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# NSSE 2023 Topical Module Report

## Mental Health & Well-Being

### Miami University-Middletown

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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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
<b>1. During the current school year, how difficult have the following been for you?</b>										
a. Academics	MHWdacad	1	Not at all difficult	1	3	253	3	4.2	4.1	.03
		2		1	5	646	6			
		3		5	16	1,713	16			
		4		12	38	4,016	37			
		5		8	26	3,108	28			
		6	Very difficult	3	12	1,079	10			
		—	Not applicable	0	0	36	0			
			Total	30	100	10,851	100			
b. Employment	MHWdemploy	1	Not at all difficult	6	21	1,737	16	3.3	3.2	.05
		2		4	13	1,213	11			
		3		2	8	1,363	13			
		4		6	21	1,563	14			
		5		1	3	1,051	10			
		6	Very difficult	6	19	904	9			
		—	Not applicable	5	16	3,016	28			
			Total	30	100	10,847	100			
c. Finances	MHWdfinance	1	Not at all difficult	3	6	846	8	4.1	3.9	.13
		2		5	20	1,184	11			
		3		3	12	1,761	16			
		4		3	12	2,314	22			
		5		6	18	2,135	19			
		6	Very difficult	10	32	1,890	17			
		—	Not applicable	0	0	716	7			
			Total	30	100	10,846	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	7	26	3,005	28	2.7	2.8	-.04
		2		6	19	2,306	21			
		3		6	23	1,808	16			
		4		4	12	1,848	17			
		5		3	8	1,022	9			
		6	Very difficult	2	5	670	6			
		—	Not applicable	2	8	183	2			
			Total	30	100	10,842	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	15	49	3,288	33	1.7	2.6 **	-.56
		2		2	9	2,065	19			
		3		2	8	1,561	14			
		4		1	5	1,506	13			
		5		0	0	962	8			
		6	Very difficult	1	3	830	7			
		—	Not applicable	9	27	632	6			
			Total	30	100	10,844	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	8	24	2,293	21	2.6	3.2	-.32
		2		8	24	1,383	12			
		3		3	10	1,389	13			
		4		1	3	1,512	14			
		5		2	8	1,021	9			
		6	Very difficult	2	8	1,252	12			
		—	Not applicable	6	22	1,989	18			
			Total	30	100	10,839	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>			
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>	
				Count	%	Count	%	Mean	Mean		
g. Relationships with peers	MHWdpeers	1	Not at all difficult	12	38	2,383	23	<b>2.0</b>	2.8 **	▼	-.57
		2		8	29	2,472	23				
		3		2	5	2,179	20				
		4		3	11	2,019	18				
		5		1	3	989	9				
		6	Very difficult	0	0	627	5				
		—	Not applicable	4	15	155	2				
		Total		30	100	10,824	100				
h. Loneliness	MHWdlonely	1	Not at all difficult	7	22	1,801	18	<b>2.7</b>	3.4 *	▼	-.40
		2		7	27	1,817	16				
		3		5	14	1,812	16				
		4		1	3	2,060	19				
		5		2	8	1,616	15				
		6	Very difficult	3	9	1,532	14				
		—	Not applicable	5	17	195	2				
		Total		30	100	10,833	100				
i. Mental health	MHWdmental	1	Not at all difficult	4	11	1,396	14	<b>3.6</b>	3.6		.01
		2		3	13	1,483	14				
		3		3	11	1,900	17				
		4		7	26	2,366	21				
		5		4	12	1,906	17				
		6	Very difficult	4	12	1,653	14				
		—	Not applicable	4	15	139	1				
		Total		29	100	10,843	100				
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	2	6	844	9	<b>4.0</b>	4.1		-.04
		2		3	10	970	9				
		3		4	15	1,547	15				
		4		7	24	2,342	21				
		5		5	16	2,466	22				
		6	Very difficult	6	19	2,564	23				
		—	Not applicable	3	10	98	1				
		Total		30	100	10,831	100				
k. Sleeping well	MHWdsleep	1	Not at all difficult	2	8	1,082	11	<b>3.5</b>	3.8	▼	-.17
		2		7	26	1,350	12				
		3		3	9	1,851	17				
		4		5	18	2,436	22				
		5		8	24	2,073	19				
		6	Very difficult	3	8	1,992	19				
		—	Not applicable	2	7	52	1				
		Total		30	100	10,836	100				
l. Physical health	MHWdphysical	1	Not at all difficult	6	21	1,891	19	<b>3.1</b>	3.1		.00
		2		4	13	2,180	20				
		3		8	26	2,287	21				
		4		4	15	2,334	21				
		5		2	5	1,185	11				
		6	Very difficult	4	12	859	8				
		—	Not applicable	2	7	94	1				
		Total		30	100	10,830	100				

