

Table 1 of the supplementary material – Comparison between health-related vs. non-health-related students with significative depression symptomatology staging through PHQ-9

	Health-related students (n=296)	Non health-related students (n=245)	P value
<i>Age (years)</i>	20 [19-22]	20 [18-21]	.129
<i>Male gender</i>	67 (27.34)	100 (33.78)	.107
<i>Has been informed</i>	190 (77.55)	223 (75.33)	.547
<i>Believes in what they are told</i>	165 (67.34)	176 (59.45)	^a .059
<i>Has sought information</i>	222 (90.61)	239 (80.74)	^b <.001
<i>Knows the correct symptoms</i>	232 (94.69)	286 (96.62)	.269
<i>Someone close to them has had symptoms suggestive of SARS-CoV-2</i>	105 (42.85)	107 (36.14)	.126
<i>Knows people or relatives who do not believe in the disease</i>	206 (84.01)	229 (77.36)	^b .05
<i>Will get vaccinated</i>	232 (94.69)	270 (91.21)	.12
<i>Believes that vaccination must be obligatory</i>	211 (86.11)	231 (78.04)	^b .025
<i>Has sought alternative medicine</i>	16 (6.53)	36 (12.16)	^b .004
<i>Knows a medical health provider that has been discriminated</i>	155 (63.26)	137 (46.28)	^b <.001
<i>Has complied with quarantine guidelines</i>	148 (60.4)	159 (53.71)	.118
<i>Considers quarantine necessary</i>	225 (91.83)	249 (84.12)	^b .017
<i>Their family has complied with quarantine guidelines</i>	100 (40.81)	122 (41.21)	^b .048
<i>When do you consider prompt to return to normality?</i>			

Right now	8 (3.26)	7 (2.36)	.081
During the beginning of June	15 (6.12)	38 (12.83)	
August	72 (29.38)	93 (31.41)	
Before 2021	91 (37.14)	93 (31.41)	
Next year	59 (24.08)	65 (21.95)	
<i>Do you think quarantine has affected you in any way?</i>			
Minimum	7 (2.85)	14 (4.72)	^b <.001
Mild	39 (15.91)	92 (31.08)	
Moderate	95 (38.77)	127 (41.9)	
A lot	57 (23.26)	0 (0)	
Exaggerated	47 (19.18)	63 (21.28)	
<i>Do you think quarantine has affected your family?</i>			.797
Yes, all of them	100 (40.81)	158 (53.37)	
No	17 (6.93)	24 (8.1)	
Some of them	100 (40.81)	114 (38.51)	
<i>Quarantine triggered intrafamilial violence</i>			^b <.001
Yes	48 (19.59)	71 (23.98)	
No	157 (64.08)	225 (76.01)	
Partially	40 (16.32)	0 (0)	
<i>Who is the violent one in the family?</i>			
Father	41 (16.73)	34 (11.48)	^b .02
Mother	38 (15.51)	27 (9.12)	.535
Brother	28 (11.42)	19 (6.41)	.51
Themselves	21 (8.57)	15 (5.06)	.704
Other	25 (10.2)	13 (4.39)	^b .006
<i>To what degree do you think quarantine increases your anxiety?</i>			

Minimum	24 (9.79)	28 (9.45)	.859
Mild	34 (13.87)	34 (11.48)	
Moderate	64 (26.12)	85 (28.71)	
A lot	72 (29.38)	90 (30.4)	
Exaggerated	51 (20.81)	55 (18.58)	
<i>Previously diagnosed psychiatric disorder</i>	92 (37.55)	93 (31.41)	.134
Depression	57 (23.26)	51 (17.22)	.095
Anxiety	66 (26.93)	65 (21.95)	.369
Bipolar disorder	4 (1.63)	1 (0.33)	.177
Other	20	25	.894
<i>Has the previous psychiatric diagnosis worsened?</i>	137 (55.91)	199 (67.22)	^b <.001
<i>Residence area</i>			1.0
Urban	216 (88.44)	261 (88.17)	
Urban/rural	26 (10.61)	32 (10.81)	
Rural	3 (1.22)	3 (1.01)	
<i>Currently living with their parents</i>	202 (82.44)	156 (52.1)	^b <.001
<i>Considers that the economic income is enough</i>	148 (60.4)	172 (58.1)	.588
<i>Refers to belonging to a risk group</i>	27 (11.02)	53 (17.9)	.962
<i>Feels that belonging to a risk group, makes vulnerable your situation in crisis times</i>	29 (11.83)	28 (9.45)	^b .045
<i>Has tried drugs to deal with quarantine</i>	26 (10.61)	28 (9.45)	.656
<i>Which drugs have they taken?</i>			^b .001
Cocaine	1 (0.4)	1(0.33)	
Marihuana	15 (6.12)	24 (8.1)	
LSD	1 (0.4)	1 (0.33)	
Crack	1 (0.4)	1 (0.33)	

