

Appendix C: Effect Sizes for Top 10 Related Factors

Age

Factor	H	K	N	eta2 (H)	Effect
Having children	910.823	3	2030	0.45	Large
Age when issue developed	182.041	3	677	0.26	Large
Relationship status	461.726	6	2007	0.23	Large
Use social media to compare myself to others	170.027	3	1931	0.09	Moderate
Sexual orientation	160.375	5	1948	0.08	Moderate
Use social media to distract myself or procrastinate	153.018	3	1931	0.08	Moderate
Intentionally self-harmed in the past 6 months	113.304	3	1954	0.06	Small
Gender	103.656	2	2049	0.05	Small
Use social media to keep in contact with friends	78.481	3	1935	0.04	Small
Pandemic had a negative impact on studies	78.109	3	1940	0.04	Small

Gender

Factor	H	K	N	eta2 (H)	Effect
Transgender identity	749.037	2	2014	0.37	Large
PHQ-9	116.103	2	1993	0.06	Small
Having children	118.856	2	2057	0.06	Small
Intentionally self-harmed in the past 6 months	110.706	2	1980	0.06	Small
Age	103.656	2	2049	0.05	Small
Student society helped me manage during the pandemic	7.923	2	124	0.05	Small
Age when issue developed	34.184	2	677	0.05	Small
Autistic Spectrum Disorder	91.953	2	2011	0.04	Small
Use social media to compare myself to others	80.725	2	1957	0.04	Small
Student society helped me keep fit	5.455	2	124	0.03	Small

Transgender Identity

Factor	H	K	N	eta2 (H)	Effect
Gender	749.037	2	2014	0.37	Large
Sexual orientation	336.688	5	1926	0.17	Large
Intentionally self-harmed in the past 6 months	88.310	1	1926	0.05	Small
Autism Spectrum Disorder	71.329	1	1953	0.04	Small
Age when issue developed	23.323	1	656	0.03	Small
PHQ-9	54.571	1	1932	0.03	Small
Age	51.905	1	1985	0.03	Small
Mental health difficulties	44.830	1	1953	0.02	Small
SWEMWBS	42.493	1	1975	0.02	Small
Having family the can speak to about worries or concerns	37.696	1	1908	0.02	Small
Attempted suicide in the past 6 months	31.928	1	1919	0.02	Small

Sexual Orientation

Factor	H	K	N	eta2 (H)	Effect
Transgender identity	336.688	5	1926	0.17	Large
Age when issue developed	102.391	5	648	0.15	Large
Intentionally self-harmed in the past 6 months	233.618	5	1881	0.12	Moderate
PHQ-9	222.028	5	1894	0.11	Moderate
Mental health difficulties	180.394	5	1906	0.09	Moderate
Having children	162.580	5	1956	0.08	Moderate
Age	160.375	5	1948	0.08	Moderate
Concealed mental health symptoms due to stigma or fear of being judged	149.045	5	1886	0.08	Moderate
Use social media to distract myself or procrastinate	146.110	5	1858	0.08	Moderate
Serious psychological issue which needed professional help	142.947	5	1884	0.07	Moderate

Disability or Long-term Conditions (excluding those who ONLY had mental health difficulties)

Factor	H	K	N	eta2 (H)	Effect
Current diagnosed mental health problem	284.607	1	1534	0.19	Large
General health	180.318	1	1601	0.11	Moderate
PHQ-9	171.992	1	1536	0.11	Moderate
Serious psychological issue which needed professional help	141.682	1	1527	0.09	Moderate
Service use	140.673	1	1549	0.09	Moderate
Sexual orientation	113.909	5	1519	0.07	Moderate
SWEMWBS	111.675	1	1571	0.07	Moderate
Intentionally self-harmed in the past 6 months	73.507	1	1532	0.05	Small
Concealed mental health symptoms due to stigma or fear of being judged	65.797	1	1528	0.04	Small
Currently receiving support for serious psychological issue	23.312	1	534	0.04	Small

SWEMWBS Score (Top 5 only)

Factor	H	K	N	eta2 (H)	Effect
PHQ-9	929.613	4	1960	0.47	Large
General health	488.851	4	2037	0.24	Large
Having family they can speak to about worries or concerns	319.974	4	1930	0.16	Large
Mental health difficulties	267.113	1	1948	0.16	Large
Concealed mental health symptoms due to stigma or fear of being judged	331.037	2	1934	0.15	Large

