1. Anxiety

① GAD-7

Q	Factor	Level	Statistical	Discussion
15	Accompany time of Parents (Grow up stage)	1: Both of them accompany me all the time; 2: My mom accompany with me all the time; 3: My dad accompany with me all the time; 4: I live with other relatives for a long time; 5: I live with people who are not related by blood for a long time; 6: I live with other relative for a period but not too long; 7: I live with people who are not related by blood for a period but not long; 8: I live alone for a period but not long; 9: I live alone for a long time.	Pearson's Chi-Square = 63.142, p < 0.001 Cramer's V = 0.592	**1:** 12 normal; 11 mild; 2 moderate, 3 m-s;; **2:** 2 normal; 3 mild; **3:** 1 severe; **4:** 3 mild; 1 m-s; **5:** 0; **6:** 1 normal, 3 mild; 2 moderate **7:** 0; **8:** 1 moderate. **9:** 0; **Inverse**: <mark>More</mark> accompany time from parents, <mark>less anxiety</mark>.
34	Make you feel safe and protected (Grow up stage)	1: Never; 2: A little of the time; 3: Some of the time; 4: Most of the time; 5: All of the time.	Somers'd = -0.314, p = 0.01	**1:** 0; **2:** 1 mild, 1 m-s; **3:** 5 mild, 2 moderate, 1 m-s; **4:** 5 normal, 7 mild, 1 moderate, 1 m-s; **5:** 10 normal, 7 mild, 2 moderate, 1 m-s, 1 severe **Inverse**: <mark>More</mark> protected from family, <mark>less anxiety</mark>.

Q	Factor	Level	Statistical	Discussion
35	Make sure your basic needs (Grow up stage)	1: Never; 2: A little of the time; 3: Some of the time; 4: Most of the time; 5: All of the time. (Somebody may choose to refuse to answer, this kind of responses have been removed)	Somers'd = -0.34, p = 0.003	**1:** 0; **2:** 0; **3:** 3 mild, 1 moderate, 1 m-s; **4:** 2 normal, 4 mild, 2 moderate, 2 m-s; **5:** 13 normal, 13 mild, 2 moderate, 1 m-s, 1 severe; **Inverse:** More basic need satisfied by family members, less anxiety.
71	have plan for the future	1: No; 2: Yes;	Pearson's Chi-Sqare: 12.825, p = 0.012; Cramers' v = 0.534	**1:** 2 normal, 7 mild, 4 moderate, 1 m-s, 1 severe; **2:** 13 normal, 13 mild, 1 moderate, 3 m-s; **Inverse:** Collegue students who have a plan for the future are less likely to have anxiety.
106	easy to have illness	1: No; 2: Yes	Pearson's Chi-Sqare: 10.465, p = 0.033; Cramers'v = 0.482;	**1:** 14 normal, 14 mild, 2 moderate, 4 m-s, 1 severe; **2:** 1 normal, 6 mild, 3 moderate; **Positive:** Collegue students who are easy to have illness are more likely to have anxiety.

② SAS

Q	Factor	Level	Statistical	discussion
15	Accompany time of Parents (Grow up stage)	1: Both of them accompany me all the time; 2: My mom accompany with me all the time; 3: My dad accompany with me all the time; 4: I live with other relatives for a long time; 5: I live with people who are not related by blood for a long time; 6: I live with other relative for a period but not too long; 7: I live with people who are not related by blood for a period but not long; 8: I live alone for a period but not long; 9: I live alone for a long time.	Pearson's Chi-Square = 48.108, p < 0.001, Cramers' v = 0.731;	**1:** 24 normal, 4 mild; **2:** 4 normal, 1 mild; **3:** 1 severe; **4:** 2 normal, 2 mild; **5:** 0; **6:** 5 normal, 1 mild; **7:** 0; **8:** severe; **9:** 0; **Inverse**: More accompany time from parents, less anxiety.
60	exercise times per week	1: 0-1; 2: 2-3; 3: 4-5; 4: 6 and more than 6.	Somers'd = -0.219, p = 0.036	**1:** 13 normal, 6 mild; **2:** 10 normal, 2 mild, 2 severe; **3:** 8 normal; **4:** 4 normal; **Inverse:** Excercise more frequently, less anxiety.

Q	Factor	Level	Statistical	discussion
61	time for each execise	1: <=10 mins; 2: 10-30 mins; 3: 31-90 mins; 4: more than 90 mins.	Somers'd = -0.359, p = 0.008	**1:** 2 normal, 3 mild, 1 severe; **2:** 13 normal, 3 mild, 1 severe; **3:** 18 normal, 2 mild; **4:** 2 normal; **Inverse:** Longer exercise time, less anxiety.
80	difficult to sleep	1: No; 2: Yes.	Pearson's Chi-Square: 11.907, p = 0.003; Cramers' v = 0.514;	**1:** 29 normal, 2 mild, 2 severe; **2:** 6 normal, 6 mild. **Positive:** College students who are difficult to sleep are more likely to have anxiety.
106	easy to have illness	1: No; 2: Yes.	Pearson's Chi-Square: 17.559, p < 0.001; Cramers' v = 0.625	**1:** 32 normal, 2 mild, 1 severe; **2:** 3 mormal, 6 mild, 1 severe; **Positive:** College students who are easy to have illness are more likely to have anxiety.
108	Number of friend you connect with often	1: 0; 2: 1-3; 3: more than 3.	Somers'd = -0.268 p = 0.025	**1:** 1 normal, 1 mild; **2:** 20 normal, 6 mild, 2 severe; **3:** 14 normal, 1 mild; **Inverse:** College students who have more friends to connect with are less likely to have anxiety.