Opiates	1 (0.4)	7 (2.36)	
Other	12 (4.89)	1 (0.33)	
<i>How often?</i>			.753
1-2 times a week	3 (1.22)	7 (2.36)	
3-4 times a week	3 (1.22)	4 (1.35)	
5-7 times a week	2 (0.81)	2 (0.67)	
Once	17 (6.93)	18 (6.08)	
<i>Would you like to receive help?</i>	198 (80.81)	207 (69.93)	^b .002
<i>Suicidal thoughts</i>	94 (38.36)	118 (39.86)	^b <.001
<i>Significative GAD-7 score</i>	124 (50.61)	149 (50.33)	.949

GAD-7: General Anxiety Disorder-7; PHQ-9: Patient Health Questionnaire-9.

^aBorderline *P*-value.

^b*P*-value with statistical significance.

The non-parametric quantitative variables were addressed with the Mann-Whitney U statistical test, and the qualitative variables were addressed using the χ^2 test or Fisher's exact test.

Table 2 of the supplementary material – Comparison between health-related vs. non-health-related students with significative anxiety symptomatology staging through GAD-7

	Health-related students (n=141)	Non health-related students (n=170)	P-value
<i>Age (years)</i>	20 [19-22]	19.5 [18-21]	*.027
<i>Male</i>	28 (19.85)	46 (27.05)	.138
<i>Has been informed</i>	115 (81.56)	132 (77.64)	.395
<i>Believes in what they are told</i>	93 (65.95)	99 (58.32)	.163
<i>Has sought information</i>	127 (90.07)	141 (82.94)	*.005
<i>Knows the correct symptoms</i>	134 (95.03)	161 (94.7)	.896
<i>Someone close to them has had symptoms suggestive of SARS-CoV-2</i>	54 (38.29)	55 (32.35)	.308
<i>Knows people or relatives who do not believe in the disease</i>	120 (81.1)	135 (79.41)	.121
<i>Will get vaccinated</i>	136 (96.45)	156 (91.76)	.086
<i>Believes that vaccination must be obligatory</i>	123 (87.23)	141 (82.94)	.293
<i>Has sought alternative medicine</i>	10 (7.09)	25 (14.7)	*.009

<i>Knows a medical health provider that has been discriminated</i>	101 (71.63)	88 (51.76)	*<.001
<i>Has complied with quarantine guidelines</i>	85 (60.28)	89 (52.35)	.161
<i>Considers quarantine necessary</i>	136 (96.45)	144 (84.7)	*.001
<i>Their family has complied with quarantine guidelines</i>	56 (39.71)	73 (42.94)	.081
<i>Do you consider quarantine necessary?</i>			.236
Right now	3 (2.12)	4 (2.35)	
During the beginning of June	8 (5.67)	22 (12.94)	
August	47 (33.33)	59 (34.7)	
Before 2021	44 (31.2)	46 (27.05)	
Next year	39 (27.65)	39 (22.94)	
<i>Do you think quarantine has affected you in any way?</i>			<.001
Minimum	3 (2.12)	8 (4.7)	
Mild	12 (8.51)	53 (31.17)	
Moderate	55 (39)	61 (35.88)	
A lot	35 (24.82)	0 (0)	

