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**NSSE 2023 Data Codebooks**

**Mental Health and Well-Being
Topical Module**

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](https://www.butler.edu/well-being/institute-wellbeing/swiss/) (SWISS).

Survey questions are listed in the order that students received them. Response options appear in italics beneath. Variable names appear in brackets (e.g., [MHWdacad]) after each item. Items that are recoded (e.g., reversed response values) or derived (new computed values such as age category or total number of written pages) from original question(s) are shaded and prefaced by a bracket and the word "RECODED" or "DERIVED."

NSSE codebooks correspond to the final data we deliver in the summer and contain information on variables (EIs, recodes, derived variables, etc.) not included in the raw data files available for download in the spring. Like NSSE data, codebooks are subject to revision until the Institutional Report is delivered in August.

Mental Health and Well-being Module

# 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 [MHWdacad]

b. Employment [MHWdemploy]

c. Finances [MHWdfinance]

d. Family relationships [MHWdfamily]

e. Homesickness [MHWdhomesick]

f. Romantic relationships [MHWdromatic]

g. Relationships with peers [MHWdpeers]

h. Loneliness [MHWdlonely]

i. Mental health [MHWdmental]

j. Mental or emotional exhaustion [MHWdexhaust]

k. Sleeping well [MHWdsleep]

l. Physical health [MHWdphysical]

m. Discrimination or harassment [MHWddiscrim]

[RECODED] To accommodate SAS users, recodes of question 1 are included in the data file to include “Not applicable” as a valid response.

Values: Not at all difficult=1, 2=2, 3=3, 4=4, 5=5, Very difficult=6, Not applicable=9

- Academics [MHWdacadR]

- Employment [MHWdemployR]

- Finances [MHWdfinanceR]

- Family relationships [MHWdfamilyR]

- Homesickness [MHWdhomesickR]

- Romantic relationships [MHWdromaticR]

- Relationships with peers [MHWdpeersR]

- Loneliness [MHWdlonelyR]

- Mental health [MHWdmentalR]

- Mental or emotional exhaustion [MHWdexhaustR]

- Sleeping well [MHWdsleepR]

- Physical health [MHWdphsycialR]

- Discrimination or harassment [MHWddiscrimR]

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

Response options: Not at all=0, Very little=1, Some=2, Quite a bit=3, Very much=4, Not applicable (coded as missing)=9

a. Your friends [MHWsfriend]

b. Your family [MHWsfamily]

c. Significant others or romantic partners [MHWsromantic]

d. Other students (classmates, peer advisors, student org. members, etc.) [MHWsstudent]

e. Your cultural community (identity-based, faith-based, hometown group, etc.) [MHWscultural]

f. Your academic advisor [MHWsadvise]

g. Your instructors [MHWsinstruct]

h. Counseling services [MHWscounsel]

i. Student services staff (student activities, housing, career services, etc.) [MHWsstaff]

[RECODED] To accommodate SAS users, recodes of question 2 are included in the data file to include “Not applicable” as a valid response.

Values: Not at all=0, Very little=1, Some=2, Quite a bit=3, Very much=4, Not applicable=9

- Your friends [MHWsfriendR]

- Your family [MHWsfamilyR]

- Significant others or romantic partners [MHWsromanticR]

- Other students (classmates, peer advisors, student org. members, etc.) [MHWsstudentR]

- Your cultural community (identity-based, faith-based, hometown group, etc.) [MHWsculturalR]

- Your academic advisor [MHWsadviseR]

- Your instructors [MHWsinstructR]

- Counseling services [MHWscounselR]

- Student services staff (student activities, housing, career services, etc.) [MHWsstaffR]

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

Response options: Strongly disagree=1, Disagree=2, Slightly disagree=3, Slightly agree=4, Agree=5, Strongly agree=6

a. I have access to affordable, healthy food. [MHWfood]

b. I am satisfied with the amount of exercise that I get. [MHWexercise]

c. I am satisfied with the amount of time I spend on recreational and leisure activities. [MHWleisure]

d. I get an adequate amount of support for my well-being from my institution. [MHWinst]

# 4. If you were to experience the following problems, would you know how to get help at your institution?

Response options: No=0, Yes=1, Help for this is not available at my institution=9

a. Depression or anxiety [MHWhdepress]

b. Discrimination or harassment [MHWhdiscrim]

c. Food insecurity (not having enough food) [MHWhfood]

d. Housing insecurity (inconsistent access to stable housing) [MHWhhouse]

e. Emergency financial situation [MHWhfinance]

f. Lack of care for dependents [MHWhcare]

g. Mental health crises [MHWhmental]

h. Sexual assault or relationship violence [MHWhassault]

i. Sleep difficulty [MHWhsleep]

j. Substance abuse [MHWhabuse]

[RECODED] Flag for Yes response for MHWhdepress through MHWhabuse

Values: No or Help for this is not available at my institution=0, Yes=1

- Depression or anxiety [MHWhdepressR]

- Discrimination or harassment [MHWhdiscrimR]

- Food insecurity (not having enough food) [MHWhfoodR]

- Housing insecurity (inconsistent access to stable housing) [MHWhhouseR]

- Emergency financial situation [MHWhfinanceR]

- Lack of care for dependents [MHWhcareR]

- Mental health crises [MHWhmentalR]

- Sexual assault or relationship violence [MHWhassaultR]

- Sleep difficulty [MHWhsleepR]

- Substance abuse [MHWhabuseR]

# 5. Thinking about resources on your campus, to what extent does your institution provide adequate resources in the following areas?

Response options: Not at all=0, Very little=1, Some=2, Quite a bit=3, Very much=4, I don’t know (coded as missing)=9

a. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.) [MHWifood]

b. Health services for physical health needs [MHWihelp]

c. Counseling services for mental health needs [MHWicounsel]

d. Affordable housing for students [MHWihouse]

e. Access to reliable internet [MHWiinternet]

[RECODED] To accommodate SAS users, recodes of question 5 are included in the data file to include “I don’t know” as a valid response.

Values: Not at all=0, Very little=1, Some=2, Quite a bit=3, Very much=4, I don’t know=9

- Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.) [MHWifoodR]

- Health services for physical health needs [MHWihelpR]

- Counseling services for mental health needs [MHWicounselR]

- Affordable housing for students [MHWihouseR]

- Access to reliable internet [MHWiinternetR]

# 6. What is one way your institution has supported your mental health and well-being? Please describe. (5,000 character limit) [MHWsupport\_txt]

Response option: Text box

Note: Responses to item 6 (MHWsupport\_txt) are provided in the SPSS data file and the “Student Comments” report.

[DERIVED] Respondent wrote in a comment for *MHWsupport \_txt* [MHWsupportComment]

Values: Did not comment=0, Did leave comment=1

Note: Item found in the Student Comments data file