
NSSE 2025 Topical Module Report

Mental Health & Well-Being

Missouri State 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 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

Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	24	3	662	4	3.8	4.0 ***	-0.13 ▽
		2		76	11	1,426	7			
		3		163	21	3,539	18			
		4		272	37	7,295	37			
		5		169	22	4,775	25			
		6	Very difficult	52	7	1,643	9			
		—	Not applicable	0	0	63	0			
		Total		756	100	19,403	100			
b. Employment	MHWdemploy	1	Not at all difficult	124	17	3,039	16	3.3	3.4	-0.05
		2		111	15	2,023	10			
		3		114	14	2,374	12			
		4		114	15	2,810	14			
		5		82	11	2,042	10			
		6	Very difficult	93	13	2,259	12			
		—	Not applicable	118	15	4,852	26			
		Total		756	100	19,399	100			
c. Finances	MHWdfinance	1	Not at all difficult	54	8	1,657	9	4.0	3.9 *	.09 △
		2		73	10	2,068	11			
		3		124	17	3,070	16			
		4		155	20	4,327	22			
		5		181	24	3,643	18			
		6	Very difficult	150	19	3,510	18			
		—	Not applicable	20	3	1,127	6			
		Total		757	100	19,402	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	225	30	5,877	31	2.7	2.7	.01
		2		170	23	4,069	21			
		3		126	16	3,145	16			
		4		126	16	3,222	16			
		5		67	9	1,617	8			
		6	Very difficult	39	5	1,065	5			
		—	Not applicable	3	1	393	2			
		Total		756	100	19,388	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	246	34	6,016	33	2.6	2.6	-0.03
		2		142	19	3,599	18			
		3		118	15	2,882	14			
		4		78	9	2,530	12			
		5		60	8	1,620	8			
		6	Very difficult	54	7	1,436	7			
		—	Not applicable	57	8	1,317	8			
		Total		755	100	19,400	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	207	27	4,580	23	2.9	3.1	-0.07
		2		105	14	2,498	12			
		3		105	14	2,435	13			
		4		109	14	2,566	13			
		5		59	8	1,699	9			
		6	Very difficult	80	11	2,122	11			
		—	Not applicable	91	12	3,484	19			
		Total		756	100	19,384	100			

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Frequencies and Statistical Comparisons

Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	156	21	4,557	24	2.8	2.8	.02
		2		186	25	4,382	22			
		3		166	22	3,789	19			
		4		111	14	3,363	17			
		5		64	8	1,700	9			
		6	Very difficult	51	7	1,107	6			
		—	Not applicable	20	4	491	3			
		Total		754	100	19,389	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	155	22	3,928	22	3.2	3.2	-.03
		2		129	17	3,316	17			
		3		128	17	3,143	16			
		4		143	18	3,475	18			
		5		92	12	2,623	13			
		6	Very difficult	90	12	2,429	12			
		—	Not applicable	18	3	468	3			
		Total		755	100	19,382	100			
i. Mental health	MHWdmental	1	Not at all difficult	128	19	3,094	18	3.3	3.4	-.07
		2		129	17	2,956	15			
		3		148	19	3,433	17			
		4		152	20	4,128	21			
		5		103	13	2,875	14			
		6	Very difficult	89	11	2,556	13			
		—	Not applicable	7	1	347	2			
		Total		756	100	19,389	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	76	11	1,967	12	3.8	3.9	-.04
		2		93	13	1,978	11			
		3		126	17	3,008	16			
		4		167	21	4,233	21			
		5		143	18	4,007	20			
		6	Very difficult	146	19	3,909	19			
		—	Not applicable	5	1	272	2			
		Total		756	100	19,374	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	76	11	2,129	12	3.6	3.7 *	-.07 ▽
		2		114	15	2,627	13			
		3		163	22	3,404	17			
		4		179	23	4,394	23			
		5		108	14	3,433	17			
		6	Very difficult	112	15	3,261	17			
		—	Not applicable	3	0	153	1			
		Total		755	100	19,401	100			
l. Physical health	MHWdphysical	1	Not at all difficult	136	19	3,730	21	2.9	3.0	-.01
		2		182	24	4,236	22			
		3		170	22	4,143	21			
		4		148	19	3,930	20			
		5		68	9	1,777	9			
		6	Very difficult	45	6	1,337	7			
		—	Not applicable	5	1	210	1			
		Total		754	100	19,363	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	476	63	12,585	65	1.6	1.5	.06
		2		114	15	2,557	12			
		3		51	7	1,082	5			
		4		30	5	850	4			
		5		19	2	303	2			
		6	Very difficult	6	1	206	1			
		—	Not applicable	59	8	1,809	10			
			Total	755	100	19,392	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	24	3	479	3	2.9	2.9	.00
		1	Very little	45	6	1,292	7			
		2	Some	163	22	4,206	22			
		3	Quite a bit	233	30	6,115	31			
		4	Very much	266	36	6,664	34			
		—	Not applicable	24	3	621	4			
					Total	755	100			
b. Your family	MHWsfamily	0	Not at all	27	4	619	3	2.9	2.9	.00
		1	Very little	56	8	1,589	8			
		2	Some	152	21	3,990	20			
		3	Quite a bit	204	26	5,269	27			
		4	Very much	308	40	7,585	39			
		—	Not applicable	7	1	306	2			
					Total	754	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	60	8	1,250	7	2.8	2.8	.03
		1	Very little	46	7	1,031	5			
		2	Some	66	9	2,049	11			
		3	Quite a bit	130	18	2,655	13			
		4	Very much	246	32	5,240	26			
		—	Not applicable	206	26	7,122	38			
					Total	754	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	114	15	2,532	14	1.8	1.9	-.06
		1	Very little	149	20	3,395	17			
		2	Some	219	29	6,285	31			
		3	Quite a bit	134	17	3,285	16			
		4	Very much	71	10	2,096	10			
		—	Not applicable	65	9	1,738	11			
					Total	752	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	96	13	2,339	12	2.2	2.1	.02
		1	Very little	94	13	2,171	11			
		2	Some	159	20	4,376	22			
		3	Quite a bit	160	21	3,264	17			
		4	Very much	122	16	2,868	15			
		—	Not applicable	124	17	4,303	23			
					Total	755	100			
f. Your academic advisor	MHWsadvice	0	Not at all	163	22	3,816	20	1.7	1.7	-.03
		1	Very little	129	17	3,154	16			
		2	Some	208	28	4,858	25			
		3	Quite a bit	114	15	2,517	13			
		4	Very much	65	8	1,955	10			
		—	Not applicable	73	10	3,017	17			
					Total	752	100			

