NSSE 2023 Topical Module Report
Mental Health & Well-Being

Texas Tech University

The Mental Health and Well-Being Topical Module provides colleges and universities an opportunity to understand and address current concerns about students' emotional, psychological, and social wellness. Results will help institutions promote well-being by purposefully creating supportive environments and providing necessary resources for students to thrive. This module assesses students' experiences related to a range of dimensions for mental health and well-being. It also examines sources of support and explores students' perceptions about campus resources. Some components for this set were influenced by the Butler University Student Well-Being Institutional Support Survey (SWISS)

Comparison group details are in the online Selected Comparison Groups report, linked in the Data & Reports table on the Institution Interface. A PDF copy is also saved in your report download folder.

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NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons
Texas Tech University

First-Year Students

				Frequency Distributions[a]				Statistical Comparisons[b]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
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	27	3	85	2			
		2		64	6	230	6			
		3		147	15	625	15			
		4		378	37	1,520	37	4.1	4.2	-.01
		5		282	28	1,209	29			
		6	Very difficult	110	11	428	10			
		—	Not applicable	4	0	12	0			
			Total	1,012	100	4,109	100			
b. Employment	MHWdemploy	1	Not at all difficult	140	14	651	16			
		2		110	11	393	9			
		3		126	13	484	12			
		4		150	15	604	15	3.4	3.2 **	.12
		5		112	11	391	10	△		
		6	Very difficult	107	11	313	7			
		—	Not applicable	266	27	1,278	31			
			Total	1,011	100	4,114	100			
c. Finances	MHWdfinance	1	Not at all difficult	50	5	313	8			
		2		80	8	453	11			
		3		148	15	717	17			
		4		240	23	899	22	4.2	3.9 ***	.20
		5		210	21	798	19	△		
		6	Very difficult	218	21	668	16			
		—	Not applicable	66	6	261	6			
			Total	1,012	100	4,109	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	278	28	1,106	28			
		2		171	17	866	21			
		3		182	18	712	17			
		4		188	18	707	17	2.9	2.8 *	.07
		5		98	9	410	10	△		
		6	Very difficult	81	8	235	6			
		—	Not applicable	14	1	71	2			
			Total	1,012	100	4,107	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	234	24	1,264	31			
		2		174	17	796	20			
		3		169	16	577	14			
		4		169	16	602	14	3.1	2.7 ***	.26
		5		136	13	356	9	△		
		6	Very difficult	117	11	267	6			
		—	Not applicable	15	1	245	5			
			Total	1,014	100	4,107	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	185	18	829	20			
		2		123	12	543	13			
		3		128	12	523	13			
		4		154	15	561	14	3.4	3.2 ***	.13
		5		111	11	405	10	△		
		6	Very difficult	146	15	471	11			
		—	Not applicable	165	17	773	19			
			Total	1,012	100	4,105	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]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
g. Relationships with peers	MHWdpeers	1	Not at all difficult	228	23	914	23			
		2		204	21	972	24			
		3		180	18	837	20			
		4		214	21	747	18	2.9	2.8 *	.08
		5		120	11	357	8		△	
		6	Very difficult	54	5	218	5			
		—	Not applicable	10	1	54	1			
			Total	1,010	100	4,099	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	140	15	681	17			
		2		162	16	685	17			
		3		147	14	682	17			
		4		225	22	797	19	3.6	3.4 **	.10
		5		172	17	624	15		△	
		6	Very difficult	156	15	562	13			
		—	Not applicable	11	1	74	2			
			Total	1,013	100	4,105	100			
i. Mental health	MHWdmental	1	Not at all difficult	127	14	539	14			
		2		129	14	578	15			
		3		174	17	716	17			
		4		243	23	873	21	3.6	3.5	.04
		5		183	18	757	18			
		6	Very difficult	151	14	595	13			
		—	Not applicable	7	1	49	1			
			Total	1,014	100	4,107	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	80	9	309	8			
		2		79	9	377	10			
		3		114	11	621	16			
		4		248	24	838	20	4.1	4.1	.05
		5		229	22	980	23			
		6	Very difficult	254	24	943	21			
		—	Not applicable	7	1	35	1			
			Total	1,011	100	4,103	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	87	9	410	11			
		2		101	10	511	13			
		3		168	16	668	16			
		4		244	24	916	22	4.0	3.8 **	.09
		5		191	19	818	20		△	
		6	Very difficult	220	21	762	18			
		—	Not applicable	2	0	18	1			
			Total	1,013	100	4,103	100			
l. Physical health	MHWdphysical	1	Not at all difficult	176	19	673	18			
		2		208	22	843	21			
		3		189	18	854	20			
		4		252	24	904	22	3.1	3.1	-.03
		5		100	9	475	11			
		6	Very difficult	80	7	319	7			
		—	Not applicable	8	1	34	1			
			Total	1,013	100	4,102	100			

