

Table S1. Descriptive Statistic and Inter-Item Correlation Matrix (N=173)

| Items | M | SD | SI1 | SI2 | SI3 | SSP1 | SSP2 | SSP3 | CF1 | CF2 | AD1 | AD2 | AD3 | CA12 | CA13 |
|-------|------|-------|-----|------|------|------|------|------|------|------|------|------|------|------|------|
| SI1 | 3.28 | 1.203 | | .755 | .597 | .081 | .080 | .085 | .226 | .292 | .186 | .236 | .257 | .162 | .340 |
| SI2 | 3.28 | 1.193 | | | .519 | .084 | .081 | .107 | .163 | .211 | .154 | .218 | .188 | .184 | .321 |
| SI3 | 2.85 | 1.299 | | | | .150 | .196 | .244 | .181 | .305 | .208 | .271 | .357 | .076 | .296 |
| SSP1 | 2.47 | 1.255 | | | | | .554 | .543 | .153 | .180 | .172 | .244 | .260 | .298 | .133 |
| SSP2 | 2.12 | 1.030 | | | | | | .380 | .117 | .097 | .139 | .176 | .246 | .261 | .161 |
| SSP3 | 2.36 | 1.271 | | | | | | | .117 | .127 | .247 | .202 | .349 | .222 | .126 |
| CF1 | 3.22 | 1.033 | | | | | | | | .608 | .157 | .106 | .248 | .106 | .342 |
| CF2 | 3.35 | 1.026 | | | | | | | | | .294 | .243 | .305 | .272 | .347 |
| AD1 | 2.77 | 1.167 | | | | | | | | | | .559 | .433 | .199 | .214 |
| AD2 | 2.76 | 1.218 | | | | | | | | | | | .497 | .214 | .214 |
| AD3 | 3.02 | 1.161 | | | | | | | | | | | | .223 | .308 |
| CA12 | 3.72 | 1.103 | | | | | | | | | | | | | .557 |
| CA13 | 3.61 | 1.164 | | | | | | | | | | | | | |

Determinant = .009

Table S2. Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Squared Multiple Correlation | Cronbach's Alpha if Item Deleted |
|------|-------------------------------|-----------------------------------|--------------------------------------|---------------------------------|-------------------------------------|
| SI1 | 35.53 | 60.704 | .498 | .642 | .799 |
| SI2 | 35.54 | 61.645 | .450 | .588 | .803 |
| SI3 | 35.97 | 59.534 | .512 | .472 | .798 |
| SSP1 | 36.35 | 61.681 | .417 | .469 | .806 |
| SSP2 | 36.69 | 64.284 | .372 | .345 | .809 |
| SSP3 | 36.46 | 61.738 | .407 | .379 | .807 |
| CF1 | 35.60 | 64.428 | .361 | .437 | .809 |
| CF2 | 35.47 | 62.611 | .482 | .478 | .801 |
| AD1 | 36.04 | 62.039 | .440 | .374 | .804 |
| AD2 | 36.05 | 60.957 | .476 | .422 | .801 |
| AD3 | 35.79 | 60.142 | .555 | .400 | .794 |
| CA12 | 35.10 | 63.159 | .406 | .433 | .806 |
| CA13 | 35.20 | 61.151 | .493 | .462 | .799 |

N=173

Table S3: Total Variance Explained

| Component | Initial Eigenvalues | | | Extraction Sums of Squared Loadings | | | Rotation Sums of Squared Loadings ^a |
|-----------|---------------------|---------------|--------------|-------------------------------------|---------------|--------------|--|
| | Total | % of Variance | Cumulative % | Total | % of Variance | Cumulative % | Total |
| 1 | 4.079 | 31.376 | 31.376 | 4.079 | 31.376 | 31.376 | 2.790 |
| 2 | 1.843 | 14.180 | 45.556 | 1.843 | 14.180 | 45.556 | 2.443 |
| 3 | 1.338 | 10.294 | 55.850 | 1.338 | 10.294 | 55.850 | 2.212 |
| 4 | 1.272 | 9.788 | 65.638 | 1.272 | 9.788 | 65.638 | 2.657 |
| 5 | 1.064 | 8.183 | 73.821 | 1.064 | 8.183 | 73.821 | 1.991 |
| 6 | .636 | 4.893 | 78.714 | | | | |
| 7 | .602 | 4.628 | 83.342 | | | | |
| 8 | .478 | 3.674 | 87.015 | | | | |
| 9 | .464 | 3.570 | 90.586 | | | | |
| 10 | .401 | 3.088 | 93.674 | | | | |
| 11 | .333 | 2.560 | 96.234 | | | | |
| 12 | .262 | 2.015 | 98.249 | | | | |
| 13 | .228 | 1.751 | 100.000 | | | | |

