Table A. Univariate linear regression analyses examining cross sectional associations between dietary intake and semester 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 = 0.014, *p* = 0.945) | -0.381 ‒ 0.408 | R2 ˂ 0.001, (β = 0.027, *p* = 0.903) | -0.408 ‒ 0.462 | R2 = 0.004, (β = 0.143, *p* = 0.642) | -0.470 ‒ 0.756 |
| **Gender** | | | | | | |
| Males | Ref | | | | | |
| Females | R2 = 0.001, (β = -0.059, *p* = 0.814) | -0.558 ‒ 0.440 | R2 = 0.008, (β = -0.201, *p* = 0.420) | -0.696 ‒ 0.293 | R2 = 0.002, (β = 0.113, *p* = 0.700) | -0.470 ‒ 0.696 |
| **Country of birth** | | | | | | |
| Other | Ref | | | | | |
| Australia | R2 = 0.013, (β = -0.309, *p* = 0.314) | -0.915 ‒ 0.297 | **R2 = 0.037, (β = -0.519, *p* = 0.086)** | **-1.115 ‒ 0.076** | R2 = 0.015, (β = -0.373, *p* = 0.289) | -1.069 ‒ 0.324 |
| **School ICSEA value** | R2 = 0.009, (β = 0.001, *p* = 0.444) | -0.002 ‒ 0.005 | R2 = 0.001, (β ˂ 0.001, *p* = 0.763) | -0.003 ‒ 0.004 | **R2 = 0.043, (β = 0.003, *p* = 0.104)** | **-0.001 ‒ 0.007** |
| **Living arrangements** | | | | | | |
| On campus | Ref | | | | | |
| Off campus | R2 = 0.014, (β = -0.261, *p* = 0.299) | -0.757 ‒ 0.235 | R2 ˂ 0.001, (β = 0.014, *p* = 0.958) | -0.515 ‒ 0.543 | R2 = 0.101, (β = -0.280, *p* = 0.445) | -1.009 ‒ 0.449 |
| **Language** | | | | | | |
| Other languages | Ref | | | | | |
| English | R2 = 0.001, (β = -0.087, *p* = 0.811) | -0.807 ‒ 0.633 | R2 = 0.005, (β = -0.225, *p* = 0.532) | -0.939 ‒ 0.489 | R2 = 0.006, (β = -0.275, *p* = 0.508) | -1.099 ‒ 0.549 |
| **Total hours of paid work (week)** | **R2 = 0.206, (β = -0.071, *p* = 0.004)** | **-0.117 ‒ -0.024** | R2 = 0.014, (β = -0.013, *p* = 0.452) | -0.049 ‒ 0.022 | R2 = 0.005, (β = -0.012, *p* = 0.649) | -0.040 ‒ 0.064 |
| **Current work status** | | | | | | |
| Not in paid/unpaid employment/Other | Ref | | | | | |
| Full/Part time/Casual employment | **R2 = 0.023, (β = -0.324, *p* = 0.175)** | **-0.795 ‒ 0.147** | R2 = 0.006, (β = -0.163, *p* = 0.520) | -0.666 ‒ 0.340 | R2 = 0.006, (β = -0.229, *p* = 0.575) | -1.040 ‒ 0.583 |
| **Dietary intake** | | | | | | |
| **Serves of vegetables per day** | R2 ˂ 0.001, (β = -0.008, *p* = 0.940) | -0.233 ‒ 0.207 | **R2 = 0.082, (β = 0.232, *p* = 0.017)** | **0.44 ‒ 0.421** | **R2 = 0.049, (β = 0.196, *p* = 0.092)** | **-0.033 ‒ 0.426** |
| **Serves of fruit per day** | R2 ˂ 0.001, (β = -0.017, *p* = 0.855) | -0.197 ‒ 0.164 | R2 = 0.023, (β = 0.112, *p* = 0.206) | -0.063 ‒ 0.286 | R2 = 0.028, (β = 0.146, *p* = 0.217) | -0.088 ‒ 0.379 |
