

**Supplementary Table 1.** Factor analysis of the questionnaire on psychosocial stress associated with COVID-19

Item of questionnaire	Mean	Standard deviation	Factor loading				
			1	2	3	4	
<b>Fear of COVID-19 infection</b>							
I am afraid I will get COVID-19.	3.07	1.22	0.821*	0.107	0.034	0.136	
I am afraid my family will get COVID-19.	3.64	1.20	0.813*	0.042	0.055	0.103	
I am afraid my family or I will die from COVID-19.	3.26	1.32	0.804*	0.061	0.053	0.027	
I am afraid that there will be asymptomatic infected people around me.	2.95	1.28	0.801*	0.140	0.096	0.065	
I am afraid that I will be quarantined for 2 weeks on contact with an infected person.	2.68	1.25	0.758*	0.138	0.068	0.008	
I am afraid that I will harm those around me if I am confirmed to have COVID-19.	3.71	1.17	0.743*	0.155	0.116	0.103	
I am afraid that I will be blamed by others if I am infected.	3.12	1.33	0.687*	0.224	0.158	0.046	
<b>Academic-related stress</b>							
I feel stressed about managing study time on my own after the spread of COVID-19.	2.76	1.35	0.192	0.840*	0.155	0.142	
I feel stressed academically after the spread of COVID-19.	2.92	1.40	0.216	0.799*	0.175	0.066	
I feel stressed about online classes after the spread of COVID-19.	2.85	1.41	0.106	0.771*	0.155	0.135	
<b>Stress caused by changes in eating and sleeping patterns</b>							
My diet has become irregular after the spread of COVID-19.	2.69	1.33	0.113	0.179	0.804*	0.154	
I eat convenience food more often after the spread of COVID-19.	2.82	1.27	0.102	0.091	0.797*	0.088	
My sleep schedule has become irregular after the spread of COVID-19.	2.81	1.40	0.094	0.188	0.785*	0.018	
<b>Stress caused by changes in daily activities</b>							
COVID-19 interferes with my personal leisure.	3.90	1.23	0.104	0.069	0.113	0.906*	
I feel stressed by changes in my daily activities after the spread of COVID-19	3.15	1.36	0.180	0.418	0.160	0.690*	
<b>Eigenvalue</b>			4.392	2.325	2.073	1.418	
<b>Variance explained (%)</b>			29.27	15.50	13.81	9.45	
<b>Cumulative variance explained (%)</b>			29.27	44.78	58.59	68.05	
<b>Number of items</b>			7	3	3	2	
<b>Kaiser-Meyer-Olkin statistic</b>			0.874				
<b>Bartlett's test of sphericity</b>			$\chi^2=11,967.27, df=105, p<0.001$				
<b>Reliability (Cronbach's <math>\alpha</math>)</b>			Total=0.87	0.901	0.807	0.756	0.660

All questionnaire items were rated using a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). \*highest factor loading values