

Collection Tool form

A. Demographic Data

Please check what best describe you.

1- What is your age?

☐ 18-20 y/o ☐ 21-23 y/o ☐ above 23 y/o

2- Social Status

☐ Single
☐ Married with no kid
☐ Married with kids
☐ Divorced
☐ Widowed

3- Which year are you in your nursing program?

☐ Second Year
☐ Third year
☐ Fourth Year

5- GPA score

☒ Less than 2.49
☐ 2.50- 3.00
☐ 3.1- 3.50
☐ 3.6- 4.00
☐ 4.1-4.5
☐ 4.6-5

6. Have you visited a doctor related to symptoms of depression or anxiety?

☐ Yes ☐ No

7. Do you take any medication to treat depression or anxiety?

☐ Yes ☐ No

B) Depression, Anxiety and Stress Scale (DASS21)

For each statement below, please circle the number in the column that best represents how you have been feeling in the last week.

Statement	Did not apply to me at all	Applied to me to some degree or some of the time	Applied to me a considerable degree or a good part of the time	Applied to me very much or most of the time
	0	1	2	3
1. I found it hard to wind down (S)				
2. I was aware of dryness of my mouth (A)				
3. I couldn't seem to experience any positive feeling at all (D)				
4. I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion) (A)				
5. I found it difficult to work up the initiative to do things (D)				
6. I tended to over-react to situations (S)				
7. I experienced trembling (eg, in the hands) (A)				
8. I felt that I was using a lot of nervous energy (S)				
9. I was worried about situations in which I might panic and make a fool of myself (A)				
10. I felt that I had nothing to look forward to (D)				
11. I found myself getting agitated (S)				
12. I found it difficult to relax (S)				
13. I felt down-hearted and blue (D)				
14. I was intolerant of anything that kept me from				

Statement	Did not apply to me at all	Applied to me to some degree or some of the time	Applied to me a considerable degree or a good part of the time	Applied to me very much or most of the time
	0	1	2	3
getting on with what I was doing (S)				
15. I felt I was close to panic (A)				
16. I was unable to become enthusiastic about anything. (D)				
17. I felt I wasn't worth much as a person (D)				
18. I felt that I was rather touchy (S)				
19. I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat) (A)				
20. I felt scared without any good reason. (A)				
21. I felt that life was meaningless (D)				

C) General Self-Efficacy (GSE) scale

Please rate your Self-Efficacy using the scale from 1 to 4 points:

Items	4 Exactly True	3 Moderately True	2 Hardly True	1 Not At All True
1.I can always manage to solve difficult problems if I try hard enough				
2.If someone opposes me, I can find the means and ways to get what I want				
3.It is easy for me to stick to my aims and accomplish my goals				
4.I am confident that I could deal efficiently with unexpected events				

5.Thanks to my resourcefulness, I know how to handle unforeseen situations				
6.I can solve most problems if I invest the necessary effort				
7.I can remain calm when facing difficulties because I can rely on my coping abilities				
8.When I am confronted with a problem, I can usually find several solutions				
9.If I am in trouble, I can usually think of a solution				
10.I can usually handle whatever comes my way				

D) Advising Tool

1. How many times do you meet your advisor per semester?

1. Never
2. 1-2 times
3. 3 or more

2. Was the number of meetings indicated in the previous question sufficient for your advising needs?

1. Yes
2. No

3. Please rate your satisfaction with academic advising provided to you using the scale from 1 to 5 points:

ITEMS	5	4	3	2	1
	Strongly agree	agree	Neutral	disagree	Strongly disagree
1. Academic advising services are always available, accessible, and adequate for me.					
2. My advisor is resourceful and provided me with adequate needed information and suggest alternatives based on my need					
3. My advisor helps me in time management					

4. My advisor is kind to me and makes me feel welcome to see her any time.					
5. My advisor is available when I need advising					
6. My advisor helps me to decrease my stress/anxiety					
7. Overall, my advisor has been excellent.					
8. Overall, I am satisfied in the current situation with my advisor.					

Recruitment for Qualitative interview:

After submitting the online- questionnaire, another link will pop up for students to fill out if they want to participate in a focus group.

We are planning to conduct interviews as a form of focus group to gain an in-depth understanding of stress, anxiety, depression, and self-efficacy that are associated with the new implementation of the trimester plan and the role of academic advising as a mediator. If you are interested, kindly write your email and contact number to schedule a time for the interview.

Email _____. Contact number _____

Thank you

II- Focus Group Interview Guide

1- What is your age?

☐ 18-20 y/o ☐ 21-23 y/o ☐ above 23 y/o

2- Which year/ academic level are you in your nursing program?

☐ Second Year
☐ Third year
☐ Fourth Year

3- Open-Ended Questions

- How did you feel when you heard the university would implement the trimester plan?
- Tell me about a situation where you felt distressed during the transition
- “How did you manage your feelings? Did you seek support from your academic advisor?”
- Do you think the advising plan is important for you, and why?
- Give me an example where the academic advising session with your advisor reflected on you positively?
- Give me an example where the academic advising session with your advisor reflected on you negatively?
- What do you recommend improving the quality of academic advising process/ relationship from your perspectives
- Compared to the two-semester plan, do you feel more or less stressed under the trimester system?
- Do you feel comfortable to accept the changes related to implementing the trimester plan? Why?
- Do you feel confident to manage the changes associated with trimester plan? How?

Thank you