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# **NSSE 2025 Topical Module Report**

## **Mental Health & Well-Being**

### **Texas Tech University**

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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 Selected Comparison Groups report, available in PDF format in your report download folder.

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# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		O		Texas Tech	O	Effect size <sup>d</sup>
Item wording or description	Variable name	Values <sup>c</sup>	Response options	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	9	3	677	4	<b>4.2</b>	4.0 **	.15
		2		18	6	1,484	7			
		3		45	13	3,657	18			
		4		129	40	7,438	37			
		5		86	27	4,858	25			
		6	Very difficult	33	11	1,662	9			
		—	Not applicable	2	1	61	0			
		Total		322	100	19,837	100			
b. Employment	MHWdemploy	1	Not at all difficult	44	13	3,119	16	<b>3.6</b>	3.4 *	.13
		2		28	8	2,106	10			
		3		45	14	2,443	12			
		4		35	12	2,889	15			
		5		39	13	2,085	10			
		6	Very difficult	45	14	2,307	12			
		—	Not applicable	87	26	4,883	26			
		Total		323	100	19,832	100			
c. Finances	MHWdfinance	1	Not at all difficult	12	4	1,699	9	<b>4.2</b>	3.9 ***	.18
		2		31	10	2,110	11			
		3		46	15	3,148	16			
		4		75	24	4,407	22			
		5		77	24	3,747	18			
		6	Very difficult	64	18	3,596	18			
		—	Not applicable	18	6	1,129	6			
		Total		323	100	19,836	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	92	28	6,010	31	<b>2.8</b>	2.7	.09
		2		65	19	4,174	21			
		3		55	18	3,216	16			
		4		56	17	3,292	16			
		5		34	11	1,650	8			
		6	Very difficult	16	5	1,088	5			
		—	Not applicable	6	2	390	2			
		Total		324	100	19,820	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	78	25	6,184	33	<b>3.0</b>	2.6 ***	.24
		2		63	19	3,678	18			
		3		45	14	2,955	14			
		4		52	16	2,556	12			
		5		40	13	1,640	8			
		6	Very difficult	27	8	1,463	7			
		—	Not applicable	19	5	1,355	8			
		Total		324	100	19,831	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	74	22	4,713	23	<b>3.2</b>	3.1	.10
		2		41	11	2,562	12			
		3		30	9	2,510	13			
		4		48	16	2,627	13			
		5		36	11	1,722	8			
		6	Very difficult	37	12	2,165	11			
		—	Not applicable	58	18	3,517	19			
		Total		324	100	19,816	100			

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		O		Texas Tech	O	Effect size <sup>d</sup>
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	74	23	4,639	24	<b>2.8</b>	2.8	.02
		2		75	23	4,493	23			
		3		65	18	3,890	19			
		4		51	17	3,423	17			
		5		31	10	1,733	9			
		6	Very difficult	19	6	1,139	6			
		—	Not applicable	8	3	503	3			
		Total		323	100	19,820	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	66	21	4,017	22	<b>3.3</b>	3.2	.04
		2		54	16	3,391	17			
		3		50	15	3,221	16			
		4		57	17	3,561	18			
		5		36	11	2,679	13			
		6	Very difficult	48	15	2,471	12			
		—	Not applicable	12	4	474	3			
		Total		323	100	19,814	100			
i. Mental health	MHWdmental	1	Not at all difficult	53	18	3,169	18	<b>3.3</b>	3.4	-.03
		2		63	19	3,022	15			
		3		51	16	3,530	17			
		4		64	20	4,216	21			
		5		43	13	2,935	14			
		6	Very difficult	42	13	2,603	13			
		—	Not applicable	6	2	348	2			
		Total		322	100	19,823	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	38	13	2,005	12	<b>3.8</b>	3.9	-.02
		2		38	11	2,033	11			
		3		42	13	3,092	16			
		4		76	24	4,324	21			
		5		56	17	4,094	20			
		6	Very difficult	70	21	3,985	19			
		—	Not applicable	3	1	274	2			
		Total		323	100	19,807	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	43	14	2,162	11	<b>3.7</b>	3.7	-.01
		2		36	10	2,705	14			
		3		56	18	3,511	17			
		4		71	22	4,502	23			
		5		61	19	3,480	17			
		6	Very difficult	52	16	3,321	17			
		—	Not applicable	4	1	152	1			
		Total		323	100	19,833	100			
l. Physical health	MHWdphysical	1	Not at all difficult	64	21	3,802	20	<b>3.0</b>	3.0	.00
		2		68	21	4,350	22			
		3		61	19	4,252	21			
		4		74	23	4,004	20			
		5		37	11	1,808	9			
		6	Very difficult	15	5	1,367	7			
		—	Not applicable	4	1	211	1			
		Total		323	100	19,794	100			

