

## Appendix

**Appendix Table 1:** Mean scores of the DASS and RRS by gender and ethnicity.

	Total	Gender			Ethnicity				
		Female	Male	Non-binary	Māori	Pākehā	Asian	Pacific	Other
<b>DASS depression</b>	12.8 [SD 10.035]	13.0 [SD 10.124]	10.0 [SD 9.742]	20.0 [SD 0.000]	12.0 [SD 9.273]	11.0 [SD 8.676]	16.0 [SD 12.867]	16.0 [SD 0.000]	5.0 [SD 7.071]
<b>DASS anxiety</b>	10.3 [SD 8.576]	11.0 [SD 8.705]	6.0 [SD 5.336]	30.0 [SD 0.000]	11.0 [SD 8.678]	9.0 [SD 7.842]	13.0 [SD 10.017]	16.0 [SD 0.000]	3.0 [SD 4.243]
<b>DASS stress</b>	17.2 [SD 9.211]	17.0 [SD 8.583]	18.0 [SD 8.915]	32.0 [SD 0.000]	19.0 [SD 8.274]	17.0 [SD 8.211]	17.0 [SD 11.617]	32.0 [SD 0.000]	11.0 [SD 7.071]
<b>DASS total</b>	39.7 [SD 24.718]	41.0 [SD 24.337]	34.0 [SD 23.148]	82.0 [SD 0.000]	42.0 [SD 21.666]	37.0 [SD 21.353]	46.0 [SD 32.333]	64.0 [SD 0.000]	19.0 [SD 18.385]
<b>RRS depression</b>	27.0 [SD 7.842]	27.0 [SD 7.870]	25.0 [SD 7.810]	35.0 [SD 0.000]	28.0 [SD 7.873]	25.0 [SD 6.631]	31.0 [SD 9.795]	32.0 [SD 0.000]	25.0 [SD 5.657]
<b>RRS brooding</b>	10.6 [SD 3.664]	11.0 [SD 3.742]	9.0 [SD 2.915]	16.0 [SD 0.000]	11.0 [SD 4.518]	10.0 [SD 2.875]	12.0 [SD 4.342]	13.0 [SD 0.000]	9.0 [SD 1.414]
<b>RRS reflection</b>	10.6 [SD 3.655]	11.0 [SD 3.522]	9.0 [SD 3.830]	15.0 [SD 0.000]	11.0 [SD 3.364]	10.0 [SD 3.072]	12.0 [SD 4.651]	15.0 [SD 0.000]	12.0 [SD 3.536]
<b>RRS total</b>	48.1 [SD 13.979]	49.0 [SD 13.916]	43.0 [SD 13.500]	66.0 [SD 0.000]	49.0 [SD 14.461]	45.0 [SD 11.142]	55.0 [SD 17.827]	60.0 [SD 0.000]	46.0 [SD 10.607]

DASS: total n=100, female n=76, male n=23, non-binary n=1, Māori n=15, Pākehā n=57, Asian n=25, Pacific n=1, Other n=2.

RRS: total n=93, female n=72, male n=20, non-binary n=1, Māori n=15, Pākehā n=54, Asian n=21, Pacific n=1, Other n=2.

DASS = Depression Anxiety Stress Scale; RRS = Ruminative Responses Scale; SD = standard deviation.

Minimum and maximum possible scores: DASS depression, anxiety and stress: 0–42; DASS total: 0–126, RRS brooding and reflection: 5–20; RRS depression: 12–48; RRS total: 22–88.

The one student identifying as non-binary was included in all analyses except for the gender-specific analyses.