Table S1. Demographic characteristics of Japanese university enrolled students before and during COVID-19 Pandemic

| Characteristic          | Before COVID-19 | During COVID-19 |
|-------------------------|-----------------|-----------------|
|                         | 2016            | 2017            | 2020            |
|                         | No. (%)         | No. (%)         | No. (%)         |
| Gender                  | total (n=1935)  | total (n=1717)  | total (n=1087)  |
| female                  | 610 (31.5)      | 540 (31.5)      | 377 (34.7)      |
| male                    | 1325 (68.5)     | 1177 (68.5)     | 710 (65.3)      | .141 |
| Age                     |                 |                 |                 |
| 18                      | 1206 (62.3)     | 1074 (62.6)     | 747 (68.7)      | .001 |
| over 18                 | 729 (37.7)      | 643 (37.4)      | 340 (31.3)      |     |
| Living with family      |                 |                 |                 |
| yes                     | 565 (29.2)      | 503 (29.3)      | 344 (31.6)      |
| no                      | 1370 (70.8)     | 1214 (70.7)     | 743 (68.4)      | .314 |
| Home prefecture         |                 |                 |                 |
| Hokkaido                | 727 (37.6)      | 631 (36.8)      | 422 (38.8)      |
| Other                   | 1208 (62.4)     | 1086 (63.2)     | 665 (61.2)      | .544 |

Note: COVID-19, coronavirus disease 2019; percentages represent the number out of the total number of subjects.

* Chi-square test was conducted. Bold values, P is statistically significant.

The survey is usually conducted in April, the new school year, but it was conducted in July in 2020 because of campus access restrictions related to the COVID-19 alert. The time of the survey in 2020 is when the first wave of the pandemic is coming to an end and the restrictions on campus access have been relaxed.