
NSSE 2025 Topical Module Report

Mental Health & Well-Being

Washington State 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 Selected Comparison Groups report, available in PDF format 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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	22	2	45	2	4.1	4.1	-.01
		2		53	5	148	7			
		3		187	18	342	17			
		4		379	38	666	35			
		5		285	29	554	29			
		6	Very difficult	81	8	174	9			
		—	Not applicable	2	0	1	0			
			Total	1,009	100	1,930	100			
b. Employment	MHWemploy	1	Not at all difficult	111	11	294	15	3.7	3.4 ***	.19
		2		85	8	188	10			
		3		105	10	236	12			
		4		168	16	264	14			
		5		113	11	187	9			
		6	Very difficult	137	13	222	11			
		—	Not applicable	290	30	537	30			
			Total	1,009	100	1,928	100			
c. Finances	MHWdfinance	1	Not at all difficult	76	8	199	11	4.0	3.8 ***	.11
		2		99	10	217	11			
		3		155	15	287	15			
		4		226	23	415	21			
		5		190	19	345	18			
		6	Very difficult	201	19	347	17			
		—	Not applicable	61	6	115	7			
			Total	1,008	100	1,925	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	286	29	583	31	2.7	2.6 *	.07
		2		224	23	429	22			
		3		157	16	320	16			
		4		168	16	319	16			
		5		90	9	147	8			
		6	Very difficult	65	6	94	5			
		—	Not applicable	19	2	35	2			
			Total	1,009	100	1,927	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	277	28	623	33	2.8	2.6 **	.11
		2		202	21	401	21			
		3		164	16	263	14			
		4		121	12	235	12			
		5		101	9	154	8			
		6	Very difficult	84	8	130	6			
		—	Not applicable	61	6	123	6			
			Total	1,010	100	1,929	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	223	22	384	19	3.1	3.2 *	-.08
		2		134	13	255	13			
		3		124	13	268	14			
		4		136	13	234	12			
		5		94	10	180	9			
		6	Very difficult	102	10	243	13			
		—	Not applicable	194	20	361	19			
			Total	1,007	100	1,925	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	230	23	378	21	2.8	2.9	-.05
		2		240	24	466	24			
		3		201	20	396	20			
		4		164	16	336	17			
		5		87	8	193	10			
		6	Very difficult	63	6	115	6			
		—	Not applicable	24	2	39	2			
	Total	1,009	100	1,923	100					
h. Loneliness	MHWdlonely	1	Not at all difficult	196	20	344	19	3.3	3.3	-.03
		2		180	18	320	17			
		3		146	14	339	18			
		4		181	18	345	17			
		5		167	16	281	14			
		6	Very difficult	122	11	266	13			
		—	Not applicable	17	2	27	1			
	Total	1,009	100	1,922	100					
i. Mental health	MHWdmental	1	Not at all difficult	138	14	300	17	3.4	3.4	.04
		2		173	18	315	17			
		3		180	18	364	18			
		4		199	19	380	19			
		5		159	15	274	14			
		6	Very difficult	146	13	267	13			
		—	Not applicable	14	1	21	1			
	Total	1,009	100	1,921	100					
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	88	9	183	10	3.9	3.9	.02
		2		113	12	185	10			
		3		157	16	318	17			
		4		203	20	410	20			
		5		221	21	416	21			
		6	Very difficult	218	21	399	20			
		—	Not applicable	8	1	16	1			
	Total	1,008	100	1,927	100					
k. Sleeping well	MHWdsleep	1	Not at all difficult	96	10	190	10	3.8	3.7	.04
		2		163	17	280	15			
		3		149	15	333	18			
		4		204	20	438	23			
		5		200	20	345	17			
		6	Very difficult	194	18	333	17			
		—	Not applicable	4	0	5	0			
	Total	1,010	100	1,924	100					
l. Physical health	MHWdphysical	1	Not at all difficult	208	21	350	19	3.0	2.9	.04
		2		211	21	448	24			
		3		203	20	427	22			
		4		196	20	405	21			
		5		104	10	170	8			
		6	Very difficult	79	7	111	6			
		—	Not applicable	8	1	8	0			
	Total	1,009	100	1,919	100					