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Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	130	17	2,737	15	1.7	1.9 *	-.10
		1	Very little	157	21	3,417	18			
		2	Some	231	31	6,129	31			
		3	Quite a bit	115	15	2,979	15			
		4	Very much	66	9	1,926	10			
		—	Not applicable	54	7	2,141	12			
		Total	753	100	19,329	100				
h. Counseling services	MHWscounsel	0	Not at all	159	21	3,037	16	1.5	1.8 ***	-.16
		1	Very little	75	10	1,837	9			
		2	Some	94	13	2,901	15			
		3	Quite a bit	66	9	1,771	9			
		4	Very much	61	8	1,923	10			
		—	Not applicable	298	39	7,842	41			
		Total	753	100	19,311	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	162	21	3,163	16	1.5	1.7 ***	-.17
		1	Very little	65	9	1,847	9			
		2	Some	105	14	2,880	14			
		3	Quite a bit	64	8	1,723	8			
		4	Very much	44	6	1,605	8			
		—	Not applicable	315	41	8,063	43			
		Total	755	100	19,281	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	180	24	3,509	18	1.4	1.6 ***	-.16
		1	Very little	95	13	2,381	12			
		2	Some	133	17	3,535	18			
		3	Quite a bit	66	9	1,771	9			
		4	Very much	40	5	1,499	7			
		—	Not applicable	240	32	6,623	36			
		Total	754	100	19,318	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	13	2	561	3	4.6	4.5	.03
		2	Disagree	34	5	1,032	5			
		3	Slightly disagree	74	10	1,906	9			
		4	Slightly agree	192	25	4,778	24			
		5	Agree	272	36	6,903	36			
		6	Strongly agree	168	22	4,117	22			
		Total	753	100	19,297	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	39	5	837	5	4.0	4.0	-.02
		2	Disagree	92	12	2,555	13			
		3	Slightly disagree	143	18	3,375	17			
		4	Slightly agree	181	24	4,338	22			
		5	Agree	191	25	5,157	27			
		6	Strongly agree	107	15	3,041	16			
		Total	753	100	19,303	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	26	4	664	4	4.1	4.2	-.02
		2	Disagree	76	10	1,863	10			
		3	Slightly disagree	122	15	3,037	16			
		4	Slightly agree	185	25	4,823	24			
		5	Agree	238	32	6,256	33			
		6	Strongly agree	103	14	2,649	14			
		Total	750	100	19,292	100				

