
NSSE 2025 Topical Module Report

Mental Health & Well-Being

California State University, Sacramento

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

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	7	2	679	4	4.0	4.0	.00
		2		35	8	1,467	7			
		3		67	16	3,635	18			
		4		179	42	7,388	37			
		5		105	26	4,839	25			
		6	Very difficult	20	5	1,675	9			
		—	Not applicable	0	0	63	0			
		Total		413	100	19,746	100			
b. Employment	MHWdemploy	1	Not at all difficult	32	8	3,131	16	4.0	3.4 ***	.39
		2		27	7	2,107	10			
		3		40	9	2,448	12			
		4		74	18	2,850	14			
		5		53	12	2,071	10			
		6	Very difficult	80	19	2,272	11			
		—	Not applicable	105	26	4,865	26			
		Total		411	100	19,744	100			
c. Finances	MHWdfinance	1	Not at all difficult	23	6	1,688	9	4.0	3.9 *	.10
		2		37	9	2,104	11			
		3		65	16	3,129	16			
		4		98	25	4,384	22			
		5		80	19	3,744	18			
		6	Very difficult	81	19	3,579	18			
		—	Not applicable	28	7	1,119	6			
		Total		412	100	19,747	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	97	25	6,005	31	2.9	2.7 ***	.18
		2		71	18	4,168	21			
		3		66	16	3,205	16			
		4		81	19	3,267	16			
		5		47	11	1,637	8			
		6	Very difficult	31	7	1,073	5			
		—	Not applicable	19	5	377	2			
		Total		412	100	19,732	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	161	40	6,101	33	2.5	2.6	-.08
		2		40	10	3,701	19			
		3		44	11	2,956	14			
		4		44	11	2,564	12			
		5		27	7	1,653	8			
		6	Very difficult	32	7	1,458	7			
		—	Not applicable	64	15	1,310	8			
		Total		412	100	19,743	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	88	22	4,699	23	3.1	3.1	.01
		2		46	11	2,557	12			
		3		60	14	2,480	13			
		4		49	12	2,626	13			
		5		36	9	1,722	8			
		6	Very difficult	42	10	2,160	11			
		—	Not applicable	90	22	3,485	19			
		Total		411	100	19,729	100			

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Frequencies and Statistical Comparisons

