

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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Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical (Compai	isons ^t
				Valpo		Mental Hea	alth	Valpo	Menta	Health
Item wording or description	Variable name	Values	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
1. During the current schoo	l year, how difficu	ılt have	the following been for you?							
a. Academics	MHWdacad	1	Not at all difficult	0	0	594	3			
		2		7	6	1,441	6			
		3		17	14	3,611	16			
		4		41	34	8,272	36	4.3	4.1 *	.21
		5		35	30	6,437	27		Δ	
		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			
		2		10	8	2,663	11			
		3		25	21	2,986	13			
		4		20	17	3,235	14	3.2	3.3	07
		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			
		2		6	5	2,673	11			
		3		18	15	3,784	16	4.0		
		4		34	29	4,911	22	4.0	3.9	.07
		5	17 P.07 L	27	22	4,163	18			
		6	Very difficult	17	15	3,912	17			
			Not applicable	5	4	1,367	6			
d. Envillence le Grandeline	MINV 46	1	Total Not at all difficult	119	100	22,775	$\frac{100}{30}$		_	
d. Family relationships	MHWdfamily	1	Not at all difficult	26 26	22	6,795				
		2 3		26 28	22 24	4,822 3,768	20			
				28			16	2.8	2.7	0.0
		4 5		23 9	19 8	3,722 1,986	17 9	2.0	2.7	.08
		6	Very difficult	5	4	1,980	6			
		0	Not applicable	1	4	371	2			
			Total	118	100	22,761	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	35	30	7,233	33			
e. Homesterness	Mill W diloinesiek	2	Not at an announ	12	11	4,443	19			
		3		27	22	3,246	14			
		4		25	21	2,972	13	2.8	2.6	.14
		5		11	9	1,864	8	2.0	2.0	.14
		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			
1		2		13	11	2,946	12			
		3		13	11	2,984	13			
		4		20	17	3,163	14	3.1	3.2	03
		5		17	15	2,153	9		5.2	
		6	Very difficult	8	7	2,621	12			
		_	Not applicable	19	15	4,043	19			
			Total	119	100	22,756	100			



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical	Compari	isons
				Valpo		Mental Hea	alth	Valpo	Mental	Health
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	20	17	5,085	23		Meun	
8 F F		2		28	23	5,280	23			
		3		27	24	4,528	20			
		4		28	24	4,120	18	3.0	2.8	.10
		5		7	6	2,052	9	••••	2.0	
		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			
	initi (dionety	2	riot at an announ	25	22	3,973	17			
		3		23	20	3,722	16			
		4		36	30	4,199	18	3.4	3.3	.03
		5		10	8	3,282	14	5.4	5.5	.05
		6	Very difficult	10	10	3,282	14			
		0	-	2	2	423	2			
			Not applicable Total	118		423 22,753				
Martal haski	MINValue and al	1	Not at all difficult		100		100		_	
i. Mental health	MHWdmental	1	Not at all difficult	9	8	3,278	16			
		2		16	14	3,357	15			
		3		24	21	3,962	17	2.6		
		4		37	30	4,767	21	3.6	3.5	.07
		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			
CANAUSTION		2		11	9	2,173	10			
		3		16	14	3,334	15	4.2		
		4		39	33	4,898	21	4.2	4.0	.08
		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			
		2		19	16	3,065	13			
		3		20	17	3,841	17			
		4		31	26	5,120	22	3.8	3.8	.01
		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			
1. Physical health	MHWdphysical	1	Not at all difficult	14	11	4,023	19			
		2		27	22	4,930	21			
		3		20	17	4,780	20			
		4		31	26	4,774	21	3.3	3.0 *	.18
		5		21	18	2,289	10		Δ	
		6	Very difficult	6	5	1,737	8			
		—	Not applicable	0	0	200	1			
			Total	119	100	22,733	100			



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical C	Compar	isons ^t
				Valpo		Mental Hea	alth	Valpo	Mental	
Item wording or description	Variable	Values ^c	Response options	Count	%	Count	%	Mean		Effect size ^d
m. Discrimination or harassment	name t MHWddiscrim	1	Not at all difficult	61	51	14,847	65	Weun	Mean	3/20
		2		27	24	3,247	14			
		3		8	7	1,273	6			
		4		9	8	957	4	1.7	1.5	.16
		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 suppor	ted your	mental health and well-bein	<i>φ</i> ?						
a. Your friends	MHWsfriend	0	Not at all	4	4	526	3			
u. Tour monus	WIT W SHICK	1	Very little	7	6	1,531	7			
		2	Some	27	22	5,004	22			
		3	Quite a bit	47	39	7,393	32	2.8	2.9	07
		4	Very much	33	28	7,648	33	-10	2.0	107
		_	Not applicable	1	1	630	3			
			Total	119	100	22,732	100			
b. Your family	MHWsfamily	0	Not at all	3	3	793	4			
		1	Very little	7	6	1,935	9			
		2	Some	27	23	4,797	21			
		3	Quite a bit	39	34	6,247	27	2.9	2.9	.04
		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	e MHWsromantic	0	Not at all	6	6	1,476	7			
partners		1	Very little	6	6	1,238	6			
		2	Some	22	19	2,417	11			
		3	Quite a bit	14	12	2,952	13	2.5	2.7	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,	MHWsstudent	0	Not at all	8	7	3,014	14			
peer advisors, student org. members, etc.)		1	Very little	21	18	4,121	18			
members, etc.)		2	Some	50	42	7,583	33	•		
		3	Quite a bit	28	24	3,900	17	2.0	1.9	.12
		4	Very much	7	6	2,221	10			
		—	Not applicable	5	4	1,847	9			
Committee that we that the	MUNV	0	Total	119 8	100	22,686	100			
e. Communities that matter to you (identity-based, faith-	MHWscultural	0	Not at all		7	2,968				
based, hometown group,		1 2	Very little Some	17 39	15 33	2,780	12 22			
etc.)			Ouite a bit		23	5,109		2.1	2.0	0.0
		3 4	Very much	27 11	23 9	3,775 3,164	16 13	2.1	2.0	.08
		-+	Not applicable	11	13	4,866	23			
		_	Total	10	100	22,662	100			
f. Your academic advisor	MHWsadvise	0	Not at all	110	100	5,025	22			
		1	Very little	21	18	3,847	17			
		2	Some	45	38	5,359	24			
		3	Quite a bit	13	15	2,667	12	1.8	1.6 *	.17
		4	Very much	10	8	1,884	9	210	Δ	
		_	Not applicable	10	8	3,891	17			
			Total	119	100	22,673	100			



