
NSSE 2023 Topical Module Report

Mental Health & Well-Being

Misericordia 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

Misericordia University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	0	0	254	3	4.3	4.1	.20
		2		3	4	644	6			
		3		8	10	1,710	16			
		4		24	50	4,004	37			
		5		12	16	3,104	28			
		6	Very difficult	7	18	1,075	10			
		—	Not applicable	1	1	35	0			
		Total		55	100	10,826	100			
b. Employment	MHWdemploy	1	Not at all difficult	16	26	1,727	16	2.9	3.2	-.18
		2		7	9	1,210	11			
		3		4	5	1,361	13			
		4		9	21	1,560	14			
		5		8	15	1,044	10			
		6	Very difficult	1	1	909	9			
		—	Not applicable	10	22	3,011	28			
		Total		55	100	10,822	100			
c. Finances	MHWdfinance	1	Not at all difficult	4	10	845	8	3.8	3.9	-.07
		2		4	5	1,185	11			
		3		11	19	1,753	16			
		4		11	24	2,306	22			
		5		18	28	2,123	19			
		6	Very difficult	5	7	1,895	17			
		—	Not applicable	2	7	714	7			
		Total		55	100	10,821	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	13	38	2,999	28	2.6	2.8	-.13
		2		13	18	2,299	21			
		3		13	18	1,801	16			
		4		8	11	1,844	17			
		5		4	6	1,021	9			
		6	Very difficult	3	9	669	6			
		—	Not applicable	0	0	185	2			
		Total		54	100	10,818	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	15	34	3,288	33	2.5	2.6	-.10
		2		11	19	2,056	19			
		3		8	15	1,555	14			
		4		6	8	1,501	13			
		5		6	8	956	8			
		6	Very difficult	4	5	827	7			
		—	Not applicable	4	10	637	6			
		Total		54	100	10,820	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	8	15	2,293	21	3.4	3.2	.16
		2		10	13	1,381	12			
		3		8	10	1,384	13			
		4		10	18	1,503	14			
		5		3	4	1,020	9			
		6	Very difficult	6	17	1,248	12			
		—	Not applicable	10	22	1,985	18			
		Total		55	100	10,814	100			

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Misericordia University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	6	8	2,389	24	3.1	2.8	.22
		2		17	27	2,463	23			
		3		15	29	2,166	20			
		4		11	24	2,011	18			
		5		4	5	986	9			
		6	Very difficult	2	7	625	5			
		—	Not applicable	0	0	159	2			
		Total		55	100	10,799	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	5	12	1,803	18	3.6	3.4	.12
		2		10	19	1,814	16			
		3		5	12	1,812	16			
		4		16	27	2,045	19			
		5		9	13	1,609	15			
		6	Very difficult	8	16	1,527	14			
		—	Not applicable	1	1	199	2			
		Total		54	100	10,809	100			
i. Mental health	MHWdmental	1	Not at all difficult	2	8	1,398	14	4.0	3.6	.24
		2		7	10	1,479	14			
		3		10	19	1,893	17			
		4		12	27	2,361	21			
		5		10	14	1,900	17			
		6	Very difficult	12	22	1,645	14			
		—	Not applicable	1	1	142	1			
		Total		54	100	10,818	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	0	0	846	9	4.5	4.1	.29
		2		6	8	967	9			
		3		7	20	1,544	15			
		4		10	14	2,339	21			
		5		15	26	2,456	22			
		6	Very difficult	15	31	2,555	23			
		—	Not applicable	1	1	100	1			
		Total		54	100	10,807	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	4	10	1,080	11	3.6	3.8	-.14
		2		6	8	1,351	13			
		3		17	32	1,837	17			
		4		13	26	2,428	22			
		5		7	9	2,074	19			
		6	Very difficult	7	14	1,988	18			
		—	Not applicable	1	1	53	1			
		Total		55	100	10,811	100			
l. Physical health	MHWdphysical	1	Not at all difficult	11	19	1,886	19	2.8	3.1	-.17
		2		16	26	2,168	20			
		3		12	25	2,283	21			
		4		12	20	2,326	21			
		5		3	4	1,184	11			
		6	Very difficult	1	6	862	8			
		—	Not applicable	0	0	96	1			
