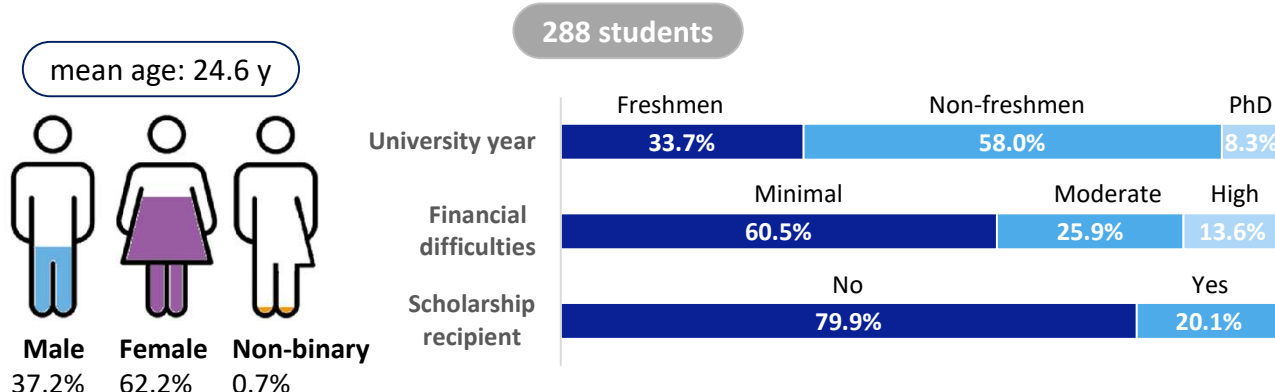
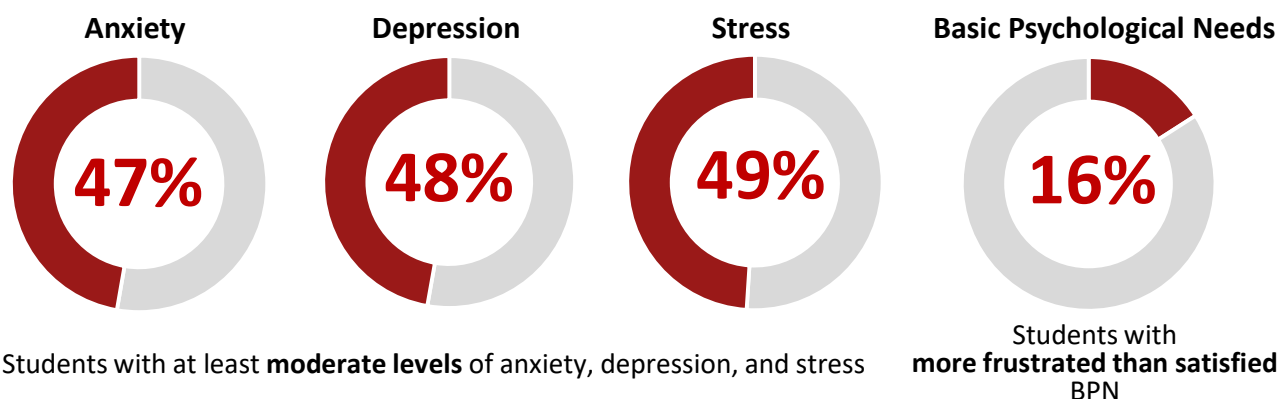


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Characteristics of the sample



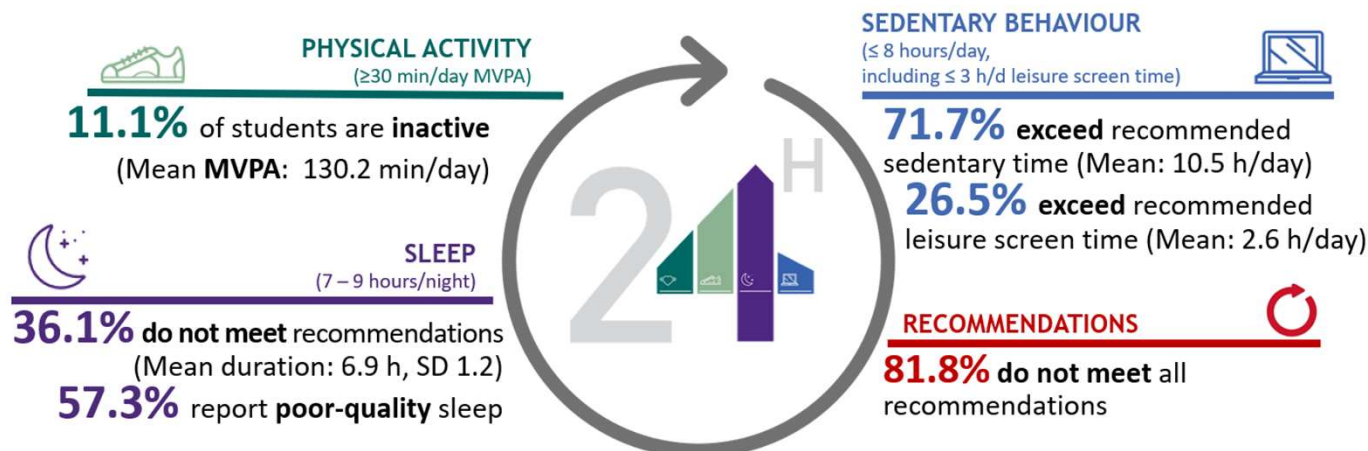
Mental health and wellbeing



Substance use



Movement behaviours



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Gender differences



Mental health and wellbeing

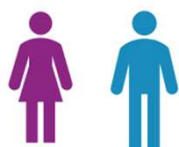
Anxiety*

1.9x more



57.0% 30.8%

Depression



50.8% 42.1%

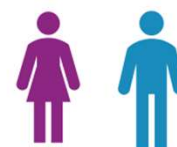
Stress*

1.7x more



57.5% 33.6%

Basic Psychological Needs

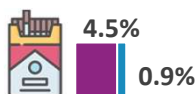


15.1% 16.8%

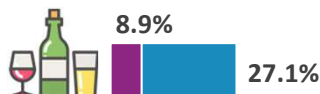
Students with at least **moderate** levels of anxiety, depression, and stress

Students with
more frustrated than satisfied
BPN

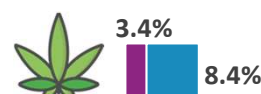
Substance use



moderate/high
tobacco dependence



high risk drinker*



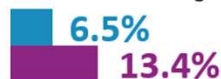
risky cannabis
use

Movement behaviours



PHYSICAL ACTIVITY (≥30 min/day MVPA)

Students **not** meeting recommendations



SLEEP (7 – 9 hours/night)

Students **not** meeting recommendations



Poor sleep quality

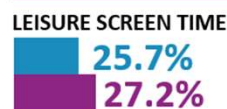


SEDENTARY BEHAVIOUR

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



Students **not** meeting recommendations



RECOMMENDATIONS

Students **not** meeting recommendations



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.