
NSSE 2023 Topical Module Report

Mental Health & Well-Being

University of San Francisco

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

University of San Francisco

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	8	2	246	3	4.0	4.1	-.09
		2		26	7	621	6			
		3		73	19	1,645	16			
		4		149	38	3,879	37			
		5		108	28	3,008	28			
		6	Very difficult	24	6	1,058	10			
		—	Not applicable	4	1	32	0			
		Total		392	100	10,489	100			
b. Employment	MHWdemploy	1	Not at all difficult	42	11	1,701	16	3.5	3.2 **	.17
		2		35	9	1,182	11			
		3		46	12	1,319	13			
		4		58	15	1,511	14			
		5		44	11	1,008	10			
		6	Very difficult	37	9	873	9			
		—	Not applicable	130	33	2,891	28			
		Total		392	100	10,485	100			
c. Finances	MHWdfinance	1	Not at all difficult	23	6	826	8	4.2	3.9 ***	.19
		2		33	8	1,156	11			
		3		45	12	1,719	16			
		4		88	23	2,229	22			
		5		80	20	2,061	19			
		6	Very difficult	87	22	1,813	17			
		—	Not applicable	34	9	682	7			
		Total		390	100	10,486	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	110	28	2,902	28	2.7	2.8	-.08
		2		95	24	2,217	21			
		3		62	16	1,752	16			
		4		55	14	1,797	17			
		5		38	10	987	9			
		6	Very difficult	18	5	654	7			
		—	Not applicable	14	4	171	2			
		Total		392	100	10,480	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	87	23	3,216	33	2.9	2.6 ***	.19
		2		92	24	1,975	18			
		3		61	16	1,502	14			
		4		50	13	1,457	13			
		5		41	10	921	8			
		6	Very difficult	39	10	792	7			
		—	Not applicable	20	5	621	6			
		Total		390	100	10,484	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	67	17	2,234	21	3.3	3.2	.07
		2		48	12	1,343	12			
		3		48	12	1,344	13			
		4		47	12	1,466	14			
		5		42	11	981	9			
		6	Very difficult	45	12	1,209	12			
		—	Not applicable	95	24	1,900	18			
		Total		392	100	10,477	100			

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University of San Francisco

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	70	18	2,325	24	3.1	2.8 **	.16 △
		2		78	20	2,402	23			
		3		96	24	2,085	20			
		4		70	18	1,952	18			
		5		41	10	949	9			
		6	Very difficult	29	7	598	5			
		—	Not applicable	7	2	152	2			
		Total		391	100	10,463	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	63	16	1,745	18	3.3	3.4	-.03
		2		60	15	1,764	17			
		3		85	22	1,732	16			
		4		72	18	1,989	19			
		5		62	16	1,556	15			
		6	Very difficult	39	10	1,496	14			
		—	Not applicable	10	3	190	2			
		Total		391	100	10,472	100			
i. Mental health	MHWdmental	1	Not at all difficult	47	12	1,353	14	3.6	3.6	.02
		2		53	14	1,433	14			
		3		67	17	1,836	17			
		4		90	23	2,283	21			
		5		75	19	1,835	17			
		6	Very difficult	47	12	1,610	14			
		—	Not applicable	12	3	131	1			
		Total		391	100	10,481	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	28	7	818	9	4.0	4.1	-.02
		2		35	9	938	9			
		3		70	18	1,481	15			
		4		86	22	2,263	21			
		5		85	22	2,386	22			
		6	Very difficult	80	20	2,490	23			
		—	Not applicable	8	2	93	1			
		Total		392	100	10,469	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	48	12	1,036	11	3.6	3.8 *	-.11 ▽
		2		49	13	1,308	13			
		3		79	20	1,775	17			
		4		74	19	2,367	22			
		5		82	21	1,999	19			
		6	Very difficult	52	13	1,943	19			
		—	Not applicable	7	2	47	1			
		Total		391	100	10,475	100			
l. Physical health	MHWdphysical	1	Not at all difficult	57	15	1,840	19	3.1	3.1	.02
		2		82	21	2,102	20			
		3		100	26	2,195	20			
		4		65	17	2,273	21			
		5		57	15	1,130	11			
		6	Very difficult	21	5	842	8			
		—	Not applicable	8	2	88	1			
		Total		390	100	10,470	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