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Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	22	3	445	3	4.3	4.3	-.06
		2	Disagree	48	6	1,073	6			
		3	Slightly disagree	84	11	2,208	11			
		4	Slightly agree	255	34	6,028	31			
		5	Agree	248	33	6,941	36			
		6	Strongly agree	95	13	2,580	14			
		Total		752	100	19,275	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		150	22	4,465	25	77%	74% *	.09
	(Means indicate the percentage who responded "Yes.")	Yes		599	77	14,672	74			
		Help for this is not available		2	0	154	1			
		Total		751	100	19,291	100			
b. Discrimination or harassment	MHWdiscrim	No		193	27	5,421	29	72%	70%	.04
	(Means indicate the percentage who responded "Yes.")	Yes		552	72	13,712	70			
		Help for this is not available		8	1	137	1			
		Total		753	100	19,270	100			
c. Food insecurity (not having enough food)	MHWfood	No		210	30	6,548	35	70%	64% ***	.13
	(Means indicate the percentage who responded "Yes.")	Yes		537	70	12,508	64			
		Help for this is not available		5	1	209	2			
		Total		752	100	19,265	100			
d. Housing insecurity (inconsistent access to stable housing)	MWHhouse	No		312	43	8,179	44	56%	54%	.04
	(Means indicate the percentage who responded "Yes.")	Yes		429	56	10,787	54			
		Help for this is not available		11	2	295	2			
		Total		752	100	19,261	100			
e. Emergency financial situation	MWHfinance	No		347	47	8,400	45	50%	53%	-.06
	(Means indicate the percentage who responded "Yes.")	Yes		387	50	10,553	53			
		Help for this is not available		16	2	289	2			
		Total		750	100	19,242	100			
f. Lack of care for dependents	MWHcare	No		390	53	10,337	54	46%	43%	.05
	(Means indicate the percentage who responded "Yes.")	Yes		348	46	8,536	43			
		Help for this is not available		10	2	366	2			
		Total		748	100	19,239	100			
g. Mental health crises	MWHmental	No		159	23	4,856	27	76%	72% *	.10
	(Means indicate the percentage who responded "Yes.")	Yes		586	76	14,240	72			
		Help for this is not available		4	1	139	1			
		Total		749	100	19,235	100			
h. Sexual assault or relationship violence	MWHassault	No		166	23	4,973	28	75%	71% *	.09
	(Means indicate the percentage who responded "Yes.")	Yes		579	75	14,164	71			
		Help for this is not available		7	1	120	1			
		Total		752	100	19,257	100			
i. Sleep difficulty	MWHsleep	No		390	52	10,609	55	45%	42%	.07
	(Means indicate the percentage who responded "Yes.")	Yes		345	45	8,236	42			
		Help for this is not available		15	2	409	3			
		Total		750	100	19,254	100			
j. Substance abuse	MWHabuse	No		289	39	7,539	40	59%	59%	.01
	(Means indicate the percentage who responded "Yes.")	Yes		455	59	11,516	59			
		Help for this is not available		8	1	204	2			
		Total		752	100	19,259	100			

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Frequencies and Statistical Comparisons

Missouri State University

First-Year Students

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	16	2	710	4	2.8	2.6 ***	.16
		1	Very little	45	6	1,872	9			
		2	Some	138	18	4,385	22			
		3	Quite a bit	179	24	4,830	24			
		4	Very much	161	22	3,878	20			
		—	I don't know	210	28	3,552	22			
		Total		749	100	19,227	100			
b. Health services for physical health needs	MHWihelp	0	Not at all	11	2	365	2	2.9	2.8 **	.11
		1	Very little	26	3	1,062	5			
		2	Some	156	20	4,564	23			
		3	Quite a bit	229	31	6,072	31			
		4	Very much	188	25	4,265	22			
		—	I don't know	140	19	2,856	17			
		Total		750	100	19,184	100			
c. Counseling services for mental health needs	MHWicounsel	0	Not at all	8	1	322	2	3.0	2.9 **	.13
		1	Very little	25	4	928	5			
		2	Some	130	18	4,169	21			
		3	Quite a bit	237	31	6,266	31			
		4	Very much	209	28	4,873	25			
		—	I don't know	138	19	2,623	16			
		Total		747	100	19,181	100			
d. Affordable housing for students	MHWihouse	0	Not at all	43	6	1,490	8	2.2	2.1 *	.09
		1	Very little	116	15	3,059	16			
		2	Some	222	30	5,974	30			
		3	Quite a bit	128	17	3,276	16			
		4	Very much	83	11	2,026	10			
		—	I don't know	159	21	3,346	20			
		Total		751	100	19,171	100			
e. Access to reliable internet	MHWiinternet	0	Not at all	1	0	599	3	3.1	2.7 ***	.35
		1	Very little	27	4	1,778	9			
		2	Some	122	17	4,883	24			
		3	Quite a bit	247	32	5,728	29			
		4	Very much	260	35	5,087	27			
		—	I don't know	92	12	1,104	8			
		Total		749	100	19,179	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 221 first-year student(s) and 286 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

