Data supporting RESIST publication:

On the Dynamics and Mutual Relations of Mental Distress, Brooding and Self-Esteem from Before to After Naturally Occurring Exam Stress

RESIST author
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Brief variable description
1. Please note information regarding the measures of the variables are available in the methods section of the manuscript “On the Dynamics and Mutual Relations of Mental Distress, Brooding and Self-Esteem from Before to After Naturally Occurring Exam Stress” (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_sc</td>
<td>We assessed 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”. The variable is scaled for analytic purposes.</td>
</tr>
<tr>
<td>w_sum</td>
<td>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</td>
</tr>
</tbody>
</table>
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. Higher scores indicate more mental distress.


assessed at occasion 2. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree. Higher scores indicate high positive self-esteem.

**rses_pos_sum_o3**

**rses_neg_sum**

**rses_neg_sum_o2**

**rses_neg_sum_o3**

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

### Keywords
mental distress; exam stress; student mental health; resilience factors; brooding; self-esteem;

### 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.

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### Licence
CC BY-NC-ND

### Is embargo needed
YES