### First-Year Students

Item wording or description	Variable name	Values <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	18	59	6,863	64	<b>1.6</b>	1.6	.07
		2		4	15	1,687	15			
		3		1	3	628	6			
		4		0	0	499	4			
		5		1	3	205	2			
		6	Very difficult	1	5	116	1			
		—	Not applicable	5	16	833	8			
		Total		30	100	10,831	100			
<b>2. To what extent have the following supported your mental health and well-being?</b>										
a. Your friends	MHWsfriend	0	Not at all	0	0	245	2	<b>3.1</b>	2.9	.22
		1	Very little	1	5	725	7			
		2	Some	6	21	2,448	23			
		3	Quite a bit	9	29	3,525	32			
		4	Very much	13	41	3,573	33			
		—	Not applicable	1	5	310	3			
		Total		30	100	10,826	100			
b. Your family	MHWsfamily	0	Not at all	0	0	413	4	<b>3.0</b>	2.8	.13
		1	Very little	2	6	1,011	10			
		2	Some	7	26	2,419	22			
		3	Quite a bit	10	29	2,961	27			
		4	Very much	10	34	3,848	36			
		—	Not applicable	1	5	171	2			
Total		30	100	10,823	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	0	0	636	6	<b>3.2</b>	2.7	.32
		1	Very little	1	5	603	6			
		2	Some	3	11	1,225	12			
		3	Quite a bit	7	21	1,446	13			
		4	Very much	10	30	2,659	25			
		—	Not applicable	9	33	4,233	39			
Total		30	100	10,802	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	3	11	1,346	13	<b>2.1</b>	1.9	.17
		1	Very little	2	8	1,946	18			
		2	Some	12	41	3,662	34			
		3	Quite a bit	5	18	1,903	17			
		4	Very much	4	11	1,057	10			
		—	Not applicable	4	11	890	8			
Total		30	100	10,804	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	4	15	1,607	15	<b>2.1</b>	1.9	.09
		1	Very little	3	11	1,460	13			
		2	Some	5	16	2,417	22			
		3	Quite a bit	4	17	1,596	15			
		4	Very much	5	14	1,266	12			
		—	Not applicable	9	27	2,437	23			
Total		30	100	10,783	100					
f. Your academic advisor	MHWsadvice	0	Not at all	5	18	2,264	21	<b>1.8</b>	1.7	.14
		1	Very little	5	18	1,978	18			
		2	Some	7	23	2,669	25			
		3	Quite a bit	4	13	1,380	13			
		4	Very much	4	13	918	9			
		—	Not applicable	5	14	1,594	15			
Total		30	100	10,803	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	Mean
g. Your instructors	MHWsinstruct	0	Not at all	4	15	1,587	15	<b>2.1</b>	1.8	.21
		1	Very little	3	12	2,026	19			
		2	Some	10	32	3,419	31			
		3	Quite a bit	4	15	1,709	16			
		4	Very much	6	17	922	9			
		—	Not applicable	3	9	1,143	11			
Total				30	100	10,806	100			
h. Counseling services	MHWscounsel	0	Not at all	4	15	1,694	16	<b>2.2</b>	1.8	.32
		1	Very little	1	5	1,043	10			
		2	Some	6	19	1,563	14			
		3	Quite a bit	3	12	983	9			
		4	Very much	6	19	993	9			
		—	Not applicable	10	30	4,513	42			
Total				30	100	10,789	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	3	10	2,205	20	<b>2.4</b>	1.5 **	.64
		1	Very little	0	0	1,480	14			
		2	Some	5	20	2,043	19			
		3	Quite a bit	2	8	926	9			
		4	Very much	5	16	674	7			
		—	Not applicable	15	46	3,449	33			
Total				30	100	10,777	100			
<b>3. To what extent to do you agree or disagree with the following statements?</b>										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	0	0	369	3	<b>5.1</b>	4.5 **	.50
		2	Disagree	1	3	669	6			
		3	Slightly disagree	3	9	1,204	11			
		4	Slightly agree	2	5	2,607	24			
		5	Agree	12	41	3,805	36			
		6	Strongly agree	12	41	2,138	21			
		Total				30	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	1	3	539	5	<b>4.1</b>	3.9	.09
		2	Disagree	5	16	1,585	14			
		3	Slightly disagree	4	17	1,992	19			
		4	Slightly agree	6	21	2,377	22			
		5	Agree	8	22	2,716	25			
		6	Strongly agree	6	21	1,581	15			
		Total				30	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	0	0	416	4	<b>4.2</b>	4.1	.12
		2	Disagree	4	13	1,175	11			
		3	Slightly disagree	4	13	1,851	17			
		4	Slightly agree	6	22	2,697	25			
		5	Agree	12	39	3,283	31			
		6	Strongly agree	4	12	1,362	13			
		Total				30	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	1	5	239	2	<b>4.6</b>	4.2	.29
		2	Disagree	0	0	750	7			
		3	Slightly disagree	0	0	1,374	13			
		4	Slightly agree	11	37	3,517	32			
		5	Agree	13	44	3,647	34			
		6	Strongly agree	5	14	1,240	12			
		Total				30	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
<b>4. If you were to experience the following problems, would you know how to get help at your institution?</b>										
