

AOR – Adjusted Odds Ratio
ARS – Academic-Related Stressors
ASQ – Attachment Style Questionnaire
BAI – Beck Anxiety Inventory
BDI-II – Beck Depression Inventory-II
CIPS – Clance Impostor Phenomenon Scale
CBI – Copenhagen Burnout Inventory
CI – Confidence Interval
CGPA – Cumulative Grade Point Average
CS – Cross-sectional
DASS-21 – Depression, Anxiety and Stress Scale–21 items
DECAS – Personality Inventory measuring conscientiousness, openness, emotional stability, agreeableness, and extraversion
EI – Emotional Intelligence
EQ-i – Emotional Quotient Inventory
FFMQ-SF – Five Facet Mindfulness Questionnaire–Short Form
GHQ-12 – General Health Questionnaire–12 items
GHQ-28 – General Health Questionnaire–28 items
GPA – Grade Point Average
Hedges' g – Standardized mean difference
IBSS – Integrated Behavioral Science Score
IRI – Interpersonal Reactivity Index
K10 – Kessler Psychological Distress Scale (10 items)
M1 – German Medical Licensing Exam Part 1
MBI-SS – Maslach Burnout Inventory–Student Survey
M/F – Male/Female
MSSQ – Medical Student Stress Questionnaire
NOS – Newcastle–Ottawa Scale
NR – Not Reported
OR – Odds Ratio
OSCE – Objective Structured Clinical Examination
PSS – Perceived Stress Scale
PHQ-9 – Patient Health Questionnaire–9 items
PMSS – Perceived Medical School Stress
PR – Prevalence Ratio
PROSPERO – International Prospective Register of Systematic Reviews
PSQI – Pittsburgh Sleep Quality Index
R² – Coefficient of Determination
RS-14 – Resilience Scale, 14-item version
SD – Standard Deviation
SE – Standard Error
SED – Socioeconomic Disadvantage
SEM – Structural Equation Modeling
SMU – Social Media Use
SPSS – Statistical Package for the Social Sciences
Step 1/2 – USMLE Step 1 and Step 2 examinations
USMLE – United States Medical Licensing Examination
VARK – Visual, Aural, Read/Write, Kinesthetic Learning Styles Questionnaire
β – Standardized regression coefficient
b / B – Unstandardized regression coefficient
f² – Cohen's f² effect size
ns – Non-significant