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	41	5	1,178	6	3.9	4.0	-.04
		2		86	9	1,843	9			
		3		180	19	3,444	16			
		4		326	35	6,768	32			
		5		241	26	5,705	26			
		6	Very difficult	63	7	2,261	11			
		—	Not applicable	2	0	61	0			
		Total		939	100	21,260	100			
b. Employment	MHWdemploy	1	Not at all difficult	180	20	3,608	18	3.2	3.4 ***	-.12
		2		132	14	2,586	11			
		3		152	16	3,105	14			
		4		212	22	3,970	18			
		5		105	11	2,917	14			
		6	Very difficult	89	9	2,576	13			
		—	Not applicable	69	7	2,501	13			
		Total		939	100	21,263	100			
c. Finances	MHWdfinance	1	Not at all difficult	78	9	1,998	11	4.0	4.0	.01
		2		93	10	2,063	10			
		3		161	17	3,119	14			
		4		203	21	4,379	20			
		5		192	20	4,146	19			
		6	Very difficult	200	21	4,975	23			
		—	Not applicable	13	1	589	3			
		Total		940	100	21,269	100			
d. Family relationships	MHWdfamily	1	Not at all difficult	262	29	5,765	28	2.8	2.9 *	-.07
		2		193	21	4,148	19			
		3		164	17	3,434	16			
		4		172	18	3,658	17			
		5		90	10	2,191	10			
		6	Very difficult	51	5	1,701	8			
		—	Not applicable	5	1	354	2			
		Total		937	100	21,251	100			
e. Homesickness	MHWdhomesick	1	Not at all difficult	397	43	9,608	47	2.1	2.1	.06
		2		178	18	3,293	14			
		3		113	12	2,064	9			
		4		76	8	1,740	7			
		5		45	5	998	4			
		6	Very difficult	33	4	871	4			
		—	Not applicable	98	11	2,693	15			
		Total		940	100	21,267	100			
f. Romantic relationships	MHWdromantic	1	Not at all difficult	303	33	6,084	29	2.7	2.9 *	-.08
		2		143	15	3,034	14			
		3		130	14	2,625	12			
		4		121	13	2,671	12			
		5		75	8	1,802	8			
		6	Very difficult	80	9	2,252	11			
		—	Not applicable	87	9	2,791	13			
		Total		939	100	21,259	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	258	29	6,078	30	2.5	2.6	-.03
		2		244	25	4,819	22			
		3		167	17	3,887	17			
		4		152	16	3,178	14			
		5		48	5	1,508	7			
		6	Very difficult	34	4	955	5			
		—	Not applicable	36	4	827	5			
		Total		939	100	21,252	100			
h. Loneliness	MHWdlonely	1	Not at all difficult	255	28	5,547	28	2.9	3.0 *	-.07
		2		184	20	3,552	16			
		3		141	14	3,156	14			
		4		146	16	3,365	15			
		5		116	12	2,422	11			
		6	Very difficult	69	7	2,357	11			
		—	Not applicable	29	3	850	5			
		Total		940	100	21,249	100			
i. Mental health	MHWdmental	1	Not at all difficult	159	18	3,536	19	3.3	3.4	-.03
		2		156	16	2,944	14			
		3		166	17	3,587	16			
		4		196	20	4,240	19			
		5		142	15	3,429	15			
		6	Very difficult	112	11	3,021	13			
		—	Not applicable	10	1	488	3			
		Total		941	100	21,245	100			
j. Mental or emotional exhaustion	MHWdexhaust	1	Not at all difficult	101	12	2,133	12	3.9	4.0 *	-.07
		2		108	12	1,861	9			
		3		154	16	2,826	14			
		4		186	19	4,281	20			
		5		185	19	4,614	21			
		6	Very difficult	203	21	5,206	23			
		—	Not applicable	4	0	330	2			
		Total		941	100	21,251	100			
k. Sleeping well	MHWdsleep	1	Not at all difficult	123	14	2,478	13	3.6	3.7 **	-.10
		2		145	15	2,758	13			
		3		170	18	3,424	16			
		4		199	21	4,590	21			
		5		151	16	3,838	18			
		6	Very difficult	148	16	3,963	18			
		—	Not applicable	4	0	215	1			
		Total		940	100	21,266	100			
l. Physical health	MHWdphysical	1	Not at all difficult	179	20	3,577	19	3.0	3.1 **	-.09
		2		206	22	4,063	19			
		3		196	20	4,255	19			
		4		194	20	4,617	21			
		5		90	9	2,561	12			
		6	Very difficult	70	7	1,882	9			
		—	Not applicable	6	1	287	2			
		Total		941	100	21,242	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	626	66	13,586	65	1.5	1.5	-.01
		2		139	15	2,833	12			
		3		51	5	1,145	5			
		4		44	5	902	4			
		5		11	1	360	1			
		6	Very difficult	11	1	340	2			
		—	Not applicable	57	6	2,089	11			
		Total		939	100	21,255	100			
2. To what extent have the following supported your mental health and well-being?										
a. Your friends	MHWsfriend	0	Not at all	19	2	509	3	3.0	2.9	.04
		1	Very little	43	4	1,244	6			
		2	Some	231	25	4,660	22			
		3	Quite a bit	276	29	6,192	28			
		4	Very much	351	37	7,808	36			
		—	Not applicable	18	2	819	5			
		Total		938	100	21,232	100			
b. Your family	MHWsfamily	0	Not at all	25	3	721	3	3.0	2.9 **	.08
		1	Very little	49	5	1,724	8			
		2	Some	207	22	4,644	22			
		3	Quite a bit	257	27	5,435	25			
		4	Very much	393	42	8,265	39			
		—	Not applicable	8	1	436	2			
		Total		939	100	21,225	100			
c. Significant others or romantic partners	MHWsromantic	0	Not at all	57	6	1,111	6	3.0	3.0	-.03
		1	Very little	58	6	1,040	5			
		2	Some	113	12	2,341	11			
		3	Quite a bit	141	15	3,171	15			
		4	Very much	372	39	7,781	37			
		—	Not applicable	199	21	5,760	27			
		Total		940	100	21,204	100			
d. Other students (classmates, peer advisors, student org. members, etc.)	MHWsstudent	0	Not at all	116	13	2,870	15	2.0	2.0	.04
		1	Very little	151	17	3,314	15			
		2	Some	299	31	6,306	29			
		3	Quite a bit	160	17	3,714	16			
		4	Very much	124	13	2,691	12			
		—	Not applicable	89	10	2,306	13			
		Total		939	100	21,201	100			
e. Communities that matter to you (identity-based, faith-based, hometown group, etc.)	MHWscultural	0	Not at all	107	12	2,606	13	2.3	2.2	.04
		1	Very little	99	10	2,231	10			
		2	Some	230	24	4,324	20			
		3	Quite a bit	162	17	3,386	16			
		4	Very much	185	20	3,533	17			
		—	Not applicable	155	16	5,106	24			
		Total		938	100	21,186	100			
f. Your academic advisor	MHWsadvice	0	Not at all	196	21	5,428	26	1.8	1.6 ***	.17
		1	Very little	150	16	3,194	15			
		2	Some	261	27	4,400	20			
		3	Quite a bit	125	14	2,304	10			
		4	Very much	125	13	2,298	11			
		—	Not applicable	81	8	3,579	18			
		Total		938	100	21,203	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	130	14	2,986	15	2.0	2.0	.01
		1	Very little	164	18	3,310	16			
		2	Some	292	31	6,279	28			
		3	Quite a bit	172	18	3,705	17			
		4	Very much	121	13	2,739	13			
		—	Not applicable	60	6	2,177	11			
		Total	939	100	21,196	100				
h. Counseling services	MHWscounsel	0	Not at all	211	23	4,186	20	1.6	1.6	-.04
		1	Very little	107	12	1,789	8			
		2	Some	121	12	2,512	12			
		3	Quite a bit	74	8	1,614	7			
		4	Very much	92	10	2,080	10			
		—	Not applicable	333	35	9,010	43			
		Total	938	100	21,191	100				
i. Student health center or clinic	MHWsclinic	0	Not at all	238	26	4,487	22	1.3	1.4	-.07
		1	Very little	102	11	1,727	7			
		2	Some	114	12	2,313	10			
		3	Quite a bit	56	6	1,247	6			
		4	Very much	63	7	1,508	7			
		—	Not applicable	366	39	9,889	48			
		Total	939	100	21,171	100				
j. Student services staff (student activities, housing, career services, etc.)	MHWsstaff	0	Not at all	244	26	4,897	23	1.2	1.3	-.03
		1	Very little	107	11	2,038	9			
		2	Some	105	11	2,479	11			
		3	Quite a bit	59	6	1,121	5			
		4	Very much	57	6	1,312	6			
		—	Not applicable	368	39	9,346	45			
		Total	940	100	21,193	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	1	492	2	4.8	4.7 ** △	.10
		2	Disagree	33	4	1,042	5			
		3	Slightly disagree	53	6	1,793	8			
		4	Slightly agree	196	21	4,402	20			
		5	Agree	359	38	7,465	35			
		6	Strongly agree	289	31	5,986	31			
		Total	941	100	21,180	100				
b. I am satisfied with the amount of exercise that I get.	MHWexercise	1	Strongly disagree	54	6	1,425	7	3.9	3.8	.06
		2	Disagree	161	16	3,844	18			
		3	Slightly disagree	168	18	4,070	19			
		4	Slightly agree	208	22	4,285	20			
		5	Agree	198	22	4,418	21			
		6	Strongly agree	150	16	3,120	16			
		Total	939	100	21,162	100				
c. I am satisfied with the amount of time I spend on recreational and leisure activities.	MHWleisure	1	Strongly disagree	41	4	1,288	6	4.0	3.9 ** △	.10
		2	Disagree	121	12	3,068	14			
		3	Slightly disagree	156	17	3,815	18			
		4	Slightly agree	226	24	4,920	23			
		5	Agree	255	27	5,293	25			
		6	Strongly agree	138	15	2,773	14			
		Total	937	100	21,157	100				

