NSSE 2023 Topical Module Report
Mental Health & Well-Being

Miami University-Hamilton

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]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size[d]
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	3	4	251	3			
		2		11	16	636	6			
		3		14	25	1,704	16			
		4		16	29	4,012	37	**3.6**	4.1 **	-.44
		5		12	19	3,104	28		▼	
		6	Very difficult	4	7	1,078	10			
		—	Not applicable	0	0	36	0			
			Total	60	100	10,821	100			
b. Employment	MHWdemploy	1	Not at all difficult	13	21	1,730	16			
		2		5	9	1,212	11			
		3		9	16	1,356	12			
		4		7	12	1,562	14	**3.2**	3.2	-.03
		5		9	13	1,043	10			
		6	Very difficult	6	9	904	9			
		—	Not applicable	11	19	3,010	28			
			Total	60	100	10,817	100			
c. Finances	MHWdfinance	1	Not at all difficult	3	4	846	8			
		2		5	9	1,184	11			
		3		13	23	1,751	16			
		4		14	23	2,303	22	**3.9**	3.9	.00
		5		11	17	2,130	19			
		6	Very difficult	8	15	1,892	17			
		—	Not applicable	5	8	711	7			
			Total	59	100	10,817	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	15	25	2,997	28			
		2		10	19	2,302	21			
		3		14	23	1,800	16			
		4		4	7	1,848	17	**3.0**	2.8	.13
		5		10	15	1,015	9			
		6	Very difficult	6	9	666	6			
		—	Not applicable	1	1	184	2			
			Total	60	100	10,812	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	35	59	3,268	33			
		2		9	15	2,058	19			
		3		3	5	1,560	14			
		4		0	0	1,507	13	**1.5**	2.6 ***	-.70
		5		2	3	960	8		▼	
		6	Very difficult	1	1	830	7			
		—	Not applicable	10	17	631	6			
			Total	60	100	10,814	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	12	20	2,289	21			
		2		14	24	1,377	12			
		3		6	10	1,386	13			
		4		9	14	1,504	14	**2.8**	3.2	-.19
		5		2	3	1,021	9			
		6	Very difficult	6	9	1,248	12			
		—	Not applicable	11	20	1,984	18			
			Total	60	100	10,809	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]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size[d]
g. Relationships with peers	MHWdpeers	1	Not at all difficult	15	23	2,380	23			
		2		15	28	2,465	23			
		3		13	22	2,168	20			
		4		5	8	2,017	18	2.7	2.8	-.05
		5		4	7	986	9			
		6	Very difficult	6	9	621	5			
		—	Not applicable	2	3	157	2			
			Total	60	100	10,794	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	17	27	1,791	18			
		2		5	9	1,819	17			
		3		9	16	1,808	16			
		4		5	9	2,056	19	3.3	3.4	-.05
		5		11	20	1,607	15			
		6	Very difficult	10	14	1,525	14			
		—	Not applicable	3	5	197	2			
			Total	60	100	10,803	100			
i. Mental health	MHWdmental	1	Not at all difficult	6	10	1,394	14			
		2		9	17	1,477	14			
		3		9	15	1,894	17			
		4		9	15	2,364	21	3.8	3.6	.16
		5		11	19	1,899	17			
		6	Very difficult	15	22	1,642	14			
		—	Not applicable	1	2	142	1			
			Total	60	100	10,812	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	6	11	840	9			
		2		6	13	967	9			
		3		5	7	1,546	15			
		4		9	16	2,340	21	4.2	4.1	.08
		5		12	20	2,459	22			
		6	Very difficult	21	33	2,549	23			
		—	Not applicable	0	0	101	1			
			Total	59	100	10,802	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	2	3	1,082	11			
		2		8	16	1,349	12			
		3		11	20	1,843	17			
		4		17	26	2,424	22	4.0	3.8	.12
		5		5	9	2,076	19			
		6	Very difficult	16	26	1,979	18			
		—	Not applicable	0	0	54	1			
			Total	59	100	10,807	100			
l. Physical health	MHWdphysical	1	Not at all difficult	12	21	1,885	19			
		2		10	20	2,174	20			
		3		12	19	2,283	21			
		4		8	13	2,330	21	3.2	3.1	.06
		5		5	7	1,182	11			
		6	Very difficult	11	17	852	8			
		—	Not applicable	1	2	95	1			
			Total	59	100	10,801	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]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	34	59	6,847	64			
		2		10	16	1,681	15			
		3		2	4	627	6			
		4		0	0	499	4	**1.6**	1.6	.00
		5		1	1	205	2			
		6	Very difficult	2	4	115	1			
		—	Not applicable	10	16	828	8			
			Total	59	100	10,802	100			

