

**Table 1. Sociodemographic, Lifestyle Characteristics of the sample by gender**

	Entire Sample	Male	Female	Tests of difference
<b><u>Sociodemographic Factors</u></b>				
<b>Sex</b>				
Male	45.4			
Female	54.3			
<b>Age M (SD)</b>	21.01 (1.77)	21.05 (1.42)	20.96 (2.03)	0.578
<b>Education level</b>				
Junior College <sup>a</sup>	21.2	29.6	14.3	18.35*
College <sup>b</sup>	78.3	70.0	85.4	
<b><u>Lifestyle Characteristics</u></b>				
<b>Smoking habit</b>				
Never Smoked	85.6	79.2	90.9	15.44*
Quit Smoking	9.1	12.5	6.3	
Smoking, tried to quit	2.3	3.8	1.0	
Smoking, trying to quit	0.8	1.2	0.3	
Smoking, never quit	2.3	3.3	1.4	
<b>Alcohol consumption</b>				
Never	38.6	25.0	49.8	45.16*
Less than once a month	31.9	34.6	29.6	
1-3 times a month	19.1	26.2	13.2	
Once a week	4.0	4.6	3.5	
1-2 times a week	3.8	5.0	2.8	
3-5 times a week	0.8	1.7	0.0	
Daily	0.8	1.7	0.0	
Others	1.1	1.2	1.0	
<b>Exercise habit</b>				
Never	20.4	10.7	28.8	74.96*
Less than once a month	25.3	18.8	30.7	
1-3 times a month	26.7	26.1	27.4	
1-2 times a week	17.5	26.5	9.9	
3-5 times a week	7.7	13.2	2.9	
Daily	2.4	4.7	0.4	

Note: Figures are reported in percentages unless specified. Difference on age analyzed with *t*-tests, other differences analyzed with  $\chi^2$  tests. M: Mean; SD: Standard Deviation;

<sup>a</sup> Junior College students were those enrolled in Higher Diploma or Associate Degree programs;

<sup>b</sup> College students were those enrolled in undergraduate or postgraduate programs;

\**p* < 0.05.