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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	34	4	937	5	4.2	4.1	.03
		2	Disagree	70	7	1,935	9			
		3	Slightly disagree	141	15	3,038	14			
		4	Slightly agree	304	32	6,328	29			
		5	Agree	257	28	6,126	29			
		6	Strongly agree	134	14	2,756	14			
		Total		940	100	21,120	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		229	25	5,384	27	75%	71% *	.08
	(Means indicate the percentage who responded "Yes.")	Yes		701	75	15,465	71			
		Help for this is not available		7	1	294	2			
		Total		937	100	21,143	100			
b. Discrimination or harassment	MHWdiscrim	No		296	32	6,424	31	66%	67%	-.03
	(Means indicate the percentage who responded "Yes.")	Yes		620	66	14,428	67			
		Help for this is not available		20	2	280	2			
		Total		936	100	21,132	100			
c. Food insecurity (not having enough food)	MHWfood	No		312	34	7,722	38	66%	60% ***	.11
	(Means indicate the percentage who responded "Yes.")	Yes		618	66	13,023	60			
		Help for this is not available		7	1	367	2			
		Total		937	100	21,112	100			
d. Housing insecurity (inconsistent access to stable housing)	MWHhouse	No		484	51	11,175	53	47%	43% *	.08
	(Means indicate the percentage who responded "Yes.")	Yes		439	47	9,294	43			
		Help for this is not available		13	1	640	4			
		Total		936	100	21,109	100			
e. Emergency financial situation	MWHfinance	No		482	51	11,009	52	47%	45%	.05
	(Means indicate the percentage who responded "Yes.")	Yes		440	47	9,503	45			
		Help for this is not available		16	2	609	3			
		Total		938	100	21,121	100			
f. Lack of care for dependents	MWHcare	No		541	57	13,019	61	41%	35% ***	.12
	(Means indicate the percentage who responded "Yes.")	Yes		377	41	7,308	35			
		Help for this is not available		18	2	754	4			
		Total		936	100	21,081	100			
g. Mental health crises	MWHmental	No		267	29	6,121	31	70%	67%	.06
	(Means indicate the percentage who responded "Yes.")	Yes		663	70	14,682	67			
		Help for this is not available		7	1	307	2			
		Total		937	100	21,110	100			
h. Sexual assault or relationship violence	MWHassault	No		276	30	6,175	31	69%	68%	.04
	(Means indicate the percentage who responded "Yes.")	Yes		653	69	14,650	68			
		Help for this is not available		8	1	283	2			
		Total		937	100	21,108	100			
i. Sleep difficulty	MWHsleep	No		511	54	12,805	60	44%	36% ***	.16
	(Means indicate the percentage who responded "Yes.")	Yes		406	44	7,598	36			
		Help for this is not available		19	2	714	4			
		Total		936	100	21,117	100			
j. Substance abuse	MWHabuse	No		418	44	9,853	47	55%	51% *	.08
	(Means indicate the percentage who responded "Yes.")	Yes		508	55	10,814	51			
		Help for this is not available		9	1	451	3			
		Total		935	100	21,118	100			

