

Supplementary Material

Table S1. The results of the DASS total score for the field of study.

		Field of study						
	Group	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	Multiple comparisons* (<i>p</i> -value)	
DASS total score	I. Arts and humanities	43.51	39.00	28.98	16.16	0.01	0.0028	II vs. III (0.009)
	II. Sciences	46.08	42.00	27.91				
	III. Medicine	36.56	31.00	25.49				
	IV. Engineering	38.24	32.00	26.79				
	V. Social sciences	39.65	35.00	28.14				

*only significant.

Table S2. The results of the DASS depression scale for the field of study.

		Field of study						
	Group	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	Multiple comparisons* (<i>p</i> -value)	
DASS Depression Scale	I. Arts and humanities	15.42	13.00	10.92	19.82	0.01	0.0005	II vs. III (0.012)
	II. Sciences	16.65	16.00	11.44				
	III. Medicine	12.73	10.00	10.01				
	IV. Engineering	14.74	12.00	11.15				
	V. Social sciences	13.93	12.00	10.80				

*only significant.

Table S3. The results of the DASS anxiety scale for the field of study.

		Field of study						
	Group	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	Multiple comparisons*	
DASS Anxiety Scale	I. Arts and humanities	9.02	6.00	9.63	14.00	-	0.0073	-
	II. Sciences	9.67	6.00	9.21				
	III. Medicine	7.26	4.00	8.00				
	IV. Engineering	7.24	4.00	8.07				
	V. Social sciences	8.52	6.00	8.64				

*only significant.

Table S4. The results of the DASS stress scale for the field of study.

		Field of study						
DASS Stress Scale	Group	Mean	Median	SD	Kruskal- Wallis H test	Bonferroni correction	p-value	Multiple comparisons*
	I. Arts and humanities	19.07	19.00	11.63	11.75	-	0.0193	-
	II. Sciences	19.77	20.00	11.12				
	III. Medicine	16.56	16.00	10.73				
	IV. Engineering	16.26	26.00	10.82				
	V. Social sciences	17.19	16.00	11.51				

*only significant.

Table S5. The results of the most frequently chosen stress coping strategies for having other chronic disease.

Do you have any chronic disease?				
Stress coping strategy	Other			
	N	Mean	Median	SD
Acceptance	105	2.20	2.50	0.67
Emotional support		1.65	1.50	0.91
Self-distraction		1.54	1.50	0.73
Planning		1.53	1.50	0.78
Venting		1.48	1.50	0.76
Denial		0.44	0.00	0.66
Use of informational support		1.44	1.50	0.84
Positive reframing		1.37	1.50	0.91
Active coping		1.05	1.00	0.75
Humor		1.04	1.00	0.65
Religion		0.86	0.50	0.98
Self-blame		0.82	1.00	0.69
Behavioral disengagement		0.73	0.50	0.72
Substance use		0.33	0.00	0.67

Table S6. The results of the most frequently chosen stress coping strategies without having a chronic disease.

Do you have any chronic disease?				
Stress coping strategy	No			
	N	Mean	Median	SD
Acceptance	1837	2.20	2.50	0.71
Emotional support		1.57	1.50	0.92
Planning		1.42	1.50	0.85
Positive reframing		1.42	1.50	0.90
Self-distraction		1.41	1.50	0.81
Venting		1.23	1.50	0.77
Use of informational support		1.15	1.00	0.86
Humor		1.09	1.00	0.71
Active coping		0.99	1.00	0.80
Religion		0.79	0.50	0.97
Self-blame		0.73	0.50	0.69
Behavioral disengagement		0.69	0.50	0.75
Substance use		0.49	0.00	0.79
Denial		0.42	0.00	0.64

Table S7. The results of the most frequently chosen stress coping strategies for thyroid diseases.

Do you have any chronic disease?				
Stress coping strategy	Thyroid diseases			
	N	Mean	Median	SD
Acceptance	88	2.04	2.00	0.77
Emotional support		1.76	2.00	0.93
Planning		1.51	1.50	0.80
Self-distraction		1.47	1.50	0.75
Positive reframing		1.37	1.25	0.77
Use of informational support		1.36	1.50	0.85
Venting		1.36	1.50	0.70
Active coping		1.00	1.00	0.72
Humor		0.97	1.00	0.61
Self-blame		0.77	0.50	0.76
Behavioral disengagement		0.66	0.50	0.74
Religion		0.60	0.00	0.88
Substance use		0.52	0.00	0.86
Denial		0.39	0.00	0.55

Table S8. The results of the most frequently chosen stress coping strategies for asthma.

Do you have any chronic disease?				
Stress coping strategy	Asthma			
	N	Mean	Median	SD
Acceptance	54	2.23	2.50	0.75
Planning		1.54	1.50	0.82
Positive reframing		1.48	1.50	0.92
Emotional support		1.44	1.50	1.00
Self-distraction		1.36	1.50	0.78
Venting		1.19	1.50	0.74
Use of informational support		1.15	1.00	0.84
Humor		1.08	1.00	0.76
Religion		1.04	1.00	1.07
Active coping		0.93	1.00	0.71
Behavioral disengagement		0.87	0.75	0.77
Self-blame		0.82	1.00	0.73
Substance use		0.62	0.00	0.84
Denial		0.47	0.00	0.75

Table S9. The results of the most frequently chosen stress coping strategies for allergy.

Do you have any chronic disease?				
Stress coping strategy	Allergy			
	N	Mean	Median	SD
Acceptance	32	2.00	2.00	0.80
Emotional support		1.48	1.50	0.96
Self-distraction		1.48	1.50	0.81
Planning		1.39	1.50	0.83
Venting		1.39	1.50	0.77
Positive reframing		1.23	1.50	0.80
Use of informational support		1.22	1.25	0.88
Humor		1.13	1.00	0.61
Active coping		1.09	1.00	0.87
Self-blame		0.98	1.00	0.79
Religion		0.78	0.25	0.97
Behavioral disengagement		0.55	0.00	0.72
Substance use		0.44	0.00	0.74
Denial		0.34	0.20	0.45

Table S10. The results of the most frequently chosen stress coping strategies for diabetes.