| **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 = 0.030, (β = -0.458, *p* = 0.170)** | **-1.117 ‒ 0.201** | R2 = 0.019, (β = -0.296, *p* = 0.299) | -0.861 ‒ 0.269 | R2 = 0.024, (β = -0.397, *p* = 0.267) | -1.107 ‒ 0.313 |
| **Meeting Australian carbohydrate recommendations (45 – 65% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 = 0.001, (β = -0.044, *p* = 0.867) | -0.575 ‒ 0.486 | R2 = 0.001, (β = -0.071, *p* = 0.796) | -0.618 ‒ 0.476 | R2 = 0.025, (β = -0.388, *p* = 0.328) | -1.181 ‒ 0.405 |
| **Meeting Australian protein intake recommendations (15 – 25% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 = 0.002, (β = 0.108, *p* = 0.709) | -0.471 ‒ 0.687 | R2 ˂ 0.001, (β = 0.037, *p* = 0.893) | -0.518 ‒ 0.593 | R2 = 0.002, (β = -0.116, *p* = 0.784) | -0.968 ‒ 0.736 |
| **Meeting Australian fat intake recommendations (20 – 35% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | R2 ˂ 0.001, (β = -0.008, *p* = 0.976) | -0.538 ‒ 0.523 | **R2 = 0.060, (β = 0.491, *p* = 0.073)** | **-0.047 ‒ 1.029** | **R2 = 0.056, (β = -0.580, *p* = 0.141)** | **-1.360 ‒ 0.200** |
| **Meeting Australian saturated fat recommendations (<10% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | **R2 = 0.037, (β = 0.580, *p* = 0.149)** | **-0.214 ‒ 1.375** | **R2 = 0.043, (β = 0.546, *p* = 0.132)** | **-0.170 ‒ 1.263** | **R2 = 0.054, (β = 0.851, *p* = 0.151)** | **-0.324 ‒ 2.026** |
| **Polyunsaturated fat (% of daily energy intake)** | R2 = 0.007, (β = -0.046, *p* = 0.539) | -0.194 ‒ 0.103 | R2 = 0.012, (β = 0.055, *p* = 0.421) | -0.082 ‒ 0.192 | R2 ˂ 0.001, (β = 0.008, *p* = 0.954) | -0.279 ‒ 0.295 |
| **Sodium intake (mg)** | **R2 = 0.056, (β = -0.236, *p* = 0.077) µ** | **< -0.001 – > 0.001** | **R2 = 0.095, (β = -0.309, *p* = 0.023) µ** | **< -0.001 – > 0.001** | **R2 = 0.048, (β = -0.218, *p* = 0.177) µ** | **-0.001 ‒ > 0.001** |
| **Iron intake (mg)** | R2 = 0.009, (β = -0.021, *p* = 0.484) | -0.081 ‒ 0.039 | R2 = 0.017, (β = -0.024, *p* = 0.358) | -0.075 ‒ 0.028 | R2 = 0.063, (β = -0.056, *p* = 0.119) | -0.127 ‒ 0.015 |
| **Caffeine intake (mg)** | R2 = 0.001, (β = 0.000395, *p* = 0.844) | -0.004 ‒ 0.004 | R2 = 0.003, (β = 0.001, *p* = 0.695) | -0.003 ‒ 0.005 | R2 = 0.018, (β = 0.002, *p* = 0.409) | -0.003 ‒ 0.008 |
| **OTHER VARIABLES AND POTENTIAL CONFOUNDING FACTORS** | | | | | | |
| **Self-report: PA score MET minutes/week** | R2 = 0.009, (β = -0000083, *p* = 0.394) | < -0.001 – > 0.001 | R2 = 0.016, (β = 0000093, *p* = 0.312) | < -0.001 – > 0.001 | R2 = 0.036, (β = 0.000215, *p* = 0.252) | < -0.001 – > 0.001 |