Table S4. Descriptive Statistics and Bivariate Correlations between the five factors (N=173)

| Factors | M | SD | SSP | CF | AD | CA |
|------------------------------|------|-------|-------|--------|--------|--------|
| Social Isolation (SI) | 9.41 | 3.193 | .178* | .297** | .329** | .303** |
| Sleep-Somatic Problems (SSP) | 6.95 | 2.900 | | .183* | .343** | .275** |
| Contamination Fear (CF) | 6.57 | 1.847 | | | .307** | .340** |
| Academic Distress (AD) | 8.56 | 2.892 | | | | .318** |
| Career Apprehensions (CA) | 7.33 | 2.000 | | | | |

**p<.01; *p<.05;

Table S5. Test of Normality: Shapiro-Wilk

| Test of Normality | | |
|-------------------|-----|------|
| Shapiro-Wilk | | |
| Statistic | df | Sig. |
| .987 | 173 | .098 |

Table S6. CFA: Assessment of normality

| Variable | min | max | skew | c.r. | kurtosis | c.r. |
|-------------------------|-------|-------|-------|--------|----------|--------|
| SI1 | 1.000 | 5.000 | .056 | .335 | -.384 | -1.153 |
| SI2 | 1.000 | 5.000 | -.032 | -.195 | -.424 | -1.271 |
| SI3 | 1.000 | 5.000 | -.172 | -1.032 | -.048 | -.143 |
| SSP1 | 1.000 | 5.000 | .127 | .764 | -.541 | -1.624 |
| SSP2 | 1.000 | 5.000 | .456 | 2.737 | -.250 | -.751 |
| SSP3 | 1.000 | 5.000 | .754 | 4.526 | -.182 | -.547 |
| CF1 | 1.000 | 5.000 | .223 | 1.335 | -.298 | -.894 |
| CF2 | 1.000 | 5.000 | .219 | 1.312 | -.194 | -.582 |
| AD1 | 1.000 | 5.000 | -.057 | -.342 | -.431 | -1.294 |
| AD2 | 1.000 | 5.000 | -.097 | -.585 | -.268 | -.803 |
| AD3 | 1.000 | 5.000 | -.126 | -.754 | -.024 | -.073 |
| CA1 | 1.000 | 5.000 | -.202 | -1.212 | -.466 | -1.397 |
| CA2 | 1.000 | 5.000 | -.239 | -1.435 | -.495 | -1.486 |
| Multivariate (N=216) | | | | | 20.423 | 7.599 |

Table S7. Descriptive Statistics and Inter-Item Correlations for the five factor model

| Items | M | SD | SI1 | SI2 | SI3 | SSP1 | SSP2 | SSP3 | CF1 | CF2 | AD1 | AD2 | AD3 | CA1 |
|-------|------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| SI1 | 3.05 | 1.042 | | | | | | | | | | | | |
| SI2 | 3.08 | 1.079 | .790** | | | | | | | | | | | |
| SI3 | 3.18 | .968 | .531** | .534** | | | | | | | | | | |
| SSP1 | 2.56 | 1.001 | .314** | .383** | .349** | | | | | | | | | |
| SSP2 | 2.28 | .997 | .198** | .255** | .175* | .479** | | | | | | | | |
| SSP3 | 2.03 | 1.034 | .387** | .427** | .413** | .565** | .439** | | | | | | | |
| CF1 | 2.95 | .975 | .428** | .402** | .399** | .497** | .402** | .597** | | | | | | |
| CF2 | 2.69 | 1.027 | .374** | .402** | .342** | .485** | .319** | .591** | .681** | | | | | |
| AD1 | 3.13 | 1.001 | .186** | .300** | .136* | .190** | .202** | .140* | .192** | .111 | | | | |
| AD2 | 3.03 | .947 | .310** | .348** | .222** | .265** | .128 | .256** | .294** | .216** | .648** | | | |
| AD3 | 3.27 | .937 | .330** | .336** | .306** | .233** | .226** | .261** | .260** | .162* | .588** | .771** | | |
| CA1 | 3.50 | .969 | .447** | .427** | .313** | .336** | .230** | .362** | .430** | .415** | .295** | .444** | .408** | |
| CA2 | 3.56 | .986 | .477** | .436** | .295** | .376** | .296** | .436** | .475** | .415** | .286** | .458** | .411** | .825** |

N=216; **p<.01; *p<.05

Table S8. Bootstrapped Standard Errors

| Items | SE | SE-SE | Mean | Bias | SE-Bias |
|-------|------|-------|-------|------|---------|
| SI1 | .000 | .000 | 1.000 | .000 | .000 |
| SI2 | .063 | .001 | 1.053 | .003 | .002 |
| SI3 | .070 | .002 | .646 | .003 | .002 |
| SSP1 | .000 | .000 | 1.000 | .000 | .000 |
| SSP2 | .099 | .002 | .784 | .008 | .003 |
| SSP3 | .123 | .003 | 1.193 | .016 | .004 |
| CF1 | .000 | .000 | 1.000 | .000 | .000 |
| CF2 | .086 | .002 | 1.006 | .006 | .003 |
| AD1 | .000 | .000 | 1.000 | .000 | .000 |
| AD2 | .117 | .003 | 1.258 | .012 | .004 |
| AD3 | .103 | .002 | 1.137 | .011 | .003 |
| CA1 | .000 | .000 | 1.000 | .000 | .000 |
| CA2 | .084 | .002 | 1.078 | .006 | .003 |

