

Variable	Description	Remarks
.ID	Participant ID	
-9	Missing values	
.Sex	Sex: 0=F;1=M	
DateBirth	Date of birth	dd/mm/yyyy
DateAss	Date of assessment	dd/mm/yyyy
Age	Age assessment	years
Univ	University	1: UdeC; 2: UDD; 3: UCSC
Car	Career	1001: UdeC Medical Technology common plan; 1002: UdeC Medical Technology mention in Clinical Bioanalysis, Haematology and Transfusion Medicine; 1003: UdeC Medical Technology mention in Ophthalmology and Optometry; 1004: UdeC Medical Technology mention in Morphophysiology and Cytodiagnosis; 1005: UdeC Medical Technology, mention in Imaging and Medical Physics; 1006: UdeC Obstetrics; 1007: UdeC Kinesiology; 1008: UdeC Speech Therapy; 1009: UdeC Chemistry and Pharmacy; 1010: UdeC Nutrition and Dietetics; 2001: UDD Speech Therapy; 2002: UDD Kinesiology; 2003: UDD Nursing; 2004: UDD Nutrition and Dietetics; 2005: UDD Dentistry; 3001: UCSC Medical Technology mention in Clinical Bioanalysis, Hematology and Transfusion Medicine; 3002: UCSC Medical Technology mention in Ophthalmology and Optometry; 3003: UCSC Medical Technology common plan; 3004: UCSC Nursing
Sem	Semester assessment	
SISCO-II academic stress inventory		
P1	1:Yes 0:No	
P2	Number	
P3_1	Overload of homework and academic work	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_2	The personality and character of teachers	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_3	Teachers' evaluations (exams, essays, research papers, etc.)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_4	The type of work teachers ask you to do (map consultation, worksheets, essays, concept maps, etc.).	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_5	Failure to understand the topics covered in class.	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_6	Participation in class (answering questions, presentations, etc.)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always

P3_7	Limited time to do the work	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P3_8	Group mates make faster progress on homework and/or academic work.	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_1	Sleep disturbances (insomnia or nightmares)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_2	Chronic fatigue (permanent tiredness)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_3	Headaches or migraines	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_4	Digestion problems, abdominal pain or diarrhoea	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_5	Scratching, nail biting, rubbing, etc.	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_6	Drowsiness or increased need for sleep.	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_7	Muscle aches and/or contractures	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_8	Skin reactions (rash, peeling, etc.)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_9	Restlessness (inability to relax and be calm)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always

P4_10	Anxiety, distress or despair	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_11	Increased or decreased food intake	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_12	Feelings of depression and sadness (downhearted)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_13	Feelings of aggression or increased irritability	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_14	Sudden mood swings	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_15	Conflict or tendency to argue or quarrel	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_16	Isolation from others	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P4_17	Unwillingness to do your work as a student	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P5_1	Making a plan for the execution of your tasks	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P5_2	Self-praise	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P5_3	Venting and confiding (verbalising the situation of concern)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always

P5_4	I tried to get something positive or beneficial out of the stressful situation.	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P5_5	Taking up a hobby (physical activity, reading, watching series, social networking, etc.)	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
P5_6	Accompanying a loved one (family, pets, friends, etc.).	1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always
StSIS	Total Stressors SISCO-II	
RfsSIS	Total Physical and Psychological Reactions SISCO-II	
RcsSIS	Total social behavioural reactions SISCO-II	
RxTSIS	Total Total Reaction Total SISCO-II	
Total SIS	Total Academic Stress Measurement SISCO-II	
CopSIS	Total Coping SISCO-II (Factor 4)	
TSIS.Af	Total SISCO-II + coping baseline	
General data		
TTOPsic	Are you currently in psychological treatment?	1:Yes 0:No
TTOfar	Are you currently on any medication?	1:Yes 0:No