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		O		Texas Tech		O
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	210	64	12,851	65	1.7	1.5 *	.19
		2		32	9	2,639	13			
		3		11	3	1,122	5			
		4		18	6	862	4			
		5		14	5	308	2			
		6	Very difficult	6	2	206	1			
		—	Not applicable	32	10	1,836	10			
		Total	323	100	19,824	100				
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	11	4	492	3	2.8	2.9	-.07
		1	Very little	18	6	1,319	7			
		2	Some	74	23	4,295	22			
		3	Quite a bit	111	33	6,237	31			
		4	Very much	97	30	6,833	34			
		—	Not applicable	11	4	634	4			
		Total	322	100	19,810	100				
b. Your family	MHWsfamily	0	Not at all	9	3	637	3	3.0	2.9	.03
		1	Very little	25	8	1,620	8			
		2	Some	62	19	4,080	20			
		3	Quite a bit	90	28	5,383	27			
		4	Very much	128	40	7,765	39			
		—	Not applicable	7	2	306	2			
		Total	321	100	19,791	100				
c. Significant others or romantic partners	MHWsromantic	0	Not at all	30	11	1,280	7	2.4	2.8 **	-.24
		1	Very little	23	7	1,054	5			
		2	Some	47	15	2,068	10			
		3	Quite a bit	40	12	2,745	13			
		4	Very much	77	23	5,409	27			
		—	Not applicable	105	32	7,223	38			
		Total	322	100	19,779	100				
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	48	15	2,598	14	1.9	1.9	-.04
		1	Very little	54	17	3,490	17			
		2	Some	112	35	6,392	31			
		3	Quite a bit	45	14	3,374	16			
		4	Very much	34	10	2,133	10			
		—	Not applicable	28	9	1,775	11			
		Total	321	100	19,762	100				
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	37	12	2,398	12	2.2	2.1	.05
		1	Very little	33	11	2,232	11			
		2	Some	76	24	4,459	22			
		3	Quite a bit	60	18	3,364	17			
		4	Very much	58	17	2,932	15			
		—	Not applicable	56	17	4,371	23			
		Total	320	100	19,756	100				
f. Your academic advisor	MHWsadvice	0	Not at all	56	18	3,923	20	1.8	1.7	.08
		1	Very little	48	15	3,235	16			
		2	Some	100	32	4,966	24			
		3	Quite a bit	47	15	2,584	13			
		4	Very much	31	9	1,989	10			
		—	Not applicable	38	12	3,052	17			
		Total	320	100	19,749	100				

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		O		Texas Tech		O
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
g. Your instructors	MHWsinstruct	0	Not at all	59	19	2,808	15	1.8	1.9	-.07
		1	Very little	57	17	3,517	18			
		2	Some	93	30	6,267	31			
		3	Quite a bit	55	17	3,039	15			
		4	Very much	29	8	1,963	10			
		—	Not applicable	28	9	2,167	12			
		Total	321	100	19,761	100				
h. Counseling services	MHWscounsel	0	Not at all	55	18	3,141	16	1.7	1.8	-.02
		1	Very little	36	12	1,876	9			
		2	Some	48	17	2,947	15			
		3	Quite a bit	35	11	1,802	9			
		4	Very much	30	9	1,954	10			
		—	Not applicable	114	33	8,026	42			
		Total	318	100	19,746	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	54	17	3,271	17	1.6	1.7	-.06
		1	Very little	40	13	1,872	9			
		2	Some	52	17	2,933	14			
		3	Quite a bit	25	8	1,762	8			
		4	Very much	23	7	1,626	8			
		—	Not applicable	127	37	8,251	43			
		Total	321	100	19,715	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	55	17	3,634	19	1.6	1.6	.00
		1	Very little	55	18	2,421	12			
		2	Some	62	21	3,606	17			
		3	Quite a bit	28	9	1,809	9			
		4	Very much	23	7	1,516	7			
		—	Not applicable	97	29	6,766	36			
		Total	320	100	19,752	100				
3. To what extent to do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	12	4	562	3	4.2	4.5 *** ▽	-.30
		2	Disagree	22	9	1,044	5			
		3	Slightly disagree	44	13	1,936	9			
		4	Slightly agree	91	29	4,879	24			
		5	Agree	107	33	7,068	36			
		6	Strongly agree	43	13	4,242	23			
		Total	319	100	19,731	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	8	2	868	5	4.2	4.0 ** △	.15
		2	Disagree	38	11	2,609	13			
		3	Slightly disagree	46	13	3,472	17			
		4	Slightly agree	74	24	4,445	22			
		5	Agree	104	34	5,244	27			
		6	Strongly agree	49	16	3,099	16			
		Total	319	100	19,737	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	7	2	683	4	4.3	4.1	.10
		2	Disagree	31	9	1,908	10			
		3	Slightly disagree	49	16	3,110	16			
		4	Slightly agree	63	20	4,945	24			
		5	Agree	125	38	6,369	32			
		6	Strongly agree	44	15	2,708	14			
		Total	319	100	19,723	100				