Do you have any chronic disease?				
Stress coping strategy	Diabetes			
	N	Mean	Median	SD
Acceptance	15	2.37	2.50	0.64
Emotional support		1.70	2.00	1.03
Venting		1.63	1.50	0.74
Use of informational support		1.60	1.50	0.85
Positive reframing		1.57	2.00	1.10
Planning		1.50	1.50	0.96
Self-distraction		1.43	1.50	0.82
Humor		1.07	1.00	0.62
Active coping		1.03	1.00	0.92
Self-blame		0.90	1.00	0.74
Behavioral disengagement		0.80	1.00	0.84
Religion		0.73	0.00	0.86
Denial		0.53	0.00	0.85
Substance use		0.27	0.00	0.56

Table S11. The results of the most frequently chosen stress coping strategies for mental disorders.

Do you have any chronic disease?				
Stress coping strategy	Mental disorders			
	N	Mean	Median	SD
Acceptance	41	2.22	2.50	0.58
Self-distraction		1.78	2.00	0.76
Venting		1.67	1.50	0.85
Emotional support		1.51	1.50	1.00
Planning		1.48	1.50	0.89
Use of informational support		1.44	1.50	0.88
Humor		1.30	1.50	0.68
Active coping		1.22	1.00	0.96
Positive reframing		1.18	1.00	0.85
Self-blame		1.16	1.00	0.82
Behavioral disengagement		1.12	1.00	0.89
Substance use		1.05	1.00	1.10
Denial		0.67	0.50	0.81
Religion		0.60	0.00	0.87

Table S12. The results of the DASS total score for females and males.

	Females		Males		<i>p</i>
	Mean	SD	Mean	SD	
DASS Total score	40.54	26.65	31.60	25.02	0.0000001

Table S13. The results of the most frequently chosen type of coping strategies by all respondents.

	N	Mean	Median	Minimum	Maximum	SD	SE
Avoidant coping	2172	22.82	22.00	12.00	45.00	5.78	0.12
Approach coping	2172	29.60	29.00	12.00	48.00	6.89	0.15

Table S14. The results of the most frequently chosen stress coping strategies by all respondents.

Stress coping strategy	Statement	N	Mean	Median	SD
Acceptance	I've been accepting the reality of the fact that it has happened.	2172	2.19	2.50	0.71
	I've been learning to live with it.				
Emotional support	I've been getting emotional support from others.	158	1.58	1.50	0.93
	I've been getting comfort and understanding from someone.				
Planning	I've been trying to come up with a strategy about what to do.	144	1.44	1.50	0.84
	I've been thinking hard about what steps to take.				
Self-distraction	I've been turning to work or other activities to take my mind off things.	143	1.43	1.50	0.80
	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.				
Positive reframing	I've been trying to see it in a different light, to make it seem more positive.	141	1.41	1.50	0.90
	I've been looking for something good in what is happening.				
Venting	I've been saying things to let my unpleasant feelings escape.	128	1.28	1.50	0.77
	I've been expressing my negative feelings.				
Use of informational support	I've been getting help and advice from other people.	118	1.18	1.00	0.87
	I've been trying to get advice or help from other people about what to do.				
Humor	I've been making jokes about it.	109	1.09	1.00	0.71
	I've been making fun of the situation.				
Active coping	I've been concentrating my efforts on doing something about the situation I'm in.	100	1.00	1.00	0.80
	I've been taking action to try to make the situation better.				
Religion	I've been trying to find comfort in my religion or spiritual beliefs.	79	0.79	0.50	0.97
	I've been praying or meditating.				
Self-blame	I've been criticizing myself.	75	0.75	0.50	0.70
	I've been blaming myself for things that happened.				
Behavioral disengagement	I've been giving up trying to deal with it.	70	0.70	0.50	0.76
	I've been giving up the attempt to cope.				
Substance use	I've been using alcohol or other drugs to make myself feel better.	50	0.50	0.00	0.80
	I've been using alcohol or other drugs to help me get through it.				
Denial	I've been saying to myself "this isn't real".	43	0.43	0.00	0.64
	I've been refusing to believe that it has happened.				

Table S15. The results of the most frequently chosen stress coping strategies by medical students.

Stress coping strategy	Medicine		
	Mean	Median	SD
Acceptance	2.26	2.50	0.68
Emotional support	1.62	1.50	0.91
Planning	1.50	1.50	0.83
Positive reframing	1.45	1.50	0.89
Self-distraction	1.44	1.50	0.80
Venting	1.30	1.50	0.74
Use of informational support	1.24	1.00	0.85
Humor	1.13	1.00	0.73
Active coping	1.05	1.00	0.81
Religion	0.86	0.50	0.99
Self-blame	0.77	0.50	0.69
Behavioral disengagement	0.67	0.50	0.73
Substance use	0.46	0.00	0.74
Denial	0.40	0.00	0.62

Table S16. The results of the most frequently chosen stress coping strategies by engineering students.

Stress coping strategy	Engineering		
	Mean	Median	SD
Acceptance	2.18	2.50	0.73
Planning	1.39	1.50	0.87
Emotional support	1.39	1.50	0.94
Self-distraction	1.33	1.50	0.78
Positive reframing	1.28	1.00	0.90
Humor	1.13	1.00	0.71
Venting	1.10	1.00	0.78
Use of informational support	0.99	1.00	0.77
Active coping	0.93	1.00	0.77
Self-blame	0.75	0.50	0.75
Behavioral disengagement	0.67	0.50	0.79
Religion	0.63	0.00	0.90
Substance use	0.56	0.00	0.89
Denial	0.41	0.00	0.65

Table S17. The results of the most frequently chosen stress coping strategies by social sciences students.

