

**Table 2***Analysis of studies that had students as subjects*

References	Sample	Methodology	Psychological factors
1. Bryan et al., (2017).	537 US volunteer students, (18-60) average 21.75 years, 74.7% women, managed online (extra course credits).	Cross-sectional study Brief Symptom Inventory-18 (BSI-18), The Daily Drinking Questionnaire, The Rutgers Alcohol Problem Index (RAPI), The Authenticity Inventory-3 (AI-3), The Three-Item Loneliness Scale (TILS)	anxiety, depression
<i>Conclusions and findings</i>	Loneliness correlates positively with poor mental health, anxiety and depression.		
2. McDougall et al., (2019).	6939 students under 30, Maritime Canada	Online cross-sectional study, 20-25 minutes, 44 multiple-choice items, + Center for Epidemiologic Studies Depression (CES-D12),	depression
<i>Conclusions and findings</i>	A percentage of 36.7% of students are at risk of depression		
3. Ngo et al., (2018).	735 young people (18-25 years old, average 21.5) 270F and 465M	Ahimsa Project, Revised Conflict Tactics Scales (CTS-2), Alcohol Use Disorders Identification Test–Consumption (AUDIT-C), Five Factor Mindfulness Questionnaire–Short Form, Brief Symptom Inventory	anxiety, aggressivity
<i>Conclusions and findings</i>	No gender differences in anxiety. It is unclear whether anxiety precedes aggressivity (mental behavior) or vice versa		
4. Pelletier, Lytle, and Laska, (2016).	441 students under 35 (Body Mass Index of 20-35kg/m2), community colleges Minnesota, USA	Cross-sectional study Shorr height boards (Irwin Shorr, Olney, MD) and Tanita scales (Tanita TBF-300A Body Composition Analyzer, Arlington Heights, Cohen Perceived Stress Scale,	stress
<i>Conclusions and findings</i>	High levels of stress have been associated with a high prevalence of overweight and obesity.		
5. Agardh et al., (2012a).	980 students (80% of the total university), Uganda	Cross-sectional study self-administered questionnaire (132 items) + Hopkins Symptoms Checklist-25 and Symptom Checklist-90	anxiety, depression, anger
<i>Conclusions and findings</i>	High scores in anxiety are associated with high number of partners (M) and inconsistent use of condom (M). High scores in depression (15% M, 16% F) associated with a large number of sexual partners (F, M), Sexual activity can be related to anger, a strong element in men with depression.		

References	Sample	Methodology	Psychological factors
6. Agardh et al., (2012b).	1220 students, University of Mbarara, Uganda (under 23 years and over), average 23 years, 64.6% M, 35.4% F	Cross-sectional study self-administered questionnaire (132 items), English language, + Hopkins Symptom Checklist (HSCL-25) and Symptom Checklist-90 (SCL-90)	anxiety/depression
<i>Conclusions and findings</i>	Poor mental health is (anxiety and depression) associated in women with threats, and in men with effective physical violence. Women have higher scores in depression, but the relationship between depression and violence is similar (F, M). Sexual coercion has been significantly associated with poor mental health (F, M)		
7. Cazan, and Truța, (2015).	341 (260F, 81 M) Romanian students, (average age 20.65)	Validation study (cross-sectional) The Adolescent Resilience Scale, The Student-life Stress Inventory (SSI); The Satisfaction with Life Scale,	stress, emotionality
<i>Conclusions and findings</i>	Stressors worked as mediators between resilience, reaction to stress and life satisfaction. Emotional regulation has a mediating effect on reactions to stress.		
8. Mutalik et al., (2016).	118 students (42% M) in the first year, 18-25 years (average 21)	Cross-sectional study Depression, Anxiety and Stress Scale (DASS 21), General Health Questionnaire 28 (GHQ 28)	anxiety, depression, stress
<i>Conclusions and findings</i>	High levels of depression, anxiety and stress were identified.		
9. ul Haq et al., (2018).	361 students, Punjab University, Lahore, Pakistan	Cross-sectional study self-administered questionnaire: demographic data + DASS-21	anxiety, depression, stress
<i>Conclusions and findings</i>	Male participants had higher levels of anxiety, depression and stress compared to female participants. Students with educated parents had fewer symptoms. High levels of anxiety, depression and stress were found where the mother was illiterate. The level of anxiety is higher where the father is educated below the level of high school graduation. Symptoms of depression and stress have higher values in students living with family than those living alone or with friends (anxiety does not differ).		
10. Yavuzer et al., (2019).	904 students (average 25 years) volunteers different specializations Anatolia (Turkey) 65.7% F, 34.3% M	Cross-sectional study Self-Theory Scale, KAR-YA Aggression Scale (KAR-YA AS), Beck Depression Inventory, UCLA Loneliness Scale (UCLA)	depression, aggression
<i>Conclusions and findings</i>	Loneliness leads to the development (exacerbation) of depression. Depression is a positive predictor of aggressivity in young adults.		