a. Depression or anxiety	MHWdepress	No		8	26	2,365	24	<b>74%</b>	76%	-.03
		Yes		22	74	8,330	76			
		Help for this is not available		0	0	91	1			
		Total		30	100	10,786	100			
	(Means indicate the percentage who responded "Yes.")									
b. Discrimination or harassment	MHWdiscrim	No		7	22	2,873	28	<b>78%</b>	71%	.15
		Yes		22	78	7,833	71			
		Help for this is not available		0	0	83	1			
		Total		29	100	10,789	100			
	(Means indicate the percentage who responded "Yes.")									
c. Food insecurity (not having enough food)	MHWfood	No		17	56	3,865	36	<b>44%</b>	63% *	-0.38
		Yes		13	44	6,802	63			
		Help for this is not available		0	0	109	1			
		Total		30	100	10,776	100			
	(Means indicate the percentage who responded "Yes.")									
d. Housing insecurity (inconsistent access to stable housing)	MHWhouse	No		19	63	4,623	44	<b>37%</b>	54%	-.35
		Yes		11	37	5,942	54			
		Help for this is not available		0	0	194	2			
		Total		30	100	10,759	100			
	(Means indicate the percentage who responded "Yes.")									
e. Emergency financial situation	MHWfinance	No		14	51	4,733	44	<b>49%</b>	55%	-.11
		Yes		15	49	5,859	55			
		Help for this is not available		0	0	173	1			
		Total		29	100	10,765	100			
	(Means indicate the percentage who responded "Yes.")									
f. Lack of care for dependents	MWHcare	No		19	63	6,044	56	<b>37%</b>	42%	-.11
		Yes		11	37	4,478	42			
		Help for this is not available		0	0	228	2			
		Total		30	100	10,750	100			
	(Means indicate the percentage who responded "Yes.")									
g. Mental health crises	MWHmental	No		9	28	2,571	26	<b>72%</b>	73%	-.04
		Yes		21	72	8,121	73			
		Help for this is not available		0	0	80	1			
		Total		30	100	10,772	100			
	(Means indicate the percentage who responded "Yes.")									
h. Sexual assault or relationship violence	MWHassault	No		9	27	2,531	25	<b>73%</b>	74%	-.03
		Yes		21	73	8,156	74			
		Help for this is not available		0	0	76	1			
		Total		30	100	10,763	100			
	(Means indicate the percentage who responded "Yes.")									
i. Sleep difficulty	MWHsleep	No		17	58	6,260	58	<b>42%</b>	40%	.05
		Yes		13	42	4,242	40			
		Help for this is not available		0	0	269	2			
		Total		30	100	10,771	100			
	(Means indicate the percentage who responded "Yes.")									
j. Substance abuse	MWHabuse	No		15	48	4,414	41	<b>52%</b>	57%	-.11
		Yes		15	52	6,224	57			
		Help for this is not available		0	0	129	1			
		Total		30	100	10,767	100			
	(Means indicate the percentage who responded "Yes.")									
<b>5. Thinking about resources on campus, to what extent does your institution provide adequate resources in the following areas?</b>										
a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)	MHWifood	0	Not at all	1	5	483	4	<b>2.4</b>	2.5	-.13
		1	Very little	3	13	1,248	11			
		2	Some	4	13	2,599	24			
		3	Quite a bit	5	20	2,523	23			
		4	Very much	4	14	2,100	20			
		—	I don't know	12	36	1,798	18			
		Total		29	100	10,751	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	0	0	223	2	<b>2.5</b>	2.7	-.26
		1	Very little	3	10	765	7			
		2	Some	7	27	2,700	25			
		3	Quite a bit	4	15	3,371	31			
		4	Very much	4	13	2,222	21			
		—	I don't know	12	35	1,456	14			
Total				30	100	10,737	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	0	0	164	2	<b>2.7</b>	2.8	-.09
		1	Very little	2	9	646	6			
		2	Some	8	27	2,576	24			
		3	Quite a bit	8	30	3,457	32			
		4	Very much	7	22	2,596	24			
		—	I don't know	5	11	1,305	13			
Total				30	100	10,744	100			
d. Affordable housing for students	MHWihouse	0	Not at all	2	9	1,014	10	<b>2.0</b>	2.0	.06
		1	Very little	1	5	1,900	17			
		2	Some	7	24	3,405	31			
		3	Quite a bit	2	9	1,676	15			
		4	Very much	3	8	1,010	10			
		—	I don't know	15	44	1,728	17			
Total				30	100	10,733	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	369	4	<b>3.1</b>	2.7 *	.41
		1	Very little	1	5	1,116	10			
		2	Some	5	18	2,841	27			
		3	Quite a bit	8	26	3,197	29			
		4	Very much	11	37	2,758	26			
		—	I don't know	5	14	437	5			
Total				30	100	10,718	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 13 first-year student(s) and 7 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

