

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

	Entire Sample	Male	Female	Tests of difference
<u>Sociodemographic Factors</u>				
Sex				
Male	45.4			
Female	54.3			
Age M (SD)	21.01 (1.77)	21.05 (1.42)	20.96 (2.03)	0.578
Education level				
Junior College ^a	21.2	29.6	14.3	18.35*
College ^b	78.3	70.0	85.4	
<u>Lifestyle Characteristics</u>				
Smoking habit				
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	
Alcohol consumption				
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	
Exercise habit				
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 χ^2 tests. M: Mean; SD: Standard Deviation;

^a Junior College students were those enrolled in Higher Diploma or Associate Degree programs;

^b College students were those enrolled in undergraduate or postgraduate programs;

**p* < 0.05.