Questionnaires trajectories

In the following, questionnaire variables assessed repeatedly over the six measurement timepoints of the LawSTRESS project are presented. The figures and tables show the findings for the entire sample (cohort A and cohort B).

Table of Contents

Academic study time

Table 1. Test statistics for the repeated measures ANOVA for academic study time.

		F	p	η^2
Academic study time	timepoint	185.69	<.001	.33
	timepoint x group	164.33	<.001	.30
	group	11.06	<.001	.03

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 2. Mean ± *SD* of academic study time for each timepoint divided by group.

			n	Mean	SD
Academic study time	timepoint 1	SG	224	37.46	11.92
		CG	226	38.44	12.89
	timepoint 2	SG	193	44.42	13.45
		CG	214	34.60	14.60
	timepoint 3	SG	186	49.71	15.30
		CG	220	34.92	14.51
	timepoint 5	SG	194	21.36	24.79
		CG	216	35.93	15.79
	timepoint 6	SG	195	10.47	14.81
		CG	214	33.09	15.65

Figure 1. Mean hours per week (± SEM) spent with university issues in the stress and the control group over the study period.
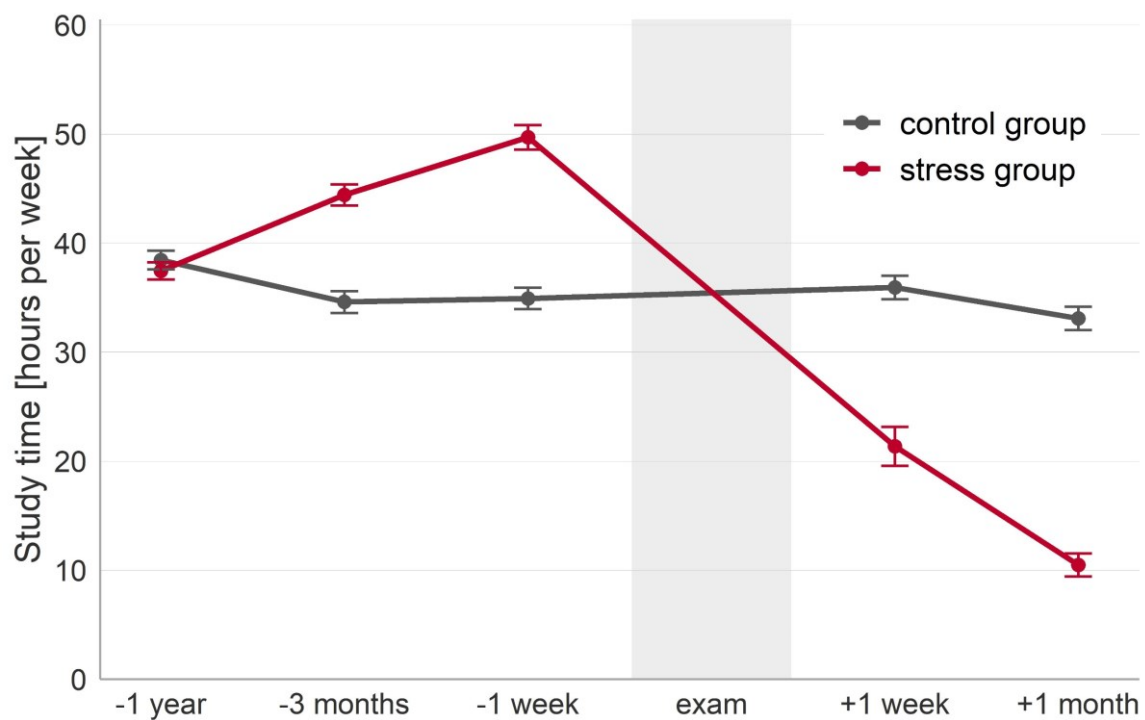
Leisure time

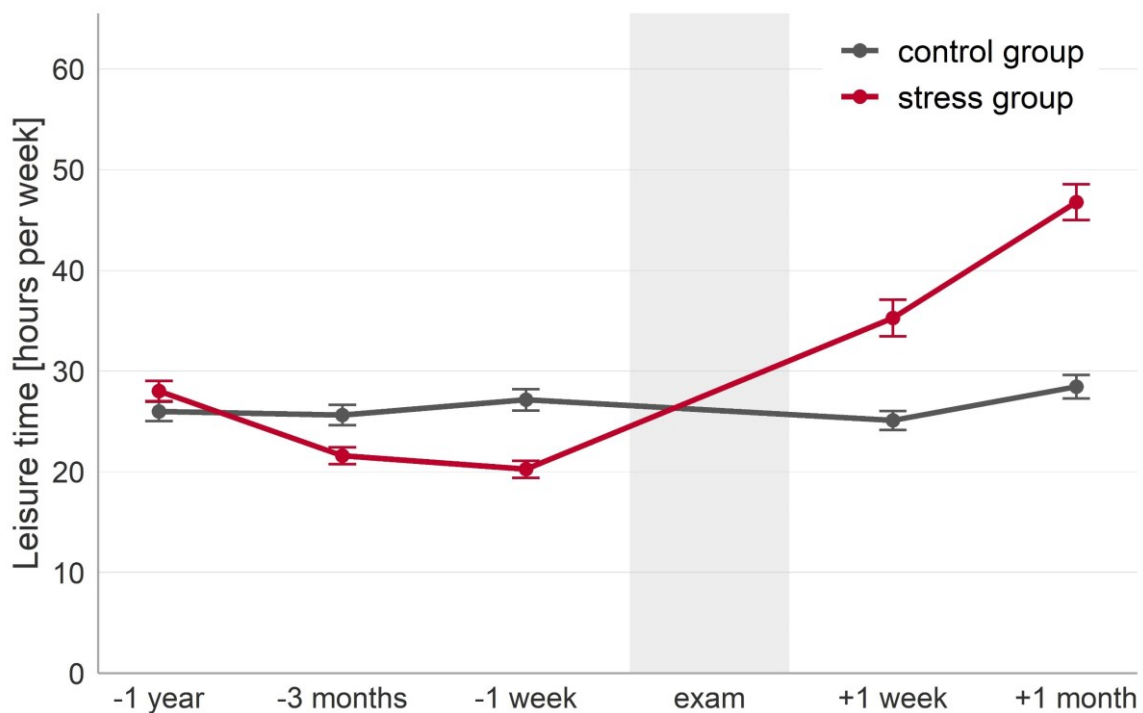**Table 3.** Test statistics for the repeated measures ANOVA for academic study time.

