



Table S1. Sample Characteristics of Czech University Students Participating in the RUW-22 Survey, April – May 2022, (*n* = 591)

| Variable | Outcome | Frequency (%) | Feeling Concerned 7.17 ± 2.50 (0 – 10) | Sig. | GAD-7 7.86 ± 5.32 (0 – 21) | Sig. | PHQ-9 8.66 ± 6.29 (0 – 27) | Sig. |
|------------------------------|-----------------------|---------------|---|-------------------|-------------------------------|-------------------|-------------------------------|-------------------|
| Gender | Female | 400 (67.7%) | 7.51 ± 2.24 | < 0.001 | 8.64 ± 5.29 | < 0.001 | 9.38 ± 6.41 | < 0.001 |
| | Male | 188 (31.8%) | 6.45 ± 2.88 | | 6.11 ± 4.96 | | 7.03 ± 5.68 | |
| | Diverse | 3 (0.5%) | 7.67 ± 1.53 | 0.936 | 13.00 ± 1.00 | 0.067 | 15.33 ± 5.13 | 0.061 |
| Age Group ** | ≤ 22 years old | 335 (56.7%) | 7.00 ± 2.50 | 0.016 | 7.76 ± 5.12 | 0.798 | 8.72 ± 6.07 | 0.503 |
| | > 22 years old | 255 (43.1%) | 7.42 ± 2.49 | | 8.02 ± 5.57 | | 8.62 ± 6.58 | |
| Nationality | Czech Republic | 403 (68.2%) | 7.05 ± 2.56 | 0.029 | 7.95 ± 5.28 | 0.987 | 8.70 ± 6.36 | 0.768 |
| | Slovakia | 130 (22%) | 7.68 ± 2.04 | | 7.92 ± 5.01 | | 8.68 ± 5.89 | |
| | Other | 58 (9.8%) | 6.91 ± 2.91 | 0.743 | 7.12 ± 6.25 | 0.113 | 8.34 ± 6.74 | 0.536 |
| News Following Frequency | Every couple of hours | 70 (11.8%) | 8.73 ± 1.64 | | 11.03 ± 5.84 | | 12.40 ± 7.08 | |
| | Three times a day | 39 (6.6%) | 8.38 ± 2.12 | | 7.85 ± 4.74 | | 8.67 ± 6.12 | |
| | Twice a day | 92 (15.6%) | 8.03 ± 1.88 | | 8.09 ± 5.13 | | 8.43 ± 6.12 | |
| | Once a day | 164 (27.7%) | 7.30 ± 2.32 | < 0.001 | 7.82 ± 5.14 | < 0.001 | 9.01 ± 6.18 | 0.001 |
| | Few times a week | 106 (17.9%) | 6.61 ± 2.21 | | 7.03 ± 4.94 | | 7.39 ± 5.92 | |
| | Once a week | 86 (14.6%) | 5.86 ± 2.62 | | 6.70 ± 5.18 | | 7.29 ± 5.46 | |
| | Never | 34 (5.8%) | 4.71 ± 3.27 | | 6.50 ± 5.42 | | 7.38 ± 6.05 | |
| Frequently Used News Outlets | Social Media Networks | 403 (72.4%) | 7.61 ± 2.19 | < 0.001 | 8.38 ± 5.32 | 0.001 | 9.14 ± 6.29 | 0.007 |
| | Digital News Portals | 461 (82.8%) | 7.38 ± 2.34 | 0.301 | 7.89 ± 5.33 | 0.512 | 8.62 ± 6.21 | 0.397 |
| | Printed Newspapers | 13 (2.3%) | 7.69 ± 1.65 | 0.873 | 6.31 ± 6.07 | 0.181 | 6.62 ± 6.38 | 0.136 |
| | Television | 209 (37.5%) | 7.53 ± 2.12 | 0.301 | 7.99 ± 5.21 | 0.828 | 8.65 ± 6.17 | 0.858 |
| | Radio | 51 (9.2%) | 7.65 ± 2.36 | 0.262 | 7.59 ± 4.77 | 0.698 | 8.27 ± 5.66 | 0.769 |

* Mann–Whitney test (*U*) and Kruskal–Wallis test (*H*) were used with a significance level (*Sig.*) ≤ 0.05.