Frequencies and Statistical Comparisons Valparaiso University

bankation mode Values Regeneracipation Court 8 Court 6 Court 6 Mem M					Frequen	cy D	istributio	ns ^a	Statistical (Compari	sons
$ \begin{array}{ c c c c c c } \hline line with the matrix line wit$					Valpo		Mental Hea	alth	Valpo	Mental	
g. Your instructions MIIVsinstruct 0 Not at all 10 8 5.03 16 1 Very linte 21 17 4.225 19 3 Quite a bit 22 19 3.413 15 3 Quite a bit 22 19 3.413 15 4 Very much 11 11 19.13 00 2.0800 07 6 2.464 12 10 10 2.080 100 1. Counseling services MIIVscounsel 0 Not at all 14 12 3.794 17 1 Very linte 12 11 2.115 10 3 Quite a bit 12 10 19.037 8 4 Very much 11 9 100 22.680 100 1 Very linte 12 10 19.037 8 4 Very much 11 9 19.097 9 - Not applicable 52 43 0.624 43 Total 119 100 22.680 100 - Not applicable 55 44 917 7 - Not applicable 55 40 917 7 - Not applicable 55 40 917 7 - Not applicable 55 40 917 7 - Not applicable 55 46 5.438 44 Total 118 100 12.265 100 2 Some 34 99 4.038 17 - Not applicable 55 46 5.438 44 Total 118 100 12.656 100 2 Some 34 99 4.038 17 - Not applicable 40 32 7.719 35 - Not applicable 76 1.260 6 - Not applicable 76 1.260 7 - Not applicable 77 6 1.606 5 - Not applicable 70 8 -	Item wording or description		Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
1 Very little 21 17 4,252 19 2 Some 46 38 7,252 19 4 Very much 13 11 19,13 9 - Not applicable 7 6 2,464 12 - Not applicable 7 6 2,464 12 - Not at all 14 12 2,155 10 - Some 18 15 3,198 14 - Not at all 12 10 19,233 8 - Not applicable 25 43 9,624 43 - Not applicable 15 11 1,187 9 - Not applicable 7 7 948 84 - Not applicable 5 4 9,17 7 - Not applicable 13 11 1,187 9 - Not applicable 7 7 948 84 - Not applicable 13 12 10										wicun	
2 Some 46 38 7,162 31 2,11 1,1				Verv little							
$\begin{array}{c c c c c c c c c c c c c c c c c c c $											
4 Very mach 13 11 1,913 9 - Not applicable 7 6 2,464 12 10 Ounseling services MHWscounsel 0 Not at all 14 12 2,794 17 2 Some 18 15 3,198 14 12 3,198 14 3 Quite a bit 12 10 1,292 8 1,997 9 - Not applicable 52 43 9,024 43 100 000 22,650 100 22,650 18 2 Some 23 0 1,715 14 3 Quite a bit 7 7 948 8 4 Very mach 15 13 4,724 20 10 Not applicable 55 46 5,438 44 (etudent activities, hossing, 1 Very indic 12 10 2,917 13 2 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>2.1</td> <td>1.8 **</td> <td>.23</td>									2.1	1.8 **	.23
$ \begin{array}{ c c c c c c } & - & \text{Not applicable} & 7 & 6 & 2,464 & 12 \\ \hline \text{Total} & 119 & 100 & 22,668 & 100 \\ \hline \text{Counseling services} & MHWscounsel & 0 & Not at all & 14 & 2 & 3,794 & 17 \\ 1 & Very little & 12 & 11 & 2,115 & 10 \\ 2 & Some & 18 & 15 & 3,198 & 14 \\ 3 & Quite a bit & 12 & 0 & 1,923 & 8 \\ 4 & Very mach & 11 & 9 & 100 & 22,651 & 100 \\ \hline \text{Not applicable} & 52 & 43 & 9,624 & 43 \\ \hline \text{Total} & 119 & 100 & 22,651 & 100 \\ \hline \text{Sudem facture or} & MHWsclime & 0 & Not at all & 15 & 12 & 22,300 & 18 \\ \hline \text{subern health center or} & MHWsclime & 0 & Not at all & 15 & 12 & 22,300 & 18 \\ \hline \text{clinic} & 1 & Very little & 13 & 11 & 1,187 & 9 \\ \hline \text{clinic} & 1 & Very little & 13 & 11 & 1,187 & 9 \\ \hline \text{clinic} & Very mach & 5 & 4 & 917 & 7 \\ \hline \text{clinic} & 1 & Very little & 13 & 100 & 12,565 & 100 \\ \hline \text{Counseling, services, staff} & MHWsclimf & 0 & Not at all & 15 & 13 & 4,724 & 20 \\ \hline \text{career services, staff} & MHWstaff & 0 & Not at all & 15 & 13 & 4,724 & 20 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,183 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline \text{Coulce a bit} & 12 & 11 & 1,830 & 8 \\ \hline Counce of the abit in the model of the bit in the model o$				•						Δ	.2.
$ \begin{array}{ c c c c c c } \hline Total & 119 & 100 & 22,689 & 100 \\ \hline Counseling services & MHWscounsel & 0 & Not at all & 14 & 12 & 13,794 & 17 \\ \hline Very linkl & 12 & 11 & 2,115 & 10 \\ \hline 2 & Some & 18 & 15 & 3,198 & 14 \\ \hline 3 & Quits a bit & 12 & 10 & 1,923 & 84 \\ \hline 4 & Very mach & 11 & 9 & 1,997 & 9 \\ \hline Total & 119 & 000 & 22,651 & 100 \\ \hline 1 & Sudem haalth center or & MHWscline & 0 & Not at all & 15 & 12 & 2,360 & 18 \\ \hline 1 & Very linkl & 13 & 11 & 1,187 & 9 \\ \hline 2 & Some & 23 & 0 & 1,1715 & 14 \\ \hline 3 & Quite a bit & 77 & 7 & 948 & 8 \\ \hline 4 & Very mach & 5 & 46 & 5,438 & 44 \\ \hline Total & 118 & 100 & 12,655 & 100 \\ \hline 1 & Very linkl & 15 & 12 & 2,360 & 18 \\ \hline 4 & Very mach & 55 & 46 & 5,438 & 44 \\ \hline Total & 118 & 100 & 12,656 & 100 \\ \hline 1 & Sudem thatity, housing & 1 & Very linkl & 12 & 11 & 1,830 & 87 \\ \hline 1 & A & Very mach & 51 & 4,724 & 20 \\ \hline 1 & student services staff & MHWstaff & 0 & Not at all & 15 & 13 & 4,724 & 20 \\ \hline 1 & student activities, housing & 1 & Very linkl & 12 & 11 & 1,830 & 87 \\ \hline 2 & Some & 34 & 29 & 4,038 & 17 \\ \hline 1 & Not applicable & 10 & 22,648 & 100 \\ \hline 1 & Mate services staff & MHWstaff & 0 & Not at all & 15 & 12 & 210 \\ \hline 2 & Some & 34 & 29 & 4,038 & 17 \\ \hline 1 & Student services, etc. & 2 & Some & 34 & 29 & 4,038 & 17 \\ \hline 1 & Student services staff & MHWstaff & 0 & Not at all & 12 & 11 & 1,830 & 87 \\ \hline 1 & A & Very mach & 6 & 5 & 1,420 & 6 \\ \hline - & Not applicable & 40 & 32 & 7,719 & 35 \\ \hline 1 & Total & 119 & 100 & 22,648 & 100 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 7 & 6 & 1,036 & 57 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 25 & 21 & 5,306 & 24 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 7 & 6 & 13 & 3,375 & 14 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 25 & 21 & 5,606 & 25 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 25 & 21 & 5,606 & 25 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & Strongly disagree & 25 & 21 & 5,606 & 25 \\ \hline 1 & an satisfied with the & MHWsteries & 1 & S$			_	-							