		Total		55	100	10,805	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Misericordia University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	42	74	6,839	64	1.3	1.6 *** ▽	-.30
		2		6	13	1,685	15			
		3		4	5	625	6			
		4		0	0	499	4			
		5		0	0	206	2			
		6	Very difficult	0	0	117	1			
		—	Not applicable	3	9	835	8			
		Total		55	100	10,806	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	1	1	244	2	3.1	2.9	.19
		1	Very little	2	3	724	7			
		2	Some	16	21	2,438	23			
		3	Quite a bit	21	37	3,513	32			
		4	Very much	15	38	3,571	33			
		—	Not applicable	0	0	311	3			
		Total		55	100	10,801	100			
b. Your family	MHWsfamily	0	Not at all	0	0	413	4	3.4	2.8 *** ▲	.48
		1	Very little	4	5	1,009	10			
		2	Some	8	10	2,418	22			
		3	Quite a bit	17	27	2,954	27			
		4	Very much	26	57	3,832	36			
		—	Not applicable	0	0	172	2			
		Total		55	100	10,798	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	4	10	632	6	2.6	2.7	-.05
		1	Very little	3	4	601	6			
		2	Some	4	5	1,224	12			
		3	Quite a bit	15	25	1,438	13			
		4	Very much	12	21	2,657	25			
		—	Not applicable	16	35	4,226	39			
		Total		54	100	10,778	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	5	7	1,344	13	2.1	1.9	.13
		1	Very little	11	15	1,937	18			
		2	Some	21	42	3,653	34			
		3	Quite a bit	9	26	1,899	17			
		4	Very much	4	5	1,057	10			
		—	Not applicable	4	5	890	8			
		Total		54	100	10,780	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	8	11	1,603	15	2.1	1.9	.12
		1	Very little	8	11	1,455	13			
		2	Some	8	16	2,414	22			
		3	Quite a bit	13	33	1,587	15			
		4	Very much	3	4	1,268	12			
		—	Not applicable	13	23	2,433	23			
		Total		53	100	10,760	100			
f. Your academic advisor	MHWsadvice	0	Not at all	8	11	2,261	21	2.2	1.7 ** ▲	.42
		1	Very little	11	15	1,972	18			
		2	Some	13	22	2,663	25			
		3	Quite a bit	9	26	1,375	13			
		4	Very much	7	14	915	9			
		—	Not applicable	6	13	1,593	15			
		Total		54	100	10,779	100			

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First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	8	11	1,583	15	2.2	1.8 * ▲	.32
		1	Very little	9	12	2,020	19			
		2	Some	16	26	3,413	31			
		3	Quite a bit	9	26	1,704	16			
		4	Very much	6	13	922	9			
		—	Not applicable	6	13	1,140	11			
		Total	54	100	10,782	100				
h. Counseling services	MHWscounsel	0	Not at all	7	9	1,691	16	2.4	1.8 * ▲	.47
		1	Very little	3	4	1,041	10			
		2	Some	5	7	1,564	14			
		3	Quite a bit	6	13	980	9			
		4	Very much	8	15	991	9			
		—	Not applicable	25	52	4,498	42			
		Total	54	100	10,765	100				
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	12	16	2,196	20	2.0	1.5	.34
		1	Very little	3	4	1,477	14			
		2	Some	13	22	2,035	19			
		3	Quite a bit	5	11	923	9			
		4	Very much	5	11	674	7			
		—	Not applicable	16	35	3,448	33			
		Total	54	100	10,753	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	0	0	369	3	4.8	4.5 ** ▲	.31
		2	Disagree	2	3	668	6			
		3	Slightly disagree	3	4	1,204	11			
		4	Slightly agree	14	23	2,595	24			
		5	Agree	24	46	3,793	36			
		6	Strongly agree	11	24	2,139	21			
		Total	54	100	10,768	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	0	0	540	5	4.6	3.9 ** ▲	.45
		2	Disagree	7	9	1,583	15			
		3	Slightly disagree	12	16	1,984	19			
		4	Slightly agree	6	13	2,377	22			
		5	Agree	17	32	2,707	25			
		6	Strongly agree	12	30	1,575	15			
		Total	54	100	10,766	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	0	0	416	4	4.4	4.1	.28
		2	Disagree	4	6	1,175	11			