University of San Francisco

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	224	57	6,657	64	1.6	1.6	.05
		2		82	21	1,609	15			
		3		28	7	601	6			
		4		16	4	483	4			
		5		7	2	199	2			
		6	Very difficult	2	1	115	1			
		—	Not applicable	32	8	806	8			
		Total		391	100	10,470	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	13	3	232	2	2.8	2.9	-.05
		1	Very little	24	6	702	7			
		2	Some	93	24	2,361	23			
		3	Quite a bit	124	32	3,410	32			
		4	Very much	118	30	3,468	33			
		—	Not applicable	18	5	293	3			
		Total		390	100	10,466	100			
b. Your family	MHWsfamily	0	Not at all	12	3	401	4	2.8	2.8	.02
		1	Very little	33	8	980	10			
		2	Some	90	23	2,336	22			
		3	Quite a bit	108	28	2,863	27			
		4	Very much	134	34	3,724	36			
		—	Not applicable	13	3	159	2			
		Total		390	100	10,463	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	23	6	613	6	2.5	2.7	-.14
		1	Very little	22	6	582	6			
		2	Some	40	10	1,188	12			
		3	Quite a bit	53	14	1,400	13			
		4	Very much	61	16	2,608	25			
		—	Not applicable	192	49	4,050	38			
		Total		391	100	10,441	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	51	13	1,298	13	1.8	1.9 *	-.12
		1	Very little	90	23	1,858	18			
		2	Some	125	32	3,549	34			
		3	Quite a bit	58	15	1,850	17			
		4	Very much	31	8	1,030	10			
		—	Not applicable	35	9	859	8			
		Total		390	100	10,444	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	73	19	1,538	15	1.7	1.9 ***	-.19
		1	Very little	59	15	1,404	13			
		2	Some	85	22	2,337	22			
		3	Quite a bit	52	13	1,548	15			
		4	Very much	30	8	1,241	12			
		—	Not applicable	89	23	2,357	23			
		Total		388	100	10,425	100			
f. Your academic advisor	MHWsadvice	0	Not at all	87	22	2,182	21	1.6	1.7	-.09
		1	Very little	77	20	1,906	18			
		2	Some	90	23	2,586	25			
		3	Quite a bit	49	13	1,335	13			
		4	Very much	27	7	895	9			
		—	Not applicable	60	15	1,539	15			
		Total		390	100	10,443	100			

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	53	14	1,538	15	1.8	1.8	-.01
		1	Very little	77	20	1,952	19			
		2	Some	128	33	3,301	31			
		3	Quite a bit	63	16	1,650	16			
		4	Very much	28	7	900	9			
		—	Not applicable	41	11	1,105	11			
		Total	390	100	10,446	100				
h. Counseling services	MHWscounsel	0	Not at all	84	22	1,614	16	1.4	1.8 *** ▽	-.27
		1	Very little	51	13	993	10			
		2	Some	66	17	1,503	14			
		3	Quite a bit	25	6	961	9			
		4	Very much	23	6	976	9			
		—	Not applicable	141	36	4,382	42			
		Total	390	100	10,429	100				
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	101	26	2,107	20	1.3	1.5 *** ▽	-.22
		1	Very little	64	16	1,416	13			
		2	Some	66	17	1,982	19			
		3	Quite a bit	28	7	900	9			
		4	Very much	17	4	662	7			
		—	Not applicable	113	29	3,351	33			
		Total	389	100	10,418	100				
3. To what extent do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	34	9	335	3	3.9	4.5 *** ▽	-.45
		2	Disagree	45	12	625	6			
		3	Slightly disagree	53	14	1,154	11			
		4	Slightly agree	106	27	2,503	23			
		5	Agree	96	25	3,721	36			
		6	Strongly agree	54	14	2,096	21			
		Total	388	100	10,434	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	19	5	521	5	3.9	3.9	-.04
		2	Disagree	51	13	1,539	15			
		3	Slightly disagree	73	19	1,923	19			
		4	Slightly agree	99	26	2,284	22			
		5	Agree	107	27	2,617	25			
		6	Strongly agree	39	10	1,548	15			
		Total	388	100	10,432	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	15	4	401	4	4.1	4.1	.03
		2	Disagree	26	7	1,153	11			
		3	Slightly disagree	71	18	1,784	17			
		4	Slightly agree	105	27	2,598	25			
		5	Agree	131	34	3,164	30			
		6	Strongly agree	39	10	1,327	13			
		Total	387	100	10,427	100				
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	15	4	225	2	3.9	4.3 *** ▽	-.27
		2	Disagree	34	9	716	7			
		3	Slightly disagree	70	18	1,304	12			
		4	Slightly agree	140	36	3,388	32			
		5	Agree	100	26	3,560	34			
		6	Strongly agree	29	8	1,216	12			
		Total	388	100	10,409	100				

