

Characteristics of the sample

2,888 students

mean age: 20.9 y



35.0% 64.3% 0.7%
Male Female Non-binary

COUNTRY

Romania
France
Spain
Italy
Portugal



University year

Freshmen Non-freshmen PhD
39.6% 58.3% 2.1%

Financial difficulties

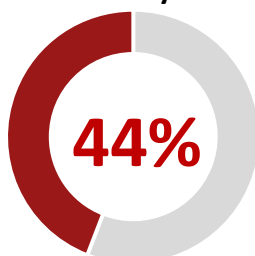
Minimal Moderate High
57.2% 30.6% 12.2%

Scholarship recipient

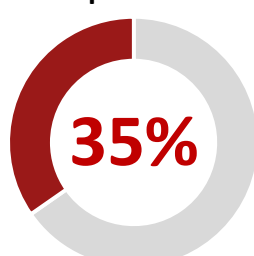
No Yes
71.2% 28.8%

Mental health and wellbeing

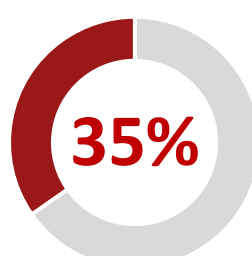
Anxiety



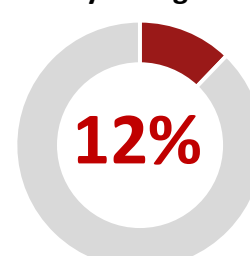
Depression



Stress



Basic Psychological Needs



Students with at least **moderate** levels of anxiety, depression, and stress

Students with
more frustrated than satisfied
BPN

Substance use



8.9%
moderate/high
tobacco dependence



27.4%
high risk drinker



4.5%
risky cannabis
use

Movement behaviours



PHYSICAL ACTIVITY (≥30 min/day MVPA)

5.8% of students are **inactive**
(Mean MVPA: 171.8 min/day)



SLEEP (7 – 9 hours/night)

38% do not meet recommendations
(Mean duration: 7.0 h, SD 1.5)

53.2% report **poor-quality** sleep

SEDENTARY BEHAVIOUR

(≤ 8 hours/day,
including ≤ 3 h/d leisure screen time)

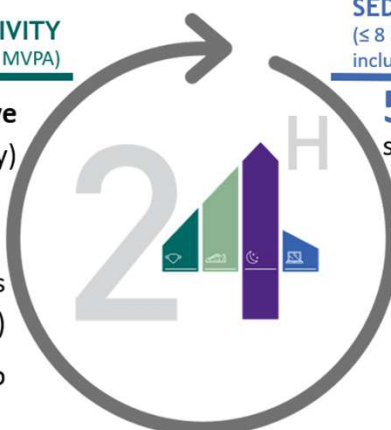


54.8% **exceed** recommended
sedentary time (Mean: 8.9 h/day)

29.2% **exceed** recommended
leisure screen time (Mean: 3.1 h/day)

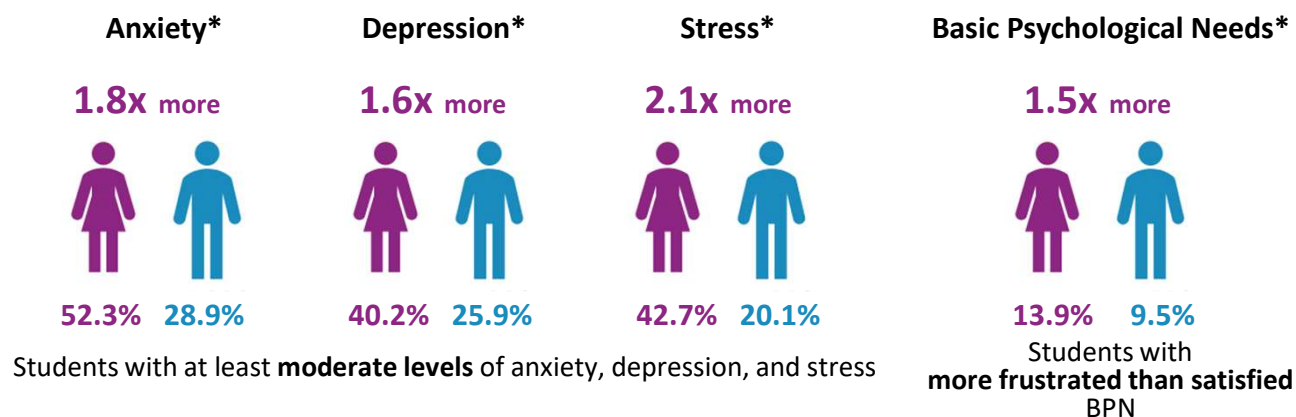
RECOMMENDATIONS

76% do not meet all
recommendations



Gender differences

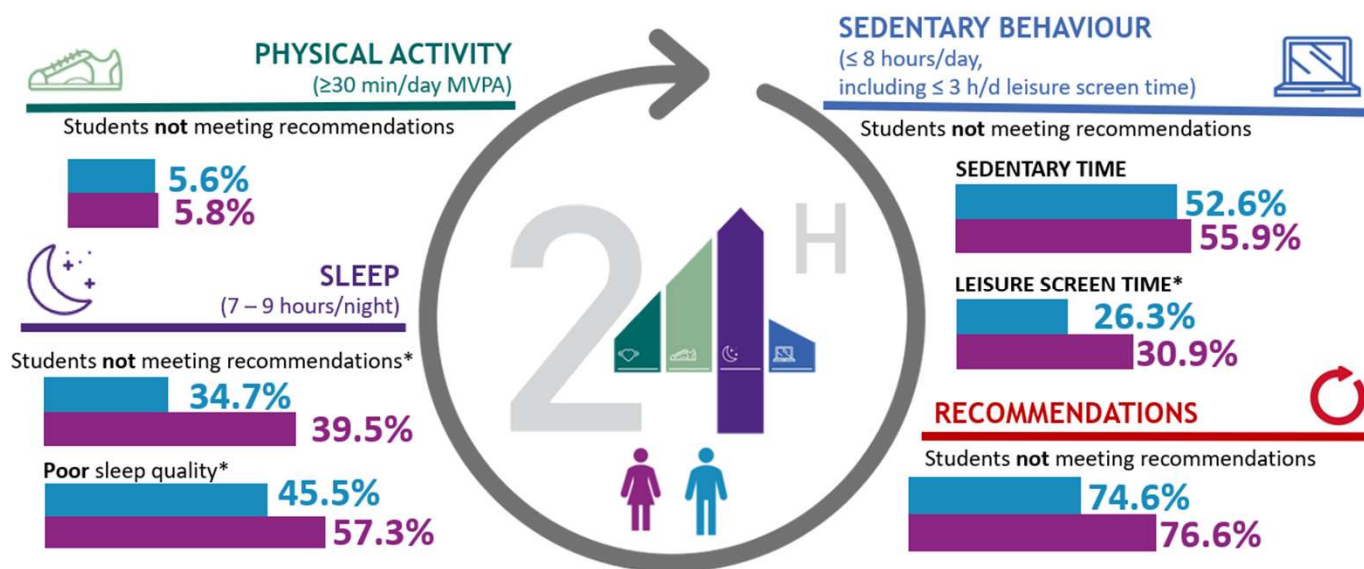
Mental health and wellbeing



Substance use



Movement behaviours



Note:

*= $p < .05$.

Non-binary students were excluded from group analyses on gender due to insufficient group size.

Physical activity and sedentary behaviours were assessed using self-report measures, which tend to overestimate reported minutes of physical activity and underestimate sedentary and leisure screen time.