2. To what extent have the following supported your mental health and well-being?

				Count	%	Count	%	Mean	Mean	Effect size
a. Your friends	MHWsfriend	0	Not at all	1	1	244	2			
		1	Very little	4	6	722	7			
		2	Some	17	32	2,437	22			
		3	Quite a bit	14	22	3,520	32	**2.8**	2.9	-.04
		4	Very much	20	33	3,566	33			
		—	Not applicable	4	6	307	3			
			Total	60	100	10,796	100			
b. Your family	MHWsfamily	0	Not at all	3	5	410	4			
		1	Very little	8	14	1,005	9			
		2	Some	20	33	2,406	22			
		3	Quite a bit	10	16	2,961	27	**2.5**	2.8 *	-.26
		4	Very much	18	30	3,840	36		▽	
		—	Not applicable	1	1	171	2			
			Total	60	100	10,793	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	7	12	629	6			
		1	Very little	3	6	601	6			
		2	Some	7	13	1,221	12			
		3	Quite a bit	9	14	1,444	13	**2.5**	2.7	-.14
		4	Very much	18	27	2,651	25			
		—	Not applicable	15	27	4,227	39			
			Total	59	100	10,773	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	13	22	1,336	13			
		1	Very little	8	13	1,940	18			
		2	Some	23	40	3,651	34			
		3	Quite a bit	4	7	1,904	17	**1.7**	1.9	-.17
		4	Very much	8	13	1,053	10			
		—	Not applicable	3	5	891	8			
			Total	59	100	10,775	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	13	21	1,598	15			
		1	Very little	7	12	1,456	13			
		2	Some	10	17	2,412	22			
		3	Quite a bit	7	12	1,593	15	**1.7**	1.9	-.18
		4	Very much	6	10	1,265	12			
		—	Not applicable	16	27	2,430	23			
			Total	59	100	10,754	100			
f. Your academic advisor	MHWsadvise	0	Not at all	10	17	2,259	21			
		1	Very little	10	15	1,973	18			
		2	Some	14	26	2,662	25			
		3	Quite a bit	6	10	1,378	13	**1.8**	1.7	.11
		4	Very much	7	12	915	9			
		—	Not applicable	12	20	1,587	15			
			Total	59	100	10,774	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] Miami-Hamilton Count	%	Mental Health Count	%	Statistical Comparisons[b] Miami-Hamilton Mean	Mental Health Mean	Effect size[d]
g. Your instructors	MHWsinstruct	0	Not at all	11	18	1,580	15			
		1	Very little	13	23	2,016	19			
		2	Some	12	21	3,417	31			
		3	Quite a bit	8	13	1,705	16	1.7	1.8	-.10
		4	Very much	6	11	922	9			
		—	Not applicable	9	14	1,137	11			
			Total	59	100	10,777	100			
h. Counseling services	MHWscounsel	0	Not at all	10	18	1,688	16			
		1	Very little	2	4	1,042	10			
		2	Some	5	10	1,564	14			
		3	Quite a bit	7	11	979	9	1.7	1.8	-.02
		4	Very much	5	8	994	9			
		—	Not applicable	31	50	4,492	42			
			Total	60	100	10,759	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	10	17	2,198	20			
		1	Very little	3	6	1,477	14			
		2	Some	8	13	2,040	19			
		3	Quite a bit	6	10	922	9	1.5	1.5	-.02
		4	Very much	2	3	677	7			
		—	Not applicable	30	50	3,434	33			
			Total	59	100	10,748	100			

3. To what extent to do you agree or disagree with the following statements?

Item wording or description	Variable name	Values[c]	Response options	Miami-Hamilton Count	%	Mental Health Count	%	Miami-Hamilton Mean	Mental Health Mean	Effect size[d]
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	0	0	369	3			
		2	Disagree	2	4	668	6			
		3	Slightly disagree	4	7	1,203	11			
		4	Slightly agree	14	24	2,595	24	4.8	4.5 *	.26
		5	Agree	22	38	3,795	36		△	
		6	Strongly agree	17	27	2,133	21			
			Total	59	100	10,763	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	6	8	534	5			
		2	Disagree	8	12	1,582	15			
		3	Slightly disagree	11	19	1,985	19			
		4	Slightly agree	17	28	2,366	22	3.8	3.9	-.11
		5	Agree	11	19	2,713	25			
		6	Strongly agree	7	13	1,580	15			
			Total	60	100	10,760	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	3	4	413	4			
		2	Disagree	12	20	1,167	10			
		3	Slightly disagree	11	19	1,844	17			
		4	Slightly agree	17	29	2,686	25	3.7	4.1 *	-.29
		5	Agree	10	16	3,285	31		▽	
		6	Strongly agree	6	12	1,360	13			
			Total	59	100	10,755	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	2	3	238	2			
		2	Disagree	5	9	745	7			
		3	Slightly disagree	9	15	1,365	13			
		4	Slightly agree	21	35	3,507	32	4.0	4.2	-.19
		5	Agree	19	32	3,641	34			
		6	Strongly agree	3	6	1,242	12			
			Total	59	100	10,738	100			

NSSE 2023 Mental Health & Well-Being
Frequencies and Statistical Comparisons
Miami University-Hamilton