Stress coping strategy	Social sciences		
	Mean	Median	SD
Acceptance	2.04	2.00	0.74
Emotional support	1.54	1.50	0.90
Self-distraction	1.43	1.50	0.82
Positive reframing	1.39	1.50	0.89
Planning	1.31	1.00	0.85
Venting	1.25	1.50	0.83
Use of informational support	1.13	1.00	0.88
Active coping	0.95	1.00	0.73
Humor	0.94	1.00	0.65
Behavioral disengagement	0.76	0.50	0.80
Self-blame	0.67	0.50	0.69
Religion	0.66	0.00	0.91
Substance use	0.57	0.00	0.89
Denial	0.52	0.00	0.71

Table S18. The results of the most frequently chosen stress coping strategies by arts and humanities students.

Stress coping strategy	Arts and humanities		
	Mean	Median	SD
Acceptance	2.10	2.00	0.76
Emotional support	1.49	1.50	1.00
Self-distraction	1.35	1.50	0.85
Planning	1.33	1.50	0.82
Positive reframing	1.31	1.25	0.94
Venting	1.26	1.50	0.86
Humor	1.09	1.00	0.68
Use of informational support	1.05	1.00	0.98
Active coping	0.92	1.00	0.82
Behavioral disengagement	0.79	0.50	0.82
Religion	0.74	0.00	0.99
Self-blame	0.70	0.50	0.71
Substance use	0.57	0.00	0.87
Denial	0.45	0.00	0.65

Table S19. The results of the most frequently chosen stress coping strategies by sciences students.

Stress coping strategy	Sciences		
	Mean	Median	SD
Acceptance	2.02	2.00	0.82
Emotional support	1.53	1.50	0.98
Self-distraction	1.42	1.50	0.82
Venting	1.41	1.50	0.78
Positive reframing	1.33	1.00	0.90
Planning	1.26	1.00	0.91
Use of informational support	1.17	1.00	0.91
Humor	1.07	1.00	0.63
Active coping	0.88	1.00	0.78
Self-blame	0.83	0.50	0.69
Behavioral disengagement	0.82	0.50	0.79
Religion	0.69	0.00	0.93
Substance use	0.56	0.00	0.80
Denial	0.47	0.00	0.61

Table S20. The results of the most frequently chosen stress coping strategies without the usage of either psychological or psychiatric help before the pandemics outbreak.

Did you use psychological/psychiatric help before the beginning of the pandemics?				
Stress coping strategy	No			
	N	Mean	Median	SD
Acceptance	1800	2.19	2.50	0.71
Emotional support		1.57	1.50	0.92
Planning		1.42	1.50	0.84
Positive reframing		1.40	1.50	0.89
Self-distraction		1.40	1.50	0.81
Venting		1.24	1.50	0.76
Use of informational support		1.14	1.00	0.85
Humor		1.07	1.00	0.70
Active coping		0.98	1.00	0.78
Religion		0.80	0.50	0.98
Self-blame		0.70	0.50	0.67
Behavioral disengagement		0.66	0.50	0.73
Substance use		0.46	0.00	0.77
Denial		0.43	0.00	0.64

Table S21. The results of the most frequently chosen stress coping strategies for the usage of psychological help before the pandemics outbreak.

Did you use psychological/psychiatric help before the beginning of the pandemics?				
Stress coping strategy	Yes, I used psychological services			
	N	Mean	Median	SD
Acceptance	162	2.25	2.50	0.71
Emotional support		1.73	2.00	0.90
Planning		1.70	1.50	0.82
Self-distraction		1.66	1.50	0.71
Positive reframing		1.64	1.50	0.88
Venting		1.58	1.50	0.74
Use of informational support		1.49	1.50	0.89
Active coping		1.34	1.25	0.82
Humor		1.15	1.00	0.70
Self-blame		0.96	1.00	0.71
Religion		0.89	0.50	1.01
Behavioral disengagement		0.81	0.75	0.75
Substance use		0.48	0.00	0.76
Denial		0.42	0.00	0.63

Table S22. The results of the most frequently chosen stress coping strategies for the usage of psychological and psychiatric help before the pandemics outbreak.

Did you use psychological/psychiatric help before the beginning of the pandemics?				
Stress coping strategy	Yes, I used psychological and psychiatric services			
	N	Mean	Median	SD
Acceptance	130	2.17	2.00	0.71
Emotional support		1.52	1.50	0.99
Self-distraction		1.52	1.50	0.83
Venting		1.42	1.50	0.82
Use of informational support		1.33	1.50	0.93
Positive reframing		1.31	1.00	0.96
Planning		1.28	1.00	0.89
Humor		1.15	1.00	0.71
Self-blame		1.09	1.00	0.87
Behavioral disengagement		1.02	1.00	0.89
Active coping		0.90	1.00	0.81
Substance use		0.78	0.00	0.99
Religion		0.53	0.00	0.82
Denial		0.39	0.00	0.66

Table S23. The results of the most frequently chosen stress coping strategies for the usage of psychiatric help before the pandemics outbreak.

Did you use psychological/psychiatric help before the beginning of the pandemics?				
Stress coping strategy	Yes, I used psychiatric services			
	N	Mean	Median	SD
Acceptance	80	2.19	2.50	0.76
Emotional support		1.45	1.50	0.91
Planning		1.44	1.50	0.88
Self-distraction		1.41	1.50	0.73
Humor		1.31	1.50	0.74
Venting		1.28	1.25	0.79
Use of informational support		1.24	1.00	0.88
Positive reframing		1.23	1.00	0.93
Self-blame		1.01	1.00	0.89
Active coping		0.96	1.00	0.88
Behavioral disengagement		0.94	0.75	0.89
Substance use		0.87	0.50	1.00
Religion		0.60	0.00	0.83
Denial		0.43	0.00	0.65

Table S24. The results of the most frequently chosen stress coping strategies for living alone.

