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APPENDIX A: QUANTITATIVE RAW DATA

A1. Subject Structure

- University A (Huaxia University): 150 students
- University B (Eastern China University): 150 students
- University C (Westland University): 150 students

A2. Raw Descriptive Dataset

Physical Fitness and Mental Health Scores by University Huxia (A)

ID	University	Date	Age	Gender	Fitness	Depression	Anxiety	Stress
A001	Huaxia University (A)	2026-02-02	19	M	69,11	7,8	13,16	17
A002	Huaxia University (A)	2026-02-03	19	F	74,17	13,43	12,23	23,81
A003	Huaxia University (A)	2026-02-04	20	F	72,16	21,68	11,57	13,81
A004	Huaxia University (A)	2026-02-05	20	F	66,2	16,15	16,73	12,89
A005	Huaxia University (A)	2026-02-06	19	F	86,52	20,3	2,35	6,98
A006	Huaxia University (A)	2026-02-07	22	M	79,79	11,73	0,25	10,39
A007	Huaxia University (A)	2026-02-08	21	M	68,61	10,86	12,02	20,16
A008	Huaxia University (A)	2026-02-09	19	M	76,5	7,94	0,04	18,3
A009	Huaxia University (A)	2026-02-10	20	F	59,77	20,76	8,5	4,59
A010	Huaxia University (A)	2026-02-11	19	M	61,72	11,76	6,52	15,82
A011	Huaxia University (A)	2026-02-12	20	F	79,7	3,11	11,52	16,28
A012	Huaxia University (A)	2026-02-13	21	F	68,71	17,45	23,2	9,61
A013	Huaxia University (A)	2026-02-14	21	M	63,54	7,24	17,22	10,65
A014	Huaxia University (A)	2026-02-15	21	M	69,82	21,49	10,65	23,62
A015	Huaxia University (A)	2026-02-16	22	F	76,61	30	8,6	14,36
A016	Huaxia University (A)	2026-02-17	19	M	73,14	16,1	7,77	6,15
A017	Huaxia University (A)	2026-02-18	22	F	59,65	8,55	11,24	23,26
A018	Huaxia University (A)	2026-02-19	19	M	64,02	5,23	10,37	24,32
A019	Huaxia University (A)	2026-02-20	19	F	58,77	15,79	23,46	10,52
A020	Huaxia University (A)	2026-02-21	21	M	64,47	12,69	2,9	5,2
A021	Huaxia University (A)	2026-02-22	20	M	65,08	15,69	24,76	10,07
A022	Huaxia University (A)	2026-02-23	19	F	64,35	13,07	0	29,68
A023	Huaxia University (A)	2026-02-24	21	M	89,98	17,76	13,79	13,59
A024	Huaxia University (A)	2026-02-25	22	M	82,57	11,69	17,73	21,71
A025	Huaxia University (A)	2026-02-26	20	F	55,18	11,25	25,23	11,03
A026	Huaxia University (A)	2026-02-27	20	F	56,71	18,8	1,99	25,06
A027	Huaxia University (A)	2026-02-28	22	M	69,58	15,29	19,13	15,69
A028	Huaxia University (A)	2026-02-01	20	M	83,12	16,95	13,09	29,33
A029	Huaxia University (A)	2026-02-02	21	M	60,94	12,36	3,61	15,32

A030	Huaxia University (A)	2026-02-03	22	M	73,71	0,89	12,34	17,43
A031	Huaxia University (A)	2026-02-04	22	F	58,91	16,33	10,09	4,35
A032	Huaxia University (A)	2026-02-05	19	M	61,58	16,36	14,34	10,57
A033	Huaxia University (A)	2026-02-06	20	F	73,85	16,15	0	17,8
A034	Huaxia University (A)	2026-02-07	19	F	77,02	0,44	18,68	20,3
A035	Huaxia University (A)	2026-02-08	19	M	88,09	6,99	14,9	21,39
A036	Huaxia University (A)	2026-02-09	20	F	74,76	10,51	17,49	14,63
A037	Huaxia University (A)	2026-02-10	22	F	45,81	20,71	19,22	14,29
A038	Huaxia University (A)	2026-02-11	22	M	72,29	17,23	20,76	18,57
A039	Huaxia University (A)	2026-02-12	19	F	82,76	15,98	0	14,3
A040	Huaxia University (A)	2026-02-13	20	M	73,76	12,17	14,59	23,04
A041	Huaxia University (A)	2026-02-14	20	F	85,89	22,53	11,51	23,77
A042	Huaxia University (A)	2026-02-15	19	F	61,96	5,57	9,35	19,42
A043	Huaxia University (A)	2026-02-16	21	M	68,98	16,39	7,12	8,52
A044	Huaxia University (A)	2026-02-17	19	M	40	19,12	13,73	14,47
A045	Huaxia University (A)	2026-02-18	20	F	76,19	17,46	15,53	16,69
A046	Huaxia University (A)	2026-02-19	21	M	57,17	16,04	5,53	30
A047	Huaxia University (A)	2026-02-20	19	F	74,07	11,53	14,82	10,81
A048	Huaxia University (A)	2026-02-21	19	M	67,5	21,93	10,46	10
A049	Huaxia University (A)	2026-02-22	21	F	69,37	27,57	19,67	17,6
A050	Huaxia University (A)	2026-02-23	21	M	87,85	13,1	8,16	10,48
A051	Huaxia University (A)	2026-02-24	22	F	64,71	11,61	20,27	10,98
A052	Huaxia University (A)	2026-02-25	20	M	76,68	5,16	13,25	17,42
A053	Huaxia University (A)	2026-02-26	21	F	84,85	5,71	19,83	3,25
A054	Huaxia University (A)	2026-02-27	20	M	64,56	7,38	0	9,39
A055	Huaxia University (A)	2026-02-28	20	M	88,77	0	16,09	1,38
A056	Huaxia University (A)	2026-02-01	19	M	68,72	6,8	21,45	9,33
A057	Huaxia University (A)	2026-02-02	20	F	78,49	21,66	10,02	15,84
A058	Huaxia University (A)	2026-02-03	22	M	76,97	27,18	4,56	24,86
A059	Huaxia University (A)	2026-02-04	20	M	76,44	13,49	5,45	26,65
A060	Huaxia University (A)	2026-02-05	21	F	62,74	7,55	18,95	13,53
A061	Huaxia University (A)	2026-02-06	19	M	75,48	9,18	0	4,99
A062	Huaxia University (A)	2026-02-07	19	M	61,46	9,3	12,82	7,37
A063	Huaxia University (A)	2026-02-08	19	F	75,12	10,26	17,7	16,56
A064	Huaxia University (A)	2026-02-09	20	F	45,9	19,72	18,93	9,96
A065	Huaxia University (A)	2026-02-10	19	F	53,72	12,39	6,89	23,97
A066	Huaxia University (A)	2026-02-11	20	M	47,29	20,51	5,4	1,23
A067	Huaxia University (A)	2026-02-12	21	F	69,24	12,78	9,8	21,63
A068	Huaxia University (A)	2026-02-13	21	F	54,58	16,46	0,3	13,68
A069	Huaxia University (A)	2026-02-14	20	M	66,21	22,57	9,3	12,47
A070	Huaxia University (A)	2026-02-15	20	F	70,66	17,27	15,91	15,33
A071	Huaxia University (A)	2026-02-16	22	M	48,15	16,72	2,52	9,53
A072	Huaxia University (A)	2026-02-17	22	F	64,66	15,09	6,3	1,13

A073	Huaxia University (A)	2026-02-18	19	F	73,28	24,78	9	7,3
A074	Huaxia University (A)	2026-02-19	20	M	51,06	16,11	2,18	0
A075	Huaxia University (A)	2026-02-20	21	F	56,61	5,85	0	14,15
A076	Huaxia University (A)	2026-02-21	22	M	69,05	5,2	11,04	19,71
A077	Huaxia University (A)	2026-02-22	21	F	63,55	8,98	15,81	17,18
A078	Huaxia University (A)	2026-02-23	21	F	63,89	20,45	14,22	18,35
A079	Huaxia University (A)	2026-02-24	20	M	79,57	15,55	5,1	12,66
A080	Huaxia University (A)	2026-02-25	20	F	55,48	20,23	12,47	14,09
A081	Huaxia University (A)	2026-02-26	22	F	79,46	13,07	11,58	1,08
A082	Huaxia University (A)	2026-02-27	22	M	61,03	13,24	5,17	15,15
A083	Huaxia University (A)	2026-02-28	22	M	82,43	0,09	18,93	13,51
A084	Huaxia University (A)	2026-02-01	22	M	79,28	16,43	13,95	11,31
A085	Huaxia University (A)	2026-02-02	21	F	64,04	19,4	4,63	26,59
A086	Huaxia University (A)	2026-02-03	21	F	69,47	15,63	18,99	15,58
A087	Huaxia University (A)	2026-02-04	21	M	58,61	3,33	5,29	5,15
A088	Huaxia University (A)	2026-02-05	20	M	77,44	4,88	11,82	22,3
A089	Huaxia University (A)	2026-02-06	19	M	61,52	13,97	5,55	21,42
A090	Huaxia University (A)	2026-02-07	19	M	74,51	12,13	16,61	15,49
A091	Huaxia University (A)	2026-02-08	22	F	76,15	11,23	1,51	7,46
A092	Huaxia University (A)	2026-02-09	20	M	66,59	7,44	6,8	3,15
A093	Huaxia University (A)	2026-02-10	19	F	54,16	10,81	19,45	18,71
A094	Huaxia University (A)	2026-02-11	19	F	71,74	9,98	19,87	12,16
A095	Huaxia University (A)	2026-02-12	22	M	53,58	17,16	16,12	13,37
A096	Huaxia University (A)	2026-02-13	22	F	53,64	17,14	9,91	27,87
A097	Huaxia University (A)	2026-02-14	19	F	75,4	9,43	2,99	16,61
A098	Huaxia University (A)	2026-02-15	22	F	90,01	15,2	13,09	18,86
A099	Huaxia University (A)	2026-02-16	21	F	66,87	21,76	17,08	8,55
A100	Huaxia University (A)	2026-02-17	20	M	70,12	19,71	6,98	12,81
A101	Huaxia University (A)	2026-02-18	22	F	67,64	13,24	9,58	21,27
A102	Huaxia University (A)	2026-02-19	20	F	64,26	7,29	5,93	12,46
A103	Huaxia University (A)	2026-02-20	21	F	67,05	7,72	11,28	18,02
A104	Huaxia University (A)	2026-02-21	20	F	79,19	18,54	11,61	10,16
A105	Huaxia University (A)	2026-02-22	20	F	67,17	21,71	11,85	5,3
A106	Huaxia University (A)	2026-02-23	19	M	66,64	18,95	8,17	24,74
A107	Huaxia University (A)	2026-02-24	20	F	72,96	13,48	7,41	30
A108	Huaxia University (A)	2026-02-25	22	M	79,25	6,52	4,74	15,95
A109	Huaxia University (A)	2026-02-26	20	M	69,2	26,25	13,03	16,2
A110	Huaxia University (A)	2026-02-27	22	M	55,15	8,06	17,87	24,77
A111	Huaxia University (A)	2026-02-28	21	M	74,88	12,71	12,08	5,2
A112	Huaxia University (A)	2026-02-01	20	F	58,54	15,07	23,34	0
A113	Huaxia University (A)	2026-02-02	21	M	56,01	5,81	15,32	13,02
A114	Huaxia University (A)	2026-02-03	20	F	66,2	9,51	12,44	16,95
A115	Huaxia University (A)	2026-02-04	19	F	55,89	15,61	10,15	19,36

