Table 8.

Multivariate Analysis of Predictors of Perceived Stress and Depression Symptoms with Country as a Covariate

Variable	Perceived Stress Scale		MSBS-Depression Symptoms	
	Mean difference (95%*CI*) for categorical variable and regression coefficient (95% *CI*) for continuous variable	Effect Size†	Mean difference (95%*CI*) for categorical variable and regression coefficient (95% *CI*) for continuous variable	Effect Size†
Gender				
Female	Ref	Ref	Ref	Ref
Male	-1.74 (-2.66, -0.82)	-0.09	0.02 (-0.26, 0.30)	0.00
Age (years)	-0.12 (-0.15, -0.08)	-0.21	-0.02 (-0.03, -0.01)	-0.13
Employment status				
Not working at that moment	Ref	Ref	Ref	Ref
Working (full time)	-0.93 (-2.18, 0.31)	-0.06	0.07 (-0.31, 0.45)	0.01
Working (part time)	-0.98 (-2.35, 0.38)	-0.06	0.07 (-0.35, 0.49)	0.01
Educational background				
Higher education	-0.66 (-2.56, 1.25)	-0.02	0.31 (-0.27, 0.90)	0.03
Some college/university	0.09 (-1.66, 1.84)	0.00	0.22 (-0.31, 0.76)	0.02
Graduate college/university	0.03 (-1.10, 1.16)	0.00	0.15 (-0.20, 0.50)	0.03
Master/postgraduate studies	-0.15 (-1.12, 0.82)	-0.01	-0.00 (-0.30, 0.29)	-0.00

Doctoral studies	Ref	Ref	Ref	Ref

Marital status

Single	Ref	Ref	Ref	Ref
In a relationship/engaged	1.33 (0.15, 2.52)	0.08	-0.13 (-0.49, 0.24)	-0.03
Married	1.00 (-0.35, 2.35)	0.07	-0.16 (-0.57, 0.26)	-0.04
Divorced	-0.22 (-1.93, 1.49)	-0.00	0.05 (-0.48, 0.57)	0.00
Widower	3.25 (-1.20, 7.70)	0.04	0.68 (-0.69, 2.04)	0.02

Living situation

Live alone	Ref	Ref	Ref	Ref
Live with my parents	-0.09 (-1.58, 1.39)	-0.00	0.37 (-0.09, 0.82)	0.05
Live with one of my parents	0.40 (-2.14, 2.94)	0.01	-0.12 (-0.90, 0.66)	-0.01
Live with my own family (partner and/or children)	-1.50 (-2.74, -0.25)	-0.10	-0.18 (-0.56, 0.20)	-0.04
Live with friends/roommates	-0.39 (-2.29, 1.52)	-0.01	-0.04 (-0.54, 0.63)	0.00

Having Children

Yes	Ref	Ref	Ref	Ref
No	-0.80 (-1.72, 0.11)	-0.06	-0.03 (-0.31, 0.25)	-0.01

Perceived Social Support

Low	Ref	Ref	Ref	Ref
Moderate	-2.96 (-3.89, -2.03)	-0.21	-1.00 (-1.29, -0.72)	-0.23
High	-4.72 (-5.75, -3.69)	-0.32	-1.76 (-2.07, -1.44)	-0.38
R-square			0.14	

0.13

† Standardize regression coefficients

Note1: 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)

Note2: Countries with more than 50 participants (n=10) where used as a covariate in the multivariate analysis