		F	p	η^2
Leisure time	timepoint	75.25	<.001	.16
	timepoint x group	62.39	<.001	.14
	group	10.97	.001	.03

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 4. Mean ± *SD* of leisure time for each timepoint divided by group.

			n	Mean	SD
Leisure time	timepoint 1	SG	226	28.01	15.08
		CG	226	25.99	14.47
	timepoint 2	SG	199	21.60	11.70
		CG	218	25.64	14.88
	timepoint 3	SG	193	20.26	11.85
		CG	221	27.15	15.84
	timepoint 5	SG	191	35.27	25.03
		CG	216	25.10	13.83
	timepoint 6	SG	192	46.78	24.63
		CG	214	28.46	17.10

Figure 2. Leisure time in hours per week (± SEM) in the stress and the control group over the study period.

Hospital Anxiety and Depression scale

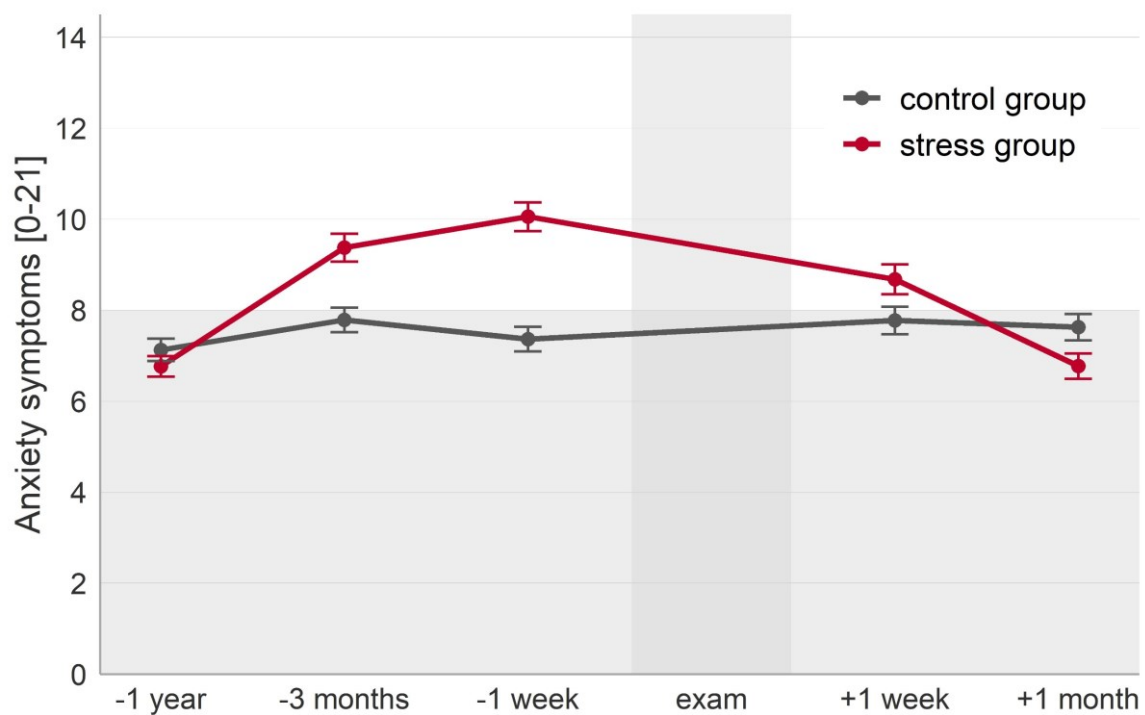**Table 5.** Test statistics for the repeated measures ANOVA for anxiety symptoms (HADS).

		F	p	η^2
Anxiety symptoms (HADS)	timepoint	44.37	<.001	.10
	timepoint x group	33.06	<.001	.08
	group	5.07	.025	.01

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 6. Mean ± *SD* of anxiety symptoms (HADS) for each timepoint divided by group.

			n	Mean	*SD*
Anxiety symptoms (HADS)	timepoint 1	SG	226	6.77	3.41
		CG	226	7.13	3.70
	timepoint 2	SG	199	9.38	4.30
		CG	220	7.79	3.98
	timepoint 3	SG	193	10.06	4.35
		CG	221	7.37	4.07
	timepoint 5	SG	194	8.68	4.59
		CG	216	7.78	4.45
	timepoint 6	SG	199	6.77	3.96
		CG	214	7.63	4.24

Figure 3. Time course of anxiety symptoms ($\pm$ SEM) in the stress and the control group over the study period.

Note. Anxiety symptoms were measured with the Hospital Anxiety and Depression Scale.

Table 7. Test statistics for the repeated measures ANOVA for depression symptoms (HADS).
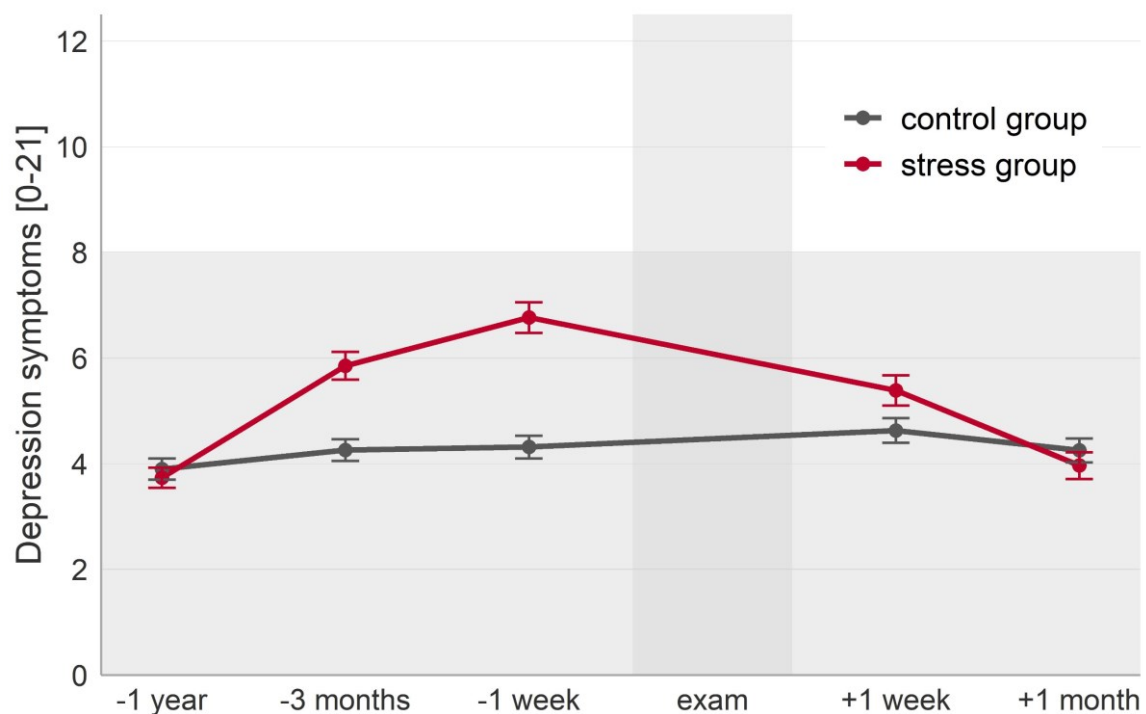
		F	p	η^2
Depression symptoms	timepoint	44.67	<.001	.10
(HADS)	timepoint x group	27.53	<.001	.07
	group	9.73	.002	.02