First-Year Students

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a] Miami-Hamilton Count	%	Mental Health Count	%	Statistical Comparisons[b] Miami-Hamilton Mean	Mental Health Mean	Effect size[d]
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress		No	18	31	2,355	24	**65%**	76% * ▽	-.24
(Means indicate the percentage who responded "Yes.")			Yes	39	65	8,313	76			
			Help for this is not available	3	4	88	1			
			Total	60	100	10,756	100			
b. Discrimination or harassment	MHWhdiscrim		No	13	21	2,867	28	**76%**	71%	.11
(Means indicate the percentage who responded "Yes.")			Yes	45	76	7,810	71			
			Help for this is not available	2	3	81	1			
			Total	60	100	10,758	100			
c. Food insecurity (not having enough food)	MHWhfood		No	29	48	3,853	36	**48%**	63% * ▼	-.30
(Means indicate the percentage who responded "Yes.")			Yes	28	48	6,787	63			
			Help for this is not available	3	4	106	1			
			Total	60	100	10,746	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse		No	30	51	4,612	44	**43%**	54%	-.23
(Means indicate the percentage who responded "Yes.")			Yes	26	43	5,927	54			
			Help for this is not available	4	6	190	2			
			Total	60	100	10,729	100			
e. Emergency financial situation	MHWhfinance		No	27	45	4,720	44	**52%**	55%	-.05
(Means indicate the percentage who responded "Yes.")			Yes	31	52	5,843	55			
			Help for this is not available	2	3	171	1			
			Total	60	100	10,734	100			
f. Lack of care for dependents	MHWhcare		No	31	54	6,032	56	**43%**	42%	.01
(Means indicate the percentage who responded "Yes.")			Yes	26	43	4,463	42			
			Help for this is not available	2	4	226	2			
			Total	59	100	10,721	100			
g. Mental health crises	MHWhmental		No	20	36	2,560	26	**63%**	74%	-.23
(Means indicate the percentage who responded "Yes.")			Yes	39	63	8,103	74			
			Help for this is not available	1	1	79	1			
			Total	60	100	10,742	100			
h. Sexual assault or relationship violence	MHWhassault		No	15	26	2,525	25	**72%**	74%	-.04
(Means indicate the percentage who responded "Yes.")			Yes	43	72	8,134	74			
			Help for this is not available	1	1	75	1			
			Total	59	100	10,734	100			
i. Sleep difficulty	MHWhsleep		No	36	63	6,241	58	**29%**	40%	-.22
(Means indicate the percentage who responded "Yes.")			Yes	18	29	4,237	40			
			Help for this is not available	5	8	264	2			
			Total	59	100	10,742	100			
j. Substance abuse	MHWhabuse		No	29	52	4,400	41	**46%**	58%	-.23
(Means indicate the percentage who responded "Yes.")			Yes	28	46	6,211	58			
			Help for this is not available	1	2	128	1			
			Total	58	100	10,739	100			
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	3	4	481	4	**2.5**	2.5	-.02
		1	Very little	2	4	1,249	11			
		2	Some	9	17	2,594	24			
		3	Quite a bit	13	20	2,515	23			
		4	Very much	6	10	2,098	20			
		—	I don't know	27	45	1,783	18			
			Total	60	100	10,720	100			

First-Year Students

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a] Miami-Hamilton Count	%	Mental Health Count	%	Statistical Comparisons[b] Miami-Hamilton Mean	Mental Health Mean	Effect size[d]
b. Health services for physical health needs	MHWihelp	0	Not at all	3	5	220	2			
		1	Very little	2	3	766	7			
		2	Some	10	19	2,697	25			
		3	Quite a bit	13	21	3,362	31	**2.6**	2.7	-.13
		4	Very much	8	14	2,218	22			
		—	I don't know	23	39	1,445	14			
			Total	59	100	10,708	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	1	2	163	2			
		1	Very little	1	1	647	6			
		2	Some	15	26	2,569	24			
		3	Quite a bit	15	25	3,450	32	**2.8**	2.8	-.06
		4	Very much	11	18	2,592	24			
		—	I don't know	16	26	1,294	13			
			Total	59	100	10,715	100			
d. Affordable housing for students	MHWihouse	0	Not at all	5	9	1,011	10			
		1	Very little	4	7	1,897	17			
		2	Some	4	8	3,408	31			
		3	Quite a bit	6	10	1,672	15	**1.7**	2.0	-.22
		4	Very much	2	3	1,011	10			
		—	I don't know	37	64	1,706	17			
			Total	58	100	10,705	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	1	1	368	4			
		1	Very little	2	3	1,115	10			
		2	Some	6	10	2,840	27			
		3	Quite a bit	19	35	3,186	29	**3.2**	2.7 ***	.47
		4	Very much	20	34	2,749	26		▲	
		—	I don't know	10	18	432	5			
			Total	58	100	10,690	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 23 first-year student(s) and 17 senior(s). Responses are provided in your NSSE23 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