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	5	2	462	3	4.3	4.3	-.04
		2	Disagree	19	6	1,102	6			
		3	Slightly disagree	40	13	2,252	11			
		4	Slightly agree	106	33	6,177	31			
		5	Agree	107	32	7,082	36			
		6	Strongly agree	40	13	2,635	14			
		Total	317	100	19,710	100				
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress (Means indicate the percentage who responded "Yes.")	No	82	27	4,533	25	72%	74%	-.04	
		Yes	235	72	15,036	74				
		Help for this is not available	2	1	154	1				
		Total	319	100	19,723	100				
b. Discrimination or harassment	MHWhdiscrim (Means indicate the percentage who responded "Yes.")	No	87	28	5,527	29	72%	70%	.04	
		Yes	230	72	14,034	70				
		Help for this is not available	0	0	145	1				
		Total	317	100	19,706	100				
c. Food insecurity (not having enough food)	MHWhfood (Means indicate the percentage who responded "Yes.")	No	119	38	6,639	34	62%	64%	-.04	
		Yes	199	62	12,846	64				
		Help for this is not available	0	0	214	2				
		Total	318	100	19,699	100				
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse (Means indicate the percentage who responded "Yes.")	No	122	38	8,369	44	61%	54% **	.15	
		Yes	194	61	11,022	54				
		Help for this is not available	3	1	303	2				
		Total	319	100	19,694	100				
e. Emergency financial situation	MHWhfinance (Means indicate the percentage who responded "Yes.")	No	137	44	8,610	45	55%	53%	.04	
		Yes	176	55	10,764	53				
		Help for this is not available	3	1	302	2				
		Total	316	100	19,676	100				
f. Lack of care for dependents	MHWhcare (Means indicate the percentage who responded "Yes.")	No	156	49	10,571	54	50%	43% *	.12	
		Yes	156	50	8,728	43				
		Help for this is not available	5	2	371	2				
		Total	317	100	19,670	100				
g. Mental health crises	MHWhmental (Means indicate the percentage who responded "Yes.")	No	80	26	4,935	27	73%	72%	.03	
		Yes	234	73	14,592	72				
		Help for this is not available	3	1	140	1				
		Total	317	100	19,667	100				
h. Sexual assault or relationship violence	MHWhassault (Means indicate the percentage who responded "Yes.")	No	75	24	5,064	27	76%	71%	.10	
		Yes	243	76	14,500	71				
		Help for this is not available	1	0	126	1				
		Total	319	100	19,690	100				
i. Sleep difficulty	MHWhsleep (Means indicate the percentage who responded "Yes.")	No	168	52	10,831	55	45%	42%	.06	
		Yes	142	45	8,439	42				
		Help for this is not available	8	3	416	3				
		Total	318	100	19,686	100				
j. Substance abuse	MHWhabuse (Means indicate the percentage who responded "Yes.")	No	99	31	7,729	40	68%	59% ***	.20	
		Yes	219	68	11,752	59				
		Help for this is not available	1	0	211	2				
		Total	319	100	19,692	100				

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## First-Year Students

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
<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	13	4	713	3	<b>2.5</b>	2.6 *	-.15
		1	Very little	38	12	1,879	9			
		2	Some	71	22	4,452	22			
		3	Quite a bit	83	26	4,926	24			
		4	Very much	50	16	3,989	20			
		—	I don't know	63	20	3,699	22			
		Total		318	100	19,658	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	8	3	368	2	<b>2.6</b>	2.8 *	-.15
		1	Very little	20	7	1,068	5			
		2	Some	78	26	4,642	22			
		3	Quite a bit	101	31	6,200	31			
		4	Very much	57	18	4,396	22			
		—	I don't know	51	16	2,945	17			
		Total		315	100	19,619	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	4	2	326	2	<b>2.7</b>	2.9 *	-.13
		1	Very little	17	5	936	5			
		2	Some	76	24	4,223	21			
		3	Quite a bit	119	37	6,384	31			
		4	Very much	55	17	5,027	25			
		—	I don't know	46	14	2,715	16			
		Total		317	100	19,611	100			
d. Affordable housing for students	MHWihouse	0	Not at all	11	4	1,522	8	<b>2.2</b>	2.1 *	.12
		1	Very little	58	18	3,117	16			
		2	Some	112	36	6,084	29			
		3	Quite a bit	59	19	3,345	16			
		4	Very much	36	12	2,073	10			
		—	I don't know	41	12	3,464	21			
		Total		317	100	19,605	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	8	3	592	3	<b>2.6</b>	2.8 **	-.16
		1	Very little	29	9	1,776	9			
		2	Some	94	30	4,911	24			
		3	Quite a bit	105	32	5,870	29			
		4	Very much	62	19	5,285	27			
		—	I don't know	20	7	1,176	8			
		Total		318	100	19,610	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 163 first-year student(s) and 193 senior(s). Responses are provided in your NSSE25 Student Comments Report and in a separate SPSS data file.