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

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons
Texas Tech University

First-Year Students

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a] Texas Tech Count	%	Carnegie R1 & R2 Count	%	Statistical Comparisons[b] Texas Tech Mean	Carnegie R1 & R2 Mean	Effect size[d]
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	615	62	2,631	65			
		2		164	16	631	15			
		3		60	6	238	6			
		4		68	7	170	4	1.7	1.6 ***	.13
		5		24	2	81	2		△	
		6	Very difficult	16	2	35	1			
		—	Not applicable	67	6	317	8			
			Total	1,014	100	4,103	100			

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

Item wording or description	Variable name	Values[c]	Response options	Texas Tech Count	%	Carnegie R1 & R2 Count	%	Texas Tech Mean	Carnegie R1 & R2 Mean	Effect size[d]
a. Your friends	MHWsfriend	0	Not at all	26	3	78	2			
		1	Very little	81	8	289	7			
		2	Some	211	21	936	23			
		3	Quite a bit	323	32	1,354	33	2.9	2.9	-.02
		4	Very much	339	33	1,339	32			
		—	Not applicable	33	4	105	3			
			Total	1,013	100	4,101	100			
b. Your family	MHWsfamily	0	Not at all	39	4	154	4			
		1	Very little	93	9	421	10			
		2	Some	215	21	921	22			
		3	Quite a bit	264	26	1,176	29	2.9	2.8	.04
		4	Very much	385	38	1,376	34			
		—	Not applicable	18	2	52	1			
			Total	1,014	100	4,100	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	65	7	231	6			
		1	Very little	68	7	224	6			
		2	Some	130	13	452	11			
		3	Quite a bit	148	14	562	13	2.7	2.7	-.05
		4	Very much	265	25	997	24			
		—	Not applicable	335	33	1,631	39			
			Total	1,011	100	4,097	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	137	14	508	12			
		1	Very little	194	20	762	18			
		2	Some	319	31	1,390	34			
		3	Quite a bit	174	17	734	18	1.9	1.9 *	-.07
		4	Very much	89	9	390	10		▽	
		—	Not applicable	97	10	310	7			
			Total	1,010	100	4,094	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	155	16	613	15			
		1	Very little	128	13	585	14			
		2	Some	235	22	902	22			
		3	Quite a bit	185	18	559	14	2.0	1.9	.04
		4	Very much	131	13	484	12			
		—	Not applicable	177	18	942	23			
			Total	1,011	100	4,085	100			
f. Your academic advisor	MHWsadvise	0	Not at all	252	25	853	20			
		1	Very little	190	19	764	18			
		2	Some	205	20	1,030	26			
		3	Quite a bit	129	13	519	13	1.5	1.7 **	-.11
		4	Very much	79	8	317	8		▽	
		—	Not applicable	157	15	609	14			
			Total	1,012	100	4,092	100			

NSSE 2023 Mental Health & Well-Being
Frequencies and Statistical Comparisons
Texas Tech University

First-Year Students

					Frequency Distributions[a]				Statistical Comparisons[b]		
					Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
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		195	19	657	16			
		1	Very little		202	20	828	20			
		2	Some		270	26	1,276	31			
		3	Quite a bit		156	16	565	14	1.7	1.8	-.07
		4	Very much		73	7	297	8			
		—	Not applicable		116	11	470	11			
			Total		1,012	100	4,093	100			
h. Counseling services	MHWscounsel	0	Not at all		176	18	643	15			
		1	Very little		109	11	413	10			
		2	Some		146	15	562	14			
		3	Quite a bit		94	9	375	9	1.7	1.7	-.01
		4	Very much		98	9	304	8			
		—	Not applicable		387	38	1,792	43			
			Total		1,010	100	4,089	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all		214	22	833	20			
		1	Very little		156	16	606	15			
		2	Some		194	19	743	18			
		3	Quite a bit		87	9	342	8	1.5	1.5	.00
		4	Very much		71	7	236	6			
		—	Not applicable		286	28	1,327	32			
			Total		1,008	100	4,087	100			

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

					Count	%	Count	%	Mean	Mean	Effect size
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree		49	5	120	3			
		2	Disagree		94	10	249	6			
		3	Slightly disagree		169	17	447	11			
		4	Slightly agree		276	27	1,029	25	4.0	4.4 ***	-.32
		5	Agree		314	31	1,480	36		▼	
		6	Strongly agree		109	11	768	19			
			Total		1,011	100	4,093	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree		54	5	199	5			
		2	Disagree		133	13	640	15			
		3	Slightly disagree		179	18	783	19			
		4	Slightly agree		245	24	911	22	3.9	3.9	.02
		5	Agree		277	28	1,009	25			
		6	Strongly agree		123	13	546	14			
			Total		1,011	100	4,088	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree		42	4	141	3			
		2	Disagree		104	10	461	10			
		3	Slightly disagree		180	18	702	16			
		4	Slightly agree		258	25	1,040	25	4.1	4.1	-.03
		5	Agree		312	32	1,229	31			
		6	Strongly agree		115	12	515	13			
			Total		1,011	100	4,088	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree		23	2	82	2			
		2	Disagree		60	6	289	7			
		3	Slightly disagree		145	14	504	12			
		4	Slightly agree		347	34	1,367	33	4.2	4.3	-.05
		5	Agree		330	33	1,390	34			
		6	Strongly agree		104	10	454	12			
			Total		1,009	100	4,086	100			

