

Data for the article on: **Lifestyle practices, satisfaction with life and the level of perceived stress of Polish and foreign medical students studying in Poland**

		Global FLQ	SWLS	PSS
N	Valid	444	444	444
	Missing data	0	0	0
M		34.8491	23.7928	21.5090
Me		35.0000	25.0000	22.0000
SD		6.60885	5.58273	5.16040
Minimum		5.00	5.00	.00
Maximum		50.00	35.00	40.00

_PL_foreigners		Global FLQ	SWLS	PSS	
Poland	N	Valid	213	213	213
		Missing data	0	0	0
	M		36.2629	23.6854	22.7793
	Me		37.0000	24.0000	23.0000
	SD		6.20684	5.11653	3.87215
	Minimum		12.00	7.00	11.00
	Maximum		50.00	35.00	34.00
	Foreigners	N	Valid	231	231
Missing data			0	0	0
M		33.5455	23.8918	20.3377	
Me		34.0000	25.0000	21.0000	
SD		6.71250	5.98995	5.88205	
Minimum		5.00	5.00	.00	
Maximum		50.00	35.00	40.00	

TOTAL

	M	Me	SD	Min	Max
Age	21,89	21,00	3,98	17,00	50,00
Material situation	3,21	3,00	0,53	1,00	4,00
Self-Assessment of health condition	3,85	4,00	0,75	1,00	5,00
Self-Assessment of style of life	3,58	4,00	0,85	1,00	5,00
Students life has changed my lifestyle	3,32	3,00	0,73	1,00	4,00
Importance of to be healthy	8,96	10,00	1,47	1,00	10,00

PL

Age	22,10	21,00	4,46	19,00	50,00
Material situation	3,28	3,00	0,50	1,00	4,00
Self-Assessment of health condition	4,03	4,00	0,65	2,00	5,00
Self-Assessment of style of life	3,61	4,00	0,82	1,00	5,00
Students life has changed my lifestyle	3,17	3,00	0,74	1,00	4,00
Importance of to be healthy	9,16	10,00	1,29	2,00	10,00

FOREIGNERS

Age	21,69	21,00	3,48	17,00	36,00
Material situation	3,15	3,00	0,55	1,00	4,00
Self-Assessment of health condition	3,67	4,00	0,80	1,00	5,00
Self-Assessment of style of life	3,55	4,00	0,88	1,00	5,00
Students life has changed my lifestyle	3,45	4,00	0,69	1,00	4,00
Importance of to be healthy	8,78	9,00	1,60	1,00	10,00

Correlations

TOTAL

	SWLS		PSS-10		FLQ	
Age	-0,045	0,349	0,080	0,093	-0,007	0,881
Material situation	0,321	<0,001	-0,061	0,202	0,239	<0,001
Self-Assessment of health condition	0,376	<0,001	-0,085	0,075	0,404	<0,001
Self-Assessment of style of life	0,335	<0,001	-0,155	0,001	0,470	<0,001
Students life has changed my lifestyle	0,015	0,753	0,103	0,030	-0,107	0,025
Importance of to be healthy	0,203	<0,001	-0,109	0,023	0,349	<0,001

PL

	SWLS		PSS-10		FLQ	
Age	-0,067	0,329	0,130	0,059	0,025	0,714
Material situation	0,258	<0,001	-0,002	0,979	0,041	0,548
Self-Assessment of health condition	0,381	<0,001	-0,109	0,113	0,358	<0,001
Self-Assessment of style of life	0,371	<0,001	-0,111	0,107	0,555	<0,001
Students life has changed my lifestyle	0,043	0,534	0,207	0,002	-0,092	0,181
Importance of to be healthy	0,260	<0,001	-0,116	0,091	0,441	<0,001

Foreigners

	SWLS		PSS-10		FLQ	
Age	-0,022	0,738	0,030	0,653	-0,067	0,318
Material situation	0,376	<0,001	-0,149	0,025	0,358	<0,001
Self-Assessment of health condition	0,398	<0,001	-0,173	0,009	0,385	<0,001