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



# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech	0	Effect size <sup>d</sup>
Item wording or description	Variable name	Values <sup>c</sup>	Response options	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	22	5	1,197	6	<b>3.9</b>	4.0	-.04
		2		34	9	1,895	9			
		3		78	19	3,546	16			
		4		138	33	6,956	32			
		5		106	26	5,840	26			
		6	Very difficult	31	8	2,293	10			
		—	Not applicable	0	0	63	0			
		Total		409	100	21,790	100			
b. Employment	MHWdemploy	1	Not at all difficult	66	16	3,722	18	<b>3.5</b>	3.4	.06
		2		40	10	2,678	11			
		3		63	15	3,194	14			
		4		89	22	4,093	18			
		5		62	15	2,960	14			
		6	Very difficult	52	12	2,613	13			
		—	Not applicable	38	9	2,532	13			
		Total		410	100	21,792	100			
c. Finances	MHWdfinance	1	Not at all difficult	28	7	2,048	11	<b>4.2</b>	4.0 ***	.17
		2		29	7	2,127	10			
		3		62	17	3,218	15			
		4		74	18	4,508	20			
		5		87	22	4,251	19			
		6	Very difficult	121	28	5,054	22			
		—	Not applicable	9	2	593	3			
		Total		410	100	21,799	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	99	26	5,928	28	<b>3.0</b>	2.9	.06
		2		75	18	4,266	19			
		3		64	15	3,534	16			
		4		90	22	3,740	17			
		5		46	11	2,235	10			
		6	Very difficult	32	7	1,720	8			
		—	Not applicable	3	1	356	2			
		Total		409	100	21,779	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	145	36	9,860	47	<b>2.5</b>	2.0 ***	.30
		2		77	19	3,394	14			
		3		54	13	2,123	9			
		4		46	11	1,770	7			
		5		22	6	1,021	4			
		6	Very difficult	31	7	873	4			
		—	Not applicable	34	8	2,757	15			
		Total		409	100	21,798	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	114	27	6,273	30	<b>3.0</b>	2.9	.08
		2		65	16	3,112	14			
		3		49	12	2,706	12			
		4		63	15	2,729	12			
		5		43	11	1,834	8			
		6	Very difficult	45	11	2,287	11			
		—	Not applicable	32	8	2,846	13			
		Total		411	100	21,787	100			

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		O		Texas Tech	O	
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
g. Relationships with peers	MHWdpeers	1	Not at all difficult	114	29	6,222	30	<b>2.6</b>	2.6	-.01
		2		98	24	4,965	22			
		3		84	20	3,970	17			
		4		61	15	3,269	14			
		5		24	5	1,532	7			
		6	Very difficult	19	4	970	5			
		—	Not applicable	11	3	852	5			
		Total		411	100	21,780	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	107	27	5,695	28	<b>3.0</b>	3.0	.03
		2		66	16	3,670	16			
		3		61	14	3,236	14			
		4		77	19	3,434	15			
		5		53	13	2,485	11			
		6	Very difficult	39	9	2,387	11			
		—	Not applicable	8	2	871	5			
		Total		411	100	21,778	100			
i. Mental health	MHWdmental	1	Not at all difficult	83	22	3,612	19	<b>3.3</b>	3.4	-.03
		2		57	14	3,043	14			
		3		60	16	3,693	16			
		4		87	20	4,349	19			
		5		59	14	3,512	15			
		6	Very difficult	59	14	3,074	13			
		—	Not applicable	4	1	494	3			
		Total		409	100	21,777	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	42	12	2,192	12	<b>4.0</b>	4.0	.00
		2		48	11	1,921	9			
		3		57	15	2,923	14			
		4		77	18	4,390	20			
		5		76	18	4,723	21			
		6	Very difficult	109	25	5,300	23			
		—	Not applicable	2	1	332	2			
		Total		411	100	21,781	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	48	12	2,553	13	<b>3.7</b>	3.7	-.01
		2		58	14	2,845	13			
		3		70	19	3,524	16			
		4		79	19	4,710	21			
		5		70	17	3,919	18			
		6	Very difficult	84	19	4,027	18			
		—	Not applicable	2	1	217	1			
		Total		411	100	21,795	100			
l. Physical health	MHWdphysical	1	Not at all difficult	77	20	3,679	19	<b>3.1</b>	3.1	-.04
		2		71	17	4,198	19			
		3		100	25	4,351	19			
		4		77	17	4,734	21			
		5		49	13	2,602	12			
		6	Very difficult	34	7	1,918	9			
		—	Not applicable	3	1	290	2			
		Total		411	100	21,772	100			