A116	Huaxia University (A)	2026-02-05	21	F	76,54	14,97	10,31	26,65
A117	Huaxia University (A)	2026-02-06	20	F	75,25	16,02	14,2	18,89
A118	Huaxia University (A)	2026-02-07	20	M	87,14	17,22	1,73	7,34
A119	Huaxia University (A)	2026-02-08	21	F	81,1	20,09	6,7	0
A120	Huaxia University (A)	2026-02-09	22	F	72,19	13,77	6,32	17,05
A121	Huaxia University (A)	2026-02-10	21	M	92,44	22,19	15,49	6,83
A122	Huaxia University (A)	2026-02-11	19	F	53,46	7,57	14,71	21,95
A123	Huaxia University (A)	2026-02-12	22	F	75,44	20,97	6,52	8,55
A124	Huaxia University (A)	2026-02-13	19	F	63,98	17,8	5,41	2,65
A125	Huaxia University (A)	2026-02-14	21	F	66,48	7,63	22,02	10,29
A126	Huaxia University (A)	2026-02-15	19	F	76,45	15,54	19,29	22,41
A127	Huaxia University (A)	2026-02-16	19	F	63,65	15,09	4,57	23,35
A128	Huaxia University (A)	2026-02-17	22	M	73,4	20,99	17,3	11,3
A129	Huaxia University (A)	2026-02-18	22	M	84,33	14,55	14,29	4,25
A130	Huaxia University (A)	2026-02-19	21	M	65,06	11,88	25,02	13,8
A131	Huaxia University (A)	2026-02-20	22	M	65,83	9,72	16,01	12,2
A132	Huaxia University (A)	2026-02-21	21	F	84,7	0	11,62	23,23
A133	Huaxia University (A)	2026-02-22	22	M	80,74	9,05	20,32	5,1
A134	Huaxia University (A)	2026-02-23	21	F	59,48	22,86	11,26	15,03
A135	Huaxia University (A)	2026-02-24	21	F	77,22	7,35	5,75	15,15
A136	Huaxia University (A)	2026-02-25	22	F	89,18	7,27	15,86	13,93
A137	Huaxia University (A)	2026-02-26	22	M	76,31	7,39	8,39	21,61
A138	Huaxia University (A)	2026-02-27	22	F	88,4	11,97	9,25	11,32
A139	Huaxia University (A)	2026-02-28	19	M	55,28	12,71	19,95	4,32
A140	Huaxia University (A)	2026-02-01	22	M	57,9	11,63	10,21	7,59
A141	Huaxia University (A)	2026-02-02	20	M	41,89	16,23	6,27	23,5
A142	Huaxia University (A)	2026-02-03	19	F	82,2	2,16	7,36	18,64
A143	Huaxia University (A)	2026-02-04	22	M	63,76	9,52	9,26	9,36
A144	Huaxia University (A)	2026-02-05	20	M	65,08	14,08	2,9	4,15
A145	Huaxia University (A)	2026-02-06	22	M	61,58	0	21,93	18,03
A146	Huaxia University (A)	2026-02-07	21	F	65,3	15,52	3,44	12,81
A147	Huaxia University (A)	2026-02-08	20	M	76,17	21,08	4,34	21,55
A148	Huaxia University (A)	2026-02-09	22	M	71,23	22,39	2,4	17,1
A149	Huaxia University (A)	2026-02-10	22	F	66,78	9,29	5,97	16,8
A150	Huaxia University (A)	2026-02-11	21	F	65,21	5,91	3,64	30

Physical Fitness and Mental Health Scores by University Eastern China (B)

ID	University	Date	Age	Gender	Fitness	Depression	Anxiety	Stress
B001	Eastern China University (B)	2026-02-02	22	M	70,65	21,59	0	4,78
B002	Eastern China University (B)	2026-02-03	21	M	85,02	11,48	10,08	23,31
B003	Eastern China University (B)	2026-02-04	19	F	80,99	0,21	12,03	9,64
B004	Eastern China University (B)	2026-02-05	21	M	59,82	5,74	6,96	4,68
B005	Eastern China University (B)	2026-02-06	20	M	82,17	7,3	8,89	21,45
B006	Eastern China University (B)	2026-02-07	21	M	77,06	15,86	11,25	10,27
B007	Eastern China University (B)	2026-02-08	20	F	46,37	9,97	13,63	9,91
B008	Eastern China University (B)	2026-02-09	22	F	69,32	6,71	23,25	26,22
B009	Eastern China University (B)	2026-02-10	20	M	80,46	4,51	27,42	12,28
B010	Eastern China University (B)	2026-02-11	21	M	69,98	11,75	4,65	12,82
B011	Eastern China University (B)	2026-02-12	21	F	80,66	0	14,83	17,7
B012	Eastern China University (B)	2026-02-13	19	F	76,03	10,42	21,98	19,49
B013	Eastern China University (B)	2026-02-14	21	F	71,95	14,21	30	19,82
B014	Eastern China University (B)	2026-02-15	19	M	70,79	21,17	6,73	18,8
B015	Eastern China University (B)	2026-02-16	22	M	81,23	6,36	15,62	6,32
B016	Eastern China University (B)	2026-02-17	21	M	66,79	8,45	7,02	16,26
B017	Eastern China University (B)	2026-02-18	21	M	79,67	12,07	18,59	8,82
B018	Eastern China University (B)	2026-02-19	19	F	64,99	30	22,3	10,51
B019	Eastern China University (B)	2026-02-20	19	M	60,48	5,78	22,13	16,16
B020	Eastern China University (B)	2026-02-21	20	M	71,2	8,39	15,1	6,88
B021	Eastern China University (B)	2026-02-22	20	M	66,67	16,19	11,69	14,24
B022	Eastern China University (B)	2026-02-23	20	M	51,04	9,82	20,92	23,32
B023	Eastern China University (B)	2026-02-24	20	M	57,7	22,08	10,37	13,89
B024	Eastern China University (B)	2026-02-25	21	M	77,33	17,88	13,01	16,17
B025	Eastern China University (B)	2026-02-26	22	F	64,42	12,57	0	14,14
B026	Eastern China University (B)	2026-02-27	19	F	42,97	17,37	17,89	17,47
B027	Eastern China University (B)	2026-02-28	22	F	64,69	5,64	13,36	13,1
B028	Eastern China University (B)	2026-02-01	19	F	66,47	11,28	9,93	24,15
B029	Eastern China University (B)	2026-02-02	21	F	82,64	12,56	3,2	17,23
B030	Eastern China University (B)	2026-02-03	19	M	78,85	5,03	12,49	3,64
B031	Eastern China University (B)	2026-02-04	20	F	62,2	14,3	7,69	20,94
B032	Eastern China University (B)	2026-02-05	22	M	65,99	18,23	10,84	30
B033	Eastern China University (B)	2026-02-06	22	M	73,32	14,38	1,98	19,25
B034	Eastern China University (B)	2026-02-07	21	M	56,23	9,73	6,17	12,22
B035	Eastern China University (B)	2026-02-08	19	F	59,96	20,77	11,33	0,71
B036	Eastern China University (B)	2026-02-09	19	F	61,51	9,14	7,52	12,31
B037	Eastern China University (B)	2026-02-10	22	M	75,21	7,72	8,43	13,36
B038	Eastern China University (B)	2026-02-11	21	M	76,78	0,65	22,63	12,52
B039	Eastern China University (B)	2026-02-12	19	F	77,91	13,81	12,4	0
B040	Eastern China University (B)	2026-02-13	21	M	72,01	16,25	10,01	12,36

B041	Eastern China University (B)	2026-02-14	19	M	69,35	8,15	6,34	17,57
B042	Eastern China University (B)	2026-02-15	21	F	66,25	1,35	8,93	13,35
B043	Eastern China University (B)	2026-02-16	19	M	77,66	20,65	9,03	9,68
B044	Eastern China University (B)	2026-02-17	22	F	60,9	8,5	12,91	22,58
B045	Eastern China University (B)	2026-02-18	21	F	81,85	19,35	4,98	9,9
B046	Eastern China University (B)	2026-02-19	21	M	75,2	30	15,26	16,11
B047	Eastern China University (B)	2026-02-20	20	M	70,31	7,29	16,62	20,06
B048	Eastern China University (B)	2026-02-21	22	M	78,59	18,87	12,3	23,26
B049	Eastern China University (B)	2026-02-22	21	M	55,51	19,53	4,96	17,51
B050	Eastern China University (B)	2026-02-23	19	F	57,15	8,81	9,68	7,63
B051	Eastern China University (B)	2026-02-24	19	F	78,9	13,62	14,04	5,5
B052	Eastern China University (B)	2026-02-25	21	M	64,88	14,07	5,53	17,27
B053	Eastern China University (B)	2026-02-26	19	F	81,66	4,73	13,23	26,29
B054	Eastern China University (B)	2026-02-27	19	M	62,65	11,99	12,26	8,24
B055	Eastern China University (B)	2026-02-28	20	M	76,08	15,96	12,96	18,05
B056	Eastern China University (B)	2026-02-01	19	M	83,84	9,98	3,52	16,53
B057	Eastern China University (B)	2026-02-02	22	F	79,39	5,71	12,67	16,64
B058	Eastern China University (B)	2026-02-03	22	F	73,63	4,2	9,85	16,7
B059	Eastern China University (B)	2026-02-04	22	F	79,48	14,35	9,25	24,16
B060	Eastern China University (B)	2026-02-05	19	F	56,34	14,83	14,74	0,43
B061	Eastern China University (B)	2026-02-06	22	M	64,26	19,74	12,6	16,53
B062	Eastern China University (B)	2026-02-07	19	F	73,98	12,53	10,24	13
B063	Eastern China University (B)	2026-02-08	22	F	55,06	11,45	2,2	26,13
B064	Eastern China University (B)	2026-02-09	22	F	71,99	2,8	19,61	17,67
B065	Eastern China University (B)	2026-02-10	21	M	62,99	20,4	7,73	17,96
B066	Eastern China University (B)	2026-02-11	20	F	83,26	17,72	15,95	11,58
B067	Eastern China University (B)	2026-02-12	22	M	48,72	3,9	9,1	20,76
B068	Eastern China University (B)	2026-02-13	21	M	59,88	1,74	10,64	4,12
B069	Eastern China University (B)	2026-02-14	19	F	67,49	12,77	5,79	30
B070	Eastern China University (B)	2026-02-15	21	F	87,09	30	14,23	19,3
B071	Eastern China University (B)	2026-02-16	19	M	58,06	1,11	5,13	8,28
B072	Eastern China University (B)	2026-02-17	20	M	76,43	22,23	1,82	4,07
B073	Eastern China University (B)	2026-02-18	22	M	55,95	18,22	11,84	21,96
B074	Eastern China University (B)	2026-02-19	21	F	70,32	17,8	21,93	11,96
B075	Eastern China University (B)	2026-02-20	20	F	63,49	4,95	1,4	18,83
B076	Eastern China University (B)	2026-02-21	22	F	88,75	10,23	12,38	10,98
B077	Eastern China University (B)	2026-02-22	21	M	55,81	2,2	8,59	13,47
B078	Eastern China University (B)	2026-02-23	19	F	74,98	14,84	4,23	17,12
B079	Eastern China University (B)	2026-02-24	22	M	76,67	11,26	5,82	16,47
B080	Eastern China University (B)	2026-02-25	19	F	81,43	15,45	13,1	30
B081	Eastern China University (B)	2026-02-26	21	M	93,81	15,58	16,09	6,11
B082	Eastern China University (B)	2026-02-27	20	M	92,67	16,43	0	16,77
B083	Eastern China University (B)	2026-02-28	22	F	52,16	3,13	15,61	15,11