| **Accelerometer derived MVPA (minutes/day)** | R2 = 0.005, (β = 0.004, *p* = 0.572) | -0.009 ‒ 0.016 | **R2 = 0.053, (β = 0.012, *p* = 0.095)** | **-0.002 ‒ 0.026** | **R2 = 0.108, (β = 0.024, *p* = 0.026)** | **0.003 ‒ 0.044** |
| **Self-report: frequency of strength or toning activities last week** | **R2 = 0.064, (β = -0.183, *p* = 0.073)** | **-0.384 ‒ 0.018** | R2 = 0.001, (β = 0.022, *p* = 0.823) | -0.173 ‒ 0.216 | **R2 = 0.052, (β = 0.215, *p* =0.194)** | **-0.115 ‒ 0.546** |
| **Self-report: Average SB (hours/day)** | R2 ˂ 0.001, (β = -0000019, *p* = 1.000) | -0.102 ‒ 0.102 | R2 ˂ 0.001, (β = 0.006, *p* = 0.914) | -0.099 ‒ 0.110 | **R2 = 0.132, (β = -0.190, *p* = 0.005)** | **-0.322 ‒ -0.058** |
| **Accelerometer derived SB (hours/day)** | **R2 = 0.091, (β = 0.243, *p* = 0.016)** | **0.047 ‒ 0.440** | R2 = 0.008, (β = -0.071, *p* = 0.523) | -0.291 ‒ 0.150 | R2 = 0.036, (β = -0.196, *p* = 0.209) | -0.507 ‒ 0.114 |
| **Weight (kg)** | **R2 = 0.047, (β = -0.018, *p* = 0.054)** | **-0.035 ‒ > 0.001** | R2 = 0.016, (β = -0.009, *p* = 0.303) | -0.028 ‒ 0.009 | **R2 = 0.040, (β = -0.019, *p* = 0.127)** | **-0.043 ‒ 0.005** |
| **BMI (kg/m2)** | **R2 = 0.089, (β = -0.105, *p* = 0.007)** | **-0.180 ‒ -0.029** | **R2 = 0.086, (β = -0.102, *p* = 0.013)** | **-0.182 ‒ -0.022** | **R2 = 0.074, (β = -0.108, *p* =0.037)** | **-0.208 ‒ -0.007** |
| **General health rating** | **R2 = 0.031, (β = -0.261, *p* = 0.121)** | **-0.593 ‒ 0.071** | R2 ˂ 0.001, (β = 0.018, *p* = 0.918) | -0.328 ‒ 0.364 | R2 = 0.012, (β = 0.167, *p* =0.407) | -0.233 ‒ 0.567 |
| **Overall life satisfaction** | R2 = 0.003, (β = -0.049, *p* = 0.625) | -0.246 ‒ 0.148 | R2 = 0.012, (β = 0.081, *p* = 0.363) | -0.096 ‒ 0.259 | R2 = 0.004, (β = 0.064, *p* =0.626) | -0.197 ‒ 0.325 |
| **Work/study life satisfaction** | R2 ˂ 0.001, (β = 0.014, *p* = 0.851) | -0.134 ‒ 0.163 | **R2 = 0.032, (β = 0.129, *p* = 0.139)** | **-0.043 ‒ 0.300** | R2 ˂ 0.001, (β = -0.008, *p* =0.938) | -0.213 ‒ 0.197 |
| **Mental well-being** | **R2 = 0.039, (β = -0.064, *p* = 0.078)** | **-0.136 ‒ 0.007** | R2 = 0.003, (β = -0.016, *p* = 0.638) | -0.085 ‒ 0.052 | R2 ˂ 0.001, (β = 0.007, *p* =0.887) | -0.086 ‒ 0.099 |
| **Psychological distress** | R2 = 0.001, (β = -0.007, *p* = 0.783) | -0.058 ‒ 0.044 | R2 = 0.011, (β = 0.021, *p* = 0.394) | -0.027 ‒ 0.068 | R2 ˂ 0.001, (β = 0.004, *p* =0.923) | -0.072 ‒ 0.079 |

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).