

Table 1: Demographic and other sample characteristics.

	Postgraduates (n=52)		Medical students (n=88)	
	N	%	N	%
Demographic information				
Female	41	79%	67	76%
In a relationship*	38	73%	40	45%
English as second language	12	24%	10	11%
Born in New Zealand*	30	58%	66	75%
Ethnicity				
NZ European	26	50%	52	59%
Māori or Pasifika	4	8%	13	15%
Other	22	42%	23	26%
Course factors				
Full-time enrolment status*	33	63%	86	98%
Concerned over academic progress	8	15%	8	9%
Adverse event exposure				
Earthquakes*	27	64%	25	36%
Terrorist attack	26	62%	46	68%
Presence of supports				
Whānau/family*	40	77%	85	97%
Cultural	5	10%	4	5%
Academic/administrative*	23	44%	18	20%
Supervisor/teaching*	35	67%	18	20%
Social*	22	42%	71	81%
Pastoral	1	2%	9	10%
Mentor	6	12%	6	7%
Counselling/chaplain	4	8%	8	9%

Note: *p<0.05

Table 2: Mean scores and frequencies of psychological distress and burnout.

Measure		Total sample	Postgraduate	Medical student
Satisfaction with Life Scale (SWLS)				
Wellbeing	Mean score, M (SD)	23.6 (7.4)	23.4 (7.3)	23.7 (7.4)
	“Slightly satisfied”, “satisfied” or “extremely satisfied” with life, N (%)	86 (70)	34 (74)	52 (68)
Depression Anxiety and Stress Scale (DASS-21)^a				
Depression	Mean score, M (SD)	5.7 (5.7)	5.8 (5.9)	5.6 (5.6)
	“Moderate–extremely severe”, N (%)	39 (31)	12 (26)	26 (32)
Anxiety	Mean score M (SD)	4.6 (4.6)	4.1 (4.6)	4.9 (4.6)
	“Moderate–extremely severe”, N (%)	39 (31)	12 (26)	27 (34)
Stress	Mean score M (SD)	7.5 (5.4)	8.2 (5.8)	7.2 (5.2)
	“Moderate–extremely severe”, N (%)	34 (27)	14 (30)	20 (25)
Oldenburg Burnout Inventory—student version				
Exhaustion	Mean score M (SD)	2.5 (0.2)	2.5 (0.3)	2.5 (0.2)
	Clinical level, N (%)	113 (90)	40 (87)	73 (92)
Disengagement	Mean score M (SD)	2.5 (0.3)	2.5 (0.4)	2.5 (0.3)
	Clinical level, N (%)	110 (88)	41 (89)	69 (87)

Notes: ^a “Moderate–extremely severe” chosen from DASS-21 as indicator for likely clinically significant levels of symptoms. No statistical difference between group means or frequencies between student types. * $p \leq .05$, ** $p \leq .01$.

Table 3: Univariate associations between demographic, study, support and trauma exposure and primary outcomes in total sample.

Variable		Wellbeing ^a	Depression ^b	Anxiety ^b	Stress ^b	Exhaustion ^c	Disengagement ^c
Correlations							
Age		0.04	-0.08	-0.08	0.06	-0.18	0.18
Personality factors ^d	Agreeableness	.30*	-.22*	-0.12	-.26**	-0.17	0.14
	Conscientiousness	0.09	-0.04	0.13	.19*	-.21*	.23*
	Neuroticism	-.27**	.33**	.41**	.44**	0.16	-.35**
	Resilience ^e	.45**	-.43**	-.28**	-.30**	-.27**	.34**
ANOVA/F statistic							
Demographic information	Gender	0.82	2.28	0.51	0.41	9.78**(M)	1.22
	Ethnicity NZ European/ other	1.10	0.23	0.99	1.11	0.65	0.07
	In a relationship	0.47	0.51	0.15	6.41*(+)	0.14	1.21
	English is second language	0.25	0.74	1.07	0.05	0.90	0
	Born in New Zealand	0.83	0.56	1.33	0.44	1.61	0.94
Course factors	Closer to end of course	2.32	9.88**(+)	0.99	4.93*(+)	4.59*(+)	5.59*(-)
	Enrolment	0.07	1.66	1.55	0.04	0.46	0.66
	Concerned over academic success	20.35**(-)	15.95**(+)	3.07	5.06*(+)	3.35	12.00**(-)

Table 3 (continued): Univariate associations between demographic, study, support and trauma exposure and primary outcomes in total sample.

Variable		Wellbeing ^a	Depression ^b	Anxiety ^b	Stress ^b	Exhaustion ^c	Disengagement ^c
Presence of supports	Whānau support	2.06	8.08**(-)	3.27	6.43*(-)	1.79	0.01
	Academic/administrative support	2.38	3.34	1.83	0.97	1.12	3.06
	Supervisor/teaching support	1.33	3.67	4.57*(-)	0.70	1.75	1.63
	Social support	4.44*(+)	5.69*(-)	0.49	6.60*(-)	0.06	0.00
Exposure to earthquakes		0.37	3.68	1.28	0.73	1.06	0.05
Exposure to mosque shootings		0.02	1.77	2.72	1.88	0.57	0.08

Notes:

^aWellbeing measured by Satisfaction with Life Scale (SWLS).

^bDepression, anxiety and stress measured by Depression Anxiety and Stress Scale (DASS-21).

^cExhaustion, disengagement and burnout measured by Oldenburg Burnout Inventory—student version (OLBI-S).

^dNeuroticism, agreeableness and conscientiousness measured by BFI-10.

^eResilience measured by CD-RISC-10.

*p≤.05, **p≤.01. +/- indicates direction of association.

Table 4: Multivariable analysis of associations.

Outcome	Variables included in model	Adjusted R squared
Wellbeing ^a	Agreeableness (+) *, concerned over academic success (-) **, resilience (+) **	0.302
Depression ^b	Agreeableness (-) *, concerned over academic success (+) *, closer to end of course (+) *, resilience (-) **, presence of whānau support (-) (p=0.09)	0.287
Anxiety ^b	Neuroticism**, supervisor support (p=0.09)	0.172
Stress ^b	Agreeableness (-) *, conscientiousness**, presence of whānau support (-) **, neuroticism**, in a relationship (+) (p=0.06), resilience (-) (p=0.06)	0.326
Exhaustion ^c	Conscientiousness (-) *, gender (M)**, resilience (-) **	0.204
Disengagement ^c	Conscientiousness (+) *, neuroticism (-) **, concerned over academic success (-) **	0.217

Notes:

^a Wellbeing measured by Satisfaction with Life Scale (SWLS).

^b Depression, anxiety and stress measured by Depression Anxiety and Stress Scale (DASS-21).

^c Exhaustion and disengagement measured by Oldenburg Burnout Inventory—student version (OLBI-S). +/- indicates direction of association. Neuroticism, Agreeableness and Conscientiousness measured by BFI-10. *p≤.05, **p≤.01.