



Table S1. Full version of the analysis of alcohol use regarding selected personal characteristics. Part A: Qualitative variables with numbers and frequencies (in brackets) and *p*-values. Part B: Quantitative variables with medians (Me) and interquartile ranges (IQR) in brackets and *p*-values. Missing values were not shown.

Part A: Qualitative Variables							
Number (frequency) with the <i>p</i> -value (<i>p</i>)							
Variable	Value	AUDIT (<i>n</i> = 540)			AUDIT C (<i>N</i> = 544)		
		HAZ <i>n</i> = 167 (30.9%)	Low risk <i>n</i> = 373 (69.1%)	<i>p</i>	HAZ <i>n</i> = 188 (34.6%)	Low risk <i>n</i> = 356 (65.4%)	<i>p</i>
Gender	Female	71 (21.4%)	261 (78.6%)	<0.001	78 (23.4%)	255 (76.6%)	<0.001
	Male	96 (46.2%)	112 (53.8%)		110 (52.1%)	101 (47.9%)	
Faculty	Katowice	115 (34.2%)	221 (65.8%)	0.03	133 (39.2%)	206 (60.8%)	0.004
	Zabrze	52 (25.5%)	152 (74.5%)		55 (26.8%)	150 (73.2%)	
Source of income-dependent on parents	Yes	165 (31.9%)	352 (68.1%)	0.02	186 (35.8%)	334 (64.2%)	0.004
	No	2 (8.7%)	21 (91.3%)		2 (8.3%)	22 (91.7%)	
Smoking cigarette (3 categories)	Never	62 (19.7%)	253 (80.3%)	<0.001	76 (23.9%)	242 (76.1%)	<0.001
	Former	67 (45.3%)	81 (54.7%)		74 (49.7%)	75 (50.3%)	
	Current	38 (49.4%)	39 (50.6%)		38 (49.4%)	39 (50.6%)	
Smoking cigarette (2 categories)	Never	62 (19.7%)	253 (80.3%)	<0.001	76 (23.9%)	242 (76.1%)	<0.001
	Ever	105 (46.7%)	120 (53.3%)		112 (49.6%)	114 (50.4%)	
E-cigarettes (3 categories)	Never	73 (20.4%)	285 (79.6%)	<0.001	88 (24.4%)	273 (75.6%)	<0.001
	Former	61 (45.5%)	73 (54.5%)		67 (50.0%)	67 (50.0%)	
	Current	29 (69.0%)	13 (31.0%)		28 (65.1%)	15 (34.9%)	
E-cigarettes (2 categories)	Never	73 (20.4%)	285 (79.6%)	<0.001	88 (24.4%)	273 (75.6%)	<0.001
	Ever	90 (51.1%)	86 (48.9%)		95 (53.7%)	82 (46.3%)	
Under surveillance due to diagnosis of chronic disease	Yes	19 (26.4%)	53 (73.6%)	0.03	23 (31.5%)	50 (68.5%)	NS
	No	17 (50.0%)	17 (50.0%)		14 (41.2%)	20 (58.8%)	
Take up sports activities to improve physical fitness	At least 3 times a week for 30 min	43 (37.1%)	73 (62.9%)	0.1	49 (41.5%)	69 (58.5%)	0.1
	Less often	100 (30.6%)	227 (69.4%)		111 (33.7%)	218 (66.3%)	
	Not at all	24 (24.7%)	73 (75.3%)		28 (28.9%)	69 (71.1%)	
Take up sports activities to improve physical fitness (2 categories)	Yes	143 (32.3%)	300 (67.7%)	0.2	160 (35.8%)	287 (64.2%)	0.2
	Not at all	24 (24.7%)	73 (75.3%)		28 (28.9%)	69 (71.1%)	