First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				WSU		R1 Comparison		WSU	R1 Comparison	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	618	62	1,269	67	1.5	1.5	.04
		2		154	15	258	13			
		3		64	6	102	5			
		4		41	4	68	4			
		5		9	1	26	1			
		6	Very difficult	9	1	25	1			
		—	Not applicable	114	11	176	9			
		Total		1,009	100	1,924	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	19	2	42	2	2.9	2.9 *	.08
		1	Very little	63	6	153	8			
		2	Some	208	21	458	23			
		3	Quite a bit	353	35	597	31			
		4	Very much	334	33	625	33			
		—	Not applicable	33	3	50	3			
		Total		1,010	100	1,925	100			
b. Your family	MHWsfamily	0	Not at all	31	3	69	3	2.9	2.9	-.03
		1	Very little	100	10	144	7			
		2	Some	198	19	414	22			
		3	Quite a bit	297	30	554	29			
		4	Very much	361	36	721	38			
		—	Not applicable	21	2	19	1			
Total		1,008	100	1,921	100					
c. Significant others or romantic partners	MHWstromantic	0	Not at all	45	5	123	7	2.9	2.7 **	.13
		1	Very little	62	6	93	5			
		2	Some	93	9	187	10			
		3	Quite a bit	144	15	270	14			
		4	Very much	275	27	437	22			
		—	Not applicable	389	39	806	42			
Total		1,008	100	1,916	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	140	14	283	15	1.8	1.9	-.04
		1	Very little	203	20	363	19			
		2	Some	327	33	631	33			
		3	Quite a bit	160	16	321	17			
		4	Very much	75	8	170	9			
		—	Not applicable	101	10	150	8			
Total		1,006	100	1,918	100					
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	124	12	244	13	2.1	2.1	-.06
		1	Very little	121	12	218	12			
		2	Some	211	22	396	21			
		3	Quite a bit	180	18	348	18			
		4	Very much	112	11	282	15			
		—	Not applicable	256	25	427	22			
Total		1,004	100	1,915	100					
f. Your academic advisor	MHWsadvice	0	Not at all	195	19	448	22	1.7	1.6 **	.10
		1	Very little	151	15	341	18			
		2	Some	281	29	468	25			
		3	Quite a bit	149	15	226	12			
		4	Very much	86	8	148	8			
		—	Not applicable	144	14	285	15			
Total		1,006	100	1,916	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	157	15	335	16	1.8	1.7	.04
		1	Very little	167	16	386	20			
		2	Some	339	34	577	30			
		3	Quite a bit	147	15	257	13			
		4	Very much	69	7	146	8			
		—	Not applicable	127	13	215	12			
Total				1,006	100	1,916	100			
h. Counseling services	MHWscounsel	0	Not at all	108	11	326	16	1.8	1.7 **	.13 △
		1	Very little	88	9	192	10			
		2	Some	153	15	255	13			
		3	Quite a bit	90	9	138	7			
		4	Very much	68	6	151	8			
		—	Not applicable	501	50	855	45			
Total				1,008	100	1,917	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	110	11	353	17	1.9	1.6 ***	.21 △
		1	Very little	85	9	181	10			
		2	Some	169	17	229	12			
		3	Quite a bit	111	11	154	8			
		4	Very much	73	7	132	7			
		—	Not applicable	457	46	863	45			
Total				1,005	100	1,912	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	149	15	403	20	1.7	1.5 *	.10 △
		1	Very little	132	13	241	13			
		2	Some	195	20	319	17			
		3	Quite a bit	98	10	162	9			
		4	Very much	56	6	114	7			
		—	Not applicable	376	37	679	35			
Total				1,006	100	1,918	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	12	1	62	3	4.6	4.6	.02
		2	Disagree	54	5	103	5			
		3	Slightly disagree	98	10	176	9			
		4	Slightly agree	246	24	438	22			
		5	Agree	376	37	716	38			
		6	Strongly agree	223	22	424	23			
		Total				1,009	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	28	3	83	4	4.1	4.0	.06
		2	Disagree	135	13	263	13			
		3	Slightly disagree	197	19	340	17			
		4	Slightly agree	203	20	477	25			
		5	Agree	286	29	492	27			
		6	Strongly agree	160	16	263	15			
Total				1,009	100	1,918	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	30	3	59	3	4.2	4.1	.04