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	82	20	4,631	24	2.9	2.8	.10
		2		92	23	4,476	23			
		3		80	19	3,875	19			
		4		64	15	3,410	17			
		5		49	12	1,715	9			
		6	Very difficult	28	6	1,130	6			
		—	Not applicable	15	4	496	3			
		Total		410	100	19,733	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	82	21	4,001	22	3.3	3.2	.08
		2		57	14	3,388	17			
		3		56	13	3,215	16			
		4		74	19	3,544	18			
		5		63	15	2,652	13			
		6	Very difficult	60	14	2,459	12			
		—	Not applicable	18	4	468	3			
		Total		410	100	19,727	100			
i. Mental health	MHWdmental	1	Not at all difficult	61	16	3,161	18	3.5	3.4	.10
		2		52	12	3,033	16			
		3		71	17	3,510	17			
		4		99	24	4,181	20			
		5		65	16	2,913	14			
		6	Very difficult	54	13	2,591	13			
		—	Not applicable	11	3	343	2			
		Total		413	100	19,732	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	39	11	2,004	12	3.9	3.9	.04
		2		44	11	2,027	11			
		3		54	13	3,080	16			
		4		86	20	4,314	21			
		5		101	24	4,049	20			
		6	Very difficult	77	19	3,978	19			
		—	Not applicable	11	3	266	2			
		Total		412	100	19,718	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	31	8	2,174	12	4.0	3.7 ***	.16
		2		40	10	2,701	14			
		3		66	16	3,501	17			
		4		104	26	4,469	22			
		5		91	22	3,450	17			
		6	Very difficult	76	17	3,297	17			
		—	Not applicable	4	1	152	1			
		Total		412	100	19,744	100			
l. Physical health	MHWdphysical	1	Not at all difficult	54	14	3,812	21	3.1	3.0 **	.13
		2		85	20	4,333	22			
		3		95	24	4,218	21			
		4		103	25	3,975	20			
		5		39	9	1,806	9			
		6	Very difficult	29	7	1,353	7			
		—	Not applicable	5	1	210	1			
		Total		410	100	19,707	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	237	60	12,824	65	1.5	1.5	-.01
		2		58	13	2,613	12			
		3		19	4	1,114	5			
		4		17	4	863	4			
		5		7	2	315	2			
		6	Very difficult	4	1	208	1			
		—	Not applicable	71	16	1,797	10			
		Total		413	100	19,734	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	496	3	2.8	2.9	-.08
		1	Very little	40	10	1,297	7			
		2	Some	98	23	4,271	22			
		3	Quite a bit	129	31	6,219	31			
		4	Very much	124	31	6,806	34			
		—	Not applicable	15	4	630	4			
		Total		413	100	19,719	100			
b. Your family	MHWsfamily	0	Not at all	15	4	631	3	2.7	2.9 ***	-.20
		1	Very little	48	11	1,597	8			
		2	Some	116	27	4,026	20			
		3	Quite a bit	98	25	5,375	27			
		4	Very much	130	32	7,763	40			
		—	Not applicable	5	1	308	2			
		Total		412	100	19,700	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	16	4	1,294	7	2.8	2.8	.03
		1	Very little	21	6	1,056	5			
		2	Some	45	11	2,070	10			
		3	Quite a bit	51	12	2,734	13			
		4	Very much	95	23	5,391	27			
		—	Not applicable	182	44	7,146	37			
		Total		410	100	19,691	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	59	15	2,587	14	1.7	1.9 **	-.14
		1	Very little	82	19	3,462	17			
		2	Some	128	31	6,376	31			
		3	Quite a bit	60	15	3,359	16			
		4	Very much	21	6	2,146	10			
		—	Not applicable	59	13	1,744	11			
		Total		409	100	19,674	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	53	13	2,382	12	1.9	2.1 ***	-.20
		1	Very little	55	13	2,210	11			
		2	Some	89	22	4,446	22			
		3	Quite a bit	63	15	3,361	17			
		4	Very much	32	8	2,958	15			
		—	Not applicable	118	28	4,309	22			
		Total		410	100	19,666	100			
f. Your academic advisor	MHWsadvice	0	Not at all	82	20	3,897	20	1.6	1.7	-.10
		1	Very little	69	17	3,214	16			
		2	Some	76	19	4,990	25			
		3	Quite a bit	46	11	2,585	13			
		4	Very much	27	7	1,993	10			
		—	Not applicable	110	26	2,980	16			
		Total		410	100	19,659	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	67	16	2,800	15	1.7	1.9 *	-0.11
		1	Very little	74	18	3,500	18			
		2	Some	125	30	6,235	31			
		3	Quite a bit	47	12	3,047	15			
		4	Very much	28	8	1,964	10			
		—	Not applicable	70	17	2,125	12			
		Total	411	100	19,671	100				
h. Counseling services	MHWscounsel	0	Not at all	56	14	3,140	16	1.7	1.8	-0.03
		1	Very little	45	11	1,867	9			
		2	Some	64	16	2,931	15			
		3	Quite a bit	29	7	1,808	9			
		4	Very much	31	8	1,953	10			
		—	Not applicable	184	44	7,956	41			
		Total	409	100	19,655	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	57	14	3,268	17	1.6	1.7	-0.03
		1	Very little	41	10	1,871	9			
		2	Some	56	14	2,929	14			
		3	Quite a bit	35	8	1,752	8			
		4	Very much	22	6	1,627	8			
		—	Not applicable	198	48	8,180	43			
		Total	409	100	19,627	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	66	16	3,623	19	1.5	1.6	-0.05
		1	Very little	50	12	2,426	12			
		2	Some	63	16	3,605	18			
		3	Quite a bit	32	8	1,805	9			
		4	Very much	18	5	1,521	8			
		—	Not applicable	181	43	6,682	35			
		Total	410	100	19,662	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	3	1	571	3	4.7	4.5 *	0.11
		2	Disagree	20	5	1,046	5			
		3	Slightly disagree	29	7	1,951	9			
		4	Slightly agree	112	27	4,858	24			
		5	Agree	161	39	7,014	36			
		6	Strongly agree	86	22	4,199	22			
		Total	411	100	19,639	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	12	3	864	5	4.0	4.0	-0.04
		2	Disagree	51	13	2,596	13			
		3	Slightly disagree	85	21	3,433	17			
		4	Slightly agree	114	27	4,405	22			
		5	Agree	95	24	5,253	27			
		6	Strongly agree	54	14	3,094	16			
		Total	411	100	19,645	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	4	1	686	4	4.1	4.2	-0.01
		2	Disagree	41	10	1,898	10			
		3	Slightly disagree	68	17	3,091	16			
		4	Slightly agree	136	32	4,872	24			
		5	Agree	113	28	6,381	33			
		6	Strongly agree	49	12	2,703	14			
		Total	411	100	19,631	100				