NSSE 2023 Mental Health & Well-Being
Frequencies and Statistical Comparisons
Texas Tech University

First-Year Students

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a] Texas Tech Count	%	Carnegie R1 & R2 Count	%	Statistical Comparisons[b] Texas Tech Mean	Carnegie R1 & R2 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	248	26	885	22	**74%**	78% ** ▽	-.09
	(Means indicate the percentage who responded "Yes.")		Yes	758	74	3,184	78			
			Help for this is not available	5	0	21	0			
			Total	1,011	100	4,090	100			
b. Discrimination or harassment	MHWhdiscrim		No	259	27	1,128	28	**72%**	72%	.01
	(Means indicate the percentage who responded "Yes.")		Yes	747	72	2,941	72			
			Help for this is not available	6	1	19	0			
			Total	1,012	100	4,088	100			
c. Food insecurity (not having enough food)	MHWhfood		No	465	47	1,279	32	**52%**	67% *** ▼	-.30
	(Means indicate the percentage who responded "Yes.")		Yes	539	52	2,788	67			
			Help for this is not available	5	0	21	0			
			Total	1,009	100	4,088	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse		No	467	47	1,769	43	**52%**	55%	-.06
	(Means indicate the percentage who responded "Yes.")		Yes	532	52	2,247	55			
			Help for this is not available	8	1	65	2			
			Total	1,007	100	4,081	100			
e. Emergency financial situation	MHWhfinance		No	486	49	1,789	44	**51%**	55% ** ▽	-.09
	(Means indicate the percentage who responded "Yes.")		Yes	516	51	2,255	55			
			Help for this is not available	8	1	41	1			
			Total	1,010	100	4,085	100			
f. Lack of care for dependents	MHWhcare		No	580	57	2,268	55	**41%**	44%	-.06
	(Means indicate the percentage who responded "Yes.")		Yes	416	41	1,769	44			
			Help for this is not available	13	1	45	1			
			Total	1,009	100	4,082	100			
g. Mental health crises	MHWhmental		No	267	28	953	24	**72%**	76% * ▽	-.09
	(Means indicate the percentage who responded "Yes.")		Yes	740	72	3,118	76			
			Help for this is not available	3	0	15	0			
			Total	1,010	100	4,086	100			
h. Sexual assault or relationship violence	MHWhassault		No	221	24	975	24	**76%**	76%	.00
	(Means indicate the percentage who responded "Yes.")		Yes	783	76	3,097	76			
			Help for this is not available	5	0	13	0			
			Total	1,009	100	4,085	100			
i. Sleep difficulty	MHWhsleep		No	642	64	2,373	57	**34%**	41% *** ▽	-.13
	(Means indicate the percentage who responded "Yes.")		Yes	350	34	1,646	41			
			Help for this is not available	18	2	70	2			
			Total	1,010	100	4,089	100			
j. Substance abuse	MHWhabuse		No	424	43	1,644	39	**57%**	60% * ▽	-.07
	(Means indicate the percentage who responded "Yes.")		Yes	579	57	2,421	60			
			Help for this is not available	6	1	23	0			
			Total	1,009	100	4,088	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	32	3	174	4	**2.4**	2.6 *** ▽	-.17
		1	Very little	155	15	469	11			
		2	Some	283	28	941	23			
		3	Quite a bit	240	24	962	24			
		4	Very much	142	15	809	21			
		—	I don't know	152	15	732	17			
			Total	1,004	100	4,087	100			

First-Year Students

| | | | | Frequency Distributions[a] | | | | Statistical Comparisons[b] | | |
| | | | | Texas Tech | | Carnegie R1 & R2 | | Texas Tech | Carnegie R1 & R2 | |
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	11	1	65	2			
		1	Very little	76	8	233	6			
		2	Some	277	28	1,003	24			
		3	Quite a bit	329	33	1,343	33	2.7	2.8 *	-.09
		4	Very much	206	21	908	23		▽	
		—	I don't know	106	10	530	13			
			Total	1,005	100	4,082	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	13	1	52	1			
		1	Very little	53	6	253	6			
		2	Some	255	25	968	23			
		3	Quite a bit	341	33	1,362	34	2.8	2.8	-.06
		4	Very much	219	21	993	25			
		—	I don't know	121	13	454	11			
			Total	1,002	100	4,082	100			
d. Affordable housing for students	MHWihouse	0	Not at all	50	5	499	12			
		1	Very little	182	18	816	20			
		2	Some	406	40	1,281	32			
		3	Quite a bit	190	19	557	14	2.1	1.9 ***	.23
		4	Very much	97	10	354	9		△	
		—	I don't know	81	8	574	13			
			Total	1,006	100	4,081	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	35	4	170	4			
		1	Very little	134	13	449	12			
		2	Some	331	33	1,152	29			
		3	Quite a bit	298	30	1,166	28	2.5	2.6 **	-.11
		4	Very much	180	18	1,004	25		▽	
		—	I don't know	24	3	132	3			
			Total	1,002	100	4,073	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 552 first-year student(s) and 659 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
Texas Tech University