| | | | | Frequency Distributions[a] | | | | Statistical Comparisons[b] | | |
| | | | | Miami-Hamilton | | Mental Health | | Miami-Hamilton | Mental Health | |
Item wording or description	Variable name	Values[c]	Response options	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	2	4	558	4			
		2		6	20	1,017	7			
		3		5	16	2,020	15			
		4		12	24	4,518	32	**3.9**	4.1	-.21
		5		9	22	4,073	29			
		6	Very difficult	5	14	1,742	12			
		—	Not applicable	0	0	74	1			
			Total	39	100	14,002	100			
b. Employment	MHWdemploy	1	Not at all difficult	9	21	2,020	15			
		2		3	7	1,703	12			
		3		5	17	2,137	15			
		4		7	17	2,806	20	**3.4**	3.5	-.09
		5		8	21	2,076	15			
		6	Very difficult	4	8	1,646	12			
		—	Not applicable	4	9	1,614	12			
			Total	40	100	14,002	100			
c. Finances	MHWdfinance	1	Not at all difficult	2	7	1,082	8			
		2		4	14	1,392	10			
		3		6	15	1,906	14			
		4		6	15	2,864	21	**4.0**	4.1	-.06
		5		11	25	2,820	20			
		6	Very difficult	9	20	3,602	25			
		—	Not applicable	2	5	346	3			
			Total	40	100	14,012	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	13	35	3,372	25			
		2		5	14	2,689	19			
		3		9	23	2,320	16			
		4		9	20	2,545	18	**2.5**	3.0	-.28
		5		2	3	1,594	11			
		6	Very difficult	2	4	1,314	9			
		—	Not applicable	0	0	167	1			
			Total	40	100	14,001	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	26	67	6,166	45			
		2		1	4	2,366	16			
		3		0	0	1,452	10			
		4		2	4	1,250	9	**1.3**	2.2 ***	-.55
		5		0	0	686	5	▼		
		6	Very difficult	1	2	629	4			
		—	Not applicable	9	23	1,459	11			
			Total	39	100	14,008	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	16	39	3,485	25			
		2		5	12	2,134	15			
		3		3	6	1,846	13			
		4		3	7	2,007	14	**2.7**	3.0	-.18
		5		5	13	1,254	9			
		6	Very difficult	4	11	1,554	11			
		—	Not applicable	4	12	1,720	13			
			Total	40	100	14,000	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	Miami-Hamilton Count	%	Mental Health Count	%	Miami-Hamilton Mean	Mental Health Mean	Effect size [d]
g. Relationships with peers	MHWdpeers	1	Not at all difficult	17	45	3,686	27			
		2		5	15	3,165	22			
		3		4	9	2,593	18			
		4		7	18	2,352	17	**2.2**	2.7	-.31
		5		1	2	1,154	8			
		6	Very difficult	2	4	700	5			
		—	Not applicable	3	7	348	3			
			Total	39	100	13,998	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	16	38	3,157	23			
		2		4	14	2,319	16			
		3		3	6	2,084	14			
		4		2	4	2,426	17	**2.9**	3.2	-.15
		5		5	13	1,867	13			
		6	Very difficult	6	18	1,757	13			
		—	Not applicable	4	9	393	3			
			Total	40	100	14,003	100			
i. Mental health	MHWdmental	1	Not at all difficult	7	20	1,894	15			
		2		5	16	1,793	13			
		3		5	13	2,193	16			
		4		10	22	2,951	21	**3.3**	3.6	-.23
		5		8	20	2,450	17			
		6	Very difficult	3	6	2,510	17			
		—	Not applicable	1	4	215	2			
			Total	39	100	14,006	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	6	19	1,111	9			
		2		4	10	1,075	8			
		3		2	7	1,732	13			
		4		8	18	2,749	20	**3.8**	4.2	-.24
		5		10	23	3,173	22			
		6	Very difficult	10	22	4,000	27			
		—	Not applicable	0	0	157	1			
			Total	40	100	13,997	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	8	28	1,430	11			
		2		3	9	1,706	12			
		3		6	13	2,284	16			
		4		8	15	2,956	21	**3.3**	3.9 *	-.33
		5		8	22	2,602	19		▼	
		6	Very difficult	6	13	2,934	20			
		—	Not applicable	0	0	94	1			
			Total	39	100	14,006	100			
l. Physical health	MHWdphysical	1	Not at all difficult	9	25	2,145	16			
		2		4	11	2,598	19			
		3		7	17	2,848	20			
		4		8	18	3,095	22	**3.2**	3.2	-.05
		5		7	21	1,713	12			
		6	Very difficult	3	6	1,473	10			
		—	Not applicable	1	2	120	1			
			Total	39	100	13,992	100			

Frequency Distributions[a]   **Statistical Comparisons**[b]

