
NSSE 2024 Topical Module Report

Mental Health & Well-Being

California State University-Dominguez Hills

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		
				CSUDH		Compare public		CSUDH	Compare public	
				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	11	5	366	3	4.1	4.1	.05
		2		8	3	862	7			
		3		35	18	2,240	17			
		4		66	30	4,878	37			
		5		61	31	3,411	26			
		6	Very difficult	21	11	1,278	10			
		—	Not applicable	2	1	32	0			
			Total	204	100	13,067	100			
b. Employment	MHWemploy	1	Not at all difficult	32	16	2,108	16	3.5	3.3	.11
		2		20	11	1,342	10			
		3		18	10	1,639	12			
		4		29	13	1,892	14			
		5		26	12	1,384	10			
		6	Very difficult	32	15	1,313	10			
		—	Not applicable	48	24	3,379	27			
			Total	205	100	13,057	100			
c. Finances	MHWdfinance	1	Not at all difficult	16	8	1,077	9	4.1	3.9	.11
		2		10	5	1,443	11			
		3		33	17	2,124	16			
		4		56	28	2,814	21			
		5		32	14	2,451	19			
		6	Very difficult	43	21	2,389	18			
		—	Not applicable	15	8	763	6			
			Total	205	100	13,061	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	56	30	3,734	29	2.8	2.7	.02
		2		32	15	2,631	20			
		3		34	18	2,180	16			
		4		40	19	2,227	17			
		5		16	6	1,246	9			
		6	Very difficult	18	8	827	6			
		—	Not applicable	9	4	213	2			
			Total	205	100	13,058	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	101	51	4,125	33	2.1	2.6 ***	-.34
		2		16	8	2,433	19			
		3		20	11	1,827	14			
		4		18	10	1,742	13			
		5		10	4	1,121	8			
		6	Very difficult	9	4	977	7			
		—	Not applicable	31	13	833	6			
			Total	205	100	13,058	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	55	27	2,869	22	3.0	3.2	-.10
		2		15	7	1,668	12			
		3		19	8	1,691	13			
		4		24	13	1,752	14			
		5		12	5	1,219	9			
		6	Very difficult	25	12	1,541	12			
		—	Not applicable	55	28	2,312	18			
			Total	205	100	13,052	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		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	43	21	2,938	23	3.0	2.8	.14
		2		38	19	2,876	22			
		3		29	14	2,607	20			
		4		35	17	2,422	18			
		5		19	10	1,193	9			
		6	Very difficult	22	9	765	6			
		—	Not applicable	19	10	236	2			
		Total		205	100	13,037	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	40	22	2,329	19	3.3	3.4	-.06
		2		27	14	2,134	16			
		3		34	16	2,069	16			
		4		34	15	2,415	18			
		5		21	9	1,969	15			
		6	Very difficult	36	16	1,899	14			
		—	Not applicable	13	7	229	2			
		Total		205	100	13,044	100			
i. Mental health	MHWdmental	1	Not at all difficult	38	21	1,822	16	3.3	3.5	-.13
		2		25	14	1,812	14			
		3		33	17	2,249	17			
		4		39	17	2,754	20			
		5		27	11	2,248	16			
		6	Very difficult	32	15	2,009	15			
		—	Not applicable	11	6	157	1			
		Total		205	100	13,051	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	33	18	1,080	9	3.7	4.0 **	-.23
		2		13	7	1,197	10			
		3		28	16	1,878	15			
		4		42	20	2,742	21			
		5		35	14	2,937	22			
		6	Very difficult	42	19	3,085	22			
		—	Not applicable	11	6	121	1			
		Total		204	100	13,040	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	19	11	1,270	10	3.8	3.8	-.01
		2		19	10	1,688	13			
		3		38	20	2,147	17			
		4		46	22	2,952	22			
		5		33	16	2,434	18			
		6	Very difficult	42	19	2,496	19			
		—	Not applicable	7	3	62	1			
		Total		204	100	13,049	100			
l. Physical health	MHWdphysical	1	Not at all difficult	41	22	2,289	19	3.1	3.1	.01
		2		32	18	2,710	21			
		3		31	15	2,693	20			
		4		47	22	2,828	21			
		5		23	11	1,360	10			
		6	Very difficult	21	8	1,049	8			
		—	Not applicable	9	4	107	1			