Seniors

Item wording or description	Variable name	Values[c]	Response options	Frequency Distributions[a]				Statistical Comparisons[b]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
				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	45	4	199	4			
		2		73	6	393	7			
		3		163	13	755	14			
		4		411	32	1,784	32	**4.3**	4.1 **	.09
		5		383	30	1,678	29		△	
		6	Very difficult	200	15	710	13			
		—	Not applicable	5	0	35	1			
			Total	1,280	100	5,554	100			
b. Employment	MHWdemploy	1	Not at all difficult	176	14	771	14			
		2		132	11	644	11			
		3		167	13	884	16			
		4		271	21	1,136	20	**3.6**	3.5 *	.08
		5		207	16	791	14		△	
		6	Very difficult	172	13	614	11			
		—	Not applicable	158	13	722	13			
			Total	1,283	100	5,562	100			
c. Finances	MHWdfinance	1	Not at all difficult	75	6	439	8			
		2		99	8	577	10			
		3		169	13	800	14			
		4		271	21	1,151	21	**4.3**	4.1 ***	.14
		5		261	20	1,091	19		△	
		6	Very difficult	368	28	1,358	24			
		—	Not applicable	40	3	140	3			
			Total	1,283	100	5,556	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	332	26	1,347	25			
		2		221	17	1,076	20			
		3		207	16	942	17			
		4		238	19	1,003	18	**3.0**	3.0	.02
		5		154	12	612	11			
		6	Very difficult	112	9	510	9			
		—	Not applicable	16	1	65	1			
			Total	1,280	100	5,555	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	482	39	2,428	45			
		2		208	16	966	17			
		3		138	11	595	10			
		4		157	12	513	9	**2.5**	2.1 ***	.23
		5		96	7	246	4		△	
		6	Very difficult	90	7	239	4			
		—	Not applicable	110	9	573	10			
			Total	1,281	100	5,560	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	298	23	1,347	24			
		2		164	12	865	15			
		3		174	13	774	14			
		4		209	17	793	14	**3.2**	3.0 *	.08
		5		120	10	497	9		△	
		6	Very difficult	161	13	608	11			
		—	Not applicable	153	12	675	12			
			Total	1,279	100	5,559	100			

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

Seniors

				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
Item wording or description	Variable name	Values[c]	Response options	Count	%	Count	%	Mean	Mean	Effect size[d]
g. Relationships with peers	MHWdpeers	1	Not at all difficult	340	27	1,467	27			
		2		287	22	1,332	24			
		3		230	18	1,019	18			
		4		212	17	905	16	2.7	2.7	.01
		5		107	8	445	8			
		6	Very difficult	60	5	264	5			
		—	Not applicable	42	4	126	2			
			Total	1,278	100	5,558	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	284	23	1,227	23			
		2		203	16	900	16			
		3		192	14	836	15			
		4		229	18	974	18	3.2	3.2	-.01
		5		166	13	780	14			
		6	Very difficult	163	12	704	12			
		—	Not applicable	42	3	137	3			
			Total	1,279	100	5,558	100			
i. Mental health	MHWdmental	1	Not at all difficult	210	18	718	14			
		2		149	12	747	14			
		3		214	17	834	15			
		4		257	20	1,185	21	3.5	3.7 *	-.07
		5		205	16	971	17		▽	
		6	Very difficult	224	16	1,018	17			
		—	Not applicable	23	2	83	2			
			Total	1,282	100	5,556	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	118	10	426	8			
		2		96	8	433	9			
		3		173	14	674	12			
		4		264	21	1,108	20	4.1	4.2 *	-.07
		5		256	19	1,244	22		▽	
		6	Very difficult	358	26	1,615	28			
		—	Not applicable	16	1	55	1			
			Total	1,281	100	5,555	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	120	10	563	10			
		2		150	12	675	13			
		3		198	16	909	17			
		4		272	21	1,155	21	3.9	3.9	.04
		5		242	19	1,050	19			
		6	Very difficult	291	21	1,179	20			
		—	Not applicable	10	1	32	1			
			Total	1,283	100	5,563	100			
l. Physical health	MHWdphysical	1	Not at all difficult	212	18	840	16			
		2		222	17	1,071	20			
		3		250	20	1,106	20			
		4		291	22	1,238	22	3.2	3.2	.00
		5		150	12	677	12			
		6	Very difficult	144	10	583	10			
		—	Not applicable	12	1	45	1			
			Total	1,281	100	5,560	100			