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	272	66	13,940	65	1.6	1.5	.05
		2		50	12	2,922	12			
		3		33	9	1,163	5			
		4		21	5	925	4			
		5		7	2	364	1			
		6	Very difficult	4	1	347	2			
		—	Not applicable	23	6	2,123	11			
		Total		410	100	21,784	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	7	2	521	3	3.0	2.9	.08
		1	Very little	23	5	1,264	6			
		2	Some	81	20	4,810	22			
		3	Quite a bit	136	32	6,332	28			
		4	Very much	148	37	8,011	36			
		—	Not applicable	14	4	823	5			
		Total		409	100	21,761	100			
b. Your family	MHWsfamily	0	Not at all	14	3	732	3	3.0	2.9	.07
		1	Very little	23	6	1,750	8			
		2	Some	91	21	4,760	22			
		3	Quite a bit	105	25	5,587	25			
		4	Very much	168	42	8,490	39			
		—	Not applicable	8	2	436	2			
		Total		409	100	21,755	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	31	8	1,137	5	2.8	3.0 *	-.14 ▽
		1	Very little	22	6	1,076	5			
		2	Some	57	14	2,397	11			
		3	Quite a bit	51	12	3,261	15			
		4	Very much	151	36	8,002	37			
		—	Not applicable	97	24	5,862	27			
		Total		409	100	21,735	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	53	12	2,933	15	2.1	1.9 *	.11 △
		1	Very little	62	15	3,403	15			
		2	Some	115	29	6,490	29			
		3	Quite a bit	66	16	3,808	16			
		4	Very much	64	16	2,751	12			
		—	Not applicable	47	12	2,348	13			
		Total		407	100	21,733	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	45	10	2,668	13	2.3	2.2	.08
		1	Very little	55	14	2,275	10			
		2	Some	86	21	4,468	20			
		3	Quite a bit	69	17	3,479	16			
		4	Very much	88	21	3,630	17			
		—	Not applicable	63	16	5,198	24			
		Total		406	100	21,718	100			
f. Your academic advisor	MHWsadvice	0	Not at all	98	24	5,526	26	1.7	1.6 *	.12 △
		1	Very little	60	15	3,284	15			
		2	Some	86	21	4,575	20			
		3	Quite a bit	44	11	2,385	10			
		4	Very much	59	14	2,364	11			
		—	Not applicable	61	15	3,599	18			
		Total		408	100	21,733	100			

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
g. Your instructors	MHWsinstruct	0	Not at all	64	15	3,052	15	1.9	2.0	-.01
		1	Very little	67	17	3,407	16			
		2	Some	113	28	6,458	28			
		3	Quite a bit	58	15	3,819	17			
		4	Very much	60	14	2,800	13			
		—	Not applicable	46	11	2,191	11			
		Total	408	100	21,727	100				
h. Counseling services	MHWscounsel	0	Not at all	84	20	4,313	20	1.6	1.6	.02
		1	Very little	36	9	1,860	8			
		2	Some	53	13	2,580	12			
		3	Quite a bit	30	8	1,658	7			
		4	Very much	42	10	2,130	9			
		—	Not applicable	162	40	9,181	43			
		Total	407	100	21,722	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	86	21	4,639	22	1.6	1.4	.13
		1	Very little	28	6	1,801	8			
		2	Some	56	14	2,371	10			
		3	Quite a bit	22	5	1,281	6			
		4	Very much	38	9	1,533	7			
		—	Not applicable	177	44	10,078	48			
		Total	407	100	21,703	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	93	22	5,048	24	1.4	1.3	.11
		1	Very little	37	9	2,108	9			
		2	Some	52	13	2,532	11			
		3	Quite a bit	24	6	1,156	5			
		4	Very much	30	7	1,339	6			
		—	Not applicable	172	42	9,542	45			
		Total	408	100	21,725	100				
3. To what extent to do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	8	2	495	2	4.7	4.7	-.06
		2	Disagree	17	4	1,058	5			
		3	Slightly disagree	43	10	1,803	8			
		4	Slightly agree	90	24	4,508	20			
		5	Agree	141	35	7,683	35			
		6	Strongly agree	109	26	6,166	31			
		Total	408	100	21,713	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	26	6	1,453	7	4.0	3.8 *	.12
		2	Disagree	61	14	3,944	18			
		3	Slightly disagree	76	18	4,162	19			
		4	Slightly agree	88	22	4,405	20			
		5	Agree	84	21	4,532	21			
		6	Strongly agree	73	19	3,197	15			
		Total	408	100	21,693	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	24	6	1,305	6	4.0	3.9	.06
		2	Disagree	61	14	3,128	14			
		3	Slightly disagree	72	18	3,899	17			
		4	Slightly agree	88	22	5,058	23			
		5	Agree	88	21	5,460	25			
		6	Strongly agree	74	19	2,837	14			
		Total	407	100	21,687	100				