		3	Slightly disagree	17	24	1,838	17			
		4	Slightly agree	8	11	2,695	25			
		5	Agree	16	38	3,279	31			
		6	Strongly agree	8	21	1,358	13			
		Total	53	100	10,761	100				
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	0	0	240	2	4.6	4.2 * ▲	.33
		2	Disagree	1	1	749	7			
		3	Slightly disagree	7	10	1,367	13			
		4	Slightly agree	18	35	3,510	32			
		5	Agree	18	30	3,642	34			
		6	Strongly agree	9	23	1,236	12			
		Total	53	100	10,744	100				

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	MHWWhdepress	No		2	3	2,371	24	96%	76% ** ▲	.62
	(Means indicate the percentage who responded "Yes.")	Yes		50	96	8,302	76			
		Help for this is not available		1	1	90	1			
		Total		53	100	10,763	100			
b. Discrimination or harassment	MHWWhdiscrim	No		9	13	2,871	28	87%	71% * ▲	.40
	(Means indicate the percentage who responded "Yes.")	Yes		44	87	7,811	71			
		Help for this is not available		0	0	83	1			
		Total		53	100	10,765	100			
c. Food insecurity (not having enough food)	MHWWhfood	No		13	23	3,869	36	77%	63%	.30
	(Means indicate the percentage who responded "Yes.")	Yes		40	77	6,775	63			
		Help for this is not available		0	0	109	1			
		Total		53	100	10,753	100			
d. Housing insecurity (inconsistent access to stable housing)	MHWWhhouse	No		16	23	4,626	44	77%	54% ** ▲	.50
	(Means indicate the percentage who responded "Yes.")	Yes		37	77	5,916	54			
		Help for this is not available		0	0	194	2			
		Total		53	100	10,736	100			
e. Emergency financial situation	MHWWhfinance	No		16	23	4,731	44	76%	54% ** ▲	.45
	(Means indicate the percentage who responded "Yes.")	Yes		35	76	5,839	54			
		Help for this is not available		1	1	172	1			
		Total		52	100	10,742	100			
f. Lack of care for dependents	MHWWhcare	No		19	27	6,044	56	73%	42% *** ▲	.64
	(Means indicate the percentage who responded "Yes.")	Yes		34	73	4,455	42			
		Help for this is not available		0	0	228	2			
		Total		53	100	10,727	100			
g. Mental health crises	MHWWhmental	No		3	4	2,577	26	94%	73% ** ▲	.61
	(Means indicate the percentage who responded "Yes.")	Yes		49	94	8,093	73			
		Help for this is not available		1	1	79	1			
		Total		53	100	10,749	100			
h. Sexual assault or relationship violence	MHWWhassault	No		3	4	2,537	25	96%	74% *** ▲	.65
	(Means indicate the percentage who responded "Yes.")	Yes		50	96	8,127	74			
		Help for this is not available		0	0	76	1			
		Total		53	100	10,740	100			
i. Sleep difficulty	MHWWhsleep	No		20	33	6,257	58	61%	40% ** ▲	.43
	(Means indicate the percentage who responded "Yes.")	Yes		29	61	4,226	40			
		Help for this is not available		4	6	265	2			
		Total		53	100	10,748	100			
j. Substance abuse	MHWWhabuse	No		9	18	4,420	42	79%	57% ** ▲	.48
	(Means indicate the percentage who responded "Yes.")	Yes		42	79	6,197	57			
		Help for this is not available		2	3	127	1			
		Total		53	100	10,744	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.)	MHWWhfood	0	Not at all	3	9	481	4	2.5	2.5	-.05
		1	Very little	5	12	1,246	11			
		2	Some	9	18	2,594	24			
		3	Quite a bit	14	25	2,514	23			
		4	Very much	13	23	2,091	20			
		—	I don't know	9	13	1,801	18			
		Total		53	100	10,727	100			

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First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	0	0	223	2	3.0	2.7 *	.31
		1	Very little	4	6	764	7			
		2	Some	11	16	2,696	25			
		3	Quite a bit	18	40	3,357	31			
		4	Very much	15	31	2,211	21			
		—	I don't know	5	7	1,463	14			
