

Supplementary Table 1. Comparison of demographic data, impact, rumination and help seeking behavior between Polish, Ukrainian and Taiwanese respondents

Demographic data	Mean±SD (Number (%))			P
	Poland (n=1053)	Ukraine (n=385)	Taiwan (n=188)	
Nationality				
Polish	1049 (99.6)	2 (0.5)	0 (0)	<0.001
Ukrainian	0 (0)	362 (94)	0 (0)	
Taiwanese	0 (0)	0 (0)	185 (98.4)	
Others	4 (0.4)	21 (5.5)	3 (1.6)	
Current residential country				
Poland	1033 (98.1)	45 (11.7)	0 (0)	<0.001
Ukraine	1 (0.1)	292 (75.8)	0 (0)	
Taiwan	0 (0)	0 (0)	186 (98.9)	
Others	19 (1.8)	48 (12.5)	2 (1.1)	
Were you originated from Ukraine?				
Yes	31 (2.9)	376 (97.7)	1 (0.5)	<0.001
No	1022 (97.1)	9 (2.3)	187 (99.5)	
Was any of your family members originated from Ukraine?				
Yes	78 (7.4)	379 (98.4)	1 (0.5)	<0.001
No	975 (92.6)	6 (1.6)	187 (99.5)	
Was any of your friends originated from Ukraine?				
Yes	389 (36.9)	381 (99)	7 (3.7)	<0.001
No	664 (63.1)	4 (1)	181 (96.3)	
Do any of your friends reside in Ukraine?				
Yes	162 (15.4)	382 (99.2)	6 (3.2)	<0.001
No	891 (84.6)	3 (0.8)	182 (96.8)	
There is a person (s) next to me who gives me support				
No, there is not such a person	73 (6.9)	41 (10.6)	13 (6.9)	0.059
Yes, there is such a person	980 (93.1)	344 (89.4)	175 (93.1)	0.059
Impact of the 2022 War in Ukraine				
How many times have you had to relocate due to the current Ukraine crisis and war?				
Never	1040 (98.9)	180 (46.8)		<0.001
Once	9 (0.9)	112 (29.1)		<0.001
Twice	2 (0.1)	55 (14.3)	NA	<0.001
Three times or more	2 (0.1)	38 (9.9)		<0.001
The main cause of my stress at this moment is				
Educational	28 (2.7)	9 (2.3)	38 (20.2)	<0.001
Economical	213 (20.2)	41 (10.6)	77 (41)	<0.001
Social	99 (9.4)	32 (8.3)	24 (12.8)	0.227

War-Related	515 (48.9)	269 (69.9)	25 (13.3)	<0.001
Medical	10 (0.9)	8 (2.1)	11 (5.9)	<0.001
Others	188 (17.9)	26 (6.8)	13 (6.9)	<0.001
Can you deal with your emotions no matter how bad it gets in the war in Ukraine?				
Yes	863 (82)	315 (81.8)	167 (88.8)	0.062
No	190 (18)	70 (18.2)	21 (11.2)	
What is the attitude towards Russian invasion into Ukraine?				
Support Russian invasion	5 (0.5)	0 (0)	1 (0.5)	0.390
Against Russian invasion	1021 (97)	381 (99)	160 (85.1)	<0.001
I do not have an opinion	27 (2.6)	4 (1)	27 (14.4)	<0.001
The United Nation, NATO and European Union have done enough to support Ukraine				
Agree	180 (17.1)	31 (8.1)	9 (4.8)	<0.001
Neutral or no comment	408 (38.7)	138 (35.8)	75 (39.9)	0.531
Disagree	465 (44.2)	216 (56.1)	104 (55.3)	<0.001
Have you participated in protests against the Russian invasion?				
Yes	176 (16.7)	115 (29.9)	11 (5.9)	<0.001
No	877 (83.3)	270 (70.1)	177 (94.1)	
I feel insecure about the current war in Ukraine				
Nearly all the time	158 (15)	142 (36.9)	12 (6.4)	<0.001
Sometimes	536 (50.9)	160 (41.6)	86 (45.7)	0.006
Rarely	237 (22.5)	50 (13)	57 (30.3)	<0.001
Not at all	122 (11.6)	33 (8.6)	33 (17.6)	0.007
I feel hopeless about the current war in Ukraine				
Nearly all the time	569 (54)	176 (45.7)	3 (1.6)	<0.001
Sometimes	360 (34.2)	121 (31.4)	54 (28.7)	0.265
Rarely	67 (6.4)	60 (15.6)	88 (46.8)	<0.001
Not at all	57 (5.4)	28 (7.3)	43 (22.9)	<0.001
Help seeking behavior during the war in Ukraine				
If you do NOT want to seek professional help for mental problems, what is the reason?				
I do not have a mental health problem	391 (37.1)	60 (15.6)	67 (35.6)	<0.001
I can handle it myself	230 (21.8)	149 (38.7)	55 (29.3)	<0.001
I prefer to seek help from friends or family members	90 (8.5)	27 (7)	34 (18.1)	<0.001
I do not have money to pay for mental health service	95 (9)	48 (12.5)	9 (4.8)	0.010
Long waiting time	29 (2.8)	1 (0.3)	1 (0.5)	0.003
No access to mental health service	5 (0.5)	5 (1.3)	0 (0)	0.108
Concerns about privacy issue	12 (1.1)	6 (1.6)	5 (2.7)	0.257
Mental health service is ineffective	22 (2.1)	8 (2.1)	3 (1.6)	0.904
	40 (3.8)	12 (3.1)	7 (3.7)	0.827

I am too busy and no time for mental health service	17 (1.6)	1 (0.3)	4 (2.1)	0.089
I do not have a health insurance that covers mental health service	7 (0.7)	46 (11.9)	0 (0)	<0.001
Mental health service is disrupted by the war	115 (10.9)	22 (5.7)	3 (1.6)	<0.001
Others				