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	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	MHWdepress		No	93	24	2,280	24	74%	76%	-.04
	(Means indicate the percentage who responded "Yes.")	Yes	287	74	8,065	76				
		Help for this is not available	7	2	84	1				
		Total	387	100	10,429	100				
b. Discrimination or harassment	MHWdiscrim		No	115	30	2,765	28	68%	71%	-.07
	(Means indicate the percentage who responded "Yes.")	Yes	265	68	7,590	71				
		Help for this is not available	7	2	76	1				
		Total	387	100	10,431	100				
c. Food insecurity (not having enough food)	MHWfood		No	169	44	3,713	36	54%	63% ***	- .19
	(Means indicate the percentage who responded "Yes.")	Yes	209	54	6,606	63				
		Help for this is not available	9	2	100	1				
		Total	387	100	10,419	100				
d. Housing insecurity (inconsistent access to stable housing)	MWHhouse		No	186	48	4,456	44	49%	54% *	- .11
	(Means indicate the percentage who responded "Yes.")	Yes	189	49	5,764	54				
		Help for this is not available	11	3	183	2				
		Total	386	100	10,403	100				
e. Emergency financial situation	MWHfinance		No	195	51	4,552	44	44%	55% ***	- .21
	(Means indicate the percentage who responded "Yes.")	Yes	170	44	5,704	55				
		Help for this is not available	20	5	153	1				
		Total	385	100	10,409	100				
f. Lack of care for dependents	MWHcare		No	237	61	5,826	56	33%	42% ***	- .19
	(Means indicate the percentage who responded "Yes.")	Yes	128	33	4,361	42				
		Help for this is not available	20	5	208	2				
		Total	385	100	10,395	100				
g. Mental health crises	MWHmental		No	108	28	2,472	26	71%	73%	- .06
	(Means indicate the percentage who responded "Yes.")	Yes	274	71	7,868	73				
		Help for this is not available	5	1	75	1				
		Total	387	100	10,415	100				
h. Sexual assault or relationship violence	MWHassault		No	106	28	2,434	25	71%	74%	- .07
	(Means indicate the percentage who responded "Yes.")	Yes	275	71	7,902	74				
		Help for this is not available	5	1	71	1				
		Total	386	100	10,407	100				
i. Sleep difficulty	MWHsleep		No	246	63	6,031	58	33%	40% **	- .14
	(Means indicate the percentage who responded "Yes.")	Yes	128	33	4,127	40				
		Help for this is not available	13	3	256	2				
		Total	387	100	10,414	100				
j. Substance abuse	MWHabuse		No	207	54	4,222	41	43%	58% ***	- .29
	(Means indicate the percentage who responded "Yes.")	Yes	166	43	6,073	58				
		Help for this is not available	12	3	117	1				
		Total	385	100	10,412	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	18	5	466	4	2.4	2.5 **	- .16
		1	Very little	58	15	1,193	11			
		2	Some	109	28	2,494	24			
		3	Quite a bit	101	26	2,427	23			
		4	Very much	56	15	2,048	20			
		—	I don't know	43	11	1,767	18			
		Total	385	100	10,395	100				

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University of San Francisco

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	20	5	203	2	2.3	2.7 ***	-.46
		1	Very little	55	14	713	7			
		2	Some	118	31	2,589	24			
		3	Quite a bit	92	24	3,283	31			
		4	Very much	50	13	2,176	22			
		—	I don't know	50	13	1,418	14			
		Total		385	100	10,382	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	11	3	153	2	2.4	2.8 ***	-.38
		1	Very little	46	12	602	6			
		2	Some	122	32	2,462	23			
		3	Quite a bit	108	28	3,357	32			
		4	Very much	57	15	2,546	24			
		—	I don't know	40	11	1,270	13			
		Total		384	100	10,390	100			
d. Affordable housing for students	MHWihouse	0	Not at all	72	19	944	9	1.5	2.0 ***	-.47
		1	Very little	104	27	1,797	17			
		2	Some	121	32	3,291	31			
		3	Quite a bit	32	8	1,646	15			
		4	Very much	13	3	1,000	10			
		—	I don't know	39	10	1,704	17			
		Total		381	100	10,382	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	20	5	349	4	2.4	2.7 ***	-.27
		1	Very little	55	14	1,062	10			
		2	Some	124	32	2,722	26			
		3	Quite a bit	114	30	3,091	29			
		4	Very much	58	15	2,711	26			
		—	I don't know	11	3	431	5			
		Total		382	100	10,366	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 123 first-year student(s) and 92 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