Frequency Distributions[a] — Texas Tech / Carnegie R1 & R2
Statistical Comparisons[b] — Texas Tech / Carnegie R1 & R2

*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] Texas Tech Count	%	Carnegie R1 & R2 Count	%	Statistical Comparisons[b] Texas Tech Mean	Carnegie R1 & R2 Mean	Effect size[d]
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	800	63	3,473	63	**1.7**	1.6	.05
		2		161	12	876	15			
		3		74	6	322	6			
		4		76	6	262	5			
		5		29	2	107	2			
		6	Very difficult	24	2	90	2			
		—	Not applicable	117	9	432	8			
			Total	1,281	100	5,562	100			

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

Item wording or description	Variable name	Values[c]	Response options	Texas Tech Count	%	Carnegie R1 & R2 Count	%	Texas Tech Mean	Carnegie R1 & R2 Mean	Effect size[d]
a. Your friends	MHWsfriend	0	Not at all	38	3	137	3	**2.9**	2.9 * ▽	-.07
		1	Very little	108	8	345	6			
		2	Some	271	22	1,244	23			
		3	Quite a bit	382	30	1,683	30			
		4	Very much	437	34	1,971	35			
		—	Not applicable	45	4	172	3			
			Total	1,281	100	5,552	100			
b. Your family	MHWsfamily	0	Not at all	45	4	207	4	**2.9**	2.8	.03
		1	Very little	121	9	522	9			
		2	Some	277	21	1,321	23			
		3	Quite a bit	337	26	1,490	27			
		4	Very much	479	37	1,915	35			
		—	Not applicable	24	2	92	2			
			Total	1,283	100	5,547	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	76	6	300	6	**2.8**	2.9	-.07
		1	Very little	90	7	271	5			
		2	Some	160	13	680	12			
		3	Quite a bit	198	16	910	16			
		4	Very much	429	33	1,923	34			
		—	Not applicable	327	25	1,462	26			
			Total	1,280	100	5,546	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	192	15	741	13	**1.9**	2.0 * ▽	-.08
		1	Very little	212	17	928	17			
		2	Some	385	30	1,724	31			
		3	Quite a bit	216	17	989	17			
		4	Very much	129	10	673	12			
		—	Not applicable	140	11	488	9			
			Total	1,274	100	5,543	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	201	16	937	17	**2.0**	1.9	.05
		1	Very little	182	14	694	12			
		2	Some	249	19	1,087	20			
		3	Quite a bit	176	14	710	13			
		4	Very much	188	15	690	13			
		—	Not applicable	281	22	1,412	25			
			Total	1,277	100	5,530	100			
f. Your academic advisor	MHWsadvise	0	Not at all	374	28	1,575	28	**1.4**	1.5	-.01
		1	Very little	196	16	854	16			
		2	Some	240	19	1,065	19			
		3	Quite a bit	131	11	554	10			
		4	Very much	102	8	494	9			
		—	Not applicable	234	18	994	18			
			Total	1,277	100	5,536	100			

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

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons
Texas Tech University

Seniors

				Frequency Distributions[a]				Statistical Comparisons[b]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
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	261	20	925	17			
		1	Very little	215	17	998	18			
		2	Some	336	26	1,566	28			
		3	Quite a bit	200	16	823	15	**1.8**	1.8	-.04
		4	Very much	121	10	559	10			
		—	Not applicable	146	12	665	12			
			Total	1,279	100	5,536	100			
h. Counseling services	MHWscounsel	0	Not at all	241	19	1,235	23			
		1	Very little	122	10	469	9			
		2	Some	158	13	631	12			
		3	Quite a bit	95	8	364	6	**1.6**	1.5	.08
		4	Very much	103	8	469	8			
		—	Not applicable	558	43	2,367	42			
			Total	1,277	100	5,535	100			
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	306	24	1,401	26			
		1	Very little	136	10	562	10			
		2	Some	152	12	612	11			
		3	Quite a bit	67	6	272	5	**1.3**	1.2	.03
		4	Very much	66	5	307	6			
		—	Not applicable	553	43	2,373	43			
			Total	1,280	100	5,527	100			