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

Seniors

				Frequency Distributions[a]				Statistical Comparisons[b]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	27	71	8,652	63	1.3	1.6 * ▼	-.32
		2		1	2	2,151	14			
		3		2	4	856	6			
		4		2	4	669	5			
		5		0	0	269	2			
		6	Very difficult	0	0	231	2			
		—	Not applicable	8	19	1,177	9			
			Total	40	100	14,005	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	0	0	372	3	3.0	2.9	.09
		1	Very little	3	9	904	7			
		2	Some	6	18	3,152	23			
		3	Quite a bit	13	31	4,287	30			
		4	Very much	13	34	4,823	34			
		—	Not applicable	4	7	454	4			
			Total	39	100	13,992	100			
b. Your family	MHWsfamily	0	Not at all	0	0	528	4	3.4	2.8 *** ▲	.48
		1	Very little	1	2	1,346	10			
		2	Some	6	15	3,315	23			
		3	Quite a bit	11	26	3,698	26			
		4	Very much	18	52	4,863	35			
		—	Not applicable	3	6	230	2			
			Total	39	100	13,980	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	1	2	753	6	3.0	2.9	.09
		1	Very little	4	11	709	5			
		2	Some	2	4	1,630	12			
		3	Quite a bit	7	18	2,311	16			
		4	Very much	14	34	4,798	34			
		—	Not applicable	12	31	3,776	27			
			Total	40	100	13,977	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	7	21	1,871	14	1.7	2.0	-.19
		1	Very little	6	18	2,264	16			
		2	Some	11	26	4,467	32			
		3	Quite a bit	4	8	2,516	17			
		4	Very much	4	14	1,596	11			
		—	Not applicable	7	13	1,250	9			
			Total	39	100	13,964	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	4	13	2,301	17	2.2	1.9	.23
		1	Very little	1	2	1,819	13			
		2	Some	6	16	2,807	20			
		3	Quite a bit	4	8	1,772	12			
		4	Very much	4	14	1,641	12			
		—	Not applicable	20	47	3,602	26			
			Total	39	100	13,942	100			
f. Your academic advisor	MHWsadvise	0	Not at all	9	20	3,624	26	1.5	1.5	-.04
		1	Very little	8	22	2,148	15			
		2	Some	10	28	2,927	21			
		3	Quite a bit	3	6	1,574	11			
		4	Very much	2	7	1,339	10			
		—	Not applicable	8	18	2,348	17			
			Total	40	100	13,960	100			

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

Seniors

				Frequency Distributions[a]				Statistical Comparisons[b]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
g. Your instructors	MHWsinstruct	0	Not at all	4	11	2,053	15			
		1	Very little	5	22	2,294	17			
		2	Some	17	38	4,200	30			
		3	Quite a bit	5	11	2,383	16	1.8	1.9	-.05
		4	Very much	3	9	1,575	11			
		—	Not applicable	5	9	1,461	11			
			Total	39	100	13,966	100			
h. Counseling services	MHWscounsel	0	Not at all	9	25	2,840	21			
		1	Very little	4	8	1,187	9			
		2	Some	2	5	1,685	12			
		3	Quite a bit	2	7	1,079	7	1.4	1.6	-.11
		4	Very much	3	9	1,265	9			
		—	Not applicable	20	46	5,901	42			
			Total	40	100	13,957	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	7	20	3,381	25			
		1	Very little	3	9	1,501	10			
		2	Some	7	17	1,721	12			
		3	Quite a bit	0	0	756	5	1.2	1.3	-.01
		4	Very much	1	5	765	6			
		—	Not applicable	21	49	5,811	42			
			Total	39	100	13,935	100			

3. To what extent to do you agree or disagree with the following statements?

				Count	%	Count	%	Mean	Mean	Effect size[d]
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	0	0	326	2			
		2	Disagree	3	6	672	5			
		3	Slightly disagree	5	13	1,286	9			
		4	Slightly agree	4	9	3,058	22	4.8	4.6	.13
		5	Agree	15	42	5,032	36			
		6	Strongly agree	13	31	3,589	26			
			Total	40	100	13,963	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	2	4	1,069	8			
		2	Disagree	13	34	2,544	18			
		3	Slightly disagree	7	18	2,786	20			
		4	Slightly agree	5	14	2,845	20	3.5	3.7	-.15
		5	Agree	7	13	2,826	21			
		6	Strongly agree	5	16	1,891	14			
			Total	39	100	13,961	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	5	13	964	7			
		2	Disagree	6	15	2,119	15			
		3	Slightly disagree	7	16	2,582	18			
		4	Slightly agree	9	20	3,246	23	3.6	3.8	-.14
		5	Agree	11	29	3,389	25			
		6	Strongly agree	2	7	1,652	12			
			Total	40	100	13,952	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	0	0	723	5			
		2	Disagree	3	6	1,447	11			
		3	Slightly disagree	6	14	2,179	15			
		4	Slightly agree	15	38	4,289	30	4.3	4.0	.21
		5	Agree	13	33	3,813	28			
		6	Strongly agree	3	9	1,473	11			
			Total	40	100	13,924	100			