		2	Disagree	100	10	194	10			
		3	Slightly disagree	163	16	350	17			
		4	Slightly agree	227	22	450	23			
		5	Agree	358	37	625	34			
		6	Strongly agree	130	13	236	13			
Total				1,008	100	1,914	100			

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First-Year Students

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	14	1	50	3	4.4	4.3	.03
		2	Disagree	49	5	112	6			
		3	Slightly disagree	123	12	237	12			
		4	Slightly agree	317	31	579	30			
		5	Agree	393	40	696	36			
		6	Strongly agree	111	11	246	14			
		Total		1,007	100	1,920	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		240	25	428	22	75%	78% *	-0.07
		Yes	Help for this is not available	761	75	1,474	78			
		7	1	11	1					
		Total		1,008	100	1,913	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		289	29	517	26	71%	73%	-0.05
		Yes	Help for this is not available	716	71	1,388	73			
		2	0	8	0					
		Total		1,007	100	1,913	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		237	24	569	30	76%	69% ***	.14
		Yes	Help for this is not available	762	76	1,334	69			
		5	1	10	1					
		Total		1,004	100	1,913	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		434	43	933	47	55%	52% *	.07
		Yes	Help for this is not available	558	55	950	52			
		15	1	30	2					
		Total		1,007	100	1,913	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		416	42	936	47	58%	52% **	.11
		Yes	Help for this is not available	578	58	950	52			
		10	1	21	1					
		Total		1,004	100	1,907	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		546	54	1,084	55	44%	43%	.02
		Yes	Help for this is not available	446	44	807	43			
		14	1	19	1					
		Total		1,006	100	1,910	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		237	24	439	23	75%	77%	-0.05
		Yes	Help for this is not available	763	75	1,467	77			
		5	1	4	0					
		Total		1,005	100	1,910	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		289	29	449	23	70%	77% ***	-0.15
		Yes	Help for this is not available	711	70	1,453	77			
		6	1	7	0					
		Total		1,006	100	1,909	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		578	57	1,163	59	41%	39%	.02
		Yes	Help for this is not available	409	41	717	39			
		19	2	31	2					
		Total		1,006	100	1,911	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		396	40	751	37	59%	63%	-0.06
		Yes	Help for this is not available	602	59	1,147	63			
		9	1	14	1					
		Total		1,007	100	1,912	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	35	3	55	3	2.8	2.7 **	.11 △
		1	Very little	83	8	175	9			
		2	Some	169	17	429	22			
		3	Quite a bit	298	30	457	24			
		4	Very much	252	26	392	22			
		—	I don't know	165	16	396	20			
			Total	1,002	100	1,904	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	12	1	33	2	2.9	2.9	-.02
		1	Very little	53	5	78	4			
		2	Some	196	20	414	21			
		3	Quite a bit	359	36	614	33			
		4	Very much	238	24	457	25			
		—	I don't know	142	14	306	16			
			Total	1,000	100	1,902	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	15	1	27	2	2.9	2.9	-.03
		1	Very little	51	5	77	4			
		2	Some	206	21	451	24			
		3	Quite a bit	353	35	605	31			
		4	Very much	231	23	472	26			
		—	I don't know	143	14	271	14			
			Total	999	100	1,903	100			
d. Affordable housing for students	MHWihouse	0	Not at all	77	8	243	12	2.1	1.8 ***	.27 △
		1	Very little	155	16	415	22			
		2	Some	298	30	551	29			
		3	Quite a bit	206	21	244	13			
		4	Very much	94	9	133	8			
		—	I don't know	170	17	316	16			