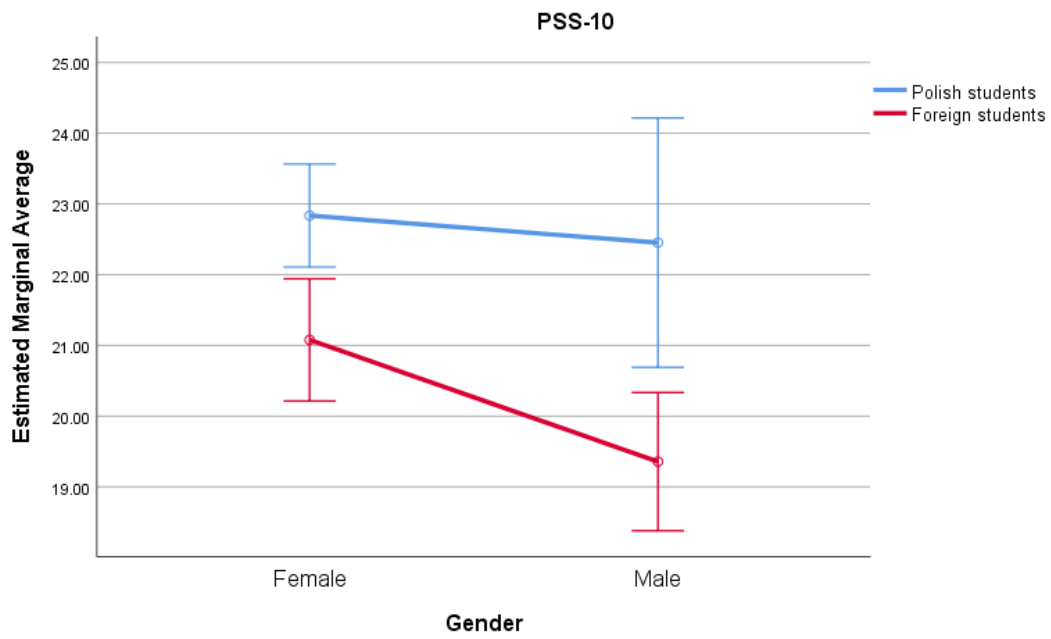
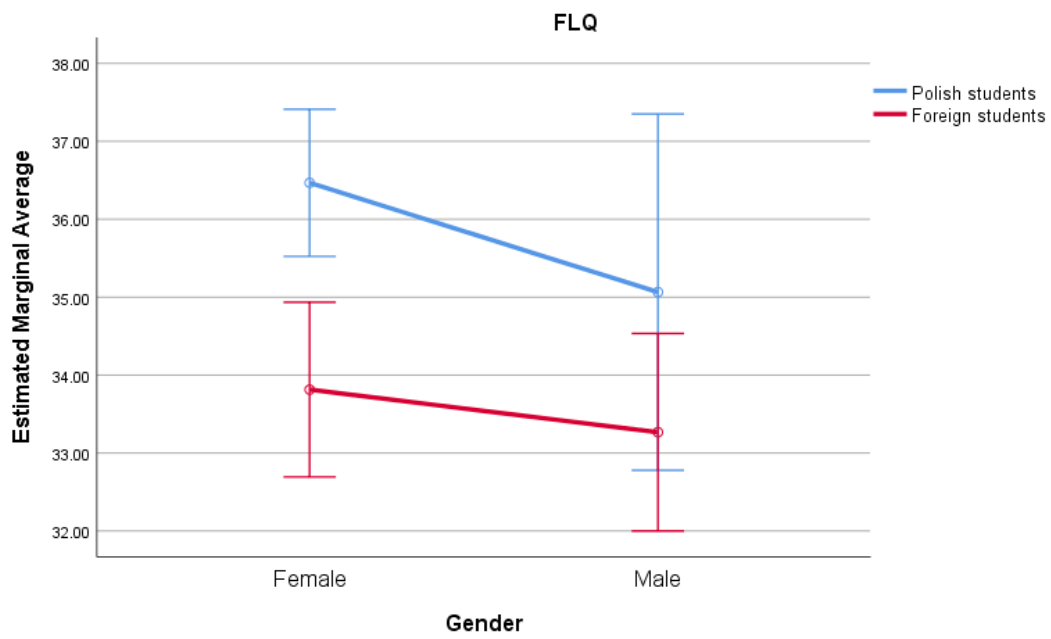
Self-Assessment of style of life	0,310	<0,001	-0,204	0,002	0,408	<0,001
Students life has changed my lifestyle	-0,013	0,844	0,130	0,049	-0,048	0,473
Importance of to be healthy	0,173	0,009	-0,160	0,016	0,256	<0,001

ANOVA 2x2

Dependent variable: Fantastic Life						Eta
Source	SS	df	MS	F	p	
Model corrected	868.652	3	289.551	6.901	.000	.045
Constant	346779.961	1	346779.961	8265.412	.000	.950
Gender	68.570	1	68.570	1.634	.202	.004
Nationality	357.454	1	357.454	8.520	.004	.019
Gender * Nationality	13.222	1	13.222	.315	.575	.001
Błąd	18418.490	439	41.956			
Total	557840.000	443				
Total corrected	19287.142	442				