University of San Francisco

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
1. During the current school year, how difficult have the following been for you?										
a. Academics	MHWdacad	1	Not at all difficult	5	2	555	4	4.3	4.1 **	.17
		2		15	5	1,008	7			
		3		40	14	1,985	15			
		4		87	30	4,443	32			
		5		92	33	3,990	29			
		6	Very difficult	42	15	1,705	12			
		—	Not applicable	2	1	72	0			
		Total		283	100	13,758	100			
b. Employment	MHWdemploy	1	Not at all difficult	24	9	2,005	15	3.7	3.5	.11
		2		36	13	1,670	12			
		3		44	15	2,098	15			
		4		61	21	2,752	20			
		5		43	15	2,041	15			
		6	Very difficult	33	12	1,617	12			
		—	Not applicable	41	14	1,577	12			
		Total		282	100	13,760	100			
c. Finances	MHWdfinance	1	Not at all difficult	31	11	1,053	8	4.0	4.1	-.05
		2		30	11	1,366	10			
		3		26	9	1,886	14			
		4		62	21	2,808	21			
		5		48	16	2,783	20			
		6	Very difficult	71	26	3,540	25			
		—	Not applicable	16	6	332	3			
		Total		284	100	13,768	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	72	25	3,313	25	3.0	3.0	-.02
		2		53	19	2,641	19			
		3		47	16	2,282	16			
		4		47	17	2,507	18			
		5		41	14	1,555	11			
		6	Very difficult	18	7	1,298	9			
		—	Not applicable	7	2	160	1			
		Total		285	100	13,756	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	104	38	6,088	45	2.4	2.1 *	.15
		2		56	19	2,311	16			
		3		37	12	1,415	10			
		4		25	9	1,227	9			
		5		19	6	667	5			
		6	Very difficult	16	6	614	4			
		—	Not applicable	27	10	1,441	11			
		Total		284	100	13,763	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	64	24	3,437	25	3.0	3.0	-.01
		2		48	16	2,091	15			
		3		29	10	1,820	13			
		4		33	11	1,977	15			
		5		29	10	1,230	9			
		6	Very difficult	30	11	1,528	11			
		—	Not applicable	51	18	1,673	13			
		Total		284	100	13,756	100			

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University of San Francisco

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
g. Relationships with peers	MHWdpeers	1	Not at all difficult	72	26	3,631	27	2.9	2.7 *	.15 △
		2		59	20	3,111	22			
		3		41	14	2,556	18			
		4		53	19	2,306	17			
		5		38	13	1,117	8			
		6	Very difficult	17	6	685	5			
		—	Not applicable	4	1	347	3			
		Total		284	100	13,753	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	64	23	3,109	23	3.2	3.2	-.01
		2		48	17	2,275	16			
		3		47	16	2,040	14			
		4		46	16	2,382	17			
		5		37	13	1,835	13			
		6	Very difficult	34	13	1,729	13			
		—	Not applicable	7	3	390	3			
		Total		283	100	13,760	100			
i. Mental health	MHWdmental	1	Not at all difficult	38	14	1,863	15	3.7	3.6	.06
		2		39	14	1,759	13			
		3		33	12	2,165	16			
		4		62	21	2,899	21			
		5		55	19	2,403	17			
		6	Very difficult	54	19	2,459	17			
		—	Not applicable	4	1	212	2			
		Total		285	100	13,760	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	21	8	1,096	9	4.3	4.2	.08
		2		22	8	1,057	8			
		3		29	10	1,705	13			
		4		58	20	2,699	20			
		5		66	23	3,117	22			
		6	Very difficult	87	30	3,923	27			
		—	Not applicable	2	1	155	1			
		Total		285	100	13,752	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	30	11	1,408	11	3.9	3.9	.04
		2		30	11	1,679	12			
		3		38	13	2,252	16			
		4		71	25	2,893	21			
		5		55	19	2,555	19			
		6	Very difficult	59	21	2,881	20			
		—	Not applicable	2	1	92	1			
		Total		285	100	13,760	100			
l. Physical health	MHWdphysical	1	Not at all difficult	39	14	2,115	16	3.3	3.2	.06
		2		49	17	2,553	19			
		3		57	20	2,798	20			
		4		70	25	3,033	22			
		5		35	12	1,685	12			
		6	Very difficult	30	10	1,446	10			
		—	Not applicable	5	2	116	1			
		Total		285	100	13,746	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