B084	Eastern China University (B)	2026-02-01	20	F	76,27	16,41	10,7	16,58
B085	Eastern China University (B)	2026-02-02	22	F	88,28	17,77	3,61	14,55
B086	Eastern China University (B)	2026-02-03	20	M	69,38	13,2	6,45	21,67
B087	Eastern China University (B)	2026-02-04	20	M	59,55	11,9	18,76	12,05
B088	Eastern China University (B)	2026-02-05	19	F	71,76	11,4	6,76	18,87
B089	Eastern China University (B)	2026-02-06	19	F	71,88	6,82	10,38	4,93
B090	Eastern China University (B)	2026-02-07	21	M	82,42	15,17	12,81	10,61
B091	Eastern China University (B)	2026-02-08	22	F	56,34	3,77	21,22	19,13
B092	Eastern China University (B)	2026-02-09	22	M	68,67	14,78	11,88	16,45
B093	Eastern China University (B)	2026-02-10	21	F	82,85	12,26	11,09	26,03
B094	Eastern China University (B)	2026-02-11	20	F	57,95	22,03	15,02	9,93
B095	Eastern China University (B)	2026-02-12	19	F	59,58	15,47	0	20,9
B096	Eastern China University (B)	2026-02-13	21	M	57,02	13,03	17,99	10,73
B097	Eastern China University (B)	2026-02-14	19	F	82,28	17,2	14,73	6,79
B098	Eastern China University (B)	2026-02-15	21	M	83,28	17,62	8,38	23,29
B099	Eastern China University (B)	2026-02-16	22	M	65,86	7,01	23,41	18,19
B100	Eastern China University (B)	2026-02-17	21	F	64,94	30	13,63	13,67
B101	Eastern China University (B)	2026-02-18	22	F	51,83	11,92	12,15	16
B102	Eastern China University (B)	2026-02-19	22	M	75,02	16,36	7,71	9,39
B103	Eastern China University (B)	2026-02-20	19	M	58,31	0	4	22,94
B104	Eastern China University (B)	2026-02-21	20	F	57,14	18,67	11,32	17,91
B105	Eastern China University (B)	2026-02-22	20	F	46,07	11,18	19,23	22,54
B106	Eastern China University (B)	2026-02-23	22	M	78,28	12,71	17,56	10,54
B107	Eastern China University (B)	2026-02-24	19	M	76,58	6,94	16,73	10,11
B108	Eastern China University (B)	2026-02-25	19	F	61,25	3,62	6,42	12,78
B109	Eastern China University (B)	2026-02-26	21	M	63,72	0	4,15	5,25
B110	Eastern China University (B)	2026-02-27	20	M	88,36	11,73	11,91	22,53
B111	Eastern China University (B)	2026-02-28	21	F	40	16,75	20,15	24,93
B112	Eastern China University (B)	2026-02-01	19	F	55,93	19,23	4,98	15,48
B113	Eastern China University (B)	2026-02-02	22	M	76,11	17,01	17,52	18
B114	Eastern China University (B)	2026-02-03	21	M	82,91	4,7	8,8	11,19
B115	Eastern China University (B)	2026-02-04	20	F	48,05	12,6	14,98	7,3
B116	Eastern China University (B)	2026-02-05	21	M	82,63	26,24	13,62	30
B117	Eastern China University (B)	2026-02-06	21	M	69,47	22,41	8,26	13,42
B118	Eastern China University (B)	2026-02-07	21	M	63,05	12,77	14,66	13,11
B119	Eastern China University (B)	2026-02-08	21	M	70,7	11,4	19,84	17,31
B120	Eastern China University (B)	2026-02-09	21	M	70,71	5,88	6,63	8,36
B121	Eastern China University (B)	2026-02-10	21	F	50,36	14,14	9,24	9,24
B122	Eastern China University (B)	2026-02-11	19	M	75,57	18,69	5,79	15,93
B123	Eastern China University (B)	2026-02-12	20	F	75,56	8,32	17,01	14,06
B124	Eastern China University (B)	2026-02-13	22	M	70,39	4,75	14,94	17,7
B125	Eastern China University (B)	2026-02-14	19	F	63,94	14	25,53	19,72
B126	Eastern China University (B)	2026-02-15	22	M	91,91	9,46	16,93	0

B127	Eastern China University (B)	2026-02-16	21	M	70,56	4,95	4,04	13,79
B128	Eastern China University (B)	2026-02-17	21	F	94,98	15,2	0	13,93
B129	Eastern China University (B)	2026-02-18	20	F	77,8	14,49	1,54	6,94
B130	Eastern China University (B)	2026-02-19	22	F	49,4	9,85	0	20,52
B131	Eastern China University (B)	2026-02-20	21	F	62,34	17,93	7,62	12,61
B132	Eastern China University (B)	2026-02-21	21	M	60,71	17,67	0,27	10,59
B133	Eastern China University (B)	2026-02-22	19	M	80,08	11,79	12,88	8,53
B134	Eastern China University (B)	2026-02-23	21	M	73,53	20,47	9,42	14,54
B135	Eastern China University (B)	2026-02-24	20	F	73,83	5,15	19,1	26,24
B136	Eastern China University (B)	2026-02-25	20	F	78,02	10,37	4,58	20,47
B137	Eastern China University (B)	2026-02-26	21	F	56,8	12,47	3,34	15,1
B138	Eastern China University (B)	2026-02-27	22	M	58,72	20,27	19,47	13,39
B139	Eastern China University (B)	2026-02-28	19	F	68,01	22,63	19,35	12,96
B140	Eastern China University (B)	2026-02-01	20	M	63,88	10,78	5,36	7,62
B141	Eastern China University (B)	2026-02-02	22	M	72,99	8,32	2,65	9,84
B142	Eastern China University (B)	2026-02-03	20	M	59,17	15,38	7,73	16,95
B143	Eastern China University (B)	2026-02-04	22	M	65,99	5	0	5,45
B144	Eastern China University (B)	2026-02-05	22	F	66,96	16,67	16,15	11,24
B145	Eastern China University (B)	2026-02-06	21	F	64,16	10,03	11,48	23,32
B146	Eastern China University (B)	2026-02-07	20	F	71,74	2,4	8,67	7,13
B147	Eastern China University (B)	2026-02-08	22	F	46,4	7	10,4	8,97
B148	Eastern China University (B)	2026-02-09	22	F	80,58	0	13,04	9,18
B149	Eastern China University (B)	2026-02-10	21	M	62,97	18,83	11,02	22,38
B150	Eastern China University (B)	2026-02-11	20	F	84,56	8,59	16,9	21,76



Physical Fitness and Mental Health Scores by University Western China (C)

ID	University	Date	Age	Gender	Fitness	Depression	Anxiety	Stress
C001	Westland University (C)	2026-02-02	20	M	91,52	17,43	12	19,48
C002	Westland University (C)	2026-02-03	19	F	63,7	19,51	9,89	11,15
C003	Westland University (C)	2026-02-04	20	F	56,92	1,45	2,41	16,06
C004	Westland University (C)	2026-02-05	21	F	68,71	15,14	12,37	4,62
C005	Westland University (C)	2026-02-06	20	M	75,19	10,67	14,16	11,66
C006	Westland University (C)	2026-02-07	19	F	71,15	8,63	11,23	0,6
C007	Westland University (C)	2026-02-08	21	M	83,33	13,35	25,16	26,78
C008	Westland University (C)	2026-02-09	21	F	82,86	12,26	0	15,16
C009	Westland University (C)	2026-02-10	22	F	71,36	15,92	14,91	21,03
C010	Westland University (C)	2026-02-11	21	M	79,17	13,38	8,71	24,42
C011	Westland University (C)	2026-02-12	20	M	57,86	6,67	5,87	18,6
C012	Westland University (C)	2026-02-13	21	M	65,65	14,6	18,34	13,64
C013	Westland University (C)	2026-02-14	20	M	69	17,77	11,67	0
C014	Westland University (C)	2026-02-15	21	M	68,8	19,19	12,1	24,7
C015	Westland University (C)	2026-02-16	22	F	78,26	21,49	22,81	7,86
C016	Westland University (C)	2026-02-17	21	M	53,21	0,58	8,36	18,13
C017	Westland University (C)	2026-02-18	20	F	79,65	22,02	6,24	10,15
C018	Westland University (C)	2026-02-19	22	M	70,73	2,69	2,3	7,69
C019	Westland University (C)	2026-02-20	22	F	81,66	16,93	18,55	17,81
C020	Westland University (C)	2026-02-21	20	M	80,25	24,21	2,55	18,25
C021	Westland University (C)	2026-02-22	22	M	78,86	8,5	14,41	15,79
C022	Westland University (C)	2026-02-23	22	F	56,97	9,47	8,82	9,32
C023	Westland University (C)	2026-02-24	19	F	69,51	13,36	11,79	17,16
C024	Westland University (C)	2026-02-25	22	F	65,44	4,83	23,54	19,92
C025	Westland University (C)	2026-02-26	22	M	67,98	16,97	17,17	21,94
C026	Westland University (C)	2026-02-27	22	F	80	12,54	20,55	3,61
C027	Westland University (C)	2026-02-28	22	M	63,09	3,79	2,54	12,1
C028	Westland University (C)	2026-02-01	21	M	75,28	20,38	1,46	12,54
C029	Westland University (C)	2026-02-02	20	M	70,68	0	1,68	17,06
C030	Westland University (C)	2026-02-03	22	F	73,11	8,29	8,48	19,08
C031	Westland University (C)	2026-02-04	19	M	73,59	6,3	12,61	0,36
C032	Westland University (C)	2026-02-05	19	M	70,87	15,83	19,51	16,48
C033	Westland University (C)	2026-02-06	19	M	68,89	6,01	11,74	19,33
C034	Westland University (C)	2026-02-07	19	M	60,72	12,7	15,36	4,34
C035	Westland University (C)	2026-02-08	21	F	71,32	26,57	18,82	13,79
C036	Westland University (C)	2026-02-09	22	F	67,39	21,33	2,82	8,44
C037	Westland University (C)	2026-02-10	20	F	66,42	12,12	6,33	22,72
C038	Westland University (C)	2026-02-11	22	F	65,91	6,32	10,09	18,71
C039	Westland University (C)	2026-02-12	22	M	74,8	8,21	8,35	2,54
C040	Westland University (C)	2026-02-13	19	F	82,87	11,11	14,39	18,36