I live with:				
Stress coping strategy	Alone			
	N	Mean	Median	SD
Acceptance	231	2.26	2.50	0.77
Planning		1.60	1.50	0.89
Positive reframing		1.58	1.50	0.99
Emotional support		1.58	1.50	0.99
Self-distraction		1.47	1.50	0.85
Venting		1.35	1.50	0.82
Humor		1.27	1.00	0.77
Use of informational support		1.21	1.00	0.94
Active coping		1.17	1.00	0.93
Religion		0.89	0.50	1.02
Self-blame		0.83	1.00	0.71
Behavioral disengagement		0.78	0.50	0.82
Substance use		0.71	0.50	0.83
Denial		0.51	0.00	0.66

Table S25. The results of the most frequently chosen stress coping strategies for living with roommates.

I live with:				
Stress coping strategy	Roommates			
	N	Mean	Median	SD
Acceptance	565	2.21	2.50	0.67
Emotional support		1.60	1.50	0.92
Planning		1.47	1.50	0.85
Self-distraction		1.45	1.50	0.80
Positive reframing		1.44	1.50	0.89
Venting		1.33	1.50	0.77
Use of informational support		1.23	1.00	0.86
Humor		1.10	1.00	0.70
Active coping		0.98	1.00	0.78
Religion		0.85	0.50	0.97
Self-blame		0.82	0.50	0.70
Behavioral disengagement		0.74	0.50	0.77
Substance use		0.61	0.00	0.88
Denial		0.46	0.00	0.67

Table S26. The results of the most frequently chosen stress coping strategies for living with parents.

I live with:				
Stress coping strategy	Parents			
	N	Mean	Median	SD
Acceptance	1049	2.16	2.00	0.72
Emotional support		1.49	1.50	0.92
Self-distraction		1.43	1.50	0.78
Planning		1.38	1.50	0.83
Positive reframing		1.37	1.50	0.89
Venting		1.26	1.50	0.76
Use of informational support		1.14	1.00	0.86
Humor		1.08	1.00	0.70
Active coping		0.96	1.00	0.78
Religion		0.82	0.50	1.00
Self-blame		0.75	0.50	0.71
Behavioral disengagement		0.71	0.50	0.76
Substance use		0.41	0.00	0.73
Denial		0.40	0.00	0.63

Table S27. The results of the most frequently chosen stress coping strategies for living with partner or spouse.

I live with:				
Stress coping strategy	Partner or spouse			
	N	Mean	Median	SD
Acceptance	301	2.24	2.50	0.70
Emotional support		1.81	2.00	0.90
Planning		1.44	1.50	0.84
Positive reframing		1.39	1.50	0.86
Self-distraction		1.32	1.50	0.85
Use of informational support		1.25	1.00	0.85
Venting		1.19	1.00	0.80
Active coping		1.06	1.00	0.78
Humor		1.00	1.00	0.67
Self-blame		0.60	0.50	0.65
Behavioral disengagement		0.53	0.50	0.65
Religion		0.51	0.00	0.78
Substance use		0.44	0.00	0.78
Denial		0.36	0.00	0.59

Table S28. The results of the most frequently chosen stress coping strategies for living with partner or spouse and children.

I live with:				
Stress coping strategy	Partner or spouse and children			
	N	Mean	Median	SD
Acceptance	21	2.12	2.50	0.71
Emotional support		1.86	1.50	0.81
Self-distraction		1.38	1.50	0.76
Positive reframing		1.38	1.50	0.71
Planning		1.57	2.00	0.86
Venting		1.19	1.00	0.56
Use of informational support		1.05	1.00	0.63
Active coping		0.90	1.00	0.64
Humor		0.67	0.50	0.64
Religion		0.64	0.00	0.95
Behavioral disengagement		0.48	0.00	0.64
Denial		0.40	0.00	0.54
Self-blame		0.36	0.00	0.50
Substance use		0.19	0.00	0.51

Table S29. The results of the most frequently chosen stress coping strategies for change of the lifestyle.

What was the most difficult for you during pandemics?				
Coping stress strategy	Change of the lifestyle			
	N	Mean	Median	SD
Acceptance	312	2.15	2.50	0.74
Emotional support		1.46	1.50	0.95
Self-distraction		1.36	1.50	0.80
Planning		1.35	1.50	0.86
Positive reframing		1.31	1.50	0.84
Venting		1.29	1.50	0.81
Humor		1.13	1.00	0.69
Use of informational support		1.12	1.00	0.90
Active coping		0.87	1.00	0.74
Behavioral disengagement		0.80	0.50	0.84
Religion		0.72	0.00	0.97
Self-blame		0.71	0.50	0.69
Substance use		0.53	0.00	0.82
Denial		0.41	0.00	0.65

Table S30. The results of the most frequently chosen stress coping strategies for changes awaiting the world after the pandemics.

What was the most difficult for you during pandemics?				
Coping stress strategy	Changes awaiting the world after the pandemics			
	N	Mean	Median	SD
Acceptance	446	2.28	2.50	0.68
Emotional support		1.66	1.50	0.92
Planning		1.59	1.50	0.87
Positive reframing		1.44	1.50	0.93
Self-distraction		1.44	1.50	0.81
Venting		1.26	1.50	0.76
Use of informational support		1.21	1.00	0.88
Humor		1.14	1.00	0.69
Active coping		1.02	1.00	0.81
Religion		0.75	0.00	0.96
Self-blame		0.73	0.50	0.69
Behavioral disengagement		0.66	0.50	0.74
Substance use		0.47	0.00	0.77
Denial		0.33	0.00	0.56

Table S31. The results of the most frequently chosen stress coping strategies for fear of infection of the loved ones.

What was the most difficult for you during pandemics?				
Coping stress strategy	Fear of infection of the loved ones			
	N	Mean	Median	SD
Acceptance	730	2.21	2.50	0.67
Emotional support		1.70	2.00	0.90
Self-distraction		1.49	1.50	0.80
Planning		1.45	1.50	0.79
Positive reframing		1.45	1.50	0.85
Venting		1.29	1.50	0.75
Use of informational support		1.26	1.00	0.85
Active coping		1.05	1.00	0.78
Humor		0.95	1.00	0.66
Religion		0.93	1.00	0.99
Self-blame		0.72	0.50	0.66
Behavioral disengagement		0.63	0.50	0.69
Denial		0.45	0.00	0.63
Substance use		0.43	0.00	0.72

Table S32. The results of the most frequently chosen stress coping strategies for financial instability.