		Total		53	100	10,714	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	1	1	163	2	3.1	2.8 *	.30
		1	Very little	1	1	647	6			
		2	Some	12	17	2,572	24			
		3	Quite a bit	18	40	3,447	32			
		4	Very much	17	34	2,586	24			
		—	I don't know	4	6	1,306	13			
		Total		53	100	10,721	100			
d. Affordable housing for students	MHWihouse	0	Not at all	3	4	1,013	10	2.1	2.0	.14
		1	Very little	9	18	1,892	17			
		2	Some	18	35	3,394	31			
		3	Quite a bit	10	24	1,668	15			
		4	Very much	5	7	1,008	10			
		—	I don't know	8	11	1,735	17			
		Total		53	100	10,710	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	369	4	2.9	2.7 *	.25
		1	Very little	0	0	1,117	10			
		2	Some	17	29	2,829	26			
		3	Quite a bit	19	47	3,186	29			
		4	Very much	16	23	2,753	26			
		—	I don't know	1	1	441	5			
		Total		53	100	10,695	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 35 first-year student(s) and 30 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

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	1	2	559	4	4.3	4.1	.18
		2		3	4	1,020	7			
		3		11	18	2,014	15			
		4		20	28	4,510	32			
		5		22	27	4,060	29			
		6	Very difficult	15	21	1,732	12			
		—	Not applicable	0	0	74	1			
		Total		72	100	13,969	100			
b. Employment	MHWdemploy	1	Not at all difficult	17	28	2,012	15	2.8	3.5 ***	-.43
		2		11	18	1,695	12			
		3		10	13	2,132	15			
		4		14	17	2,799	20			
		5		11	14	2,073	15			
		6	Very difficult	3	3	1,647	12			
		—	Not applicable	6	7	1,612	12			
		Total		72	100	13,970	100			
c. Finances	MHWdfinance	1	Not at all difficult	4	8	1,080	8	4.0	4.1	-.08
		2		8	12	1,388	10			
		3		14	20	1,898	14			
		4		11	13	2,859	21			
		5		19	22	2,812	20			
		6	Very difficult	15	23	3,596	25			
		—	Not applicable	1	1	347	3			
		Total		72	100	13,980	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	26	37	3,359	25	2.4	3.0 **	-.38
		2		13	20	2,681	19			
		3		13	16	2,316	16			
		4		10	14	2,544	18			
		5		9	10	1,587	11			
		6	Very difficult	0	0	1,316	9			
		—	Not applicable	1	2	166	1			
		Total		72	100	13,969	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	33	52	6,159	45	1.9	2.2	-.15
		2		11	14	2,356	16			
		3		13	15	1,439	10			
		4		4	4	1,248	9			
		5		1	1	685	5			
		6	Very difficult	4	4	626	4			
		—	Not applicable	5	9	1,463	11			
		Total		71	100	13,976	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	22	36	3,479	25	2.7	3.0	-.19
		2		15	19	2,124	15			
		3		7	8	1,842	13			
		4		10	13	2,000	14			
		5		9	13	1,250	9			
		6	Very difficult	5	7	1,553	11			
		—	Not applicable	3	4	1,721	13			
		Total		71	100	13,969	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	25	40	3,678	27	2.3	2.7 *	-.30
		2		19	24	3,151	22			
		3		12	17	2,585	18			
		4		9	11	2,350	17			
		5		5	5	1,150	8			
		6	Very difficult	1	2	701	5			
		—	Not applicable	0	0	351	3			
		Total		71	100	13,966	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	22	33	3,151	23	2.6	3.2 **	-.31
		2		14	20	2,309	16			
		3		14	17	2,073	14			
		4		9	13	2,419	17			
		5		4	4	1,868	13			
		6	Very difficult	7	10	1,756	13			
		—	Not applicable	1	2	396	3			
		Total		71	100	13,972	100			
i. Mental health	MHWdmental	1	Not at all difficult	9	17	1,892	15	3.4	3.6	-.14
		2		13	18	1,785	13			
		3		8	12	2,190	16			
		4		17	24	2,944	21			
		5		17	21	2,441	17			
		6	Very difficult	7	9	2,506	17			
		—	Not applicable	0	0	216	2			
		Total		71	100	13,974	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	5	9	1,112	9	4.2	4.2	-.01