a. Counseling services MHWscounsel 0 Not at all 14 12 3,794 17 1 Very fittle 12 11 2,115 10 1923 8 3 Quita a bit 12 10 1,923 8 11 9 1,997 9 - Not applicable 52 43 9,624 43 9,624 43 clinic 1 Very ititle 13 11 1,187 9 2 50me 23 20 1,715 14 3 Quite a bit 7 948 8 4 Very much 5 4 917 7 - Not applicable 55 46 5,438 4 12 12 1,6 1 is student services staff MHWstaff 0 Not at all 15 13 4,724 20 is student services staff MHWstaff 0 Not at all 15 13 4,724 20 is student services staff MHWstaff 0 Not at all 15 13											
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	Counseling services	MHWscounsel	0								
$ \begin{array}{ c c c c c c } & 2 & Some & 18 & 15 & 3,198 & 14 \\ 3 & Quite a bit & 12 & 10 & 1,923 & 8 \\ 4 & Very much & 11 & 10 & 1,923 & 8 \\ - & Not applicable & 52 & 43 & 9,624 & 43 \\ - & Total & 119 & 100 & 22,651 & 100 \\ 2 & 2,500 & 180 & 22,51 & 100 \\ 2 & 2,500 & 180 & 22,51 & 100 \\ 2 & 2,500 & 100 & 22,651 & 100 \\ 2 & Some & 23 & 20 & 1,715 & 14 \\ 3 & Quite a bit & 7 & 7 & 948 & 8 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 55 & 4 & 917 & 7 \\ - & - & Not applicable & 12 & 11 & 100 & 12,565 & 100 \\ \hline & Student services staff & MHWsathf & 0 & Not at all & 118 & 100 & 12,565 & 100 \\ - & Not applicable & 12 & 11 & 1,830 & 8 \\ - & Not applicable & 12 & 11 & 1,830 & 8 \\ - & Not applicable & 12 & 11 & 1,830 & 8 \\ - & Not applicable & 12 & 11 & 1,830 & 8 \\ - & Not applicable & 40 & 32 & 7,719 & 35 \\ - & Not applicable & 40 & 32 & 7,719 & 35 \\ - & Not applicable & 5 & 1,420 & 6 \\ - & Not applicable & 40 & 32 & 7,719 & 35 \\ - & Not applicable & 5 & 3,490 & 6 \\ - & Not applicable & 19 & 10 & 2,2,68 & 100 \\ - & Not applicable & 5 & 3,490 & 10 \\ - & Not applicable & 1 & Strongly disagree & 19 & 8 & 1,324 & 6 \\ - & Strongly agree & 11 & 118 & 100 & 2,2,658 & 100 \\ - & Agree & 26 & 22 & 5,380 & 24 & 4,22 \\ - & Agree & 13 & 11 & 3,375 & 14 \\ - & I an satisfied with the & MHWsereise & 1 & Strongly disagree & 26 & 22 & 5,380 & 24 \\ - & I an satisfied with the & MHWsereise & 1 & Strongly disagree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 & 24 & 5,669 & 25 \\ - & Agree & 29 &$											
3 Quite a bit 12 10 1,923 8 1,9 1 4 Very much 11 0 1,977 9 1 - Not a policable 52 43 9,624 43 9,624 43 - Total 119 100 22,651 100 18 clinic 0 Not at all 15 12 2,300 18 2 Some 23 20 1,715 14 4 Very much 55 46 5,438 44 - Not at all 118 100 12,565 100 5 MHWstaff 0 Not at all 112 11 1,830 8 4 Very much 6 5 1,420 6 1 5 Sudent services staff MHWstaff 0 Not at all 12 10 2,917 13 career services, etc.) 2 Some 3 20 13 31 4.724 20 3 Quice a bit <t< td=""><td></td><td></td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>				-							
4 Very much 11 9 1,997 9 - Not applicable 52 43 9,624 43 - Not applicable 10 00 22,631 100 2 Some 23 20 1,118 9 - Not at all 15 12 2,360 18 - Very futle 13 1 1,187 9 2 Some 23 20 1,1715 14 4 Very much 5 4 9,177 7 - Not applicable 755 46 5,348 44 - Not at all 15 13 4,724 20 (student activities, housing, career services, clc.) 2 Some 34 29 4,038 17 3 Quire a bit 12 11 1,830 8 1.8 - Not applicable 40 32 7,719 35 - </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>19</td> <td>1.7</td> <td>.1</td>									19	1.7	.1
$ \begin{array}{ c c c c c } \hline$									1.7	1.7	.1.
$\begin{array}{ c c c c c c } \hline Total & 119 & 100 & 22,651 & 100 \\ \hline 10 & Not at all & 15 & 12 & 2,360 & 18 \\ clinic & 1 & Very little & 13 & 11 & 1,187 & 9 \\ 2 & Some & 123 & 20 & 1,715 & 14 \\ 3 & Quite a bit & 7 & 7 & 948 & 8 \\ 4 & Very much & 55 & 46 & 5,438 & 44 \\ \hline Total & 118 & 100 & 12,565 & 100 \\ \hline 10 & Not aplicable & 55 & 46 & 5,438 & 44 \\ \hline Total & 118 & 100 & 12,565 & 100 \\ \hline 10 & Not aplicable & 15 & 14 & 20 \\ \hline 10 & Not aplicable & 15 & 14 & 20 \\ \hline 10 & Not aplicable & 15 & 14 & 20 \\ \hline 10 & Not aplicable & 10 & 12 & 10 & 2,171 & 13 \\ \hline 11 & Very Intle & 12 & 10 & 2,171 & 13 \\ \hline 12 & 01 & 12,803 & 8 & 17 \\ \hline 11 & Not applicable & 10 & 12 & 10 & 2,171 & 13 \\ \hline 12 & 01 & 2,217 & 13 & 14 & 18 & 100 \\ \hline 11 & 10 & 12 & 10 & 2,171 & 13 \\ \hline 12 & 01 & 2,217 & 13 & 14 & 18 & 100 \\ \hline 11 & 10 & 10 & 22,648 & 100 & 14 & 12 & 119 & 100 & 22,648 & 100 \\ \hline 11 & 10 & 10 & 22,648 & 100 & 14 & 119 & 100 & 22,648 & 100 \\ \hline 11 & 10 & 10 & 22,648 & 100 & 14 & 119 & 100 & 22,648 & 100 \\ \hline 11 & 10 & 10 & 12,11 & 13,317 & 14 & 14 & 14 & 14 & 14 & 14 & 14 & $				-							
