

	Respondents (n=5,284)		Target Population (N=79,778)		
	N	% (95% CI)	N	%	p-value
Sex					
Male	1,284	24.3% (23.1 - 25.5)	30,293	38.0%	<0.001
Female	4,000	75.7% (74.5 - 76.9)	49,485	62.0%	<0.001
Course area					
Agricultural and forestry sciences	123	2.3% (1.9 - 2.7)	2,196	2.7%	0.07
Humanistic and philosophical sciences	1,404	26.6% (25.4 - 27.8)	22,901	28.7%	0.001
Law sciences	298	5.7% (5.1 - 6.3)	7,542	9.4%	<0.001
Medical sciences	1,035	19.6% (18.5 - 20.7)	9,719	12.2%	<0.001
Natural sciences	984	18.6% (17.6 - 19.6)	13,371	16.8%	0.001
Social and economic sciences	1,317	24.9% (23.7 - 26.1)	22,799	28.6%	<0.001
Veterinary sciences	123	2.3% (1.9 - 2.7)	1,250	1.6%	<0.001
Course Cycle					
Undergraduate	2,935	55.6% (54.3 - 56.9)	50,462	63.3%	<0.001
Postgraduate	1,438	27.2% (26.0 - 28.4)	17,268	21.6%	<0.001
5/6 years postgraduate	911	17.2% (16.2 - 18.2)	12,048	15.1%	<0.001

Supplementary Table S1. Comparison between the respondents and the target population by sex, course area, and course cycle.

		Unweighted		Calibrated (raking)		
	N	Mean or %	95% CI	Mean or %	95% CI	p
PHQ-2 (%)						
Low	2,565	53.1%	51.7 - 54.5	53.4%	51.9 - 54.9	0.74
High	2,268	46.9%	45.5 - 48.3	46.6%	45.1 - 48.1	
GAD-2 (%)						
Low	1,346	27.8%	26.6 - 29.1	30.4%	29.0 - 31.8	<0.01
High	3,495	72.2%	70.9 - 73.4	69.6%	68.2 - 71.0	
SBQ-R (%)						
Low	3,048	65.6%	64.2 - 67.0	65.1%	63.6 - 66.5	0.60
High	1,596	34.4%	33.0 - 35.7	34.9%	33.5 - 36.4	
MHC-SF (mean)						
Emotional well-being	4,676	8.4	8.3 - 8.5	8.4	8.2 - 8.5	0.99
Social well-being	4,646	7.0	6.9 - 7.2	7.1	6.9 - 7.2	0.74
Psychological well-being	4,633	16.4	16.2 - 16.6	16.5	16.3 - 16.7	0.51
Overall well-being	4,573	31.8	31.4 - 32.1	31.9	31.5 - 32.3	0.65

Supplementary Table S2. Unweighted and weighted estimates of mental health outcomes and well-being.

Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised; MHC-SF, Mental Health Continuum–Short Form.

	Unweighted		Calibrated (raking)	
	Mean or %	95% CI	Mean or %	95% CI
PHQ-2 (%)				
Low	53.2%	51.8 - 54.5	53.6%	52.1 - 55.0
High	46.8%	45.5 - 48.1	46.4%	45.0 - 47.9
GAD-2 (%)				
Low	27.9%	26.7 - 29.1	30.4%	29.1 - 31.8
High	72.1%	70.9 - 73.3	69.6%	68.2 - 70.9
SBQ-R (%)				
Low	65.9%	64.7 - 67.2	65.4%	64.0 - 66.7
High	34.1%	32.8 - 35.3	34.6%	33.2 - 36.0
MHC-SF (mean)				
Emotional well-being	8.4	8.3 - 8.5	8.4	8.3 - 8.5
Social well-being	7.1	6.9 - 7.2	7.1	6.9 - 7.2
Psychological well-being	16.4	16.2 - 16.6	16.5	16.3 - 16.7
Overall well-being	31.8	31.4 - 32.1	31.9	31.5 - 32.3

Supplementary Table S3. Unweighted and weighted mental health outcomes and well-being estimates on multiple imputed datasets (n=20).

Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised; MHC-SF, Mental Health Continuum–Short Form.

		Agricultural/forestry sciences	Humanistic/philo-sophical sciences	Law sciences	Medical sciences	Natural sciences	Social/economic sciences	Veterinary sciences
		Mean or % (95% CI)	Mean or % (95% CI)	Mean or % (95% CI)	Mean or % (95% CI)	Mean or % (95% CI)	Mean or % (95% CI)	Mean or % (95% CI)
PHQ-2	Unweighted	45.7% (36.8 - 54.9)	51.1% (48.3 - 53.8)	43.4 (37.6 - 49.5)	42.4% (39.3 - 45.6)	50.1% (46.8 - 53.4)	43.7% (40.9 - 46.5)	56.6% (47.3 - 65.5)
	Calibrated (raking)	42.7% (33.4 - 52.6)	50.9% (48.1 - 53.6)	45.4% (39.4 - 51.5)	42.7% (39.7 - 45.8)	48.8% (45.3 - 52.3)	42.4% (39.5 - 45.4)	55.0% (44.9 - 64.6)
GAD-2	Unweighted	71.6% (62.6 - 79.1)	74.9% (72.4 - 77.2)	70.9% (65.1 - 76.0)	71.3% (68.3 - 74.0)	69.6% (66.5 - 72.5)	71.2% (68.6 - 73.7)	84.2% (76.2 - 89.9)
	Calibrated (raking)	66.6 % (56.7 - 75.3)	73.1% (70.6 - 75.5)	71.0% (65.1 - 76.3)	69.2% (66.4 - 72.0)	66.5% (63.1 - 69.8)	67.0% (64.0 - 69.8)	84.6% (75.5 - 90.8)
SBQ-R	Unweighted	33.9% (25.7 - 43.3)	39.2% (36.6 - 42.0)	26.7% (21.7 - 32.5)	30.2% (27.3 - 33.3)	34.2% (31.1 - 37.5)	32.6% (29.9 - 35.3)	52.8% (43.2 - 62.2)
	Calibrated (raking)	30.3% (22.3 - 39.8)	39.9% (37.2 - 42.7)	29.43% (23.9 - 35.3)	30.8% (28.0 - 33.8)	34.8% (31.4 - 38.3)	32.7% (29.8 - 35.7)	50.4% (40.3 - 60.5)
MHC-SF								
Emotional well-being	Unweighted	9.0 (8.4 - 9.7)	8.1 (7.9 - 8.2)	8.4 (7.9 - 8.7)	8.7 (8.5 - 8.9)	8.2 (8.0 - 8.5)	8.5 (8.3 - 8.7)	7.2 (6.6 - 7.8)
	Calibrated (raking)	9.3 (8.7 - 10.0)	8.1 (7.9 - 8.2)	8.2 (7.7 - 8.6)	8.7 (8.5 - 8.9)	8.3 (8.0 - 8.5)	8.6 (8.4 - 8.8)	7.2 (6.6 - 7.8)
Social well-being	Unweighted	7.6 (6.7 - 8.6)	6.1 (5.8 - 6.4)	7.1 (6.5 - 7.7)	8.3 (8.0 - 8.7)	6.8 (6.5 - 7.1)	7.3 (7.0 - 7.6)	5.2 (4.5 - 5.9)
	Calibrated (raking)	8.3 (7.3 - 9.3)	6.1 (5.8 - 6.4)	7.1 (6.4 - 7.7)	8.3 (8.0 - 8.7)	6.9 (6.6 - 7.3)	7.6 (7.2 - 7.9)	5.1 (4.3 - 5.8)
Psychological well-being	Unweighted	16.5 (15.2 - 17.8)	15.9 (15.5 - 16.2)	16.6 (15.7 - 17.4)	17.1 (16.7 - 17.6)	16.1 (15.6 - 16.6)	16.8 (16.4 - 17.2)	14.4 (13.2 - 15.7)
	Calibrated (raking)	17.1 (15.8 - 18.4)	15.9 (15.5 - 16.3)	16.1 (15.2 - 17.0)	17.1 (16.7 - 17.6)	16.3 (15.8 - 16.8)	17.2 (16.7 - 17.6)	14.4 (13.0 - 15.8)
Overall well-being	Unweighted	33.3 (30.8 - 35.8)	30.0 (29.3 - 30.7)	32.0 (30.3 - 33.7)	34.1 (33.2 - 35.0)	31.1 (30.2 - 31.9)	32.6 (31.8 - 33.3)	27.0 (24.7 - 29.3)
	Calibrated (raking)	34.9 (32.3 - 37.5)	30.0 (29.3 - 30.7)	31.3 (29.6 - 33.0)	34.1 (33.2 - 35.0)	31.4 (30.5 - 32.4)	33.4 (32.5 - 34.2)	26.8 (24.4 - 29.3)