		Total		204	100	13,036	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		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	123	62	8,461	66	1.5	1.5	-.04
		2		19	9	1,900	14			
		3		13	7	745	5			
		4		8	3	559	4			
		5		3	2	234	2			
		6	Very difficult	2	1	140	1			
		—	Not applicable	37	17	1,013	8			
		Total		205	100	13,052	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	11	6	331	3	2.6	2.9 **	-.25
		1	Very little	23	10	942	7			
		2	Some	49	24	2,956	23			
		3	Quite a bit	46	23	4,191	32			
		4	Very much	54	27	4,236	33			
		—	Not applicable	22	10	379	3			
		Total		205	100	13,035	100			
b. Your family	MHWsfamily	0	Not at all	12	7	512	4	2.6	2.8 ***	-.25
		1	Very little	27	13	1,245	9			
		2	Some	49	22	2,860	22			
		3	Quite a bit	54	28	3,564	27			
		4	Very much	52	25	4,681	37			
		—	Not applicable	10	5	171	1			
Total		204	100	13,033	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	18	9	840	7	2.4	2.7 *	-.23
		1	Very little	11	5	715	6			
		2	Some	21	11	1,448	11			
		3	Quite a bit	21	9	1,714	13			
		4	Very much	38	17	3,390	25			
		—	Not applicable	96	48	4,911	39			
Total		205	100	13,018	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	38	20	1,833	14	1.7	1.9 *	-.19
		1	Very little	23	11	2,402	18			
		2	Some	49	25	4,326	33			
		3	Quite a bit	28	13	2,100	16			
		4	Very much	13	6	1,267	10			
		—	Not applicable	53	26	1,078	8			
Total		204	100	13,006	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	36	18	1,872	15	1.8	2.0 *	-.18
		1	Very little	25	13	1,656	13			
		2	Some	34	16	2,889	22			
		3	Quite a bit	23	11	1,988	15			
		4	Very much	20	11	1,703	13			
		—	Not applicable	67	31	2,893	23			
Total		205	100	13,001	100					
f. Your academic advisor	MHWsadvice	0	Not at all	27	13	2,881	22	2.1	1.6 ***	.36
		1	Very little	20	10	2,223	17			
		2	Some	48	24	3,168	24			
		3	Quite a bit	37	19	1,579	12			
		4	Very much	26	13	1,108	9			
		—	Not applicable	47	22	2,050	16			
Total		205	100	13,009	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		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	31	17	2,110	16	1.8	1.8	.02
		1	Very little	34	16	2,460	19			
		2	Some	52	26	3,984	30			
		3	Quite a bit	34	17	1,903	15			
		4	Very much	20	9	1,079	9			
		—	Not applicable	34	14	1,468	12			
Total				205	100	13,004	100			
h. Counseling services	MHWscounsel	0	Not at all	33	17	2,154	16	1.8	1.7	.04
		1	Very little	17	8	1,237	10			
		2	Some	29	16	1,822	14			
		3	Quite a bit	21	10	1,103	9			
		4	Very much	17	9	1,125	9			
		—	Not applicable	87	40	5,559	43			
Total				204	100	13,000	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	34	18	1,248	18	1.7	1.6	.07
		1	Very little	13	6	650	10			
		2	Some	28	13	961	14			
		3	Quite a bit	16	7	541	8			
		4	Very much	18	9	509	7			
		—	Not applicable	96	48	2,948	43			
Total				205	100	6,857	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	34	17	2,652	20	1.5	1.5	-.02
		1	Very little	19	9	1,668	13			
		2	Some	21	10	2,327	18			
		3	Quite a bit	15	7	1,058	8			
		4	Very much	13	6	834	7			
		—	Not applicable	102	51	4,457	34			
Total				204	100	12,996	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	358	3	4.5	4.5	.02
		2	Disagree	11	6	776	6			
		3	Slightly disagree	22	10	1,392	10			
		4	Slightly agree	59	27	3,189	24			
		5	Agree	70	37	4,615	36			
		6	Strongly agree	40	19	2,667	21			
Total				204	100	12,997	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	11	5	635	5	3.8	3.9	-.10
		2	Disagree	33	14	1,962	14			
		3	Slightly disagree	46	22	2,436	18			
		4	Slightly agree	47	24	2,961	23			
		5	Agree	41	22	3,243	26			
		6	Strongly agree	26	12	1,753	14			