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 8. Mean ± *SD* of depression symptoms (HADS) for each timepoint divided by group.

			n	Mean	SD
Depression	timepoint 1	SG	226	3.73	2.86
symptoms (HADS)		CG	226	3.90	3.01
	timepoint 2	SG	199	5.85	3.68
		CG	220	4.26	3.06
	timepoint 3	SG	193	6.77	4.02
		CG	221	4.32	3.21
	timepoint 5	SG	194	5.39	3.99
		CG	216	4.63	3.43
	timepoint 6	SG	199	3.96	3.55
		CG	214	4.25	3.31

Figure 4. Time course of depression symptoms (± SEM) in the stress and the control group over the study period.

Note. Depression symptoms were measured with the Hospital Anxiety and Depression Scale.

4

Regensburg Insomnia Scale

Table 9. Test statistics for the repeated measures ANOVA for sleep disturbances (RIS).
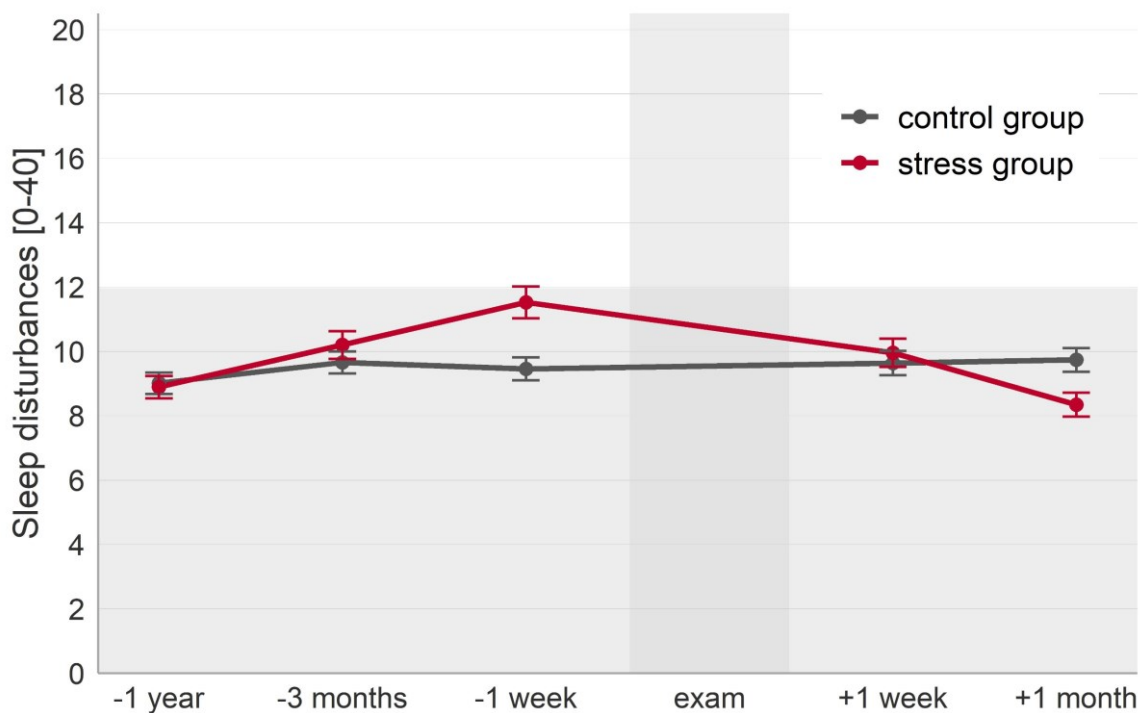
		F	p	η^2
Sleep disturbances (RIS)	timepoint	20.23	<.001	.05
	timepoint x group	18.72	<.001	.05
	group	.23	.631	.001

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 10. Mean ± *SD* of sleep disturbances (RIS) for each timepoint divided by group.

			n	Mean	*SD*
Sleep disturbances (RIS)	timepoint 1	SG	226	8.89	5.20
		CG	226	9.01	5.01
	timepoint 2	SG	199	10.20	6.05
		CG	220	9.66	5.08
	timepoint 3	SG	193	11.52	6.87
		CG	221	9.46	5.27
	timepoint 5	SG	195	9.96	6.11
		CG	216	9.64	5.56
	timepoint 6	SG	199	8.35	5.25
		CG	214	9.74	5.42

Figure 5. Time course of of sleep disturbances (± SEM) in the stress and the control group over the study period.

Note. Sleep disturbances were measured with the Regensburg Insomnia Scale.

Symptom-Checklist-90

**Table 11.** Test statistics for the repeated measures ANOVA for somatic symptoms (SCL-90).

		F	p	η^2
Somatic symptoms (SCL-90)	timepoint	23.40	<.001	.06
	timepoint x group	15.41	<.001	.04
	group	2.42	.121	.01

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 12. Mean ± *SD* of somatic symptoms (SCL-90) for each timepoint divided by group.

			n	Mean	SD
Somatic symptoms (SCL-90)	timepoint 1	SG	226	6.87	4.82
		CG	226	7.31	5.28
	timepoint 2	SG	199	8.78	6.54
		CG	220	7.70	5.46
	timepoint 3	SG	193	10.15	7.76
		CG	221	7.37	5.31
	timepoint 5	SG	196	8.87	7.67
		CG	216	7.24	5.74
	timepoint 6	SG	199	6.05	5.57
		CG	216	7.02	5.33

