Supplementary material

Supplementary Table 1. Descriptive statistics for the sample stratified by gender.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | | Total  (N = 4894) | Male  (n = 1207) | Female  (n = 3687) | Test Statistic | | Effect Size | | 95% CI | *p* (adj.) |
| *t* (df) | χ2 (df) | Cohen’s *d* | Cramer’s *V* |
| Age, mean (SD) | | 24.3 (4.9) | 25.1 (5.2) | 24.1 (4.8) | 6.13 (1909) |  | −0.21\*\*\* |  | (−0.28, −0.15) | <0.001\*\*\* |
| German nationality, n (%) | | 4637 (94.7) | 1150 (95.3) | 3487 (94.6) |  | 0.77 (1) |  | 0.01 | (−0.01, 0.03) | 0.382 |
| Study Situation, n (%) | | | | | | | | | | |
|  | Previous degree | 950 (19.4) | 226 (18.7) | 724 (19.6) |  | 0.43 (1) |  | 0.01 | (−0.01, 0.03) | 0.513 |
| Previous dropout | 1182 (24.2) | 324 (26.8) | 858 (23.3) |  | 6.14 (1) |  | 0.04\* | (0.01, 0.06) | 0.040\* |
| Considering dropout | 2233 (45.6) | 583 (48.3) | 1650 (44.8) |  | 4.48 (1) |  | 0.03\* | (0.00, 0.06) | 0.069 |
| Financial Support, n (%) | | | | | | | | | | |
|  | Relatives | 3450 (70.5) | 845 (7.0) | 2605 (70.7) |  | 0.15 (1) |  | 0.01 | (−0.02, 0.02) | 1.000 |
| Job | 3319 (67.8) | 814 (67.4) | 2505 (67.9) |  | 0.08 (1) |  | 0.00 | (−0.02, 0.02) | 1.000 |
| BAföG | 1185 (24.2) | 244 (20.2) | 941 (25.5) |  | 13.67 (1) |  | 0.05\*\*\* | (0.03, 0.08) | 0.001\*\* |
| Scholarship | 217 (4.4) | 68 (5.6) | 149 (4.0) |  | 5.07 (1) |  | 0.03\* | (0.01, 0.06) | 0.097 |
| Other means | 456 (9.3) | 123 (10.2) | 333 (9.0) |  | 1.31 (1) |  | 0.02 | (−0.01, 0.04) | 0.756 |
| Stressors, n (%) | | | | | | | | | | |
|  | Relationship | 1875 (38.3) | 447 (37.0) | 1428 (38.7) |  | 1.04 (1) |  | 0.02 | (−0.01, 0.04) | 0.309 |
| Caretaking | 1036 (21.2) | 221 (18.3) | 815 (22.1) |  | 7.62 (1) |  | 0.04\*\* | (0.01, 0.07) | 0.023\* |
| Work | 3406 (69.6) | 767 (63.5) | 2639 (71.6) |  | 27.33 (1) |  | 0.08\*\*\* | (0.05, 0.10) | <0.001\*\*\* |
| Financial | 2559 (52.3) | 591 (49.0) | 1968 (53.4) |  | 6.92 (1) |  | 0.04\*\* | (0.01, 0.07) | 0.026\* |
| No support | 1591 (32.5) | 418 (34.6) | 1173 (31.8) |  | 3.16 (1) |  | 0.03 | (−0.00, 0.05) | 0.151 |
| Trauma | 946 (19.3) | 175 (14.5) | 771 (20.9) |  | 23.57 (1) |  | 0.07\*\*\* | (0.04, 0.10) | <0.001\*\*\* |
| Mental Health, n (%) | | | | | | | | | | |
|  | Previous psychotherapy use | 1273 (26.0) | 272 (22.5) | 1001 (27.1) |  | 9.82 (1) |  | 0.05\*\* | (0.02, 0.07) | 0.009\*\* |
| Current psychotherapy use | 425 (8.7) | 83 (6.9) | 342 (9.3) |  | 6.30 (1) |  | 0.04\* | (0.01, 0.06) | 0.048\* |
| Intended psychotherapy use | 1388 (28.4) | 278 (23.0) | 1110 (30.1) |  | 22.05 (1) |  | 0.07\*\*\* | (0.04, 0.09) | <0.001\*\*\* |
| Physical/sexual abuse | 173 (3.5) | 53 (4.4) | 120 (3.3) |  | 3.12 (1) |  | 0.03 | (−0.00, 0.05) | 0.232 |
| Psychiatric medication | 295 (6.0) | 60 (5.0) | 235 (6.4) |  | 2.92 (1) |  | 0.03 | (−0.00, 0.05) | 0.232 |
