

Supplementary Table 1. Variables in the PROMES-U web-based surveys.

Section	Subsections/Variables	Original instrument	All participants	ESM participants
Baseline Section 1)	Background			
	Age	Standard question	x	
	Assigned sex at birth	Williams Institute Best Practices for Asking Questions to Identify Transgender and Other Gender Minority Respondents on Population	x	
	Current gender identity	Williams Institute Best Practices for Asking Questions to Identify Transgender and Other Gender Minority Respondents on Population	x	
	Current student status	2016-2017 Healthy Minds Survey	x	
	International student	2016-2017 Healthy Minds Survey	x	
	Type of study	Standard question	x	
	Primary Nationality	Standard question	x	
	Secondary Nationality	Standard question	x	
	Parental origin	Standard question	x	
Baseline Section 2)	Personal health		x	
	General physical and mental health	VR-12 physical component summary	x	
	Physical functioning	VR-12 physical component summary	x	
	Role limitations due to physical and emotional health	VR-12 physical component summary	x	

	Social functioning	VR-12 mental component summary	X
	Sleep problems	CIDI-SC	X
	Bodily pain	VR-12 physical component summary	X
	History of mental health problems	Ad hoc	X
Baseline Section 3)	Attention and concentration		X
	ADHD	Developed for WMH-ICS; ASRS-V1.1 screener; Developed for WMH-ICS	X
Baseline Section 4)	Emotional problems		
	Depression	CIDI-SC	X
	Anxiety	CIDI-SC	X
	Panic attacks	CIDI-SC; Developed by Dr. Kessler based on DSM-5 Panic Disorder diagnostic criteria	X
	Manic/Hypomanic episode	CIDI-SC; Developed by Dr. Kessler based on DSM-5 manic/hypomanic episode diagnostic criteria	X
	Anger attacks	NSS; Developed for WMH-ICS	X
	PTSD	NSS; CIDI-SC	X
	Social anxiety	Developed by Dr. Kessler based on DSM-5 Social Anxiety Disorder diagnostic criteria; Developed for WMH-ICS	X
	Binge eating disorder	PRIME-MD PHQ; Developed for WMH-ICS	X
	Purging disorder	PRIME-MD PHQ13; Developed for WMH-ICS	X
Baseline Section 5)	Alcohol and drugs		X
	Alcohol use	AUDIT; Developed for WMH-ICS	X
	Substance use	ASSIST; Developed by Dr. Kessler based on DSM-5 Substance Use Disorder diagnostic criteria; Developed for WMH-ICS	X

Baseline Section 6)	Self harm		X
	Suicidal ideation	C-SSRS; SITBI; Developed for WMH-ICS	X
	Preparatory acts or behaviors	C-SSRS; SITBI; P4 screener	X
	Tempting fate	Based on questions from the C-SSRS	X
	Actual attempt	C-SSRS; SITBI	X
	Non-suicidal self-injury	SITBI	X
Baseline Section 7)	Seeking treatment		
	Lifetime treatment	CIDI; 2009 Healthy Minds Survey; SOCRATES	X
Baseline Section 8)	Childhood background		X
	Parent education	2016-2017 Healthy Minds Survey	X
	Childhood stressful experiences and physical abuse	CTQ-SF	X
	Childhood trauma	CTQ-SF and NSS	X
	Bullying	Based on 2017 Youth Risk Behavior Survey	X
	Physical and emotional abuse by intimate partner	2016-2017 Healthy Minds Survey	X
Baseline Section 9)	Recent experiences		X
	12-month stressful life events	Based on AAS	X
	Current stress severity	MIDUS Self-Report Scale of Perceived Stress	X

	Time spent on social media	Based on a study conducted by the University of Pittsburgh School of Medicine	x
	Virtual affiliative interactions	SIS	x
	In person affiliative interactions	SIS	x
	Social group affiliative interactions	SIS	x
	Network positive	SIS	x
	Network negative	SIS	x
	Willingness to disclose	SIS	x
	Loneliness	3-Item Loneliness Screener	x
Baseline Section 10)	Sexuality		x
	Self-identified sexual orientation	Williams Institute Best Practices for Asking Questions about Sexual Orientation on Surveys	x
	Sexual attraction and behavior	Williams Institute Best Practices for Asking Questions about Sexual Orientation on Surveys	x
	Relationship status	PPDS	x
Baseline Section 11)	Concept of self		x
	Disinhibition and detachment	PID-5-BF	x
	Psychoticism and negative affect	PID-5-BF	x

	Detachment, negative affect and antagonism	PID-5-BF		x
	Antagonism and psychoticism	PID-5-BF		x
Additional Segment (ESM)	Attachment	4-Model Relationship Questionnaire		x
	Healthy Behaviors Scale	Ad hoc		x
	Stress coping strategies	BCI		x
	Emotion regulation strategies	DERS-16		x

Survey names acronyms: VR-12 (Veterans RAND 12 Item Health Survey), CIDI-SC (Composite International Diagnostic Interview Screening Scales), WMH-ICS (World Mental Health - International College Surveys), ASRS-VI.1 (Adult Self-Report Scale-VI.1), NSS (Army STARRS New Soldier Study Survey), AUDIT (Alcohol Use Disorders Identification Test), ASSIST (Alcohol, Smoking, and Substance Involvement Screening Test use of cannabis, cocaine, other street drugs, prescription drugs), C-SSRS (Columbia-Suicide Severity Rating Scale), SITBI (Self-Injurious Thoughts and Behaviors Interview), CIDI (WHO Composite International Diagnostic Interview), SOCRATES (Stages of Change Readiness and Treatment Eagerness Scale), CTQ-SF (Childhood Trauma Questionnaire and the Short Form), AAS (Army STARRS All Army Study Survey), SIS (Supportive and Negative Social Interaction Scale), PPDS (Army STARRS Pre-Post Deployment Study Survey), PID-5-BF (Personality Inventory for DSM-5 and the Brief Form), BCI (Brief Cope Inventory), DERS-16 (Difficulties in Emotion Regulation Scale)