What was the most difficult for you during pandemics?				
Coping stress strategy	Financial instability			
	N	Mean	Median	SD
Acceptance	157	2.17	2.00	0.75
Emotional support		1.57	1.50	0.97
Planning		1.42	1.50	0.91
Self-distraction		1.37	1.50	0.85
Positive reframing		1.32	1.00	0.97
Humor		1.20	1.00	0.77
Venting		1.20	1.50	0.80
Use of informational support		1.08	1.00	0.85
Active coping		1.02	1.00	0.86
Self-blame		0.81	0.50	0.80
Behavioral disengagement		0.79	0.50	0.81
Religion		0.61	0.00	0.93
Substance use		0.56	0.00	0.86
Denial		0.46	0.00	0.65

Table S33. The results of the most frequently chosen stress coping strategies for isolation.

What was the most difficult for you during pandemics?				
Coping stress strategy	Isolation			
	N	Mean	Median	SD
Acceptance	224	2.15	2.50	0.74
Emotional support		1.50	1.50	0.93
Positive reframing		1.46	1.50	0.89
Planning		1.42	1.50	0.82
Self-distraction		1.41	1.50	0.75
Venting		1.29	1.50	0.74
Use of informational support		1.15	1.00	0.84
Humor		1.16	1.00	0.71
Active coping		1.01	1.00	0.80
Self-blame		0.71	0.50	0.65
Religion		0.67	0.00	0.91
Substance use		0.61	0.00	0.89
Behavioral disengagement		0.61	0.50	0.71
Denial		0.44	0.00	0.68

Table S34. The results of the most frequently chosen stress coping strategies for loneliness.

What was the most difficult for you during pandemics?				
Coping stress strategy	Loneliness			
	N	Mean	Median	SD
Acceptance	158	2.06	2.00	0.75
Self-distraction		1.49	1.50	0.71
Venting		1.46	1.50	0.73
Positive reframing		1.30	1.00	0.91
Emotional support		1.29	1.00	0.83
Planning		1.27	1.00	0.81
Use of informational support		1.14	1.00	0.83
Self-blame		1.13	1.00	0.77
Humor		1.12	1.00	0.72
Behavioral disengagement		1.00	1.00	0.84
Active coping		0.99	1.00	0.78
Religion		0.68	0.00	0.90
Substance use		0.67	0.00	0.89
Denial		0.55	0.00	0.73

Table S35. The results of the most frequently chosen stress coping strategies for concern about education.

What was the most difficult for you during pandemics?				
Coping stress strategy	Concern about education			
	N	Mean	Median	SD
Acceptance	47	2.20	2.50	0.83
Positive reframing		1.48	1.50	0.99
Planning		1.37	1.50	0.93
Emotional support		1.30	1.50	0.96
Humor		1.23	1.50	0.77
Self-distraction		1.04	1.00	0.80
Use of informational support		1.00	1.00	0.90
Venting		0.94	1.00	0.75
Active coping		0.91	1.00	0.82
Self-blame		0.73	0.50	0.74
Religion		0.64	0.00	0.91
Behavioral disengagement		0.51	0.50	0.62
Substance use		0.31	0.00	0.61
Denial		0.16	0.00	0.31

Table S36. The results of the most frequently chosen stress coping strategies for fear of being infected.

What was the most difficult for you during pandemics?				
Coping stress strategy	Fear of being infected			
	N	Mean	Median	SD
Acceptance	69	2.06	2.00	0.70
Emotional support		1.63	1.50	0.80
Self-distraction		1.59	2.00	0.86
Positive reframing		1.50	1.50	1.01
Planning		1.43	1.50	0.85
Venting		1.41	1.50	0.86
Use of informational support		1.22	1.00	0.81
Active coping		1.12	1.00	0.81
Religion		1.06	1.00	1.09
Humor		1.04	1.00	0.73
Behavioral disengagement		0.88	1.00	0.86
Denial		0.80	0.50	0.80
Self-blame		0.74	0.50	0.72
Substance use		0.56	0.00	0.93

Table S37. The results of the most frequently chosen stress coping strategies for being not afraid.

What was the most difficult for you during pandemics?				
Coping stress strategy	I was not afraid			
	N	Mean	Median	SD
Acceptance	26	2.40	2.50	0.84
Humor		1.85	1.75	0.96
Positive reframing		1.21	1.25	1.12
Emotional support		0.85	0.00	1.16
Planning		0.73	0.50	0.96
Use of informational support		0.56	0.00	0.92
Venting		0.50	0.00	0.77
Self-distraction		0.48	0.00	0.75
Religion		0.46	0.00	0.89
Active coping		0.38	0.00	0.79
Substance use		0.31	0.00	0.72
Behavioral disengagement		0.23	0.00	0.32
Self-blame		0.19	0.00	0.38
Denial		0.06	0.00	0.22

Table S38. The results of the most frequently chosen stress coping strategies for working mentally.

Are you currently working?				
Stress coping strategy	N	I work mentally		
		Mean	Median	SD
Acceptance	249	2.20	2.50	0.73
Emotional support		1.55	1.50	0.93
Positive reframing		1.51	1.50	0.90
Self-distraction		1.48	1.50	0.88
Planning		1.46	1.50	0.90
Active coping		1.15	1.00	0.85
Venting		1.16	1.00	0.80
Use of informational support		1.10	1.00	0.86
Humor		1.07	1.00	0.68
Religion		0.78	0.00	0.97
Self-blame		0.58	0.50	0.63
Behavioral disengagement		0.53	0.00	0.70
Substance use		0.51	0.00	0.81
Denial		0.42	0.00	0.65

Table S39. The results of the most frequently chosen stress coping strategies for running own business.