| Suicidal ideation | 819 (16.7) | 218 (18.1) | 601 (16.3) |  | 1.90 (1) |  | 0.02 | (−0.01, 0.04) | 0.232 |
| Psychiatric Syndromes, n (%) | | | | | | | | | | |
|  | Any syndrome | 2856 (58.4) | 678 (56.2) | 2178 (59.1) |  | 3.03 (1) |  | 0.03 | (−0.00, 0.05) | 0.491 |
| Depression | 1710 (34.9) | 392 (32.5) | 1318 (35.7) |  | 4.13 (1) |  | 0.03\* | (0.00, 0.06) | 0.336 |
| Minor depression | 703 (14.4) | 156 (12.9) | 547 (14.8) |  | 2.55 (1) |  | 0.02 | (−0.00, 0.05) | 0.493 |
| Major depression | 1007 (20.6) | 236 (19.6) | 771 (20.9) |  | 0.95 (1) |  | 0.01 | (−0.01, 0.03) | 0.662 |
| Anxiety | 614 (12.5) | 109 (9.0) | 505 (13.7) |  | 17.62 (1) |  | 0.06\*\*\* | (0.04, 0.09) | <0.001\*\*\* |
| Panic | 114 (2.3) | 21 (1.7) | 93 (2.5) |  | 2.12 (1) |  | 0.02 | (−0.00, 0.05) | 0.493 |
| Generalized anxiety | 549 (11.2) | 101 (8.4) | 448 (12.2) |  | 12.69 (1) |  | 0.05\*\*\* | (0.02, 0.08) | 0.003\*\* |
| Eating disorder | 576 (11.8) | 123 (10.2) | 453 (12.3) |  | 3.65 (1) |  | 0.03 | (0.00, 0.05) | 0.393 |
| Binge eating | 441 (9.0) | 94 (7.8) | 347 (9.4) |  | 2.73 (1) |  | 0.02 | (−0.00, 0.05) | 0.493 |
| Bulimia | 136 (2.8) | 29 (2.4) | 107 (2.9) |  | 0.66 (1) |  | 0.01 | (−0.01, 0.03) | 0.662 |
| Somatoform syndrome | 1157 (23.6) | 128 (10.6) | 1029 (27.9) |  | 149.87 (1) |  | 0.18\*\*\* | (0.15, 0.20) | <0.001\*\*\* |
| Alcohol use syndrome | 934 (19.1) | 340 (28.2) | 594 (16.1) |  | 84.84 (1) |  | 0.13\*\*\* | (0.10, 0.16) | <0.001\*\*\* |

Note: *p*-values were adjusted for multiple testing using the Holm-method while bootstrapped confidence intervals (95% CI) are unadjusted; N/n: number of participants; SD: standard deviation; df: degrees of freedom; 95% CI: bootstrapped 95% confidence interval for the respective effect size; *p* (adj.): *p*-value adjusted for multiple testing using the Holm-method; \* = *p* < 0.05; \*\* = *p* < 0.01; \*\*\* = *p* < 0.001.

Supplementary Table 2. Suicidal ideation as outcome including psychiatric syndromes as predictor variables.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | β (SE) | OR | *p* | *p*.corr |
| Total Sample | | | | | |
| (Intercept) | | −3.83 (0.14) | 0.02 | <0.001\*\*\* | <0.001\*\*\* |
|  | Study dropout | 0.00 (0.10) | 1.00 | 0.965 | 1.000 |
| Study dropout thoughts | 0.49 (0.09) | 1.64 | <0.001\*\*\* | <0.001\*\*\* |
| Male gender | 0.20 (0.10) | 1.22 | 0.054 | 0.435 |
| Age | 0.02 (0.04) | 1.00 | 0.726 | 1.000 |
| Stress relationship | 0.13 (0.09) | 1.14 | 0.149 | 0.746 |
| Stress caretaking | 0.15 (0.10) | 1.16 | 0.153 | 0.746 |
| Stress work | 0.21 (0.11) | 1.23 | 0.060 | 0.435 |
| Stress financial | 0.15 (0.10) | 1.16 | 0.116 | 0.697 |
| Stress no support | 1.04 (0.09) | 2.84 | <0.001\*\*\* | <0.001\*\*\* |
| Stress traumatic experience | 0.26 (0.10) | 1.29 | 0.012\* | 0.115 |
| Abuse (sexual/violent) | 0.69 (0.19) | 1.99 | <0.001\*\*\* | 0.003\*\* |
