

**Table S1: Mean values of the year of the studies, stress, and knowledge levels in subgroups of students.**  
**Analyses were performed using U-Mann Whitney or Kruskal-Wallis tests (for two or more groups, respectively) with Dunn's *post-hoc* test and Bonferroni correction.**

		Year of studies mean $\pm$ SD	p-value	Stress level mean $\pm$ SD	p-value	Level of knowledge mean $\pm$ SD	p-value
Division	Polish	3.30 $\pm$ 1.26	<b>p = 0.0000</b>	7.21 $\pm$ 2.07	p = 0.6308	6.00 $\pm$ 2.02	<b>p = 0.0002</b>
	English	3.73 $\pm$ 1.24		7.35 $\pm$ 1.87		5.33 $\pm$ 2.16	
Gender	Women	3.38 $\pm$ 1.29	<b>p = 0.0279</b>	7.43 $\pm$ 1.89	<b>p = 0.0007</b>	5.83 $\pm$ 2.06	p = 0.9616
	Men	3.60 $\pm$ 1.21		6.70 $\pm$ 2.27		5.78 $\pm$ 2.12	
Faculty	Medical (M)	3.53 $\pm$ 1.21	<b>p = 0.0000</b> HS <i>vs.</i> M HS <i>vs.</i> Ph HS <i>vs.</i> D	6.99 $\pm$ 2.04	<b>p = 0.006</b> Ph <i>vs.</i> M	5.44 $\pm$ 2.11	<b>p = 0.0000</b> Ph <i>vs.</i> M <b>p = 0.0127</b> Ph <i>vs.</i> HS
	Pharmacy (Ph)	3.48 $\pm$ 1.42		7.61 $\pm$ 1.82		6.47 $\pm$ 2.0	
	Dentistry (D)	3.72 $\pm$ 0.93		7.42 $\pm$ 2.27		5.83 $\pm$ 1.93	
	Health Science (HS)	2.53 $\pm$ 0.94		7.32 $\pm$ 1.93		5.55 $\pm$ 1.88	
Year of studies	2 <sup>nd</sup>	-----	-----	7.52 $\pm$ 1.83	<b>p = 0.0426</b> 6 <sup>th</sup> <i>vs.</i> 2 <sup>nd</sup>	5.32 $\pm$ 2.0	<b>p = 0.0015</b> 5 <sup>th</sup> <i>vs.</i> 2 <sup>nd</sup> <b>p = 0.0095</b> 5 <sup>th</sup> <i>vs.</i> 3 <sup>rd</sup> <b>p = 0.0000</b> 6 <sup>th</sup> <i>vs.</i> 2 <sup>nd</sup> and 3 <sup>rd</sup> <b>p = 0.0447</b> 6 <sup>th</sup> <i>vs.</i> 4 <sup>th</sup>
	3 <sup>rd</sup>	-----		7.07 $\pm$ 2.09		5.51 $\pm$ 2.20	
	4 <sup>th</sup>	-----		7.53 $\pm$ 1.68		5.97 $\pm$ 1.79	
	5 <sup>th</sup>	-----		7.36 $\pm$ 2.30		6.57 $\pm$ 1.88	
	6 <sup>th</sup>	-----		6.58 $\pm$ 2.27		6.88 $\pm$ 2.01	
Year of studies	pre-clinical	-----	-----	7.33 $\pm$ 1.93	p = 0.2567	5.56 $\pm$ 2.06	<b>p = 0.0000</b>
	clinical	-----		6.95 $\pm$ 2.31		6.73 $\pm$ 1.95	
Diet	healthy diet	3.55 $\pm$ 1.30	<b>p = 0.0143</b>	6.91 $\pm$ 2.0	<b>p = 0.0000</b>	6.02 $\pm$ 2.04	<b>p = 0.0018</b>
	unhealthy diet/difficult to say	3.29 $\pm$ 1.22		7.66 $\pm$ 1.95		5.53 $\pm$ 2.12	
The self-estimated stress level (0-10 pts scale)	high, > 6 pts (H)	3.39 $\pm$ 1.25	p = NS in all comparisons	-----	-----	6.02 $\pm$ 2.03	<b>p = 0.0001</b> H <i>vs.</i> M
	moderate, 4-6 pts (M)	3.47 $\pm$ 1.28		-----		5.13 $\pm$ 2.07	
	low, < 4 pts (L)	2.86 $\pm$ 1.40		-----		5.50 $\pm$ 2.31	
The self-estimated knowledge about DS (0-10 pts scale)	high, > 6 pts (H)	3.75 $\pm$ 1.37	<b>p = 0.0002</b> H <i>vs.</i> L	7.56 $\pm$ 1.88	<b>p = 0.0000</b> H <i>vs.</i> L <b>p = 0.0028</b> H <i>vs.</i> M	-----	-----
	moderate, 4-6 pts (M)	3.28 $\pm$ 1.19		7.25 $\pm$ 1.98		-----	
	low, < 4 pts (L)	3.75 $\pm$ 1.37		6.50 $\pm$ 2.21		-----	
DS for stress/anxiety/ depression/sleeplessness	users	3.54 $\pm$ 1.28	p = 0.1428	7.89 $\pm$ 1.80	<b>p = 0.0000</b>	6.61 $\pm$ 1.92	<b>p = 0.0000</b>
	non-users	3.38 $\pm$ 1.26		6.93 $\pm$ 2.08		5.39 $\pm$ 2.05	
Other DS	users	3.55 $\pm$ 1.32	<b>p = 0.0137</b>	7.32 $\pm$ 1.87	p = 0.6691	6.18 $\pm$ 1.88	<b>p = 0.0000</b>
	non-users	3.26 $\pm$ 1.17		7.15 $\pm$ 2.21		5.23 $\pm$ 2.24	
Any dietary supplement	users	3.53 $\pm$ 1.30	<b>p = 0.01</b>	7.42 $\pm$ 1.87	<b>p = 0.0083</b>	6.24 $\pm$ 1.88	<b>p = 0.0000</b>
	non-users	3.21 $\pm$ 1.16		6.86 $\pm$ 2.27		4.77 $\pm$ 2.19	
POM	no, never (N)	3.41 $\pm$ 1.26	NS in all comparisons	7.03 $\pm$ 1.99	<b>p = 0.0002</b> YS <i>vs.</i> N <b>p = 0.0132</b> YR <i>vs.</i> N <b>p = 0.0002</b> PD <i>vs.</i> N	5.65 $\pm$ 2.10	<b>p = 0.0016</b> YR <i>vs.</i> N
	yes, sometimes (YS)	3.61 $\pm$ 1.68		7.82 $\pm$ 2.25		6.39 $\pm$ 1.53	
	yes, regularly (YR)	3.67 $\pm$ 1.33		8.24 $\pm$ 1.61		6.65 $\pm$ 2.12	
	prefer not to disclose (PD)	3.0 $\pm$ 1.15		8.84 $\pm$ 1.21		5.74 $\pm$ 2.10	