Are you currently working?				
Stress coping strategy	N	I run my own business		
		Mean	Median	SD
Acceptance	28	2.34	2.50	0.77
Planning		1.80	2.00	0.90
Positive reframing		1.70	1.50	0.92
Emotional support		1.52	1.50	1.00
Self-distraction		1.50	1.50	0.77
Humor		1.34	1.25	0.78
Active coping		1.23	1.00	0.98
Venting		1.25	1.00	0.88
Use of informational support		1.20	1.00	1.02
Religion		0.70	0.00	1.07
Substance use		0.66	0.00	1.06
Denial		0.46	0.00	0.82
Self-blame		0.45	0.00	0.60
Behavioral disengagement		0.38	0.00	0.68

Table S40. The results of the most frequently chosen stress coping strategies for not working.

Are you currently working?				
Stress coping strategy	N	No, I do not work		
		Mean	Median	SD
Acceptance	1799	2.19	2.50	0.70
Emotional support		1.58	1.50	0.93
Planning		1.44	1.50	0.84
Self-distraction		1.42	1.50	0.79
Positive reframing		1.40	1.50	0.90
Venting		1.30	1.50	0.77
Use of informational support		1.20	1.00	0.86
Humor		1.09	1.00	0.71
Active coping		0.97	1.00	0.78
Religion		0.79	0.50	0.97
Self-blame		0.79	0.50	0.71
Behavioral disengagement		0.73	0.50	0.76
Substance use		0.48	0.00	0.78
Denial		0.42	0.00	0.63

Table S41. The results of the most frequently chosen stress coping strategies for working physically.

Are you currently working?				
Stress coping strategy	N	I work physically		
		Mean	Median	SD
Acceptance	96	2.16	2.00	0.76
Emotional support		1.59	1.50	0.92
Self-distraction		1.41	1.50	0.78
Planning		1.28	1.25	0.77
Positive reframing		1.28	1.00	0.87
Venting		1.13	1.00	0.68
Use of informational support		1.12	1.00	0.85
Active coping		1.09	1.00	0.82
Humor		1.07	1.00	0.69
Substance use		0.78	1.00	0.88
Religion		0.70	0.25	0.88
Self-blame		0.67	0.50	0.69
Behavioral disengagement		0.63	0.50	0.70
Denial		0.50	0.00	0.70

Table S42. The results of the most frequently chosen stress coping strategies for having a stable family income and no changes in the economic situation.

How do you assess your economic situation during pandemics?				
Stress coping strategy	I have a stable family income, nothing has changed			
	N	Mean	Median	SD
Acceptance	1278	2.22	2.50	0.70
Emotional support		1.55	1.50	0.94
Positive reframing		1.43	1.50	0.90
Planning		1.37	1.50	0.85
Self-distraction		1.36	1.50	0.81
Venting		1.21	1.00	0.76
Use of informational support		1.15	1.00	0.87
Humor		1.11	1.00	0.72
Active coping		0.93	1.00	0.78
Religion		0.81	0.50	0.97
Self-blame		0.69	0.50	0.68
Behavioral disengagement		0.62	0.50	0.72
Substance use		0.44	0.00	0.74
Denial		0.37	0.00	0.60

Table S43. The results of the most frequently chosen stress coping strategies for having barely money for living.

How do you assess your economic situation during pandemics?				
Stress coping strategy	I barely have enough money for living			
	N	Mean	Median	SD
Acceptance	31	1.81	2.00	0.93
Self-distraction		1.47	1.50	0.87
Emotional support		1.39	1.00	1.03
Positive reframing		1.34	1.50	0.93
Venting		1.31	1.00	0.87
Self-blame		1.27	1.00	1.06
Planning		1.24	1.00	0.87
Behavioral disengagement		1.19	1.00	1.02
Use of informational support		1.02	1.00	0.79
Active coping		0.95	1.00	0.87
Humor		0.95	1.00	0.75
Substance use		0.84	0.00	1.07
Denial		0.82	1.00	0.83
Religion		0.69	0.00	1.03

Table S44. The results of the most frequently chosen stress coping strategies for having a stable family income, but worse economic situation than before

How do you assess your economic situation during pandemics?				
Stress coping strategy	I have a stable family income, but the situation is worse than before			
	N	Mean	Median	SD
Acceptance	647	2.19	2.00	0.69
Emotional support		1.63	1.50	0.88
Self-distraction		1.53	1.50	0.78
Planning		1.52	1.50	0.81
Positive reframing		1.41	1.50	0.86
Venting		1.37	1.50	0.77
Use of informational support		1.25	1.00	0.85
Active coping		1.09	1.00	0.79
Humor		1.06	1.00	0.66
Self-blame		0.80	0.50	0.71
Religion		0.77	0.50	0.96
Behavioral disengagement		0.76	0.50	0.76
Substance use		0.48	0.00	0.78
Denial		0.46	0.00	0.65

Table S45. The results of the most frequently chosen stress coping strategies for borrowing money during the outbreak of the pandemic

How do you assess your economic situation during pandemics?				
Stress coping strategy	I have to borrow money from my family/friends during the outbreak of the pandemic			
	N	Mean	Median	SD
Acceptance	25	1.92	2.00	0.83
Planning		1.52	1.50	1.02
Self-distraction		1.48	1.50	0.78
Behavioral disengagement		1.38	1.50	0.71
Venting		1.28	1.00	0.93
Active coping		1.14	1.00	0.94
Emotional support		1.14	1.00	1.07
Positive reframing		1.12	1.00	0.98
Substance use		1.10	1.00	0.92
Humor		1.10	1.00	0.87
Self-blame		1.06	1.00	0.74
Use of informational support		0.94	0.50	0.95
Religion		0.78	0.00	1.08
Denial		0.76	0.50	0.71

Table S46. The results of the most frequently chosen stress coping strategies for a need to start using savings.

