Table B. Univariate linear regression analyses examining cross sectional associations between dietary intake and overall GPA

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| **Variables** | **Univariate Linear Regression (unadjusted model)** | | | | | |
| **Time point 1 (SEM 1; Y1)**  **Baseline** | | **Time point 2 (SEM 2; Y1)**  **6 months** | | **Time point 3 (SEM 1; Y2)**  **12 months** | |
|  | **R2, (β, *p* value)** | **95%CI** | **R2, (β, *p* value)** | **95%CI** | **R2, (β, *p* value)** | **95%CI** |
| **DEMOGRAPHIC CHARACTERISTICS** | | | | | | |
| **Age(years)** | R2 = 0.001, (β = -0.035, *p* = 0.828) | -0.358 – 0.288 | R2 = 0.002, (β = 0.057, *p* = 0.768) | -0.329 – 0.443 | R2 = 0.005, (β = 0.094, p= 0.643) | -0.311 ‒ 0.499 |
| **Gender** | | | | | | |
| Males | Ref | | | | | |
| Females | R2 = 0.018, (β = -0.226, *p* = 0.311) | -0.669 – 0.217 | R2 = 0.018, (β = -0.226, *p* = 0.311) | -0.669 – 0.217 | R2 = 0.018, (β = -0.226, *p* = 0.311) | -0.669 – 0.217 |
| **Country of birth** | | | | | | |
| Other | Ref | | | | | |
| Australia | R2 = 0.004, (β = -0.125, *p* = 0.642) | -0.661 – 0.411 | R2 = 0.004, (β = -0.125, *p* = 0.642) | -0.661 – 0.411 | R2 = 0.004, (β = -0.125, *p* = 0.642) | -0.661 – 0.411 |
| **School ICSEA value** | R2 = 0.017, (β = 0.001, *p* = 0.374) | -0.002 – 0.004 | R2 = 0.017, (β = 0.001, *p* = 0.374) | -0.002 – 0.004 | R2 = 0.017, (β = 0.001, *p* = 0.374) | -0.002 – 0.004 |
| **Living arrangements** | | | | | | |
| On campus | Ref | | | | | |
| Off campus | R2 = -0.003, (β = -0.086, *p* = 0.688) | -0.513 – 0.341 | R2 ˂ 0.001, (β =0.016, *p* = 0.946) | -0.454 – 0.486 | R2 ˂ 0.001, (β = 0.033, *p* = 0.893) | -0.454 – 0.520 |
| **Language** | | | | | | |
| Other languages | Ref | | | | | |
| English | R2 = 0.013, (β = -0.280, *p* = 0.387) | -0.363 – 0.923 | R2 = 0.013, (β = -0.280, *p* = 0.387) | -0.363 – 0.923 | R2 = 0.013, (β = -0.280, *p* = 0.387) | -0.363 – 0.923 |
| **Total hours of paid work (week)** | **R2 = 0.091, (β = -0.033, *p* = 0.111)** | **-0.074 – 0.008** | R2 = 0.011, (β = -0.011, *p* = 0.572) | -0.049 – 0.028 | R2 = 0.003, (β = -0.005, *p* = 0.775) | -0.043 ‒ 0.032 |
| **Current work status** | | | | | | |
| Not in paid/unpaid employment/Other | Ref | | | | | |
| Full/Part time/Casual employment | R2 = 0.005, (β = -0.110, *p* = 0.599) | -0.525 – 0.305 | R2 = 0.020, (β = -0.226, *p* = 0.324) | -0.681 – 0.229 | **R2 = 0.077, (β = 0.518, *p* = 0.068)** | **-0.040 ‒ 1.076** |
| **Dietary intake** |  |  |  |  |  |  |
| **Serves of vegetables per day** | R2 = 0.011, (β = 0.072, *p* = 0.429) | -0.108 – 0.252 | **R2 = 0.070, (β = 0.185, *p* = 0.061)** | **-0.009 – 0.378** | R2 = 0.025, (β = 0.080, *p* = 0.302) | -0.075 – 0.236 |
| **Serves of fruit per day** | R2 = 0.021, (β = 0.084, *p* = 0.274) | -0.069 – 0.237 | **R2 = 0.046, (β = 0.115, *p* = 0.130)** | **-0.035 – 0.265** | R2 = 0.040, (β = 0.107, *p* = 0.206) | -0.061 – 0.276 |
