

## 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

Variable Name(s)	Description
id	Random 5 digit number between 10000 and 99999.
academic year	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.
ethnicity	Describes to which ethnic group the participant belongs. Binary variable with the values 1 = “white” and 0 = “non-white”.
education_mother	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”.
education_father	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”.
therapy	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”.
medication	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”.
pss_5_sc	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.
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. Higher scores indicate more mental distress.
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. Higher scores indicate more mental distress.
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. Higher scores indicate more mental distress.
rss_brd_sum	Brooding sumscore of the 5-item brooding subscale of the Ruminative Response Scale (RRS; Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. Cognitive Therapy and Research, 27(3), 247–259) assessed at occasion 1. Four differing answer options: 1 = almost always, 2 = often, 3 = sometimes, 4 = almost never. Higher scores indicate low brooding.
rss_brd_sum_o2	Brooding sumscore of the 5-item brooding subscale of the Ruminative Response Scale (RRS; Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. Cognitive Therapy and Research, 27(3), 247–259) assessed at occasion 2. Four differing answer options: 1 = almost always, 2 = often, 3 = sometimes, 4 = almost never. Higher scores indicate low brooding.
rss_brd_sum_o3	Brooding sumscore of the 5-item brooding subscale of the Ruminative Response Scale (RRS; Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. Cognitive Therapy and Research, 27(3), 247–259) assessed at occasion 3. Four differing answer options: 1 = almost always, 2 = often, 3 = sometimes, 4 = almost never. Higher scores indicate low brooding.
rsees_sum	Self-esteem sumscore of the 10-item Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 1. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree (or reversed). Higher scores indicate high self-esteem.
rsees_sum_o2	Self-esteem sumscore of the 10-item Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 2. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree (or reversed). Higher scores indicate high self-esteem.
rsees_sum_o3	Self-esteem sumscore of the 10-item Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 3. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree (or reversed). Higher scores indicate high self-esteem.
rsees_pos_sum	Positive self-esteem sumscore of the 5 positive self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 1. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree. Higher scores indicate high positive self-esteem.
rsees_pos_sum_o2	Positive self-esteem sumscore of the 5 positive self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press)

	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	Positive self-esteem sumscore of the 5 positive self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 3. Seven differing answer options: 1 = strongly disagree, 3 = disagree, 5 = agree, 7 = strongly agree. Higher scores indicate high positive self-esteem.
rses_neg_sum	Negative self-esteem sumscore of the 5 negative self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 1. Seven differing answer options: 1 = strongly agree, 3 = agree, 5 = disagree, 7 = strongly disagree. Higher scores indicate low negative self-esteem.
rses_neg_sum_o2	Negative self-esteem sumscore of the 5 negative self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 2. Seven differing answer options: 1 = strongly agree, 3 = agree, 5 = disagree, 7 = strongly disagree. Higher scores indicate low negative self-esteem.
rses_neg_sum_o3	Negative self-esteem sumscore of the 5 negative self-esteem items of the Rosenberg Self-esteem Scale (RSS; Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press) assessed at occasion 3. Seven differing answer options: 1 = strongly agree, 3 = agree, 5 = disagree, 7 = strongly disagree. Higher scores indicate low negative self-esteem.

### 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

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### Is embargo needed

YES