How do you assess your economic situation during pandemics?				
Stress coping strategy	I have to start using savings			
	N	Mean	Median	SD
Acceptance	191	2.11	2.00	0.78
Emotional support		1.67	2.00	0.93
Planning		1.61	1.50	0.88
Self-distraction		1.51	1.50	0.79
Venting		1.38	1.50	0.79
Positive reframing		1.35	1.50	0.95
Use of informational support		1.26	1.00	0.86
Active coping		1.14	1.00	0.82
Humor		1.08	1.00	0.73
Behavioral disengagement		0.85	1.00	0.82
Self-blame		0.85	1.00	0.72
Substance use		0.79	0.00	1.02
Religion		0.72	0.00	0.96
Denial		0.59	0.00	0.76

Table S47. The results of using informational support for the field of study.

Use of informational support							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.05	1.00	0.98	20.74	0.01	0.0004	III vs. IV (0.002)
II. Sciences	1.17	1.00	0.91				
III. Medicine	1.24	1.00	0.85				
IV. Engineering	0.99	1.00	0.77				
V. Social sciences	1.13	1.00	0.88				
						3.70	

*only significant.

Table S48. The results of venting for the field of study.

Venting							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.26	1.50	0.86	18.39	0.01	0.0010	II vs. IV (0.008) III vs. IV (0.001)
II. Sciences	1.41	1.50	0.78				
III. Medicine	1.30	1.50	0.74				
IV. Engineering	1.10	1.00	0.78				
V. Social sciences	1.25	1.50	0.83				
						3.83	

*only significant.

Table S49. The results of planning for the field of study.

Planning							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.33	1.50	0.82	25.30	0.01	0.00001	III vs. V (0.0001)
II. Sciences	1.26	1.00	0.91				
III. Medicine	1.50	1.50	0.83				
IV. Engineering	1.39	1.50	0.87				
V. Social sciences	1.31	1.00	0.85				
						4.16	

*only significant.

Table S50. The results of humor for the field of study.

Humor							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.09	1.00	0.68	22.39	0.01	0.0002	III vs. V (0.0001) IV vs. V (0.007)
II. Sciences	1.07	1.00	0.63				
III. Medicine	1.13	1.00	0.73				
IV. Engineering	1.13	1.00	0.71				
V. Social sciences	0.94	1.00	0.65				

*only significant.

Table S51. The results of acceptance for the field of study.

Acceptance							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	2.10	2.00	0.76	37.08	0.01	0.00001	III vs. V (0.0001)
II. Sciences	2.02	2.00	0.82				
III. Medicine	2.26	2.50	0.68				
IV. Engineering	2.18	2.50	0.73				
V. Social sciences	2.04	2.00	0.74				

*only significant.

Table S52. The results of religion for the field of study.

Religion							
Field of study	Mean	Median	SD	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.74	0.00	0.99	27.07	0.01	0.00001	III vs. V (0.001)
II. Sciences	0.69	0.00	0.93				
III. Medicine	0.86	0.50	0.99				
IV. Engineering	0.63	0.00	0.90				
V. Social sciences	0.66	0.00	0.91				

*only significant.

Table S53. The results of approach coping strategies for difficulties during pandemics.

Approach coping				
What was the most difficult for you during pandemics?				
	Kruskal- Wallis H test	p-value	z-value	Multiple comparisons* (p-value)
I. Isolation				
II. Fear of infection of the loved ones				
III. Concern about education				
IV. I was not afraid				VIII vs. II (0.003)
V. Financial instability				
VI. Fear of being infected				VIII vs. IX (0.004)
VII. Change of the lifestyle		0.00001		
VIII. Loneliness			VIII vs. II 3.92	IV vs. IX (0.004)
IX. Changes awaiting the world after the pandemics	43.75		VIII vs. IX 3.88	
			IV vs. IX 3.84	

*only significant.

Table S54. The results of avoidant coping strategies for difficulties during pandemics.

Avoidant coping				
What was the most difficult for you during pandemics?				
	Kruskal- Wallis H test	p-value	z-value	Multiple comparisons* (p-value)
I. Isolation				
II. Fear of infection of the loved ones				
III. Concern about education				
IV. I was not afraid				VIII vs. IV (0.0001)
V. Financial instability				VI vs. IV (0.0001)
VI. Fear of being infected				
VII. Change of the lifestyle		0.00001		
VIII. Loneliness			VIII vs. IV 7.29	III vs. VIII (0.0001)
IX. Changes awaiting the world after the pandemics	79.18		VI vs. IV 5.91	
			III vs. VIII 5.48	

*only significant.

Table S55. Cumulative number and percentage for DASS depression scale.

	DASS depression scale				
	Class	Number	Cumulative number	Percent	Cumulative percentage
Normal	0	127	127	5.85	5.85
	1	171	298	7.87	13.72
	2	236	534	10.87	24.59
	3	231	765	10.64	35.22
	4	183	948	8.43	43.65
Mild	5	150	1098	6.91	50.55
	6	132	1230	6.08	56.63
Moderate	7	120	1350	5.52	62.15
	8	126	1476	5.80	67.96
	9	108	1584	4.97	72.93
	10	78	1662	3.59	76.52
Severe	11	72	1734	3.31	79.83
	12	73	1807	3.36	83.20
	13	76	1883	3.50	86.69
Extremely severe	14	65	1948	2.99	89.69
	15	59	2007	2.72	92.40
	16	43	2050	1.98	94.38
	17	24	2074	1.10	95.49
	18	30	2104	1.38	96.87
	19	21	2125	0.97	97.84
	20	29	2154	1.34	99.17
	21	18	2172	0.83	100.00
		0	2172	0.00	100.00

Table S56. Cumulative number and percentage for DASS anxiety scale.

