

NSSE 2023 Mental Health & Well-Being Topical Module: Exploring Ways to Use Your Results

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1

Our Session Today

Welcome!
Who is here? Please introduce yourself in the chat.

Why did you choose the Mental Health & Well-Being Topical Module?

2

Mental Health & Well-Being in Higher Education

Though college students' mental health and wellness has been a concern for many years, it has recently emerged as a widespread problem that can seriously impact academic success.

University of Calgary

"A student's mental well-being is absolutely key to their academic success and, through listening to feedback from previous NSSE surveys, we have been able to reduce barriers to help-seeking and provide exceptional services and facilities that help our students flourish in the post-secondary environment," says Dr. Susan Berke, vice-provost (student experience).

It's Midsemester. Time to check in on students' mental health and wellness.

November 16, 2022

Mental Health and Academic Difficulty: Checking In With Our 2021 First-Year Students

November 16, 2022

3

A Brief History

- Mental health continues to be a major concern on campuses and across the country
- The Mental Health and Well-Being (MHW) module started as an experimental set
 - Understanding COVID-19's impact on mental health
- Influenced by the Butler University Student Well-being Institutional Support Survey (SWISS)

4

MHW Topical Module Content

- Q1: Areas of difficulty
- Q2: Varying entities supporting mental health
- Q3: Accessibility to resources and physical well-being

2. To what extent have the following supported your mental health and well-being?
Response options: Very much, Quite a bit, Some, Very little, Not at all, Not applicable

a. Your friends
b. Your family
c. Significant others or romantic partners
d. Other students (classmates, peer advisors, student org. members, etc.)
e. Your cultural community (identity-based, faith-based, hometown group, etc.)
f. Your academic advisor
g. Your instructors
h. Counseling services
i. Student services staff (student activities, housing, career services, etc.)

5

MHW Topical Module Content

- Q4: Institutional support for mental health and well-being
- Q5: Accessibility to adequate resources from institution
- Q6: Open-ended on institutional support for mental health

5. Thinking about resources on your campus, to what extent does your institution provide adequate resources in the following areas?
Response options: Very much, Quite a bit, Some, Very little, Not at all, I don't know

A. Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)
B. Health services for physical health needs
C. Counseling services for mental health needs
D. Affordable housing for students
E. Access to reliable internet

6

Your MHWB Topical Module Report & Datafiles

- NSSE23 Data
- NSSE23 Data
- NSSE23 Student Comments
- NSSE23 Student Comments

Leverage your comparison groups!

7

Data Use Strategy #1: Disaggregated Ranking

Excluding friends, family, and significant others, who has most supported your mental health and well-being?

Students with Disabilities	International Students	Major is Undecided	Nonbinary Gender ID
1. Instructors 2. Students 3. Counseling services	1. Cultural community 2. Students 3. Instructors	1. Instructors 2. Students 3. Academic Advisors	1. Instructors 2. Counseling services 3. Students

8

Data Use Strategy #2: Focus on the Negative

What proportion of students feel their institution provides adequate resources "not at all" or "very little"?	%	What proportion of students disagree?	%
Dining options that meet your dietary needs (vegetarian, kosher, halal, gluten-free, etc.)	16	Access to affordable, healthy food	19
Health services for physical health needs	10	Satisfied with amount of exercise	43
Counseling services for mental health needs	10	Satisfied with the amount of time spent on recreational and leisure activities	37
Affordable housing for students	29	Adequate amount of support for my well-being from my institution	28
Access to reliable internet	12		

Who are these students?

9

Data Use Strategy #3: Priority Ranking

Percentage of student who DO NOT know how to get help at their institution #4: Keep Digging!

First-Year Students	%	%ON	Senior Students	%	%ON
Sleep difficulty	59	59	Lack of care for dependents	66	66
Lack of care for dependents	58	57	Sleep difficulty	64	59
Emergency financial situation	45	45	Housing insecurity	56	47
Housing insecurity	45	41	Emergency financial situation	54	51
Substance abuse	43	39	Substance abuse	50	43
Food insecurity	37	36	Food insecurity	40	38
Discrimination or harassment	28	25	Discrimination or harassment	32	26
Sexual assault or relationship violence	25	21	Sexual assault or relationship violence	30	21
Mental health crises	25	21	Mental health crises	30	20
Depression or anxiety	23	19	Depression or anxiety	26	16

10

Data Use Strategy #5: Create Baskets!

How difficult have the following been?

		Difficulty		
		High	Moderate	Low
Top Three Difficulties	Mental or Emotional Exhaustion	53% 49%	31% 35%	16% 16%
	Academics	41% 40%	49% 50%	10% 10%
	Finances	53% 37%	34% 40%	13% 23%

- Found, on average, my top three difficulties (be careful of the "not applicable" option!)
- Recoded into high (5 or 6), medium (3 or 4), and low (1 or 2) difficulty
- Looked at the proportion of FIRST GENERATION and CONTINUING GENERATION students

11

Selected Qualitative Findings

[Open Ended] What is one way your institution has supported your mental health and well-being? Please describe.

Major Themes	Practical Takeaways
<ul style="list-style-type: none"> Promotion, Awareness & Outreach Faculty Interactions Resource Engagement <ul style="list-style-type: none"> Counseling Services Events Student health & wellness services 	<ul style="list-style-type: none"> Determine what types of outreach are most/least effective Collaborate with faculty for MHW support Direct feedback about university resources

*Bass, V., Clarke, V. (2022.) Conceptual design thinking for thematic analysis. *Qualitative Psychology*, 9(1), 3-26. <https://doi.org/10.1037/1096-0009.9.1.3>

12

Stimulating Use of MHW Results

- Return to your purpose:** What influenced you to administer the MHW module? Who cares?
- Sharing Results:** What offices, units, should be interested in results? Have you shared report? Invite folks to a meeting to discuss findings?
- Find Relevance:** What campus conversations or units are concerned with mental health? How might you partner with them to explore results?

Student Affairs and
Campus Diversity
CARES Team

CARE Team Members

STUDENT COUNSELING CENTER
Support Your Emotional Well-being

Campus
Mental Health
Task Force

13

3 Final Ideas for Using MHW Results

1. During the current school year, how difficult have the following been for you?

Response options: Not at all difficult (1) to very difficult (5). Not applicable

- 1** **Difficulty Inventory:** Rank order items by difficulty, and sort by salient student identity groups. Share with relevant offices as a suggestion for programming.
- 2** **Supports Analysis:** Explore supports (Q2) for students' mental health & well-being by sharing descriptive results, and qualitative comments. Invite expert and student interpretation of what might explain these findings and their implications for the promotion and provision of support.
- 3** **Resource Awareness:** What problem areas (Q4) do students report "no" knowledge of and what resources (Q5) are highest for "very little" "not at all" and "IDK"? How does this match actual campus resources? Who might be interested in these results?

Depression or anxiety
Discrimination or harassment
Food insecurity (not having enough food)
Housing insecurity (inconsistent access to stable housing)
Emergency financial situation
Lack of care for dependencies
Mental health crisis
Sexual assault or relationship violence
Sleep difficulty
Substance abuse

14

How are you using (or planning to use) your mental health & well-being results?






15

Final thoughts and questions?

Thanks for joining us!

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What's coming?

- Follow-up Webinar-- Mental Health Findings: A presentation with SWISS
- Annual Results story on findings

16