## Frequencies and Statistical Comparisons Miami University-Middletown

### Seniors

Item wording or description	Variable name	Values <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
<b>1. During the current school year, how difficult have the following been for you?</b>										
a. Academics	MHWdacad	1	Not at all difficult	2	14	558	4	<b>4.1</b>	4.1	-.03
		2		1	4	1,022	7			
		3		1	6	2,024	15			
		4		4	27	4,526	32			
		5		6	37	4,076	29			
		6	Very difficult	3	13	1,744	12			
		—	Not applicable	0	0	74	1			
			Total	17	100	14,024	100			
b. Employment	MHWdemploy	1	Not at all difficult	4	24	2,025	15	<b>3.3</b>	3.5	-.14
		2		0	0	1,706	12			
		3		3	20	2,139	15			
		4		2	9	2,811	20			
		5		4	22	2,080	15			
		6	Very difficult	1	6	1,649	12			
		—	Not applicable	3	20	1,615	12			
			Total	17	100	14,025	100			
c. Finances	MHWdfinance	1	Not at all difficult	3	18	1,081	8	<b>3.5</b>	4.1	-.39
		2		2	14	1,394	10			
		3		2	14	1,910	14			
		4		3	17	2,867	21			
		5		4	25	2,827	20			
		6	Very difficult	3	11	3,608	25			
		—	Not applicable	0	0	348	3			
			Total	17	100	14,035	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	4	26	3,381	25	<b>2.5</b>	3.0	-.30
		2		8	47	2,686	19			
		3		0	0	2,329	16			
		4		2	9	2,552	18			
		5		2	14	1,594	11			
		6	Very difficult	1	4	1,315	9			
		—	Not applicable	0	0	167	1			
			Total	17	100	14,024	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	7	42	6,185	45	<b>1.9</b>	2.2	-.18
		2		2	11	2,365	16			
		3		0	0	1,452	10			
		4		0	0	1,252	9			
		5		0	0	686	5			
		6	Very difficult	1	9	629	4			
		—	Not applicable	7	38	1,461	11			
			Total	17	100	14,030	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	8	49	3,493	25	<b>2.3</b>	3.0	-.43
		2		2	11	2,137	15			
		3		0	0	1,849	13			
		4		3	16	2,007	14			
		5		2	14	1,257	9			
		6	Very difficult	0	0	1,558	11			
		—	Not applicable	2	9	1,722	13			
			Total	17	100	14,023	100			

## Seniors

Item wording or description	Variable name	Values <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	8	49	3,695	27	1.9	2.7 *	-.52
		2		5	29	3,165	22			
		3		0	0	2,597	18			
		4		2	14	2,357	17			
		5		0	0	1,155	8			
		6	Very difficult	1	4	701	5			
		—	Not applicable	1	4	350	3			
		Total		17	100	14,020	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	11	65	3,162	23	1.8	3.2 ***	-.79
		2		1	9	2,322	16			
		3		2	11	2,085	14			
		4		2	11	2,426	17			
		5		0	0	1,872	13			
		6	Very difficult	1	4	1,762	13			
		—	Not applicable	0	0	397	3			
		Total		17	100	14,026	100			
i. Mental health	MHWdmental	1	Not at all difficult	5	30	1,896	15	2.7	3.6 *	-.59
		2		4	28	1,794	13			
		3		2	11	2,196	16			
		4		3	15	2,958	21			
		5		1	6	2,457	17			
		6	Very difficult	2	10	2,511	17			
		—	Not applicable	0	0	216	2			
		Total		17	100	14,028	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	4	27	1,113	9	3.2	4.2 **	-.66
		2		3	20	1,076	8			
		3		3	17	1,731	13			
		4		1	4	2,756	20			
		5		2	14	3,181	22			
		6	Very difficult	4	19	4,006	27			
		—	Not applicable	0	0	157	1			
		Total		17	100	14,020	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	4	30	1,434	11	3.3	3.9	-.37
		2		2	11	1,707	12			
		3		2	10	2,288	16			
		4		3	17	2,961	21			
		5		3	18	2,607	19			
		6	Very difficult	3	15	2,937	20			
		—	Not applicable	0	0	94	1			
		Total		17	100	14,028	100			
l. Physical health	MHWdphysical	1	Not at all difficult	5	33	2,149	16	2.7	3.3	-.36
		2		2	11	2,600	19			
		3		4	23	2,851	20			
		4		4	19	3,099	22			
		5		2	14	1,718	12			
		6	Very difficult	0	0	1,476	10			
		—	Not applicable	0	0	121	1			
		Total		17	100	14,014	100			

