

Supplementary Table S1 Linear regression results of psychological distress and resilience scores with dietary intake in a sample of Australian university students ($n = 2710$), including full results of confounder variables

	Psychological distress score			Resilience score		
	β -Coefficient ^a	SE	p	β -Coefficient ^a	SE	p
Vegetable (serves/day)	-0.368	0.096	<0.001	0.055	0.010	<0.001
Gender			<0.001			<0.001
Reference category = female						
Male	-2.427	0.328	<0.001	0.329	0.035	<0.001
Another gender identity	2.531	1.920	0.188	-0.002	0.205	0.992
Age	-0.125	0.020	<0.001	0.008	0.002	0.001
Non-ATSI	-2.390	0.843	0.005			
Marital status						0.022
Reference category = Never married						
Married				0.024	0.053	0.643
Defacto				-0.112	0.052	0.031
Separated				0.069	0.134	0.608
Divorced				0.090	0.105	0.389
Widowed				0.840	0.344	0.015
Living situation			<0.001			<0.001
Reference category = Parents home						
Own home	-1.655	0.537	0.002	0.265	0.062	<0.001
On-campus	-1.237	0.551	0.025	0.083	0.058	0.153
Renting	-0.167	0.347	0.630	0.082	0.038	0.031
Boarding/Homestay	1.519	1.013	0.134	-0.034	0.108	0.754
Irregular	3.027	1.457	0.038	-0.211	0.156	0.175
Not receiving financial support	-0.800	0.297	0.007	0.089	0.032	0.005
Type of degree			0.002			
Reference category = Undergraduate						
Postgraduate	-1.318	0.378	<0.001			
Other ^b	-0.730	0.901	0.418			
Faculty of study			<0.001			<0.001
Reference category = Health and Medicine						
Business and Law	0.488	0.456	0.285	-0.062	0.048	0.201
Education and Arts	1.850	0.375	<0.001	-0.198	0.040	<0.001
Engineering	1.266	0.498	0.011	-0.155	0.053	0.003
Science	1.273	0.452	0.005	-0.134	0.048	0.006
English Language and Foundation						
Studies	2.343	1.057	0.027	-0.203	0.069	0.003
Physical activity (mins/week)	-0.001	0.0004	0.006	0.0002	0.0001	<0.001
Non-smoker	-1.201	0.588	0.041			
Sleep (hours/24hr period)	-0.636	0.106	<0.001			
Average sitting time (mins/day)	0.002	0.001	0.001			
AUDIT score	0.160	0.029	<0.001			
DUDIT score	0.289	0.047	<0.001	-0.028	0.005	<0.001
BMI (kg/m²)	0.158	0.024	<0.001			
Fruit (serves/day)	-0.374	0.113	0.001	0.028	0.012	0.022
Gender			<0.001			<0.001
Reference category = female						
Male	-2.310	0.325	<0.001	0.302	0.035	<0.001
Another gender identity	2.546	1.922	0.185	0.006	0.206	0.976
Age	-0.127	0.020	<0.001	0.010	0.002	<0.001
Non-ATSI	-2.465	0.844	0.004			
Living situation			<0.001			<0.001
Reference category = Parents home						
Own home	-1.738	0.537	0.001	0.264	0.057	<0.001
On-campus	-1.114	0.552	0.044	0.075	0.058	0.200
Renting	-0.175	0.347	0.614	0.067	0.037	0.067
Boarding/Homestay	1.614	1.014	0.112	-0.060	0.109	0.579
Irregular	2.844	1.458	0.051	-0.199	0.156	0.203