			Total	1,000	100	1,902	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	29	3	48	2	2.6	2.8 ***	-.26 ▽
		1	Very little	136	13	168	8			
		2	Some	270	27	467	23			
		3	Quite a bit	291	30	604	33			
		4	Very much	206	21	526	29			
		—	I don't know	69	7	91	5			
			Total	1,001	100	1,904	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 596 first-year student(s) and 651 senior(s). Responses are provided in your NSSE25 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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	28	2	117	5	4.2	4.1 *	.07 △
		2		78	7	185	8			
		3		167	15	343	14			
		4		354	31	786	32			
		5		374	34	660	28			
		6	Very difficult	116	11	309	13			
		—	Not applicable	1	0	3	0			
			Total	1,118	100	2,403	100			
b. Employment	MHWemploy	1	Not at all difficult	151	13	375	16	3.6	3.4 *	.08 △
		2		125	11	304	12			
		3		165	15	399	16			
		4		206	18	468	19			
		5		160	14	309	13			
		6	Very difficult	142	13	291	12			
		—	Not applicable	170	15	262	11			
			Total	1,119	100	2,408	100			
c. Finances	MHWdfinance	1	Not at all difficult	84	8	214	9	4.0	4.0	.05
		2		122	11	273	12			
		3		180	16	392	16			
		4		212	19	473	20			
		5		236	21	452	19			
		6	Very difficult	258	23	534	22			
		—	Not applicable	25	2	64	3			
			Total	1,117	100	2,402	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	296	27	634	27	2.9	2.8	.02
		2		238	21	529	22			
		3		166	15	391	16			
		4		183	16	380	16			
		5		122	11	257	10			
		6	Very difficult	90	8	182	8			
		—	Not applicable	24	2	31	1			
			Total	1,119	100	2,404	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	437	39	1,208	51	2.3	2.0 ***	.27 △
		2		199	18	388	16			
		3		101	9	213	9			
		4		91	8	175	7			
		5		79	7	103	4			
		6	Very difficult	68	6	83	3			
		—	Not applicable	145	13	233	10			
			Total	1,120	100	2,403	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	285	25	660	27	3.1	2.9 **	.09 △
		2		151	13	383	16			
		3		132	12	317	13			
		4		154	14	290	13			
		5		116	11	212	9			
		6	Very difficult	132	12	270	11			
		—	Not applicable	149	13	274	11			
			Total	1,119	100	2,406	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				Count	%	Count	%	Mean	Mean	Effect size ^d
g. Relationships with peers	MHWdpeers	1	Not at all difficult	310	28	622	26	2.6	2.7	-.06
		2		281	25	574	24			
		3		208	18	502	21			
		4		165	15	374	15			
		5		68	6	180	7			
		6	Very difficult	49	4	105	5			
		—	Not applicable	36	3	47	2			
Total		1,117	100	2,404	100					
h. Loneliness	MHWdlonely	1	Not at all difficult	242	22	554	24	3.1	3.1	.01
		2		195	17	428	18			
		3		196	17	389	16			
		4		189	17	390	16			
		5		149	13	281	11			
		6	Very difficult	115	10	301	13			
		—	Not applicable	33	3	55	2			
Total		1,119	100	2,398	100					
i. Mental health	MHWdmental	1	Not at all difficult	164	15	338	15	3.6	3.5 *	.08
		2		128	12	370	16			
		3		204	18	446	18			
		4		243	21	479	20			
		5		183	16	401	16			
		6	Very difficult	184	16	343	14			
		—	Not applicable	14	1	23	1			
Total		1,120	100	2,400	100					
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	85	8	208	9	4.3	4.2 *	.07
		2		76	7	181	8			
		3		154	14	316	13			
		4		210	19	491	21			
		5		276	24	557	23			
		6	Very difficult	306	27	634	25			
		—	Not applicable	10	1	15	1			
Total		1,117	100	2,402	100					
k. Sleeping well	MHWdsleep	1	Not at all difficult	106	10	258	11	3.9	3.8 ***	.10
		2		126	12	334	14			
		3		193	17	366	15			
		4		214	19	513	22			
		5		227	20	498	21			
		6	Very difficult	246	22	425	17			
		—	Not applicable	7	1	8	0			
Total		1,119	100	2,402	100					