Total				204	100	12,990	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	8	4	484	4	4.1	4.1	-.02
		2	Disagree	22	10	1,480	11			
		3	Slightly disagree	41	19	2,226	17			
		4	Slightly agree	50	24	3,202	24			
		5	Agree	57	30	3,961	31			
		6	Strongly agree	27	13	1,637	13			
Total				205	100	12,990	100			

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

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				CSUDH		Compare public		CSUDH	Compare public	
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	5	2	297	2	4.3	4.3	-.01
		2	Disagree	11	6	857	7			
		3	Slightly disagree	30	13	1,624	12			
		4	Slightly agree	74	36	4,233	32			
		5	Agree	56	29	4,412	34			
		6	Strongly agree	28	14	1,551	12			
		Total		204	100	12,974	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		72	35	3,056	24	63%	75% ***	-.26
		Yes	Help for this is not available	129	63	9,850	75			
			Help for this is not available	3	2	84	1			
			Help for this is not available							
		Total		204	100	12,990	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		75	37	3,723	29	61%	70% **	-.20
		Yes	Help for this is not available	125	61	9,184	70			
			Help for this is not available	4	2	78	1			
		Total		204	100	12,985	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		63	30	4,366	34	69%	66%	.07
		Yes	Help for this is not available	139	69	8,536	66			
			Help for this is not available	2	1	84	1			
		Total		204	100	12,986	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		106	51	5,860	45	46%	53% *	-.14
		Yes	Help for this is not available	94	46	6,928	53			
			Help for this is not available	4	3	183	2			
		Total		204	100	12,971	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		97	48	5,999	46	50%	53%	-.06
		Yes	Help for this is not available	102	50	6,821	53			
			Help for this is not available	4	3	149	1			
		Total		203	100	12,969	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		115	58	7,315	56	41%	43%	-.03
		Yes	Help for this is not available	86	41	5,483	43			
			Help for this is not available	2	1	161	1			
		Total		203	100	12,959	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		79	40	3,301	26	58%	73% ***	-.32
		Yes	Help for this is not available	121	58	9,589	73			
			Help for this is not available	3	2	72	1			
		Total		203	100	12,962	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		79	39	3,307	26	59%	74% ***	-.31
		Yes	Help for this is not available	122	59	9,610	74			
			Help for this is not available	3	2	56	0			
		Total		204	100	12,973	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		108	54	7,620	58	44%	40%	.08
		Yes	Help for this is not available	91	44	5,101	40			
			Help for this is not available	4	3	255	2			
		Total		203	100	12,976	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		101	50	5,397	41	47%	58% **	-.22
		Yes	Help for this is not available	96	47	7,486	58			
			Help for this is not available	5	3	93	1			
		Total		202	100	12,976	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		
				CSUDH		Compare public		CSUDH	Compare public	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	11	5	465	3	2.4	2.6	-.14
		1	Very little	16	7	1,397	10			
		2	Some	54	27	3,034	23			
		3	Quite a bit	43	21	3,054	23			
		4	Very much	29	15	2,506	20			
		—	I don't know	50	25	2,498	19			
Total				203	100	12,954	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	12	6	209	2	2.5	2.8 **	-.32
		1	Very little	19	9	708	5			
		2	Some	49	23	3,065	23			
		3	Quite a bit	48	23	4,170	32			
		4	Very much	38	20	2,886	23			
		—	I don't know	36	19	1,894	15			