i. Student health center or clinic MHWsclinic 0 Not at all 15 12 2,360 18 inic 1 Very little 13 11 1,187 9 2 Some 23 20 1,715 14 4 Very much 5 4 917 7 -948 8 4 16 18 100 12,565 100 j. Student services staff MHWstaff 0 Not at all 15 13 4,724 20 (student activities, housing, career services, etc.) 2 Some 34 29 4,038 17 3 Quite a bit 12 11 1,830 8 1.8 1 4 Very much 6 5 1,420 6 - Not applicable 100 22,648 100 Total 119 100 22,655 100 2 5,389 10 4.22 4.23 4.23 4.24 4.24 4.24 4.24 4.24 4.25 4.25 5.25 100 2.55 100 2.55											
clinic 1 Very little 13 11 1,187 9 2 Some 23 20 1,715 14 3 Quice 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 5 Student services staff MHWsstaff 0 Not at all 15 13 4,724 20 (student activities, housing, earcer services, etc.) 2 Some 34 29 4,038 17 3 Quice a bit 12 11 1,830 8 8 1.8 1.8 4 Very much 6 5 1,420 6 5 1,420 6 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.9 1.8 1.9 1.9	Student health center or	MHWsclinic	0								
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$\begin{array}{ c c c c c c c } \hline Total & 118 & 100 & 12,55 & 100 \\ \hline Student services staff & MHW staff & 0 & Not at all & 15 & 13 & 4,724 & 20 \\ (student activities, housing, 1 & Very little & 12 & 10 & 2,917 & 13 \\ career services, etc.) & 2 & Some & 34 & 29 & 4,038 & 17 \\ \hline 3 & Quite a bit & 12 & 11 & 1,830 & 8 \\ 4 & Very much & 6 & 5 & 1,420 & 6 \\ \hline - & Not applicable & 40 & 32 & 7,719 & 35 \\ \hline Total & 119 & 100 & 22,648 & 100 \\ \hline \end{array}$			4								
i. Student services staff (student activities, housing, are reservices, etc.) i. Student activities, housing, 1 Very little 12 10 2,917 13 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 To what extent to do you agree or disagree with the following statements? 1. I have access to affordable, MHW food 1 Strongly 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 118 100 22,656 100 2. I am satisfied with the MHW exercise 1 Strongly disagree 25 21 5,045 22 5 Agree 29 24 4,151 18 3 Slightly disagree 16 13 3,347 15 Total 119 100 22,653 100 2. I am satisfied with the MHW leisure 1 Strongly disagree 9 7 6 1,066 5 amount of exercise that I get. 2 Disagree 9 7 7 6 1,066 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 25 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 35 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 35 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 35 21 5,045 22 5 Agree 29 24 4,151 18 4 Slightly agree 35 20 3,844 4 4 Slightly agree 9 7 7 2,516 11 4 Strongly disagree 9 7 7 2,516 11 4 Strongly disagree 9 7 7 2,516 11 7 total 7 9											
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$- \text{ Not applicable}_{Total} 40 32 7,719 35 \\ 119 100 22,648 100 \\ \hline \text{Total} 22,648 100 \\ \hline \text{Total} 22,648 100 \\ \hline \text{Total} 22,656 100 \\ \hline \text{Total} 2 \text{ Disagree} 3 3 3 671 3 \\ 1 \text{ Strongly disagree} 9 8 1,324 6 \\ 3 \text{ Slightly disagree} 9 8 1,324 6 \\ 3 \text{ Slightly disagree} 9 8 1,324 6 \\ 3 \text{ Slightly disagree} 9 8 1,324 6 \\ 3 \text{ Slightly disagree} 9 8 1,324 6 \\ 4 \text{ Slightly disagree} 9 19 15 2,359 10 \\ 4 \text{ Slightly disagree} 9 6 22 5,380 24 \\ 5 \text{ Agree} 9 14 12 4,772 21 \\ \hline \text{Total} 118 100 22,656 100 \\ \hline \text{Total} 118 100 22,656 100 \\ \hline \text{Total} 118 100 22,656 100 \\ \hline \text{Im satisfied with the amount of exercise that I get.} 2 \text{ Disagree} 13 11 3,375 14 \\ 3 \text{ Slightly disagree} 29 24 4,151 18 \\ 4 \text{ Slightly disagree} 25 21 5,045 22 \\ 5 \text{ Agree} 9 29 24 5,669 25 \\ 6 \text{ Strongly agree} 16 13 3,347 15 \\ \hline \text{Total} 119 100 22,653 100 \\ \hline \text{Im satisfied with the MHWeisure} 1 \text{ Strongly disagree} 6 5 844 4 \\ 4 \text{ slightly agree} 6 5 844 4 \\ amount of time I spend on 2 \text{ Disagree} 9 7 2,516 11 \\ \hline \text{recreational and leisure} 3 \text{ Slightly disagree} 25 20 3,844 17 \\ \hline \text{Attrace} 17 \text{ Strongly disagree} 25 20 3,844 17 \\ \hline \text{Attrace} 17 \text{ Attrace} 119 100 \\ \hline \text{Attrace} 18 \text{ Attrace} 9 7 2,516 11 \\ \hline \text{Attrace} 18 \text{ Attrace} 9 7 2,516 11 \\ \hline \text{Attrace} 9 \text{ Attrace} 9 7 2,516 11 \\ \hline \text{Attrace} 9 \text{ Attrace} 9 7 2,516 11 \\ \hline \text{Attrace} 9 \text{ Attrace} 9 \text{ Attrace} 9 \\ \hline \text{Attrace} 9 \text{ Attrace} 9 \text{ Attrace} 9 \\ \hline \text{Attrace} 9 \\ \hline Attr$									1.0	1.5 *	.2
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4 Slightly agree 26 22 5,380 24 4.2 4 5 Agree 47 41 8,150 36 36 36 4.2 4 6 Strongly agree 14 12 4,772 21 4 12 4,772 21 11 110 22,656 100 10 10 22,656 100 10 10 22,656 100 10 11 13,375 14 14 12 4,151 18 10 22,656 100 10 11 13,375 14 14 13 11 3,375 14 14 14 12 4,151 18 14 12 4,151 18 14 12 11 13,11 13,375 14 14 14 14 14 14 14 12 4,151 18 14 1	-			-							
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amount of time I spend on2Disagree972,51611recreational and leisure3Slightly disagree25203,84417	I am satisfied with the	MHWleisure	1								
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a ativitian	-			5							
51 20 5,027 24 4.0	activities.								4 0	4.1	04
5 Agree 38 33 6,920 31									-1.0	7.1	04
6 Strongly agree 10 9 2,893 13				-							
o Strongly agree 10 9 2,895 13 Total 119 100 22,644 100			0								