Seniors

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a]				Statistical Comparisons[b]		
				Miami-Hamilton		Mental Health		Miami-Hamilton	Mental Health	
				Count	%	Count	%	Mean	Mean	Effect size[d]
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress		No	9	22	3,562	26	**78%**	72%	.14
	(Means indicate the percentage who responded "Yes.")		Yes	31	78	10,180	72			
			Help for this is not available	0	0	207	1			
			Total	40	100	13,949	100			
b. Discrimination or harassment	MHWhdiscrim		No	12	29	4,344	32	**71%**	67%	.07
	(Means indicate the percentage who responded "Yes.")		Yes	28	71	9,421	67			
			Help for this is not available	0	0	172	1			
			Total	40	100	13,937	100			
c. Food insecurity (not having enough food)	MHWhfood		No	15	40	5,438	40	**60%**	59%	.04
	(Means indicate the percentage who responded "Yes.")		Yes	25	60	8,304	59			
			Help for this is not available	0	0	196	1			
			Total	40	100	13,938	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse		No	19	50	7,745	56	**50%**	41%	.18
	(Means indicate the percentage who responded "Yes.")		Yes	20	50	5,790	41			
			Help for this is not available	0	0	387	3			
			Total	39	100	13,922	100			
e. Emergency financial situation	MHWhfinance		No	21	52	7,488	54	**46%**	44%	.05
	(Means indicate the percentage who responded "Yes.")		Yes	18	46	6,090	44			
			Help for this is not available	1	2	357	2			
			Total	40	100	13,935	100			
f. Lack of care for dependents	MHWhcare		No	20	51	9,053	65	**49%**	32% * ▲	.36
	(Means indicate the percentage who responded "Yes.")		Yes	20	49	4,399	32			
			Help for this is not available	0	0	466	3			
			Total	40	100	13,918	100			
g. Mental health crises	MHWhmental		No	12	31	4,080	30	**69%**	68%	.02
	(Means indicate the percentage who responded "Yes.")		Yes	28	69	9,657	68			
			Help for this is not available	0	0	194	1			
			Total	40	100	13,931	100			
h. Sexual assault or relationship violence	MHWhassault		No	11	29	4,060	29	**71%**	69%	.04
	(Means indicate the percentage who responded "Yes.")		Yes	29	71	9,717	69			
			Help for this is not available	0	0	152	1			
			Total	40	100	13,929	100			
i. Sleep difficulty	MHWhsleep		No	23	56	8,868	64	**40%**	33%	.15
	(Means indicate the percentage who responded "Yes.")		Yes	15	40	4,593	33			
			Help for this is not available	2	4	479	3			
			Total	40	100	13,940	100			
j. Substance abuse	MHWhabuse		No	17	45	6,914	50	**55%**	48%	.13
	(Means indicate the percentage who responded "Yes.")		Yes	23	55	6,718	48			
			Help for this is not available	0	0	301	2			
			Total	40	100	13,933	100			
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	2	4	647	4	**2.4**	2.4	.00
		1	Very little	2	4	1,511	10			
		2	Some	10	20	2,928	21			
		3	Quite a bit	3	10	2,567	19			
		4	Very much	4	11	1,877	14			
		—	I don't know	19	51	4,366	32			
			Total	40	100	13,896	100			

Seniors

| | | | | Frequency Distributions[a] | | | | Statistical Comparisons[b] | | |
| | | | | Miami-Hamilton | | Mental Health | | Miami-Hamilton | Mental Health | |
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
b. Health services for physical health needs	MHWihelp	0	Not at all	2	4	329	2			
		1	Very little	4	8	947	6			
		2	Some	6	15	3,423	24			
		3	Quite a bit	8	19	3,800	28	2.4	2.7	-.22
		4	Very much	4	11	2,384	18			
		—	I don't know	16	44	3,012	22			
			Total	40	100	13,895	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	0	0	395	3			
		1	Very little	2	4	1,161	8			
		2	Some	8	20	3,469	25			
		3	Quite a bit	10	26	3,752	27	2.8	2.6	.18
		4	Very much	6	15	2,538	18			
		—	I don't know	14	36	2,581	19			
			Total	40	100	13,896	100			
d. Affordable housing for students	MHWihouse	0	Not at all	2	4	1,559	11			
		1	Very little	5	13	2,389	17			
		2	Some	7	19	3,244	23			
		3	Quite a bit	1	3	1,493	11	1.6	1.8	-.20
		4	Very much	0	0	941	7			
		—	I don't know	25	61	4,259	31			
			Total	40	100	13,885	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	1	2	365	3			
		1	Very little	2	4	970	7			
		2	Some	5	11	2,987	21			
		3	Quite a bit	9	24	4,052	29	3.2	2.8	.30
		4	Very much	14	37	3,893	29			
		—	I don't know	8	22	1,598	12			
			Total	39	100	13,865	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 23 first-year student(s) and 17 senior(s). Responses are provided in your NSSE23 Student Comments Report and in a separate SPSS data file.

These open-ended responses appear exactly as respondents entered them and may not be suitable for distribution without prior review.