University of San Francisco

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA		Mental Health
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
m. Discrimination or harassment	MHWddiscrim	1	Not at all difficult	152	55	8,527	63	1.8	1.6	.12
		2		54	18	2,098	14			
		3		27	9	831	6			
		4		15	6	656	5			
		5		6	2	263	2			
		6	Very difficult	4	1	227	2			
		—	Not applicable	25	8	1,160	9			
		Total		283	100	13,762	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	9	4	363	3	3.0	2.9	.08
		1	Very little	10	4	897	7			
		2	Some	65	23	3,093	23			
		3	Quite a bit	84	29	4,216	30			
		4	Very much	110	38	4,726	34			
		—	Not applicable	6	2	452	4			
		Total		284	100	13,747	100			
b. Your family	MHWsfamily	0	Not at all	8	3	520	4	2.9	2.8	.09
		1	Very little	20	7	1,327	10			
		2	Some	65	23	3,256	23			
		3	Quite a bit	85	29	3,624	26			
		4	Very much	104	37	4,777	35			
		—	Not applicable	3	1	230	2			
		Total		285	100	13,734	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	14	5	740	6	3.0	2.9	.04
		1	Very little	9	3	704	5			
		2	Some	34	12	1,598	12			
		3	Quite a bit	45	15	2,273	16			
		4	Very much	92	33	4,720	34			
		—	Not applicable	91	31	3,697	27			
		Total		285	100	13,732	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	35	12	1,843	14	2.1	2.0	.12
		1	Very little	40	14	2,230	16			
		2	Some	95	34	4,383	32			
		3	Quite a bit	65	22	2,455	17			
		4	Very much	35	13	1,565	11			
		—	Not applicable	15	5	1,242	9			
		Total		285	100	13,718	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	38	13	2,267	17	2.0	1.9	.08
		1	Very little	50	17	1,770	13			
		2	Some	51	18	2,762	20			
		3	Quite a bit	43	16	1,733	12			
		4	Very much	35	13	1,610	12			
		—	Not applicable	68	24	3,554	26			
		Total		285	100	13,696	100			
f. Your academic advisor	MHWsadvice	0	Not at all	70	24	3,563	26	1.6	1.5	.03
		1	Very little	50	17	2,106	15			
		2	Some	56	21	2,881	21			
		3	Quite a bit	25	9	1,552	11			
		4	Very much	32	11	1,309	9			
		—	Not applicable	52	18	2,304	17			
		Total		285	100	13,715	100			

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Frequencies and Statistical Comparisons

University of San Francisco

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
g. Your instructors	MHWsinstruct	0	Not at all	30	11	2,027	15	2.1	1.9 **	.18
		1	Very little	48	16	2,251	17			
		2	Some	83	30	4,134	30			
		3	Quite a bit	60	20	2,328	16			
		4	Very much	41	14	1,537	11			
		—	Not applicable	23	8	1,443	11			
		Total	285	100	13,720	100				
h. Counseling services	MHWscounsel	0	Not at all	49	17	2,800	21	1.6	1.6	.05
		1	Very little	43	15	1,148	9			
		2	Some	35	13	1,652	12			
		3	Quite a bit	21	8	1,060	7			
		4	Very much	25	9	1,243	9			
		—	Not applicable	112	39	5,809	42			
		Total	285	100	13,712	100				
i. Student services staff (student activities, housing, career services, etc.)	MHWstaff	0	Not at all	61	21	3,327	25	1.4	1.3	.11
		1	Very little	39	13	1,465	10			
		2	Some	36	12	1,692	12			
		3	Quite a bit	15	6	741	5			
		4	Very much	20	7	746	6			
		—	Not applicable	114	40	5,718	42			
		Total	285	100	13,689	100				
3. To what extent do you agree or disagree with the following statements?										
a. I have access to affordable, healthy food.	MHWfood	1	Strongly disagree	5	2	321	2	4.8	4.6 **	.15
		2	Disagree	12	4	663	5			
		3	Slightly disagree	17	5	1,274	9			
		4	Slightly agree	56	20	3,006	22			
		5	Agree	107	37	4,940	36			
		6	Strongly agree	88	32	3,514	26			
		Total	285	100	13,718	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	11	3	1,060	8	4.0	3.7 ***	.24
		2	Disagree	42	14	2,515	18			
		3	Slightly disagree	51	17	2,742	20			
		4	Slightly agree	64	22	2,786	20			
		5	Agree	65	24	2,768	20			
		6	Strongly agree	51	19	1,845	14			
		Total	284	100	13,716	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	8	3	961	7	4.2	3.8 ***	.26
		2	Disagree	37	13	2,088	15			
		3	Slightly disagree	41	13	2,548	18			
		4	Slightly agree	75	26	3,180	23			
		5	Agree	73	26	3,327	25			
		6	Strongly agree	51	19	1,603	12			
		Total	285	100	13,707	100				
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	13	5	710	5	4.1	4.0	.07
		2	Disagree	26	9	1,424	11			
		3	Slightly disagree	39	14	2,146	15			
		4	Slightly agree	95	33	4,209	30			
		5	Agree	81	28	3,745	28			
		6	Strongly agree	30	12	1,446	11			
		Total	284	100	13,680	100				

