



Data set for paper titled: Psychological distress and coping amongst higher education students: A mixed method enquiry.

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Deasy et al (2014) Psychological distress and coping amongst higher education students: A mixed method enquiry.

The following are the codes used for the variables that were assigned codes

Gender	1=Male 2=Female
Age Category	1=17-26 2=27-25 3=37-46 4=47+
Marital status	1=single 2=married 3=divorced 4=separated 5=cohabiting partner 6=other
Nursing or education student	1=nursing 2=education
Year of course	1, 2, 3, 4
I enjoy my course	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Do you find being a student stressful?	1=yes 2=no 3= sometimes
Lectures	1=yes 2=no
Exams	1=yes 2=no
Practice placements	1=yes 2=no
Being away from home	1=yes 2=no
Financial pressures	1=yes 2=no
The social life	1=yes 2=no
Assignments	1=yes 2=no
Workload	1=yes 2=no
Lecturers	1=yes 2=no
Commuting to college	1=yes 2=no
Making new friends Sharing accommodation	1=yes 2=no
Other stressors	1=yes 2=no
Where do you reside during the academic term?	1=on campus in student accommodation 2=off campus in student accommodation

	3=other rented accommodation 4=family home 5=own home 6=other
What is your main source of income during the academic year?	1=part time work 2=full time work 3=grant 4=family 5=Internship 6=other 7=part-time work and grant 8=part-time work and family 9=part-time work, grant and family 10=grant and family 11=fulltime work and grant 12=part-time work, grant and other, 13=grant and other 14=grant, family and internship
Please rate your diet?	1=healthy 2=very healthy 3=not healthy 4=unsure
Since I started college my eating pattern has changed	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I generally eat more	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I eat more food which contains carbohydrate	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I eat more fruit and vegetables	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I eat more convenience food	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I have less sugar, confectionary and soft drinks	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I have less fatty or fried foods	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
Since I started college I have more fibre in my diet	1=strongly agree 2=agree 3=neutral

	4=disagree 5=strongly disagree
Since I started college I eat more protein rich foods	1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree
How would you rate your current level of physical activity?	1=very active 2=active 3=not active 4=unsure
Do you smoke cigarettes?	1=yes 2=no
Do you drink alcohol?	1=yes 2=no
Have you used cannabis within the last 6 months?	1=yes 2=no
Age Category (binary)	1=17-26 2=>26
What is your marital status? (binary)	1=single/divorced/separated, 2=married/cohabiting/other
What is your country of birth? (binary)	1=Ireland 2=Rest of the world
I enjoy my course (binary)	1= Agree 2= Disagree/Neutral
Do you find being a student stressful (binary)	1=yes 2=sometimes/no
Where do you reside during the academic term? (recoded)	1= Student accommodation, 2=all other types of accommodation)
What is your main source of income during the academic year? (recoded)	1 = full time work or internship + all combination of income with at least full time or internship [categories 2, 5, 11, 14]. 2 = part time + all combination with part time [categories 1, 7, 8, 9, 12]. 3 = grant or family or other + all combination of these 3 categories [categories 3, 4, 6, 10, 13].
Please rate your diet? (binary)	1= Very healthy + Healthy 2= Not healthy + Unsure
Since I started college my eating pattern has changed (binary)	1=Agree 2=Disagree/Neutral
How would you rate your current level of physical activity? (binary)	1= Very active + Active 2= Not active + Unsure
Frequency of Alcohol consumption (binary)	1= \leq 2days per week 2= \geq 3days per week