Supplementary Table S4. Unweighted and weighted mental health outcomes and well-being estimates stratified by course area.

Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised; MHC-SF, Mental Health Continuum–Short Form.

	PHQ-2			GAD-2			SBQ-R		
	Low	High	p	Low	High	p	Low	High	p
Sex	N (%)	N (%)		N (%)	N (%)		N (%)	N (%)	
Male	646 (55.6)	515 (44.4)	0.044	490 (42.1)	675 (57.9)	<0.001	724 (64.2)	404 (35.8)	0.239
Female	1,919 (52.3)	1,753 (47.7)		856 (23.3)	2,820 (76.7)		2,324 (66.1)	1,192 (33.9)	
Course area	N (%)	N (%)		N (%)	N (%)		N (%)	N (%)	
Agricultural and forestry sciences	63 (54.3)	53 (45.7)	<0.001	33 (28.5)	83 (71.6)	0.009	74 (66.1)	38 (33.9)	<0.001
Humanistic and philosophical sciences	632 (49.0)	659 (51.0)		325 (25.1)	968 (74.9)		754 (60.8)	487 (39.2)	
Law sciences	151 (56.6)	116 (43.4)		78 (29.1)	190 (70.9)		189 (73.3)	69 (26.7)	
Medical sciences	554 (57.6)	408 (42.4)		277 (28.7)	687 (71.3)		644 (69.8)	279 (30.2)	
Natural sciences	446 (49.9)	448 (50.1)		272 (30.4)	622 (69.6)		563 (65.8)	293 (34.2)	
Social and economic sciences	670 (56.3)	520 (43.7)		343 (28.8)	849 (71.2)		774 (67.4)	374 (32.6)	
Veterinary sciences	49 (43.4)	64 (56.6)		18 (15.8)	96 (84.2)		50 (47.2)	56 (52.8)	
Course cycle	N (%)	N (%)		N (%)	N (%)		N (%)	N (%)	
Undergraduate	1,392 (52.1)	1,280 (47.9)	0.152	738 (27.6)	1,938 (72.4)	0.752	1,641 (64.0)	921 (36.0)	0.033
Postgraduate	700 (53.2)	615 (46.8)		377 (28.6)	942 (71.4)		853 (67.0)	420 (33.0)	
5/6 year postgraduate	473 (55.9)	373 (44.1)		231 (27.8)	615 (72.7)		554 (68.5)	255 (31.5)	

Supplementary Table S5. Associations between the auxiliary variables and the mental health outcomes.

Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised.