Dependent variable: SWLS						Eta
Source	SS	df	MS	F	p	
Model corrected	161.972	3	53.991	1.737	.159	.012
Constant	167048.506	1	167048.506	5374.475	.000	.924
Gender	4.310	1	4.310	.139	.710	.000
Nationality	15.683	1	15.683	.505	.478	.001
Gender * Nationality	150.772	1	150.772	4.851	.028	.011
Błąd	13644.922	439	31.082			
Total	264578.000	443				
Total corrected	13806.894	442				

Dependent variable: PSS-10						Eta
Source	SS	df	MS	F	p	
Model corrected	839.619	3	279,873	11,219	0,000	0,071
Constant	132623,012	1	132623,012	5316,486	0,000	0,924
Gender	79,947	1	79,947	3,205	0,074	0,007
Nationality	425,046	1	425,046	17,039	0,000	0,037
Gender * Nationality	32,289	1	32,289	1,294	0,256	0,003
Błąd	10951,125	439	24,946			
Total	216632,000	443				
Total corrected	11790,745	442				



Multiple comparisons

Dependent variable:

Tukey Test HSD

(I) VAR00001		Difference of means (I-J)	Standard error	Significance	95% confidence interval	
					Lower limit	upper limit
Poland	Asia	-0,17662	0,57230	0,990	-1,6525	1,2993
	America	-0,37705	1,45179	0,994	-4,1210	3,3669
	Europe	-0,26577	0,95515	0,992	-2,7290	2,1974
Asia	Poland	0,17662	0,57230	0,990	-1,2993	1,6525
	America	-0,20043	1,46311	0,999	-3,9736	3,5728
	Europe	-0,08915	0,97227	1,000	-2,5965	2,4182
America	Poland	0,37705	1,45179	0,994	-3,3669	4,1210
	Asia	0,20043	1,46311	0,999	-3,5728	3,9736
	Europe	0,11128	1,65090	1,000	-4,1462	4,3688
Europe	Poland	0,26577	0,95515	0,992	-2,1974	2,7290
	Asia	0,08915	0,97227	1,000	-2,4182	2,5965
	America	-0,11128	1,65090	1,000	-4,3688	4,1462

Dependent variable:

Tukey Test HSD

(I) VAR00001		Difference of means (I-J)	Standard error	Significance	95% confidence interval	
					Lower limit	upper limit
Poland	Asia	2.29658*	0,51355	0,000	0,9722	3,6210
	America	2,27934	1,30276	0,299	-1,0803	5,6390
	Europe	3.12081*	0,85710	0,002	0,9105	5,3312
Asia	Poland	-2.29658*	0,51355	0,000	-3,6210	-0,9722
	America	-0,01724	1,31292	1,000	-3,4031	3,3686
	Europe	0,82422	0,87246	0,781	-1,4258	3,0742
America	Poland	-2,27934	1,30276	0,299	-5,6390	1,0803
	Asia	0,01724	1,31292	1,000	-3,3686	3,4031
	Europe	0,84146	1,48143	0,942	-2,9790	4,6619
Europe	Poland	-3.12081*	0,85710	0,002	-5,3312	-0,9105
	Asia	-0,82422	0,87246	0,781	-3,0742	1,4258
	America	-0,84146	1,48143	0,942	-4,6619	2,9790

* The difference of means is significant at the level of 0.05.

Dependent variable:

Tukey Test HSD

(I) VAR00001		Difference of means (I-J)	Standard error	Significance	95% confidence interval	
					Lower limit	upper limit
Poland	Asia	2.55601*	0,66272	0,001	0,8469	4,2651
	America	3,70041	1,68115	0,125	-0,6351	8,0359
	Europe	3.01901*	1,10605	0,033	0,1666	5,8714
Asia	Poland	-2.55601*	0,66272	0,001	-4,2651	-0,8469
	America	1,14440	1,69427	0,906	-3,2249	5,5137
	Europe	0,46299	1,12588	0,977	-2,4405	3,3665
America	Poland	-3,70041	1,68115	0,125	-8,0359	0,6351
	Asia	-1,14440	1,69427	0,906	-5,5137	3,2249
	Europe	-0,68140	1,91172	0,984	-5,6115	4,2487
Europe	Poland	-3.01901*	1,10605	0,033	-5,8714	-0,1666
	Asia	-0,46299	1,12588	0,977	-3,3665	2,4405
	America	0,68140	1,91172	0,984	-4,2487	5,6115

* The difference of means is significant at the level of 0.05.