Frequencies and Statistical Comparisons Valparaiso University

			Frequen	cy D	istributio	ns ^a	Statistical	Compar	isons ^t
			Valpo		Mental Hea	llth	Valpo	Mental	Health
	Variable	6							Effect
Item wording or description		s ^c Response options	Count	%	Count	%	Mean	Mean	size ^d
 I get an adequate amount of support for my well-being 		Strongly disagree	2	2	535	3			
from my institution.	2	Disagree	2	2	1,459	7			
noming institution.	3	Slightly disagree	11	9	2,822	13			
	4	Slightly agree	48	41	7,254	32	4.4	4.2	.09
	5	Agree	49	41	7,787	34			
	6	Strongly agree	7	6	2,755	12			
		Total	119	100	22,612	100			
1. If you were to experience	the following problem	s, would you know how to get	help at your i	nstitu	tion?				
a. Depression or anxiety	MHWhdepress	No	21	18	5,200	25			
	(Means indicate the	Yes	98	82	17,264	75	82%	75% *	.18
	percentage who responded	<i>d</i> Help for this is not available	0	0	173	1		Δ	
	"Yes.")	Total	119	100	22,637	100			
b. Discrimination or harassment	MHWhdiscrim	No	29	24	6,272	29			
	(Means indicate the	Yes	90	76	16,195	70	76%	70%	.12
	percentage who responded	d Help for this is not available	0	0	163	1			
	"Yes.")	Total	119	100	22,630	100			
c. Food insecurity (not having	MHWhfood	No	60	50	8,705	37			
enough food)	(Means indicate the	Yes	59	50	13,705	62	50%	62% *	23
	percentage who responded	d Help for this is not available	0	0	209	1		∇	
	"Yes.")	Total	119	100	22,619	100		·	
d. Housing insecurity	MHWhhouse	No	58	48	10,377	46			
(inconsistent access to stable	(Means indicate the	Yes	60	51	11,877	52	51%	52%	02
housing)	percentage who responded		1	1	348	2			
	"Yes.")	Total	119	100	22,602	100			
e. Emergency financial situation	MHWhfinance	No	47	40	10,588	47			
	(Means indicate the	Yes	71	60	11,704	52	60%	52%	.16
	percentage who responded		1	1	308	2	0070	0270	
	"Yes.")	Total	119	100	22,600	100			
f. Lack of care for dependents	MHWhcare	No	69	58	13,060	57			
1. Each of care for acpendents	(Means indicate the	Yes	47	41	9,138	41	41%	41%	01
	percentage who responded		2	2	379	2	11 / 0	4170	01
	"Yes.")	Total	118	100	22,577	100			
g. Mental health crises	MHWhmental	No	21	18	5,592	26			
g. Mental neutri enses	(Means indicate the	Yes	97	82	16,851	73	82%	73% *	.21
	percentage who responded		0	02	10,051	1	02/0		.21
	"Yes.")	Total	118	100	22,588	100		Δ	
h. Sexual assault or relationship	MHWhassault	No	25	21	5,585	26			
violence	(Means indicate the	Yes	23 93	79	16,894	20 73	79%	720/	12
	percentage who responded		0	0	10,894	1	1970	73%	.13
	"Yes.")	Help for this is not available							
Classe 4:00 miles		Total	118	100	22,604	100			
i. Sleep difficulty	MHWhsleep	No	62 56	52	13,417	59 20	470/	2027	17
	(Means indicate the percentage who responded	Yes Usen for this is not available	56	47	8,713	39	47%	39%	.17
	"Yes.")	merp for and is not a unable	1	1	474	2			
		Total	119	100	22,604	100		_	
j. Substance abuse	MHWhabuse	No	44	36	9,635	42	(20)		
	(Means indicate the	Yes	74	63	12,734	57	63%	57%	.13
	percentage who responded "Yes.")	Help for this is not available	1	1	238	1			
	103. /	Total	119	100	22,607	100			