Total				202	100	12,932	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	12	7	196	2	2.6	2.8 **	-.30
		1	Very little	15	8	696	5			
		2	Some	48	23	2,962	23			
		3	Quite a bit	47	21	4,175	32			
		4	Very much	44	23	3,171	25			
		—	I don't know	35	18	1,733	14			
Total				201	100	12,933	100			
d. Affordable housing for students	MHWihouse	0	Not at all	14	8	1,197	10	2.2	2.0 *	.23
		1	Very little	26	12	2,355	18			
		2	Some	38	19	4,009	30			
		3	Quite a bit	32	15	1,956	15			
		4	Very much	27	14	1,228	10			
		—	I don't know	64	33	2,180	17			
Total				201	100	12,925	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	7	4	436	3	2.8	2.7	.08
		1	Very little	17	10	1,292	10			
		2	Some	39	18	3,363	25			
		3	Quite a bit	56	27	3,800	29			
		4	Very much	61	31	3,417	27			
		—	I don't know	21	11	604	5			
Total				201	100	12,912	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 107 first-year student(s) and 277 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		
				CSUDH		Compare public		CSUDH	Compare public	
				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	50	9	771	5	3.8	4.1 ***	-0.20 ▽
		2		54	10	1,255	7			
		3		87	16	2,497	14			
		4		165	30	5,552	32			
		5		121	22	4,819	28			
		6	Very difficult	64	12	2,124	12			
		—	Not applicable	3	1	68	0			
			Total	544	100	17,086	100			
b. Employment	MHWdemploy	1	Not at all difficult	100	18	2,602	15	3.6	3.5	.08
		2		43	7	2,023	11			
		3		58	11	2,569	15			
		4		116	21	3,298	19			
		5		78	14	2,461	14			
		6	Very difficult	88	16	2,113	13			
		—	Not applicable	61	12	2,047	12			
			Total	544	100	17,113	100			
c. Finances	MHWdfinance	1	Not at all difficult	39	8	1,354	8	4.4	4.1 ***	.18 △
		2		33	6	1,646	10			
		3		65	12	2,449	14			
		4		123	22	3,481	20			
		5		93	17	3,387	19			
		6	Very difficult	182	33	4,329	24			
		—	Not applicable	9	2	471	3			
			Total	544	100	17,117	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	126	24	4,298	26	3.1	3.0 **	.12 △
		2		89	17	3,210	19			
		3		77	14	2,831	16			
		4		121	22	3,082	18			
		5		59	11	1,893	11			
		6	Very difficult	63	12	1,553	9			
		—	Not applicable	8	1	231	2			
			Total	543	100	17,098	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	269	50	7,817	47	2.0	2.1	-0.07
		2		52	10	2,677	15			
		3		49	9	1,669	9			
		4		43	8	1,460	8			
		5		20	4	810	5			
		6	Very difficult	17	3	722	4			
		—	Not applicable	93	17	1,948	12			
			Total	543	100	17,103	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	171	31	4,476	26	3.0	3.0	-0.01
		2		53	10	2,488	14			
		3		50	9	2,217	13			
		4		83	15	2,320	14			
		5		44	8	1,500	9			
		6	Very difficult	64	12	1,929	12			
		—	Not applicable	78	15	2,177	13			
			Total	543	100	17,107	100			

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	188	34	4,627	28	2.6	2.7	-.06
		2		94	17	3,874	22			
		3		92	17	3,139	18			
		4		82	16	2,741	16			
		5		33	6	1,355	8			
		6	Very difficult	32	6	838	5			
		—	Not applicable	22	4	526	3			
		Total		543	100	17,100	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	178	33	4,014	25	2.9	3.2 **	-.13
		2		72	13	2,711	16			
		3		62	12	2,555	15			
		4		78	15	2,880	17			
		5		55	10	2,180	12			
		6	Very difficult	68	13	2,206	13			
		—	Not applicable	27	5	549	3			
		Total		540	100	17,095	100			
i. Mental health	MHWdmental	1	Not at all difficult	116	22	2,385	15	3.4	3.6 *	-.12
		2		61	11	2,209	13			
		3		73	14	2,722	16			
		4		111	21	3,545	21			
		5		83	15	2,930	16			
		6	Very difficult	84	15	2,980	16			
		—	Not applicable	15	3	326	2			