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	Effect size ^d
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	7	2	460	3	4.3	4.3	-.06
		2	Disagree	24	6	1,097	6			
		3	Slightly disagree	53	13	2,239	11			
		4	Slightly agree	148	36	6,135	30			
		5	Agree	140	34	7,049	36			
		6	Strongly agree	39	10	2,636	14			
		Total	411	100	19,616	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	115	29	4,500	25	71%	74%	-.07	
		Yes	295	71	14,976	74				
		Help for this is not available	1	0	155	1				
		Total	411	100	19,631	100				
b. Discrimination or harassment	MHWhdiscrim (Means indicate the percentage who responded "Yes.")	No	139	34	5,475	29	66%	70%	-.09	
		Yes	271	66	13,993	70				
		Help for this is not available	0	0	145	1				
		Total	410	100	19,613	100				
c. Food insecurity (not having enough food)	MHWhfood (Means indicate the percentage who responded "Yes.")	No	76	20	6,682	35	80%	63% *** ▲	.37	
		Yes	334	80	12,711	63				
		Help for this is not available	1	0	213	2				
		Total	411	100	19,606	100				
d. Housing insecurity (inconsistent access to stable housing)	MHWhhouse (Means indicate the percentage who responded "Yes.")	No	170	43	8,321	44	56%	54%	.05	
		Yes	238	56	10,978	54				
		Help for this is not available	3	1	303	2				
		Total	411	100	19,602	100				
e. Emergency financial situation	MHWhfinance (Means indicate the percentage who responded "Yes.")	No	167	42	8,580	45	57%	53%	.08	
		Yes	240	57	10,700	53				
		Help for this is not available	4	1	301	2				
		Total	411	100	19,581	100				
f. Lack of care for dependents	MHWhcare (Means indicate the percentage who responded "Yes.")	No	218	54	10,509	54	45%	43%	.04	
		Yes	188	45	8,696	43				
		Help for this is not available	3	1	373	2				
		Total	409	100	19,578	100				
g. Mental health crises	MHWhmental (Means indicate the percentage who responded "Yes.")	No	106	27	4,909	27	72%	72%	.01	
		Yes	302	72	14,524	72				
		Help for this is not available	3	1	140	1				
		Total	411	100	19,573	100				
h. Sexual assault or relationship violence	MHWhassault (Means indicate the percentage who responded "Yes.")	No	138	35	5,001	27	65%	72% ** ▽	-.14	
		Yes	270	65	14,473	72				
		Help for this is not available	2	0	125	1				
		Total	410	100	19,599	100				
i. Sleep difficulty	MHWhsleep (Means indicate the percentage who responded "Yes.")	No	243	59	10,756	55	40%	42%	-.04	
		Yes	163	40	8,418	42				
		Help for this is not available	4	1	420	3				
		Total	410	100	19,594	100				
j. Substance abuse	MHWhabuse (Means indicate the percentage who responded "Yes.")	No	191	47	7,637	39	53%	59% * ▽	-.12	
		Yes	218	53	11,753	59				
		Help for this is not available	2	1	210	2				
		Total	411	100	19,600	100				

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
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	12	3	714	4	2.6	2.6	.00
		1	Very little	25	5	1,892	9			
		2	Some	96	23	4,427	22			
		3	Quite a bit	96	23	4,913	24			
		4	Very much	64	16	3,975	20			
		—	I don't know	117	29	3,645	21			
		Total		410	100	19,566	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	7	2	369	2	2.9	2.8 *	.11
		1	Very little	14	3	1,074	5			
		2	Some	92	22	4,628	23			
		3	Quite a bit	142	35	6,159	30			
		4	Very much	108	26	4,345	22			
		—	I don't know	47	11	2,949	17			
		Total		410	100	19,524	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	7	2	323	2	2.9	2.9	.02
		1	Very little	14	4	939	5			
		2	Some	92	22	4,207	21			
		3	Quite a bit	152	37	6,351	31			
		4	Very much	100	24	4,982	25			
		—	I don't know	45	11	2,716	16			
		Total		410	100	19,518	100			
d. Affordable housing for students	MHWihouse	0	Not at all	31	7	1,502	8	2.1	2.1	.02
		1	Very little	59	13	3,116	16			
		2	Some	106	26	6,090	30			
		3	Quite a bit	56	14	3,348	16			
		4	Very much	39	10	2,070	10			
		—	I don't know	120	30	3,385	20			
		Total		411	100	19,511	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	8	2	592	3	3.0	2.7 ***	.21
		1	Very little	22	5	1,783	9			
		2	Some	88	21	4,917	24			
		3	Quite a bit	119	30	5,856	29			
		4	Very much	138	34	5,209	27			
		—	I don't know	33	8	1,163	8			
		Total		408	100	19,520	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 254 first-year student(s) and 355 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

