

Appendix 1

Physical Health and Lifestyle

Students' perception of their health by gender

Gender	How healthy do you think you are?		
	Very healthy	Quite healthy	Unhealthy
Male	36	102	16
Female	33	270	32

$$\chi^2 = 16.9, v = 2, p < 0.0005$$

Frequency of psychosomatic symptoms

Psychosomatic Symptoms	How often do you have these symptoms		
	At least every week	About every month	Rarely/Never
Headache	239	119	128
Stomach-ache	78	120	284
Back-ache	139	126	219
Neck and shoulder pain	146	99	241
Feeling low and down	221	131	131
Feeling nervous	303	108	71
Tired and exhausted	377	63	47
Sleep problems	130	48	308
Feeling dizzy	123	69	293

$$\chi^2 = 876.6, v = 16, p < 0.0005$$

Frequency of medication taken for symptoms

Psychosomatic Symptoms	How often have you taken medicine or tablets?		
	No	Occasionally	Frequently
Headache	228	163	99
Stomach-ache	421	49	16
Sleeping Difficulties	458	16	7
Nervousness	449	20	14

$$\chi^2 = 484.6, v = 6, p < 0.0005$$

Frequency of illnesses by gender

Illnesses	Gender	
	Male	Female
Allergy problems	25	68
Anxiety disorder	17	64
Asthma	6	25
Chronic fatigue syndrome	5	14
Depression	20	28
Diabetes	1	0
Sexually transmitted diseases	3	4
Substance abuse problem	5	5
Back pain	46	156
Broken bone/fracture	7	5
Bronchitis/ear or sinus infection	23	81
Endometriosis	0	6

$\chi^2 = 25.49, \nu = 11, p = 0.008$

Frequency of illnesses by course year

Illnesses	Course Year		
	1st year	2nd year	3rd-5th year
Allergy problems	23	55	15
Anxiety disorder	22	42	17
Asthma	9	17	5
Chronic fatigue syndrome	6	4	9
Depression	19	24	5
Diabetes	0	1	0
Sexually transmitted diseases	2	4	1
Substance abuse problem	2	8	0
Back pain	68	109	25
Broken bone/fracture	5	6	1
Bronchitis/ear or sinus infection	38	50	16
Endometriosis	2	3	1

$\chi^2 = 30.19, \nu = 22, p = 0.114$