Frequencies and Statistical Comparisons Valparaiso University

First-Year Students

				Frequen	cy D	istributio	ns ^a	Statistical C	Compar	isons ^b
				Valpo		Mental He	alth	Valpo	Mental	Health
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
5. Thinking about resources	on campus, to v	vhat exte	ent does your institution prov	ide adequate	resou	irces in the f	ollowing	g areas?		
a. Dining options that meet your dietary needs	MHWifood	0 1	Not at all Very little	6 21	5 18	899 2,385	4 10			
(vegetarian, kosher, halal, gluten-free, etc.)		2 3 4	Some Quite a bit Very much	27 35 19	22 30 17	5,150 5,395 4,526	23 24 20	2.4	2.6	15
		4	I don't know Total	19 11 119	9 100	4,320 4,219 22,574	19 100			
b. Health services for physical health needs	MHWihelp	0 1	Not at all Very little	0 7	0 6	454 1,418	2 6			
		2 3	Some Quite a bit	41 41	35 35	5,451 7,030	24 31	2.6	2.8	11
		4	Very much I don't know Total	17 13 119	14 10 100	4,804 3,377 22,534	22 15 100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all Very little	0 6	0 5	350 1,228	2 6			
		2 3	Some Quite a bit	33 47	27 40	5,081 7,245	23 32	2.8	2.8	01
		4	Very much I don't know	25 8	21 6	5,681 2,959	24 14			
d. Affordable housing for students	MHWihouse	0	Total Not at all Very little	119 11 19	100 9 16	22,544 1,986 3,852	100 10 18			
		2 3	Some Quite a bit	52 19	45 16	6,962 3,684	30 15	1.9	2.0	06
		4	Very much I don't know	5 12	4 10	2,271 3,763	10 18			
e. Access to reliable internet	MHWiinternet	0	Total Not at all	118 0	100	22,518 685	100			
		1 2	Very little Some	3 19	3 16	2,052 5,421	9 24			
		3 4	Quite a bit Very much	46 48	38 41	6,818 6,471	30 28	3.2	2.7 ***	* .41
		_	I don't know Total	2 118	2 100	1,051 22,498	5 100			

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.



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical	Compari	sons
				Valpo		Mental He	alth	Valpo	Mental H	Health
Item wording or description	Variable name	Values ⁶	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
1. During the current schoo	ol year, how difficu	lt have	the following been for you?							
a. Academics	MHWdacad	1	Not at all difficult	4	3	1,110	5			
		2		11	7	1,954	8			
		3		27	17	3,886	15			
		4		47	30	8,379	32	4.2	4.1	.05
		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			
		2		35	23	3,368	12			
		3		18	11	4,156	15			
		4		32	20	5,314	19	3.0	3.5 ***	30
		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			
		2		16	11	2,778	10			
		3		26	17	3,941	15	2.0		
		4		28	18	5,475	21	3.8	4.1	16
		5	V	39	25	5,179	19			
		6	Very difficult	23 4	15 3	6,257 621	24 3			
		_	Not applicable Total	4 154	100	26,440	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	50	32	6,834	26			
a. Fulling relationships	will we draminy	2	Not at an annout	43	28	5,345	20			
		3		19	12	4,328	16			
		4		21	14	4,581	18	2.5	2.9 **	26
		5		17	11	2,762	11	-10	∇	.20
		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		30	19	4,370	16			
		3		21	13	2,611	9			
		4		19	13	2,208	8	2.3	2.1	.12
		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		32	20	3,998	15			
		3		24	16	3,477	13			
		4		20	13	3,599	14	2.8	3.0	11
		5	17 P.07 L	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			



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy Di	stributio	ns ^a	Statistical	Compar	isons
				Valpo		Mental Hea	alth	Valpo	Mental	Health
Item wording or description	Variable	Valuas ^c	Response options	Count	%	Count	%	Mean		Effect size ^d
g. Relationships with peers	name MHWdpeers	1	Not at all difficult	40	26	6,980	27	Wear	Mean	3/20
g. Relationships with peers	unit of appeels	2	i tot ut un uniout	32	20	6,322	23			
		3		32	25	4,999	19			
		4		24	16	4,220	16	2.7	2.7	.02
		5		15	10	2,009	8		2.17	.02
		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			
	-	2		32	20	4,497	16			
		3		27	17	4,042	15			
		4		27	17	4,440	17	3.2	3.1	.01
		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			
		2		26	17	3,595	14			
		3		35	23	4,311	16			
		4		33	21	5,472	21	3.4	3.6	12
		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	MHWdexhaust	1	Not at all difficult	10	7	2,128	9			
exhaustion		2		13	9	2,098	8			
		3		21	14	3,334	13			
		4		40	26	5,318	20	4.1	4.2	06
		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			
		2		24	16	3,461	13			
		3		24	16	4,285	16			
		4		38	24	5,594	21	3.6	3.8	14
		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			
1. Physical health	MHWdphysical	1	Not at all difficult	27	18	4,101	16			
		2		40	26	5,160	19			
		3		30	19	5,318	20			
		4		32	20	5,784	22	3.0	3.2 *	18
		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			



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical C	Compari	sons
				Valpo		Mental Hea	alth	Valpo	Mental	Health
Item wording or description	Variable	Values ^c	Response options	Count	%	Count	%	Mean		Effect size ^d
m. Discrimination or harassmen	name t MHWddiscrim	1	Not at all difficult	97	63	16,968	64	Wean	Mean	5120
		2		22	14	3,770	14			
		3			7	1,493	6			
		4		12	8	1,149	4	1.7	1.6	.07
		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 suppor	ted your	mental health and well-bein	ø?						
a. Your friends	MHWsfriend	0	Not at all	3	2	605	3			
u. Tour monus	10111 () Shifeida	1	Very little	10	6	1,621	6			
		2	Some	20	14	5,883	23			
		3	Quite a bit	43	28	7,980	30	3.2	2.9 **	.24
		4	Very much	76	49	9,463	35	••	Δ	.2 .
		_	Not applicable	2	1	839	4			
			Total	154	100	26,391	100			
b. Your family	MHWsfamily	0	Not at all	3	2	902	4			
	,	1	Very little	10	7	2,249	9			
		2	Some	32	21	5,902	22			
		3	Quite a bit	39	26	7,025	26	3.0	2.9 *	.17
		4	Very much	70	45	9,875	37	••••	Δ	,
		_	Not applicable	0	0	426	2			
			Total	154	100	26,379	100			
c. Significant others or romanti	c MHWsromantic	0	Not at all	4	3	1,422	6			
partners		1	Very little	9	6	1,330	5			
		2	Some	13	9	2,817	11			
		3	Quite a bit	22	14	4,026	15	3.1	3.0	.14
		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,	MHWsstudent	0	Not at all	14	8	3,467	14			
peer advisors, student org.		1	Very little	23	16	4,372	17			
members, etc.)		2	Some	44	28	8,396	31			
		3	Quite a bit	45	29	4,826	18	2.3	2.0 ***	.29
		4	Very much	25	17	3,060	12		Δ	
			Not applicable	3	2	2,224	9			
			Total	154	100	26,345	100			
e. Communities that matter to	MHWscultural	0	Not at all	12	8	3,668	15			
you (identity-based, faith-		1	Very little	13	8	3,114	12			
based, hometown group,		2	Some	37	25	5,417	20			
etc.)		3	Quite a bit	36	23	3,943	14	2.4	2.0 ***	.32
		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	MHWsadvise	0	Not at all	26	17	7,188	27			
		1	Very little	25	16	4,187	15			
		2	Some	41	27	5,359	20			
		3	Quite a bit	27	18	2,734	10	2.0	1.5 ***	.35
		4	Very much	23	15	2,450	9			
			Not applicable	11	7	4,428	18			
			Total	153	100	26,346	100			