l. Physical health	MHWdphysical	1	Not at all difficult	156	14	388	17	3.3	3.2	.06
		2		217	20	464	20			
		3		225	20	491	20			
		4		256	23	539	22			
		5		155	13	303	13			
		6	Very difficult	99	9	198	8			
		—	Not applicable	10	1	18	1			
Total		1,118	100	2,401	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	707	64	1,505	64	1.6	1.6	-.03
		2		158	14	375	15			
		3		61	6	144	6			
		4		52	5	98	4			
		5		19	2	44	2			
		6	Very difficult	13	1	47	2			
		—	Not applicable	105	9	188	8			
		Total		1,115	100	2,401	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	27	2	57	3	3.0	2.9	.04
		1	Very little	63	6	141	6			
		2	Some	249	22	523	22			
		3	Quite a bit	336	30	760	32			
		4	Very much	406	36	830	34			
		—	Not applicable	36	3	86	4			
		Total		1,117	100	2,397	100			
b. Your family	MHWsfamily	0	Not at all	43	4	65	3	2.8	2.9	-.04
		1	Very little	92	8	202	9			
		2	Some	268	24	537	22			
		3	Quite a bit	301	27	666	28			
		4	Very much	391	35	886	36			
		—	Not applicable	21	2	41	2			
		Total		1,116	100	2,397	100			
c. Significant others or romantic partners	MHWsrromantic	0	Not at all	45	4	125	6	3.0	3.0	.01
		1	Very little	62	6	116	5			
		2	Some	129	12	242	10			
		3	Quite a bit	188	17	352	15			
		4	Very much	391	34	855	35			
		—	Not applicable	300	28	703	29			
		Total		1,115	100	2,393	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	170	15	298	13	1.9	2.0	-.04
		1	Very little	180	16	413	17			
		2	Some	344	31	744	31			
		3	Quite a bit	216	19	448	18			
		4	Very much	117	10	277	12			
		—	Not applicable	89	8	214	9			
		Total		1,116	100	2,394	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	167	15	284	12	2.0	2.2 ***	-.18
		1	Very little	130	12	239	10			
		2	Some	209	19	468	19			
		3	Quite a bit	174	16	406	17			
		4	Very much	126	11	400	17			
		—	Not applicable	309	28	595	24			
		Total		1,115	100	2,392	100			
f. Your academic advisor	MHWsadviser	0	Not at all	285	26	643	27	1.6	1.5	.02
		1	Very little	173	15	393	16			
		2	Some	266	24	489	21			
		3	Quite a bit	138	12	272	11			
		4	Very much	93	8	237	10			
		—	Not applicable	162	15	360	15			
		Total		1,117	100	2,394	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		
				WSU		R1 Comparison		WSU	R1 Comparison	Effect size ^d
				Count	%	Count	%	Mean	Mean	
g. Your instructors	MHWsinstruct	0	Not at all	165	15	360	16	1.9	1.9	-.01
		1	Very little	174	15	437	18			
		2	Some	376	34	675	28			
		3	Quite a bit	192	17	397	16			
		4	Very much	104	9	290	12			
		—	Not applicable	106	10	234	10			
		Total		1,117	100	2,393	100			
h. Counseling services	MHWscounsel	0	Not at all	213	19	448	19	1.6	1.7	-.03
		1	Very little	89	8	186	8			
		2	Some	135	12	232	10			
		3	Quite a bit	84	8	200	8			
		4	Very much	103	9	235	10			
		—	Not applicable	492	44	1,094	46			
		Total		1,116	100	2,395	100			
i. Student health center or clinic	MHWsclinic	0	Not at all	209	19	494	21	1.5	1.4	.08
		1	Very little	84	8	182	7			
		2	Some	152	14	217	9			
		3	Quite a bit	70	6	137	6			
		4	Very much	68	6	143	6			
		—	Not applicable	534	48	1,220	51			
		Total		1,117	100	2,393	100			
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	227	20	553	23	1.3	1.2	.08
		1	Very little	109	10	244	10			
		2	Some	156	14	227	10			
		3	Quite a bit	57	5	118	5			
		4	Very much	51	5	121	5			
		—	Not applicable	518	46	1,132	47			
		Total		1,118	100	2,395	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	18	2	54	2	4.7	4.7	.01
		2	Disagree	39	4	123	5			
		3	Slightly disagree	102	9	185	8			
		4	Slightly agree	249	22	515	22			
		5	Agree	430	38	821	34			
