

Supplemental Materials Appendix A1: Quotes from qualitative data analysis of free text responses*Social isolation*

“I highly depend on social environments to support my mental health, so not being able to see friends is quite challenging as it makes my depression worse”

“Forced separation from part of my support system has had a negative impact on both my academics and mental health”

“Impacts of the pandemic on family members have reverberating effects to all members of household”

“Being stuck in a house with my parents has negatively impacted my mental health”

“I have to be near my emotionally abusive mother, I self harm a lot more now and I really need access to university student wellness center but I cannot call them while here”

“I've been feeling more lonely and restless with the pandemic going on. There are less outlets to relax due to isolation (ie sports leagues, meeting with friends, etc.)”

“As much as I would sometimes find social interaction difficult and draining, being starved of it is definitely having a negative impact on my mental health.”

“Not being able to meet up with friends in person has been somewhat of a blow to mental health”

“Not being able to see my partner has had a significant impact on my mental health.”

“Having no break from my fairly stressful home situation has not been great for my mental health”

“I find being stuck inside with my family is very stressful and it leaves me sometimes feeling unable to work which compounds the already existing stress about work and it often becomes a cycle I find difficult to break”

Work adaptation

“Living and working in the same place is a struggle. I am concerned about this going into another year of school with little opportunity for in person learning or access to on campus study spaces.

I am nervous about completing my final year of my undergraduate degree remotely, as my program is very lab-based.”

“I am finding it hard to keep a balanced perspective on work and assignments working at home by myself and not being around friends.”

“Getting myself into an exam or essay-writing mindset at home is much harder than I thought it would be.”

“I am much less motivated to do my university assignments when I am home compared to when I am at university”

Coping skills

"I have found that with the pandemic and social distancing requirements I have had more difficulty than normal maintaining my mental wellness. I have struggled with some anxiety at several points in the past few months as I haven't have school or work to focus on, and small problems are exacerbated as they are taking up more focus."

"It's devastating that we won't get a normal orientation week or first year, but I do understand that Queen's is doing everything they can to try and make it better."

"Severely imparts my ability to spend time outdoors and with my friends, things like rock climbing and hiking and yoga, which are all very important to maintaining my mental health and managing anxiety. It's been a lot harder to deal with in the absence of these things. School was much more stressful online without support of classmates and less connection to professors."

"It has removed my ability to train for my sport which was a crucial part of my weekly structure 6 days a week, and was critical in my being able to maintain my mental health and work/study productively"

Unique populations

"I have been too scared to see my doctor about my physical ~~digestive~~ health issues and they have gotten much worse. I will likely need a lot of treatment when this is all over. I'm too scared to go to a hospital or doctors office because of the virus at the moment as I live with vulnerable individuals"

"Too afraid to visit hospital for routine problems."

"I lost my childcare for two children under 3. Completing online synchronous school while my partner works long hours in the emergency department, and having no help from family because of COVID-19 has left me feeling overwhelmed, un-engaged, frustrated, and easily angered. It has impacted my relationship with my partner and to some extent my self worth as I am being forced to be a stay-at-home mother and student and am unsure if I'll be able to work which gives me a lot of fulfillment, and much needed mental stimulation."

"Trying to juggle dependents alone while in school, as my spouse continues to work"

"Being an international student, I couldn't go back home due to the pandemic. As a result I am all alone. It's lonely and i get restless at times. all this negatively affects by study"

"Not being able to go home as an international student, it was scary to be in this situation in another country"

"Local regulations on flights and exit and entry make international travel difficult, and this also results in the increase in the price of air tickets. An one-way ticket from Canada to China is above 7000 dollars, which is not affordable for me."

"As an international student, I had trouble coming back home, which caused severe stress and started a period of worse mental health for me."