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

#### Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	13	3	958	5	4.2	4.1	.07
		2	Disagree	38	9	1,967	9			
		3	Slightly disagree	63	15	3,116	14			
		4	Slightly agree	111	28	6,521	29			
		5	Agree	110	26	6,273	29			
		6	Strongly agree	71	18	2,819	14			
		Total	406	100	21,654	100				
4. If you were to experience the following problems, would you know how to get help at your institution?										
a. Depression or anxiety	MHWhdepress (Means indicate the percentage who responded "Yes.")	No	120	32	5,493	27	67%	71%	-.09	
		Yes	282	67	15,884	71				
		Help for this is not available	6	1	295	2				
		Total	408	100	21,672	100				
b. Discrimination or harassment	MHWhdiscrim (Means indicate the percentage who responded "Yes.")	No	135	34	6,585	31	65%	67%	-.05	
		Yes	270	65	14,778	67				
		Help for this is not available	3	1	297	2				
		Total	408	100	21,660	100				
c. Food insecurity (not having enough food)	MHWhfood (Means indicate the percentage who responded "Yes.")	No	172	42	7,862	37	55%	60% * ▽	-.11	
		Yes	225	55	13,416	60				
		Help for this is not available	9	3	365	2				
		Total	406	100	21,643	100				
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse (Means indicate the percentage who responded "Yes.")	No	220	54	11,439	53	43%	44%	-.01	
		Yes	179	43	9,554	44				
		Help for this is not available	9	3	644	4				
		Total	408	100	21,637	100				
e. Emergency financial situation	MHWhfinance (Means indicate the percentage who responded "Yes.")	No	219	53	11,272	52	45%	45%	.00	
		Yes	184	45	9,759	45				
		Help for this is not available	5	1	620	3				
		Total	408	100	21,651	100				
f. Lack of care for dependents	MHWhcare (Means indicate the percentage who responded "Yes.")	No	247	60	13,313	61	37%	35%	.04	
		Yes	151	37	7,534	35				
		Help for this is not available	10	3	762	4				
		Total	408	100	21,609	100				
g. Mental health crises	MHWhmental (Means indicate the percentage who responded "Yes.")	No	127	33	6,261	31	65%	67%	-.05	
		Yes	273	65	15,072	67				
		Help for this is not available	8	2	306	2				
		Total	408	100	21,639	100				
h. Sexual assault or relationship violence	MHWhassault (Means indicate the percentage who responded "Yes.")	No	124	31	6,327	30	68%	68%	.00	
		Yes	279	68	15,024	68				
		Help for this is not available	4	1	287	2				
		Total	407	100	21,638	100				
i. Sleep difficulty	MHWhsleep (Means indicate the percentage who responded "Yes.")	No	249	61	13,067	60	37%	37%	.01	
		Yes	151	37	7,853	37				
		Help for this is not available	7	2	726	4				
		Total	407	100	21,646	100				
j. Substance abuse	MHWhabuse (Means indicate the percentage who responded "Yes.")	No	182	45	10,089	47	53%	51%	.04	
		Yes	217	53	11,105	51				
		Help for this is not available	8	2	452	3				
		Total	407	100	21,646	100				

# NSSE 2025 Mental Health & Well-Being

## Frequencies and Statistical Comparisons

### Texas Tech University

## Seniors

				Frequency Distributions <sup>a</sup>				Statistical Comparisons <sup>b</sup>		
				Texas Tech		0		Texas Tech		0
Item wording or description	Variable name	Values <sup>c</sup>	Response options	Count	%	Count	%	Mean	Mean	Effect size <sup>d</sup>
<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	9	2	881	4	<b>2.7</b>	2.5 **	.19
		1	Very little	34	8	1,996	8			
		2	Some	65	17	4,199	18			
		3	Quite a bit	69	17	3,922	17			
		4	Very much	76	21	3,200	15			
		—	I don't know	150	35	7,387	37			
		Total		403	100	21,585	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	3	1	503	3	<b>2.9</b>	2.7 ***	.20
		1	Very little	26	6	1,316	6			
		2	Some	69	18	4,750	20			
		3	Quite a bit	103	26	5,417	23			
		4	Very much	97	25	3,878	18			
		—	I don't know	103	25	5,706	30			
		Total		401	100	21,570	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	6	2	487	3	<b>2.8</b>	2.7	.08
		1	Very little	27	6	1,411	6			
		2	Some	87	22	4,766	21			
		3	Quite a bit	94	24	5,603	24			
		4	Very much	97	24	4,331	20			
		—	I don't know	90	23	4,952	27			
		Total		401	100	21,550	100			
d. Affordable housing for students	MHWihouse	0	Not at all	20	4	2,202	10	<b>2.3</b>	1.9 ***	.32
		1	Very little	51	13	3,287	14			
		2	Some	94	26	4,536	19			
		3	Quite a bit	46	12	2,285	10			
		4	Very much	57	14	1,776	8			
		—	I don't know	132	32	7,465	38			
		Total		400	100	21,551	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	7	2	560	3	<b>3.0</b>	2.9	.05
		1	Very little	19	4	1,278	5			
		2	Some	77	20	4,100	17			
		3	Quite a bit	103	27	5,739	25			
		4	Very much	120	30	6,268	29			
		—	I don't know	73	17	3,599	20			
		Total		399	100	21,544	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 163 first-year student(s) and 193 senior(s). Responses are provided in your NSSE25 Student Comments Report and in a separate SPSS data file.