		6	Strongly agree	279	25	696	28			
		Total		1,117	100	2,394	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	74	7	156	7	3.7	3.7	.05
		2	Disagree	211	18	482	20			
		3	Slightly disagree	213	19	472	20			
		4	Slightly agree	246	22	484	20			
		5	Agree	226	21	489	20			
		6	Strongly agree	146	14	308	13			
		Total		1,116	100	2,391	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	66	6	159	7	3.8	3.8	.05
		2	Disagree	170	15	394	16			
		3	Slightly disagree	218	19	441	18			
		4	Slightly agree	258	23	552	23			
		5	Agree	276	25	570	25			
		6	Strongly agree	128	12	272	11			
		Total		1,116	100	2,388	100			

Seniors

Item wording or description	Variable name	Values ^c	Response options	Frequency Distributions ^a				Statistical Comparisons ^b		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	42	4	116	5	4.1	4.0 *	.08 △
		2	Disagree	88	8	237	10			
		3	Slightly disagree	184	16	392	16			
		4	Slightly agree	343	31	715	30			
		5	Agree	335	31	631	27			
		6	Strongly agree	119	11	290	12			
		Total		1,111	100	2,381	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		282	25	555	24	74%	75%	-.03
		Yes	Help for this is not available	821	74	1,804	75			
		10	26	1	1					
		Total		1,113	100	2,385	100			
b. Discrimination or harassment	MHWhdiscrim <i>(Means indicate the percentage who responded "Yes.")</i>	No		314	28	662	28	71%	70%	.02
		Yes	Help for this is not available	790	71	1,691	70			
		8	33	1	1					
		Total		1,112	100	2,386	100			
c. Food insecurity (not having enough food)	MHWhfood <i>(Means indicate the percentage who responded "Yes.")</i>	No		257	23	780	34	76%	65% ***	.24 △
		Yes	Help for this is not available	844	76	1,581	65			
		10	23	1	1					
		Total		1,111	100	2,384	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse <i>(Means indicate the percentage who responded "Yes.")</i>	No		586	52	1,370	57	45%	39% ***	.12 △
		Yes	Help for this is not available	499	45	932	39			
		27	79	3	3					
		Total		1,112	100	2,381	100			
e. Emergency financial situation	MHWhfinance <i>(Means indicate the percentage who responded "Yes.")</i>	No		546	49	1,378	58	50%	40% ***	.20 △
		Yes	Help for this is not available	546	50	946	40			
		21	62	3	3					
		Total		1,113	100	2,386	100			
f. Lack of care for dependents	MHWhcare <i>(Means indicate the percentage who responded "Yes.")</i>	No		667	60	1,541	65	38%	32% ***	.11 △
		Yes	Help for this is not available	411	38	776	32			
		29	67	3	3					
		Total		1,107	100	2,384	100			
g. Mental health crises	MHWhmental <i>(Means indicate the percentage who responded "Yes.")</i>	No		311	28	637	28	70%	71%	-.02
		Yes	Help for this is not available	785	70	1,719	71			
		14	26	1	1					
		Total		1,110	100	2,382	100			
h. Sexual assault or relationship violence	MHWhassault <i>(Means indicate the percentage who responded "Yes.")</i>	No		356	32	595	26	67%	73% ***	-.14 ▽
		Yes	Help for this is not available	743	67	1,765	73			
		11	23	1	1					
		Total		1,110	100	2,383	100			
i. Sleep difficulty	MHWhsleep <i>(Means indicate the percentage who responded "Yes.")</i>	No		691	62	1,562	65	35%	32%	.06
		Yes	Help for this is not available	381	35	749	32			
		37	74	3	3					
		Total		1,109	100	2,385	100			
j. Substance abuse	MHWhabuse <i>(Means indicate the percentage who responded "Yes.")</i>	No		524	47	1,088	46	51%	53%	-.02
		Yes	Help for this is not available	571	51	1,263	53			
		14	32	1	1					
		Total		1,109	100	2,383	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		
				WSU		R1 Comparison		WSU	R1 Comparison	