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	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	MHWdepress	No		69	24	3,502	26	73%	72%	.03
	(Means indicate the percentage who responded "Yes.")	Yes		208	73	10,003	72			
		Help for this is not available		7	2	200	1			
		Total		284	100	13,705	100			
b. Discrimination or harassment	MHWdiscrim	No		83	29	4,273	32	70%	67%	.05
	(Means indicate the percentage who responded "Yes.")	Yes		196	70	9,253	67			
		Help for this is not available		5	2	167	1			
		Total		284	100	13,693	100			
c. Food insecurity (not having enough food)	MHWfood	No		82	29	5,371	40	70%	58% *** △	.25
	(Means indicate the percentage who responded "Yes.")	Yes		197	70	8,132	58			
		Help for this is not available		3	1	193	1			
		Total		282	100	13,696	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse	No		130	46	7,634	56	50%	41% ** △	.18
	(Means indicate the percentage who responded "Yes.")	Yes		142	50	5,668	41			
		Help for this is not available		11	4	376	3			
		Total		283	100	13,678	100			
e. Emergency financial situation	MHWfinance	No		143	50	7,366	54	46%	43%	.05
	(Means indicate the percentage who responded "Yes.")	Yes		129	46	5,979	43			
		Help for this is not available		12	4	346	2			
		Total		284	100	13,691	100			
f. Lack of care for dependents	MWHcare	No		178	62	8,895	65	32%	32%	-.01
	(Means indicate the percentage who responded "Yes.")	Yes		88	32	4,331	32			
		Help for this is not available		18	6	448	3			
		Total		284	100	13,674	100			
g. Mental health crises	MWHmental	No		83	29	4,009	30	69%	68%	.02
	(Means indicate the percentage who responded "Yes.")	Yes		195	69	9,490	68			
		Help for this is not available		5	2	189	1			
		Total		283	100	13,688	100			
h. Sexual assault or relationship violence	MWHassault	No		88	31	3,983	29	67%	69%	-.04
	(Means indicate the percentage who responded "Yes.")	Yes		190	67	9,556	69			
		Help for this is not available		6	2	146	1			
		Total		284	100	13,685	100			
i. Sleep difficulty	MWHsleep	No		167	59	8,724	64	37%	33%	.08
	(Means indicate the percentage who responded "Yes.")	Yes		103	37	4,505	33			
		Help for this is not available		14	5	467	3			
		Total		284	100	13,696	100			
j. Substance abuse	MWHabuse	No		144	50	6,787	50	46%	48%	-.06
	(Means indicate the percentage who responded "Yes.")	Yes		126	46	6,615	48			
		Help for this is not available		12	4	289	2			
		Total		282	100	13,691	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	13	5	636	4	2.5	2.4	.06
		1	Very little	34	12	1,479	10			
		2	Some	69	24	2,869	21			
		3	Quite a bit	67	23	2,503	19			
		4	Very much	52	19	1,829	14			
		—	I don't know	48	17	4,337	32			
		Total		283	100	13,653	100			

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Frequencies and Statistical Comparisons