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

# NSSE 2025 Mental Health & Well-Being

## Detailed Statistics<sup>e</sup>

### Texas Tech University

#### 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>
	Texas Tech	Texas Tech	0.00	Texas Tech	0.00	Texas Tech	0.00	Comparisons with: 0.00		
MHWdacad	320	4.17	3.99	.064	.011	1.14	1.18	339	.005	.15
MHWdemploy	240	3.61	3.38	.113	.019	1.74	1.73	252	.046	.13
MHWdfinance	305	4.17	3.89	.080	.015	1.39	1.57	327	.001	.18
MHWdfamily	317	2.80	2.66	.087	.015	1.55	1.53	334	.100	.09
MHWdhomesick	307	2.97	2.59	.094	.016	1.65	1.61	323	.000	.24
MHWdromantic	265	3.23	3.06	.111	.018	1.80	1.77	279	.128	.10
MHWdpeers	314	2.83	2.80	.085	.014	1.51	1.50	331	.712	.02
MHWdlonely	311	3.29	3.21	.099	.016	1.74	1.70	327	.475	.04
MHWdmental	317	3.31	3.36	.093	.016	1.66	1.64	334	.586	-.03
MHWdexhaust	320	3.83	3.87	.093	.015	1.67	1.62	336	.709	-.02
MHWdsleep	319	3.70	3.72	.091	.015	1.62	1.59	335	.817	-.01
MHWdphysical	319	2.95	2.96	.082	.014	1.47	1.49	338	.932	.00
MHWddiscrim	291	1.73	1.53	.080	.010	1.37	1.06	300	.015	.19
MHWsfriend	310	2.82	2.90	.060	.010	1.06	1.05	327	.199	-.07
MHWsfamily	314	2.95	2.93	.063	.011	1.11	1.12	331	.658	.03
MHWsromantic	220	2.44	2.77	.098	.016	1.45	1.36	231	.001	-.24
MHWsstudent	293	1.86	1.91	.070	.012	1.20	1.21	309	.515	-.04
MHWscultural	265	2.21	2.14	.081	.014	1.32	1.32	280	.398	.05
MHWsadvice	282	1.81	1.71	.073	.013	1.23	1.30	300	.174	.08
MHWsinstruct	292	1.78	1.86	.072	.012	1.24	1.21	308	.237	-.07
MHWscounsel	212	1.73	1.76	.094	.017	1.37	1.42	225	.753	-.02
MHWScclinic	201	1.60	1.68	.093	.017	1.32	1.40	214	.362	-.06
MHWsstaff	228	1.61	1.60	.083	.016	1.26	1.34	243	.950	.00
MHWfood	319	4.16	4.53	.072	.012	1.29	1.24	335	.000	-.30
MHWexercise	319	4.23	4.01	.073	.013	1.31	1.43	339	.004	.15
MHWleisure	319	4.28	4.15	.071	.012	1.27	1.32	338	.064	.10
MHWinst	317	4.27	4.32	.065	.011	1.16	1.18	335	.485	-.04

# NSSE 2025 Mental Health & Well-Being

## Detailed Statistics<sup>e</sup>

### Texas Tech University

#### 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>
	Texas Tech	Texas Tech	0.00	Texas Tech	0.00	Texas Tech	0.00	Comparisons with: 0.00		
MHWdepress	319	72%	74%	.025	.004	--	--	--	.524	-.04
MHWdiscrim	316	72%	70%	.025	.004	--	--	--	.485	.04
MHWfood	318	62%	64%	.027	.005	--	--	--	.508	-.04
MWHhouse	319	61%	54%	.027	.005	--	--	--	.010	.15
MWHfinance	316	55%	53%	.028	.005	--	--	--	.526	.04
MWHcare	317	50%	43%	.028	.005	--	--	--	.027	.12
MWHmental	317	73%	72%	.025	.004	--	--	--	.654	.03
MWHassault	319	76%	71%	.024	.004	--	--	--	.080	.10
MWHsleep	318	45%	42%	.028	.005	--	--	--	.264	.06
MWHabuse	319	68%	59%	.026	.005	--	--	--	.001	.20
MHWifood	254	2.46	2.62	.070	.012	1.12	1.11	268	.022	-.15
MWHihelp	264	2.65	2.80	.063	.010	1.02	.99	277	.017	-.15
MHWicounsel	272	2.74	2.87	.055	.010	.91	.98	289	.022	-.13
MHWihouse	279	2.20	2.05	.063	.012	1.05	1.15	299	.027	.12
MHWiinternet	296	2.58	2.75	.060	.011	1.03	1.08	315	.005	-.16