		2		7	10	1,072	8			
		3		9	12	1,725	13			
		4		12	19	2,745	20			
		5		14	18	3,169	22			
		6	Very difficult	24	31	3,986	27			
		—	Not applicable	0	0	157	1			
		Total		71	100	13,966	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	6	10	1,432	11	3.8	3.9	-.03
		2		8	11	1,701	12			
		3		16	20	2,274	16			
		4		13	20	2,951	21			
		5		16	24	2,594	18			
		6	Very difficult	12	15	2,928	20			
		—	Not applicable	0	0	94	1			
		Total		71	100	13,974	100			
l. Physical health	MHWdphysical	1	Not at all difficult	12	17	2,142	16	3.0	3.3	-.13
		2		16	25	2,586	19			
		3		16	20	2,839	20			
		4		12	19	3,091	22			
		5		11	14	1,709	12			
		6	Very difficult	4	6	1,472	10			
		—	Not applicable	0	0	121	1			
		Total		71	100	13,960	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	53	75	8,626	63	1.4	1.6 *	-.24
		2		8	10	2,144	14			
		3		3	5	855	6			
		4		2	3	669	5			
		5		0	0	269	2			
		6	Very difficult	1	1	230	2			
		—	Not applicable	4	7	1,181	9			
		Total		71	100	13,974	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	2	2	370	3	2.9	2.9	.03
		1	Very little	5	9	902	7			
		2	Some	15	21	3,143	23			
		3	Quite a bit	21	31	4,279	30			
		4	Very much	27	37	4,809	34			
		—	Not applicable	1	1	457	4			
		Total		71	100	13,960	100			
b. Your family	MHWsfamily	0	Not at all	2	2	526	4	3.1	2.8 *	.27
		1	Very little	2	3	1,345	10			
		2	Some	15	21	3,306	23			
		3	Quite a bit	19	27	3,690	26			
		4	Very much	32	45	4,849	35			
		—	Not applicable	1	2	232	2			
		Total		71	100	13,948	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	2	2	752	6	3.2	2.9	.22
		1	Very little	4	6	709	5			
		2	Some	6	9	1,626	12			
		3	Quite a bit	15	21	2,303	16			
		4	Very much	31	44	4,781	34			
		—	Not applicable	13	18	3,775	27			
		Total		71	100	13,946	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	11	17	1,867	14	1.9	2.0	-.04
		1	Very little	12	19	2,258	16			
		2	Some	22	28	4,456	32			
		3	Quite a bit	16	22	2,504	17			
		4	Very much	8	11	1,592	11			
		—	Not applicable	2	3	1,255	9			
		Total		71	100	13,932	100			
e. Your cultural community (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	9	14	2,296	17	2.1	1.9	.15
		1	Very little	9	12	1,811	13			
		2	Some	8	11	2,805	20			
		3	Quite a bit	10	13	1,766	12			
		4	Very much	10	16	1,635	12			
		—	Not applicable	25	34	3,597	26			
		Total		71	100	13,910	100			
f. Your academic advisor	MHWsadvice	0	Not at all	20	30	3,613	26	1.7	1.5	.11
		1	Very little	7	10	2,149	15			
		2	Some	15	19	2,922	21			
		3	Quite a bit	10	14	1,567	11			
		4	Very much	10	15	1,331	9			
		—	Not applicable	9	12	2,347	17			
		Total		71	100	13,929	100			

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Frequencies and Statistical Comparisons

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	11	19	2,046	15	1.9	1.9	.00
		1	Very little	11	15	2,288	17			
		2	Some	25	33	4,192	30			
		3	Quite a bit	12	17	2,376	16			
		4	Very much	9	13	1,569	11			
		—	Not applicable	3	4	1,463	11			
		Total	71	100	13,934	100				
h. Counseling services	MHWscounsel	0	Not at all	13	21	2,836	21	1.3	1.6	-.18
		1	Very little	3	5	1,188	9			
		2	Some	9	13	1,678	12			
		3	Quite a bit	3	5	1,078	7			
		4	Very much	2	4	1,266	9			
		—	Not applicable	40	52	5,881	42			
		Total	70	100	13,927	100				
i. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	12	19	3,376	25	1.6	1.3	.29
		1	Very little	6	7	1,498	11			
		2	Some	14	18	1,714	12			
		3	Quite a bit	5	7	751	5			
