	62%	.046	.003	--	--	--	.016	-.23
MWHhouse	119	51%	52%	.046	.003	--	--	--	.858	-.02
MWHfinance	119	60%	52%	.045	.003	--	--	--	.085	.16
MWHcare	118	41%	41%	.045	.003	--	--	--	.942	-.01
MWHmental	117	82%	73%	.036	.002	--	--	--	.018	.21
MWHassault	118	79%	73%	.038	.002	--	--	--	.157	.13
MWHsleep	119	47%	39%	.046	.003	--	--	--	.069	.17
MWHabuse	119	63%	57%	.045	.003	--	--	--	.145	.13
MHWifood	108	2.39	2.57	.110	.007	1.14	1.13	27,106	.112	-.15
MWHihelp	107	2.65	2.75	.080	.006	.83	.99	28,356	.267	-.11
MHWicounsel	111	2.82	2.83	.080	.006	.85	.98	28,760	.900	-.01
MWHihouse	106	1.90	1.97	.095	.007	.98	1.16	106	.446	-.06
MHWiinternet	116	3.19	2.74	.076	.006	.82	1.09	116	.000	.41

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health			
MHWdacad	155	4.16	4.09	.100	.006	1.24	1.28	45,264	.542	.05
MHWdemploy	142	3.00	3.48	.130	.008	1.55	1.64	40,018	.000	-.30
MHWdfinance	150	3.81	4.06	.131	.008	1.60	1.59	44,266	.050	-.16
MHWdfamily	154	2.50	2.93	.118	.008	1.46	1.63	44,791	.001	-.26
MHWdhomesick	150	2.25	2.08	.116	.007	1.42	1.47	40,554	.156	.12
MHWdromantic	137	2.80	3.00	.134	.009	1.56	1.76	137	.146	-.11
MHWdpeers	154	2.70	2.68	.112	.007	1.39	1.48	44,128	.846	.02
MHWdlonely	154	3.17	3.14	.126	.008	1.56	1.73	154	.841	.01
MHWdmental	154	3.39	3.60	.123	.008	1.52	1.66	154	.094	-.12
MHWdexhaust	155	4.10	4.20	.115	.008	1.43	1.60	155	.399	-.06
MHWdsleep	155	3.61	3.83	.126	.008	1.56	1.62	45,089	.090	-.14
MHWdphysical	155	2.97	3.24	.117	.007	1.46	1.55	44,899	.029	-.18
MHWddiscrim	146	1.68	1.59	.096	.006	1.16	1.13	41,449	.374	.07
MHWsfriend	152	3.16	2.92	.083	.005	1.02	1.05	43,706	.004	.24
MHWsfamily	154	3.05	2.85	.085	.005	1.05	1.13	44,502	.033	.17
MHWsromantic	107	3.13	2.95	.113	.007	1.17	1.28	32,651	.147	.14
MHWsstudent	151	2.31	1.96	.096	.006	1.18	1.22	41,153	.000	.29
MHWscultural	128	2.44	1.99	.108	.008	1.22	1.38	33,495	.000	.32
MHWsadvice	142	1.98	1.50	.111	.007	1.33	1.36	142	.000	.35
MHWsinstruct	144	2.37	1.91	.090	.006	1.09	1.25	40,606	.000	.37
MHWscounsel	85	2.10	1.55	.168	.009	1.55	1.46	26,194	.001	.38
MHWselinic	83	1.60	1.39	.159	.012	1.45	1.43	13,553	.180	.15
MHWsstaff	97	1.55	1.22	.142	.008	1.40	1.35	25,813	.015	.25
MHWfood	153	4.74	4.62	.091	.006	1.12	1.25	154	.219	.09
MHWexercise	153	3.85	3.68	.120	.007	1.48	1.51	45,242	.183	.11
MHWleisure	153	3.98	3.80	.105	.007	1.30	1.45	154	.082	.13
MHWinst	153	4.31	3.96	.096	.006	1.19	1.34	45,150	.001	.26

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health			
MHWdepress	154	88%	73%	.026	.002	--	--	--	.000	.39
MHWdiscrim	154	83%	67%	.030	.002	--	--	--	.000	.38
MHWfood	154	33%	59%	.038	.002	--	--	--	.000	-.52
MWHhouse	154	38%	40%	.039	.002	--	--	--	.659	-.04
MWHfinance	154	41%	42%	.040	.002	--	--	--	.813	-.02
MWHcare	154	28%	32%	.036	.002	--	--	--	.397	-.07
MWHmental	154	82%	69%	.031	.002	--	--	--	.000	.31
MWHassault	154	82%	70%	.031	.002	--	--	--	.000	.28
MWHsleep	154	38%	33%	.039	.002	--	--	--	.164	.11
MWHabuse	154	68%	48%	.038	.002	--	--	--	.000	.41
MHWifood	134	2.34	2.46	.097	.007	1.13	1.16	30,836	.223	-.11
MWHihelp	133	2.71	2.66	.076	.005	.88	1.02	134	.503	.05
MHWicounsel	142	2.92	2.63	.075	.006	.90	1.05	143	.000	.28
MHWihouse	130	1.71	1.77	.092	.007	1.05	1.22	131	.471	-.05
MHWiinternet	148	3.21	2.89	.063	.005	.76	1.05	149	.000	.31

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.