Figure 6. Time course of somatic symptoms (± SEM) in the stress and the control group over the study period.
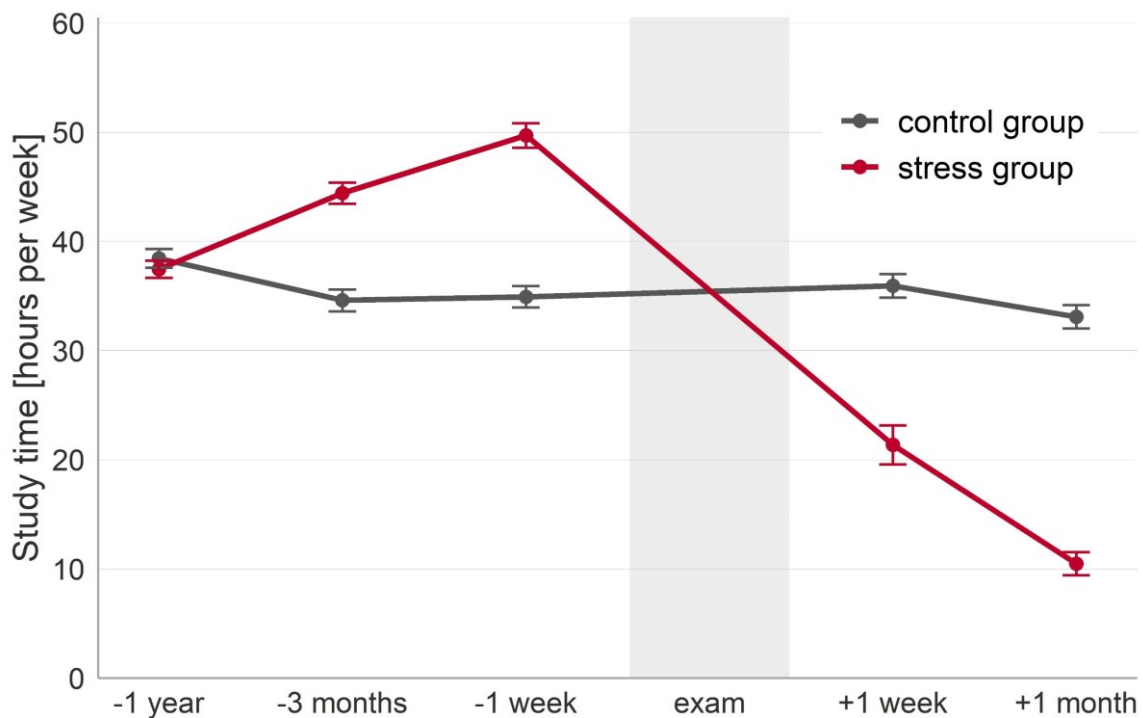
Note. For a better interpretability raw values were transformed to t-values using the norm table for students including males and females (Franke, 2002). Somatic symptoms were measured with the Symptom-Checklist-90.

Trier Inventory of Chronic Stress

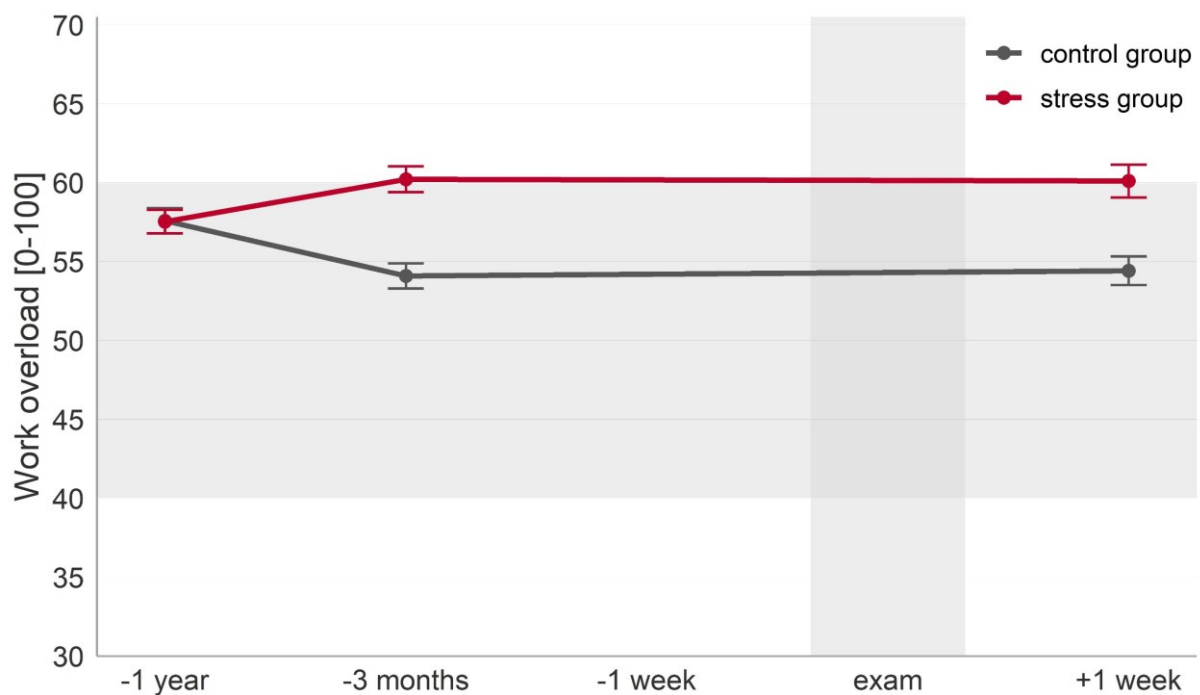**Table 13.** Test statistics for the repeated measures ANOVA for perceived work overload (TICS).

		F	p	η^2
Perceived work	timepoint	.13	.875	.00
overload (TICS)	timepoint x group	18.35	<.001	.04
	group	15.04	<.001	.04

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 14. Mean ± *SD* of perceived work overload (TICS) for each timepoint divided by group.

			n	Mean	*SD*
Perceived work	timepoint 1	SG	226	17.24	6.68
overload (TICS)		CG	226	17.36	7.02
	timepoint 2	SG	199	18.98	6.72
		CG	220	15.22	7.18
	timepoint 5	SG	194	18.72	8.05
		CG	216	15.46	7.64

Figure 7. Perceived work overload ($\pm$ SEM) in the stress and the control group over the study period.

Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Perceived work overload was measured with the Trier Inventory of Chronic Stress.

**Table 15.** Test statistics for the repeated measures ANOVA for social overload (TICS).

		F	p	η^2
Social overload (TICS)	timepoint	6.93	.001	.02
	timepoint x group	.82	.436	.00
	group	3.22	.074	.01

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 16. Mean ± *SD* of social overload (TICS) for each timepoint divided by group.

			n	Mean	SD
Social overload (TICS)	timepoint 1	SG	226	7.52	4.89
		CG	226	7.87	4.92
	timepoint 2	SG	199	6.48	5.31
		CG	220	7.37	5.01
	timepoint 5	SG	194	6.31	5.21
		CG	216	7.25	4.77