NSSE 2023 Mental Health & Well-Being

Detailed Statistics[e]
Miami University-Hamilton

First-Year Students

Variable name	N Miami-Hamilton	Mean Miami-Hamilton	Mean Mental Health	Standard error[f] Miami-Hamilton	Standard error[f] Mental Health	Standard deviation[g] Miami-Hamilton	Standard deviation[g] Mental Health	DF[h]	Sig.[i] Comparisons with: Mental Health	Effect size[d] Comparisons with: Mental Health
MHWdacad	59	3.62	4.12	.166	.015	1.27	1.14	59	.004	-.44
MHWdemploy	48	3.18	3.24	.253	.025	1.75	1.67	4,427	.826	-.03
MHWdfinance	53	3.92	3.92	.190	.020	1.39	1.53	5,732	.988	.00
MHWdfamily	58	2.97	2.77	.220	.020	1.67	1.57	6,025	.336	.13
MHWdhomesick	49	1.52	2.65	.152	.022	1.06	1.62	50	.000	-.70
MHWdromantic	47	2.82	3.16	.237	.025	1.63	1.76	5,000	.186	-.19
MHWdpeers	57	2.74	2.82	.207	.019	1.56	1.48	6,019	.690	-.05
MHWdlonely	56	3.30	3.38	.249	.022	1.86	1.68	6,003	.715	-.05
MHWdmental	58	3.83	3.56	.224	.021	1.70	1.62	6,041	.223	.16
MHWdexhaust	58	4.19	4.07	.233	.020	1.77	1.58	6,063	.565	.08
MHWdsleep	58	4.00	3.82	.197	.021	1.50	1.60	6,095	.371	.12
MHWdphysical	57	3.17	3.07	.234	.020	1.76	1.52	6,069	.654	.06
MHWddiscrim	49	1.57	1.57	.173	.014	1.21	1.06	5,659	.993	.00
MHWsfriend	55	2.85	2.89	.138	.014	1.03	1.04	5,935	.784	-.04
MHWsfamily	58	2.53	2.83	.160	.015	1.22	1.14	6,014	.050	-.26
MHWsromantic	42	2.53	2.72	.229	.022	1.49	1.34	3,747	.361	-.14
MHWsstudent	55	1.74	1.94	.173	.016	1.29	1.17	5,594	.216	-.17
MHWscultural	42	1.70	1.94	.219	.020	1.43	1.33	4,712	.232	-.18
MHWsadvise	47	1.81	1.67	.195	.018	1.33	1.29	5,207	.457	.11
MHWsinstruct	50	1.72	1.83	.184	.016	1.30	1.20	5,449	.499	-.10
MHWscounsel	29	1.74	1.77	.283	.024	1.54	1.41	3,550	.903	-.02
MHWsstaff	29	1.51	1.54	.247	.020	1.33	1.30	4,101	.918	-.02
MHWfood	58	4.79	4.45	.138	.016	1.05	1.27	59	.020	.26
MHWexercise	59	3.77	3.94	.190	.019	1.46	1.44	6,100	.382	-.11
MHWleisure	58	3.69	4.08	.182	.017	1.39	1.33	6,096	.026	-.29
MHWinst	58	4.03	4.25	.153	.015	1.17	1.17	6,083	.148	-.19
MHWhdepress	59	65%	76%	.063	.006	--	--	--	.047	-.24
MHWhdiscrim	59	76%	71%	.056	.006	--	--	--	.423	.11
MHWhfood	59	48%	63%	.066	.006	--	--	--	.017	-.30
MHWhhouse	59	43%	54%	.065	.006	--	--	--	.080	-.23
MHWhfinance	59	52%	55%	.066	.006	--	--	--	.714	-.05
MHWhcare	58	43%	42%	.065	.006	--	--	--	.953	.01
MHWhmental	59	63%	74%	.064	.006	--	--	--	.059	-.23
MHWhassault	58	72%	74%	.059	.006	--	--	--	.742	-.04
MHWhsleep	58	29%	40%	.060	.006	--	--	--	.109	-.22
MHWhabuse	57	46%	58%	.067	.006	--	--	--	.086	-.23
MHWifood	32	2.51	2.53	.199	.016	1.13	1.14	4,987	.904	-.02
MHWihelp	36	2.61	2.74	.190	.014	1.13	0.99	5,212	.441	-.13
MHWicounsel	43	2.76	2.81	.148	.014	0.97	0.98	5,270	.713	-.06
MHWihouse	21	1.72	1.98	.295	.016	1.35	1.15	5,019	.315	-.22
MHWiinternet	47	3.17	2.66	.131	.015	0.90	1.11	47	.000	.47