Exaggerated	36 (25.53)	48 (28.23)	
<i>How do you consider it has affected?</i>			.162
Loss of personal projects	3 (2.12)	15 (8.82)	
Depressed mood	7 (4.96)	11 (6.47)	
Anxious mood	25 (17.73)	27 (15.88)	
Economically	39 (27.63)	41 (24.11)	
Physically	26 (18.43)	39 (22.94)	
Religiously	28 (19.85)	23 (13.52)	
Familiarly	9 (6.38)	8 (4.7)	
Socially	4 (2.83)	3 (1.76)	
<i>Do you think quarantine has affected your family?</i>			.806
Yes, all of them	80 (56.73)	102 (60)	
No	7 (4.96)	9 (5.29)	
Some of them	54 (38.29)	59 (34.7)	
<i>Quarantine triggered intrafamilial violence</i>			*<.001
Yes	35 (24.82)	49 (28.82)	
No	83 (58.86)	121 (71.17)	
Partially	23 (16.31)	0	
<i>Who is the violent one in the family?</i>			
Father	26 (18.43)	27 (15.88)	*.048
Mother	18 (12.76)	17 (10)	.911

Brother	23 (16.31)	15 (8.82)	.360
Themselves	17 (12.05)	19 (11.17)	.312
Other	12 (8.51)	5 (2.94)	.149
<i>To what degree do you think quarantine increases your anxiety?</i>			.705
Minimum	5 (3.54)	12 (7.05)	
Mild	11 (7.8)	14 (8.23)	
Moderate	32 (22.69)	38 (22.35)	
A lot	52 (36.87)	62 (36.47)	
Exaggerated	41 (29.07)	43 (25.29)	
<i>Previously diagnosed psychiatric disorder</i>	62 (43.97)	64 (37.64)	.258
Depression	38 (26.95)	34 (20)	.130
Anxiety	48 (34.04)	46 (27.05)	.216
Bipolar disorder	2 (1.41)	1 (0.58)	.584
Other	14 (9.92)	19 (11.17)	.792
<i>Has the previous psychiatric diagnosis worsened?</i>	72 (51.06)	105 (61.76)	*.018
<i>Residence area</i>			
Urban	128 (90.78)	148 (87.05)	.5
Urban/rural	11 (7.8)	20 (11.76)	
Rural	2 (1.41)	2 (1.17)	

Outside the metropolitan area of the University	29 (20.56)	28 (16.47)	.365
<i>Currently living with their parents</i>	118 (83.68)	155 (91.17)	*<.001
<i>Considers that the economic income is enough</i>	89 (63.12)	96 (56.47)	.234
<i>Refers to belonging to a risk group</i>	21 (14.89)	22 (12.94)	.619
<i>Feels that belonging to a risk group, makes vulnerable your situation in crisis times</i>	20 (14.18)	20 (11.76)	*.028
<i>Has tried drugs to deal with quarantine</i>	21 (14.89)	15 (8.82)	.096
<i>Which drugs have they taken?</i>			*.001
Cocaine	0	1 (0.58)	
Marihuana	11 (7.8)	13 (7.64)	
LSD	0 (0)	0	
Crack	0	1 (0.58)	
Opiates	0	4 (2.35)	
Other	10 (7.09)	0	
<i>How often?</i>			.230
1-2 times a week	3 (2.12)	6 (3.52)	
3-4 times a week	3 (2.12)	4 (2.35)	

5-7 times a week	6 (4.25)	1 (0.58)	
Once	14 (9.92)	7 (4.11)	
Would you like to receive help?	111 (78.72)	128 (75.29)	.337
Suicidal thoughts	61 (43.26)	80 (47.05)	*<.001
Significative PHQ-9 score	124 (87.94)	149 (87.64)	.937

GAD-7: General Anxiety Disorder-7; PHQ-9: Patient Health Questionnaire-9.

**P*-value with statistical significance.

The non-parametric quantitative variables were addressed with the Mann-Whitney U statistical test and the qualitative variables were addressed using the χ^2 test or Fisher's exact test.

