

**Table S1.** Results of exploratory factor analyses of scales used in the study.

	<b>Total Variance Explained</b>	<b>Factor Loading</b>
Learning and self-regulation difficulties during online studying	66.32%	
I find it harder to regulate and discipline myself during online studying.		0.87
I have difficulties in constraining myself to fulfil my studying-related assignments during online studying.		0.87
My capability in fulfilling studying-related assignments is poorer during online studying.		0.79
I have difficulties comprehending content during online studying.		0.77
It is harder for me to stay focused during online studying.		0.76
Perceived lack of social interactions in an online learning environment	67.93%	
Interactions with other students are downsized during online education.		0.86
Interactions with teachers are downsized during online education.		0.84
Online education contributes to my feelings of social isolation.		0.78
Perceived level of life disruption	49.35%	
Family relationships domain		0.75
Friendships domain		0.72
Free time domain		0.74
Health in general		0.75
Educational domain		0.53