University of San Francisco

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				USF_CA		Mental Health		USF_CA	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
b. Health services for physical health needs	MHWihelp	0	Not at all	2	1	329	2	2.5	2.7 *	-.14 ▽
		1	Very little	32	11	919	6			
		2	Some	87	31	3,342	24			
		3	Quite a bit	64	22	3,744	28			
		4	Very much	44	16	2,344	18			
		—	I don't know	54	19	2,974	22			
		Total		283	100	13,652	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	13	5	382	3	2.5	2.6	-.12
		1	Very little	28	10	1,135	8			
		2	Some	86	30	3,391	25			
		3	Quite a bit	78	27	3,684	27			
		4	Very much	48	18	2,496	18			
		—	I don't know	31	11	2,564	20			
		Total		284	100	13,652	100			
d. Affordable housing for students	MHWihouse	0	Not at all	47	16	1,514	11	1.5	1.8 ***	-.23 ▽
		1	Very little	68	23	2,326	16			
		2	Some	57	20	3,194	23			
		3	Quite a bit	26	10	1,468	11			
		4	Very much	15	5	926	7			
		—	I don't know	69	25	4,215	31			
		Total		282	100	13,643	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	5	2	361	3	2.8	2.8	-.07
		1	Very little	18	6	954	7			
		2	Some	81	29	2,911	21			
		3	Quite a bit	90	31	3,971	29			
		4	Very much	66	24	3,841	29			
		—	I don't know	24	8	1,582	12			
		Total		284	100	13,620	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 123 first-year student(s) and 92 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 ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
		USF_CA	Mental Health	USF_CA	Mental Health	USF_CA	Mental Health			
MHWdacad	388	4.01	4.12	.055	.009	1.09	1.14	406	.053	-.09
MHWdemploy	261	3.52	3.23	.101	.015	1.64	1.68	12,846	.005	.17
MHWdfinance	356	4.20	3.91	.080	.012	1.50	1.53	16,632	.000	.19
MHWdfamily	378	2.65	2.77	.078	.012	1.51	1.57	17,482	.142	-.08
MHWdhomesick	370	2.94	2.63	.086	.013	1.65	1.62	16,677	.000	.19
MHWdromantic	297	3.28	3.15	.102	.015	1.76	1.76	14,508	.212	.07
MHWdpeers	384	3.05	2.81	.076	.011	1.49	1.48	17,464	.002	.16
MHWdlonely	381	3.33	3.38	.081	.013	1.58	1.69	400	.532	-.03
MHWdmental	379	3.61	3.57	.080	.012	1.56	1.62	17,529	.633	.02
MHWdexhaust	384	4.04	4.07	.077	.012	1.51	1.58	17,590	.731	-.02
MHWdsleep	384	3.64	3.82	.080	.012	1.58	1.60	17,683	.030	-.11
MHWdphysical	382	3.11	3.08	.073	.012	1.44	1.52	400	.624	.02
MHWddiscrim	359	1.62	1.57	.053	.008	1.01	1.07	16,420	.317	.05
MHWsfriend	372	2.83	2.89	.055	.008	1.06	1.04	17,219	.329	-.05
MHWsfamily	377	2.85	2.82	.057	.009	1.10	1.14	17,450	.684	.02
MHWsromantic	199	2.54	2.72	.095	.013	1.34	1.34	10,871	.051	-.14
MHWsstudent	355	1.80	1.94	.061	.009	1.14	1.17	16,232	.022	-.12
MHWscultural	299	1.69	1.95	.074	.012	1.29	1.34	13,673	.001	-.19
MHWsadvice	330	1.55	1.67	.069	.011	1.25	1.29	15,109	.099	-.09
MHWsinstruct	349	1.82	1.83	.061	.010	1.14	1.20	15,810	.831	-.01
MHWscounsel	249	1.40	1.78	.082	.014	1.30	1.41	263	.000	-.27
MHWsstaff	276	1.26	1.54	.074	.012	1.23	1.30	11,900	.000	-.22
MHWfood	388	3.90	4.47	.075	.010	1.48	1.26	400	.000	-.45
MHWexercise	388	3.88	3.94	.069	.011	1.35	1.44	407	.424	-.04
MHWleisure	387	4.11	4.07	.063	.010	1.24	1.34	407	.575	.03
MHWinst	388	3.94	4.25	.061	.009	1.20	1.17	17,650	.000	-.27
MHWdepress	387	74%	76%	.022	.003	--	--	--	.446	-.04
MHWddiscrim	387	68%	71%	.024	.003	--	--	--	.191	-.07
MHWhfood	387	54%	63%	.025	.004	--	--	--	.000	-.19
MHWhouse	386	49%	54%	.025	.004	--	--	--	.039	-.11
MHWfinance	385	44%	55%	.025	.004	--	--	--	.000	-.21
MWHcare	385	33%	42%	.024	.004	--	--	--	.000	-.19
MWHmental	387	71%	73%	.023	.003	--	--	--	.207	-.06
MWHassault	386	71%	74%	.023	.003	--	--	--	.154	-.07
MWHsleep	387	33%	40%	.024	.004	--	--	--	.009	-.14
MWHabuse	385	43%	58%	.025	.004	--	--	--	.000	-.29
MHWifood	342	2.35	2.53	.060	.010	1.10	1.15	14,471	.004	-.16
MHWihelp	335	2.29	2.75	.060	.008	1.09	0.99	347	.000	-.46
MHWicounsel	344	2.45	2.82	.055	.008	1.02	0.97	357	.000	-.38
MHWihouse	342	1.45	1.99	.056	.010	1.04	1.15	14,564	.000	-.47
MHWiinternet	371	2.37	2.67	.056	.009	1.08	1.11	16,759	.000	-.27