| **Alcohol intake (>4 standard drinks on one occasion in the last 12 months)** | | | | | | |
| Less than monthly or less frequently | Ref | | | | | |
| Monthly or more frequently | R2 = 0.012, (β = -0.191, *p* = 0.476) | -0.727 – 0.344 | **R2 = 0.050, (β = -0.334, *p* = 0.160)** | **-0.806 – 0.137** | R2 = 0.023, (β = -0.222, *p* = 0.353) | -0.700 – 0.256 |
| **Meeting Australian carbohydrate intake recommendations (45 – 65% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 = 0.015, (β = -0.201, *p* = 0.423) | -0.703 – 0.300 | R2 = 0.014, (β = -0.192, *p* = 0.464) | -0.717 – 0.334 | R2 ˂ 0.001, (β = 0.006, *p* = 0.984) | -0.570 – 0.581 |
| **Meeting Australian protein intake recommendations (15 – 25% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 = 0.011, (β = 0.188, *p* = 0.506) | -0.376 – 0.752 | R2 = 0.017, (β = 0.210, *p* = 0.419) | -0.310 – 0.729 | R2 = 0.007, (β = -0.132, *p* = 0.654) | -0.730 – 0.465 |
| **Meeting Australian fat intake recommendations (20 – 35% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 = 0.015, (β = -0.197, *p* = 0.435) | -0.700 – 0.307 | R2 = 0.009, (β = 0.157, *p* = 0.552) | -0.374 – 0.689 | R2 = 0.051, (β = -0.333, *p* = 0.222) | -0.879 – 0.213 |
| **Meeting Australian saturated fat intake recommendations (<10% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | **R2 = 0.112, (β = 0.790, *p* = 0.027)** | **0.097 – 1.484** | R2 = 0.011, (β = 0.205, *p* = 0.527) | -0.445 – 0.856 | R2 = 0.001, (β = 0.009, *p* = 0.843) | -0.087 – 0.106 |
| **Polyunsaturated fat intake (% of daily energy intake)** | R2 = 0.012, (β = 0.065, *p* = 0.478) | -0.118 – 0.247 | R2 = 0.037, (β = 0.080, *p* = 0.236) | -0.054 – 0.213 | R2 = 0.032, (β = 0.094, *p* = 0.334) | -0.102 – 0.289 |
| **Sodium intake (mg)** | **R2 = 0.089, (β = -0.299, *p* = 0.049) µ** | **< -0.001 – > 0.001** | R2 = 0.030, (β = -0.173, *p* = 0.286) **µ** | < -0.001 – > 0.001 | R2 = 0.027, (β = 0.166, *p* = 0.373) **µ** | < -0.001 – > 0.001 |
| **Iron intake (mg)** | R2 = 0.034, (β = 0.039, *p* = 0.239) | -0.027 – 0.105 | R2 = 0.023, (β = 0.025, *p* = 0.357) | -0.029 – 0.078 | R2 = 0.030, (β = 0.031, *p* = 0.352) | -0.036 – 0.097 |
| **Caffeine intake (mg)** | R2 = 0.026, (β = -0.002, *p* = 0.294) | -0.005 – 0.002 | R2 = 0.010, (β = 0.001, *p* = 0.555) | -0.002 – 0.004 | R2 = 0.016, (β = 0.001, *p* = 0.504) | -0.003 – 0.005 |
| **OTHER VARIABLES AND POTENTIAL CONFOUNDING FACTORS** | | | | | | |
| **Self-report: PA score MET minutes/week** | R2 = 0.009, (β = -0000061, *p* = 0.461) | < -0.001 – > 0.001 | R2 = 0.003, (β = -0000025, *p* = 0.736) | < -0.001 – > 0.001 | R2 = 0.008, (β = 0000051, *p* = 0.649) | < -0.001 – > 0.001 |