Table 3 of the supplementary material – Correlation of variables with significative depression or anxiety symptomatology staging

	Significative PHQ-9		Significative GAD-7	
	Correlation (R or ρ)	P	Correlation (R or ρ)	P
All college students				
<i>Age</i>	.088	^a .003	.099	^a .001
<i>Male gender</i>	−.085	^a .004	−.145	^a <.001
<i>Reports been informed about COVID-19</i>	−.037	.206	.021	.473
<i>Believes in available information about COVID-19</i>	−.055	.062	−.052	.077
<i>Has sought information</i>	−.042	.154	−.01	.726
<i>Know the correct symptoms</i>	−.016	.581	−.039	.191
<i>Someone close to them has had suggestive symptoms of COVID-19</i>	.109	^a <.001	.018	.538
<i>Knows people or relatives who doesn't believe in COVID-19</i>	.038	.199	.039	.192
<i>Will get vaccinated when a vaccine is available</i>	.022	.458	.039	.186
<i>Believes vaccination must be mandatory</i>	.044	.137	.077	^a .009
<i>Has sought alternative medicine</i>	.035	.262	.047	.112
<i>Knows a health provider that has been discriminated</i>	.081	^a .006	.135	^a <.001
<i>Has complied with quarantine guidelines</i>	−.044	.132	.053	.070

<i>Believes that the quarantine has minimally affected them</i>	-.277	^a <.001	-.263	^a <.001
<i>Their family has complied with quarantine guidelines</i>	.073	^a .014	-.045	.128
<i>Believes that quarantine has affected their family</i>	.113	^a <.001	.130	^a <.001
<i>Quarantine triggered intrafamilial violence</i>	.073	^a .013	.113	^a <.001
<i>Who is the violent one in the family?</i>				
Father	.019	.757	.057	.344
Mother	.103	.085	-.071	.237
Siblings	-.087	.145	.035	.558
Themselves	.087	.146	.107	.073
Other	-.095	.114	-.064	.282
<i>Previously diagnosed psychiatric disorder</i>	.216	^a <.001	.229	^a <.001
Depression	.165	^a .007	.085	.168
Anxiety	-.036	.558	.052	.391
Bipolar disorder	.097	.123	-.077	.222
Other	.045	.277	.075	.231
<i>Lives in an urban area</i>	.022	.453	.024	.410
<i>Foreign student</i>	.066	^a .025	.005	.875
<i>Currently living with their parents</i>	-.018	.535	.010	.726
<i>Consider having a sufficient economic income</i>	-.160	^a <.001	-.099	^a .001
<i>Belong to a risk group</i>	.046	.122	.086	^a .004
<i>Feeling that belonging to a risk group violates their situation in times of crisis</i>	.069	.405	.88	.290

<i>Have tried any drugs to deal with quarantine</i>	.086	^a .004	.092	^a .002
<i>Suicide thoughts</i>	.448	^a <.001	.352	^a <.001
<i>Significative GAD-7 or PHQ-9 score</i>	.497	^a <.001	.497	^a <.001
Health-related students				
<i>Age</i>	.141	^a .001	.089	^a .035
<i>Male gender</i>	−.098	^a .021	−.158	^a <.001
<i>Reports been informed about COVID-19</i>	−.058	.174	.021	.626
<i>Believes in available information about COVID-19</i>	−.042	.329	−.045	.292
<i>Has sought information</i>	−.049	.253	−.043	.308
<i>Know the correct symptoms</i>	−.034	.424	−.013	.765
<i>Someone close to them has had suggestive symptoms of COVID-19</i>	.111	^a .009	.018	.675
<i>Knows people or relatives who doesn't believe in COVID-19</i>	.012	.774	.024	.576
<i>Will get vaccinated when a vaccine is available</i>	.011	.792	.052	.221
<i>Believes vaccination must be mandatory</i>	.085	^a .045	.073	.086
<i>Has sought alternative medicine</i>	.022	.612	.028	.51
<i>Knows a health provider that has been discriminated</i>	.061	.154	.140	^a .001
<i>Has complied with quarantine guidelines</i>	−.061	.15	−.042	.327
<i>Their family has complied with quarantine guidelines</i>	−.109	^a .01	−.089	^a .036