Not receiving financial support	-0.783	0.298	0.009	0.087	0.032	0.006
Type of degree			0.003			
Reference category = Undergraduate						
Postgraduate	-1.290	0.378	0.001			
Other ^b	-0.551	0.902	0.541			
Faculty of study			<0.001			<0.001
Reference category = Health and Medicine						
Business and Law	0.584	0.456	0.200	-0.074	0.049	0.125
Education and Arts	1.959	0.375	<0.001	-0.216	0.040	<0.001
Engineering	1.316	0.498	0.008	-0.158	0.053	0.003
Science	1.266	0.453	0.005	-0.141	0.048	0.004
English Language and Foundation Studies	2.414	1.058	0.023	-0.235	0.069	0.001
Physical activity (mins/week)	-0.001	0.001	0.004	0.0003	0.0001	<0.001
Non-smoker	-1.240	0.588	0.035			
Sleep (hours/24hr period)	-0.637	0.106	<0.001			
Average sitting time (mins/day)	0.002	0.0004	<0.001			
AUDIT score	0.159	0.030	<0.001			
DUDIT score	0.285	0.047	<0.001	-0.028	0.005	<0.001
BMI (kg/m²)	0.157	0.025	<0.001	-0.012	0.003	<0.001
Soft drink			<0.001^c			<0.001
Reference category = 1 cup or less per week						
2-6 cups per week	1.409	0.360	<0.001	-0.095	0.039	0.014
1 cup per day	2.471	0.742	0.001	-0.223	0.080	0.005
2 or more cups per day	2.387	0.785	0.002	-0.235	0.084	0.005
Gender			<0.001			<0.001
Reference category = female						
Male	-2.515	0.328	<0.001	0.326	0.035	<0.001
Another gender identity	2.256	1.918	0.240	0.021	0.206	0.921
Age	-0.118	0.020	<0.001	0.008	0.002	<0.001
Non-ATSI	-2.318	0.842	0.006			
Living situation			<0.001			<0.001
Reference category = Parents home						
Own home	-1.670	0.536	0.002	0.260	0.057	<0.001
On-campus	-1.117	0.551	0.043	0.092	0.059	0.118
Renting	-0.066	0.347	0.849	0.062	0.037	0.092
Boarding/Homestay	1.573	1.012	0.120	-0.055	0.108	0.610
Irregular	2.972	1.455	0.041	-0.201	0.156	0.198
Not receiving financial support	-0.820	0.297	0.006	0.095	0.032	0.003
Type of degree			0.007			
Reference category = Undergraduate						
Postgraduate	-1.194	0.378	0.002			
Other ^b	-0.439	0.899	0.625			
Faculty of study			<0.001			<0.001
Reference category = Health and Medicine						
Business and Law	0.522	0.455	0.251	-0.066	0.049	0.173
Education and Arts	1.879	0.374	<0.001	-0.208	0.040	<0.001
Engineering	1.312	0.497	0.008	-0.160	0.053	0.002
Science	1.283	0.452	0.005	-0.142	0.048	0.003
English Language and Foundation Studies	1.948	1.059	0.066	-0.197	0.069	0.005
Physical activity (mins/week)	-0.002	0.001	0.001	0.0003	0.0001	<0.001
Sleep (hours/24hr period)	-0.610	0.106	<0.001			
Average sitting time (mins/day)	0.002	0.001	<0.001			
AUDIT score	0.172	0.029	<0.001	-0.007	0.003	0.032
DUDIT score	0.302	0.045	<0.001	-0.023	0.005	<0.001
BMI (kg/m²)	0.153	0.025	<0.001	-0.011	0.003	<0.001
Takeaway food			<0.001			0.001
Reference category = Less than once per week						
1-2 times per week	1.441	0.332	<0.001	-0.124	0.035	<0.001
3-4 times per week	1.279	0.661	0.053	-0.129	0.071	0.069