Table S9. Squared multiple correlations

| Items | Estimate | Lower | Upper | P |
|-------|----------|-------|-------|------|
| SI1 | .776 | .671 | .871 | .002 |
| SI2 | .797 | .691 | .877 | .003 |
| SI3 | .372 | .254 | .481 | .003 |
| SSP1 | .512 | .362 | .637 | .002 |
| SSP2 | .311 | .179 | .448 | .002 |
| SSP3 | .664 | .553 | .768 | .003 |
| AD3 | .706 | .583 | .806 | .003 |
| AD2 | .847 | .744 | .939 | .002 |
| AD1 | .488 | .361 | .627 | .002 |
| CF1 | .716 | .602 | .824 | .002 |
| CF2 | .647 | .514 | .746 | .004 |
| CA1 | .783 | .653 | .894 | .003 |
| CA2 | .869 | .743 | .965 | .004 |

Table S10. t-test comparison between genders

| Variable | Gender | N | M | SD | SEM | t test | p |
|------------------------|--------|-----|-------|-------|------|--------|------|
| Social Isolation | Male | 106 | 8.990 | 2.573 | .249 | 1.707 | .089 |
| | female | 110 | 9.609 | 2.746 | .261 | | |
| Sleep-Somatic Problems | Male | 106 | 6.377 | 2.368 | .230 | 2.932 | .004 |
| | female | 110 | 7.345 | 2.481 | .236 | | |
| Contamination Fear | Male | 106 | 5.084 | 1.574 | .152 | 4.509 | .000 |
| | female | 110 | 6.163 | 1.918 | .182 | | |
| Academic Distress | Male | 106 | 9.367 | 2.489 | .241 | -.355 | .723 |
| | female | 110 | 9.490 | 2.608 | .248 | | |
| Career Apprehension | Male | 106 | 6.849 | 1.829 | .177 | -1.637 | .103 |
| | female | 110 | 7.263 | 1.889 | .180 | | |

df=214, N=216

Table S11: Bivariate Correlation between the Stress Scale and SCSS

| Factors/Variables | STRESS_ToT | SI | SSP | CF | AD | CA | SCSS_Tot |
|-------------------|------------|--------|--------|--------|--------|--------|----------|
| STRESS_ToT | 1 | | | | | | |
| SI | .429** | 1 | | | | | |
| SSP | .547** | .463** | 1 | | | | |
| CF | .467** | .500** | .652** | 1 | | | |
| AD | .374** | .397** | .313** | .263** | 1 | | |
| CA | .465** | .476** | .437** | .489** | .490** | 1 | |
| SCSS_ToT | .610** | .779** | .770** | .751** | .681** | .748** | 1 |

N=192

Table S12. Area Under the Curve: SCSS

| Area | Std. Error | Asymptotic Sig.b | Asymptotic 95% Confidence Interval | |
|------|------------|------------------|------------------------------------|-------------|
| | | | Lower Bound | Upper Bound |
| .779 | .036 | .000 | .708 | .850 |

Positive cases: 67; Negative cases: 125

Table S13. Sensitivity and Specificity of the Scale

| Coordinates of the Curve | | |
|---|-------------|-----------------|
| Positive if Greater Than or Equal To | Sensitivity | 1 - Specificity |
| 16.00 | 1.000 | 1.000 |
| 17.50 | 1.000 | .992 |
| 18.50 | 1.000 | .984 |
| 20.00 | 1.000 | .976 |
| 21.50 | 1.000 | .960 |
| 22.50 | 1.000 | .952 |
| 23.50 | .985 | .944 |
| 24.50 | .985 | .920 |
| 25.50 | .985 | .912 |
| 26.50 | .970 | .896 |
| 27.50 | .955 | .880 |
| 28.50 | .940 | .848 |
| 29.50 | .940 | .816 |
| 30.50 | .940 | .760 |
| 31.50 | .940 | .728 |
| 32.50 | .925 | .672 |
| 33.50 | .881 | .584 |
| 34.50 | .836 | .528 |
| 35.50 | .836 | .464 |
| 36.50 | .806 | .424 |
| 37.50 | .761 | .376 |
| 38.50 | .731 | .312 |
| 39.50 | .701 | .248 |
| 40.50 | .672 | .232 |
| 41.50 | .642 | .208 |
| 42.50 | .597 | .176 |
| 43.50 | .552 | .144 |
| 44.50 | .463 | .096 |
| 45.50 | .403 | .072 |
| 46.50 | .373 | .048 |
| 47.50 | .313 | .048 |
| 48.50 | .284 | .048 |
| 49.50 | .239 | .040 |
| 50.50 | .224 | .016 |
| 51.50 | .164 | .000 |
| 53.00 | .119 | .000 |
| 54.50 | .090 | .000 |
| 55.50 | .075 | .000 |
| 56.50 | .060 | .000 |
| 57.50 | .030 | .000 |
| 58.50 | .015 | .000 |
| 60.00 | .000 | .000 |