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

Seniors

	Standard								Effect	
	N	Mean		Standard error ^f		deviation ^g		DF ^h	Sig. ⁱ	size ^d
Variable name	USF_CA	USF_CA	Mental Health	USF_CA	Mental Health	USF_CA	Mental Health	Comparisons with: Mental Health		
MHWdacad	280	4.32	4.12	.070	.009	1.17	1.26	18,338	.006	.17
MHWdemploy	241	3.67	3.49	.099	.013	1.54	1.63	16,201	.105	.11
MHWdfinance	268	4.04	4.12	.104	.012	1.70	1.59	17,940	.423	-.05
MHWdfamily	277	2.96	3.00	.096	.012	1.61	1.63	18,202	.725	-.02
MHWdhomesick	256	2.37	2.15	.098	.012	1.57	1.49	16,414	.018	.15
MHWdromantic	234	3.02	3.03	.117	.014	1.79	1.75	16,110	.929	-.01
MHWdpeers	279	2.93	2.70	.096	.011	1.60	1.49	285	.022	.15
MHWdlonely	275	3.17	3.19	.104	.013	1.72	1.73	17,869	.896	-.01
MHWdmental	280	3.73	3.64	.101	.012	1.70	1.67	18,106	.352	.06
MHWdexhaust	282	4.34	4.21	.094	.012	1.58	1.60	18,187	.187	.08
MHWdsleep	282	3.93	3.86	.096	.012	1.61	1.62	18,285	.458	.04
MHWdphysical	280	3.33	3.25	.091	.012	1.53	1.55	18,226	.350	.06
MHWddiscrim	259	1.75	1.62	.072	.009	1.16	1.14	16,847	.063	.12
MHWsfriend	277	2.97	2.89	.063	.008	1.05	1.06	17,748	.207	.08
MHWsfamily	281	2.91	2.81	.064	.009	1.07	1.14	290	.117	.09
MHWsromantic	195	2.98	2.93	.088	.011	1.23	1.27	13,388	.566	.04
MHWsstudent	269	2.10	1.95	.073	.010	1.20	1.22	16,647	.057	.12
MHWscultural	216	1.96	1.85	.091	.012	1.34	1.37	13,590	.255	.08
MHWsadvice	232	1.58	1.54	.090	.011	1.37	1.35	15,206	.640	.03
MHWsinstruct	260	2.13	1.90	.075	.010	1.22	1.25	16,387	.004	.18
MHWscounsel	174	1.63	1.56	.105	.014	1.39	1.46	10,613	.512	.05
MHWsstaff	171	1.40	1.25	.104	.013	1.37	1.34	10,660	.147	.11
MHWfood	284	4.81	4.63	.069	.009	1.17	1.23	293	.008	.15
MHWexercise	283	4.05	3.69	.085	.011	1.43	1.51	292	.000	.24
MHWleisure	284	4.18	3.80	.081	.011	1.37	1.45	18,363	.000	.26
MHWinst	283	4.07	3.97	.076	.010	1.29	1.33	18,329	.242	.07
MHWdepress	283	73%	72%	.026	.003	--	--	--	.666	.03
MHWdiscrim	283	70%	67%	.027	.003	--	--	--	.424	.05
MHWfood	281	70%	58%	.027	.004	--	--	--	.000	.25
MWHhouse	282	50%	41%	.030	.004	--	--	--	.002	.18
MWHfinance	283	46%	43%	.030	.004	--	--	--	.369	.05
MWHcare	283	32%	32%	.028	.003	--	--	--	.918	-.01
MWHmental	282	69%	68%	.028	.003	--	--	--	.785	.02
MWHassault	283	67%	69%	.028	.003	--	--	--	.455	-.04
MWHsleep	283	37%	33%	.029	.004	--	--	--	.185	.08
MWHabuse	281	46%	48%	.030	.004	--	--	--	.340	-.06
MHWifood	234	2.49	2.41	.075	.010	1.15	1.16	12,428	.334	.06
MHWihelp	228	2.52	2.67	.065	.009	0.99	1.01	14,255	.031	-.14
MHWicounsel	253	2.49	2.61	.068	.009	1.09	1.05	14,709	.056	-.12
MHWihouse	212	1.54	1.81	.081	.011	1.18	1.19	12,543	.001	-.23
MHWiinternet	260	2.76	2.84	.061	.008	0.98	1.06	16,078	.247	-.07

Endnotes

- a. Column percentages are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Percentages may not sum to 100 due to rounding. Counts are unweighted; column percentages cannot be replicated from counts. Comparison group details are in the Selected Comparison Groups report, linked in the Data & Reports table on the Institution Interface.
- b. All statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Unless otherwise noted, statistical comparisons are two-tailed independent t-tests. Items with categorical response sets are left blank.
- c. These are the values used to calculate means. For the majority of items, these values match the codes in the data file and codebook.
- d. Effect size for independent t-tests uses Cohen's d; z-tests use Cohen's h.
- e. Statistics are weighted by institution-reported sex and enrollment status (and institution size for comparison groups). Categorical items are not listed.
- f. The 95% confidence interval for the population mean is equal to the sample mean plus or minus 1.96 times the standard error of the mean.
- g. A measure of the amount individual scores deviate from the mean of all the scores in the distribution.
- h. Degrees of freedom used to compute the t-tests. Values differ from Ns due to weighting and whether equal variances were assumed.
- i. Statistical comparisons are two-tailed independent t-tests or z-tests. Statistical significance represents the probability that the difference between your students' mean and that of the students in the comparison group is due to chance.
- j. Statistical comparison uses z-test to compare the proportion who responded (depending on the item) "Done or in progress" or "Yes" with all who responded otherwise.
- k. Mean represents the proportion who responded (depending on the item) "Done or in progress" or "Yes."

Key to symbols:

- ▲ **Your students' average** was significantly higher ($p < .05$) with an effect size at least .3 in magnitude.
- △ **Your students' average** was significantly higher ($p < .05$) with an effect size less than .3 in magnitude.
- ▼ **Your students' average** was significantly lower ($p < .05$) with an effect size less than .3 in magnitude.
- ▽ **Your students' average** was significantly lower ($p < .05$) with an effect size at least .3 in magnitude.

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