5-6 times per week	3.613	1.514	0.017	-0.380	0.162	0.019
Everyday	9.494	4.162	0.023	0.031	0.446	0.944
Gender			<0.001			<0.001
Reference category = female						
Male	-2.423	0.326	<0.001	0.315	0.035	<0.001
Another gender identity	2.497	1.919	0.193	0.016	0.206	0.939
Age	-0.119	0.020	<0.001	0.009	0.002	<0.001
Non-ATSI	-2.182	0.844	0.010			
Living situation			<0.001			<0.001
Reference category = Parents home						
Own home	-1.679	0.536	0.002	0.259	0.057	<0.001
On-campus	-1.234	0.551	0.025	0.084	0.058	0.148
Renting	-0.171	0.347	0.622	0.065	0.037	0.078
Boarding/Homestay	1.416	1.011	0.161	-0.043	0.109	0.693
Irregular	2.890	1.454	0.047	-0.201	0.156	0.197
Not receiving financial support	-0.835	0.297	0.005	0.090	0.032	0.005
Type of degree			0.004			
Reference category = Undergraduate						
Postgraduate	-1.262	0.377	0.001			
Other ^b	-0.510	0.901	0.571			
Faculty of study			<0.001			<0.001
Reference category = Health and Medicine						
Business and Law	0.474	0.455	0.298	-0.065	0.049	0.184
Education and Arts	1.924	0.374	<0.001	-0.213	0.040	<0.001
Engineering	1.387	0.498	0.005	-0.168	0.053	0.002
Science	1.313	0.452	0.004	-0.145	0.048	0.003
English Language and Foundation						
Studies	1.999	1.062	0.060	-0.213	0.069	0.002
Physical activity (mins/week)	-0.001	0.001	0.003	0.0003	0.0001	<0.001
Non-smoker	-1.242	0.586	0.034			
Sleep (hours/24hr period)	-0.629	0.106	<0.001			
Average sitting time (mins/day)	0.002	0.001	<0.001			
AUDIT score	0.152	0.029	<0.001			
DUDIT score	0.271	0.047	<0.001	-0.026	0.005	<0.001
BMI (kg/m²)	0.148	0.025	<0.001	-0.011	0.003	<0.001
Breakfast			<0.001			0.005
Reference category = Less than once per week						
1-2 times per week	-1.228	0.637	0.054	0.137	0.069	0.046
3-4 times per week	-2.078	0.599	0.001	0.076	0.064	0.237
5-6 times per week	-1.780	0.588	0.002	0.002	0.063	0.978
Everyday	-3.004	0.481	<0.001	0.142	0.051	0.006
Gender			<0.001			<0.001
Reference category = female						
Male	-2.341	0.323	<0.001	0.302	0.035	<0.001
Another gender identity	2.663	1.912	0.164	0.004	0.206	0.983
Age	-0.119	0.020	<0.001	0.009	0.002	<0.001
Non-ATSI	-2.324	0.839	0.006			
Living situation			<0.001			<0.001
Reference category = Parents home						
Own home	-1.738	0.534	0.001	0.259	0.057	<0.001
On-campus	-1.167	0.549	0.034	0.079	0.058	0.176
Renting	-0.117	0.345	0.735	0.067	0.037	0.070
Boarding/Homestay	1.723	1.009	0.088	-0.057	0.109	0.599
Irregular	2.758	1.450	0.057	-0.189	0.156	0.227
Not receiving financial support	-0.812	0.296	0.006	0.090	0.032	0.005
Type of degree			0.004			
Reference category = Undergraduate						
Postgraduate	-1.239	0.376	0.001			
Other ^b	-0.736	0.896	0.411			
Faculty of study			<0.001			<0.001
Reference category = Health and Medicine						

Business and Law	0.424	0.454	0.351	-0.064	0.049	0.190
Education and Arts	1.806	0.373	<0.001	-0.207	0.040	<0.001
Engineering	1.381	0.496	0.005	-0.160	0.053	0.003
Science	1.209	0.450	0.007	-0.139	0.048	0.004
English Language and Foundation						
Studies	2.247	1.052	0.033	-0.214	0.069	0.002
Physical activity (mins/week)	-0.001	0.001	0.002	0.0003	0.0001	<0.001
Sleep (hours/24hr period)	-0.557	0.107	<0.001			
Average sitting time (mins/day)	0.002	0.001	<0.001			
AUDIT score	0.161	0.029	<0.001			
DUDIT score	0.303	0.045	<0.001	-0.027	0.005	<0.001
BMI (kg/m²)	0.148	0.025	<0.001	-0.012	0.003	<0.001

^aβ-Coefficient indicates the increase in psychological distress or resilience score per unit increase in the dietary intake variable. Higher psychological distress score indicates higher psychological distress, higher resilience score indicates higher resilience. ^bIncludes students enrolled in enabling (i.e. transition to university) courses and English language courses for international students. Significant p-values in **bold**.