		Total		543	100	17,097	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	74	14	1,422	9	3.9	4.2 ***	-.21
		2		53	10	1,294	8			
		3		72	13	2,124	13			
		4		110	21	3,376	20			
		5		90	16	3,755	22			
		6	Very difficult	128	23	4,908	27			
		—	Not applicable	12	2	214	1			
		Total		539	100	17,093	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	54	10	1,791	11	4.0	3.8	.07
		2		60	11	2,063	12			
		3		73	14	2,720	16			
		4		127	24	3,673	21			
		5		97	17	3,196	19			
		6	Very difficult	127	23	3,532	20			
		—	Not applicable	5	1	133	1			
		Total		543	100	17,108	100			
l. Physical health	MHWdphysical	1	Not at all difficult	96	18	2,657	17	3.4	3.2 **	.12
		2		67	12	3,151	19			
		3		89	17	3,369	20			
		4		130	25	3,769	22			
		5		80	14	2,161	12			
		6	Very difficult	74	13	1,794	10			
		—	Not applicable	6	1	186	1			
		Total		542	100	17,087	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		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	332	62	10,789	64	1.6	1.6	.03
		2		69	12	2,427	13			
		3		32	6	950	5			
		4		29	6	772	5			
		5		5	1	317	2			
		6	Very difficult	13	2	294	2			
		—	Not applicable	62	11	1,554	9			
		Total		542	100	17,103	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	14	3	441	3	2.8	2.9 **	-.12
		1	Very little	45	8	1,106	7			
		2	Some	150	28	3,866	23			
		3	Quite a bit	137	25	5,041	29			
		4	Very much	168	30	5,970	34			
		—	Not applicable	28	5	658	4			
		Total		542	100	17,082	100			
b. Your family	MHWsfamily	0	Not at all	21	4	660	4	2.8	2.8	-.01
		1	Very little	55	10	1,560	9			
		2	Some	120	22	3,911	23			
		3	Quite a bit	134	25	4,468	26			
		4	Very much	196	36	6,161	36			
		—	Not applicable	14	3	320	2			
Total		540	100	17,080	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	26	5	912	6	2.8	3.0	-.10
		1	Very little	33	6	885	5			
		2	Some	82	16	1,911	11			
		3	Quite a bit	72	13	2,663	15			
		4	Very much	168	30	6,062	35			
		—	Not applicable	156	30	4,633	28			
Total		537	100	17,066	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	71	14	2,365	14	2.1	1.9 *	.11
		1	Very little	71	14	2,791	16			
		2	Some	152	28	5,232	31			
		3	Quite a bit	100	19	3,010	17			
		4	Very much	84	15	1,994	12			
		—	Not applicable	62	11	1,664	10			
Total		540	100	17,056	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	56	10	2,559	15	2.2	2.0 **	.15
		1	Very little	58	11	1,996	12			
		2	Some	100	19	3,334	19			
		3	Quite a bit	78	14	2,314	13			
		4	Very much	85	15	2,294	14			
		—	Not applicable	164	31	4,545	27			
Total		541	100	17,042	100					
f. Your academic advisor	MHWsadvice	0	Not at all	94	18	4,731	27	1.9	1.5 ***	.33
		1	Very little	68	13	2,577	15			
		2	Some	115	21	3,417	20			
		3	Quite a bit	64	12	1,742	10			
		4	Very much	87	16	1,624	10			
		—	Not applicable	110	20	2,964	17			
Total		538	100	17,055	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		
				CSUDH		Compare public		CSUDH	Compare public	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	61	12	2,653	16	2.2	1.9 ***	.26
		1	Very little	60	11	2,842	17			
		2	Some	151	28	4,943	29			
		3	Quite a bit	103	18	2,810	16			
		4	Very much	98	18	1,945	11			
		—	Not applicable	67	12	1,858	11			
Total				540	100	17,051	100			
h. Counseling services	MHWscounsel	0	Not at all	70	13	3,565	21	1.9	1.5 ***	.25
		1	Very little	54	10	1,401	8			
		2	Some	96	18	1,904	11			
		3	Quite a bit	39	7	1,206	7			
		4	Very much	65	12	1,495	9			
		—	Not applicable	217	40	7,473	43			
Total				541	100	17,044	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	72	14	1,890	22	1.8	1.4 ***	.30
		1	Very little	58	11	661	8			