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	25	4	1,194	6	4.0	3.9 *	.08
		2		46	8	1,883	9			
		3		96	16	3,528	16			
		4		202	32	6,892	32			
		5		177	31	5,769	26			
		6	Very difficult	55	9	2,269	10			
		—	Not applicable	1	0	62	0			
		Total		602	100	21,597	100			
b. Employment	MHWdemploy	1	Not at all difficult	67	11	3,721	18	3.9	3.4 ***	.32
		2		55	9	2,663	12			
		3		87	14	3,170	14			
		4		117	20	4,065	18			
		5		93	16	2,929	14			
		6	Very difficult	120	21	2,545	12			
		—	Not applicable	59	10	2,511	13			
		Total		598	100	21,604	100			
c. Finances	MHWdfinance	1	Not at all difficult	37	6	2,039	11	4.4	4.0 ***	.30
		2		37	6	2,119	10			
		3		56	10	3,224	15			
		4		136	22	4,446	20			
		5		149	24	4,189	19			
		6	Very difficult	178	31	4,997	22			
		—	Not applicable	8	1	594	3			
		Total		601	100	21,608	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	136	23	5,891	28	3.1	2.9 ***	.17
		2		98	17	4,243	19			
		3		89	16	3,509	16			
		4		125	20	3,705	17			
		5		79	13	2,202	10			
		6	Very difficult	56	9	1,696	8			
		—	Not applicable	11	2	348	2			
		Total		594	100	21,594	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	292	49	9,713	47	2.1	2.1	.02
		2		69	11	3,402	14			
		3		55	9	2,122	9			
		4		52	9	1,764	7			
		5		39	7	1,004	4			
		6	Very difficult	16	2	888	4			
		—	Not applicable	75	13	2,716	15			
		Total		598	100	21,609	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	183	31	6,204	30	2.9	2.9	.03
		2		71	12	3,106	14			
		3		67	11	2,688	12			
		4		67	11	2,725	12			
		5		60	11	1,817	8			
		6	Very difficult	66	11	2,266	11			
		—	Not applicable	83	14	2,795	13			
		Total		597	100	21,601	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	168	27	6,168	30	2.8	2.6 **	.13
		2		132	21	4,931	22			
		3		98	17	3,956	17			
		4		100	17	3,230	14			
		5		56	9	1,500	7			
		6	Very difficult	32	5	957	4			
		—	Not applicable	12	2	851	5			
		Total		598	100	21,593	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	137	22	5,665	29	3.2	3.0 ***	.15
		2		99	17	3,637	16			
		3		87	15	3,210	14			
		4		106	18	3,405	15			
		5		74	12	2,464	11			
		6	Very difficult	75	13	2,351	11			
		—	Not applicable	21	4	858	5			
		Total		599	100	21,590	100			
i. Mental health	MHWdmental	1	Not at all difficult	84	14	3,611	19	3.6	3.4 ***	.16
		2		62	10	3,038	14			
		3		100	17	3,653	16			
		4		148	25	4,288	19			
		5		118	19	3,453	15			
		6	Very difficult	77	13	3,056	13			
		—	Not applicable	12	2	486	3			
		Total		601	100	21,585	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	54	10	2,180	12	4.2	4.0 ***	.14
		2		44	8	1,925	10			
		3		71	12	2,909	14			
		4		127	21	4,340	20			
		5		137	23	4,662	20			
		6	Very difficult	161	26	5,248	22			
		—	Not applicable	6	1	328	2			
		Total		600	100	21,592	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	52	9	2,549	13	4.1	3.7 ***	.22
		2		62	11	2,841	13			
		3		80	13	3,514	16			
		4		139	23	4,650	21			
		5		126	21	3,863	18			
		6	Very difficult	140	23	3,971	18			
		—	Not applicable	2	0	217	1			
		Total		601	100	21,605	100			
l. Physical health	MHWdphysical	1	Not at all difficult	80	14	3,676	19	3.4	3.1 ***	.15
		2		96	17	4,173	19			
		3		127	20	4,324	19			
		4		152	25	4,659	21			
		5		76	12	2,575	12			
		6	Very difficult	63	10	1,889	8			
		—	Not applicable	6	1	287	2			
		Total		600	100	21,583	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	357	59	13,855	65	1.7	1.5 *	.12
		2		106	17	2,866	12			
		3		34	6	1,162	5			
		4		30	6	916	4			
		5		8	2	363	1			
		6	Very difficult	9	2	342	2			
		—	Not applicable	56	9	2,090	11			
			Total	600	100	21,594	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	16	2	512	3	2.8	2.9 *	-.10
		1	Very little	47	8	1,240	6			
		2	Some	136	23	4,755	22			
		3	Quite a bit	189	32	6,279	28			
		4	Very much	192	31	7,967	36			
		—	Not applicable	19	3	818	5			
			Total	599	100	21,571	100			
		b. Your family	MHWsfamily	0	Not at all	23	4			
1	Very little			67	12	1,706	8			
2	Some			149	25	4,702	21			
3	Quite a bit			142	24	5,550	25			
4	Very much			209	33	8,449	40			
—	Not applicable			10	2	434	2			
	Total			600	100	21,564	100			
c. Significant others or romantic partners	MHWsromantic			0	Not at all	45	7	1,123	5	2.9
		1	Very little	23	4	1,075	5			
		2	Some	76	13	2,378	11			
		3	Quite a bit	84	15	3,228	15			
		4	Very much	206	34	7,947	37			
		—	Not applicable	163	27	5,796	27			
			Total	597	100	21,547	100			
		d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	94	16	2,892	15	
1	Very little			100	17	3,365	15			
2	Some			186	30	6,419	29			
3	Quite a bit			99	17	3,775	16			
4	Very much			74	12	2,741	12			
—	Not applicable			45	7	2,350	13			
	Total			598	100	21,542	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural			0	Not at all	89	15	2,624	12	1.9
		1	Very little	72	12	2,258	10			
		2	Some	118	21	4,436	20			
		3	Quite a bit	79	14	3,469	16			
		4	Very much	76	12	3,642	18			
		—	Not applicable	166	27	5,095	23			
			Total	600	100	21,524	100			
		f. Your academic advisor	MHWsadvice	0	Not at all	138	24	5,486	26	
1	Very little			85	15	3,259	15			
2	Some			111	18	4,550	20			
3	Quite a bit			62	10	2,367	10			
4	Very much			61	10	2,362	11			
—	Not applicable			142	23	3,518	18			
	Total			599	100	21,542	100			

