**Supplementary Material**

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| **Supplementary Table 2:** Baseline demographic and outcome comparisons between university students who completed T1 survey only and those who completed both T1 and T2 surveys |
| **Variable** | **Time 1 only** | **Times 1 & 2** | $χ$**2/*t*-value** |
|  | mean (SD) or % | n | mean (SD) or % | n |  |
| *Key demographics at T1* |
| **Age** | 23.50 (7.45) | 445 | 23.85 (8.15) | 190 | *t* = 0.521 |
| **Gender** |  |  |  |  |  |
| Female  | 65.5% | 291 | 67.5% | 129 | $χ$2 = 0.457 |
| Male  | 32.2% | 143 | 30.9% | 59 |  |
| Other  | 2.3% | 10 | 1.6% | 3 |  |
| Total |  | 444 |  | 191 |  |
| **Ethnicity**  |  |  |  |  |  |
| White/Caucasian | 53.1% | 237 | 69.5% | 132 | $χ$2 = 15.624\*\* |
| African/Caribbean/ Black British | 6.1% | 27 | 3.2% | 6 |  |
| Asian/Asian British | 30.5% | 136 | 20% | 38 |  |
| Mixed ethnicity | 6.7% | 30 | 5.8% | 11 |  |
| Other | 3.6% | 16 | 1.6% | 3 |  |
| Total |  |  |  | 190 |  |
| *Mental health outcome measures at T1* |
| **GAD-7** | 8.89 (5.56) | 238 | 8.70 (5.95) | 190 | *t* = -0.342 |
| **PHQ-9** | 8.77 (5.42) | 238 | 8.25 (5.76)  | 190 | *t* = -0.957 |
| **ISI-3** | 4.31 (3.72) | 238 | 3.64 (3.45) | 190 | *t* = -1.895 |
| **NIDA-ASSIST**  | 2.62 (3.25) | 231 | 2.19 (2.71) | 188 | *t* = -1.429 |
| **SBQ-R** | 5.94 (3.26) | 233 | 5.91 (2.90) | 189 | *t* = -0.102 |

Notes. \* *p* < 0.05, \*\* *p* <0.01, \*\*\* *p* < 0.001