NSSE 2025 Mental Health & Well-Being

Frequencies and Statistical Comparisons

Missouri State University

Seniors

				Frequency Distributions ^a				Statistical Comparisons ^b		
				Missouri State		Mental Health		Missouri 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 1 2 3 4 — Total	Not at all Very little Some Quite a bit Very much I don't know Total	33 54 173 186 127 360 933	4 6 18 20 14 39 100	857 1,976 4,091 3,805 3,149 7,177 21,055	4 8 18 17 15 37 100	2.6	2.5	.05
b. Health services for physical health needs	MHWihelp	0 1 2 3 4 — Total	Not at all Very little Some Quite a bit Very much I don't know Total	17 30 192 293 164 239 935	2 3 20 31 17 26 100	489 1,312 4,627 5,227 3,811 5,570 21,036	3 6 20 23 18 30 100	2.8	2.7 *	.09 △
c. Counseling services for mental health needs	MHWicounsel	0 1 2 3 4 — Total	Not at all Very little Some Quite a bit Very much I don't know Total	19 41 206 264 179 224 933	2 5 21 29 19 25 100	474 1,397 4,647 5,433 4,249 4,818 21,018	3 6 21 24 20 26 100	2.8	2.7	.04
d. Affordable housing for students	MHWihouse	0 1 2 3 4 — Total	Not at all Very little Some Quite a bit Very much I don't know Total	65 117 222 141 77 312 934	7 13 23 15 8 34 100	2,157 3,221 4,408 2,190 1,756 7,285 21,017	10 14 19 10 9 38 100	2.1	1.9 ***	.16 △
e. Access to reliable internet	MHWiinternet	0 1 2 3 4 — Total	Not at all Very little Some Quite a bit Very much I don't know Total	18 30 129 276 287 195 935	2 3 13 30 31 21 100	549 1,267 4,048 5,566 6,101 3,477 21,008	3 5 18 25 29 20 100	3.1	2.9 ***	.15 △