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

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	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	74	13	3,042	15	2.1	2.0	.08
		1	Very little	73	12	3,401	16			
		2	Some	178	31	6,393	28			
		3	Quite a bit	124	21	3,753	17			
		4	Very much	71	11	2,789	13			
		—	Not applicable	78	13	2,159	11			
		Total	598	100	21,537	100				
h. Counseling services	MHWscounsel	0	Not at all	100	17	4,297	20	1.7	1.6	.08
		1	Very little	63	11	1,833	8			
		2	Some	80	14	2,553	12			
		3	Quite a bit	52	9	1,636	7			
		4	Very much	62	9	2,110	10			
		—	Not applicable	243	39	9,100	43			
		Total	600	100	21,529	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	105	18	4,620	22	1.7	1.4 ***	.19
		1	Very little	45	7	1,784	8			
		2	Some	83	15	2,344	10			
		3	Quite a bit	48	8	1,255	5			
		4	Very much	51	8	1,520	7			
		—	Not applicable	265	43	9,990	48			
		Total	597	100	21,513	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	122	21	5,019	24	1.4	1.3	.11
		1	Very little	54	9	2,091	9			
		2	Some	70	12	2,514	11			
		3	Quite a bit	35	6	1,145	5			
		4	Very much	43	7	1,326	6			
		—	Not applicable	275	45	9,439	45			
		Total	599	100	21,534	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	11	2	492	2	4.6	4.7 ***	-.15
		2	Disagree	29	5	1,046	5			
		3	Slightly disagree	50	9	1,796	8			
		4	Slightly agree	151	26	4,447	20			
		5	Agree	217	35	7,607	35			
		6	Strongly agree	139	23	6,136	31			
		Total	597	100	21,524	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	41	7	1,438	7	3.6	3.8 **	-.12
		2	Disagree	117	19	3,888	18			
		3	Slightly disagree	132	21	4,106	19			
		4	Slightly agree	136	24	4,357	20			
		5	Agree	111	19	4,505	21			
		6	Strongly agree	61	11	3,209	16			
		Total	598	100	21,503	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	45	8	1,284	6	3.7	3.9 **	-.13
		2	Disagree	95	15	3,094	14			
		3	Slightly disagree	115	19	3,856	17			
		4	Slightly agree	145	24	5,001	23			
		5	Agree	145	25	5,403	25			
		6	Strongly agree	53	9	2,858	14			
		Total	598	100	21,496	100				