		2	Some	76	14	879	10			
		3	Quite a bit	39	7	502	6			
		4	Very much	60	11	574	7			
		—	Not applicable	236	44	4,071	47			
Total				541	100	8,577	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	77	15	4,135	24	1.7	1.2 ***	.32
		1	Very little	59	11	1,584	9			
		2	Some	71	14	1,863	11			
		3	Quite a bit	23	4	838	5			
		4	Very much	52	10	939	6			
		—	Not applicable	259	47	7,681	45			
Total				541	100	17,040	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	15	3	406	2	4.6	4.7	-.02
		2	Disagree	27	5	837	5			
		3	Slightly disagree	52	9	1,500	8			
		4	Slightly agree	105	20	3,631	21			
		5	Agree	194	36	6,093	36			
		6	Strongly agree	145	27	4,576	27			
		Total				538	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	55	10	1,360	8	3.7	3.7	.00
		2	Disagree	95	17	3,270	19			
		3	Slightly disagree	99	19	3,437	20			
		4	Slightly agree	112	21	3,415	20			
		5	Agree	106	20	3,322	20			
		6	Strongly agree	72	14	2,232	14			
Total				539	100	17,036	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	45	8	1,257	7	3.8	3.8	.01
		2	Disagree	70	12	2,697	15			
		3	Slightly disagree	97	18	3,156	18			
		4	Slightly agree	140	27	3,907	23			
		5	Agree	118	22	4,023	24			
		6	Strongly agree	67	13	1,987	12			
Total				537	100	17,027	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		
				CSUDH		Compare public		CSUDH	Compare public	
				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	25	5	910	5	4.2	4.0 ***	.18
		2	Disagree	42	8	1,781	10			
		3	Slightly disagree	62	11	2,633	15			
		4	Slightly agree	160	30	5,200	30			
		5	Agree	165	31	4,624	28			
		6	Strongly agree	83	16	1,850	11			
		Total		537	100	16,998	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		152	29	4,428	26	70%	72%	-.05
		Yes		377	70	12,368	72			
		Help for this is not available		7	1	230	1			
		Total		536	100	17,026	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		167	31	5,369	32	68%	67%	.02
		Yes		364	68	11,468	67			
		Help for this is not available		5	1	179	1			
		Total		536	100	17,016	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		141	27	6,235	37	72%	62% ***	.20
		Yes		392	72	10,603	62			
		Help for this is not available		6	1	173	1			
		Total		539	100	17,011	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		245	46	9,674	56	53%	41% ***	.23
		Yes		286	53	6,910	41			
		Help for this is not available		7	1	410	2			
		Total		538	100	16,994	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		244	45	9,365	55	53%	43% ***	.19
		Yes		283	53	7,262	43			
		Help for this is not available		10	2	380	2			
		Total		537	100	17,007	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		289	54	11,019	64	44%	33% ***	.21
		Yes		233	44	5,524	33			
		Help for this is not available		10	2	427	2			
		Total		532	100	16,970	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		174	32	5,153	31	67%	68%	-.03
		Yes		358	67	11,638	68			
		Help for this is not available		4	1	212	1			
		Total		536	100	17,003	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		161	30	5,021	30	69%	69%	.00
		Yes		369	69	11,823	69			
		Help for this is not available		5	1	156	1			
		Total		535	100	17,000	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		294	55	10,869	63	43%	34% ***	.18
		Yes		226	43	5,612	34			
		Help for this is not available		15	3	526	3			
		Total		535	100	17,007	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		246	45	8,394	49	53%	49%	.08
		Yes		283	53	8,344	49			
		Help for this is not available		8	2	273	2			
		Total		537	100	17,011	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		