## Seniors

Item wording or description	Variable name	Values <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	Mean
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	10	60	8,669	63	<b>1.6</b>	1.6	.02
		2		1	6	2,151	14			
		3		1	6	857	6			
		4		0	0	671	5			
		5		1	9	268	2			
		6	Very difficult	0	0	231	2			
		—	Not applicable	4	20	1,181	9			
		Total		17	100	14,028	100			
<b>2. To what extent have the following supported your mental health and well-being?</b>										
a. Your friends	MHWsfriend	0	Not at all	1	6	371	3	<b>2.9</b>	2.9	.00
		1	Very little	1	9	906	7			
		2	Some	3	20	3,155	23			
		3	Quite a bit	4	22	4,296	30			
		4	Very much	8	43	4,828	34			
		—	Not applicable	0	0	458	4			
		Total		17	100	14,014	100			
b. Your family	MHWsfamily	0	Not at all	0	0	528	4	<b>3.2</b>	2.8	.34
		1	Very little	2	11	1,345	10			
		2	Some	3	18	3,318	23			
		3	Quite a bit	2	11	3,707	26			
		4	Very much	10	60	4,871	35			
		—	Not applicable	0	0	233	2			
Total		17	100	14,002	100					
c. Significant others or romantic partners	MHWsromantic	0	Not at all	1	4	753	6	<b>3.2</b>	2.9	.21
		1	Very little	1	6	712	5			
		2	Some	2	12	1,630	12			
		3	Quite a bit	1	6	2,317	16			
		4	Very much	8	49	4,804	34			
		—	Not applicable	4	23	3,784	27			
Total		17	100	14,000	100					
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	2	14	1,876	14	<b>1.8</b>	2.0	-.09
		1	Very little	2	11	2,268	16			
		2	Some	6	33	4,472	32			
		3	Quite a bit	3	20	2,517	17			
		4	Very much	1	4	1,599	11			
		—	Not applicable	3	18	1,254	9			
Total		17	100	13,986	100					
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	2	14	2,303	17	<b>1.5</b>	1.9	-.24
		1	Very little	3	20	1,817	13			
		2	Some	4	21	2,809	20			
		3	Quite a bit	2	9	1,774	12			
		4	Very much	1	4	1,644	12			
		—	Not applicable	5	32	3,617	26			
Total		17	100	13,964	100					
f. Your academic advisor	MHWsadvice	0	Not at all	2	14	3,631	26	<b>1.8</b>	1.5	.20
		1	Very little	4	25	2,152	15			
		2	Some	4	19	2,933	21			
		3	Quite a bit	3	20	1,574	11			
		4	Very much	2	9	1,339	10			
		—	Not applicable	2	12	2,354	17			
Total		17	100	13,983	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
g. Your instructors	MHWsinstruct	0	Not at all	2	14	2,055	15	<b>2.0</b>	1.9	.11
		1	Very little	1	6	2,298	17			
		2	Some	7	39	4,210	30			
		3	Quite a bit	3	20	2,385	16			
		4	Very much	2	9	1,576	11			
		—	Not applicable	2	12	1,464	11			
Total				17	100	13,988	100			
h. Counseling services	MHWscounsel	0	Not at all	2	14	2,847	21	<b>1.2</b>	1.6	-.24
		1	Very little	1	6	1,190	9			
		2	Some	1	4	1,686	12			
		3	Quite a bit	0	0	1,081	7			
		4	Very much	1	6	1,267	9			
		—	Not applicable	12	71	5,909	42			
Total				17	100	13,980	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	2	14	3,386	25	<b>1.4</b>	1.3	.14
		1	Very little	1	6	1,503	11			
		2	Some	2	10	1,726	12			
		3	Quite a bit	1	6	755	5			
		4	Very much	1	4	765	6			
		—	Not applicable	10	61	5,822	42			
Total				17	100	13,957	100			
<b>3. To what extent to do you agree or disagree with the following statements?</b>										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	0	0	326	2	<b>5.0</b>	4.6	.30
		2	Disagree	2	14	673	5			
		3	Slightly disagree	1	6	1,290	9			
		4	Slightly agree	0	0	3,062	22			
		5	Agree	5	26	5,042	36			
		6	Strongly agree	9	54	3,593	26			
		Total				17	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	2	14	1,069	8	<b>3.4</b>	3.7	-.17
		2	Disagree	3	18	2,554	18			
		3	Slightly disagree	4	24	2,789	20			
		4	Slightly agree	2	10	2,848	20			
		5	Agree	4	22	2,829	21			
		6	Strongly agree	2	12	1,894	14			
		Total				17	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	0	0	969	7	<b>4.2</b>	3.8	.30
		2	Disagree	3	15	2,122	15			
		3	Slightly disagree	3	20	2,586	18			
		4	Slightly agree	4	21	3,251	23			
		5	Agree	3	15	3,397	25			
		6	Strongly agree	4	30	1,650	12			
		Total				17	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	2	14	721	5	<b>4.4</b>	4.0	.32
		2	Disagree	0	0	1,450	11			
		3	Slightly disagree	1	6	2,184	15			
		4	Slightly agree	3	18	4,301	30			
		5	Agree	7	35	3,819	28			
		6	Strongly agree	4	27	1,472	11			
		Total				17	100			