	Emotional well-being			Social well-being			Psychological well-being			Overall well-being		
	Mean	95% CI	p	Mean	95% CI	p	Mean	95% CI	p	Mean	95% CI	p
Sex												
Male	8.4	8.2 - 8.6	0.600	7.6	7.3 - 8.0	<0.001	17.0	16.5 - 17.4	0.002	32.9	32.1 - 33.8	<0.001
Female	8.3	8.2 - 8.5		6.8	6.7 - 7.00		16.2	16.0 - 16.4		31.4	31.0 - 31.8	
Course area												
Agricultural and forestry sciences	9.0	8.4 - 9.7	<0.001	7.6	6.7 - 8.6	<0.001	16.5	15.2 - 17.8	<0.001	33.3	30.8 - 35.8	<0.001
Humanistic and philosophical sciences	8.1	7.9 - 8.2		6.1	5.8 - 6.4		15.9	15.5 - 16.2		30.0	29.3 - 30.7	
Law sciences	8.3	7.9 - 8.8		7.1	6.5 - 7.7		16.6	15.7 - 17.4		32.0	30.3 - 33.7	
Medical sciences	8.7	8.5 - 8.9		8.3	8.0 - 8.7		17.1	16.7 - 17.6		34.1	33.2 - 35.0	
Natural sciences	8.2	8.0 - 8.5		6.8	6.5 - 7.1		16.1	15.6 - 16.6		31.1	30.2 - 32.0	
Social and economic sciences	8.5	8.3 - 8.7		7.3	7.0 - 7.6		16.8	16.4 - 17.2		32.6	31.8 - 33.3	
Veterinary sciences	7.2	6.6 - 7.9		5.2	4.5 - 5.9		14.4	13.2 - 15.7		27.0	24.7 - 29.3	
Course cycle												
Undergraduate	8.4	8.3 - 8.5	0.187	7.0	6.8 - 7.2	0.01	16.5	16.3 - 16.8	0.174	31.9	31.4 - 32.4	0.08
Postgraduate	8.2	8.0 - 8.4		6.8	6.6 - 7.1		16.1	15.7 - 16.5		31.1	30.4 - 31.8	
5/6 year postgraduate	8.5	8.2 - 8.7		7.5	7.1 - 7.9		16.5	16.0 - 17.0		32.4	31.4 - 33.3	

Supplementary Table S6. Associations between the auxiliary variables and the well-being outcomes.

	Respondents (N=5,284)		Excluded (N=3,411)		
	Mean	SD	Mean	SD	p-value
Age	23.6	5.4	24.3	5.8	<0.001
Socioeconomic status (MacArthur scale)	6.2	1.6	6.2	1.6	0.575
Study location	N	%	N	%	
Studying in hometown	1,629	30.9%	879	33.7%	0.024
Commuting for studying	1,785	33.8%	870	33.4%	
Moved for studying	1,861	35.3%	857	32.9%	
Academic progress	N	%	N	%	
Perfectly on track	2,390	45.7%	1,062	40.8%	<0.001
Slightly late	1,791	34.3%	884	34.0%	
Delayed	1,044	20.0%	657	25.2%	
MSPSS	Mean	SD	Mean	SD	p-value
Family support	5.2	1.6	5.1	1.7	<0.001
Friends support	5.4	1.5	5.2	1.6	<0.001
Significant other support	5.7	1.5	5.6	1.6	0.087
Overall social support	5.4	1.2	5.3	1.3	<0.001

Supplementary Table S7. Comparison of sociodemographic characteristics, academic features, and social support of respondents with excluded students due to missing data in at least one of the three auxiliary variables.

Abbreviations: MSPSS, Multidimensional Scale of Perceived Social Support.

	Respondents (N=5,284)		Excluded (N=3,411)		
PHQ-2	N	%	N	%	p-value
Low	2,565	53.1%	1,173	50.1%	0.019
High	2,268	46.9%	1,167	49.9%	
GAD-2	N	%	N	%	p-value
Low	1,346	27.8%	608	25.9%	0.094
High	3,495	72.2%	1,737	74.1%	
SBQ-R	N	%	N	%	p-value
Low	3,048	65.6%	1,436	64.5%	0.348
High	1,596	34.4%	791	35.5%	
MHC-SF	Mean	SD	Mean	SD	p-value
Emotional well-being	8.4	3.3	8.2	3.3	0.026
Social well-being	7.0	5.0	6.9	5.0	0.296
Psychological well-being	16.4	6.8	16.2	7.1	0.172
Overall well-being	31.8	13.3	31.2	13.7	0.127

Supplementary Table S8. Comparison of mental health outcomes of respondents with excluded students due to missing data in at least one of the three auxiliary variables
Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised; MHC-SF, Mental Health Continuum–Short Form.

