

**Table S1.** Descriptive characteristics by field of studies

	Health sciences (nursing) (n = 196)	Non-health sciences (other university degrees) (n = 232)
Age (years)	21.3 ± 3.1	20.7 ± 2.9
BMI (kg/m <sup>2</sup> )	22.5 ± 3.7	23.7 ± 4.8
Muscle Strength Index (MSI) <sup>a</sup>	0.16 ± 1.7	-0.05 ± 1.7
Handgrip strength (kg)	26.3 ± 8.5	26.1 ± 8.6
Standing long jump (cm)	137.1 ± 33.4	137.1 ± 34.2
MEDAS score (0-14)	7.5 ± 1.8	7.2 ± 1.8
BDI-II Total score	<b>12.0 ± 8.4</b>	<b>13.7 ± 9.8</b>
GAD-7 Total score	7.8 ± 5.2	8.2 ± 4.9

The data are presented as the means ( $\pm$  standard deviations) or counts (percentages). BDI-II: Beck Depression Inventory, second version; BMI: body mass index; GAD: generalized anxiety disorder; MEDAS: Mediterranean diet adherence screening tool. <sup>a</sup> Sum of the z score of handgrip weight/weight and the z score of the standing long jump test. *P* values marked with bold indicate statistically significant differences ( $p < 0.05$ ) between the categories