### Seniors

Item wording or description	Variable name	Values <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
<b>4. If you were to experience the following problems, would you know how to get help at your institution?</b>										
a. Depression or anxiety	MHWdepress	No		5	27	3,566	26	<b>73%</b>	72%	.01
		Yes		12	73	10,199	72			
		Help for this is not available		0	0	207	1			
		Total		17	100	13,972	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
b. Discrimination or harassment	MHWdiscrim	No		6	30	4,350	32	<b>70%</b>	67%	.06
		Yes		11	70	9,438	67			
		Help for this is not available		0	0	172	1			
		Total		17	100	13,960	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
c. Food insecurity (not having enough food)	MHWfood	No		9	56	5,444	40	<b>44%</b>	59%	-.29
		Yes		8	44	8,321	59			
		Help for this is not available		0	0	196	1			
		Total		17	100	13,961	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
d. Housing insecurity (inconsistent access to stable housing)	MHWhouse	No		9	59	7,755	56	<b>41%</b>	41%	-.01
		Yes		7	41	5,803	41			
		Help for this is not available		0	0	387	3			
		Total		16	100	13,945	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
e. Emergency financial situation	MHWfinance	No		8	50	7,501	54	<b>50%</b>	44%	.12
		Yes		9	50	6,099	44			
		Help for this is not available		0	0	358	2			
		Total		17	100	13,958	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
f. Lack of care for dependents	MWHcare	No		10	61	9,063	65	<b>39%</b>	32%	.14
		Yes		7	39	4,412	32			
		Help for this is not available		0	0	466	3			
		Total		17	100	13,941	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
g. Mental health crises	MHWmental	No		5	27	4,087	30	<b>73%</b>	68%	.09
		Yes		12	73	9,673	68			
		Help for this is not available		0	0	194	1			
		Total		17	100	13,954	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
h. Sexual assault or relationship violence	MWHassault	No		6	33	4,065	29	<b>67%</b>	69%	-.05
		Yes		11	67	9,735	69			
		Help for this is not available		0	0	152	1			
		Total		17	100	13,952	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
i. Sleep difficulty	MWHsleep	No		9	58	8,882	64	<b>42%</b>	33%	.19
		Yes		8	42	4,600	33			
		Help for this is not available		0	0	481	3			
		Total		17	100	13,963	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
j. Substance abuse	MWHabuse	No		8	47	6,923	50	<b>53%</b>	48%	.09
		Yes		9	53	6,732	48			
		Help for this is not available		0	0	301	2			
		Total		17	100	13,956	100			
		<i>(Means indicate the percentage who responded "Yes.")</i>								
<b>5. Thinking about resources on campus, to what extent does your institution provide adequate resources in the following areas?</b>										
a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)	MHWifood	0	Not at all	0	0	649	4	<b>3.4</b>	2.4 *	.82
		1	Very little	1	6	1,512	10			
		2	Some	0	0	2,938	21			
		3	Quite a bit	2	11	2,568	19			
		4	Very much	4	27	1,877	14			
		—	I don't know	10	56	4,375	32			
		Total		17	100	13,919	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 <sup>c</sup>	Response options	Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Miami-Middletown		Mental Health		Miami-Middletown	Mental Health	Effect size <sup>d</sup>
				Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	0	0	331	2	<b>3.5</b>	2.7 **	.84
		1	Very little	0	0	951	6			
		2	Some	1	6	3,428	24			
		3	Quite a bit	4	20	3,804	28			
		4	Very much	6	39	2,382	18			
		—	I don't know	6	35	3,022	22			
Total				17	100	13,918	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	1	4	394	3	<b>3.0</b>	2.6	.40
		1	Very little	1	9	1,162	8			
		2	Some	1	6	3,476	25			
		3	Quite a bit	2	11	3,760	27			
		4	Very much	6	36	2,538	18			
		—	I don't know	6	35	2,589	20			
Total				17	100	13,919	100			
d. Affordable housing for students	MHWihouse	0	Not at all	1	4	1,560	11	<b>2.6</b>	1.8	.67
		1	Very little	1	9	2,393	17			
		2	Some	1	6	3,250	23			
		3	Quite a bit	1	4	1,493	11			
		4	Very much	3	18	938	7			
		—	I don't know	10	60	4,274	31			
Total				17	100	13,908	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	366	3	<b>3.8</b>	2.8 ***	.94
		1	Very little	0	0	972	7			
		2	Some	0	0	2,992	21			
		3	Quite a bit	2	11	4,059	29			
		4	Very much	9	54	3,898	28			
		—	I don't know	6	35	1,600	12			
Total				17	100	13,887	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 13 first-year student(s) and 7 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.*

