

Special-Focus Module Mental Health and Well-Being

SENSE Special-Focus Modules

Colleges have the option to add up to two special-focus modules of 12 items each using a custom special-focus module or choosing from our [collection of standard special-focus modules](#) for an additional fee:

- » Academic Advising and Planning
- » Building Relationships
- » Commitment and Support
- » Early Self-Reported Outcomes
- » Financial Assistance
- » Guided Pathways
- » Promising Practices for Community College Student Success
- » Student Success Courses
- » The Working Learner

Frequently, we offer a specific special-focus module free of charge, as part of an initiative exploring a topic of interest to the community college field. This free module is provided to all colleges administering *SENSE* that do not add two special-focus modules of their own choosing. Students are asked to mark their responses under “Additional Items” at the end of the [survey](#). The results from these items are provided as frequency distributions with colleges’ standard *SENSE* reports.

Mental Health and Well-Being Module

Colleges that administer *SENSE* 2023 and do not add two special-focus modules of their own choosing will receive 12 free items about mental health and well-being (shown below). This module, which is part of a [project](#) funded by The Kresge Foundation, is designed to help institutions further understand aspects of community college students’ mental health and well-being so that their needs can be more fully addressed.

Mark only one response for each item

1. At this college, I feel that students’ mental health and emotional well-being is a priority.
 - a. Strongly Disagree
 - b. Disagree
 - c. Agree
 - d. Strongly Agree

2. Over the **last 2 weeks**, how often have you been bothered by having little interest or pleasure in doing things?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

3. Over the **last 2 weeks**, how often have you been bothered by feeling down, depressed, or hopeless?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

4. Over the **last 2 weeks**, how often have you been bothered by feeling nervous, anxious, or on edge?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

5. Over the **last 2 weeks**, how often have you been bothered by not being able to stop or control worrying?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

6. In the **past 12 months**, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.
 - a. Strongly Disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly Agree

7. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.
 - a. Strongly Disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly Agree

8. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?
- Lack of resources (money, time, transportation)
 - I worry about what others will think of me
 - I do not know where to seek help
 - I do not know what kind of help I need
 - Other
9. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?
- Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)
 - Someone who works at this college who is not a trained mental health provider
 - Friend, partner, or family member
 - Someone from your cultural community (identity-based, faith-based, etc.)
 - Other
10. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?
- In-person, individual counseling or therapy
 - In-person, group therapy or a support group
 - Teletherapy (counseling or therapy via the phone, video, text, messaging)
 - Peer counseling from a trained peer
 - Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)
11. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?
- Not at all important
 - Somewhat important
 - Important
 - Very important
 - Absolutely essential
12. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?
- Not likely
 - Somewhat likely
 - Likely
 - Very likely