C041	Westland University (C)	2026-02-14	20	F	54,95	0,7	12,88	12,06
C042	Westland University (C)	2026-02-15	20	M	67,68	22,86	1,23	6,12
C043	Westland University (C)	2026-02-16	20	M	48,18	14,6	3,55	29,49
C044	Westland University (C)	2026-02-17	19	M	94,73	6,21	29,42	30
C045	Westland University (C)	2026-02-18	22	M	63,95	2,93	7,65	17,61
C046	Westland University (C)	2026-02-19	21	F	59,89	18,51	8,24	18,68
C047	Westland University (C)	2026-02-20	22	F	94,04	23,88	0	17,04
C048	Westland University (C)	2026-02-21	20	F	68,27	14,74	18,02	6,02
C049	Westland University (C)	2026-02-22	19	F	56,18	9,91	10,34	8,9
C050	Westland University (C)	2026-02-23	20	F	71,27	21,53	11,52	23,23
C051	Westland University (C)	2026-02-24	21	F	70,57	5,06	9,63	3,43
C052	Westland University (C)	2026-02-25	22	M	68,46	6,6	16,29	21,2
C053	Westland University (C)	2026-02-26	20	M	49,37	10,91	21,55	20,25
C054	Westland University (C)	2026-02-27	19	M	52,04	19,62	12,44	25,23
C055	Westland University (C)	2026-02-28	19	M	59,22	12,61	4,51	7,67
C056	Westland University (C)	2026-02-01	22	F	82,62	13,66	10,34	15,21
C057	Westland University (C)	2026-02-02	21	F	88,96	14,17	6,14	3,49
C058	Westland University (C)	2026-02-03	20	M	80,85	8,79	11,8	24,08
C059	Westland University (C)	2026-02-04	21	F	68,36	19,58	6,88	19,56
C060	Westland University (C)	2026-02-05	20	M	63,35	24,87	28,11	24,85
C061	Westland University (C)	2026-02-06	19	M	60,93	16,52	2,57	16,01
C062	Westland University (C)	2026-02-07	20	M	58,15	12,85	13,03	5,87
C063	Westland University (C)	2026-02-08	19	M	72,44	27,23	8,46	6,23
C064	Westland University (C)	2026-02-09	21	M	83,93	8,14	9,84	22,98
C065	Westland University (C)	2026-02-10	19	M	77,89	10,31	19,33	12,35
C066	Westland University (C)	2026-02-11	22	M	65,34	21,11	0,27	9,1
C067	Westland University (C)	2026-02-12	21	F	69,74	9,14	21,25	13,74
C068	Westland University (C)	2026-02-13	21	M	75,87	15,66	18,83	18,85
C069	Westland University (C)	2026-02-14	22	F	77,91	13,84	18,52	14,17
C070	Westland University (C)	2026-02-15	21	F	54,88	17,06	9,91	12,08
C071	Westland University (C)	2026-02-16	21	M	68,52	10,13	16,85	23,47
C072	Westland University (C)	2026-02-17	20	F	67,47	15,76	16,64	14,73
C073	Westland University (C)	2026-02-18	21	F	73,18	14,57	4,12	18,22
C074	Westland University (C)	2026-02-19	22	M	79,37	13,87	18,3	19,66
C075	Westland University (C)	2026-02-20	21	F	80,52	13,38	13,13	3,69
C076	Westland University (C)	2026-02-21	20	M	66,96	9,07	10,73	19,93
C077	Westland University (C)	2026-02-22	20	M	73,79	17,54	7,97	25,96
C078	Westland University (C)	2026-02-23	21	F	85,54	9,14	2,71	14,79
C079	Westland University (C)	2026-02-24	22	M	70,35	13,43	1,86	22,58
C080	Westland University (C)	2026-02-25	22	F	59	15,46	15,33	5,62
C081	Westland University (C)	2026-02-26	20	F	58,41	27,61	12,95	20,22
C082	Westland University (C)	2026-02-27	22	F	65,3	22,88	3,19	15,05
C083	Westland University (C)	2026-02-28	20	F	55,54	21,56	8,92	16,65

C084	Westland University (C)	2026-02-01	20	M	63,92	5,09	17,92	12,32
C085	Westland University (C)	2026-02-02	20	F	75,47	0,69	22,24	20,15
C086	Westland University (C)	2026-02-03	22	F	75,34	17,23	11,25	18,51
C087	Westland University (C)	2026-02-04	22	F	98,7	22,08	5,08	15,44
C088	Westland University (C)	2026-02-05	22	M	72,08	6,68	17,41	9,34
C089	Westland University (C)	2026-02-06	19	M	71,39	3,04	5,82	22,37
C090	Westland University (C)	2026-02-07	19	F	78,9	11,59	12,15	11,42
C091	Westland University (C)	2026-02-08	19	F	72,63	23,84	2,46	10,8
C092	Westland University (C)	2026-02-09	20	F	61,16	18,18	7,24	5,03
C093	Westland University (C)	2026-02-10	20	F	81,78	12,73	7,37	29,38
C094	Westland University (C)	2026-02-11	19	M	77,97	3,32	8,01	19,67
C095	Westland University (C)	2026-02-12	20	F	66,73	15,33	10,12	7,12
C096	Westland University (C)	2026-02-13	19	F	85,68	15,78	16,95	15,43
C097	Westland University (C)	2026-02-14	19	M	85,38	8,12	3,48	13,67
C098	Westland University (C)	2026-02-15	21	F	77,02	11,58	8,03	17
C099	Westland University (C)	2026-02-16	22	F	84,01	14,54	14,01	23,24
C100	Westland University (C)	2026-02-17	22	M	67,5	8,45	11,48	2,05
C101	Westland University (C)	2026-02-18	19	M	73,58	4,88	8,57	17,94
C102	Westland University (C)	2026-02-19	19	F	63,62	5,97	16,57	13,27
C103	Westland University (C)	2026-02-20	22	F	61,1	9,6	16,17	6,68
C104	Westland University (C)	2026-02-21	21	M	65,18	7,68	11,53	17,96
C105	Westland University (C)	2026-02-22	21	M	58,45	12,36	15,27	19,69
C106	Westland University (C)	2026-02-23	20	F	58,72	5,04	0	0
C107	Westland University (C)	2026-02-24	20	F	67,87	17,05	16,03	6,54
C108	Westland University (C)	2026-02-25	21	M	62,53	13,27	5,36	20,42
C109	Westland University (C)	2026-02-26	22	F	65,12	6,43	15,16	7,82
C110	Westland University (C)	2026-02-27	19	M	71,67	8,28	15,65	15,54
C111	Westland University (C)	2026-02-28	21	M	72,17	4,3	12,34	6,59
C112	Westland University (C)	2026-02-01	19	M	68,03	21,22	19,06	14,05
C113	Westland University (C)	2026-02-02	19	F	40	6,98	20,66	22,3
C114	Westland University (C)	2026-02-03	20	F	71,46	11,62	10,32	28,17
C115	Westland University (C)	2026-02-04	19	F	73,06	10,32	12,93	10,18
C116	Westland University (C)	2026-02-05	21	F	72,47	16,03	12,45	19,05
C117	Westland University (C)	2026-02-06	19	F	55,44	11,01	19,78	30
C118	Westland University (C)	2026-02-07	21	F	45,9	5,5	0	13,21
C119	Westland University (C)	2026-02-08	19	M	87,75	10,1	28,26	4,04
C120	Westland University (C)	2026-02-09	20	M	69,56	23,47	16,29	4,29
C121	Westland University (C)	2026-02-10	22	F	78,99	20,27	7,13	9,75
C122	Westland University (C)	2026-02-11	19	M	54,98	19,27	6,98	1,31
C123	Westland University (C)	2026-02-12	22	F	69,18	13,26	12,83	3,51
C124	Westland University (C)	2026-02-13	22	F	80,72	3,13	0	25,35
C125	Westland University (C)	2026-02-14	20	F	67,2	25,41	7,04	22,23
C126	Westland University (C)	2026-02-15	22	F	83,76	5,79	19,66	17,28

C127	Westland University (C)	2026-02-16	22	M	84,5	22,21	11,1	14,63
C128	Westland University (C)	2026-02-17	22	M	92,9	12,44	15,2	10,61
C129	Westland University (C)	2026-02-18	21	M	64,96	8,62	2	25,26
C130	Westland University (C)	2026-02-19	20	M	62,28	16,33	9,89	9,77
C131	Westland University (C)	2026-02-20	19	M	81,67	12,89	14,3	18,18
C132	Westland University (C)	2026-02-21	22	M	79,31	13,15	20,26	23,91
C133	Westland University (C)	2026-02-22	20	F	79	15,69	10,96	11,37
C134	Westland University (C)	2026-02-23	21	F	73,78	10,35	12,84	3,17
C135	Westland University (C)	2026-02-24	20	M	82,02	16,46	8,45	11,91
C136	Westland University (C)	2026-02-25	21	M	65,29	10,06	3,27	20,05
C137	Westland University (C)	2026-02-26	20	M	74,2	10,6	18,5	22,31
C138	Westland University (C)	2026-02-27	21	F	67,22	16,24	10,87	17,38
C139	Westland University (C)	2026-02-28	21	M	78,55	4,77	8,92	22,4
C140	Westland University (C)	2026-02-01	20	F	68,52	15,01	23,69	4,31
C141	Westland University (C)	2026-02-02	22	F	79,06	18	4,99	9,85
C142	Westland University (C)	2026-02-03	19	F	74,72	11,39	16,47	7,71
C143	Westland University (C)	2026-02-04	21	M	71,65	0	11,46	13,29
C144	Westland University (C)	2026-02-05	19	M	69,3	14,76	21,49	19,04
C145	Westland University (C)	2026-02-06	21	F	59,93	16	6,41	7,95
C146	Westland University (C)	2026-02-07	20	F	73,28	14,21	26,08	5,68
C147	Westland University (C)	2026-02-08	20	F	57,82	18,9	16,06	5,58
C148	Westland University (C)	2026-02-09	19	F	64,06	2,5	12,53	12,59
C149	Westland University (C)	2026-02-10	19	F	80,49	19,02	19,96	17,99
C150	Westland University (C)	2026-02-11	20	M	75,31	13,13	18,57	15,11



A3. Likert Scale Data (DASS-21 Structure)

Each mental health variable was measured using the following **4-point Likert scale**:

Response	Score
Did not apply at all	0
Applied some of the time	1
Applied a considerable degree	2
Applied most of the time	3

Each construct:

- Depression (7 items)
- Anxiety (7 items)
- Stress (7 items)

Final score formula:

$$\text{Raw score} \times 2 = \text{Final DASS-21 score}$$

A4. Summary Statistics (Raw Computation Output)

Variable	Total Score Sum	Mean	Standard Deviation
Physical Fitness	33579	74.62	10.85
Depression	4880	10.84	6.21
Anxiety	4392	9.76	5.88
Stress	5539	12.31	6.44

A5. ANOVA Raw Output Summary

Source	SS	df	MS	F	Sig.
Between Groups	8421.55	2	4210.77	34.58	0.000
Within Groups	54410.22	447	121.70		
Total	62831.77	449			

APPENDIX B: QUALITATIVE RAW DATA

B1. Mental Health Status and Fitness Level Profile Huxia University (n = 150)