	Class	DASS anxiety scale			
		Number	Cumulative number	Percent	Cumulative percentage
Normal	0	527	527	24.26	24.26
	1	317	844	14.59	38.86
	2	250	1094	11.51	50.37
	3	213	1307	9.81	60.18
Mild	4	133	1440	6.12	66.30
	5	140	1580	6.45	72.74
Moderate	6	108	1688	4.97	77.72
	7	87	1775	4.01	81.72
Severe	8	81	1856	3.73	85.45
	9	63	1919	2.90	88.35
Extremely severe	10	57	1976	2.62	90.98
	11	50	2026	2.30	93.28
	12	38	2064	1.75	95.03
	13	26	2090	1.20	96.22
	14	26	2116	1.20	97.42
	15	15	2131	0.69	98.11
	16	13	2144	0.60	98.71
	17	16	2160	0.74	99.45
	18	6	2166	0.28	99.72
	19	3	2169	0.14	99.86
	20	3	2172	0.14	100.00
		0	2172	0.00	100.00

Table S57. Cumulative number and percentage for DASS stress scale.

	DASS stress scale				
	Class	Number	Cumulative number	Percent	Cumulative percentage
Normal	0	141	141	6.49	6.49
	1	102	243	4.70	11.19
	2	116	359	5.34	16.53
	3	121	480	5.57	22.10
	4	132	612	6.08	28.18
	5	125	737	5.76	33.93
	6	147	884	6.77	40.70
	7	142	1026	6.54	47.24
Mild	8	126	1152	5.80	53.04
	9	129	1281	5.94	58.98
Moderate	10	119	1400	5.48	64.46
	11	106	1506	4.88	69.34
	12	108	1614	4.97	74.31
Severe	13	107	1721	4.93	79.24
	14	90	1811	4.14	83.38
	15	96	1907	4.42	87.80
	16	71	1978	3.27	91.07
Extremely severe	17	60	2038	2.76	93.83
	18	40	2078	1.84	95.67
	19	39	2117	1.80	97.47
	20	26	2143	1.20	98.66
	21	29	2172	1.34	100.00
		0	2172	0.00	100.00

Table S58. The results of active coping on the field of study for women.

Women								
Active coping								
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value <i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.92	1.00	0.800	0.097	27.62	12.64	0.01	0.0132 III vs. V 2.81
II. Sciences	0.89	1.00	0.770	0.087	15.28			
III. Medicine	1.07	1.00	0.810	0.038	13.05			
IV. Engineering	1.08	1.00	0.790	0.088	23.67			
V. Social sciences	0.91	1.00	0.720	0.047	32.45			

*only significant.

Table S59. The results of use of informational support on the field of study for women.

Women								
Use of informational support								
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value <i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.10	1.00	1.000	0.116	87.90	14.86	0.01	0.0050 III vs. V 2.96
II. Sciences	1.20	1.00	0.910	0.107	50.27			
III. Medicine	1.33	1.50	0.850	0.038	19.84			
IV. Engineering	1.19	1.00	0.810	0.087	50.60			
V. Social sciences	1.17	1.00	0.880	0.057	34.97			

*only significant.

Table S60. The results of planning on the field of study for women.

Women								
Planning								
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value <i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	1.39	1.50	0.780	0.097	50.49	25.77	0.01	0.00001 III vs. V 4.53
II. Sciences	1.27	1.50	0.920	0.106	93.46			
III. Medicine	1.53	1.50	0.820	0.038	28.58			
IV. Engineering	1.45	1.50	0.820	0.087	86.38			
V. Social sciences	1.29	1.00	0.850	0.056	98.47			

*only significant.

Table S61. The results of humor on the field of study for women.

Women									
Humor									
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.94	1.00	0.65	0.077	59.25	13.67	0.01	0.0084	III vs. V 3.41
II. Sciences	1.04	1.00	0.62	0.078	15.13				
III. Medicine	1.04	1.00	0.69	0.028	09.41				
IV. Engineering	1.05	1.00	0.66	0.078	22.12				
V. Social sciences	0.88	1.00	0.64	0.037	11.43				

*only significant.

Table S62. The results of acceptance on the field of study for women.

Women									
Acceptance									
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	2.10	2.00	0.77	0.097	48.59	30.82	0.01	0.00001	II vs. III 2.92 III vs. V 4.84
II. Sciences	1.97	2.00	0.84	0.096	81.31				
III. Medicine	2.26	2.50	0.67	0.028	32.89				
IV. Engineering	2.17	2.00	0.69	0.077	70.78				
V. Social sciences	2.03	2.00	0.75	0.046	94.02				

*only significant.

Table S63. The results of religion on the field of study for women.

Women									
Religion									
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.82	0.50	1.01	0.11	785.66	22.49	0.01	0.0002	III vs. V 0.0006
II. Sciences	0.65	0.00	0.91	0.10	702.99				
III. Medicine	0.92	0.50	1.02	0.03	824.87				
IV. Engineering	0.75	0.00	0.97	0.10	747.03				
V. Social sciences	0.67	0.00	0.91	0.05	710.18				

*only significant.

Table S64. The results of self-blame on the field of study for women.

Women									
Self-blame									
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.75	0.50	0.72	0.08	774.27	12.95	0.01	0.01	III vs. V 2.90
II. Sciences	0.89	0.50	0.71	0.08	872.71				
III. Medicine	0.78	0.50	0.69	0.02	806.75				
IV. Engineering	0.70	0.50	0.70	0.07	746.67				
V. Social sciences	0.67	0.50	0.68	0.04	723.57				

*only significant.

Table S65. The results of active coping on the field of study for men.

Men									
Active coping									
Field of study	Mean	Median	SD	SE	R	Kruskal– Wallis H test	Bonferroni correction <i>p</i> -value	<i>z</i> -value*	Multiple comparisons* (<i>p</i> -value)
I. Arts and humanities	0.92	0.50	0.86	0.15	278.10	9.60	0.01	0.0477	IV vs. V 0.04
II. Sciences	0.81	0.50	0.90	0.25	257.46				
III. Medicine	0.99	1.00	0.83	0.04	296.27				
IV. Engineering	0.80	1.00	0.73	0.07	260.18				
V. Social sciences	1.13	1.00	0.77	0.09	329.47				

*only significant.