				CSUDH		Compare public		CSUDH	Compare public	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	29	6	633	4	2.6	2.5	.06
		1	Very little	47	9	1,585	9			
		2	Some	116	21	3,386	20			
		3	Quite a bit	111	21	2,995	18			
		4	Very much	118	22	2,407	15			
		—	I don't know	117	21	5,959	35			
	Total			538	100	16,965	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	23	4	339	2	2.7	2.7	-.03
		1	Very little	32	6	956	6			
		2	Some	112	22	3,870	23			
		3	Quite a bit	133	25	4,594	27			
		4	Very much	126	23	3,120	19			
		—	I don't know	109	20	4,072	24			
	Total			535	100	16,951	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	20	4	433	3	2.8	2.7 **	.12
		1	Very little	32	6	1,270	7			
		2	Some	104	20	4,121	24			
		3	Quite a bit	144	27	4,349	26			
		4	Very much	143	26	3,234	19			
		—	I don't know	95	17	3,533	21			
	Total			538	100	16,940	100			
d. Affordable housing for students	MHWihouse	0	Not at all	35	7	1,879	11	2.4	1.8 ***	.49
		1	Very little	37	7	2,744	16			
		2	Some	99	19	3,639	21			
		3	Quite a bit	84	15	1,687	10			
		4	Very much	80	15	1,215	8			
		—	I don't know	202	37	5,767	34			
	Total			537	100	16,931	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	13	2	400	2	3.1	2.9 ***	.22
		1	Very little	15	3	1,096	6			
		2	Some	88	16	3,539	20			
		3	Quite a bit	146	27	4,722	28			
		4	Very much	208	39	4,897	30			
		—	I don't know	69	12	2,274	13			
	Total			539	100	16,928	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 107 first-year student(s) and 277 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
	CSUDH	CSUDH	Compare public	CSUDH	Compare public	CSUDH	Compare public			
MHWdacad	203	4.13	4.07	.088	.014	1.25	1.17	7,604	.486	.05
MHWdemploy	157	3.50	3.32	.144	.023	1.81	1.70	5,532	.177	.11
MHWdfinance	190	4.06	3.89	.108	.019	1.49	1.56	7,133	.147	.11
MHWdfamily	197	2.78	2.74	.114	.018	1.61	1.57	7,482	.773	.02
MHWdhomesick	180	2.08	2.62	.112	.019	1.50	1.62	190	.000	-.34
MHWdromantic	148	2.98	3.15	.155	.023	1.89	1.77	6,192	.243	-.10
MHWdpeers	185	3.03	2.83	.120	.017	1.63	1.49	192	.095	.14
MHWdlonely	191	3.26	3.36	.129	.020	1.78	1.70	7,460	.419	-.06
MHWdmental	194	3.31	3.52	.125	.019	1.74	1.65	7,504	.073	-.13
MHWdexhaust	192	3.65	4.03	.126	.019	1.75	1.59	200	.004	-.23
MHWdsleep	198	3.80	3.81	.113	.019	1.59	1.60	7,566	.932	-.01
MHWdphysical	196	3.07	3.05	.114	.018	1.59	1.51	7,536	.872	.01
MHWddiscrim	171	1.50	1.54	.078	.013	1.02	1.05	6,990	.602	-.04
MHWsfriend	185	2.61	2.87	.089	.012	1.22	1.05	191	.005	-.25
MHWsfamily	195	2.56	2.85	.087	.013	1.21	1.14	7,487	.001	-.25
MHWsromantic	106	2.39	2.71	.144	.020	1.49	1.37	4,640	.017	-.23
MHWsstudent	153	1.66	1.89	.102	.014	1.26	1.19	158	.033	-.19
MHWscultural	142	1.76	2.00	.118	.018	1.40	1.34	5,848	.035	-.18
MHWsadvice	161	2.10	1.63	.103	.016	1.30	1.29	6,383	.000	.36
MHWsinstruct	176	1.81	1.78	.095	.015	1.27	1.20	6,698	.769	.02
MHWscounsel	122	1.76	1.71	.128	.022	1.41	1.41	4,359	.698	.04
MHWScclinic	107	1.69	1.60	.144	.030	1.49	1.39	2,303	.489	.07
MHWsstaff	100	1.50	1.52	.141	.019	1.41	1.31	4,941	.850	-.02
MHWfood	205	4.51	4.48	.079	.015	1.13	1.25	7,577	.791	.02
MHWexercise	205	3.79	3.93	.097	.017	1.39	1.42	7,571	.169	-.10
MHWleisure	206	4.05	4.08	.093	.016	1.34	1.33	7,571	.730	-.02
MHWinst	205	4.25	4.26	.081	.014	1.17	1.18	7,561	.891	-.01

*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
	CSUDH	CSUDH	Compare public	CSUDH	Compare public	CSUDH	Compare public	Comparisons with: Compare public		
MHWdepress	205	63%	75%	.034	.005	--	--	--	.001	-.26
MHWdiscrim	205	61%	70%	.034	.005	--	--	--	.007	-.20