** One case was missed.

Table S2. Response to "I often feel depressed at the possibility of a nuclear war" across various independent variables, April – May 2022, (*n* = 591)

| Variable | Outcome | Totally Disagree (= 1) | Disagree (= 2) | Not Sure (= 3) | Agree (= 4) | Totally Agree (= 5) | Total (3 ± 1.20) | Sig. |
|------------------------------|-----------------------|---------------------------|-------------------|-------------------|----------------|------------------------|---------------------|-------------------|
| Gender | Female | 29 (46.8%) | 109 (59.9%) | 63 (67%) | 159 (80.3%) | 40 (72.7%) | 3.18 ± 1.15 | < 0.001 |
| | Male | 32 (51.6%) | 73 (40.1%) | 30 (31.9%) | 39 (19.7%) | 14 (25.5%) | 2.63 ± 1.20 | |
| | Diverse | 1 (1.6%) | 0 (0%) | 1 (1.1%) | 0 (0%) | 1 (1.8%) | 3 ± 2 | 0.997 |
| Age Group ** | ≤ 22 years old | 37 (59.7%) | 104 (57.5%) | 50 (53.2%) | 112 (56.6%) | 32 (58.2%) | 2.99 ± 1.21 | 0.806 |
| | > 22 years old | 25 (40.3%) | 77 (42.5%) | 44 (46.8%) | 86 (43.4%) | 23 (41.8%) | 3.02 ± 1.18 | |
| Nationality | Czech Republic | 46 (74.2%) | 120 (65.9%) | 62 (66%) | 135 (68.2%) | 40 (72.7%) | 3.01 ± 1.22 | 0.705 |
| | Slovakia | 4 (6.5%) | 51 (28%) | 19 (20.2%) | 45 (22.7%) | 11 (20%) | 3.06 ± 1.10 | |
| | Other | 12 (19.4%) | 11 (6%) | 13 (13.8%) | 18 (9.1%) | 4 (7.3%) | 2.84 ± 1.27 | 0.321 |
| News Following Frequency | Every couple of hours | 4 (6.5%) | 18 (9.9%) | 8 (8.5%) | 25 (12.6%) | 15 (27.3%) | 3.41 ± 1.40 | |
| | Three times a day | 3 (4.8%) | 11 (6%) | 6 (6.4%) | 17 (8.6%) | 2 (3.6%) | 3.10 ± 1.11 | |
| | Twice a day | 10 (16.1%) | 19 (10.4%) | 16 (17%) | 34 (17.2%) | 13 (23.6%) | 3.23 ± 1.06 | |
| | Once a day | 17 (27.4%) | 47 (25.8%) | 27 (28.7%) | 59 (29.8%) | 14 (25.5%) | 3.04 ± 1.19 | < 0.001 |
| | Few times a week | 7 (11.3%) | 46 (25.3%) | 17 (18.1%) | 32 (16.2%) | 4 (7.3%) | 2.81 ± 1.24 | |
| | Once a week | 10 (16.1%) | 31 (17%) | 16 (17%) | 26 (13.1%) | 3 (5.5%) | 2.78 ± 1.12 | |
| | Never | 11 (17.7%) | 10 (5.5%) | 4 (4.3%) | 5 (2.5%) | 4 (7.3%) | 2.44 ± 1.25 | |
| Frequently Used News Outlets | Social Media Networks | 34 (66.7%) | 123 (71.5%) | 61 (67.8%) | 144 (74.6%) | 41 (80.4%) | 3.09 ± 1.18 | 0.113 |
| | Digital News Portals | 41 (80.4%) | 142 (82.6%) | 74 (82.2%) | 161 (83.4%) | 43 (84.3%) | 3.05 ± 1.18 | 0.598 |

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|------------|--------------------|------------|------------|------------|------------|------------|-------------|-------|
| Frequently | Printed Newspapers | 1 (2%) | 5 (2.9%) | 2 (2.2%) | 4 (2.1%) | 1 (2%) | 2.92 ± 1.19 | 0.711 |
| Used News | Television | 15 (29.4%) | 65 (37.8%) | 37 (41.1%) | 76 (39.4%) | 16 (31.4%) | 3.06 ± 1.13 | 0.724 |
| Outlets | Radio | 4 (7.8%) | 10 (5.8%) | 11 (12.2%) | 22 (11.4%) | 4 (7.8%) | 3.24 ± 1.11 | 0.199 |

* Mann–Whitney test (U) and Kruskal–Wallis test (H) were used with a significance level ($Sig.$) ≤ 0.05 .

** One case was missed.