NSSE Shorts
Mental Health and Well-being Item Set

We would like to know more about your mental health and well-being.

1. **During the current school year, how difficult have the following been for you?**
   Response options: Not at all difficult=1, 2=2, 3=3, 4=4, 5=5, Very difficult=6, 9=Not applicable (coded as missing)
   a. Academics [MHWdacadS]
   b. Employment [MHWdemployS]
   c. Finances [MHWdfinanceS]
   d. Family relationships [MHWdfamilyS]
   e. Homesickness [MHWdhomesickS]
   f. Romantic relationships [MHWdromanticS]
   g. Relationships with peers [MHWdpeersS]
   h. Loneliness [MHWdlonelyS]
   i. Mental health [MHWdmentalS]
   j. Mental or emotional exhaustion [MHWdexhaustS]
   k. Sleeping well [MHWdsleepS]
   l. Physical health [MHWdphysicalS]
   m. Discrimination or harassment [MHWddiscrimS]

2. **To what extent have the following supported your mental health and well-being?**
   Response options: Very much=4, Quite a bit=3, Some=2, Very little=1, Not at all=0, Not applicable (coded as missing)=9
   a. Your friends [MHWsfriendS]
   b. Your family [MHWsfamilyS]
   c. Significant others or romantic partners [MHWsromanticS]
   d. Other students (classmates, peer advisors, student org. members, etc.) [MHWsstudentS]
   e. Communities that matter to you (identity-based, faith-based, hometown group, etc.) [MHWsculturalS]
   f. Your academic advisor [MHWsadviseS]
   g. Your instructors [MHWsinstructS]
   h. Counseling services [MHWscounselS]
   i. Student health center or clinic [MHWsclinicS]
   j. Student services staff (student activities, housing, career services, etc.) [MHWsstaffS]

3. **To what extent do you agree or disagree with the following statements?**
   Response options:Strongly agree=6, Agree=5, Slightly agree=4, Slightly disagree=3, Disagree=2, Strongly disagree=1
   a. I have access to affordable, healthy food. [MHWfoodS]
   b. I am satisfied with the amount of exercise that I get. [MHWexerciseS]
   c. I am satisfied with the amount of time I spend on recreational and leisure activities. [MHWleisureS]
   d. I get an adequate amount of support for my well-being from my institution. [MHWinstS]

4. **If you were to experience the following problems, would you know how to get help at your institution?**
   Response options: Yes=1, No=0, Help for this is not available at my institution=9
   a. Depression or anxiety [MHWhdepressS]
   b. Discrimination or harassment [MHWhdiscrimS]
   c. Food insecurity (not having enough food) [MHWhfoodS]
   d. Housing insecurity (inconsistent access to stable housing) [MHWhhouseS]
   e. Emergency financial situation [MHWhfinanceS]
   f. Lack of care for dependents [MHWhcareS]
   g. Mental health crises [MHWhmentalS]
   h. Sexual assault or relationship violence [MHWhassaultS]
   i. Sleep difficulty [MHWhsleepS]
   j. Substance abuse [MHWhabuseS]

5. **Thinking about resources on your campus, to what extent does your institution provide adequate resources in the following areas?**
   Response options: Very much=4, Quite a bit=3, Some=2, Very little=1, Not at all=0, I don't know (coded as missing)=9

a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.) [MHWifoodS]
b. Health services for physical health needs [MHWihelpS]
c. Counseling services for mental health needs [MHWicounselS]
d. Affordable housing for students [MHWihouseS]
e. Access to reliable internet [MHWiinternetS]

6. **What is one way your institution has supported your mental health and well-being? Please describe. (5,000 character limit) [MHWsupport_txtS]**
   Response option: Text box