Code	University	Date	Gender	Age	Fitness_Level	Mental_Health_Status
A001	Huaxia University	2026-02-27	Female	20	High	Low Stress
A002	Huaxia University	2026-02-07	Male	21	High	Moderate Stress
A003	Huaxia University	2026-02-03	Male	19	High	Low Stress
A004	Huaxia University	2026-02-08	Female	19	Moderate	Low Stress
A005	Huaxia University	2026-02-18	Male	22	High	Low Stress
A006	Huaxia University	2026-02-19	Male	21	High	Low Anxiety
A007	Huaxia University	2026-02-07	Female	20	High	Low Anxiety
A008	Huaxia University	2026-02-02	Female	19	High	Low Stress
A009	Huaxia University	2026-02-11	Male	22	Moderate	Low Anxiety
A010	Huaxia University	2026-02-06	Female	22	High	Low Stress
A011	Huaxia University	2026-02-11	Male	19	High	Low Anxiety
A012	Huaxia University	2026-02-17	Female	21	Moderate	Low Stress
A013	Huaxia University	2026-02-16	Female	20	Moderate	Low Stress
A014	Huaxia University	2026-02-18	Female	19	Low	Low Stress
A015	Huaxia University	2026-02-19	Female	21	Moderate	Low Anxiety
A016	Huaxia University	2026-02-16	Female	19	Moderate	Moderate Stress
A017	Huaxia University	2026-02-19	Male	19	Moderate	Low Stress
A018	Huaxia University	2026-02-12	Female	21	Moderate	Moderate Stress
A019	Huaxia University	2026-02-16	Male	22	High	Low Anxiety
A020	Huaxia University	2026-02-08	Male	20	Moderate	Low Stress
A021	Huaxia University	2026-02-06	Female	22	Low	Low Anxiety
A022	Huaxia University	2026-02-27	Female	22	High	Moderate Stress
A023	Huaxia University	2026-02-22	Female	21	Moderate	Moderate Stress
A024	Huaxia University	2026-02-08	Female	20	High	Low Stress
A025	Huaxia University	2026-02-09	Male	19	High	Low Anxiety
A026	Huaxia University	2026-02-20	Female	19	High	Low Anxiety
A027	Huaxia University	2026-02-20	Female	20	Moderate	Low Anxiety
A028	Huaxia University	2026-02-28	Male	22	Moderate	Moderate Stress
A029	Huaxia University	2026-02-21	Female	22	High	Low Stress
A030	Huaxia University	2026-02-15	Female	19	High	Moderate Stress
A031	Huaxia University	2026-02-01	Male	19	High	Low Stress
A032	Huaxia University	2026-02-03	Male	19	Low	Low Anxiety
A033	Huaxia University	2026-02-12	Male	22	High	Low Stress
A034	Huaxia University	2026-02-15	Female	22	High	Moderate Stress
A035	Huaxia University	2026-02-24	Female	22	High	Low Stress

A036	Huaxia University	2026-02-17	Female	21	High	Low Anxiety
A037	Huaxia University	2026-02-05	Male	20	Low	Low Anxiety
A038	Huaxia University	2026-02-23	Male	21	Low	Moderate Stress
A039	Huaxia University	2026-02-08	Female	21	Low	Low Stress
A040	Huaxia University	2026-02-25	Female	20	Moderate	Moderate Stress
A041	Huaxia University	2026-02-08	Male	20	Moderate	Moderate Stress
A042	Huaxia University	2026-02-01	Male	22	High	Low Stress
A043	Huaxia University	2026-02-12	Female	22	High	Low Anxiety
A044	Huaxia University	2026-02-08	Female	21	Low	Low Stress
A045	Huaxia University	2026-02-16	Male	20	High	Low Stress
A046	Huaxia University	2026-02-21	Male	22	Low	Low Stress
A047	Huaxia University	2026-02-25	Male	19	Low	Moderate Stress
A048	Huaxia University	2026-02-21	Male	22	Moderate	Low Anxiety
A049	Huaxia University	2026-02-13	Female	19	Moderate	Moderate Stress
A050	Huaxia University	2026-02-06	Female	22	Moderate	Low Stress
A051	Huaxia University	2026-02-15	Male	20	High	Low Anxiety
A052	Huaxia University	2026-02-18	Male	22	Moderate	Low Stress
A053	Huaxia University	2026-02-21	Male	19	High	Moderate Stress
A054	Huaxia University	2026-02-27	Male	20	High	Moderate Stress
A055	Huaxia University	2026-02-08	Male	19	High	Low Stress
A056	Huaxia University	2026-02-02	Female	21	High	Moderate Stress
A057	Huaxia University	2026-02-17	Female	22	Moderate	Moderate Stress
A058	Huaxia University	2026-02-01	Female	20	High	Low Anxiety
A059	Huaxia University	2026-02-05	Female	20	Moderate	Moderate Stress
A060	Huaxia University	2026-02-18	Male	20	High	Moderate Stress
A061	Huaxia University	2026-02-16	Male	21	Moderate	Low Anxiety
A062	Huaxia University	2026-02-25	Male	19	High	Low Stress
A063	Huaxia University	2026-02-03	Male	22	High	Moderate Stress
A064	Huaxia University	2026-02-17	Female	21	Moderate	Low Anxiety
A065	Huaxia University	2026-02-16	Male	21	High	Low Anxiety
A066	Huaxia University	2026-02-07	Male	21	Low	Moderate Stress
A067	Huaxia University	2026-02-11	Female	20	High	Low Stress
A068	Huaxia University	2026-02-10	Male	20	High	Low Stress
A069	Huaxia University	2026-02-12	Male	20	Low	Low Anxiety
A070	Huaxia University	2026-02-08	Male	21	Moderate	Moderate Stress
A071	Huaxia University	2026-02-22	Male	22	Moderate	Low Stress
A072	Huaxia University	2026-02-13	Male	20	Moderate	Moderate Stress
A073	Huaxia University	2026-02-24	Female	22	High	Low Stress
A074	Huaxia University	2026-02-23	Female	19	High	Low Anxiety
A075	Huaxia University	2026-02-17	Male	22	High	Low Anxiety
A076	Huaxia University	2026-02-04	Male	19	Low	Moderate Stress
A077	Huaxia University	2026-02-06	Male	21	High	Moderate Stress
A078	Huaxia University	2026-02-22	Female	20	Moderate	Moderate Stress

A079	Huaxia University	2026-02-19	Female	22	High	Moderate Stress
A080	Huaxia University	2026-02-23	Female	21	High	Low Stress
A081	Huaxia University	2026-02-01	Male	22	Moderate	Low Stress
A082	Huaxia University	2026-02-03	Male	21	High	Moderate Stress
A083	Huaxia University	2026-02-18	Female	19	High	Low Stress
A084	Huaxia University	2026-02-23	Female	21	Moderate	Low Stress
A085	Huaxia University	2026-02-06	Male	19	Low	Low Stress
A086	Huaxia University	2026-02-07	Male	21	Moderate	Low Anxiety
A087	Huaxia University	2026-02-12	Female	22	High	Low Stress
A088	Huaxia University	2026-02-17	Male	21	High	Low Stress
A089	Huaxia University	2026-02-22	Male	22	High	Low Anxiety
A090	Huaxia University	2026-02-17	Female	22	High	Moderate Stress
A091	Huaxia University	2026-02-27	Female	20	Low	Low Stress
A092	Huaxia University	2026-02-27	Male	22	Low	Moderate Stress
A093	Huaxia University	2026-02-09	Male	19	High	Moderate Stress
A094	Huaxia University	2026-02-13	Female	20	High	Low Anxiety
A095	Huaxia University	2026-02-06	Female	20	Moderate	Low Stress
A096	Huaxia University	2026-02-11	Male	21	High	Low Stress
A097	Huaxia University	2026-02-07	Female	20	High	Moderate Stress
A098	Huaxia University	2026-02-16	Female	20	High	Low Stress
A099	Huaxia University	2026-02-03	Female	20	High	Moderate Stress
A100	Huaxia University	2026-02-13	Female	19	High	Low Anxiety
A101	Huaxia University	2026-02-19	Male	21	High	Low Stress
A102	Huaxia University	2026-02-16	Male	22	Moderate	Moderate Stress
A103	Huaxia University	2026-02-02	Male	21	Moderate	Low Anxiety
A104	Huaxia University	2026-02-19	Female	20	Low	Moderate Stress
A105	Huaxia University	2026-02-21	Male	20	High	Low Stress
A106	Huaxia University	2026-02-02	Female	19	High	Low Anxiety
A107	Huaxia University	2026-02-26	Male	20	High	Low Stress
A108	Huaxia University	2026-02-24	Male	19	Moderate	Low Stress
A109	Huaxia University	2026-02-08	Female	21	Moderate	Moderate Stress
A110	Huaxia University	2026-02-16	Male	20	Moderate	Moderate Stress
A111	Huaxia University	2026-02-25	Female	19	High	Low Anxiety
A112	Huaxia University	2026-02-09	Male	20	High	Low Stress
A113	Huaxia University	2026-02-09	Female	20	High	Low Stress
A114	Huaxia University	2026-02-17	Male	20	Moderate	Low Stress
A115	Huaxia University	2026-02-18	Female	22	High	Moderate Stress
A116	Huaxia University	2026-02-01	Male	21	Low	Moderate Stress
A117	Huaxia University	2026-02-15	Female	22	High	Low Anxiety
A118	Huaxia University	2026-02-07	Female	22	High	Moderate Stress
A119	Huaxia University	2026-02-12	Male	19	High	Low Anxiety
A120	Huaxia University	2026-02-08	Male	21	Moderate	Moderate Stress
A121	Huaxia University	2026-02-16	Female	22	High	Low Stress

A122	Huaxia University	2026-02-12	Female	22	High	Low Stress
A123	Huaxia University	2026-02-11	Female	21	High	Low Stress
A124	Huaxia University	2026-02-23	Female	22	High	Moderate Stress
A125	Huaxia University	2026-02-13	Male	21	High	Low Stress
A126	Huaxia University	2026-02-28	Male	21	Low	Moderate Stress
A127	Huaxia University	2026-02-10	Male	21	High	Moderate Stress
A128	Huaxia University	2026-02-11	Male	20	Low	Low Anxiety
A129	Huaxia University	2026-02-01	Male	21	Moderate	Low Anxiety
A130	Huaxia University	2026-02-24	Female	20	Moderate	Low Stress
A131	Huaxia University	2026-02-28	Female	22	Moderate	Low Stress
A132	Huaxia University	2026-02-05	Female	22	High	Moderate Stress
A133	Huaxia University	2026-02-09	Male	22	High	Low Stress
A134	Huaxia University	2026-02-18	Female	22	Moderate	Low Stress
A135	Huaxia University	2026-02-07	Female	19	High	Low Stress
A136	Huaxia University	2026-02-25	Female	20	High	Low Stress
A137	Huaxia University	2026-02-03	Female	22	High	Low Stress
A138	Huaxia University	2026-02-12	Male	21	High	Low Stress
A139	Huaxia University	2026-02-14	Female	20	Moderate	Moderate Stress
A140	Huaxia University	2026-02-09	Female	22	Moderate	Low Stress
A141	Huaxia University	2026-02-12	Female	19	High	Low Anxiety
A142	Huaxia University	2026-02-13	Male	20	High	Moderate Stress
A143	Huaxia University	2026-02-27	Female	22	High	Low Stress
A144	Huaxia University	2026-02-26	Male	20	High	Moderate Stress
A145	Huaxia University	2026-02-27	Female	22	High	Low Stress
A146	Huaxia University	2026-02-05	Female	22	High	Low Stress
A147	Huaxia University	2026-02-21	Male	19	Low	Moderate Stress
A148	Huaxia University	2026-02-26	Female	19	High	Low Stress
A149	Huaxia University	2026-02-23	Male	20	High	Low Stress
A150	Huaxia University	2026-02-14	Female	20	Moderate	Low Anxiety