				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	63	6	74	3	2.3	2.6 ***	-0.18 ▽
		1	Very little	99	9	217	9			
		2	Some	200	18	475	20			
		3	Quite a bit	215	20	441	19			
		4	Very much	120	11	388	17			
		—	I don't know	415	36	781	33			
			Total	1,112	100	2,376	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	33	3	46	2	2.6	2.7 *	-0.09 ▽
		1	Very little	65	6	132	5			
		2	Some	238	21	538	23			
		3	Quite a bit	309	28	618	26			
		4	Very much	177	16	468	20			
		—	I don't know	289	25	576	24			
			Total	1,111	100	2,378	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	18	2	52	2	2.7	2.7	-0.06
		1	Very little	80	7	156	6			
		2	Some	265	24	561	23			
		3	Quite a bit	314	28	629	27			
		4	Very much	182	17	507	21			
		—	I don't know	251	22	459	20			
			Total	1,110	100	2,364	100			
d. Affordable housing for students	MHWihouse	0	Not at all	112	10	372	16	1.9	1.6 ***	.25 △
		1	Very little	149	13	445	18			
		2	Some	240	22	476	20			
		3	Quite a bit	146	14	199	8			
		4	Very much	70	7	152	7			
		—	I don't know	395	35	725	31			
			Total	1,112	100	2,369	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	19	2	54	2	2.9	3.0	-0.07
		1	Very little	53	5	128	5			
		2	Some	232	21	443	19			
		3	Quite a bit	319	29	704	30			
		4	Very much	287	27	781	33			
		—	I don't know	201	17	258	11			
			Total	1,111	100	2,368	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 596 first-year student(s) and 651 senior(s). Responses are provided in your NSSE25 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
		WSU	R1 Comparison	WSU	R1 Comparison	WSU	R1 Comparison			
MHWdacad	1,005	4.08	4.09	.034	.016	1.09	1.15	1,453	.842	-.01
MHWdemploy	708	3.69	3.35	.063	.028	1.68	1.72	1,008	.000	.19
MHWdfinance	944	3.99	3.81	.050	.023	1.53	1.60	1,358	.001	.11
MHWdfamily	987	2.72	2.61	.049	.021	1.55	1.49	1,348	.043	.07
MHWdhomesick	949	2.75	2.57	.053	.022	1.62	1.58	1,310	.002	.11
MHWdromantic	807	3.08	3.22	.061	.027	1.73	1.76	1,140	.034	-.08
MHWdpeers	981	2.80	2.87	.048	.020	1.49	1.48	1,366	.161	-.05
MHWdlonely	989	3.27	3.32	.054	.023	1.68	1.68	1,382	.467	-.03
MHWdmental	992	3.44	3.37	.051	.023	1.62	1.65	1,401	.227	.04
MHWdexhaust	996	3.95	3.92	.050	.022	1.59	1.59	1,394	.589	.02
MHWdsleep	1,003	3.79	3.72	.051	.022	1.61	1.58	1,385	.209	.04
MHWdphysical	999	2.98	2.93	.048	.020	1.53	1.43	1,347	.328	.04
MHWddiscrim	893	1.54	1.50	.033	.015	.99	1.02	1,267	.314	.04
MHWsfriend	974	2.95	2.87	.032	.014	.98	1.05	1,413	.018	.08
MHWsfamily	984	2.88	2.92	.035	.015	1.10	1.10	1,369	.384	-.03
MHWsromantic	618	2.87	2.69	.051	.025	1.28	1.37	924	.001	.13
MHWsstudent	907	1.82	1.87	.038	.017	1.14	1.18	1,286	.322	-.04
MHWscultural	749	2.06	2.14	.047	.021	1.28	1.34	1,058	.116	-.06
MHWsadvice	863	1.74	1.61	.043	.019	1.25	1.27	1,224	.005	.10
MHWsinstruct	878	1.78	1.73	.039	.017	1.15	1.19	1,252	.240	.04
MHWscounsel	508	1.83	1.65	.058	.026	1.30	1.40	726	.006	.13
MHWScclinic	545	1.90	1.61	.055	.026	1.29	1.40	801	.000	.21
MHWsstaff	630	1.65	1.53	.049	.022	1.24	1.31	905	.020	.10
MHWfood	1,007	4.58	4.56	.036	.017	1.16	1.25	1,485	.557	.02
MHWexercise	1,007	4.08	3.99	.043	.019	1.38	1.39	1,417	.070	.06
MHWleisure	1,006	4.20	4.14	.041	.018	1.29	1.30	1,419	.204	.04
MHWinst	1,005	4.37	4.33	.034	.016	1.07	1.18	1,504	.297	.03

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	WSU	WSU	R1 Comparison	WSU	R1 Comparison	WSU	R1 Comparison	Comparisons with: R1 Comparison		
MHWdepress	1,006	75%	78%	.014	.006	--	--	--	.044	-.07
MHWdiscrim	1,005	71%	73%	.014	.006	--	--	--	.126	-.05