#### First-Year Students

Variable name	N	Mean		Standard error <sup>f</sup>		Standard deviation <sup>g</sup>		DF <sup>h</sup>	Sig. <sup>i</sup>	Effect size <sup>d</sup>
		Miami-Middletown	Mental Health	Miami-Middletown	Mental Health	Miami-Middletown	Mental Health			
MHWdacad	30	4.16	4.12	.215	.013	1.17	1.14	8,189	.859	.03
MHWdemploy	25	3.32	3.23	.378	.022	1.90	1.67	5,925	.793	.05
MHWdfinance	30	4.12	3.92	.317	.018	1.73	1.53	7,672	.470	.13
MHWdfamily	28	2.70	2.77	.287	.018	1.51	1.57	8,064	.824	-.04
MHWdhomesick	22	1.73	2.64	.275	.019	1.29	1.62	21	.003	-.56
MHWdromantic	23	2.60	3.16	.354	.022	1.71	1.76	6,692	.128	-.32
MHWdpeers	25	1.97	2.82	.231	.016	1.17	1.48	25	.001	-.57
MHWdlonely	25	2.70	3.38	.337	.019	1.68	1.68	8,034	.045	-.40
MHWdmental	25	3.58	3.57	.322	.018	1.60	1.62	8,086	.976	.01
MHWdexhaust	27	4.01	4.07	.292	.018	1.51	1.58	8,114	.843	-.04
MHWdsleep	28	3.55	3.82	.297	.018	1.56	1.60	8,157	.377	-.17
MHWdphysical	28	3.07	3.08	.311	.017	1.64	1.52	8,122	.986	.00
MHWddiscrim	25	1.65	1.57	.271	.012	1.36	1.06	7,574	.721	.07
MHWsfriend	28	3.11	2.88	.174	.012	0.93	1.04	7,943	.241	.22
MHWsfamily	28	2.97	2.82	.179	.013	0.95	1.14	8,049	.496	.13
MHWsromantic	20	3.15	2.72	.214	.019	0.96	1.34	19	.058	.32
MHWsstudent	26	2.14	1.94	.222	.014	1.14	1.17	7,487	.379	.17
MHWscultural	22	2.06	1.94	.310	.017	1.45	1.33	6,307	.671	.09
MHWsadvice	26	1.85	1.67	.269	.015	1.37	1.29	6,969	.488	.14
MHWsinstruct	27	2.08	1.83	.254	.014	1.33	1.20	7,293	.279	.21
MHWscounsel	21	2.23	1.77	.328	.021	1.50	1.41	4,751	.143	.32
MHWsstaff	16	2.37	1.53	.360	.018	1.45	1.30	5,489	.010	.64
MHWfood	30	5.09	4.46	.195	.014	1.06	1.27	29	.003	.50
MHWexercise	30	4.06	3.93	.273	.016	1.49	1.44	8,164	.628	.09
MHWleisure	30	4.23	4.07	.226	.015	1.24	1.33	8,158	.524	.12
MHWinst	30	4.58	4.24	.194	.013	1.06	1.17	8,141	.114	.29
MHWdepress	30	74%	76%	.081	.005	--	--	--	.850	-.03
MHWdiscrim	29	78%	71%	.078	.005	--	--	--	.439	.15
MHWfood	30	44%	63%	.092	.005	--	--	--	.034	-.38
MWHhouse	30	37%	54%	.090	.006	--	--	--	.058	-.35
MWHfinance	28	49%	55%	.095	.006	--	--	--	.551	-.11
MWHcare	30	37%	42%	.090	.005	--	--	--	.535	-.11
MWHmental	30	72%	73%	.084	.005	--	--	--	.822	-.04
MWHassault	30	73%	74%	.083	.005	--	--	--	.876	-.03
MWHsleep	30	42%	40%	.092	.005	--	--	--	.783	.05
MWHabuse	30	52%	57%	.093	.005	--	--	--	.536	-.11
MHWifood	19	2.38	2.53	.293	.014	1.26	1.14	6,675	.576	-.13
MHWihelp	19	2.48	2.74	.227	.012	1.00	0.99	6,976	.244	-.26
MHWicounsel	26	2.73	2.81	.188	.012	0.97	0.98	7,054	.647	-.09
MHWihouse	17	2.05	1.98	.312	.014	1.27	1.15	6,718	.797	.06
MHWiinternet	26	3.11	2.66	.186	.013	0.94	1.11	7,731	.039	.41