Figure 8. Social overload ($\pm$ SEM) in the stress and the control group over the study period.
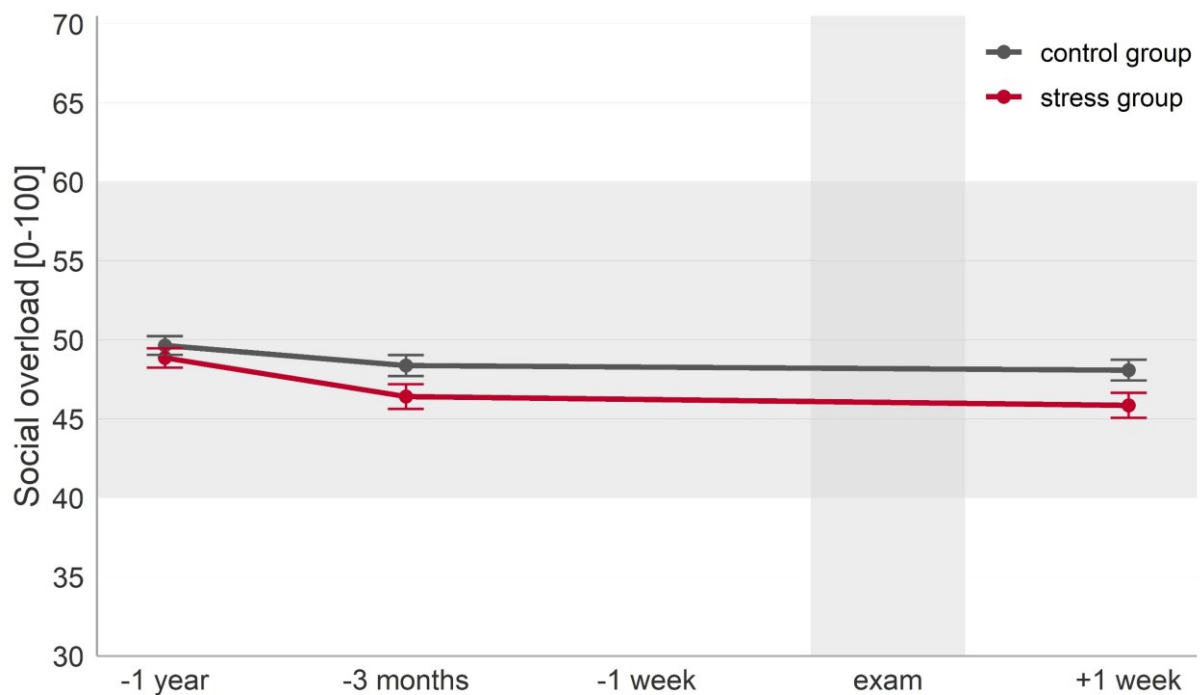
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Social overload was measured with the Trier Inventory of Chronic Stress.

Table 17. Test statistics for the repeated measures ANOVA for perceived pressure to perform (TICS).

		F	p	η^2
Perceived pressure to perform (TICS)	timepoint	8.18	<.001	.02
	timepoint x group	2.50	.085	.00
	group	1.30	.254	.00

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 18. Mean ± *SD* of perceived pressure to perform (TICS) for each timepoint divided by group.

			n	Mean	*SD*
Perceived pressure to perform (TICS)	timepoint 1	SG	226	14.83	5.71
		CG	226	15.70	6.21
	timepoint 2	SG	199	13.72	6.11
		CG	220	14.85	6.61
	timepoint 5	SG	194	14.18	6.84
		CG	216	14.14	7.09

Figure 9. Perceived pressure to perform (± SEM) in the stress and the control group over the study period.
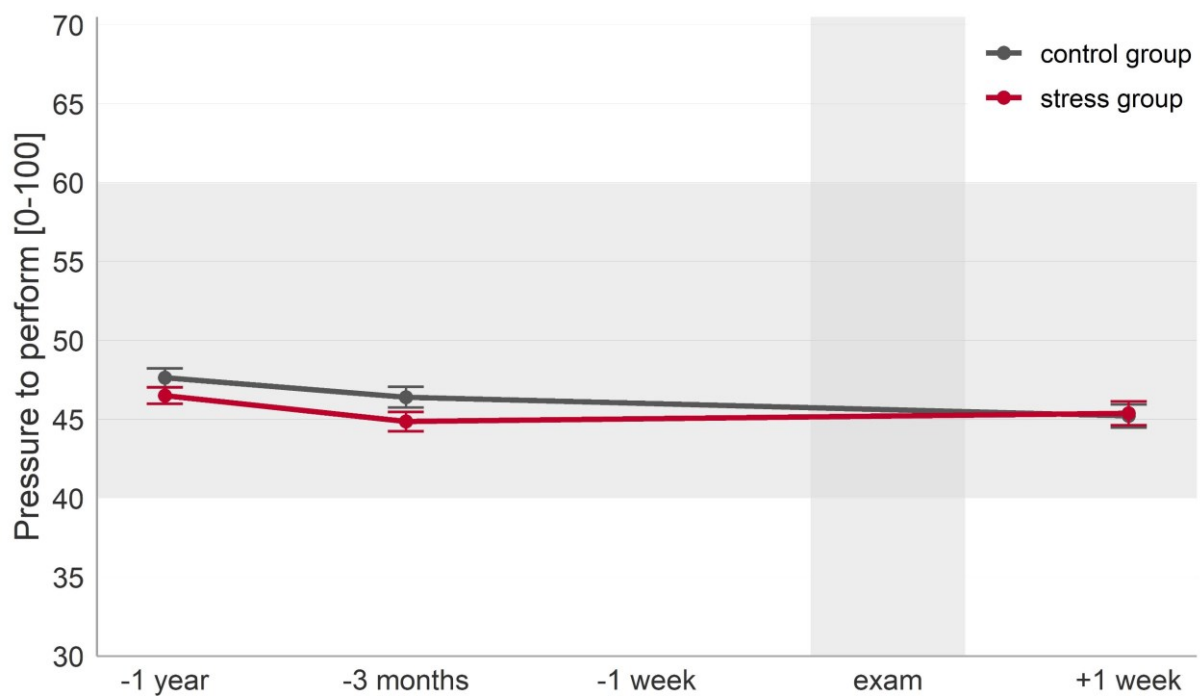
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Perceived pressure to perform was measured with the Trier Inventory of Chronic Stress.