| Current psychotherapy use | 0.85 (0.13) | 2.34 | <0.001\*\*\* | <0.001\*\*\* |
| Any psychiatric syndrome | 0.37 (0.15) | 1.44 | 0.018\* | 0.160 |
| Depressive syndrome | 1.24 (0.12) | 3.45 | <0.001\*\*\* | <0.001\*\*\* |
| Alcohol syndrome | 0.07 (0.11) | 1.07 | 0.557 | 1.000 |
| χ2 (15) = 952.19; *p* < 0.001\*\*\*; pseudo-*R*2 = 29.7%; AIC = 3500.6; BIC = 3604; Acc. = 81.1% | | | | | |
| Men | | | | | |
| (Intercept) | | −4.02 (0.29) | 0.01 | <0.001\*\*\* | <0.001\*\*\* |
|  | Study dropout | −0.18 (0.20) | 0.83 | 0.361 | 1.000 |
| Study dropout thoughts | 0.46 (0.19) | 1.58 | 0.016\* | 0.142 |
| Age | 0.08 (0.09) | 1.02 | 0.333 | 1.000 |
| Stress relationship | −0.07 (0.18) | 0.93 | 0.705 | 1.000 |
| Stress caretaking | −0.01 (0.22) | 0.99 | 0.963 | 1.000 |
| Stress work | 0.18 (0.22) | 1.19 | 0.427 | 1.000 |
| Stress financial | 0.64 (0.20) | 1.90 | 0.001\*\* | 0.018\* |
| Stress no support | 1.10 (0.19) | 3.00 | <0.001\*\*\* | <0.001\*\*\* |
| Stress traumatic experience | 0.62 (0.21) | 1.86 | 0.004\*\* | 0.035\* |
| Abuse (sexual/violent) | 0.84 (0.36) | 2.32 | 0.020\* | 0.159 |
| Current psychotherapy use | 0.25 (0.29) | 1.29 | 0.389 | 1.000 |
| Any psychiatric syndrome | 0.96 (0.32) | 2.60 | 0.003\*\* | 0.031\* |
| Depressive syndrome | 1.09 (0.24) | 2.98 | <0.001\*\*\* | <0.001\*\*\* |
| Alcohol syndrome | −0.37 (0.21) | 0.69 | 0.077 | 0.541 |
| χ2 (14) = 302.9; *p* < 0.001\*\*\*; pseudo-*R*2 = 36.3%; AIC = 867.3; BIC = 943.7; Acc. = 83.1% | | | | | |
| Women | | | | | |
| (Intercept) | | −3.71 (0.16) | 0.03 | <0.001\*\*\* | <0.001\*\*\* |
|  | Study dropout | 0.07 (0.12) | 1.07 | 0.564 | 1.000 |
| Study dropout thoughts | 0.52 (0.11) | 1.69 | <0.001\*\*\* | <0.001\*\*\* |
| Age | −0.02 (0.05) | 1.00 | 0.723 | 1.000 |
| Stress relationship | 0.19 (0.10) | 1.21 | 0.072 | 0.648 |
| Stress caretaking | 0.20 (0.12) | 1.22 | 0.090 | 0.719 |
| Stress work | 0.21 (0.13) | 1.23 | 0.106 | 0.740 |
| Stress financial | −0.00 (0.11) | 1.00 | 0.998 | 1.000 |
| Stress no support | 1.04 (0.10) | 2.82 | <0.001\*\*\* | <0.001\*\*\* |
| Stress traumatic experience | 0.15 (0.12) | 1.16 | 0.196 | 0.979 |
| Abuse (sexual/violent) | 0.67 (0.22) | 1.96 | 0.002\*\* | 0.024\* |
| Current psychotherapy use | 0.99 (0.14) | 2.69 | <0.001\*\*\* | <0.001\*\*\* |
| Any psychiatric syndrome | 0.20 (0.18) | 1.22 | 0.256 | 1.000 |
| Depressive syndrome | 1.27 (0.14) | 3.55 | <0.001\*\*\* | <0.001\*\*\* |
| Alcohol syndrome | 0.21 (0.13) | 1.23 | 0.126 | 0.755 |
| χ2 (14) = 675.36; *p* < 0.001\*\*\*; pseudo-*R*2 = 28.4%; AIC = 2633.3; BIC = 2726.4; Acc. = 80.4% | | | | | |

Note: SE: standard error; OR: odds ratio; *p*: *p*-value; *p*.corr: *p*-value corrected for multiple testing using the holm method; AIC: Akaike information criterion; BIC: Bayesian information criterion; Acc.: Accuracy; \* = *p* < 0.05; \*\* = *p* < 0.01; \*\*\* = *p* < 0.001.