

Appendix A: Questions regarding daily life habits

question	responses
<p>School-commute time How much time do you spend traveling to school?</p>	<p><0.5 hours ≥0.5 hours, <1 hour ≥1 hour, <2 hours ≥2 hours</p>
<p>School sports (or clubs) Over the past months, how much time did you spend on average per day engaging in school sports (or club) activities?</p>	<p>none <1 hour ≥1 hour, <2 hours ≥2 hours.</p>
<p>Extracurricular learning Over the past months, how much time did you spend on average per day in studying outside of school classes?</p>	<p>none <1 hour ≥1 hour, <2 hours ≥2 hours</p>
<p>Television viewing time Over the past months, how much time did you spend on average per day watching television programs (including recorded programs)?</p>	<p>none <1 hour ≥1 hour, <2 hours, ≥2 hours, <3 hours ≥3 hours, <5 hours ≥5 hours</p>
<p>Skipped meals Over the past 30 days, did you ever skip (not eat) a meal or meals.</p>	<p>none <2 times/week 2–7 times/week 7–14 times/week ≥14 times/week</p>
<p>Depressive mood (mental health) Over the past 30 days, did you have feelings of heaviness or depression more than usual?</p>	<p>not at all not so much yes often</p>
<p>School-life satisfaction Are you satisfied with your school life? Or are you dissatisfied with it?”,</p>	<p>satisfied more or less satisfied not really satisfied dissatisfied</p>