

Appendix A: Questions regarding daily life habits

Question	Responses
<p><b>School-commute time</b> How much time do you spend traveling to school?</p>	<p>&lt;0.5 hours ≥0.5 hours, &lt;1 hour ≥1 hour, &lt;2 hours ≥2 hours</p>
<p><b>School sports or clubs</b> Over the past months, how much time did you spend on average per day engaging in school sports or club activities?</p>	<p>None &lt;1 hour ≥1 hour, &lt;2 hours ≥2 hours.</p>
<p><b>Extracurricular learning</b> Over the past months, how much time did you spend on average per day in studying outside of school classes?</p>	<p>None &lt;1 hour ≥1 hour, &lt;2 hours ≥2 hours</p>
<p><b>Television viewing time</b> Over the past months, how much time did you spend on average per day watching television programs (including recorded programs)?</p>	<p>None &lt;1 hour ≥1 hour, &lt;2 hours ≥2 hours, &lt;3 hours ≥3 hours, &lt;5 hours ≥5 hours</p>
<p><b>Skipped meals</b> Over the past 30 days, did you ever skip (not eat) a meal or meals.</p>	<p>No &lt;2 times/week ≥2times/week, &lt;7times/week ≥7times/week, &lt;14times/week ≥14times/week</p>
<p><b>Depressed mood</b> 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><b>School-life satisfaction</b> 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>