MHWfood	1,002	76%	69%	.014	.006	--	--	--	.000	.14
MWHhouse	1,005	55%	52%	.016	.007	--	--	--	.038	.07
MWHfinance	1,002	58%	52%	.016	.007	--	--	--	.001	.11
MWHcare	1,004	44%	43%	.016	.007	--	--	--	.605	.02
MWHmental	1,003	75%	77%	.014	.006	--	--	--	.121	-.05
MWHassault	1,004	70%	77%	.014	.006	--	--	--	.000	-.15
MWHsleep	1,004	41%	39%	.016	.007	--	--	--	.498	.02
MWHabuse	1,005	59%	63%	.015	.007	--	--	--	.060	-.06
MHWifood	839	2.79	2.67	.038	.017	1.10	1.09	1,188	.004	.11
MWHihelp	859	2.88	2.90	.032	.014	.93	.95	1,225	.619	-.02
MHWicounsel	855	2.85	2.88	.032	.014	.94	.95	1,205	.485	-.03
MWHihouse	830	2.10	1.79	.039	.017	1.11	1.15	1,183	.000	.27
MHWiinternet	934	2.56	2.83	.035	.015	1.08	1.04	1,269	.000	-.26

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		WSU	R1 Comparison	WSU	R1 Comparison	WSU	R1 Comparison			
MHWdacad	1,113	4.19	4.10	.035	.017	1.17	1.29	1,671	.023	.07
MHWdemploy	944	3.57	3.43	.054	.023	1.65	1.64	1,305	.017	.08
MHWdfinance	1,089	4.04	3.97	.048	.021	1.58	1.61	1,543	.166	.05
MHWdfamily	1,091	2.86	2.83	.049	.021	1.62	1.59	1,512	.583	.02
MHWdhomesick	975	2.35	1.97	.052	.019	1.61	1.40	1,257	.000	.27
MHWdromantic	967	3.10	2.94	.058	.024	1.79	1.76	1,332	.008	.09
MHWdpeers	1,079	2.58	2.67	.044	.019	1.43	1.44	1,515	.061	-.06
MHWdlonely	1,083	3.14	3.12	.050	.023	1.66	1.72	1,555	.794	.01
MHWdmental	1,102	3.60	3.47	.050	.021	1.65	1.63	1,537	.018	.08
MHWdexhaust	1,103	4.26	4.15	.047	.021	1.56	1.59	1,567	.041	.07
MHWdsleep	1,109	3.95	3.79	.048	.021	1.61	1.60	1,552	.003	.10
MHWdphysical	1,104	3.27	3.18	.045	.020	1.51	1.52	1,554	.072	.06
MHWddiscrim	1,010	1.57	1.60	.034	.015	1.09	1.14	1,452	.405	-.03
MHWsfriend	1,079	2.96	2.91	.031	.014	1.03	1.03	1,518	.224	.04
MHWsfamily	1,090	2.83	2.87	.034	.014	1.12	1.10	1,508	.242	-.04
MHWsromantic	804	2.98	2.97	.043	.020	1.21	1.28	1,179	.799	.01
MHWsstudent	1,025	1.93	1.98	.038	.017	1.22	1.21	1,433	.210	-.04
MHWscultural	804	1.95	2.20	.048	.020	1.36	1.36	1,115	.000	-.18
MHWsadvice	950	1.56	1.53	.042	.019	1.31	1.36	1,369	.549	.02
MHWsinstruct	1,006	1.89	1.90	.038	.017	1.19	1.26	1,468	.756	-.01
MHWscounsel	621	1.62	1.66	.059	.027	1.47	1.52	895	.550	-.03
MHWsclinic	582	1.49	1.38	.057	.027	1.38	1.43	849	.090	.08
MHWsstaff	602	1.33	1.23	.053	.024	1.30	1.35	871	.081	.08
MHWfood	1,113	4.67	4.66	.035	.016	1.15	1.24	1,638	.853	.01
MHWexercise	1,113	3.73	3.66	.044	.019	1.48	1.49	1,565	.151	.05
MHWleisure	1,113	3.84	3.76	.043	.019	1.42	1.45	1,582	.126	.05
MHWinst	1,107	4.09	3.99	.037	.017	1.25	1.33	1,626	.016	.08

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		WSU	R1 Comparison	WSU	R1 Comparison	WSU	R1 Comparison			
MHWdepress	1110	74%	75%	.013	.006	--	--	--	.376	-.03
MHWdiscrim	1108	71%	70%	.014	.006	--	--	--	.620	.02
MHWfood	1108	76%	65%	.013	.006	--	--	--	.000	.24
MWHhouse	1108	45%	39%	.015	.006	--	--	--	.000	.12
MWHfinance	1109	50%	40%	.015	.006	--	--	--	.000	.20
MWHcare	1103	38%	32%	.015	.006	--	--	--	.001	.11
MWHmental	1106	70%	71%	.014	.006	--	--	--	.509	-.02
MWHassault	1106	67%	73%	.014	.006	--	--	--	.000	-.14
MWHsleep	1106	35%	32%	.014	.006	--	--	--	.060	.06
MWHabuse	1105	51%	53%	.015	.007	--	--	--	.448	-.02
MHWifood	704	2.35	2.55	.044	.018	1.18	1.14	952	.000	-.18
MWHihelp	828	2.65	2.74	.036	.015	1.04	1.02	1,140	.018	-.09
MHWicounsel	858	2.65	2.72	.034	.015	.99	1.03	1,232	.088	-.06
MHWihouse	725	1.89	1.59	.044	.019	1.20	1.23	1,018	.000	.25
MHWiinternet	918	2.90	2.97	.033	.014	1.00	1.03	1,287	.053	-.07

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.