

**Deasy et al (2014) Psychological distress and coping amongst higher education students: A mixed method enquiry.**

The following are the codes used for the variables that were assigned codes

|  |   |
|--|---|
| <b>Gender</b>  | 1=Male<br>2=Female  |
| <b>Age Category</b>                                  | 1=17-26<br>2=27-25<br>3=37-46<br>4=47+  |
| <b>Marital status</b>                                | 1=single<br>2=married<br>3=divorced<br>4=separated<br>5=cohabiting partner<br>6=other |
| <b>Nursing or education student</b>                  | 1=nursing<br>2=education  |
| <b>Year of course</b>                                | 1, 2, 3, 4  |
| <b>I enjoy my course</b>                             | 1=strongly agree<br>2=agree<br>3=neutral<br>4=disagree<br>5=strongly disagree         |
| <b>Do you find being a student stressful?</b>        | 1=yes<br>2=no<br>3= sometimes   |
| <b>Lectures</b>                                      | 1=yes<br>2=no   |
| <b>Exams</b>   | 1=yes<br>2=no   |
| <b>Practice placements</b>                           | 1=yes<br>2=no   |
| <b>Being away from home</b>                          | 1=yes<br>2=no   |
| <b>Financial pressures</b>                           | 1=yes<br>2=no   |
| <b>The social life</b>                               | 1=yes<br>2=no   |
| <b>Assignments</b>                                   | 1=yes<br>2=no   |
| <b>Workload</b>                                      | 1=yes<br>2=no   |
| <b>Lecturers</b>                                     | 1=yes<br>2=no   |
| <b>Commuting to college</b>                          | 1=yes<br>2=no   |
| <b>Making new friends<br/>Sharing accommodation</b>  | 1=yes<br>2=no   |
| <b>Other stressors</b>                               | 1=yes<br>2=no   |
| <b>Where do you reside during the academic term?</b> | 1=on campus in student accommodation<br>2=off campus in student accommodation         |

|   |  |
|---|--|
|   | <b>3=other rented accommodation</b><br><b>4=family home</b><br><b>5=own home</b><br><b>6=other</b>   |
| <b>What is your main source of income during the academic year?</b>             | <b>1=part time work</b><br><b>2=full time work</b><br><b>3=grant</b><br><b>4=family</b><br><b>5=Internship</b><br><b>6=other</b><br><b>7=part-time work and grant</b><br><b>8=part-time work and family</b><br><b>9=part-time work, grant and family</b><br><b>10=grant and family</b><br><b>11=fulltime work and grant</b><br><b>12=part-time work, grant and other, 13=grant and other</b><br><b>14=grant, family and internship</b> |
| <b>Please rate your diet?</b>   | <b>1=healthy</b><br><b>2=very healthy</b><br><b>3=not healthy</b><br><b>4=unsure</b>   |
| <b>Since I started college my eating pattern has changed</b>                    | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I generally eat more</b>                             | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I eat more food which contains carbohydrate</b>      | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I eat more fruit and vegetables</b>                  | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I eat more convenience food</b>                      | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I have less sugar, confectionary and soft drinks</b> | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I have less fatty or fried foods</b>                 | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b><br><b>4=disagree</b><br><b>5=strongly disagree</b>   |
| <b>Since I started college I have more fibre in my diet</b>                     | <b>1=strongly agree</b><br><b>2=agree</b><br><b>3=neutral</b>  |

|  |  |
|--|--|
|  | 4=disagree<br>5=strongly disagree  |
| Since I started college I eat more protein rich foods                  | 1=strongly agree<br>2=agree<br>3=neutral<br>4=disagree<br>5=strongly disagree  |
| How would you rate your current level of physical activity?            | 1=very active<br>2=active<br>3=not active<br>4=unsure  |
| Do you smoke cigarettes?   | 1=yes<br>2=no  |
| Do you drink alcohol?  | 1=yes<br>2=no  |
| Have you used cannabis within the last 6 months?                       | 1=yes<br>2=no  |
| Age Category (binary)  | 1=17-26<br>2=>26   |
| What is your marital status? (binary)                                  | 1=single/divorced/separated,<br>2=married/cohabiting/other   |
| What is your country of birth? (binary)                                | 1=Ireland<br>2=Rest of the world   |
| I enjoy my course (binary)   | 1= Agree<br>2= Disagree/Neutral  |
| Do you find being a student stressful (binary)                         | 1=yes<br>2=sometimes/no  |
| Where do you reside during the academic term? (recoded)                | 1= Student accommodation,<br>2=all other types of accommodation)   |
| What is your main source of income during the academic year? (recoded) | 1 = full time work or internship + all combination of income with at least full time or internship [categories 2, 5, 11, 14].<br>2 = part time + all combination with part time [categories 1, 7, 8, 9, 12].<br>3 = grant or family or other + all combination of these 3 categories [categories 3, 4, 6, 10, 13]. |
| Please rate your diet? (binary)  | 1= Very healthy + Healthy<br>2= Not healthy + Unsure   |
| Since I started college my eating pattern has changed (binary)         | 1=Agree<br>2=Disagree/Neutral  |
| How would you rate your current level of physical activity? (binary)   | 1= Very active + Active<br>2= Not active + Unsure  |
| Frequency of Alcohol consumption (binary)                              | 1= $\leq$ 2days per week<br>2= $\geq$ 3days per week   |