

Appendix A: Demographic Questions

1. Are you a Carleton University student?
 - A. Yes
 - B. No

2. How old are you? _____years old

3. What is the year of your birth? (YYYY) _____

4. What is your gender?
 - A. Man
 - B. Woman
 - C. Other (please specify)
 - D. Prefer not to answer

5. Are you an Aboriginal person?
 - A. Yes – First Nations
 - B. Yes – Métis
 - C. Yes – Inuk (Inuit)
 - D. No

6. Do you belong to any of the population groups listed below? Please select all that apply.
 - A. White
 - B. Chinese
 - C. South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
 - D. Black

- E. Filipino
- F. Latin American
- G. Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)
- H. Arab
- I. West Asian (e.g., Iranian, Afghan, etc.)
- J. Korean
- K. Japanese
- L. Not sure
- M. Other (please specify) _____

7. What is your parents' marital status?

- A. Married
- B. Divorced or separated
- C. Never Married
- D. Widowed parent

8. What is your current academic level?

- A. First year undergraduate
- B. Second year undergraduate
- C. Third year undergraduate
- D. Fourth year undergraduate
- E. Fifth+ year undergraduate
- F. Masters student
- G. PhD student

9. How would you describe your living situation?

- A. On campus
- B. Off campus and at home with family
- C. Off campus but not at home with family

D. Other – Please specify

10. Would your current living situation be different if not for COVID-19?

- A. Yes – I would not be living at home with my family
- B. Yes – I would be living somewhere different
- C. No – COVID-19 has not changed my living situation
- D. Other – please specify

11. What is your immediate family household's estimated annual income?

- A. Less than \$5,000
- B. \$5,000 to less than \$10,000
- C. \$10,000 to less than \$15,000
- D. \$15,000 to less than \$20,000
- E. \$20,000 to less than \$30,000
- F. \$30,000 to less than \$40,000
- G. \$40,000 to less than \$50,000
- H. \$50,000 to less than \$60,000
- I. \$60,000 to less than \$70,000
- J. \$70,000 to less than \$80,000
- K. \$80,000 to less than \$90,000
- L. \$90,000 to less than \$100,000
- M. \$100,000 to less than \$150,000
- N. \$150,000 and over
- O. Not sure
- P. Prefer not to say

12. What language is spoken at your home?

- A. English only
- B. Mostly English
- C. ½ English and ½ Other

- D. Mostly Other
- E. Only Other

If B, C, D, or E, 13. Please specify the other language spoken at home <hr style="width: 80%; margin-left: 0;"/>	If A, go to Question 14
--	-------------------------

14. Has either of your parent(s)/guardian(s) been diagnosed with a mental health issue? Please check a box for each parent/guardian (i.e., generalized anxiety disorder, major depressive disorder, obsessive compulsive disorder, etc).

Parent/Guardian 1	Parent/Guardian 2	
		Yes
		No
		Not sure
		Prefer not to answer
		Not applicable

15. **Think of this ladder as representing where people stand in Canada.**

At the **top (10)** of the ladder are the people who are the best off – those who have the most money, the most education and the most respected jobs. At the **bottom (1)** are the people who are the worst off – who have the least of money, least education and the least respected job or no job. The higher up you are on this ladder, the closer you are to the very top; the lower you are, the closer you are to the very bottom. **Where would you place yourself on this ladder?**

Please indicate which rung using the drop-down menu below from 1 (bottom rung) to 10 (top rung) where you think you stand at this time in your life, relative to other people in Canada.



Appendix B: First-Generation Student Status

Item 1.

First-generation students are often defined as students who do not have any parent(s)/primary caregiver(s) with a four-year/bachelor's degree. Are you a first-generation student?

- A. Yes
- B. No
- C. Not sure

Item 2.

What is the highest level of education obtained by your parent(s)/guardian(s)? Please check a box for each parent/guardian.

Parent/Guardian 1	Parent/Guardian 2	
		Less than high school
		Some high school
		High school diploma/GED
		Diploma or 1-3 years of college
		Bachelor's degree
		Graduate (Master's or PHD)/professional degree
		Not sure
		Prefer not to answer
		Not Applicable

Appendix C: The Family Achievement Guilt Scale

University is a time when students experience a lot of ups and downs. The following statements highlight some challenging emotions students might feel as they compare their experiences in University with their experiences back home. Students might feel these emotions despite the support they receive from close others back home (e.g., parents, legal guardians, siblings).

	Never true				Always true
1. I feel sad when I can't help with challenges back	1	2	3	4	5
2. I feel bothered when I can't help my family because of school	1	2	3	4	5
3. I feel bad for not being able to fulfill my responsibilities back home	1	2	3	4	5
4. I feel sad when I hear about struggles back home while I'm away at university	1	2	3	4	5
I feel bad when my school responsibilities prevent me from helping out at home	1	2	3	4	5
6. I feel bad that I am not there when my family needs me	1	2	3	4	5
7. I worry I am neglecting family or responsibilities back home when I am away at school	1	2	3	4	5
8. I feel frustrated when I am not in the loop about challenges back home	1	2	3	4	5
9. It bothers me when school keeps me from participating in activities back home	1	2	3	4	5
10. I feel bad for focusing on school when there are problems at home	1	2	3	4	5
11. I worry about my family back home since I am not there anymore	1	2	3	4	5
12. I feel bad for leaving home to pursue my interests in university	1	2	3	4	5
13. I feel bad because going to university means many sacrifices from my family	1	2	3	4	5
14. I feel bad that my family didn't have the opportunity to go to university	1	2	3	4	5
15. I feel angry that my family doesn't have access to the same kind of opportunities that I do	1	2	3	4	5
16. I feel sad that I have more opportunities (e.g., learning new material, attending social events) in university than family members have back home	1	2	3	4	5
17. I feel sad that family cannot experience the opportunities I have in university	1	2	3	4	5
18. I feel bad that I have benefits in university (e.g., freedom, privacy) that my family does not	1	2	3	4	5
19. I feel bad that I have it pretty good in university while family members struggle	1	2	3	4	5
20. I feel sad that my family is not exposed to the things I'm learning in university	1	2	3	4	5
21. I feel conflicted that I have more freedom in university than family members have back home	1	2	3	4	5
22. I feel bad when my family thinks that university is changing me	1	2	3	4	5
23. I worry that my family sees me differently now that I am in university	1	2	3	4	5