\*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 <sup>f</sup>		Standard deviation <sup>g</sup>		DF <sup>h</sup>	Sig. <sup>i</sup>	Effect size <sup>d</sup>
		Miami-Middletown	Mental Health	Miami-Middletown	Mental Health	Miami-Middletown	Mental Health			
MHWdacad	17	4.08	4.12	.384	.014	1.59	1.26	7,949	.892	-.03
MHWdemploy	14	3.28	3.50	.481	.019	1.78	1.63	7,023	.617	-.14
MHWdfinance	17	3.51	4.12	.416	.018	1.72	1.59	7,777	.111	-.39
MHWdfamily	17	2.50	3.00	.374	.018	1.54	1.63	7,891	.212	-.30
MHWdhomesick	11	1.88	2.15	.552	.018	1.79	1.49	7,115	.560	-.18
MHWdromantic	15	2.28	3.03	.422	.021	1.66	1.75	6,984	.090	-.43
MHWdpeers	16	1.94	2.71	.333	.017	1.35	1.49	7,767	.036	-.52
MHWdlonely	17	1.83	3.19	.332	.020	1.37	1.73	16	.001	-.79
MHWdmental	17	2.65	3.64	.403	.019	1.67	1.67	7,849	.014	-.59
MHWdexhaust	17	3.15	4.21	.470	.018	1.94	1.60	7,884	.006	-.66
MHWdsleep	17	3.27	3.86	.463	.018	1.91	1.62	7,927	.131	-.37
MHWdphysical	17	2.70	3.25	.363	.017	1.50	1.55	7,901	.142	-.36
MHWddiscrim	14	1.64	1.62	.365	.013	1.34	1.14	7,303	.946	.02
MHWsfriend	17	2.89	2.89	.305	.012	1.26	1.06	7,693	.998	.00
MHWsfamily	17	3.20	2.81	.272	.013	1.12	1.14	7,827	.161	.34
MHWsromantic	13	3.19	2.93	.352	.017	1.27	1.26	5,803	.443	.21
MHWsstudent	14	1.84	1.96	.308	.014	1.15	1.22	7,216	.728	-.09
MHWscultural	12	1.53	1.86	.347	.018	1.18	1.37	5,891	.413	-.24
MHWsadvice	15	1.82	1.54	.335	.017	1.29	1.35	6,591	.432	.20
MHWsinstruct	15	2.04	1.91	.313	.015	1.21	1.25	7,103	.672	.11
MHWscounsel	5	1.20	1.56	.757	.022	1.69	1.46	4,600	.587	-.24
MHWsstaff	7	1.44	1.26	.573	.020	1.47	1.34	4,621	.719	.14
MHWfood	17	5.00	4.63	.357	.014	1.47	1.23	7,966	.211	.30
MHWexercise	17	3.45	3.70	.406	.017	1.68	1.51	7,964	.494	-.17
MHWleisure	17	4.24	3.81	.359	.016	1.48	1.45	7,960	.218	.30
MHWinst	17	4.40	3.97	.404	.015	1.67	1.33	7,945	.188	.32
MHWdepress	17	73%	72%	.111	.005	--	--	--	.966	.01
MWHdiscrim	17	70%	67%	.114	.005	--	--	--	.809	.06
MWHfood	17	44%	59%	.124	.006	--	--	--	.229	-.29
MWHhouse	16	41%	41%	.127	.006	--	--	--	.960	-.01
MWHfinance	17	50%	44%	.125	.006	--	--	--	.605	.12
MWHcare	17	39%	32%	.122	.005	--	--	--	.558	.14
MWHmental	17	73%	68%	.111	.005	--	--	--	.706	.09
MWHassault	17	67%	69%	.117	.005	--	--	--	.826	-.05
MWHsleep	17	42%	33%	.123	.005	--	--	--	.423	.19
MWHabuse	17	53%	48%	.125	.006	--	--	--	.716	.09
MHWifood	7	3.36	2.41	.394	.016	1.07	1.16	5,387	.026	.82
MHWihelp	11	3.51	2.66	.204	.013	0.68	1.01	6,179	.005	.84
MHWicounsel	11	3.03	2.61	.408	.013	1.36	1.05	6,376	.180	.40
MHWihouse	7	2.60	1.81	.609	.016	1.59	1.19	5,437	.082	.67
MHWiinternet	11	3.83	2.83	.119	.013	0.40	1.06	10	.000	.94

\*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.