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

				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
Item wording or description	Variable name	Values	Response options	Count	%	Count	%	Mean	Mean	Effect size
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	34	3	122	2			
		2	Disagree	71	5	267	5			
		3	Slightly disagree	134	10	504	9			
		4	Slightly agree	289	22	1,191	21	**4.5**	4.6 **	-.09
		5	Agree	464	37	2,000	36		▽	
		6	Strongly agree	290	23	1,453	27			
			Total	1,282	100	5,537	100			
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	106	8	415	7			
		2	Disagree	221	17	1,015	18			
		3	Slightly disagree	249	19	1,127	20			
		4	Slightly agree	258	20	1,137	20	**3.7**	3.7	.02
		5	Agree	259	21	1,093	21			
		6	Strongly agree	184	15	748	14			
			Total	1,277	100	5,535	100			
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	109	8	387	7			
		2	Disagree	180	13	858	15			
		3	Slightly disagree	242	19	997	17			
		4	Slightly agree	257	20	1,296	23	**3.8**	3.8	.01
		5	Agree	309	25	1,327	25			
		6	Strongly agree	177	15	666	13			
			Total	1,274	100	5,531	100			
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	72	6	292	5			
		2	Disagree	114	9	634	11			
		3	Slightly disagree	200	15	881	15			
		4	Slightly agree	375	29	1,732	31	**4.0**	3.9 **	.08
		5	Agree	359	29	1,412	27		△	
		6	Strongly agree	159	13	567	11			
			Total	1,279	100	5,518	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]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
				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	358	29	1,386	26			
	(Means indicate the percentage who responded "Yes.")		Yes	896	70	4,061	73	**70%**	73% *	-.07
			Help for this is not available	20	2	85	1		▽	
			Total	1,274	100	5,532	100			
b. Discrimination or harassment	MHWhdiscrim		No	382	30	1,714	32			
	(Means indicate the percentage who responded "Yes.")		Yes	874	69	3,751	67	**69%**	67%	.02
			Help for this is not available	16	1	64	1			
			Total	1,272	100	5,529	100			
c. Food insecurity (not having enough food)	MHWhfood		No	643	51	2,050	39			
	(Means indicate the percentage who responded "Yes.")		Yes	605	47	3,427	60	**47%**	60% ***	-.26
			Help for this is not available	23	2	57	1		▽	
			Total	1,271	100	5,534	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse		No	767	60	3,151	58			
	(Means indicate the percentage who responded "Yes.")		Yes	467	37	2,241	40	**37%**	40%	-.06
			Help for this is not available	37	3	134	2			
			Total	1,271	100	5,526	100			
e. Emergency financial situation	MHWhfinance		No	685	54	3,048	56			
	(Means indicate the percentage who responded "Yes.")		Yes	561	44	2,357	42	**44%**	42%	.05
			Help for this is not available	25	2	122	2			
			Total	1,271	100	5,527	100			
f. Lack of care for dependents	MHWhcare		No	830	65	3,607	66			
	(Means indicate the percentage who responded "Yes.")		Yes	412	33	1,770	32	**33%**	32%	.01
			Help for this is not available	30	2	140	2			
			Total	1,272	100	5,517	100			
g. Mental health crises	MHWhmental		No	414	33	1,605	30			
	(Means indicate the percentage who responded "Yes.")		Yes	842	66	3,838	69	**66%**	69% *	-.07
			Help for this is not available	18	1	82	1		▽	
			Total	1,274	100	5,525	100			
h. Sexual assault or relationship violence	MHWhassault		No	346	28	1,573	29			
	(Means indicate the percentage who responded "Yes.")		Yes	917	71	3,895	70	**71%**	70%	.03
			Help for this is not available	11	1	59	1			
			Total	1,274	100	5,527	100			
i. Sleep difficulty	MHWhsleep		No	825	65	3,553	64			
	(Means indicate the percentage who responded "Yes.")		Yes	413	33	1,810	33	**33%**	33%	.00
			Help for this is not available	36	3	167	3			
			Total	1,274	100	5,530	100			
j. Substance abuse	MHWhabuse		No	620	49	2,666	48			
	(Means indicate the percentage who responded "Yes.")		Yes	630	49	2,777	50	**49%**	50%	-.02
			Help for this is not available	27	2	87	1			
			Total	1,277	100	5,530	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	45	4	210	4			
		1	Very little	129	10	536	9			
		2	Some	254	20	1,153	21			
		3	Quite a bit	243	19	1,029	19	**2.5**	2.5	-.01
		4	Very much	173	14	744	14			
		—	I don't know	426	33	1,840	33			
			Total	1,270	100	5,512	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]		
				Texas Tech		Carnegie R1 & R2		Texas Tech	Carnegie R1 & R2	
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	27	2	109	2			
		1	Very little	68	6	311	5			
		2	Some	267	21	1,320	24			
		3	Quite a bit	388	30	1,563	28	**2.8**	2.7	.04
		4	Very much	250	20	997	18			
		—	I don't know	271	21	1,211	22			
			Total	1,271	100	5,511	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	28	2	154	3			
		1	Very little	83	7	480	9			
		2	Some	293	23	1,436	26			
		3	Quite a bit	359	28	1,440	26	**2.7**	2.6 **	.09
		4	Very much	236	18	982	18		△	
		—	I don't know	268	22	1,027	19			
			Total	1,267	100	5,519	100			
d. Affordable housing for students	MHWihouse	0	Not at all	96	8	663	12			
		1	Very little	183	14	1,027	19			
		2	Some	332	26	1,283	23			
		3	Quite a bit	182	14	538	10	**2.0**	1.7 ***	.25
		4	Very much	102	8	357	7		△	
		—	I don't know	373	29	1,640	30			
			Total	1,268	100	5,508	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	42	3	120	2			
		1	Very little	100	8	400	8			
		2	Some	304	24	1,238	23			
		3	Quite a bit	337	26	1,625	29	**2.7**	2.8 *	-.08
		4	Very much	300	24	1,489	27		▽	
		—	I don't know	184	14	635	12			
			Total	1,267	100	5,507	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 552 first-year student(s) and 659 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]
Texas Tech University