Frequencies and Statistical Comparisons Valparaiso University

				Frequen	cy D	istributio	ns ^a	Statistical C	Comparis	sons
				Valpo		Mental Hea	alth	Valpo	Mental F	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effec size ^a
g. Your instructors	MHWsinstruct	0	Not at all	9	6	3,862	15		mean	
		1	Very little	19	12	4,376	17			
		2	Some	47	30	8,016	30			
		3	Quite a bit	48	32	4,605	17	2.4	1.9 ***	.37
		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			
ii. Counsening services	Will W Sebuilder	1	Very little	15	9	2,302	9			
		2	Some	13	8	3,126	12			
		3	Quite a bit	12	10	2,008	7	2.1	1.6 ***	21
		4	Very much	23	15	2,008	9	2.1	1.0 ****	.38
		4	-	68	45	10,987	42			
			Not applicable Total	153	43 100		42 100			
Cto done hould be and a set	MINVE-	0	Not at all			26,340				
i. Student health center or clinic	MHWsclinic	0		26	17	3,350	22			
chine		1	Very little	18	11	1,287	8			
		2	Some	17	11	1,565	11	17		
		3	Quite a bit	9	6	840	6	1.6	1.4	.1
		4	Very much	13	9	923	7			
		_	Not applicable	69	45	6,435	45			
			Total	152	100	14,400	100			
	MHWsstaff	0	Not at all	31	20	6,783	25			
(student activities, housing,		1	Very little	21	14	2,762	10			
career services, etc.)		2	Some	22	14	2,986	11			
		3	Quite a bit	10	7	1,306	5	1.6	1.2 *	.2
		4	Very much	13	9	1,409	6		Δ	
		—	Not applicable	55	36	11,072	43			
			Total	152	100	26,318	100			
. To what extent to do you	agree or disagre	e with th	e following statements?							
a. I have access to affordable,	MHWfood	1	Strongly disagree	2	1	632	3			
healthy food.		2	Disagree	6	4	1,304	5			
		3	Slightly disagree	11	7	2,362	9			
		4	Slightly agree	31	20	5,488	21	4.7	4.6	.0
		5	Agree	65	42	9,525	36			
		6	Strongly agree	38	25	7,021	27			
			Total	153	100	26,332	100			
o. I am satisfied with the	MHWexercise	1	Strongly disagree	9	6	1,950	8			
amount of exercise that I get.		2	Disagree	30	19	4,924	19			
Ū		3	Slightly disagree	22	14	5,226	20			
		4	Slightly agree	30	20	5,268	20	3.8	3.7	.1
		5	Agree	43	29	5,376	20	5.0	5.7	.1
		6	Strongly agree	19	13	3,575	14			
		0	Total	153	100	26,319	100			
c. I am satisfied with the	MHWleisure	1	Strongly disagree	5	3	1,752	7			
amount of time I spend on	1911 1 vy ICISUIC	2	Disagree	18		4,018				
recreational and leisure			-		11		15			
activities.		3	Slightly disagree	33	22	4,955	18	10		
		4	Slightly agree	36	24	6,073	23	4.0	3.8	.1
		5	Agree	44	29	6,453	25			
		6	Strongly agree	17	11	3,061	12			
			Total	153	100	26,312	100			



Frequencies and Statistical Comparisons Valparaiso University

Seniors

				Frequen	cy D	istributio	ns ^a	Statistical	Comparis	sons ^b
				Valpo		Mental Hea	alth	Valpo	Mental H	lealth
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
d. I get an adequate amount of		1	Strongly disagree	5	3	1,358	6		mean	
support for my well-being		2	Disagree	9	6	2,740	11			
from my institution.		3	Slightly disagree	18	12	4,196	16			
		4	Slightly agree	41	27	7,851	30	4.3	4.0 **	.26
		5	Agree	63	41	7,212	27		Δ	
		6	Strongly agree	17	11	2,909	11		_	
			Total	153	100	26,266	100			
4. If you were to experience	the following p	roblems.	would you know how to get	help at vour i	nstitu	tion?				
a. Depression or anxiety	MHWhdepress		No	16	10	6,353	25			
1 5	(Means indicate	the	Yes	136	88	19,593	73	88%	73% ***	.39
	percentage who		Help for this is not available	2	1	354	2	0070	,5,10	,
	"Yes.")		Total	154	100	26,300	100			
b. Discrimination or harassment	MHWhdiscrim		No	26	17	8,000	31			
	(Means indicate	the	Yes	128	83	17,970	67	83%	67% ***	.38
	percentage who	responded	Help for this is not available	0	0	311	1			
	"Yes.")		Total	154	100	26,281	100			
c. Food insecurity (not having	MHWhfood		No	94	60	11,018	40			
enough food)	(Means indicate	the	Yes	50	33	14,888	59	33%	59% ***	52
	percentage who	responded	Help for this is not available	10	6	372	1			
	"Yes.")		Total	154	100	26,278	100		·	
d. Housing insecurity	MHWhhouse		No	90	57	15,114	57			
(inconsistent access to stable	(Means indicate	the	Yes	57	38	10,410	40	38%	40%	04
housing)	percentage who	responded	Help for this is not available	7	4	732	3			
	"Yes.")		Total	154	100	26,256	100			
e. Emergency financial situation	MHWhfinance		No	87	56	14,694	55			
	(Means indicate	the	Yes	62	41	10,907	42	41%	42%	02
	percentage who	responded	Help for this is not available	5	3	668	3			
	"Yes.")		Total	154	100	26,269	100			
f. Lack of care for dependents	MHWhcare		No	104	67	17,365	65			
	(Means indicate	the	Yes	42	28	8,007	32	28%	32%	07
	percentage who	responded	Help for this is not available	8	5	836	3			
	"Yes.")		Total	154	100	26,208	100			
g. Mental health crises	MHWhmental		No	26	17	7,377	30			
	(Means indicate	the	Yes	126	82	18,543	69	82%	69% ***	.31
	percentage who	responded	Help for this is not available	2	1	334	1			
	"Yes.")		Total	154	100	26,254	100			
h. Sexual assault or relationship	MHWhassault		No	29	18	7,314	29			
violence	(Means indicate	the	Yes	125	82	18,672	70	82%	70% ***	.28
	percentage who	responded	Help for this is not available	0	0	270	1		Δ	
	"Yes.")		Total	154	100	26,256	100			
i. Sleep difficulty	MHWhsleep		No	87	56	16,915	64			
	(Means indicate		Yes	58	38	8,489	33	38%	33%	.11
	percentage who	responded	Help for this is not available	9	6	863	3			
	"Yes.")		Total	154	100	26,267	100			
j. Substance abuse	MHWhabuse		No	49	32	13,344	50			
	(Means indicate		Yes	105	68	12,381	48	68%	48% ***	.41
	percentage who	responded	Help for this is not available	0	0	546	2			
	"Yes.")		Total	154	100	26,271	100			