③ STAI-S-6

Q	Factor	Level	Statistical	discussion
80	difficult to sleep	1. No; 2: Yes.	Pearson's Chi-Square: 9.351, p = 0.025; Cramers' v = 0.415;	**1:** 4 L1, 17 L2, 11 L3, 1 L4; **2:** 4 L2, 4 L3, 4 L4; **Positive:** College students who are ==difficult to sleep== are ==more== likely to have state anxiety.
105	obsessive-compulsive disorder (self-report ocd)	1: No; 2: A little bit; 3: Often but not severe; 4: Severe.	Somers'd = 0.312 p = 0.003	**1:** 5 L2; **2:** 4 L1, 12 L2, 10 L3, 2 L4; **3:** 3 L2, 5 L3, 3 L4; **4:** 1 L2; **Positive:** College students who ==have ocd== are ==more== likely to have state anxiety.
108	Number of friend you connect with often	1: 0; 2: 1-3; 3: more than 3.	Somers'd = -0.266 p = 0.025	**1:** 2 L3; **2:** 1 L1, 14 L2, 8 L3, 5 L4; **3:** 3 L1, 7 L2, 5 L3; **Inverse:** College students who ==have more friends to connect with== are ==less== likely to have state anxiety.

④ STAI-T-6

Q	Factor	Level	Statistical	discussion
73	participate in clubs	1: No; 2: Yes.	Pearson's Chi-Square: 9.423, p = 0.024; Cramers' v = 0.376	**1:** 1 L1, 3 L2, 7 L3, 3 L4; **2:** 21 L2, 8 L3, 2 L4; **Inverse:** College students who ==participated in clubs== are ==less== likely to have trait anxiety.

Q	Factor	Level	Statistical	discussion
105	obsessive-compulsive disorder (self-report ocd)	1: No; 2: A little bit; 3: Often but not severe; 4: Severe.	Somers'd = 0.296 p = 0.023	**1:** 4 L2, 1 L3; **2:** 1 L1, 16 L2, 9 L3, 2 L4; **3:** 3 L2, 5 L3, 3 L4; **4:** 1 L2; **Positive:** College students who <mark>have ocd</mark> are <mark>more</mark> likely to have trait anxiety.

2. Stress

① PSS-10

Q	Factor	Level	Statistical	discussion
2	Sex	1: Female; 2: Male.	Pearson's Chi-Square: 6.388, p = 0.041; Cramers' v = 0.377	**1:** 2 L1, 11 L2, 9 L3; **2:** 4 L1, 17 L2, 2 L3; Female students have more stress.
34	Make you feel safe and protected (Grow up stage)	1: Never; 2: A little of the time; 3: Some of the time; 4: Most of the time; 5: All of the time. (Somebody may choose to refuse to answer, this kind of responses have been removed)	Somers'd = -0.376, p = 0.01	**1:** 0; **2:** 2 L3; **3:** 3 L2, 5 L3; **4:** 1 L1, 13 L2; **5:** 5 L1, 12 L2, 4 L3; **Inverse**: <mark>More</mark> protected from family, <mark>less</mark> stress.
35	Make sure your basic needs (Grow up stage)	1: Never; 2: A little of the time; 3: Some of the time; 4: Most of the time; 5: All of the time. (Somebody may choose to refuse to answer, this kind of responses have been removed)	Somers'd = -0.269, p = 0.043	**1:** 0; **2:** 0; **3:** 2 L2, 3 L3; **4:** 8 L2, 2 L3; **5:** 6 L1, 18 L2, 6 L3; **Inverse**: <mark>More</mark> basic needs satisfied by family members, <mark>less</mark> stress.

Q	Factor	Level	Statistical	discussion
61	time for each execise	1: <=10 mins; 2: 10-30 mins; 3: 31-90 mins; 4: more than 90 mins.	Somers'd = -0.303, p = 0.012	**1:** 4 L2, 2 L3; **2:** 1 L1, 10 L2, 6 L3; **3:** 4 L1, 13 L2, 3 L3; **4:** 1 L1, 1 L2; **Inverse:** Longer exercise time, less Stress.
71	have plan for the future	1: No; 2: Yes;	Pearson's Chi-Square: 6.331, p = 0.042; Cramers' v = 0.375;	**1:** 2 L1, 6 L2, 7 L3; **2:** 4 L1, 22 L2, 4 L3; **Inverse**: Collegue students who have a plan for the future are less likely to have stress.
109	College life is better	1: No; 2: Yes.	Pearson's Chi-Square: 7.784, p = 0.02; Cramers' v = 0.416;	1: 3 L1, 7 L2, 8 L3; 2: 3 L1, 21 L2, 3 L3; **Inverse:** Students who feel better in college are less likely to have stress.