

Table 5.

Bivariate Analysis of Socio-Demographic Data and Perceived Social Support as Predictors for PSS and MSBS-Depressive Symptoms

Variable	Perceived Stress Scale			MSBS-Depressive Symptoms		
	<i>M (SD)</i>	Regression coefficient (95% CI)	Effect Size†	<i>M (SD)</i>	Regression coefficient (95% CI)	Effect Size†
Gender						
Male	14.62 (6.66)	-1.74 (-2.67, -0.80)	Ref	6.24 (2.20)	0.12 (-0.17, 0.40)	Ref
Female	16.36 (6.89)		0.92 (0.80, 2.67)	6.12 (2.11)		-0.02 (-0.40, 0.17)
Age (years)	40.52 (11.57)	-0.13 (-0.16, -0.10)	-0.21	40.52 (11.57)	-0.04 (-0.04, -0.03)	-0.19
Employment status						
Working (full time)	15.88 (6.91)	Ref	Ref	6.16 (2.13)	Ref	Ref
Working (part time)	16.27 (6.45)	0.25 (-0.54, 1.04)	0.02	6.05 (2.04)	-0.12 (-0.36, 0.12)	-0.02
Not working at that	17.47 (7.92)	1.48 (0.21, 2.74)	0.06	6.27 (2.34)	0.16 (-0.23, 0.55)	0.02 moment

Educational background

High school	16.55 (7.09)	Ref	Ref	6.55 (2.11)	Ref	Ref
Some college/university	17.81 (7.88)	1.80 (0.20, 3.39)	0.06	6.68 (2.09)	0.56 (0.07, 1.06)	0.06
Graduate college/university	16.77 (7.15)	0.85 (0.02, 1.67)	0.05	6.46 (2.22)	0.40 (0.15, 0.66)	0.08
Master/postgraduate studies	15.83 (6.72)	-0.55 (-1.23, 0.14)	-0.04	6.01 (2.07)	-0.26 (-0.47, -0.05)	-0.06
Doctoral studies	15.31 (6.69)	-0.94 (-1.88, -0.00)	-0.05	5.89 (2.10)	-0.30 (-0.59, -0.01)	-0.05

Marital status

Single	16.56 (7.62)	Ref	Ref	6.67 (2.15)	Ref	Ref
In a relationship/engaged	17.14 (6.71)	1.41 (0.63, 2.18)	0.09	6.26 (2.15)	0.15 (-0.09, 0.39)	0.03

Married	15.49 (6.56)	-1.14 (-1.82, -0.45)	-0.08	5.87 (2.05)	-0.52 (-0.73, -0.31)	-0.12
Divorced	14.78 (7.21)	-1.40 (-2.86, 0.05)	-0.05	6.14 (2.13)	-0.01 (-0.46, 0.43)	-0.00

Living situation

Live alone	16.52 (7.27)	Ref	Ref	6.42 (2.01)	Ref	Ref
Live with my parents	17.75 (7.75)	1.85 (0.63, 3.06)	0.08	7.09 (2.32)	1.04 (0.66, 1.41)	0.14
	17.07 (8.69)	0.98 (-1.55, 3.52)	0.02	6.24 (2.34)	0.10 (-0.68, 0.88)	0.01
Live with one of my parents						
Live with my own family	15.72 (6.57)	-1.27 (-2.02, -0.52)	-0.08	5.95 (2.08)	-0.66 (-0.89, -0.43)	-0.14
(partner and/or children)						
Live with friends/roommates	17.17 (7.53)	1.10 (-0.68, 2.89)	0.03	6.47 (2.09)	0.34 (-0.21, 0.89)	0.03

Having Children

Yes	15.56 (6.58)	-1.15 (-1.83, -0.46)	Ref	5.89 (2.04)	-0.53 (-0.74, -0.32)	Ref
No	16.71 (7.18)		0.08 (0.44, 1.81)	6.43 (2.18)		0.13 (0.33, 0.75)

Perceived Social

Support (OSS level)

Low social support	19.24 (7.47)	Ref	Ref	7.28 (2.24)	Ref	Ref
Moderate social support	16.15 (6.62)	0.11 (-0.58, 0.70)	0.01	6.20 (2.03)	0.12 (-0.09, 0.33)	0.03
High social support	14.28 (6.38)	-2.63 (-3.36, -1.90)	-0.18	5.42 (1.92)	-1.04, (-1.27, -0.82)	-0.23

† Standardize regression coefficients

Note: Effect size interpretation: *tiny* (0-0.05), *very small* (0.05-0.10), *small* (0.10-0.20), *medium* (0.20-0.30), *large* (0.30-0.40), *very large* (>0.40)