Frequencies and Statistical Comparisons Valparaiso University

Seniors

				Frequen	cy D	istributio	ns ^a	Statistical C	Compari	sons ^b
				Valpo		Mental He	alth	Valpo	Mental	Health
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
5. Thinking about resources	on campus, to v	vhat exte	ent does your institution prov	ide adequate	resou	irces in the f	ollowing	g areas?		
a. Dining options that meet your dietary needs	MHWifood	0 1	Not at all Very little	5	3 20	1,073 2,688	4 10	-		
(vegetarian, kosher, halal,		2	Some	35	23	5,477	21			
gluten-free, etc.)		3	Quite a bit	39	26	4,873	18	2.3	2.5	11
		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	MHWihelp	0	Not at all	3	2	589	2			
health needs		1	Very little	6	4	1,828	7			
		2	Some	42	27	6,328	24			
		3	Quite a bit	59	39	7,060	26	2.7	2.7	.05
		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	MHWicounsel	0	Not at all	1	1	644	3			
mental health needs		1	Very little	10	6	2,095	8			
		2	Some	29	18	6,432	25			
		3	Quite a bit	63	42	7,112	26	2.9	2.6 ***	.28
		4	Very much	39	26	5,195	19		Δ	
		_	I don't know	11	7	4,706	19			
			Total	153	100	26,184	100			
d. Affordable housing for	MHWihouse	0	Not at all	18	12	2,906	12			
students		1	Very little	35	23	4,616	17			
		2	Some	54	34	6,084	22			
		3	Quite a bit	16	11	2,918	10	1.7	1.8	05
		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			
		1	Very little	2	1	1,687	6			
		2	Some	25	16	5,338	20			
		3	Quite a bit	61	40	7,469	28	3.2	2.9 ***	.31
		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.



Detailed Statistics^e Valparaiso University

	N	Me	ean	Standa	rd error ^f		dard Ition ^g	DF ^h	Sig. ⁱ	Effect size ^d	
Variable								Сотр	Comparisons with:		
name	Valpo	Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health	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	
MHWsadvise	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	
MHWSclinic	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	



Detailed Statistics^e Valparaiso University

	N	Me	an	Standa	rd error ^f	Standard deviation ^g		\mathbf{DF}^{h}	Sig. ⁱ	Effect size ^d
Variable								Comp	Comparisons with:	
name	Valpo	Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health	Mental Health		
MHWhdepress	119	82%	75%	.036	.002				.045	.18
MHWhdiscrim	119	76%	70%	.040	.002				.168	.12
MHWhfood	119	50%	62%	.046	.003				.016	23
MHWhhouse	119	51%	52%	.046	.003				.858	02
MHWhfinance	119	60%	52%	.045	.003				.085	.16
MHWhcare	118	41%	41%	.045	.003				.942	01
MHWhmental	117	82%	73%	.036	.002				.018	.21
MHWhassault	118	79%	73%	.038	.002				.157	.13
MHWhsleep	119	47%	39%	.046	.003				.069	.17
MHWhabuse	119	63%	57%	.045	.003				.145	.13
MHWifood	108	2.39	2.57	.110	.007	1.14	1.13	27,106	.112	15
MHWihelp	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
MHWihouse	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



Detailed Statistics^e Valparaiso University

	N	DA	ean	Standa	rd error ^f		idard ation ^g	DF ^h	Sig. ⁱ	Effect size ^d
Variable	IN			Stanua		uevi			arisons with:	
name	Valpo	Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health	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
MHWsadvise	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
MHWsclinic	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



Detailed Statistics^e Valparaiso University

	N	Me	an	Standa	rd error ^f	Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
Variable							Comp	Comparisons with:		
name	Valpo	Valpo	Mental Health	Valpo	Mental Health	Valpo	Mental Health	Mental Health		
MHWhdepress	154	88%	73%	.026	.002				.000	.39
MHWhdiscrim	154	83%	67%	.030	.002				.000	.38
MHWhfood	154	33%	59%	.038	.002				.000	52
MHWhhouse	154	38%	40%	.039	.002				.659	04
MHWhfinance	154	41%	42%	.040	.002				.813	02
MHWhcare	154	28%	32%	.036	.002				.397	07
MHWhmental	154	82%	69%	.031	.002				.000	.31
MHWhassault	154	82%	70%	.031	.002				.000	.28
MHWhsleep	154	38%	33%	.039	.002				.164	.11
MHWhabuse	154	68%	48%	.038	.002				.000	.41
MHWifood	134	2.34	2.46	.097	.007	1.13	1.16	30,836	.223	11
MHWihelp	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 Valparaiso University

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.
- \triangle 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.
- **Vour 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.