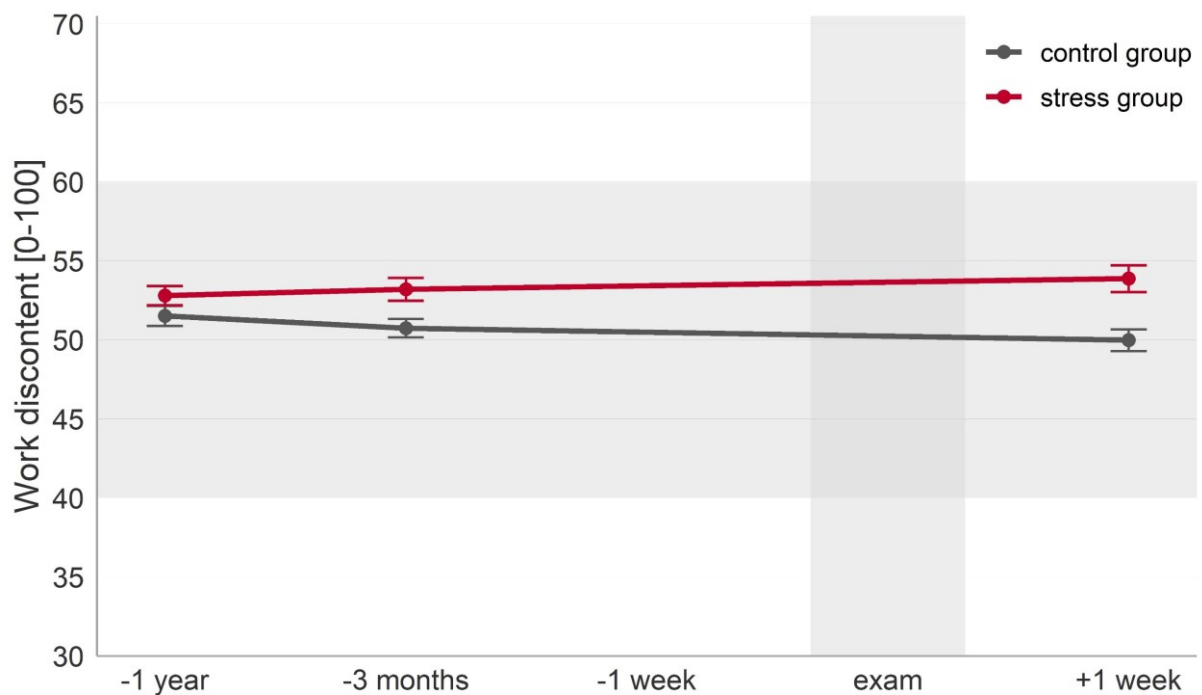**Table 19.** Test statistics for the repeated measures ANOVA for work discontent levels (TICS).

		F	p	η^2
Work discontent levels (TICS)	timepoint	.46	.620	.00
	timepoint x group	6.93	.001	.02
	group	11.24	.001	.03

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 20. Mean ± *SD* of work discontent levels (TICS) for each timepoint divided by group.

			n	Mean	SD
Work discontent levels (TICS)	timepoint 1	SG	226	11.27	5.65
		CG	226	10.59	5.54
	timepoint 2	SG	199	11.69	6.38
		CG	220	9.92	4.96
	timepoint 5	SG	194	12.26	6.95
		CG	216	9.72	5.79

Figure 10. Work discontent levels (± SEM) in the stress and the control group over the study period.

Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Work discontent levels were measured with the Trier Inventory of Chronic Stress.

Table 21. Test statistics for the repeated measures ANOVA for excessive demands from work (TICS).

		F	p	η^2
Excessive demands from work (TICS)	timepoint	4.36	.014	.01
	timepoint x group	19.58	<.001	.05
	group	27.00	<.001	.06

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 22. Mean ± *SD* of excessive demands from work (TICS) for each timepoint divided by group.

			n	Mean	SD
Excessive demands from work (TICS)	timepoint 1	SG	226	9.84	4.83
		CG	226	9.12	4.77
	timepoint 2	SG	199	11.87	5.08
		CG	220	8.25	4.87
	timepoint 5	SG	194	10.96	5.78
		CG	216	8.72	5.66

Figure 11. Excessive demands from work (TICS) in the stress and the control group over the study period.
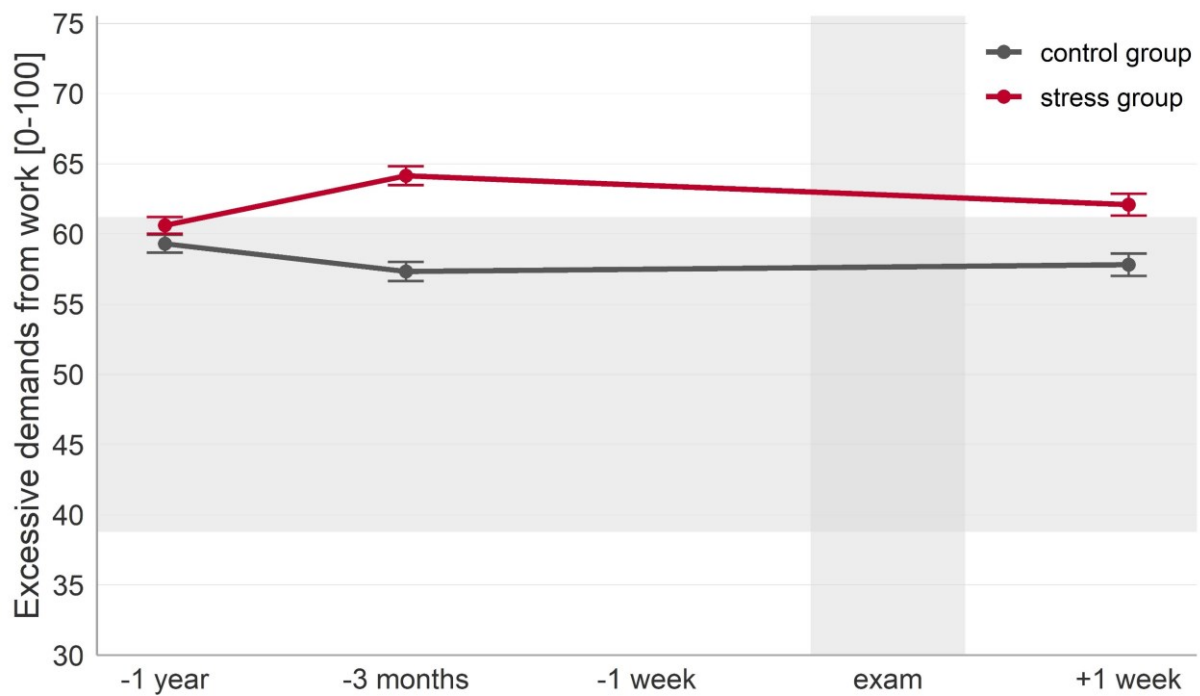
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Excessive demands from work were measured with the Trier Inventory of Chronic Stress.

Table 23. Test statistics for the repeated measures ANOVA for lack of social recognition (TICS).

