Data supporting RESIST publication:

Tracking Stress, Mental Health and Resilience Factors in Medical Students, Before, During and After a Stress-Inducing Exam Period

Protocol and Proof of Principle Analyses for the RESIST Cohort-Study

RESIST author
Jessica Fritz, correspondence: jf585@cam.ac.uk

List of all authors on the associated manuscript
*corresponding author

Brief variable description
1. Please note information regarding the measures of the variables are available in the methods section of the manuscript “Tracking Stress, Mental Health and Resilience Factors in Medical Students, Before, During and After a Stress-Inducing Exam Period” (a link to the manuscript can be found on http://jessica-fritz.com/).
2. The analysis code is available from: http://jessica-fritz.com/.
3. Of note, we omitted some variables from the data set to ensure anonymity, and to err on the side of caution.

Variable Overview

<table>
<thead>
<tr>
<th>Variable Name(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>id</td>
<td>Random 5 digit number between 10000 and 99999.</td>
</tr>
<tr>
<td>academic year</td>
<td>Describes in which academic year the participant was in when he/she participated in RESIST. Numeric variable with the values 1 – 6, respective to the academic years 1 – 6.</td>
</tr>
<tr>
<td>ethnicity</td>
<td>Describes to which ethnic group the participant belongs. Binary variable with the values 1 = “white” and 0 = “non-white”.</td>
</tr>
<tr>
<td>education_mother</td>
<td>Describes the maternal education level and answers the question “Have your parents completed further/ higher education after secondary school?” Numeric variable with the values 1 = “yes” 2 = “no”, and 3 = “don’t know”.</td>
</tr>
<tr>
<td>education_father</td>
<td>Describes the paternal education level and answers the question “Have your parents completed further/ higher education after secondary school?” Numeric variable with the values 1 = “yes” 2 = “no”, and 3 = “don’t know”.</td>
</tr>
<tr>
<td>therapy</td>
<td>Answers the question: “In the last six months, have you received a course of talking therapy/counselling/psychological therapy?” Binary variable with the values 0 = “no” and 1 = “yes”.</td>
</tr>
<tr>
<td>medication</td>
<td>Answers the question: “In the last six months, have you taken medication prescribed by your doctor for mental health problems (e.g. antidepressants) ?” Binary variable with the values 0 = “no” and 1 = “yes”.</td>
</tr>
<tr>
<td>pss_5</td>
<td>We assessed the global stress severity during the last month on a zero-to-hundred slider: “How stressful has the last month been for you?” Slider labels ranging from “0 = not stressful at all”, to “50 = moderately stressful”, to “100 = unbearably stressful”.</td>
</tr>
</tbody>
</table>
assessed at occasion 1. Answer options: 1 = Never; 2 = Almost never; 3 = Sometimes; 4 = Fairly often; 5 = Very often.

**pss_sum_o2**

**pss_sum_o3**

**w_sum**
Mental distress stress sumscore of the 12-item General Health Questionnaire (GHQ-12; Goldberg, D. P. et al. (1997). The validity of two versions of the GHQ in the WHO study of mental illness in general health care. Psychol. Med., 27, 191–197) assessed at occasion 1. Four differing answer options, such as 1 = better than usual; 2 = same as usual; 3 = less than usual; 4 = much less than usual.

**w_sum_o2**
Mental distress stress sumscore of the 12-item General Health Questionnaire (GHQ-12; Goldberg, D. P. et al. (1997). The validity of two versions of the GHQ in the WHO study of mental illness in general health care. Psychol. Med., 27, 191–197) assessed at occasion 2. Four differing answer options, such as 1 = better than usual; 2 = same as usual; 3 = less than usual; 4 = much less than usual.

**w_sum_o3**
Mental distress stress sumscore of the 12-item General Health Questionnaire (GHQ-12; Goldberg, D. P. et al. (1997). The validity of two versions of the GHQ in the WHO study of mental illness in general health care. Psychol. Med., 27, 191–197) assessed at occasion 3. Four differing answer options, such as 1 = better than usual; 2 = same as usual; 3 = less than usual; 4 = much less than usual.

**Missing data**
Missing data is indicated with ‘NA’.

**Keywords**
exam stress; stress exposure; perceived stress; distress; student mental health; mental health resilience; protective factors; recovery

**File format**
Data is in the standard .csv format.

**Software/Usage instructions**
As the data is in the standard .csv format, no specialized software is required.

**Correspondence email address**
jf585@cam.ac.uk

**Licence**
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**Is embargo needed**
No