		Unweighted		Calibrated (raking)		
	N	Mean or %	95% CI	Mean or %	95% CI	p
Age (mean)	7,870	23.8	23.7 - 24.0	23.8	23.6 - 23.9	0.465
Socioeconomic status (MacArthur scale) (mean)	7,664	6.2	6.1 - 6.2	6.2	6.1 - 6.2	0.186
Study location (%)						
Studying in hometown	2,508	31.8%	30.8 - 32.9	32,6%	31,5 - 33,7	0.324
Commuting for studying	2,655	33.7%	32.6 - 34.7	34,2%	33,2 - 35,3	0.479
Moved for studying	2,718	34.5%	33.4 - 35.5	33,2%	32,1 - 34,3	0.089
Academic progress (%)						
Perfectly on track	3,452	44.1%	43.0 - 45.2	44,2%	43,0 - 45,3	0.920
Slightly late	2,675	34.2%	33.1 - 35.2	34,1%	33,0 - 35,2	0.954
Delayed	1,701	21.7%	20.8 - 22.7	21,7%	20,8 - 22,6	0.957
MSPSS (mean)						
Family support	7,313	5.2	5.1 - 5.2	5.1	5.1 - 5.2	0.409
Friends support	7,328	5.3	5.3 - 5.4	5.3	5.2 - 5.3	0.098
Significant other support	7,308	5.7	5.6 - 5.7	5.6	5.5 - 5.6	<0.001
Overall social support	7,244	5.4	5.3 - 5.4	5.3	5.3 - 5.4	0.009

Supplementary Table S9. Unweighted and weighted estimates of sociodemographic characteristics, academic features, and social support on the full sample (N=8,695), adding a “missing category”.

Abbreviations: MSPSS, Multidimensional Scale of Perceived Social Support.

		Unweighted		Weighted		
	N	Mean or %	95% CI	Mean or %	95% CI	p
PHQ-2 (%)						
Low	3,738	52.1%	50.9 - 534.3	52.5%	51.3 - 53.6	0.686
High	3,435	47.9%	46.7 - 49.0	47.5%	46,4 - 48.7	
GAD-2 (%)						
Low	1,954	27.2%	26.2 - 28.2	29.6%	28.5 - 30.8	0.002
High	5,232	72.8%	71.8 - 73.8	70.4%	69.2 - 71.5	
SBQ-R (%)						
Low	4,484	65.3%	64.1 - 66.4	64.8%	63.6 - 66.0	0.567
High	2,387	34.7%	33.6 - 35.9	35.2%	34.0 - 36.4	
MHC-SF (mean)						
Emotional well-being	6,940	8.3	8.2 - 8.4	8.3	8.2 - 8.4	0.996
Social well-being	6,882	7.0	6.9 - 7.1	7.1	6.9 - 7.2	0.397
Psychological well-being	6,877	16.3	16.1 - 16.5	16.4	16.3 - 16.6	0.302
Overall well-being	6,785	31.6	31.3 - 31.9	31.8	31.4 - 32.2	0.398

Supplementary Table S10. Unweighted and weighted estimates of mental health outcomes on the full sample (N=8,695), adding a “missing category”.

Abbreviations: PHQ-2, Patient Health Questionnaire 2; GAD-2, Generalized Anxiety Disorder 2; SBQ-R, Suicide Behavior Questionnaire Revised; MHC-SF, Mental Health Continuum–Short Form.