Number of meals containing animal protein	100% of meals	28 (40.6%)	41 (59.4%)	0.2	31 (44.9%)	38 (55.1%)	0.05
	In 75% of meals	85 (29.5%)	203 (70.5%)		104 (35.7%)	187 (64.3%)	
	Less often	54 (29.5%)	129 (70.5%)		53 (28.8%)	131 (71.2%)	
Consumption of fruit and vegetables	Daily, at least in three meals	19 (20.7%)	73 (79.3%)	0.07	22 (23.9%)	70 (76.1%)	0.05
	Daily, at least in two meals	88 (33.5%)	175 (66.5%)		101 (38.0%)	165 (62.0%)	
	Less often	58 (31.7%)	125 (68.3%)		64 (34.8%)	120 (65.2%)	
Consumption of fruit and vegetables (2 categories)	Daily	107 (30.1%)	248 (69.9%)	0.8	123 (34.4%)	235 (65.6%)	0.99
	Less often	58 (31.7%)	125 (68.3%)		64 (34.8%)	120 (65.2%)	
	<20	32 (21.3%)	118 (78.7%)		34 (22.7%)	116 (77.3%)	
BMI (3 categories)	20–25	96 (31.7%)	207 (68.3%)	0.001	113 (36.9%)	193 (63.1%)	<0.001
	>25	37 (44.0%)	47 (56.0%)		40 (47.1%)	45 (52.9%)	

Part B: Quantitative Variables
Median and interquartile range (IQR)

Variable	AUDIT			AUDIT-C		
	HAZ <i>n</i> = 167	Low risk <i>n</i> = 373	<i>p</i>	HAZ <i>n</i> = 188	Low risk <i>n</i> = 356	<i>p</i>
Age (years)	19 (19–20)	19 (19–20)	0.1	19 (19–20)	19 (19–20)	0.3
Weight (kg)	70 (60–80)	62 (55.3–71)	<0.001	70 (61.2–80)	61 (55–70)	<0.001
Height (cm)	176 (168–182)	170 (164–176)	<0.001	176 (169–182)	169.7 (164–176)	<0.001
BMI (kg/m ²)	22.9 (2.4–24.7)	21.5 (19.6–23.6)	<0.001	23 (2.5–24.7)	21.4 (19.6–23.4)	<0.001
Diastolic blood pressure (mmHg)	73 (66–80)	75 (67–80)	0.2	74 (67.8–80)	75 (67–80)	0.7
Dystolic blood pressure (mmHg)	120 (111–127)	119 (110–124)	0.01	120 (111.8–128)	118 (110–124)	<0.001
AUDIT score	10 (9–13)	3 (2–5)	<0.001	10 (7–13)	3 (2–5)	<0.001
Hazardous Alcohol Use domain	6 (5–7)	3 (2–4)	<0.001	6 (5–7)	3 (1–4)	<0.001
Dependence Symptoms domain	1 (1–2)	0 (0–0)	<0.001	1 (0–2)	0 (0–1)	<0.001
Harmful Alcohol Use domain	3 (2–5)	0 (0–1)	<0.001	2 (1–4)	0 (0–1)	<0.001
BREF score	79 (71–85)	81 (73–87)	0.06	80 (73–85)	80 (72.8–87)	0.7
BREF physical domain	18 (16.5–21)	19 (17–22)	0.08	19 (17–21)	19 (17–21)	0.9
BREF psychological domain	20 (18–23)	21 (19–23)	0.03	21 (18–23)	21 (18–23)	0.7
BREF social domain	12 (10–13)	12 (10–13)	0.3	12 (10–13)	12 (10–13)	0.5
BREF environmental domain	29 (26–31)	29 (26–31)	0.4	29 (26–31)	29 (26–31)	0.9

Table S2. Full version of the review of selected studies assessing alcohol use among students and doctors.