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
d. I get an adequate amount of support for my well-being from my institution.	MHWinst	1	Strongly disagree	21	4	950	5	4.1	4.1	-.03
		2	Disagree	51	8	1,954	9			
		3	Slightly disagree	77	13	3,102	14			
		4	Slightly agree	208	35	6,424	29			
		5	Agree	171	27	6,212	29			
		6	Strongly agree	68	11	2,822	14			
		Total		596	100	21,464	100			
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		170	31	5,443	27	69%	71%	-.06
	(Means indicate the percentage who responded "Yes.")	Yes		422	69	15,744	71			
		Help for this is not available		5	1	296	2			
		Total		597	100	21,483	100			
b. Discrimination or harassment	MHWdiscrim	No		205	37	6,515	31	62%	68% **	-.12
	(Means indicate the percentage who responded "Yes.")	Yes		383	62	14,665	68			
		Help for this is not available		5	1	295	2			
		Total		593	100	21,475	100			
c. Food insecurity (not having enough food)	MHWfood	No		120	23	7,914	38	77%	60% ***	.38
	(Means indicate the percentage who responded "Yes.")	Yes		474	77	13,167	60			
		Help for this is not available		0	0	374	2			
		Total		594	100	21,455	100			
d. Housing insecurity (inconsistent access to stable housing)	MWHhouse	No		252	45	11,407	53	54%	43% ***	.21
	(Means indicate the percentage who responded "Yes.")	Yes		333	54	9,400	43			
		Help for this is not available		9	2	644	4			
		Total		594	100	21,451	100			
e. Emergency financial situation	MWHfinance	No		282	49	11,209	52	50%	45% *	.11
	(Means indicate the percentage who responded "Yes.")	Yes		305	50	9,638	45			
		Help for this is not available		8	1	617	3			
		Total		595	100	21,464	100			
f. Lack of care for dependents	MWHcare	No		320	55	13,240	61	43%	35% ***	.16
	(Means indicate the percentage who responded "Yes.")	Yes		263	43	7,422	35			
		Help for this is not available		11	2	761	4			
		Total		594	100	21,423	100			
g. Mental health crises	MWHmental	No		185	34	6,203	31	65%	67%	-.04
	(Means indicate the percentage who responded "Yes.")	Yes		404	65	14,941	67			
		Help for this is not available		5	1	309	2			
		Total		594	100	21,453	100			
h. Sexual assault or relationship violence	MWHassault	No		220	39	6,231	30	61%	68% ***	-.15
	(Means indicate the percentage who responded "Yes.")	Yes		374	61	14,929	68			
		Help for this is not available		2	0	289	2			
		Total		596	100	21,449	100			
i. Sleep difficulty	MWHsleep	No		342	58	12,974	60	40%	36%	.08
	(Means indicate the percentage who responded "Yes.")	Yes		243	40	7,761	36			
		Help for this is not available		10	2	723	4			
		Total		595	100	21,458	100			
j. Substance abuse	MWHabuse	No		303	53	9,968	46	46%	51% *	-.11
	(Means indicate the percentage who responded "Yes.")	Yes		283	46	11,039	51			
		Help for this is not available		7	1	453	3			
		Total		593	100	21,460	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

California State University, Sacramento

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Sacramento State		Mental Health		Sacramento State	Mental Health	Effect size ^d
Item wording or description	Variable name	Values ^c	Response options	Count	%	Count	%	Mean	Mean	
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	14	3	876	4	2.4	2.5	-.06
		1	Very little	66	12	1,964	8			
		2	Some	152	25	4,112	18			
		3	Quite a bit	112	19	3,879	17			
		4	Very much	95	16	3,181	15			
		—	I don't know	152	25	7,385	38			
		Total		591	100	21,397	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	8	1	498	3	2.8	2.7 **	.12
		1	Very little	27	6	1,315	6			
		2	Some	138	23	4,681	20			
		3	Quite a bit	173	29	5,347	23			
		4	Very much	146	24	3,829	18			
		—	I don't know	101	17	5,708	30			
		Total		593	100	21,378	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	5	1	488	3	2.8	2.7	.04
		1	Very little	48	9	1,390	6			
		2	Some	128	23	4,725	21			
		3	Quite a bit	169	28	5,528	24			
		4	Very much	139	22	4,289	20			
		—	I don't know	102	18	4,940	27			
		Total		591	100	21,360	100			
d. Affordable housing for students	MHWihouse	0	Not at all	50	9	2,172	10	2.1	1.9 **	.15
		1	Very little	79	14	3,259	14			
		2	Some	126	21	4,504	19			
		3	Quite a bit	67	12	2,264	10			
		4	Very much	72	12	1,761	8			
		—	I don't know	195	33	7,402	38			
		Total		589	100	21,362	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	8	1	559	3	3.1	2.9 ***	.18
		1	Very little	24	5	1,273	5			
		2	Some	107	17	4,070	18			
		3	Quite a bit	169	30	5,673	25			
		4	Very much	233	38	6,155	29			
		—	I don't know	49	9	3,623	21			
		Total		590	100	21,353	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 254 first-year student(s) and 355 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^e