		4	Very much	5	8	761	6			
		—	Not applicable	28	41	5,804	42			
		Total	70	100	13,904	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	0	0	326	2	4.8	4.6	.16
		2	Disagree	5	8	670	5			
		3	Slightly disagree	8	11	1,283	9			
		4	Slightly agree	8	11	3,054	22			
		5	Agree	22	33	5,025	36			
		6	Strongly agree	27	38	3,575	26			
		Total	70	100	13,933	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	1	1	1,070	8	4.0	3.7	.21
		2	Disagree	16	22	2,541	18			
		3	Slightly disagree	13	20	2,780	20			
		4	Slightly agree	11	16	2,839	20			
		5	Agree	10	14	2,823	21			
		6	Strongly agree	20	28	1,876	14			
		Total	71	100	13,929	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	0	0	969	7	4.3	3.8 ** ▲	.34
		2	Disagree	7	10	2,118	15			
		3	Slightly disagree	13	20	2,576	18			
		4	Slightly agree	12	18	3,243	23			
		5	Agree	25	34	3,375	25			
		6	Strongly agree	14	19	1,640	12			
		Total	71	100	13,921	100				
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	2	2	721	5	4.2	4.0	.17
		2	Disagree	7	10	1,443	11			
		3	Slightly disagree	11	16	2,174	15			
		4	Slightly agree	18	23	4,286	30			
		5	Agree	24	35	3,802	28			
		6	Strongly agree	9	14	1,467	11			
		Total	71	100	13,893	100				

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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		10	16	3,561	26	84%	72% *	.28
	(Means indicate the percentage who responded "Yes.")	Yes		61	84	10,150	72			
		Help for this is not available		0	0	207	1			
		Total		71	100	13,918	100			
b. Discrimination or harassment	MHWdiscrim	No		16	24	4,340	32	76%	67%	.20
	(Means indicate the percentage who responded "Yes.")	Yes		55	76	9,394	67			
		Help for this is not available		0	0	172	1			
		Total		71	100	13,906	100			
c. Food insecurity (not having enough food)	MHWfood	No		28	39	5,425	40	61%	59%	.05
	(Means indicate the percentage who responded "Yes.")	Yes		43	61	8,286	59			
		Help for this is not available		0	0	196	1			
		Total		71	100	13,907	100			
d. Housing insecurity (inconsistent access to stable housing)	MWHhouse	No		34	47	7,730	56	52%	41%	.21
	(Means indicate the percentage who responded "Yes.")	Yes		36	52	5,774	41			
		Help for this is not available		1	1	386	3			
		Total		71	100	13,890	100			
e. Emergency financial situation	MWHfinance	No		38	53	7,471	54	46%	44%	.04
	(Means indicate the percentage who responded "Yes.")	Yes		32	46	6,076	44			
		Help for this is not available		1	1	357	2			
		Total		71	100	13,904	100			
f. Lack of care for dependents	MWHcare	No		41	59	9,032	65	39%	32%	.15
	(Means indicate the percentage who responded "Yes.")	Yes		27	39	4,392	32			
		Help for this is not available		1	2	465	3			
		Total		69	100	13,889	100			
g. Mental health crises	MWHmental	No		22	34	4,070	30	66%	68%	-.05
	(Means indicate the percentage who responded "Yes.")	Yes		49	66	9,636	68			
		Help for this is not available		0	0	194	1			
		Total		71	100	13,900	100			
h. Sexual assault or relationship violence	MWHassault	No		15	25	4,056	30	75%	69%	.13
	(Means indicate the percentage who responded "Yes.")	Yes		56	75	9,690	69			
		Help for this is not available		0	0	152	1			
		Total		71	100	13,898	100			
i. Sleep difficulty	MWHsleep	No		42	59	8,849	64	38%	33%	.10
	(Means indicate the percentage who responded "Yes.")	Yes		26	38	4,582	33			
		Help for this is not available		2	3	479	3			
		Total		70	100	13,910	100			
j. Substance abuse	MWHabuse	No		29	42	6,902	50	58%	48%	.19
