Data Availability Statement: The data presented in this study are available on request from the corresponding author. The data are not publicly available due to privacy.

**Table S1: LASSO Model for Psychological Wellbeing**

| Variables | Coefficient |
|---|---|
| Age | 0 |
| Female Sex | 0 |
| International Students | 0 |
| Enrolled in Australia | 0 |
| Level of Education | |
| Undergraduate | 0 |
| Undergraduate with Double Degree | 0 |
| Honour | 0 |
| Postgraduate | 0 |
| Ethnicity | |
| East Asian | 0 |
| South Asian | 0 |
| Southeast Asian | 0 |
| White/European | 0 |
| Other | 0 |

| | |
|---|---|
| Living Conditions | |
| Live Alone | 0 |
| Live on campus | 0 |
| Time Point | |
| May | 0 |
| July | 0 |
| August | 0 |
| October | 0 |
| December | 0 |
| **Physical Health Status** | 3.76 |
| COVID-related Items | |
| Worry about being infected | 0 |
| Worry about friends or family being infected | 0 |
| Worry about physical health being influenced by Coronavirus | 0 |
| **Worry about mental health being influenced by Coronavirus** | -2.07 |
| Worry about having enough money and resources | 0 |

| | |
|---|---|
| Worry about staying safe when leaving the house | 0 |
| **Restriction Stress** | -1.02 |
| Lifestyle Factors | |
| Time spent outside during last two weeks | |
| No days | 0 |
| 1-2 days per week | 0 |
| 3-4 days per week | 0 |
| 5-6 days per week | 0 |
| Everyday | 0 |
| **Diet Worsened** | -0.55 |
| **Perceived Sufficiency of Distance Communication** | -0.45 |
| **Psychological Factors** | |
| **Emotional Support** | 0.28 |
| **Social Isolation** | -0.63 |
| **Resilience** | 0.82 |

Root Mean Square Error (RMSE): 14.85

**Table S2: Summary of COVID-Specific Items**

| Item |
| --- |
| During the last two weeks, have you been worried about… (responses based on 5-Point Likert Scale) |
| being infected? |
| friends or family being infected? |
| your physical health being influenced by Coronavirus/COVID-19? |
| having enough money and resources? |
| staying safe when you leave the house? |
| During the last two weeks, how stressful have the restrictions on leaving home been for you (responses based on 5-Point Likert Scale)? |