Caregiving

Factor	H	K	N	eta2 (H)	Effect
ACEs	72.377	1	1787	0.04	Small
Food insecurity (worried)	66.104	1	1820	0.04	Small
Food insecurity (ate less)	62.409	1	1818	0.03	Small
Food insecurity (ran out)	53.715	1	1815	0.03	Small
Having children	52.891	1	1803	0.03	Small
Current diagnosed mental health problem	34.404	1	1765	0.02	Small
Age	32.970	1	1799	0.02	Small
Mental health difficulties	30.686	1	1763	0.02	Small
Serious psychological issue which needed professional help	27.910	1	1751	0.02	Small
PHQ-9	26.918	1	1763	0.01	Small

Food Insecurity

Factor	H	K	N	eta2 (H)	Effect
ACEs	249.929	1	2014	0.13	Moderate
PHQ-9	190.319	1	1986	0.10	Moderate
Concealed mental health symptoms due to stigma or fear of being judged	128.832	1	1975	0.06	Moderate
Estranged student status	118.201	1	2027	0.06	Small
Mental health difficulties	103.470	1	1990	0.05	Small
Having family they can speak to about worries or concerns	92.531	1	1960	0.05	Small
SWEMWBS	82.460	1	2017	0.04	Small
Serious psychological issue which needed professional help	80.237	1	1965	0.04	Small
General health	80.720	1	2058	0.04	Small
Caregiving	68.892	1	1950	0.03	Small

Care Experienced

Factor	H	K	N	eta2 (H)	Effect
ACEs	77.652	1	1911	0.08	Moderate
Estranged student status	500.427	1	1874	0.07	Moderate
Degree level	251.868	1	1878	0.02	Small
Cyberbullied by phone	239.728	1	1866	0.02	Small
Having family they can speak to about worries or concerns	220.521	1	1953	0.02	Small
Food insecurity (ran out)	169.634	1	1915	0.01	Small
Medical assistance for intentional self-harm in the past 6 months	84.823	1	1867	0.01	Small
Food insecurity (worried)	134.102	1	1871	0.01	Small
Food insecurity (ate less)	153.018	3	1931	0.01	Small
Age when serious psychological issue developed	122.417	5	2049	0.01	Small

Estranged Status (excluding 'not sure')

Factor	H	K	N	eta2 (H)	Effect
Being care experienced before 18	181.105	1	1872	0.10	Moderate
ACEs	148.594	1	1845	0.08	Moderate
Having family they can speak to about worries or concerns	126.062	1	1792	0.07	Moderate
Food insecurity (ate less)	112.999	1	1874	0.06	Small
Food insecurity (ran out)	86.459	1	1872	0.05	Small
Food insecurity (worried)	76.869	1	1877	0.04	Small
Serious psychological issue which needed professional help	59.329	1	1803	0.03	Small
PHQ-9	43.242	1	1820	0.02	Small
Refugee / asylum seeker status	37.451	1	1871	0.02	Small
Intentionally self-harmed in the past 6 months	36.173	1	1813	0.02	Small

PHQ-9 Score (Top 5 only)

Factor	H	K	N	eta2 (H)	Effect
SWEMWBS	644.267	2	1960	0.34	Large
General health	602.526	4	1995	0.30	Large
Concealed mental health symptoms due to stigma or fear of being judged	445.896	2	1945	0.23	Large
Intentionally self-harmed in the past 6 months	350.173	2	1934	0.22	Large
Mental health difficulties	412.178	1	1930	0.22	Large

Current Diagnosed Mental Health Problem

Factor	H	K	N	eta2 (H)	Effect
Mental health difficulties	890.580	2	1920	0.46	Large
Serious psychological issue which needed professional help	410.062	2	1936	0.21	Large
Currently receiving support for serious psychological issue	112.559	2	773	0.14	Large
PHQ-9	274.434	2	1944	0.14	Large
Concealed mental health symptoms due to stigma or fear of being judged	241.388	2	1947	0.12	Moderate
General health	199.691	2	1985	0.10	Moderate
SWEMWBS	168.058	2	1946	0.09	Moderate
ACEs	133.664	2	1942	0.07	Moderate
Intentionally self-harmed in the past 6 months	114.691	2	1933	0.06	Small
Service use	112.447	2	1956	0.06	Small