### 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>
	Texas Tech	Texas Tech	0.00	Texas Tech	0.00	Texas Tech	0.00	Comparisons with: 0.00		
MHWdacad	402	3.90	3.95	.063	.010	1.26	1.32	424	.385	-.04
MHWdemploy	366	3.51	3.41	.086	.014	1.64	1.71	386	.247	.06
MHWdfinance	395	4.24	3.96	.078	.013	1.55	1.64	416	.000	.17
MHWdfamily	400	2.96	2.86	.080	.013	1.60	1.62	420	.199	.06
MHWdhomesick	370	2.49	2.05	.083	.013	1.60	1.47	386	.000	.30
MHWdromantic	372	3.00	2.86	.091	.015	1.76	1.77	392	.115	.08
MHWdpeers	394	2.56	2.57	.071	.012	1.42	1.48	415	.912	-.01
MHWdlonely	396	3.02	2.96	.085	.014	1.69	1.74	417	.521	.03
MHWdmental	397	3.32	3.37	.086	.013	1.71	1.68	416	.583	-.03
MHWdexhaust	402	3.96	3.97	.084	.013	1.69	1.66	421	.942	.00
MHWdsleep	402	3.71	3.72	.082	.013	1.65	1.65	421	.916	-.01
MHWdphysical	401	3.07	3.13	.076	.012	1.53	1.55	421	.419	-.04
MHWddiscrim	380	1.60	1.55	.055	.009	1.08	1.10	400	.335	.05
MHWsfriend	388	3.01	2.92	.050	.009	.99	1.07	410	.093	.08
MHWsfamily	394	2.99	2.91	.055	.009	1.09	1.12	415	.139	.07
MHWsromantic	307	2.82	2.99	.078	.012	1.37	1.27	320	.029	-.14
MHWsstudent	351	2.09	1.95	.068	.011	1.28	1.26	368	.045	.11
MHWscultural	336	2.31	2.20	.073	.012	1.34	1.37	354	.157	.08
MHWsadvice	343	1.72	1.56	.077	.012	1.42	1.38	359	.039	.12
MHWsinstruct	356	1.95	1.96	.069	.011	1.30	1.27	373	.864	-.01
MHWscounsel	239	1.64	1.61	.096	.015	1.48	1.48	251	.728	.02
MHWsclinic	224	1.58	1.40	.099	.016	1.48	1.44	234	.067	.13
MHWsstaff	232	1.44	1.29	.093	.015	1.41	1.39	243	.115	.11
MHWfood	402	4.65	4.73	.059	.010	1.17	1.23	423	.208	-.06
MHWexercise	402	3.95	3.77	.075	.012	1.50	1.51	421	.016	.12
MHWleisure	401	3.97	3.89	.075	.011	1.49	1.45	419	.273	.06
MHWinst	400	4.20	4.11	.066	.011	1.33	1.33	419	.177	.07

# NSSE 2025 Mental Health & Well-Being

## Detailed Statistics<sup>e</sup>

### Texas Tech University

## 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>
	Texas Tech	Texas Tech	0.00	Texas Tech	0.00	Texas Tech	0.00	Comparisons with: 0.00		
MHWdepress	402	67%	71%	.023	.004	--	--	--	.064	-.09
MHWdiscrim	402	65%	67%	.024	.004	--	--	--	.309	-.05
MHWfood	400	55%	60%	.025	.004	--	--	--	.032	-.11
MWHhouse	402	43%	44%	.025	.004	--	--	--	.895	-.01
MWHfinance	402	45%	45%	.025	.004	--	--	--	.943	.00
MWHcare	402	37%	35%	.024	.004	--	--	--	.457	.04
MWHmental	402	65%	67%	.024	.004	--	--	--	.312	-.05
MWHassault	401	68%	68%	.023	.004	--	--	--	.968	.00
MWHsleep	401	37%	37%	.024	.004	--	--	--	.863	.01
MWHabuse	401	53%	51%	.025	.004	--	--	--	.448	.04
MHWifood	256	2.72	2.50	.071	.012	1.13	1.18	269	.002	.19
MWHihelp	296	2.91	2.70	.057	.010	.98	1.06	314	.000	.20
MHWicounsel	306	2.80	2.71	.059	.010	1.03	1.06	322	.163	.08
MWHihouse	269	2.28	1.88	.071	.013	1.16	1.26	286	.000	.32
MHWiinternet	325	2.96	2.90	.055	.010	1.00	1.08	344	.358	.05

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## 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.