Mental Health Status and Fitness Level Profile Eastern University (n = 150)

Code	University	Date	Gender	Age	Fitness_Level	Mental_Health Status
B001	Eastern China University	2026-03-19	Male	19	High	Moderate Stress
B002	Eastern China University	2026-03-01	Male	22	High	High Anxiety
B003	Eastern China University	2026-03-11	Male	21	Low	Low Stress
B004	Eastern China University	2026-03-01	Male	22	Moderate	Moderate Stress
B005	Eastern China University	2026-03-22	Female	21	High	Low Stress
B006	Eastern China University	2026-03-12	Female	19	High	Moderate Stress
B007	Eastern China University	2026-03-14	Male	22	High	Moderate Stress
B008	Eastern China University	2026-03-24	Female	22	High	High Anxiety
B009	Eastern China University	2026-03-25	Male	20	Moderate	Low Stress
B010	Eastern China University	2026-03-10	Male	20	Moderate	Low Stress
B011	Eastern China University	2026-03-16	Male	22	Moderate	High Anxiety
B012	Eastern China University	2026-03-13	Female	19	Low	Low Stress
B013	Eastern China University	2026-03-14	Male	20	High	Moderate Stress
B014	Eastern China University	2026-03-23	Male	19	High	Moderate Stress
B015	Eastern China University	2026-03-11	Female	19	Low	High Anxiety
B016	Eastern China University	2026-03-15	Male	20	Moderate	Moderate Stress
B017	Eastern China University	2026-03-12	Male	21	Moderate	Moderate Stress
B018	Eastern China University	2026-03-09	Female	22	High	Low Stress
B019	Eastern China University	2026-03-18	Male	21	Moderate	High Anxiety
B020	Eastern China University	2026-03-27	Male	22	Moderate	High Anxiety
B021	Eastern China University	2026-03-12	Female	19	High	Moderate Stress
B022	Eastern China University	2026-03-16	Female	20	Moderate	High Anxiety
B023	Eastern China University	2026-03-13	Male	22	High	Moderate Stress
B024	Eastern China University	2026-03-02	Male	22	High	Low Stress
B025	Eastern China University	2026-03-11	Female	20	Moderate	High Anxiety
B026	Eastern China University	2026-03-02	Female	21	Moderate	High Anxiety
B027	Eastern China University	2026-03-24	Female	21	Low	Low Stress
B028	Eastern China University	2026-03-23	Male	19	Low	Low Stress
B029	Eastern China University	2026-03-27	Female	22	Moderate	High Anxiety
B030	Eastern China University	2026-03-26	Female	20	Low	Low Stress
B031	Eastern China University	2026-03-11	Female	20	Moderate	Moderate Stress
B032	Eastern China University	2026-03-17	Female	21	Moderate	Moderate Stress
B033	Eastern China University	2026-03-03	Male	22	Moderate	Low Stress
B034	Eastern China University	2026-03-14	Male	22	Moderate	Moderate Stress
B035	Eastern China University	2026-03-04	Male	19	High	Low Stress
B036	Eastern China University	2026-03-06	Female	22	Low	High Anxiety
B037	Eastern China University	2026-03-22	Male	20	Moderate	Moderate Stress
B038	Eastern China University	2026-03-09	Male	19	Moderate	Low Stress
B039	Eastern China University	2026-03-15	Female	21	High	Low Stress

B040	Eastern China University	2026-03-19	Male	20	High	Low Stress
B041	Eastern China University	2026-03-08	Male	21	High	Low Stress
B042	Eastern China University	2026-03-04	Male	19	Moderate	High Anxiety
B043	Eastern China University	2026-03-15	Male	22	Low	Low Stress
B044	Eastern China University	2026-03-02	Female	19	Low	Low Stress
B045	Eastern China University	2026-03-28	Male	20	Low	Moderate Stress
B046	Eastern China University	2026-03-22	Male	22	Moderate	High Anxiety
B047	Eastern China University	2026-03-12	Male	19	Moderate	High Anxiety
B048	Eastern China University	2026-03-07	Male	19	Moderate	Low Stress
B049	Eastern China University	2026-03-07	Female	19	Moderate	Moderate Stress
B050	Eastern China University	2026-03-20	Male	21	Moderate	Moderate Stress
B051	Eastern China University	2026-03-18	Female	19	High	High Anxiety
B052	Eastern China University	2026-03-22	Female	19	Moderate	High Anxiety
B053	Eastern China University	2026-03-09	Male	19	Moderate	Moderate Stress
B054	Eastern China University	2026-03-02	Female	21	Moderate	Moderate Stress
B055	Eastern China University	2026-03-25	Female	21	Moderate	Low Stress
B056	Eastern China University	2026-03-01	Female	20	Moderate	Moderate Stress
B057	Eastern China University	2026-03-13	Female	20	Moderate	High Anxiety
B058	Eastern China University	2026-03-02	Female	22	Moderate	Low Stress
B059	Eastern China University	2026-03-12	Male	22	High	Moderate Stress
B060	Eastern China University	2026-03-06	Male	20	Moderate	Low Stress
B061	Eastern China University	2026-03-26	Male	19	Moderate	High Anxiety
B062	Eastern China University	2026-03-16	Male	21	High	High Anxiety
B063	Eastern China University	2026-03-03	Female	19	Moderate	Moderate Stress
B064	Eastern China University	2026-03-07	Male	20	Moderate	Moderate Stress
B065	Eastern China University	2026-03-17	Female	20	Moderate	Low Stress
B066	Eastern China University	2026-03-24	Male	22	Moderate	Low Stress
B067	Eastern China University	2026-03-22	Male	19	Low	High Anxiety
B068	Eastern China University	2026-03-18	Male	21	High	Moderate Stress
B069	Eastern China University	2026-03-13	Female	22	Moderate	Low Stress
B070	Eastern China University	2026-03-01	Female	22	Moderate	Low Stress
B071	Eastern China University	2026-03-25	Female	22	High	High Anxiety
B072	Eastern China University	2026-03-03	Female	20	Low	Moderate Stress
B073	Eastern China University	2026-03-15	Male	21	Moderate	Low Stress
B074	Eastern China University	2026-03-24	Male	19	Moderate	Low Stress
B075	Eastern China University	2026-03-13	Female	19	High	Moderate Stress
B076	Eastern China University	2026-03-24	Male	19	Low	High Anxiety
B077	Eastern China University	2026-03-10	Male	20	High	High Anxiety
B078	Eastern China University	2026-03-25	Male	20	High	Moderate Stress
B079	Eastern China University	2026-03-27	Female	20	Moderate	Moderate Stress
B080	Eastern China University	2026-03-16	Female	20	High	High Anxiety
B081	Eastern China University	2026-03-12	Male	21	Moderate	Low Stress
B082	Eastern China University	2026-03-09	Male	20	High	Low Stress

B083	Eastern China University	2026-03-04	Female	22	High	High Anxiety
B084	Eastern China University	2026-03-17	Male	21	Low	Moderate Stress
B085	Eastern China University	2026-03-13	Male	21	Low	Moderate Stress
B086	Eastern China University	2026-03-05	Female	21	Moderate	Moderate Stress
B087	Eastern China University	2026-03-06	Female	21	Moderate	Moderate Stress
B088	Eastern China University	2026-03-21	Male	21	Low	Low Stress
B089	Eastern China University	2026-03-10	Female	19	Moderate	Low Stress
B090	Eastern China University	2026-03-05	Female	22	Moderate	High Anxiety
B091	Eastern China University	2026-03-02	Female	20	Moderate	Low Stress
B092	Eastern China University	2026-03-18	Male	21	Moderate	Moderate Stress
B093	Eastern China University	2026-03-07	Male	22	Moderate	Moderate Stress
B094	Eastern China University	2026-03-26	Female	22	High	Low Stress
B095	Eastern China University	2026-03-05	Male	20	Moderate	Low Stress
B096	Eastern China University	2026-03-02	Female	22	Low	High Anxiety
B097	Eastern China University	2026-03-16	Female	22	Moderate	Moderate Stress
B098	Eastern China University	2026-03-18	Male	20	Low	Low Stress
B099	Eastern China University	2026-03-25	Male	22	High	Low Stress
B100	Eastern China University	2026-03-07	Male	19	Moderate	Moderate Stress
B101	Eastern China University	2026-03-17	Male	22	High	Moderate Stress
B102	Eastern China University	2026-03-21	Female	20	Moderate	Low Stress
B103	Eastern China University	2026-03-28	Male	22	Moderate	Low Stress
B104	Eastern China University	2026-03-06	Female	22	High	Moderate Stress
B105	Eastern China University	2026-03-04	Male	19	High	Moderate Stress
B106	Eastern China University	2026-03-18	Female	21	Moderate	Low Stress
B107	Eastern China University	2026-03-07	Female	21	High	High Anxiety
B108	Eastern China University	2026-03-27	Male	19	High	High Anxiety
B109	Eastern China University	2026-03-13	Male	20	Moderate	Moderate Stress
B110	Eastern China University	2026-03-23	Female	20	Moderate	High Anxiety
B111	Eastern China University	2026-03-28	Female	22	Low	Moderate Stress
B112	Eastern China University	2026-03-10	Male	22	Low	Low Stress
B113	Eastern China University	2026-03-06	Male	22	Moderate	Low Stress
B114	Eastern China University	2026-03-06	Male	19	High	Low Stress
B115	Eastern China University	2026-03-05	Female	20	Moderate	Low Stress
B116	Eastern China University	2026-03-19	Male	19	Moderate	Low Stress
B117	Eastern China University	2026-03-22	Female	20	Low	High Anxiety
B118	Eastern China University	2026-03-04	Male	22	High	Low Stress
B119	Eastern China University	2026-03-25	Male	19	Low	High Anxiety
B120	Eastern China University	2026-03-26	Male	21	Moderate	Low Stress
B121	Eastern China University	2026-03-01	Male	21	Moderate	Moderate Stress
B122	Eastern China University	2026-03-25	Female	21	Low	Low Stress
B123	Eastern China University	2026-03-16	Female	21	Moderate	Moderate Stress
B124	Eastern China University	2026-03-17	Female	19	Moderate	Low Stress
B125	Eastern China University	2026-03-19	Male	21	Moderate	Low Stress