<i>Believes that quarantine has minimally affected them</i>	-.331	^a <.001	-.339	^a <.001
<i>Believes that quarantine has affected their family</i>	.076	.072	.094	^a .027
<i>Quarantine triggered intrafamilial violence</i>	.011	.802	.064	.130
<i>Who is the violent one in the family?</i>				
Father	.143	.067	.064	.410
Mother	.143	.067	-.097	.214
Siblings	-.153	^a .048	.006	.940
Themselves	.094	.227	.159	^a .04
Other	-.203	^a .009	-.082	.294
<i>Previously diagnosed psychiatric disorder</i>	.226	^a <.001	.234	^a <.001
Depression	.178	^a .042	.108	.217
Anxiety	.037	.669	.133	.119
Bipolar disorder	-.079	.391	-.095	.304
Other	-.039	.674	.003	.970
<i>Lives in an urban area</i>	.042	.322	.071	.094
<i>Foreign student</i>	.063	.139	-.002	.954
<i>Currently living with their parents</i>	-.060	.162	-.020	.640
<i>Consider having a sufficient economic income</i>	-.183	^a <.001	-.086	^a .044
<i>Belong to a risk group</i>	.033	.445	.097	^a .022
<i>Feeling that belonging to a risk group violates their situation in times of crisis</i>	.014	.893	.011	.914
<i>Have tried any drugs to deal with quarantine</i>	.132	^a .002	.186	^a <.001

<i>Suicide thoughts</i>	.446	^a <.001	.355	^a <.001
<i>Significative GAD-7 or PHQ-9 score</i>	.514	^a <.001	.514	^a <.001
Non-health-related students				
<i>Age</i>	.032	.442	.099	^a .016
<i>Male gender</i>	.079	^b .053	−.138	^a .001
<i>Reports been informed about COVID-19</i>	.015	.722	.025	.545
<i>Believes in available information about COVID-19</i>	−.054	.190	.059	.148
<i>Has sought information</i>	−.024	.558	.018	.659
<i>Know the correct symptoms</i>	−.001	.982	−.068	.098
<i>Someone close to them has had suggestive symptoms of COVID-19</i>	.114	^a .005	.023	.554
<i>Knows people or relatives who doesn't believe in COVID-19</i>	.070	.088	.057	.164
<i>Will get vaccinated when a vaccine is available</i>	.038	.359	.036	.387
<i>Believes vaccination must be mandatory</i>	.016	.690	.85	^a .037
<i>Has sought alternative medicine</i>	.038	.354	.058	.159
<i>Knows a health provider that has been discriminated</i>	.124	^a .002	.150	^a <.001
<i>Has complied with quarantine guidelines</i>	−.038	.351	.042	.310
<i>Their family has complied with quarantine guidelines</i>	.035	.395	−.002	.961

<i>Believes that quarantine has minimally affected them</i>	-.249	^a <.001	-.201	^a <.001
<i>Believes that quarantine has affected their family</i>	.148	^a <.001	.164	^a <.001
<i>Quarantine triggered intrafamilial violence</i>	.127	^a .002	.159	^a <.001
<i>Who is the violent one in the family?</i>				
Father	-.165	.081	.034	.724
Mother	.042	.658	-.036	.702
Siblings	.056	.557	.112	.237
Themselves	.081	.389	.036	.704
Other	.188	^a .045	.011	.912
<i>Previously diagnosed psychiatric disorder</i>	.212	^a <.001	.229	^a <.001
Depression	.168	^b .052	.074	.395
Anxiety	-.110	.205	-.027	.755
Bipolar disorder	-.118	.173	-.044	.616
Other	.134	.123	.149	.087
<i>Refers that his psychiatric disorder has worsened</i>	.246	^a .003	.286	^a .001
<i>Lives in an urban area</i>	.0	1	-.022	.593
<i>Foreign student</i>	.065	.114	.008	.836
<i>Currently living with their parents</i>	.020	.627	.039	.337
<i>Consider having a sufficient economic income</i>	-.134	^a .001	-.107	^a .009
<i>Belong to a risk group</i>	.059	.149	.076	.062
<i>Feeling that belonging to a risk group violates their situation in times of crisis</i>	.135	.320	.214	.114

<i>Have tried any drugs to deal with quarantine</i>	.044	.281	.014	.742
<i>Suicide thoughts</i>	.322	^a <.001	.309	^a <.001
<i>GAD-7 or PHQ-9 Higher or equal than 10</i>	.583	^a <.001	.583	^a <.001

GAD-7: General Anxiety Disorder-7; PHQ-9: Patient Health Questionnaire-9.

^aSignificative *P*-value.

^bAlmost significative *P*-value.

The nonparametric variables have been correlated with the Spearman correlation.