First-Year Students

Variable name	N	Mean		Standard error[f]		Standard deviation[g]		DF[h]	Sig.[i]	Effect size[d]
	Texas Tech	Texas Tech	Carnegie R1 & R2	Texas Tech	Carnegie R1 & R2	Texas Tech	Carnegie R1 & R2		Comparisons with: Carnegie R1 & R2	
MHWdacad	1,009	4.14	4.16	.037	.016	1.17	1.13	5,844	.665	-.01
MHWdemploy	741	3.41	3.21	.062	.029	1.69	1.67	4,085	.003	.12
MHWdfinance	947	4.19	3.88	.047	.022	1.45	1.51	5,482	.000	.20
MHWdfamily	999	2.88	2.76	.051	.022	1.61	1.54	5,757	.036	.07
MHWdhomesick	1,000	3.09	2.67	.053	.024	1.69	1.59	1,415	.000	.26
MHWdromantic	844	3.41	3.18	.061	.028	1.78	1.74	4,783	.001	.13
MHWdpeers	997	2.92	2.80	.048	.021	1.51	1.45	1,410	.029	.08
MHWdlonely	1,002	3.56	3.38	.052	.024	1.65	1.66	5,754	.003	.10
MHWdmental	1,008	3.60	3.54	.050	.023	1.60	1.61	5,787	.302	.04
MHWdexhaust	1,005	4.13	4.06	.050	.022	1.57	1.56	5,795	.161	.05
MHWdsleep	1,012	3.97	3.83	.049	.023	1.57	1.59	5,824	.010	.09
MHWdphysical	1,005	3.05	3.10	.047	.022	1.50	1.50	5,802	.398	-.03
MHWddiscrim	951	1.69	1.55	.039	.016	1.19	1.04	1,275	.001	.13
MHWsfriend	977	2.87	2.89	.034	.015	1.06	1.01	1,365	.530	-.02
MHWsfamily	996	2.87	2.81	.037	.016	1.15	1.13	5,764	.197	.04
MHWsromantic	673	2.67	2.74	.052	.024	1.34	1.32	3,610	.240	-.05
MHWsstudent	914	1.86	1.95	.039	.017	1.18	1.16	1,298	.045	-.07
MHWscultural	827	1.99	1.93	.046	.022	1.33	1.33	4,549	.265	.04
MHWsadvise	858	1.52	1.66	.044	.020	1.30	1.26	1,215	.004	-.11
MHWsinstruct	896	1.67	1.75	.041	.018	1.22	1.18	1,266	.065	-.07
MHWscounsel	626	1.70	1.71	.057	.026	1.42	1.38	3,356	.850	-.01
MHWsstaff	727	1.50	1.50	.048	.022	1.30	1.28	3,999	.966	.00
MHWfood	1,012	4.03	4.43	.041	.018	1.32	1.25	5,839	.000	-.32
MHWexercise	1,012	3.94	3.92	.044	.020	1.39	1.42	5,831	.647	.02
MHWleisure	1,012	4.06	4.10	.041	.019	1.31	1.32	5,832	.422	-.03
MHWinst	1,010	4.20	4.26	.036	.017	1.13	1.16	5,826	.153	-.05
MHWhdepress	1,012	74%	78%	.014	.006	--	--	--	.009	-.09
MHWhdiscrim	1,013	72%	72%	.014	.006	--	--	--	.765	.01
MHWhfood	1,010	52%	67%	.016	.007	--	--	--	.000	-.30
MHWhhouse	1,009	52%	55%	.016	.007	--	--	--	.087	-.06
MHWhfinance	1,012	51%	55%	.016	.007	--	--	--	.006	-.09
MHWhcare	1,010	41%	44%	.016	.007	--	--	--	.108	-.06
MHWhmental	1,012	72%	76%	.014	.006	--	--	--	.011	-.09
MHWhassault	1,010	76%	76%	.013	.006	--	--	--	.943	.00
MHWhsleep	1,012	34%	41%	.015	.007	--	--	--	.000	-.13
MHWhabuse	1,010	57%	60%	.016	.007	--	--	--	.035	-.07
MHWifood	854	2.38	2.57	.037	.018	1.08	1.14	1,296	.000	-.17
MHWihelp	904	2.72	2.80	.032	.015	0.95	0.96	5,110	.017	-.09
MHWicounsel	877	2.78	2.84	.032	.015	0.94	0.96	5,146	.080	-.06
MHWihouse	923	2.11	1.86	.034	.018	1.02	1.16	1,495	.000	.23
MHWiinternet	978	2.46	2.58	.034	.016	1.05	1.13	1,483	.002	-.11