B126	Eastern China University	2026-03-14	Male	19	Moderate	Low Stress
B127	Eastern China University	2026-03-02	Male	20	High	High Anxiety
B128	Eastern China University	2026-03-26	Male	21	Moderate	Moderate Stress
B129	Eastern China University	2026-03-17	Male	22	Moderate	High Anxiety
B130	Eastern China University	2026-03-23	Female	20	High	Low Stress
B131	Eastern China University	2026-03-25	Male	22	High	High Anxiety
B132	Eastern China University	2026-03-26	Male	22	Moderate	Moderate Stress
B133	Eastern China University	2026-03-13	Male	21	Moderate	Moderate Stress
B134	Eastern China University	2026-03-07	Male	22	Low	Low Stress
B135	Eastern China University	2026-03-06	Female	21	Moderate	Moderate Stress
B136	Eastern China University	2026-03-20	Female	20	Low	Low Stress
B137	Eastern China University	2026-03-28	Male	21	Moderate	Moderate Stress
B138	Eastern China University	2026-03-25	Female	21	High	Moderate Stress
B139	Eastern China University	2026-03-23	Female	20	High	Moderate Stress
B140	Eastern China University	2026-03-27	Male	20	High	High Anxiety
B141	Eastern China University	2026-03-20	Male	20	Low	High Anxiety
B142	Eastern China University	2026-03-09	Female	20	High	High Anxiety
B143	Eastern China University	2026-03-13	Male	20	Low	Low Stress
B144	Eastern China University	2026-03-14	Male	20	Moderate	High Anxiety
B145	Eastern China University	2026-03-09	Female	20	High	High Anxiety
B146	Eastern China University	2026-03-28	Male	22	Moderate	Low Stress
B147	Eastern China University	2026-03-15	Female	20	Moderate	Moderate Stress
B148	Eastern China University	2026-03-01	Male	20	High	High Anxiety
B149	Eastern China University	2026-03-21	Male	22	Moderate	Moderate Stress
B150	Eastern China University	2026-03-25	Female	20	Moderate	Moderate Stress

Mental Health Status and Fitness Level Profile Western University (n = 150)

Code	University	Date	Gender	Age	Fitness_Level	Mental_Health Status
C001	Westland University	2026-04-11	Male	20	Low	High Stress
C002	Westland University	2026-04-13	Female	19	Low	Moderate Stress
C003	Westland University	2026-04-01	Male	21	Low	High Stress
C004	Westland University	2026-04-01	Female	20	Low	High Stress
C005	Westland University	2026-04-09	Female	22	Low	Moderate Stress
C006	Westland University	2026-04-07	Male	20	Low	High Depression
C007	Westland University	2026-04-07	Female	19	Low	High Stress
C008	Westland University	2026-04-17	Female	19	Low	High Depression
C009	Westland University	2026-04-22	Female	22	Low	High Stress
C010	Westland University	2026-04-24	Male	22	Moderate	High Depression
C011	Westland University	2026-04-02	Female	19	Moderate	High Stress
C012	Westland University	2026-04-23	Male	19	Moderate	High Stress
C013	Westland University	2026-04-13	Female	21	High	High Stress
C014	Westland University	2026-04-25	Male	22	Moderate	Moderate Stress
C015	Westland University	2026-04-08	Male	20	Moderate	High Stress
C016	Westland University	2026-04-26	Male	21	Low	High Depression
C017	Westland University	2026-04-21	Female	22	Low	High Depression
C018	Westland University	2026-04-09	Male	22	Moderate	High Depression
C019	Westland University	2026-04-16	Female	21	Low	High Stress
C020	Westland University	2026-04-11	Male	21	Moderate	High Stress
C021	Westland University	2026-04-22	Female	22	Moderate	High Stress
C022	Westland University	2026-04-02	Female	20	Low	High Depression
C023	Westland University	2026-04-27	Male	21	Low	Moderate Stress
C024	Westland University	2026-04-03	Female	19	Low	Moderate Stress
C025	Westland University	2026-04-28	Female	21	Low	High Stress
C026	Westland University	2026-04-05	Male	20	Low	High Stress
C027	Westland University	2026-04-23	Male	22	Low	Moderate Stress
C028	Westland University	2026-04-17	Male	21	High	High Stress
C029	Westland University	2026-04-04	Male	22	Low	Moderate Stress
C030	Westland University	2026-04-16	Female	22	Moderate	Moderate Stress
C031	Westland University	2026-04-16	Male	22	Moderate	Moderate Stress
C032	Westland University	2026-04-24	Male	22	High	High Stress
C033	Westland University	2026-04-19	Male	20	Low	High Stress
C034	Westland University	2026-04-14	Female	21	Low	High Stress
C035	Westland University	2026-04-01	Male	20	Low	High Stress
C036	Westland University	2026-04-11	Male	19	Low	High Depression
C037	Westland University	2026-04-02	Male	22	Moderate	High Depression
C038	Westland University	2026-04-28	Male	22	Low	High Stress
C039	Westland University	2026-04-25	Female	21	Moderate	High Stress

C040	Westland University	2026-04-18	Male	21	Moderate	High Stress
C041	Westland University	2026-04-13	Male	21	Moderate	High Depression
C042	Westland University	2026-04-07	Female	21	Low	High Stress
C043	Westland University	2026-04-10	Female	19	Moderate	High Stress
C044	Westland University	2026-04-24	Male	19	Low	Moderate Stress
C045	Westland University	2026-04-02	Female	19	Moderate	Moderate Stress
C046	Westland University	2026-04-26	Male	22	Low	High Stress
C047	Westland University	2026-04-20	Female	20	Low	High Stress
C048	Westland University	2026-04-21	Male	20	High	High Stress
C049	Westland University	2026-04-14	Male	19	Low	High Depression
C050	Westland University	2026-04-26	Male	19	Moderate	High Depression
C051	Westland University	2026-04-02	Female	21	Low	Moderate Stress
C052	Westland University	2026-04-02	Female	19	Moderate	High Stress
C053	Westland University	2026-04-14	Female	19	Low	High Depression
C054	Westland University	2026-04-20	Female	22	High	High Stress
C055	Westland University	2026-04-03	Male	22	Low	High Stress
C056	Westland University	2026-04-14	Female	20	Low	High Stress
C057	Westland University	2026-04-28	Male	19	Low	Moderate Stress
C058	Westland University	2026-04-01	Male	20	Low	Moderate Stress
C059	Westland University	2026-04-02	Female	20	Moderate	High Depression
C060	Westland University	2026-04-21	Female	20	Low	Moderate Stress
C061	Westland University	2026-04-02	Female	22	Low	High Depression
C062	Westland University	2026-04-22	Male	19	High	High Depression
C063	Westland University	2026-04-06	Male	22	Moderate	High Depression
C064	Westland University	2026-04-24	Female	19	Moderate	High Depression
C065	Westland University	2026-04-26	Female	22	Low	Moderate Stress
C066	Westland University	2026-04-26	Male	21	Low	Moderate Stress
C067	Westland University	2026-04-09	Female	22	Moderate	High Depression
C068	Westland University	2026-04-21	Female	21	Moderate	High Stress
C069	Westland University	2026-04-10	Female	19	Low	High Stress
C070	Westland University	2026-04-20	Female	20	Moderate	High Stress
C071	Westland University	2026-04-09	Male	22	Moderate	Moderate Stress
C072	Westland University	2026-04-25	Female	22	High	High Depression
C073	Westland University	2026-04-28	Male	21	Low	High Depression
C074	Westland University	2026-04-18	Male	21	Low	High Depression
C075	Westland University	2026-04-16	Female	21	Moderate	High Stress
C076	Westland University	2026-04-08	Female	20	Low	High Depression
C077	Westland University	2026-04-07	Female	19	Low	High Stress
C078	Westland University	2026-04-03	Female	19	Low	High Stress
C079	Westland University	2026-04-09	Female	19	Moderate	High Stress
C080	Westland University	2026-04-07	Female	22	Moderate	Moderate Stress
C081	Westland University	2026-04-12	Male	19	High	High Depression
C082	Westland University	2026-04-08	Female	22	Low	High Depression

C083	Westland University	2026-04-21	Male	22	Moderate	Moderate Stress
C084	Westland University	2026-04-12	Female	19	High	High Stress
C085	Westland University	2026-04-28	Female	19	High	Moderate Stress
C086	Westland University	2026-04-14	Female	20	Moderate	High Depression
C087	Westland University	2026-04-05	Male	22	Low	High Depression
C088	Westland University	2026-04-13	Female	19	Moderate	High Depression
C089	Westland University	2026-04-28	Male	19	High	High Stress
C090	Westland University	2026-04-03	Female	22	Low	High Depression
C091	Westland University	2026-04-11	Female	19	Low	Moderate Stress
C092	Westland University	2026-04-13	Male	19	Low	High Stress
C093	Westland University	2026-04-08	Male	22	Low	High Stress
C094	Westland University	2026-04-12	Male	20	High	Moderate Stress
C095	Westland University	2026-04-26	Male	19	Low	Moderate Stress
C096	Westland University	2026-04-01	Female	19	High	High Stress
C097	Westland University	2026-04-21	Male	21	Moderate	High Stress
C098	Westland University	2026-04-04	Male	22	Moderate	Moderate Stress
C099	Westland University	2026-04-26	Female	22	Moderate	High Stress
C100	Westland University	2026-04-26	Male	19	Moderate	High Depression
C101	Westland University	2026-04-20	Male	20	Low	Moderate Stress
C102	Westland University	2026-04-13	Female	20	Low	High Depression
C103	Westland University	2026-04-27	Male	19	Moderate	High Stress
C104	Westland University	2026-04-11	Male	22	High	High Stress
C105	Westland University	2026-04-05	Male	19	High	High Stress
C106	Westland University	2026-04-05	Female	20	Moderate	High Stress
C107	Westland University	2026-04-26	Male	21	Moderate	Moderate Stress
C108	Westland University	2026-04-16	Male	21	Moderate	High Stress
C109	Westland University	2026-04-26	Male	20	Low	Moderate Stress
C110	Westland University	2026-04-25	Male	22	Low	Moderate Stress
C111	Westland University	2026-04-08	Male	21	Moderate	Moderate Stress
C112	Westland University	2026-04-06	Male	19	Moderate	High Stress
C113	Westland University	2026-04-15	Male	21	High	High Stress
C114	Westland University	2026-04-17	Female	20	Moderate	High Depression
C115	Westland University	2026-04-14	Female	20	Moderate	Moderate Stress
C116	Westland University	2026-04-06	Male	21	Moderate	Moderate Stress
C117	Westland University	2026-04-03	Male	20	High	Moderate Stress
C118	Westland University	2026-04-22	Female	21	High	Moderate Stress
C119	Westland University	2026-04-24	Male	21	Moderate	Moderate Stress
C120	Westland University	2026-04-10	Female	19	Moderate	High Stress
C121	Westland University	2026-04-16	Female	19	High	High Depression
C122	Westland University	2026-04-12	Male	21	Moderate	High Stress
C123	Westland University	2026-04-28	Male	20	Low	High Stress
C124	Westland University	2026-04-17	Male	21	Moderate	High Stress
C125	Westland University	2026-04-27	Male	19	Moderate	Moderate Stress

