

Table S1. Measures captured at each wave

	Wave 1	Wave 2	Wave 3	Wave 4
Demographics (age, gender, domestic student etc).	X			
Employment	X	X	X	X
Financial stress	X	X	X	X
Responsibilities	X			
Relationship status	X			X
Degree of study	X			
Study load	X			
Study load change		X	X	X
Online classes		X	X	X
Time of semester (teaching vs not teaching period)		X	X	X
Challenges	X	X	X	X
Stigma/disclosure in a university environment	X			X
Help seeking knowledge	X			X
Mental illness diagnosis	X			
Disability (days out of role, days cut back)	X	X	X	X
Depression symptoms (PHQ-9)	X	X	X	X
GAD symptoms (GAD-7)	X	X	X	X
Social Anxiety (Social Anxiety Disorder Screener)	X	X	X	X
Distress (DQ5)	X	X	X	X
Wellbeing (WHO-5)	X	X	X	X
Alcohol consumption (AUDIT-C)	X	X	X	X
Stigma (Depression stigma scale)	X			
Loneliness (De Jong Gierveld Loneliness Scale)	X	X	X	X
Engagement with university life		X	X	X
Belonging (INQ-Belong)	X	X	X	X
Social support (Schuster Social Support Scale)	X	X	X	X
Personality (BFI-10)	X			
Academic self-efficacy (College Self-Efficacy Inventory (study and social subscales)	X	X	X	X
Functioning (Re-QoL)	X	X	X	X
Attitudes toward professional psychological treatment (ATSPPH-SF)	X			X
Help seeking (GHSQ)	X	X	X	X
COVID impacts (WSAS)	X			
Social media use (Bergen Facebook Addiction Scale)	X	X	X	X
Willingness to participate in future research				X