MHWfood	205	69%	66%	.032	.006	--	--	--	.322	.07
MWHhouse	205	46%	53%	.035	.006	--	--	--	.046	-.14
MWHfinance	204	50%	53%	.035	.006	--	--	--	.364	-.06
MWHcare	204	41%	43%	.035	.006	--	--	--	.675	-.03
MWHmental	204	58%	73%	.035	.005	--	--	--	.000	-.32
MWHassault	205	59%	74%	.034	.005	--	--	--	.000	-.31
MWHsleep	204	44%	40%	.035	.006	--	--	--	.254	.08
MWHabuse	202	47%	58%	.035	.006	--	--	--	.002	-.22
MHWifood	154	2.44	2.59	.091	.015	1.13	1.12	6,065	.097	-.14
MWHihelp	165	2.51	2.82	.092	.012	1.19	.96	169	.001	-.32
MHWicounsel	165	2.56	2.85	.096	.012	1.23	.96	169	.003	-.30
MHWihouse	135	2.22	1.96	.110	.015	1.28	1.15	139	.017	.23
MHWiinternet	180	2.80	2.71	.086	.013	1.15	1.09	7,139	.270	.08

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		CSUDH	Compare public	CSUDH	Compare public	CSUDH	Compare public			
MHWdacad	543	3.83	4.09	.061	.011	1.42	1.28	574	.000	-.20
MHWdemploy	482	3.62	3.50	.080	.014	1.76	1.66	513	.123	.08
MHWdfinance	536	4.38	4.10	.067	.013	1.56	1.59	15,135	.000	.18
MHWdfamily	537	3.15	2.96	.073	.013	1.68	1.64	15,337	.008	.12
MHWdhomesick	454	1.98	2.09	.068	.013	1.44	1.48	13,728	.141	-.07
MHWdromantic	463	2.97	2.99	.086	.015	1.85	1.77	493	.797	-.01
MHWdpeers	524	2.58	2.68	.068	.012	1.55	1.49	15,066	.160	-.06
MHWdlonely	516	2.93	3.16	.080	.014	1.81	1.74	549	.005	-.13
MHWdmental	530	3.40	3.59	.076	.014	1.75	1.67	565	.011	-.12
MHWdexhaust	529	3.86	4.19	.074	.013	1.71	1.61	562	.000	-.21
MHWdsleep	540	3.96	3.85	.070	.013	1.62	1.62	15,445	.099	.07
MHWdphysical	538	3.44	3.25	.071	.013	1.64	1.56	573	.007	.12
MHWddiscrim	482	1.63	1.60	.054	.010	1.18	1.14	14,125	.491	.03
MHWsfriend	515	2.77	2.89	.047	.009	1.08	1.06	551	.008	-.12
MHWsfamily	527	2.83	2.84	.050	.009	1.15	1.14	15,227	.806	-.01
MHWsromantic	377	2.83	2.95	.065	.012	1.27	1.27	11,221	.068	-.10
MHWsstudent	481	2.08	1.95	.059	.011	1.29	1.23	13,989	.020	.11
MHWscultural	376	2.18	1.97	.069	.013	1.35	1.38	11,373	.004	.15
MHWsadvice	431	1.95	1.50	.068	.012	1.42	1.36	12,798	.000	.33
MHWsinstruct	475	2.23	1.89	.059	.011	1.28	1.26	13,799	.000	.26
MHWscounsel	326	1.91	1.54	.077	.016	1.40	1.47	353	.000	.25
MHWselinic	306	1.84	1.41	.082	.022	1.43	1.45	4,575	.000	.30
MHWsstaff	286	1.69	1.25	.084	.015	1.42	1.37	8,589	.000	.32
MHWfood	540	4.63	4.66	.054	.010	1.26	1.23	15,513	.604	-.02
MHWexercise	541	3.67	3.67	.066	.012	1.54	1.51	15,505	.995	.00
MHWleisure	539	3.80	3.79	.062	.012	1.45	1.46	15,502	.836	.01
MHWinst	539	4.22	3.98	.057	.011	1.31	1.33	15,474	.000	.18

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	CSUDH	CSUDH	Compare public	CSUDH	Compare public	CSUDH	Compare public	Comparisons with: Compare public		
MHWdepress	538	70%	72%	.020	.004	--	--	--	.305	-.05
MHWdiscrim	538	68%	67%	.020	.004	--	--	--	.683	.02
MHWfood	541	72%	62%	.019	.004	--	--	--	.000	.20
MWHhouse	540	53%	41%	.021	.004	--	--	--	.000	.23
MWHfinance	539	53%	43%	.022	.004	--	--	--	.000	.19
MWHcare	534	44%	33%	.021	.004	--	--	--	.000	.21
MWHmental	538	67%	68%	.020	.004	--	--	--	.525	-.03
MWHassault	537	69%	69%	.020	.004	--	--	--	.985	.00
MWHsleep	537	43%	34%	.021	.004	--	--	--	.000	.18
MWHabuse	540	53%	49%	.021	.004	--	--	--	.071	.08
MHWifood	425	2.56	2.49	.058	.012	1.21	1.15	10,172	.190	.06
MWHihelp	432	2.70	2.73	.054	.009	1.13	1.00	457	.598	-.03
MHWicounsel	448	2.79	2.66	.053	.010	1.11	1.05	12,210	.010	.12
MWHihouse	339	2.40	1.80	.068	.012	1.25	1.23	10,173	.000	.49
MHWiinternet	474	3.11	2.89	.046	.009	1.00	1.05	13,371	.000	.22

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.