

Psychological disorders and coping among undergraduate college students: Advocating for students' counselling services at Kuwait University

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Supplementary Table S1. Subscales and scoring of the Depression Anxiety and Stress Scale-21 (DASS-21) and Brief-COPE

Depression Anxiety and Stress Scale-21 (DASS-21)			
Subscales	Scoring		
	No Psychological Symptoms (0) Normal and Mild	Having Psychological Symptoms (1) Moderate, Severe, and Extremely Severe	
A) Depression	0-13	≥ 14	
B) Anxiety	0-9	≥ 10	
C) Stress	0-18	≥ 19	
Brief-COPE			
Subscales	Scoring		
	Low Coping (0-30%)	Medium Coping (>30-70%)	High Coping (>70%)
A) Problem-focused coping (0-32)			
1- Active coping			
2- Use of informational support	4 - 10	11 - 23	24 - 32
3- Positive reframing			
4- Planning			
B) Emotion-focused coping (0-48)			
1- Emotional support			
2- Venting			
3- Humour			
4- Acceptance	6 - 15	16 - 34	35 - 48
5- Self-blame			
6- Religion			
C) Avoidant coping (0-32)			
1- Self-distraction			
2- Substance use	4 - 10	11 - 23	24 - 32
3- Denial			
4- Behavioral disengagement			

Supplementary Table S2. Univariate analysis of baseline characteristics without the study outcomes.

Characteristic	No Depression 461 (40.4%)	<i>p-value</i>	No Stress 554 (48.5%)	<i>p-value</i>	No Anxiety 351 (30.7%)	<i>p-value</i>
Age						
< 20 years old	238 (51.6)	< 0.01*	279 (50.4)	< 0.01*	324 (49.4)	< 0.01*
> 20 years old	223 (48.4)		275 (49.6)		332 (50.6)	
Sex						
Male	154 (33.4)	< 0.01*	182 (32.9)	< 0.01*	203 (31.0)	< 0.01*
Female	307 (66.6)		372 (67.1)		453 (69.1)	
Marital Status						
Single	382 (82.8)		467 (84.3)		556 (84.8)	
Married	68 (14.8)	0.08	73 (13.2)	0.50	83 (12.7)	0.80
Divorced	10 (2.2)		13 (2.4)		16 (2.4)	
Widowed	1 (0.2)		1 (0.12)		1 (0.2)	
Socioeconomic Status						
Low	42 (9.1)	0.01*	54 (9.8)	0.01*	68 (10.4)	0.01*
Medium	373 (80.9)		447 (80.7)		525 (80.0)	
High	46 (10.0)		53 (9.6)		63 (9.6)	
Nationality						
Citizen	391 (84.8)	< 0.01*	471 (85.0)	< 0.01*	539 (82.2)	0.01*
Resident	70 (15.2)		83 (15.0)		117 (17.8)	
Faculty						
Education	153 (33.2)		179 (32.3)		188 (28.7)	
Sharia and Islamic Studies	34 (7.4)		50 (9.0)		55 (8.4)	
Business Administration	64 (13.8)	< 0.01*	71 (12.8)	< 0.01*	75 (11.4)	< 0.01*
Science	55 (11.9)		71 (12.8)		80 (12.2)	
Allied Health	103 (22.3)		128 (23.1)		185 (28.2)	
Engineering and Petroleum	52 (11.3)		55 (9.9)		73 (11.1)	
Year of Study						
First	152 (33.0)		190 (34.3)		220 (33.5)	
Second	143 (31.0)	0.01*	158 (28.5)	< 0.01*	182 (27.7)	0.05
Third	77 (16.7)		97 (17.5)		110 (16.8)	
Fourth	89 (19.3)		109 (19.7)		144 (22.0)	
Medical Illness						
Yes	69 (15.9)	< 0.01*	86 (15.5)	< 0.01*	107 (16.3)	< 0.01*
No	392 (85.0)		468 (84.5)		549 (83.7)	
Family Problems						
Yes	45 (9.8)	< 0.01*	74 (13.4)	< 0.01*	107 (16.3)	< 0.01*
No	416 (90.2)		480 (86.6)		549 (83.7)	
Coping Strategy						
Problem Focused						
Low	68 (14.8)	< 0.01*	71 (12.8)	< 0.01*	75 (11.4)	< 0.01*
Moderate	314 (68.1)		391 (70.6)		450 (68.6)	
High	79 (17.1)		92 (16.6)		131 (20.0)	
Emotion Focused						
Low	147 (31.9)	< 0.01*	156 (28.2)	< 0.01*	165 (25.2)	< 0.01*
Moderate	311 (67.5)		390 (70.4)		482 (73.5)	
High	3 (0.70)		8 (1.4)		9 (1.4)	
Avoidant						
Low	81 (17.6)	< 0.01*	87 (15.7)	< 0.01*	93 (14.2)	0.04*
Moderate	295 (64.0)		381 (68.8)		440 (67.1)	
High	85 (18.4)		86 (15.5)		123 (18.8)	

* Statistically significant.