

DATA SUPPLEMENT

	Student characteristics			Differences between the two groups ^a
	Did not take the course, n = 35	Took the course, n = 85	Total N = 120	
Gender, %				3.62
Male	77.1	58.8	64.2	
Female	22.9	41.2	35.8	
Father's education, ^b %				1.02
Under junior high school	—	3.8	2.6	
High school	14.3	16.3	15.7	
University	60.0	55.0	56.5	
Graduate school	25.7	25.0	25.2	
Mother's education, ^a %				2.37
Under junior high school	2.9	7.5	6.1	
High school	20.0	30.0	27.0	
University	68.6	55.0	59.1	
Graduate school	8.6	7.5	7.8	
Urban/rural hometown, %				0.3
Special municipalities (population >1250 000)	34.4	37.5	36.6	
Provincial cities (population 500 000–1249 999)	18.8	21.3	20.5	
County and county-administered cities (population 0–499 999)	46.9	41.3	42.9	
National exam, mean (s.d.)	90.21 (3.78)	91.77 (4.86)	91.31 (4.61)	–1.82
Interview score, mean (s.d.)	88.44 (1.58)	87.03 (1.28)	87.27 (1.42)	2.15*
Mental health, %				
CHQ total score	15.6	8.8	11.0	
Somatic syndrome	—	1.3	0.9	
Anxiety	17.1	6.4	9.7	
Social dysfunction	5.7	7.6	7.0	
Depression	2.9	5.1	4.4	
Stress, %				
Life/personal	57.1	40.0	45.2	4.36
Academic ^a	77.1	51.3	59.1	9.55 ^{b**}
Overall	40.0	31.3	33.9	0.83
Physical health perception, %				
Feel less healthy than peers	14.7	19.0	17.7	0.36
Feel less healthy than previous year	37.1	21.5	26.3	5.70
Cumulative GPA, mean (s.d.)	80.96 (4.78)	82.56 (5.43)	82.09 (5.28)	–1.49
1st year GPA, mean (s.d.)	85.84 (3.77)	87.06 (4.61)	86.70 (4.40)	–1.38
School merits, mean (s.d.)	2.15 (1.88)	2.13 (1.90)	2.14 (1.89)	0.07
School demerits, mean (s.d.)	0.00 (0.00)	–0.71 (3.71)	–0.50 (3.14)	1.75
College extracurricular activities, ^a %	94.3	97.6	96.7	*
Internationalisation (6 questions), mean (s.d.)	1.70 (1.76)	1.71 (1.83)	1.72 (1.80)	–0.03

* $P < 0.05$, ** $P < 0.01$.

CHQ, Chinese version of the General Health Questionnaire;¹³ GPA, grade point average.

a. Dichotomous variables used chi-squared test, continuous variables used *t*-test.

b. Fisher's exact test.

Additional reference

- 13 Cheng T-A, Williams, P. The design and development of a screening questionnaire (CHQ) for use in community studies of mental disorders in Taiwan. *Psychol Med* 1986; **16**: 415–22.