California State University, Sacramento

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Sacramento State	Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health	Comparisons with: Mental Health		
MHWdacad	413	3.99	3.99	.052	.010	1.05	1.18	444	.985	.00
MHWdemploy	304	4.04	3.37	.094	.017	1.64	1.73	324	.000	.39
MHWdfinance	383	4.04	3.89	.075	.014	1.47	1.57	409	.045	.10
MHWdfamily	393	2.94	2.65	.080	.013	1.59	1.53	413	.001	.18
MHWdhomesick	349	2.48	2.60	.091	.014	1.70	1.61	365	.184	-.08
MHWdromantic	319	3.08	3.06	.098	.017	1.75	1.77	337	.906	.01
MHWdpeers	395	2.94	2.79	.077	.013	1.53	1.50	416	.053	.10
MHWdlonely	393	3.35	3.21	.088	.015	1.74	1.70	414	.137	.08
MHWdmental	401	3.51	3.36	.081	.014	1.62	1.65	425	.057	.10
MHWdexhaust	400	3.93	3.86	.081	.014	1.62	1.62	423	.406	.04
MHWdsleep	408	3.96	3.71	.074	.014	1.49	1.60	436	.001	.16
MHWdphysical	405	3.14	2.95	.070	.013	1.41	1.49	432	.007	.13
MHWddiscrim	346	1.53	1.54	.056	.010	1.04	1.07	365	.906	-.01
MHWsfriend	398	2.82	2.90	.053	.009	1.05	1.05	422	.124	-.08
MHWsfamily	407	2.70	2.93	.057	.010	1.15	1.12	430	.000	-.20
MHWsromantic	231	2.80	2.76	.084	.015	1.27	1.37	244	.658	.03
MHWsstudent	354	1.74	1.91	.061	.011	1.14	1.21	376	.005	-.14
MHWscultural	293	1.89	2.15	.074	.013	1.26	1.32	310	.001	-.20
MHWsadvice	302	1.58	1.72	.075	.012	1.30	1.30	317	.075	-.10
MHWsinstruct	341	1.73	1.86	.065	.011	1.20	1.21	360	.042	-.11
MHWscounsel	228	1.72	1.76	.090	.016	1.35	1.42	241	.658	-.03
MHWScclinic	214	1.64	1.68	.091	.016	1.33	1.40	226	.634	-.03
MHWsstaff	231	1.53	1.60	.084	.014	1.28	1.34	244	.419	-.05
MHWfood	410	4.65	4.52	.053	.011	1.07	1.25	443	.014	.11
MHWexercise	410	3.97	4.02	.066	.012	1.33	1.43	438	.400	-.04
MHWleisure	410	4.14	4.15	.058	.011	1.18	1.32	440	.892	-.01
MHWinst	411	4.25	4.32	.054	.010	1.09	1.19	439	.224	-.06

NSSE 2025 Mental Health & Well-Being

Detailed Statistics^e

California State University, Sacramento

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Sacramento State	Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health	Comparisons with: Mental Health		
MHWdepress	410	71%	74%	.022	.004	--	--	--	.141	-.07
MHWdiscrim	409	66%	70%	.023	.004	--	--	--	.078	-.09
MHWfood	410	80%	63%	.020	.004	--	--	--	.000	.37
MWHhouse	410	56%	54%	.025	.004	--	--	--	.295	.05
MWHfinance	410	57%	53%	.024	.004	--	--	--	.096	.08
MWHcare	409	45%	43%	.025	.004	--	--	--	.451	.04
MWHmental	410	72%	72%	.022	.004	--	--	--	.887	.01
MWHassault	409	65%	72%	.024	.004	--	--	--	.003	-.14
MWHsleep	409	40%	42%	.024	.004	--	--	--	.404	-.04
MWHabuse	410	53%	59%	.025	.004	--	--	--	.013	-.12
MHWifood	289	2.61	2.62	.061	.011	1.04	1.12	306	.956	.00
MWHihelp	363	2.90	2.79	.049	.009	.94	.99	388	.028	.11
MHWicounsel	363	2.88	2.86	.048	.009	.92	.98	389	.679	.02
MHWihouse	287	2.08	2.06	.068	.011	1.16	1.15	302	.716	.02
MHWiinternet	373	2.97	2.74	.052	.010	1.00	1.08	398	.000	.21

