**Suppl. Table 1**

Measurements, study adaptions, and psychometric properties

|  |  |  |  |
| --- | --- | --- | --- |
| Questionnaire | Measured item | Adaptions in study design | Psychometric properties |
| **Measurements of the first study date** |
| Mini-International Neuropsychiatric Interview for Children and Adolescents (M.I.N.I. KID 6.0) (1) | Potential symptoms of psychiatric disorders according to the DSM-IV and ICD-10 | Reported symptoms are doublechecked and, if necessary, corrected by an experienced specialist for child and youth psychiatry  | positive predictive values heterogeneous, high negative predictive values (AUC ≥ .91), good interrater reliability (AUC ≥ .89), and retest reliability (≥.75) (2) |
| Beck Depression Inventory II (BDI II) (3) | Depressive symptoms of the past 2 weeks | Item 21 (interest in sexuality) was not examined in our study to adapt the BDI to the younger participants | Internal consistency (German version): α ≥ .84, retest reliability *r* ≥ .75 (4), application to adolescent sample validated(5) |
| Beck Anxiety Inventory (BAI) (6) | Somatic anxiety symptoms of the last week |  | Internal consistency: α = .92 (7), Retest reliability (German version) *r* = .78 (8), acceptable psychometric properties in adolescent samples (9) |
| Sleeping Trait Questionnaire (self-designed) | Chronotype, regularity of bedtimes, the duration of sleep needed to feel rested, and the frequency of sleeping through school or work |  | items used in the questionnaire are based on the Sleep Habit Survey (SHS)(10) the original SHS showed an acceptable internal consistency for the subscales with an α-value between 0.70 and 0.79 (10) (11) |
| Sleep Questionnaire B (SF-B/R)(12) | Sleep quality of the last 2 weeks |  | Internal consistency of the factor scales: healthy sample: α= .47 - .87, psychiatric sample: α= .68 - .92, retest reliability *r*= .51 - .78, convergent validity: medium correlations with medical diagnoses referring to sleep, depression, and personality traits (12) |
| Stress and Coping Questionnaire for Children and Adolescents (SSKJ 3-8 R) (13) | Behaviour in stressful situations and coping strategies |  | Internal consistency of the factor scales: α= .67 - .89, retest reliability *r*= .61 - .82 (13) |
| Pubertal Development Scale(PDS) (14) | Self-reported current pubertal status |  | Internal consistency: α= .68-.83, correlation with interview ratings: *r*= .41 - .79 (15) |
| **Measurements during measurement week** |
| **Daily measurements** |
| Daily sleep questionnaire  | satisfaction with the past night’s sleep, current mood and feeling of recreation, difficulties with sleeping in, nocturnal awakening, stress level of the past day, presence of nightmares, the consumed quantity of caffeinated beverages, the consumed quantity of alcoholic beverages as well as sleeping and wake-up time |  | See results for correlations with Sleep Questionnaire B  |

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