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 221 first-year student(s) and 286 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

Missouri State University

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Missouri State	Missouri State	Mental Health	Missouri State	Mental Health	Missouri State	Mental Health	Comparisons with: Mental Health		
MHWdacad	745	3.84	4.00	.043	.008	1.18	1.18	792	.000	-.13
MHWdemploy	633	3.31	3.39	.068	.013	1.70	1.73	679	.230	-.05
MHWdfinance	726	4.03	3.89	.057	.010	1.52	1.57	776	.016	.09
MHWdfamily	742	2.68	2.66	.056	.010	1.53	1.53	789	.746	.01
MHWdhomesick	685	2.55	2.60	.062	.011	1.61	1.61	727	.413	-.03
MHWdromantic	655	2.94	3.07	.068	.013	1.74	1.77	700	.066	-.07
MHWdpeers	717	2.83	2.80	.055	.010	1.48	1.50	762	.524	.02
MHWdlonely	726	3.16	3.22	.062	.011	1.67	1.70	772	.390	-.03
MHWdmental	737	3.26	3.36	.060	.011	1.63	1.65	785	.073	-.07
MHWdexhaust	739	3.81	3.87	.059	.011	1.61	1.62	786	.317	-.04
MHWdsleep	742	3.60	3.72	.056	.010	1.54	1.60	792	.045	-.07
MHWdphysical	738	2.94	2.96	.053	.010	1.45	1.49	787	.684	-.01
MHWddiscrim	685	1.60	1.54	.041	.007	1.08	1.07	727	.129	.06
MHWsfriend	722	2.91	2.90	.040	.007	1.08	1.05	765	.908	.00
MHWsfamily	737	2.93	2.93	.041	.007	1.12	1.12	783	.956	.00
MHWsromantic	548	2.80	2.76	.059	.011	1.37	1.37	588	.463	.03
MHWsstudent	677	1.84	1.91	.047	.008	1.22	1.20	719	.155	-.06
MHWscultural	623	2.16	2.14	.054	.010	1.34	1.32	663	.697	.02
MHWsadvice	668	1.67	1.71	.049	.009	1.26	1.30	716	.388	-.03
MHWsinstruct	689	1.75	1.86	.046	.008	1.20	1.21	735	.014	-.10
MHWscounsel	454	1.54	1.77	.066	.012	1.41	1.41	483	.001	-.16
MHWScclinic	437	1.46	1.69	.066	.012	1.37	1.40	466	.001	-.17
MHWsstaff	505	1.40	1.61	.058	.011	1.29	1.34	541	.000	-.16
MHWfood	744	4.55	4.52	.043	.008	1.18	1.25	796	.469	.03
MHWexercise	744	3.99	4.02	.052	.009	1.41	1.42	791	.516	-.02
MHWleisure	741	4.13	4.15	.049	.009	1.33	1.32	786	.590	-.02
MHWinst	743	4.25	4.32	.044	.008	1.19	1.18	789	.123	-.06

First-Year Students

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Missouri State	Missouri State	Mental Health	Missouri State	Mental Health	Missouri State	Mental Health	Comparisons with: Mental Health		
MHWdepress	742	77%	74%	.015	.003	--	--	--	.024	.09
MHWdiscrim	744	72%	70%	.017	.003	--	--	--	.243	.04
MHWfood	743	70%	64%	.017	.003	--	--	--	.001	.13
MWHhouse	743	56%	54%	.018	.003	--	--	--	.325	.04
MWHfinance	741	50%	53%	.018	.003	--	--	--	.113	-.06
MWHcare	738	46%	43%	.018	.003	--	--	--	.215	.05
MWHmental	739	76%	72%	.016	.003	--	--	--	.012	.10
MWHassault	743	75%	71%	.016	.003	--	--	--	.017	.09
MWHsleep	741	45%	42%	.018	.003	--	--	--	.079	.07
MWHabuse	743	59%	59%	.018	.003	--	--	--	.790	.01
MHWifood	531	2.79	2.61	.046	.008	1.06	1.12	564	.000	.16
MWHihelp	601	2.90	2.79	.039	.007	.97	.99	639	.008	.11
MHWicounsel	599	2.98	2.86	.038	.007	.94	.98	638	.001	.13
MHWihouse	585	2.16	2.06	.046	.008	1.12	1.15	622	.030	.09
MHWiinternet	648	3.11	2.74	.035	.007	.88	1.08	707	.000	.35