24. I worry if my family thinks that I'm changing in university.	1	2	3	4	5
25. I worry that my family thinks I am too good for them or smarter than them	1	2	3	4	5
26. I feel frustrated when my family thinks I'm "all that" now that I'm in university	1	2	3	4	5
27. I feel uncomfortable talking about my academic goals in front of my family	1	2	3	4	5
28. I feel sad when my family doesn't seem to understand my university experiences	1	2	3	4	5
29. I feel bad when I disagree with the opinions of my family, even if I keep it to myself	1	2	3	4	5
30. I worry that I won't be able to meet the expectations of my family	1	2	3	4	5
31. I feel pressured to do well so as to not disappoint my family	1	2	3	4	5
32. I worry that I won't be able to succeed in university for my family	1	2	3	4	5
33. I feel bad if my family thinks that I am not doing well in university (e.g., academically, socially, mentally)	1	2	3	4	5
34. I worry that I won't be able to repay my family for their investment in me (e.g., working long hours, educational support)	1	2	3	4	5

Appendix D: The Self-Compassion Scale (SCS)

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

	Almost never				Almost always
1. I'm disapproving and judgmental about my own flaws and inadequacies.	1	2	3	4	5
2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.	1	2	3	4	5
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.	1	2	3	4	5
4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.	1	2	3	4	5
5. I try to be loving towards myself when I'm feeling emotional pain.	1	2	3	4	5
6. When I fail at something important to me I become consumed by feelings of inadequacy	1	2	3	4	5
7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.	1	2	3	4	5
8. When times are really difficult, I tend to be tough on myself.	1	2	3	4	5
9. When something upsets me I try to keep my emotions in balance.	1	2	3	4	5
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	1	2	3	4	5
11. I'm intolerant and impatient towards those aspects of my personality I don't like.	1	2	3	4	5
12. When I'm going through a very hard time, I give myself the caring and tenderness I need.	1	2	3	4	5
13. When I'm feeling down, I tend to feel like most other people are probably happier than I am.	1	2	3	4	5
14. When something painful happens I try to take a balanced view of the situation.	1	2	3	4	5
15. I try to see my failings as part of the human condition.	1	2	3	4	5
16. When I see aspects of myself that I don't like, I get down on myself.	1	2	3	4	5
17. When I fail at something important to me I try to keep things in perspective.	1	2	3	4	5

18. When I'm really struggling, I tend to feel like other people must be having an easier time of it.	1	2	3	4	5
19. I'm kind to myself when I'm experiencing suffering.	1	2	3	4	5
20. When something upsets me I get carried away with my feelings.	1	2	3	4	5
21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.	1	2	3	4	5
22. When I'm feeling down I try to approach my feelings with curiosity and openness.	1	2	3	4	5
23. I'm tolerant of my own flaws and inadequacies.	1	2	3	4	5
24. When something painful happens I tend to blow the incident out of proportion.	1	2	3	4	5
25. When I fail at something that's important to me, I tend to feel alone in my failure.	1	2	3	4	5
26. I try to be understanding and patient towards those aspects of my personality I don't like.	1	2	3	4	5

Appendix E: The Center for Epidemiologic Studies Depression Scale (CES-D)

Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me.				
2. I did not feel like eating; my appetite was poor.				
3. I felt that I could not shake off the blues even with help from my family or friends.				
4. I felt I was just as good as other people.				
5. I had trouble keeping my mind on what I was doing.				
6. I felt depressed.				
7. I felt that everything I did was an effort.				
8. I felt hopeful about the future.				
9. I thought my life had been a failure.				
10. I felt fearful.				
11. My sleep was restless.				
12. I was happy.				
13. I talked less than usual.				
14. I felt lonely.				
15. People were unfriendly.				
16. I enjoyed life.				
17. I had crying spells.				
18. I felt sad.				
19. I felt that people dislike me.				

Appendix F: The Positive Affect Negative Affect Schedule (PANAS)

*This scale contains a number of words describing different feelings and emotions. Indicate to what extent **YOU** generally felt this way in the **past 7 days (week)**.*

	1 Very slightly or not at all	2 A little	3 Moderately	4 Quite a bit	5 Extremely
1. Distressed					
2. Alert					
3. Scared					
4. Determined					
5. Afraid					
6. Nervous					
7. Excited					
8. Upset					
9. Inspired					
10. Enthusiastic					

Appendix G: Beck Anxiety Inventory (BAI)

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom.

	Not at all	Mildly, but it didn't bother me much	Moderately – it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling				
Feeling hot				
Wobbliness in legs				
Unable to relax				
Fear of worst happening				
Dizzy or lightheaded				
Heart pounding / racing				
Unsteady				
Terrified or afraid				
Nervous				
Feeling of choking				
Hands trembling				
Shaky / unsteady				
Fear of losing control				
Difficulty in breathing				
Fear of dying				
Scared				
Indigestion				
Faint / lightheaded				
Face flushed				
Hot / cold sweats				