*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]
	Texas Tech	Texas Tech	Carnegie R1 & R2	Texas Tech	Carnegie R1 & R2	Texas Tech	Carnegie R1 & R2	Comparisons with: Carnegie R1 & R2		
MHWdacad	1,277	4.26	4.15	.035	.017	1.23	1.25	6,479	.004	.09
MHWdemploy	1,124	3.62	3.49	.049	.024	1.65	1.60	5,677	.012	.08
MHWdfinance	1,243	4.30	4.07	.043	.022	1.51	1.58	6,343	.000	.14
MHWdfamily	1,266	2.99	2.96	.046	.022	1.65	1.62	6,436	.606	.02
MHWdhomesick	1,168	2.49	2.14	.048	.021	1.65	1.46	1,652	.000	.23
MHWdromantic	1,126	3.16	3.02	.052	.025	1.76	1.72	1,691	.015	.08
MHWdpeers	1,233	2.70	2.68	.042	.021	1.49	1.47	6,344	.678	.01
MHWdlonely	1,237	3.19	3.21	.049	.024	1.72	1.71	6,340	.777	-.01
MHWdmental	1,257	3.53	3.65	.048	.023	1.70	1.66	6,405	.022	-.07
MHWdexhaust	1,263	4.11	4.22	.046	.022	1.62	1.59	6,438	.025	-.07
MHWdsleep	1,272	3.92	3.86	.045	.022	1.61	1.62	6,478	.208	.04
MHWdphysical	1,268	3.24	3.23	.044	.021	1.58	1.54	6,454	.982	.00
MHWddiscrim	1,162	1.67	1.61	.035	.016	1.21	1.13	1,676	.154	.05
MHWsfriend	1,234	2.85	2.92	.031	.015	1.09	1.04	1,822	.034	-.07
MHWsfamily	1,258	2.86	2.83	.032	.016	1.14	1.13	6,390	.346	.03
MHWsromantic	957	2.84	2.93	.042	.020	1.30	1.26	1,434	.051	-.07
MHWsstudent	1,134	1.89	1.98	.036	.018	1.22	1.23	5,886	.018	-.08
MHWscultural	998	1.97	1.89	.044	.022	1.39	1.39	4,890	.122	.05
MHWsadvise	1,042	1.45	1.46	.042	.021	1.34	1.36	5,329	.716	-.01
MHWsinstruct	1,131	1.75	1.81	.038	.018	1.28	1.25	1,703	.191	-.04
MHWscounsel	727	1.57	1.46	.053	.027	1.42	1.45	3,726	.057	.08
MHWsstaff	735	1.26	1.22	.049	.025	1.33	1.35	3,722	.436	.03
MHWfood	1,283	4.53	4.65	.035	.017	1.24	1.22	6,498	.003	-.09
MHWexercise	1,277	3.75	3.72	.043	.021	1.53	1.50	6,490	.501	.02
MHWleisure	1,274	3.84	3.82	.042	.020	1.51	1.46	1,890	.709	.01
MHWinst	1,280	4.04	3.93	.038	.018	1.34	1.33	6,479	.009	.08
MHWhdepress	1,275	70%	73%	.013	.006	--	--	--	.034	-.07
MHWhdiscrim	1,273	69%	67%	.013	.006	--	--	--	.426	.02
MHWhfood	1,272	47%	60%	.014	.007	--	--	--	.000	-.26
MHWhhouse	1,272	37%	40%	.014	.007	--	--	--	.051	-.06
MHWhfinance	1,272	44%	42%	.014	.007	--	--	--	.143	.05
MHWhcare	1,273	33%	32%	.013	.006	--	--	--	.690	.01
MHWhmental	1,275	66%	69%	.013	.006	--	--	--	.025	-.07
MHWhassault	1,275	71%	70%	.013	.006	--	--	--	.295	.03
MHWhsleep	1,275	33%	33%	.013	.006	--	--	--	.992	.00
MHWhabuse	1,278	49%	50%	.014	.007	--	--	--	.566	-.02
MHWifood	847	2.45	2.47	.039	.019	1.14	1.13	4,303	.735	-.01
MHWihelp	999	2.76	2.72	.032	.016	1.00	0.99	5,025	.205	.04
MHWicounsel	995	2.68	2.59	.032	.016	1.01	1.04	1,533	.007	.09
MHWihouse	898	2.02	1.72	.038	.020	1.14	1.18	1,409	.000	.25
MHWiinternet	1,087	2.71	2.80	.033	.015	1.09	1.04	1,594	.015	-.08

*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.