Country and studied group	Year	G	n	Prevalence (%)				AUDIT cut		AUDIT score		AUDIT-C		
				HAZ	SEX	HAR	smoke	HAZ	D	Me	Mn	HAZ	Me	Mn
Brazil [27]	-	S	398	22.4	-	-	-	8	16	-	-	-	-	-
Finland [12]	2007	S	465	33	M: 49.0 F: 24.0	-	22.7	-	-	-	-	M: 6 F: 5	-	M: 5.5 F: 3.3
France [21]	2018	P	515	12.6	F	1.2	25.0	8	16	3	-	M: 5 F: 4	3	-
France [28]	2011	S	171	11	-	21	21 #/16 ^	8	13	-	-	-	-	-
France [9]	2012–2013	S	198	31.9	F	-	16.0	M: 7 F: 6	13	T: 5 M: 5 F: 4	T: 5.6 M: 6.2 F: 5.2	-	-	-
German [29]	2005	S	80	24	M: 38.0 F: 15.0	-	-	8	-	-	-	-	-	-
Italy [3]	-	S (S, N, P)	641 (1500)	6.1	M: 4.2 F: 7.6 (F) (M: 5.5 F: 7.1)	-	16.6 (21.7)	-	-	-	-	M: 4 F: 3	-	M: 1.5 F: 1.0 (M: 1.6 F: 1.1)
Korea [5]	2016	S	323	45.5	M	M: 18.4 F: 7.6 T: 13.6	18.3	8	16	-	M: 9.8 F: 6.3 T: 8.1	-	-	-
Korea [18]	2016	N	922	44.6 ^B	M: 56.9 F: 34.1	M: 11.2 F: 8.1 T: 9.5 ^H	8.1	M: 9 F: 6	-	-	M: 12.8 F: 1.7	-	-	-
Nepal [13]	2017	S	588	47.8 *	-	15.3	19.6	-	-	-	-	-	-	-
Netherlands [2]	2015–2016	N	5401	2.0	M	-	-	11	-	-	-	M: 8 F: 7	-	M: 6.2 F: 4.6 T: 5.2
Paraguay [14]	-	S	157	49 **	F	-	-	-	-	-	-	M: 4 F: 3	-	-
Poland [6]	2011–2012	S	194	54.1	M: 67.1 F: 5.0	-	19.6	-	-	-	-	M: 5 F: 4	-	-
Poland [10]	-	S, N, P	268	16.8	-	1.9	-	8	16	-	-	-	-	-
Poland [4]	2019	S (S, O)	405 (877)	-	-	-	-	8	22	-	17	-	-	-
Poland [7]	2010–2013	S	635	47.1	M: 58.0 F: 4.5	-	17.8	-	-	-	-	M: 5 F: 4	-	-
Poland [11]	-	N	500	65.0	-	-	-	-	-	-	11.2	-	-	-

Spain [39]	2008–2011	S	192	49.5	M: 5.9 F: 48.1	-	1.8	M: 9 F: 6	-	-	6.5	-	-	-
Sweden [15]	2006	S (N)	408 (342)	-	M	17.2 (31)	-	11 &	-	-	-	-	-	-
United Kingdom [17]	-	S	244	47.1	M: 54.3 F: 42.3	-	-	8	-	-	-	-	-	-
United Kingdom [16]	2014	S (S, N)	820 (1136)	4.5 (4.7)	-	5.2 (6.9)	3.5 (6)	8	20	-	-	-	-	-
United State of America [8]	2004–2005	S	2710	18.1	M	-	-	8	-	-	-	-	-	-

G, group (target population); *n*, number of participants; HAZ, hazardous alcohol users; SEX, gender predominance of alcohol risky use; HAR, harmful alcohol users; D, dependence; Me, median; Mn, mean; S, medical students; N, other students; P, physicians O, others; M, male; F, female; T, total group; -, not available/not applicable; * alcohol users; ^B binge drinking; ** alcohol misuse/dependence; ^H heavy drinking; [#] daily smoker; [^] occasional smoker; & cutoff for harmful alcohol use.