

Supplementary file 1

The questions for assessment of and coding of the demographic, personal, clinical, and psychological characteristics of the participants

Demographic characteristics

The age of participants was recorded as a continuous variable. The gender of participants was categorized into males and females. The marital status was coded into two groups, such as “married” and “single, divorce, or widowed”. Monthly living expenses was categorized into two groups, such as “≤ Ringgit Malaysia 3000” and “> Ringgit Malaysia 3000”.

Personal characteristics

The response to the level of study which the respondents were enrolled in at university was recorded as “undergraduate course” and “postgraduate course”. The responses to the types of course enrolled was reported in two groups: “medical science-based course” (Bachelor of Science, Master of Science and Doctorate degree) and “medicine-based course” (Bachelor of Medicine and Surgery, Master of Medicine and subspeciality training). The responses to living arrangement was coded as “living alone or living with friends” and “living with family”.

Clinical factors

History of pre-existing medical illnesses was evaluated through the question, “Do you have history of any medical illnesses?” The responses were coded as “No” and “Yes”. History of pre-existing depressive and anxiety disorders was evaluated through the question, “Do you have history of any depressive or anxiety disorders?” The responses were coded as “No” and “Yes”.

COVID-19 related stressors and coping

Hours of online classes attended per week was reported as a continuous variable. Perceived prevalence of COVID-19 cases at the area of living was investigated through the question, “Was your place of living located in an area with high prevalence of COVID-19 positive cases?” The responses were coded as “No” and “Yes”. Frustration due to loss of daily routine was reported through the question, “Did you feel frustrated during the movement control order because of loss of daily routine which you usually performed prior to the emergence of the COVID-19 pandemic?” The responses were coded as ‘No’ and ‘Yes’. Frustration due to disruption of study

was assessed through the question, “Did you feel frustrated during the movement control order because your study or academic activities were disrupted?” The responses were coded as ‘No’ and ‘Yes’. The use of religious coping in managing stress during the COVID-19 pandemic was recorded based on the question, ‘Did religion help you to cope with stress during the COVID-19 pandemic?’ The responses were coded as ‘No’ and ‘Yes’.