	(Means indicate the percentage who responded "Yes.")	Yes		42	58	6,699	48			
		Help for this is not available		0	0	301	2			
		Total		71	100	13,902	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	4	4	645	4	2.4	2.4	-.01
		1	Very little	8	11	1,505	10			
		2	Some	17	22	2,921	21			
		3	Quite a bit	12	16	2,558	19			
		4	Very much	13	16	1,868	14			
		—	I don't know	17	30	4,368	32			
		Total		71	100	13,865	100			

NSSE 2023 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Misericordia University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Misericordia		Mental Health		Misericordia	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	1	1	330	2	2.7	2.7	.04
		1	Very little	6	8	945	6			
		2	Some	14	22	3,415	24			
		3	Quite a bit	23	30	3,785	28			
		4	Very much	16	19	2,372	18			
		—	I don't know	11	20	3,017	22			
		Total		71	100	13,864	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	1	1	394	3	2.8	2.6	.22
		1	Very little	2	3	1,161	8			
		2	Some	16	23	3,461	25			
		3	Quite a bit	21	27	3,741	27			
		4	Very much	17	21	2,527	18			
		—	I don't know	14	25	2,581	20			
		Total		71	100	13,865	100			
d. Affordable housing for students	MHWihouse	0	Not at all	9	12	1,552	11	1.8	1.8	-.02
		1	Very little	9	12	2,385	17			
		2	Some	20	26	3,231	23			
		3	Quite a bit	12	16	1,482	11			
		4	Very much	2	2	939	7			
		—	I don't know	19	32	4,265	31			
		Total		71	100	13,854	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	0	0	366	3	2.9	2.8	.04
		1	Very little	6	9	966	7			
		2	Some	13	16	2,979	21			
		3	Quite a bit	25	39	4,036	29			
		4	Very much	19	24	3,888	29			
		—	I don't know	7	12	1,599	12			
		Total		70	100	13,834	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 35 first-year student(s) and 30 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
		Misercordia	Mental Health	Misercordia	Mental Health	Misercordia	Mental Health			
MHWdacad	49	4.35	4.12	.148	.012	1.04	1.14	9,725	.160	.20
MHWdemploy	39	2.93	3.24	.264	.020	1.65	1.68	7,037	.261	-.18
MHWdfinance	46	3.81	3.92	.207	.016	1.41	1.53	9,111	.613	-.07
MHWdfamily	47	2.56	2.77	.240	.016	1.65	1.57	9,577	.357	-.13
MHWdhomesick	44	2.47	2.64	.236	.017	1.57	1.62	9,136	.489	-.10
MHWdromantic	39	3.43	3.16	.290	.020	1.81	1.76	7,948	.324	.16
MHWdpeers	50	3.13	2.81	.184	.015	1.30	1.48	50	.091	.22
MHWdlonely	46	3.59	3.38	.239	.017	1.63	1.68	9,542	.400	.12
MHWdmental	46	3.96	3.57	.226	.017	1.54	1.62	9,603	.102	.24
MHWdexhaust	46	4.52	4.07	.198	.016	1.35	1.58	9,636	.053	.29
MHWdsleep	49	3.59	3.82	.205	.016	1.44	1.60	9,687	.323	-.14
MHWdphysical	50	2.82	3.08	.196	.016	1.39	1.52	9,646	.240	-.17
MHWddiscrim	46	1.25	1.57	.082	.011	0.56	1.07	46	.000	-.30
MHWsfriend	50	3.08	2.88	.128	.011	0.91	1.04	9,433	.180	.19
MHWsfamily	50	3.36	2.82	.124	.012	0.88	1.14	50	.000	.48
MHWsromantic	32	2.65	2.72	.249	.017	1.41	1.34	5,955	.763	-.05
MHWsstudent	47	2.09	1.94	.142	.012	0.97	1.17	8,892	.359	.13
MHWscultural	36	2.10	1.94	.200	.015	1.19	1.34	7,490	.463	.12
MHWsadvice	43	2.21	1.67	.192	.014	1.26	1.29	8,277	.006	.42
MHWsinstruct	43	2.21	1.83	.186	.013	1.22	1.20	8,661	.038	.32
MHWscounsel	24	2.43	1.77	.313	.019	1.52	1.41	5,643	.023	.47
MHWsstaff	32	1.97	1.53	.250	.016	1.41	1.30	6,519	.059	.34
MHWfood	49	4.85	4.46	.132	.013	0.93	1.27	49	.005	.31
MHWexercise	49	4.58	3.93	.189	.015	1.33	1.44	9,696	.002	.45
MHWleisure	46	4.45	4.07	.181	.014	1.24	1.33	9,689	.054	.28