NSSE 2025 Mental Health & Well-Being

Detailed Statistics^e

California State University, Sacramento

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Sacramento State	Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health	Comparisons with: Mental Health		
MHWdacad	599	4.05	3.95	.050	.010	1.23	1.32	647	.046	.08
MHWdemploy	539	3.94	3.39	.071	.014	1.65	1.70	580	.000	.32
MHWdfinance	592	4.45	3.95	.061	.013	1.49	1.64	643	.000	.30
MHWdfamily	579	3.12	2.85	.068	.012	1.64	1.62	617	.000	.17
MHWdhomesick	521	2.09	2.06	.065	.012	1.48	1.47	557	.647	.02
MHWdromantic	513	2.91	2.86	.080	.015	1.82	1.77	546	.565	.03
MHWdpeers	582	2.76	2.56	.063	.012	1.53	1.48	621	.002	.13
MHWdlonely	576	3.22	2.96	.071	.014	1.72	1.73	618	.000	.15
MHWdmental	589	3.63	3.36	.065	.013	1.58	1.69	636	.000	.16
MHWdexhaust	593	4.19	3.96	.066	.013	1.60	1.66	638	.001	.14
MHWdsleep	597	4.06	3.70	.065	.013	1.58	1.65	642	.000	.22
MHWdphysical	592	3.36	3.12	.062	.012	1.52	1.55	635	.000	.15
MHWddiscrim	543	1.67	1.54	.050	.009	1.16	1.10	577	.011	.12
MHWsfriend	577	2.83	2.93	.044	.008	1.05	1.06	618	.023	-.10
MHWsfamily	588	2.72	2.92	.048	.009	1.17	1.12	626	.000	-.18
MHWsromantic	434	2.87	2.99	.063	.011	1.32	1.27	461	.060	-.10
MHWsstudent	552	1.89	1.95	.053	.010	1.26	1.27	593	.265	-.05
MHWscultural	437	1.94	2.21	.064	.012	1.34	1.37	466	.000	-.20
MHWsadvice	461	1.57	1.57	.064	.012	1.37	1.38	491	.972	.00
MHWsinstruct	520	2.05	1.96	.053	.010	1.21	1.27	559	.069	.08
MHWscounsel	364	1.72	1.60	.074	.015	1.41	1.49	394	.115	.08
MHWsclinic	338	1.66	1.39	.077	.015	1.41	1.45	364	.001	.19
MHWsstaff	330	1.44	1.29	.077	.014	1.40	1.39	352	.058	.11
MHWfood	595	4.55	4.73	.050	.009	1.21	1.23	637	.000	-.15
MHWexercise	596	3.60	3.78	.059	.012	1.43	1.52	643	.003	-.12
MHWleisure	596	3.71	3.90	.058	.011	1.42	1.45	639	.001	-.13
MHWinst	595	4.07	4.11	.052	.010	1.26	1.33	641	.443	-.03

NSSE 2025 Mental Health & Well-Being

Detailed Statistics^e

California State University, Sacramento

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Sacramento State	Sacramento State	Mental Health	Sacramento State	Mental Health	Sacramento State	Mental Health	Comparisons with: Mental Health		
MHWdepress	595	69%	71%	.019	.003	--	--	--	.167	-.06
MHWdiscrim	590	62%	68%	.020	.004	--	--	--	.005	-.12
MHWfood	592	77%	60%	.017	.004	--	--	--	.000	.38
MWHhouse	591	54%	43%	.021	.004	--	--	--	.000	.21
MWHfinance	593	50%	45%	.021	.004	--	--	--	.011	.11
MWHcare	592	43%	35%	.020	.004	--	--	--	.000	.16
MWHmental	592	65%	67%	.020	.004	--	--	--	.284	-.04
MWHassault	594	61%	68%	.020	.004	--	--	--	.000	-.15
MWHsleep	593	40%	36%	.020	.004	--	--	--	.070	.08
MWHabuse	591	46%	51%	.021	.004	--	--	--	.011	-.11
MHWifood	440	2.44	2.51	.052	.011	1.10	1.18	483	.212	-.06
MHWihelp	492	2.83	2.70	.044	.010	.98	1.06	539	.004	.12
MHWicounsel	485	2.75	2.71	.045	.010	1.00	1.06	528	.395	.04
MHWihouse	394	2.07	1.88	.064	.012	1.27	1.26	422	.004	.15
MHWiinternet	537	3.09	2.90	.042	.009	.96	1.08	591	.000	.18

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.