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

Seniors

Variable name	N	Mean		Standard error[f]		Standard deviation[g]		DF[h]	Sig.[i]	Effect size[d]
	Miami-Hamilton	Miami-Hamilton	Mental Health	Miami-Hamilton	Mental Health	Miami-Hamilton	Mental Health	Comparisons with: Mental Health		
MHWdacad	38	3.85	4.12	.235	.013	1.45	1.26	9,980	.198	-.21
MHWdemploy	35	3.36	3.50	.283	.017	1.68	1.63	8,817	.605	-.09
MHWdfinance	36	4.02	4.12	.265	.016	1.60	1.59	9,763	.717	-.06
MHWdfamily	38	2.54	3.00	.232	.016	1.44	1.63	9,906	.081	-.28
MHWdhomesick	29	1.33	2.15	.194	.016	1.04	1.49	28	.000	-.55
MHWdromantic	34	2.71	3.03	.332	.019	1.93	1.75	8,767	.288	-.18
MHWdpeers	35	2.25	2.71	.253	.015	1.50	1.49	9,751	.066	-.31
MHWdlonely	35	2.92	3.19	.348	.018	2.06	1.73	34	.454	-.15
MHWdmental	36	3.25	3.64	.266	.017	1.61	1.67	9,854	.158	-.23
MHWdexhaust	38	3.83	4.21	.296	.016	1.84	1.60	9,897	.142	-.24
MHWdsleep	38	3.33	3.86	.299	.016	1.84	1.62	9,951	.041	-.33
MHWdphysical	37	3.17	3.25	.273	.016	1.66	1.55	9,919	.761	-.05
MHWddiscrim	31	1.26	1.62	.138	.012	0.77	1.14	30	.013	-.32
MHWsfriend	35	2.99	2.89	.167	.011	0.99	1.06	9,659	.584	.09
MHWsfamily	36	3.36	2.81	.138	.012	0.82	1.14	35	.000	.48
MHWsromantic	26	3.04	2.93	.237	.015	1.22	1.27	7,286	.642	.09
MHWsstudent	33	1.72	1.96	.240	.013	1.38	1.22	9,059	.275	-.19
MHWscultural	20	2.17	1.86	.341	.016	1.52	1.37	7,396	.313	.23
MHWsadvise	32	1.49	1.54	.212	.015	1.19	1.36	8,275	.835	-.04
MHWsinstruct	34	1.85	1.91	.191	.013	1.12	1.25	8,918	.774	-.05
MHWscounsel	21	1.39	1.56	.349	.019	1.59	1.46	5,775	.612	-.11
MHWsstaff	19	1.24	1.26	.294	.018	1.29	1.34	5,801	.959	-.01
MHWfood	38	4.79	4.63	.192	.012	1.19	1.23	10,001	.429	.13
MHWexercise	38	3.47	3.70	.256	.015	1.57	1.51	9,999	.353	-.15
MHWleisure	38	3.60	3.81	.247	.015	1.53	1.45	9,994	.374	-.14
MHWinst	38	4.25	3.97	.163	.013	1.01	1.33	9,975	.194	.21
MHWhdepress	38	78%	72%	.068	.004	--	--	--	.414	.14
MHWhdiscrim	38	71%	67%	.074	.005	--	--	--	.653	.07
MHWhfood	38	60%	59%	.080	.005	--	--	--	.805	.04
MHWhhouse	38	50%	41%	.082	.005	--	--	--	.263	.18
MHWhfinance	38	46%	44%	.081	.005	--	--	--	.778	.05
MHWhcare	38	49%	32%	.082	.005	--	--	--	.020	.36
MHWhmental	38	69%	68%	.075	.005	--	--	--	.909	.02
MHWhassault	38	71%	69%	.074	.005	--	--	--	.820	.04
MHWhsleep	38	40%	33%	.080	.005	--	--	--	.354	.15
MHWhabuse	38	55%	48%	.081	.005	--	--	--	.405	.13
MHWifood	19	2.42	2.41	.273	.014	1.18	1.16	6,763	.995	.00
MHWihelp	22	2.44	2.66	.253	.011	1.18	1.01	7,757	.311	-.22
MHWicounsel	25	2.80	2.61	.176	.012	0.87	1.05	8,004	.371	.18
MHWihouse	15	1.57	1.81	.208	.014	0.81	1.19	6,826	.442	-.20
MHWiinternet	29	3.15	2.83	.191	.011	1.03	1.06	8,750	.106	.30

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

Endnotes

a. Column percentages are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Percentages may not sum to 100 due to rounding. Counts are unweighted; column percentages cannot be replicated from counts. Comparison group details are in the Selected Comparison Groups report, linked in the Data & Reports table on the Institution Interface.

b. All statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Unless otherwise noted, statistical comparisons are two-tailed independent t-tests. Items with categorical response sets are left blank.

c. These are the values used to calculate means. For the majority of items, these values match the codes in the data file and codebook.

d. Effect size for independent t-tests uses Cohen's d; z-tests use Cohen's h.

e. Statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Categorical items are not listed.

f. The 95% confidence interval for the population mean is equal to the sample mean plus or minus 1.96 times the standard error of the mean.

g. A measure of the amount individual scores deviate from the mean of all the scores in the distribution.

h. Degrees of freedom used to compute the t-tests. Values differ from Ns due to weighting and whether equal variances were assumed.

i. Statistical comparisons are two-tailed independent t-tests or z-tests. Statistical significance represents the probability that the difference between your students' mean and that of the students in the comparison group is due to chance.

j. Statistical comparison uses z-test to compare the proportion who responded (depending on the item) "Done or in progress" or "Yes" with all who responded otherwise.

k. Mean represents the proportion who responded (depending on the item) "Done or in progress" or "Yes."

Key to symbols:

▲   **Your students' average** was significantly higher (p < .05) with an effect size at least .3 in magnitude.

△   **Your students' average** was significantly higher (p < .05) with an effect size less than .3 in magnitude.

▽   **Your students' average** was significantly lower (p < .05) with an effect size less than .3 in magnitude.

▼   **Your students' average** was significantly lower (p < .05) with an effect size at least .3 in magnitude.

Note: It is important to interpret the direction of differences relative to item wording and your institutional context. You may not see all of these symbols in your report.