		F	p	η^2
Lack of social recognition (TICS)	timepoint	.44	.632	.00
	timepoint x group	3.37	.038	.01
	group	8.81	.003	.02

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 24. Mean ± *SD* of lack of social recognition (TICS) for each timepoint divided by group.

			n	Mean	SD
Lack of social recognition (TICS)	timepoint 1	SG	226	5.96	3.50
		CG	226	5.67	3.47
	timepoint 2	SG	199	6.24	3.63
		CG	220	5.07	3.47
	timepoint 5	SG	194	6.21	3.86
		CG	216	5.08	3.68

Figure 12. Lack of social recognition ($\pm$ SEM) in the stress and the control group over the study period.
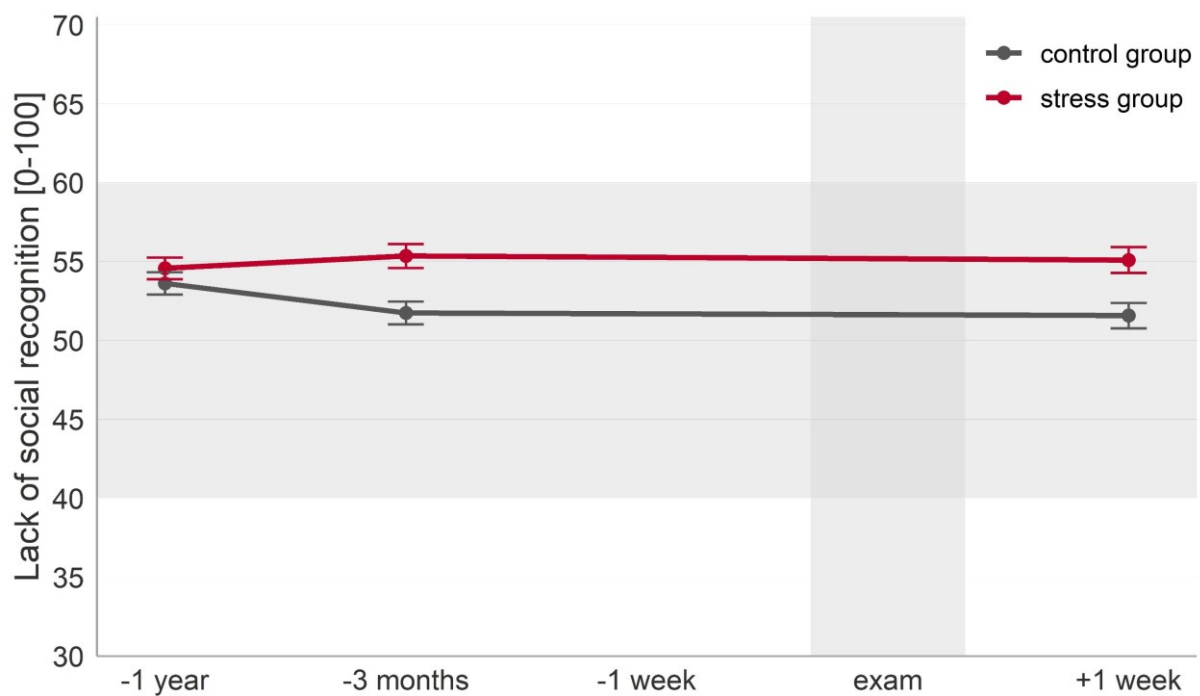
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Lack of social recognition was measured with the Trier Inventory of Chronic Stress.

.

Table 25. Test statistics for the repeated measures ANOVA for perceived social tensions (TICS).

		F	p	η^2
Perceived social	timepoint	.04	.947	.00
tensions (TICS)	timepoint x group	4.68	.011	.01
	group	.04	.844	.00

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 26. Mean ± *SD* of perceived social tensions (TICS) for each timepoint divided by group.

			n	Mean	SD
Perceived social	timepoint 1	SG	226	5.14	4.56
tensions (TICS)		CG	226	5.98	4.76
	timepoint 2	SG	199	5.77	5.30
		CG	220	5.53	4.84
	timepoint 5	SG	194	5.84	4.94
		CG	216	5.47	4.86

Figure 13. Perceived social tensions ($\pm$ SEM) in the stress and the control group over the study period.
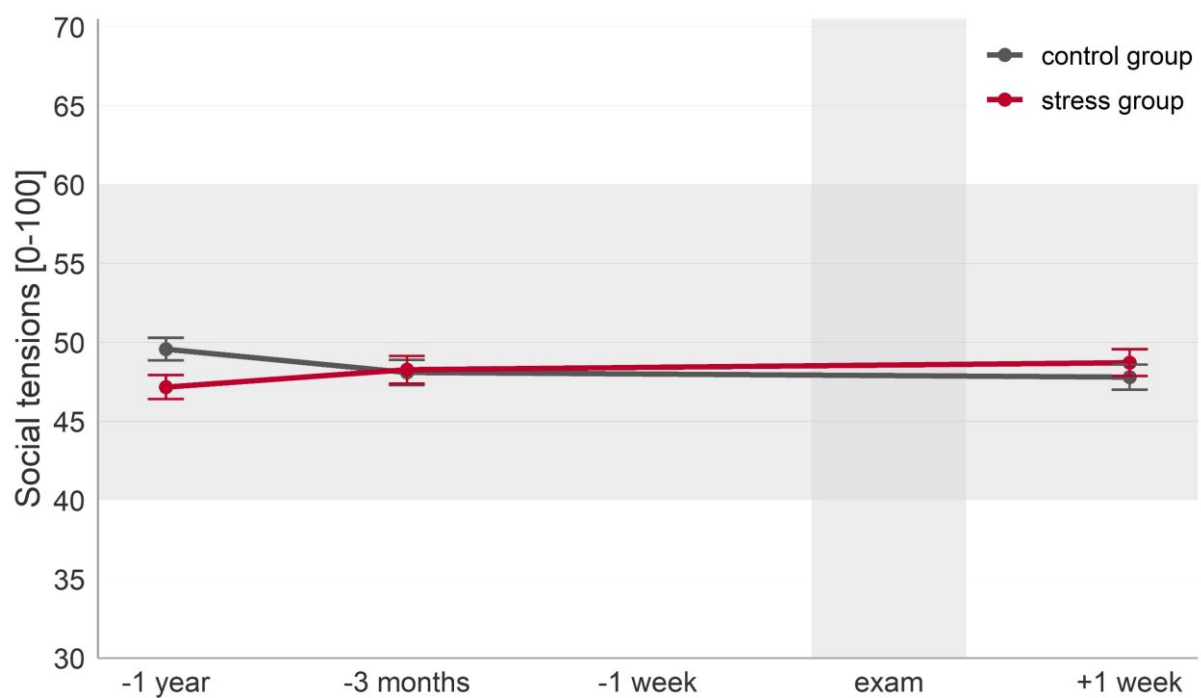
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Perceived social tensions were measured with the Trier Inventory of Chronic Stress.