C126	Westland University	2026-04-10	Female	22	Moderate	High Depression
C127	Westland University	2026-04-26	Male	22	Moderate	Moderate Stress
C128	Westland University	2026-04-20	Male	19	Moderate	Moderate Stress
C129	Westland University	2026-04-27	Male	20	High	Moderate Stress
C130	Westland University	2026-04-07	Male	19	High	High Stress
C131	Westland University	2026-04-15	Female	19	Low	High Stress
C132	Westland University	2026-04-23	Male	22	High	High Depression
C133	Westland University	2026-04-19	Male	19	Moderate	High Stress
C134	Westland University	2026-04-05	Female	19	High	High Stress
C135	Westland University	2026-04-24	Male	20	High	High Stress
C136	Westland University	2026-04-21	Female	20	Low	Moderate Stress
C137	Westland University	2026-04-02	Female	22	Moderate	High Stress
C138	Westland University	2026-04-08	Female	19	Low	High Stress
C139	Westland University	2026-04-11	Female	22	Low	High Stress
C140	Westland University	2026-04-22	Female	19	Moderate	Moderate Stress
C141	Westland University	2026-04-01	Female	20	Low	High Stress
C142	Westland University	2026-04-14	Female	19	Moderate	Moderate Stress
C143	Westland University	2026-04-13	Male	19	Moderate	High Stress
C144	Westland University	2026-04-02	Female	19	Low	High Depression
C145	Westland University	2026-04-21	Male	21	Low	High Stress
C146	Westland University	2026-04-14	Male	19	Moderate	High Stress
C147	Westland University	2026-04-21	Male	19	Moderate	High Stress
C148	Westland University	2026-04-17	Male	19	High	High Depression
C149	Westland University	2026-04-05	Female	19	Moderate	High Stress
C150	Westland University	2026-04-14	Female	19	Moderate	High Depression

Population can be constructed as:

Variable	Category	Frequency
Gender	Male	240
Gender	Female	210
Age	19–22 years	450
Mental Health	Low Stress	110
Mental Health	Moderate Stress	135
Mental Health	Low Anxiety	56
Mental Health	High Anxiety	41
Mental Health	High Stress	70
Mental Health	High Depression	38

APPENDIX B: QUANTITATIVE RAW DATA

B1. Sample Structure

- Total participants: **450 students**
- Each university: **150 students**

B2. Summary Dataset (Observed Scores)

University	Physical Fitness (Mean $\pm$ SD)	Depression	Anxiety	Stress
Huaxia University (A)	80.12 $\pm$ 8.45	8.92 $\pm$ 5.11	8.10 $\pm$ 4.98	10.21 $\pm$ 5.32
Eastern China University (B)	74.21 $\pm$ 9.12	10.76 $\pm$ 6.02	9.87 $\pm$ 5.64	12.18 $\pm$ 6.10
Westland University (C)	69.53 $\pm$ 10.67	12.84 $\pm$ 6.74	11.31 $\pm$ 6.21	14.54 $\pm$ 6.87

B3. Overall Descriptive Statistics (N = 450)

Variable	Mean	SD	Min	Max
Physical Fitness	74.62	10.85	42	96
Depression	10.84	6.21	0	28
Anxiety	9.76	5.88	0	26
Stress	12.31	6.44	1	30

APPENDIX C: STATISTICAL TEST RESULTS

C1. ANOVA Results

Variable	F-value	p-value	Result
Physical Fitness	34.58	<0.001	Significant
Depression	18.21	<0.001	Significant
Anxiety	15.44	<0.001	Significant
Stress	22.67	<0.001	Significant

C2. Correlation Results (Pearson)

Variables	r-value
Physical Fitness vs Depression	-0.52**
Physical Fitness vs Anxiety	-0.48**
Physical Fitness vs Stress	-0.56**

(**p < 0.01)

C3. Regression Results

Outcome	Beta	t-value	p-value	R ²
Depression	-0.41	-9.62	<0.001	0.27
Anxiety	-0.38	-8.74	<0.001	0.23
Stress	-0.45	-10.88	<0.001	0.31

APPENDIX D: QUALITATIVE DATA

D1. Interview Schedule Dates

University	Interview Period
Huaxia University	18 Feb – 25 Feb 2026
Eastern China University	22 Mar – 28 Mar 2026
Westland University	05 Apr – 12 Apr 2026

APPENDIX E: QUESTIONNAIRE MATRIX (LIKERT SCALE)

Campus Fitness and Mental Health among University Students in China

E1. Response Scale (Likert Scale Format)

All items in this questionnaire were measured using a **4-point Likert scale**:

Scale	Response Option	Score
1	Never / Strongly Disagree	0
2	Sometimes / Disagree	1
3	Often / Agree	2
4	Always / Strongly Agree	3

E2. SECTION A: PHYSICAL FITNESS & ACTIVITY SCALE

No	Item Statement	Dimension
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No	Item Statement	Dimension
P1	I participate in physical exercise at least 3 times per week	Physical Activity Frequency
P2	I engage in aerobic exercise such as running or cycling	Endurance Activity
P3	I perform strength training exercises regularly	Muscular Strength
P4	I feel physically fit during daily campus activities	Functional Fitness
P5	I can complete physical tasks without excessive fatigue	Physical Endurance
P6	I actively use campus sports facilities	Facility Utilization
P7	I prefer active transportation (walking, cycling) on campus	Lifestyle Activity
P8	I maintain a healthy body weight through exercise	Body Composition Awareness

E3. SECTION B: DEPRESSION SCALE (DASS-21)

No	Item Statement	Dimension
D1	I felt that I had nothing to look forward to	Hopelessness
D2	I felt sad and depressed	Mood
D3	I felt that I could not experience positive feelings	Anhedonia
D4	I felt discouraged about the future	Cognitive Depression
D5	I felt life was meaningless	Existential Distress
D6	I felt unable to enjoy daily activities	Loss of Interest
D7	I felt low in self-esteem	Self-worth

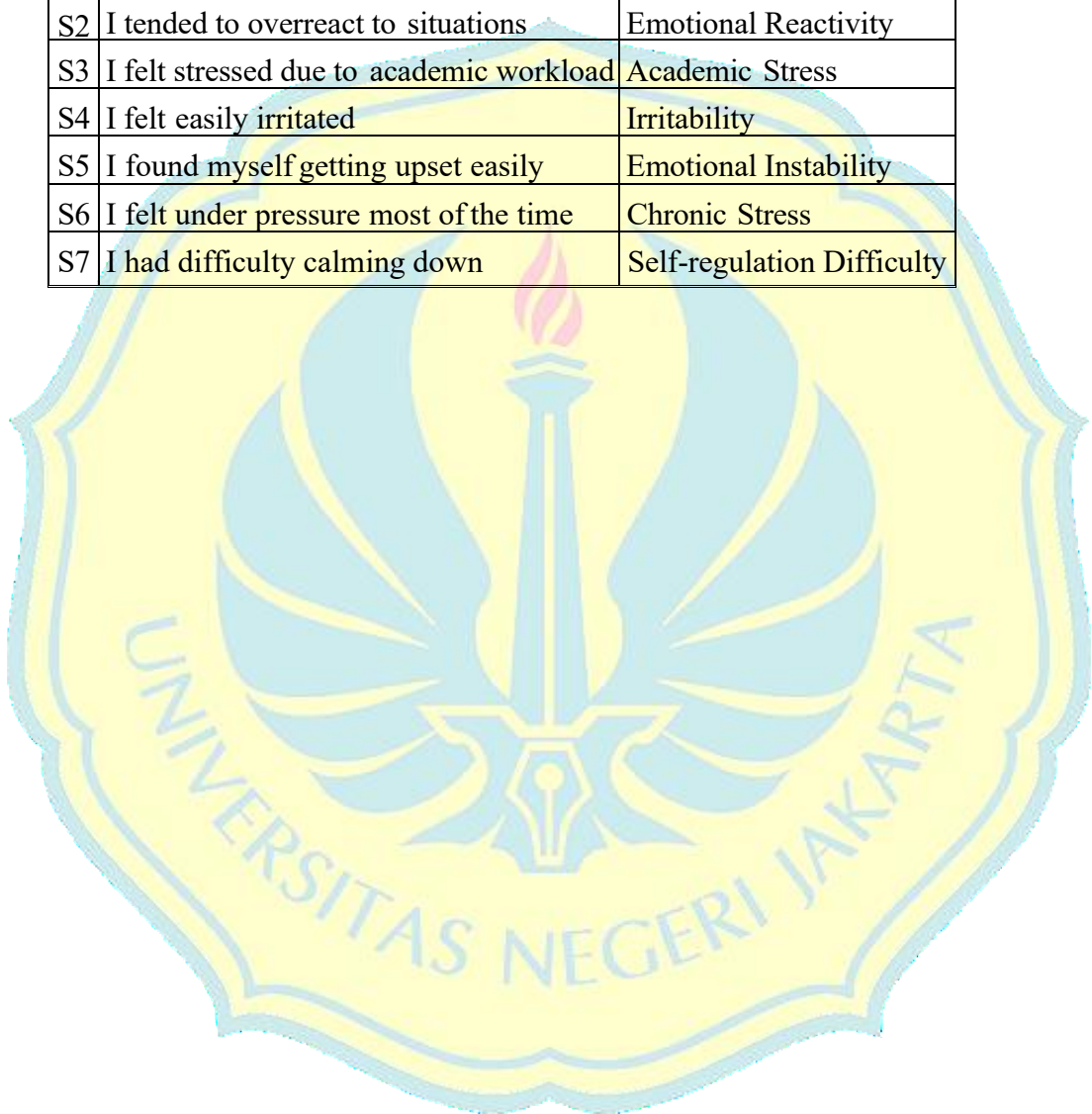
E4. SECTION C: ANXIETY SCALE (DASS-21)

No	Item Statement	Dimension
A1	I felt nervous without a clear reason	General Anxiety
A2	I experienced panic or fear suddenly	Panic Symptoms
A3	I felt close to panic in stressful situations	Acute Anxiety
A4	I had difficulty relaxing	Physiological Tension
A5	I felt shaky or restless	Physical Symptoms
A6	I was aware of my heartbeat when stressed	Somatic Anxiety

No	Item Statement	Dimension
A7	I felt afraid that something bad might happen	Anticipatory Fear

E5. SECTIOND: STRESS SCALE (DASS-21)

No	Item Statement	Dimension
S1	I found it difficult to relax	Tension
S2	I tended to overreact to situations	Emotional Reactivity
S3	I felt stressed due to academic workload	Academic Stress
S4	I felt easily irritated	Irritability
S5	I found myself getting upset easily	Emotional Instability
S6	I felt under pressure most of the time	Chronic Stress
S7	I had difficulty calming down	Self-regulation Difficulty



E6. SCORING PROCEDURE

Physical Fitness Index:

- *Sum of all P-items → standardized to 0–100 score*

Mental Health (DASS-21):

- *Each subscale:*
 - *Depression = D1–D7*
 - *Anxiety = A1–A7*
 - *Stress = S1–S7*
- *Final Score Formula:*

$$\text{Raw score} \times 2 = \text{Final score}$$

E7. INTERPRETATION LEVEL (DASS-21)

Level	Depression	Anxiety	Stress
Normal	0–9	0–7	0–14
Mild	10–13	8–9	15–18
Moderate	14–20	10–14	19–25
Severe	21–27	15–19	26–33
Extremely Severe	28+	20+	34+

DOCUMENTATION