NSSE 2025 Mental Health & Well-Being

Detailed Statistics^e

Missouri State University

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Missouri State	Missouri State	Mental Health	Missouri State	Mental Health	Missouri State	Mental Health	Comparisons with: Mental Health		
MHWdacad	935	3.89	3.95	.039	.007	1.21	1.32	999	.151	-.04
MHWdemploy	869	3.22	3.41	.055	.010	1.61	1.71	928	.000	-.12
MHWdfinance	926	3.98	3.97	.051	.009	1.56	1.64	986	.809	.01
MHWdfamily	930	2.75	2.86	.050	.009	1.54	1.62	990	.031	-.07
MHWdhomesick	838	2.14	2.05	.050	.009	1.44	1.47	891	.079	.06
MHWdromantic	850	2.72	2.87	.058	.011	1.70	1.78	905	.014	-.08
MHWdpeers	903	2.53	2.57	.046	.008	1.40	1.48	962	.358	-.03
MHWdlonely	909	2.85	2.97	.054	.010	1.64	1.74	969	.038	-.07
MHWdmental	930	3.33	3.37	.053	.009	1.63	1.69	988	.427	-.03
MHWdexhaust	935	3.86	3.97	.054	.009	1.65	1.66	990	.044	-.07
MHWdsleep	934	3.56	3.72	.053	.009	1.63	1.65	989	.003	-.10
MHWdphysical	933	2.99	3.14	.049	.009	1.50	1.55	990	.004	-.09
MHWddiscrim	879	1.54	1.55	.035	.006	1.03	1.10	939	.790	-.01
MHWsfriend	918	2.97	2.92	.033	.006	1.01	1.06	979	.196	.04
MHWsfamily	929	3.00	2.91	.035	.006	1.06	1.13	990	.009	.08
MHWsromantic	740	2.95	2.99	.047	.008	1.29	1.27	784	.453	-.03
MHWsstudent	847	2.00	1.95	.042	.008	1.23	1.27	900	.266	.04
MHWscultural	783	2.26	2.20	.048	.009	1.33	1.37	835	.211	.04
MHWsadvice	857	1.80	1.56	.046	.008	1.34	1.38	916	.000	.17
MHWsinstruct	877	1.97	1.96	.042	.007	1.23	1.27	934	.767	.01
MHWscounsel	605	1.55	1.61	.059	.011	1.45	1.48	645	.332	-.04
MHWsclinic	573	1.30	1.40	.058	.011	1.38	1.45	615	.074	-.07
MHWsstaff	572	1.25	1.30	.057	.010	1.36	1.39	610	.406	-.03
MHWfood	939	4.84	4.72	.036	.007	1.10	1.23	1,007	.001	.10
MHWexercise	938	3.86	3.77	.048	.008	1.48	1.52	994	.079	.06
MHWleisure	935	4.03	3.88	.045	.008	1.39	1.45	993	.002	.10
MHWinst	938	4.15	4.11	.041	.007	1.26	1.33	998	.292	.03

Seniors

Variable name	N	Mean		Standard error ^f		Standard deviation ^g		DF ^h	Sig. ⁱ	Effect size ^d
	Missouri State	Missouri State	Mental Health	Missouri State	Mental Health	Missouri State	Mental Health	Comparisons with: Mental Health		
MHWdepress	935	75%	71%	.014	.003	--	--	--	.021	.08
MHWdiscrim	934	66%	67%	.015	.003	--	--	--	.422	-.03
MHWfood	935	66%	60%	.016	.003	--	--	--	.001	.11
MWHhouse	934	47%	43%	.016	.003	--	--	--	.020	.08
MWHfinance	936	47%	45%	.016	.003	--	--	--	.109	.05
MWHcare	934	41%	35%	.016	.003	--	--	--	.000	.12
MWHmental	935	70%	67%	.015	.003	--	--	--	.058	.06
MWHassault	935	69%	68%	.015	.003	--	--	--	.233	.04
MWHsleep	933	44%	36%	.016	.003	--	--	--	.000	.16
MWHabuse	933	55%	51%	.016	.003	--	--	--	.020	.08
MHWifood	567	2.56	2.50	.047	.008	1.11	1.18	603	.239	.05
MWHihelp	688	2.79	2.70	.036	.007	.94	1.06	742	.011	.09
MHWicounsel	699	2.76	2.71	.037	.007	.98	1.06	747	.214	.04
MHWihouse	614	2.08	1.88	.046	.009	1.15	1.26	659	.000	.16
MHWiinternet	738	3.06	2.90	.036	.007	.98	1.08	790	.000	.15

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.