MHWinst	46	4.63	4.24	.146	.012	1.00	1.17	9,669	.024	.33
MHWdepress	46	96%	76%	.030	.004	--	--	--	.001	.62
MHWddiscrim	46	87%	71%	.049	.005	--	--	--	.016	.40
MHWhfood	46	77%	63%	.063	.005	--	--	--	.053	.30
MHWhouse	46	77%	54%	.062	.005	--	--	--	.002	.50
MHWfinance	46	76%	54%	.064	.005	--	--	--	.004	.45
MWHcare	46	73%	42%	.066	.005	--	--	--	.000	.64
MWHmental	46	94%	73%	.034	.005	--	--	--	.001	.61
MWHassault	46	96%	74%	.030	.004	--	--	--	.001	.65
MWHsleep	46	61%	40%	.072	.005	--	--	--	.003	.43
MWHabuse	46	79%	57%	.060	.005	--	--	--	.002	.48
MHWifood	40	2.47	2.53	.207	.013	1.32	1.14	7,927	.741	-.05
MHWihelp	43	3.05	2.74	.133	.011	0.87	0.99	43	.025	.31
MHWicounsel	44	3.11	2.81	.130	.011	0.86	0.98	8,377	.046	.30
MHWihouse	41	2.14	1.98	.155	.013	0.99	1.15	7,978	.372	.14
MHWiinternet	46	2.93	2.66	.108	.012	0.73	1.11	46	.014	.25

*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
		Misercordia	Mental Health	Misercordia	Mental Health	Misercordia	Mental Health			
MHWdacad	72	4.35	4.12	.146	.010	1.24	1.26	15,099	.119	.18
MHWdemploy	67	2.80	3.50	.193	.014	1.58	1.63	13,339	.000	-.43
MHWdfinance	72	4.00	4.12	.192	.013	1.62	1.59	14,771	.521	-.08
MHWdfamily	71	2.37	3.00	.164	.013	1.38	1.63	14,987	.001	-.38
MHWdhomesick	65	1.92	2.15	.169	.013	1.36	1.49	13,515	.215	-.15
MHWdromantic	68	2.70	3.03	.211	.015	1.74	1.75	13,265	.123	-.19
MHWdpeers	72	2.26	2.71	.161	.012	1.36	1.49	14,752	.010	-.30
MHWdlonely	70	2.65	3.19	.197	.014	1.65	1.73	14,713	.009	-.31
MHWdmental	72	3.40	3.64	.190	.014	1.61	1.67	14,908	.225	-.14
MHWdexhaust	72	4.19	4.21	.197	.013	1.67	1.60	14,974	.927	-.01
MHWdsleep	72	3.81	3.86	.182	.013	1.54	1.62	15,055	.803	-.03
MHWdphysical	72	3.04	3.25	.175	.013	1.48	1.55	15,007	.261	-.13
MHWddiscrim	67	1.36	1.62	.106	.010	0.87	1.14	67	.014	-.24
MHWsfriend	71	2.92	2.89	.127	.009	1.07	1.06	14,613	.807	.03
MHWsfamily	70	3.12	2.81	.119	.009	0.99	1.14	70	.011	.27
MHWsromantic	59	3.20	2.92	.142	.012	1.09	1.27	11,023	.100	.22
MHWsstudent	70	1.91	1.96	.152	.010	1.27	1.22	13,706	.742	-.04
MHWscultural	48	2.06	1.86	.218	.013	1.50	1.37	11,190	.299	.15
MHWsadvice	63	1.69	1.54	.189	.012	1.50	1.35	12,520	.390	.11
MHWsinstruct	69	1.91	1.91	.156	.011	1.29	1.25	13,492	.970	.00
MHWscounsel	34	1.30	1.56	.235	.016	1.36	1.46	8,738	.310	-.18
MHWsstaff	41	1.64	1.25	.221	.014	1.42	1.34	8,777	.064	.29
MHWfood	70	4.83	4.63	.151	.010	1.26	1.23	15,131	.174	.16
MHWexercise	72	4.02	3.70	.185	.012	1.57	1.51	15,128	.072	.21
MHWleisure	72	4.31	3.81	.150	.012	1.27	1.45	15,120	.004	.34
MHWinst	72	4.20	3.97	.151	.011	1.28	1.33	15,091	.154	.17
MHWdepress	72	84%	72%	.044	.004	--	--	--	.028	.28
MHWdiscrim	72	76%	67%	.051	.004	--	--	--	.108	.20
MHWfood	72	61%	59%	.058	.004	--	--	--	.698	.05
MWHhouse	72	52%	41%	.059	.004	--	--	--	.074	.21
MWHfinance	72	46%	44%	.059	.004	--	--	--	.727	.04
MWHcare	69	39%	32%	.059	.004	--	--	--	.213	.15
MWHmental	72	66%	68%	.056	.004	--	--	--	.692	-.05
MWHassault	72	75%	69%	.051	.004	--	--	--	.271	.13
MWHsleep	70	38%	33%	.058	.004	--	--	--	.381	.10
MWHabuse	72	58%	48%	.059	.004	--	--	--	.107	.19
MHWifood	50	2.40	2.41	.169	.011	1.20	1.16	10,233	.946	-.01
MHWihelp	57	2.71	2.66	.131	.009	0.99	1.01	11,737	.735	.04
MHWicounsel	54	2.84	2.61	.128	.010	0.94	1.05	12,111	.110	.22
MHWihouse	49	1.78	1.81	.157	.012	1.10	1.19	10,328	.867	-.02
MHWiinternet	62	2.88	2.84	.119	.009	0.94	1.06	13,238	.751	.04

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.