| **Accelerometer derived MVPA (minutes/day)** | R2 = 0.002, (β = 0.002, *p* = 0.793) | -0.010 – 0.014 | R2 = 0.004, (β = 0.002, *p* = 0.723) | -0.010 ‒ 0.015 | **R2 = 0.053, (β = 0.009, *P* = 0.197)** | **-0.005 ‒ 0.024** |
| **Self-report: frequency of strength or toning activities last week** | R2 = 0.024, (β = -0.083, *p* = 0.352) | -0.262 – 0.096 | R2 = 0.002, (β = -0.022, *p* = 0.795) | -0.191 – 0.147 | **R2 = 0.082, (β = 0.166, *p* = 0.156)** | **-0.068 ‒ 0.401** |
| **Self-report: Average SB (hours/day)** | R2 ˂ 0.001, (β = -0.002, *p* = 0.968) | -0.094 – 0.090 | R2 = 0.013, (β = -0.041, *p* = 0.430) | -0.144 – 0.062 | R2 = 0.007, (β = -0.027, *p* = 0.587) | -0.128 ‒ 0.073 |
| **Accelerometer derived SB (hours/day)** | **R2 = 0.153, (β = 0.242, *p* = 0.007)** | **0.071 – 0.413** | R2 = 0.017, (β = 0.097, *p* = 0.431) | -0.150 – 0.345 | **R2 = 0.074, (β = 0.176, *p* = 0.126)** | **-0.052 ‒ 0.404** |
| **Weight (kg)** | R2 = 0.004, (β = -0.004, *p* = 0.632) | -0.022 – 0.013 | R2 = 0.004, (β = -0.004, *p* = 0.642) | -0.023 – 0.014 | R2 = 0.012, (β = -0.007, *p* = 0.487) | -0.029 ‒ 0.014 |
| **BMI (kg/m2)** | **R2 = 0.059, (β = -0.068, *p* = 0.061)** | **-0.139 – 0.003** | **R2 = 0.043, (β = -0.061, *p* = 0.146)** | **-0.143 – 0.022** | **R2 = 0.099, (β = -0.087, *p* = 0.038)** | **-0.169 ‒ -0.005** |
| **General health rating** | R2 ˂ 0.001, (β = 0.018, *p* = 0.909) | -0.294 – 0.330 | R2 = 0.001, (β = -0.027, *p* = 0.855) | -0.321 – 0.267 | R2 = 0.020, (β = 0.128, *p* = 0.363) | -0.152 – 0.408 |
| **Overall life satisfaction** | R2 ˂ 0.001, (β = -0.001, *p* = 0.994) | -0.164 – 0.162 | R2 = 0.004, (β = 0.034, *p* = 0.671) | -0.124 – 0.192 | **R2 = 0.091, (β = 0.167, *p* = 0.047)** | **0.003 ‒ 0.330** |
| **Work/study life satisfaction** | R2 = 0.016, (β = 0.061, *p* = 0.341) | -0.067 – 0.189 | **R2 = 0.034, (β = 0.092, *p* = 0.196)** | **-0.049 – 0.234** | **R2 = 0.044, (β = 0.090, *p* = 0.173)** | **-0.041 ‒ 0.221** |
| **Mental Well-being** | **R2 = 0.032, (β = -0.045, *p* = 0.169)** | **-0.110 – 0.020** | R2 = 0.008, (β = -0.018, *p* = 0.526) | -0.076 ‒ 0.039 | **R2 = 0.103, (β = 0.065, *p* = 0.034)** | **0.005 ‒ 0.124** |
| **Psychological distress** | R2 = 0.012, (β = 0.017, *p* = 0.406) | -0.024 – 0.059 | **R2 = 0.044, (β = 0.030, *p* = 0.141)** | **-0.010 ‒ 0.069** | R2 ˂ 0.001, (β = 0.001, *p* = 0.975) | -0.048 ‒ 0.049 |

PA = physical activity; SB = sedentary behaviour; MVPA = moderate-to-vigorous physical activity; MET = metabolic equivalent; BMI = Body mass index; GPA = grade point average; R2 = R Square; β = beta coefficient; CI= Confidence interval; ATSI = Aboriginal and Torres Strait Islander; School ICSEA value = Index of Community Socio-educational Advantage values; SEM = semester. Values in bold indicate a *p* value ˂ 0.20. **µ** This value is expressed as standardized beta coefficients (in standard deviation units).