**Table 27.** Test statistics for the repeated measures ANOVA for social isolation (TICS).

		F	p	η^2
Social isolation (TICS)	timepoint	5.48	.005	.01
	timepoint x group	4.22	.016	.01
	group	2.72	.100	.01

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 28. Mean ± *SD* of social isolation (TICS) for each timepoint divided by group.

			n	Mean	SD
Social isolation (TICS)	timepoint 1	SG	226	8.48	5.53
		CG	226	8.46	5.18
	timepoint 2	SG	199	9.53	6.11
		CG	220	8.60	5.52
	timepoint 5	SG	194	10.01	6.70
		CG	216	8.44	5.44

Figure 14. Social isolation (± SEM) in the stress and the control group over the study period.
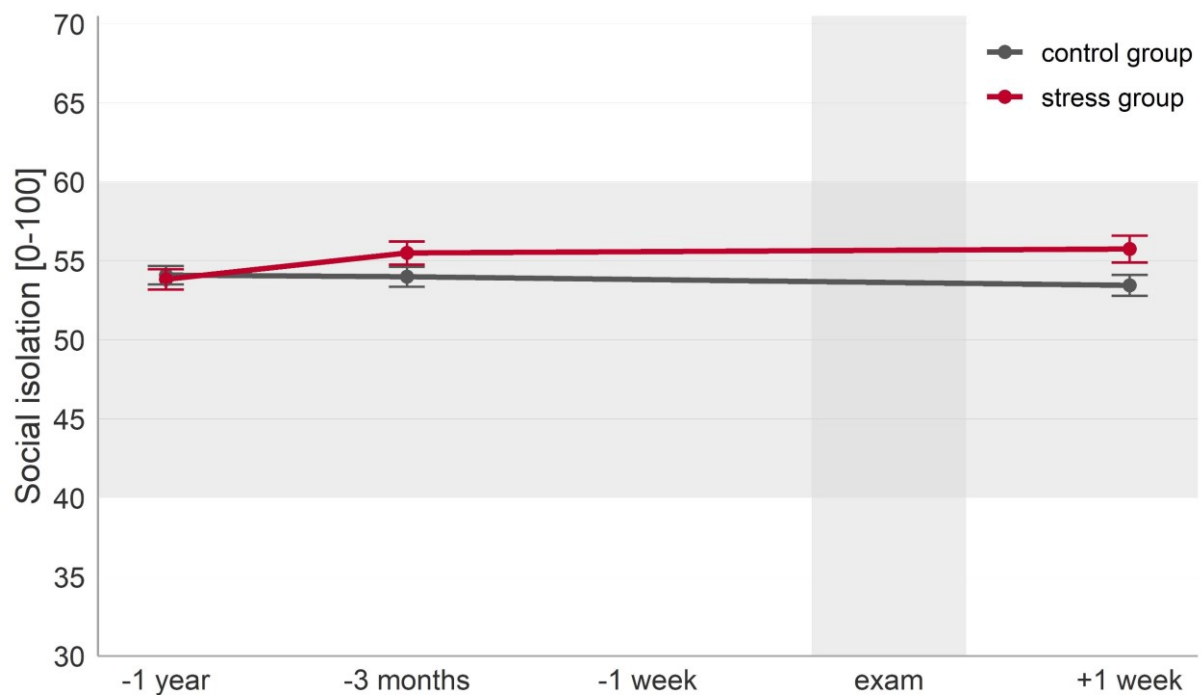
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Social isolation was measured with the Trier Inventory of Chronic Stress.

Table 29. Test statistics for the repeated measures ANOVA for chronic worrying levels (TICS).

		F	p	η^2
Chronic worrying levels (TICS)	timepoint	.46	.624	.00
	timepoint x group	8.24	<.001	.02
	group	7.93	.005	.02

Note. Greenhouse–Geisser corrected results are reported where appropriate.

Table 30. Mean ± *SD* of chronic worrying levels (TICS) for each timepoint divided by group.

			n	Mean	SD
Chronic worrying levels (TICS)	timepoint 1	SG	226	8.63	4.03
		CG	226	8.60	4.17
	timepoint 2	SG	199	9.28	3.99
		CG	220	8.00	4.19
	timepoint 5	SG	194	9.24	4.35
		CG	216	7.63	4.51

Figure 15. Chronic worrying levels (TICS) in the stress and the control group over the study period.
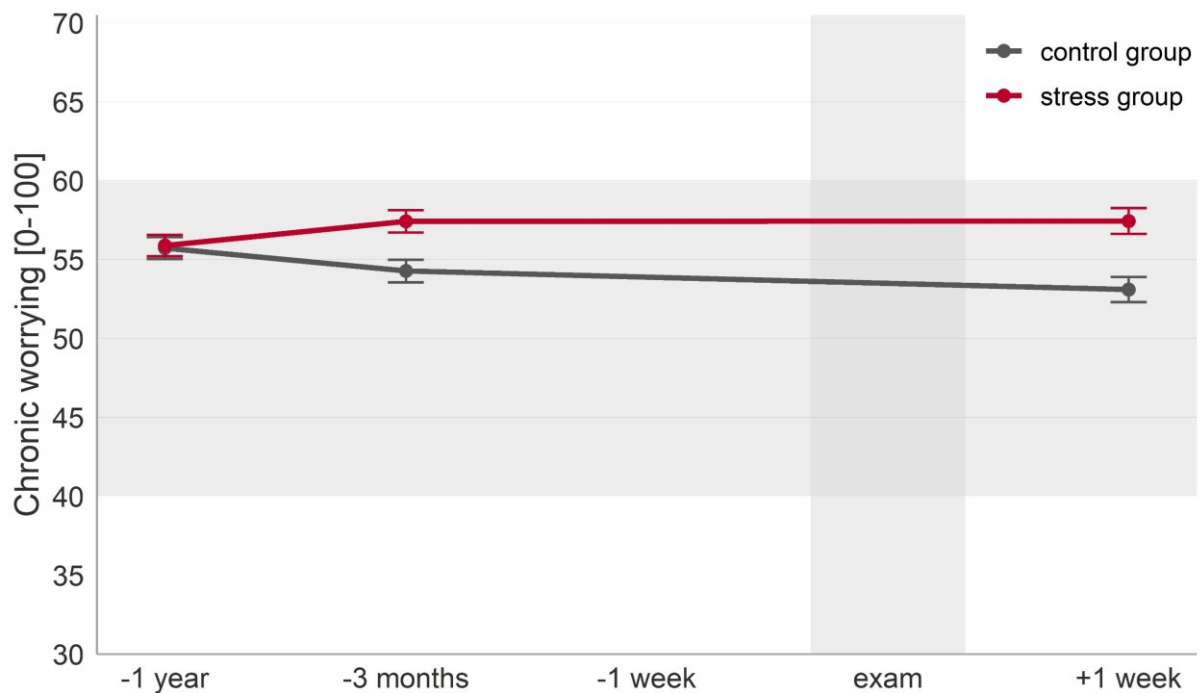
Note. For a better interpretability raw values were transformed to t-values using the norm table for individuals between 16-30 years including males and females (Schulz et al., 2004). Chronic worrying levels were measured with the Trier Inventory of Chronic Stress.

References

Franke, G.H, 2002. Die Symptom-Checkliste von Derogatis (SCL-90-R) – Deutsche Version (Manual, 2. Auflage) . Beltz, Weinheim.

Schulz, P., Schlotz, W., Becker, P., 2004. TICS Trierer Inventar zum chronischen Stress (Manual). Hogrefe, Göttingen.