**Supplementary Table 1** – **Comparison of medical and vet students with and without exams during the survey period**

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| --- | --- | --- | --- |
|  |  | Medicine | Vet Sciences |
|   |   | Year 1 - Exam | Year 2 - No Exam | Year 4 - Exam | Year 3 - No Exam |
| Depression (PHQ-9 score) |  |  |  |  |
|  | ≥10 | 21 (15.9) | 41 (31.3) | 15 (21.1) | 5 (20.8) |
|  | ≥20 | 0 (0) | 4 (3.1) | 1 (1.4) | 0 (0) |
| Anxiety (GAD-7 score) |  |  |  |  |
|  | ≥10 | 33 (25) | 39 (29.8) | 14 (19.7) | 5 (20.8) |
|  | ≥15 | 13 (9.8) | 20 (15.3) | 7 (9.9) | 1 (4.2) |
| Alcohol use disorders (AUDIT score) |  |  |  |  |
|  | ≥8 | 65 (49.2) | 54 (41.2) | 25 (35.2) | 4 (16.7) |
|  | ≥16 | 9 (6.8) | 6 (4.6) | 5 (7) | 0 (0) |
| Self-harm/Suicidal behaviour |  |  |  |  |
|  | Suicidal thoughtsa | 0 (0) | 4 (3.1) | 0 (0) | 0 (0) |
|  | Self-harm (regardless of intent)b | 10 (7.6) | 14 (10.7) | 2 (2.8) | 1 (4.2) |
|  | Self-harm with intentb | 2 (1.5) | 5 (3.8) | 1 (1.4) | 0 (0) |
| Wellbeing (WEMWBS score) |  |  |  |  |
|   | Below national averagec | 77 (58.3) | 94 (71.8) | 54 (76.1) | 14 (58.3) |

a nearly everyday in the last 2 weeks

b in the last 12 months

c Below the national average = 23.63 (1)