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1. Part 1: Descriptive analysis

Table 1: Adolescents' characteristics

	Total	Workers	High school students	College students	p
	<i>n</i> = 1002	<i>n</i> = 201	<i>n</i> = 399	<i>n</i> = 402	
	<i>Mean (SD)/ n (%)</i>	<i>Mean (SD)/ n (%)</i>	<i>Mean (SD)/ n (%)</i>	<i>Mean (SD)/ n (%)</i>	
Age	18.6 (1.6)	19.8 (1.3)	17.0 (0.7)	19.5 (1.2)	<0.001
Ethnicity					
Others	205 (20.5%)	39 (19.4%)	90 (22.6%)	76 (18.9%)	0.40
Kinh	797 (79.5%)	162 (80.6%)	309 (77.4%)	326 (81.1%)	
Complete any short-term vocational training (2-3 years)	59 (5.9%)	33 (16.4%)	20 (5.0%)	6 (1.5%)	<0.001
Complete any long-term vocational training (>3 years)	3 (0.3%)	1 (0.5%)	1 (0.3%)	1 (0.2%)	0.85
Have second occupation	128 (12.8%)	17 (8.5%)	23 (5.8%)	88 (21.9%)	<0.001

Commented [NPH(1)]: Overall F test to compare 3 groups

Table 2: Household information

	Total	Workers	High school students	College students	p
	<i>n = 1002</i>	<i>n = 201</i>	<i>n = 399</i>	<i>n = 402</i>	
	<i>n (%)</i>	<i>n (%)</i>	<i>n (%)</i>	<i>n (%)</i>	
Household size	4.2 (1.2)	4.1 (1.2)	4.3 (1.2)	4.2 (1.1)	0.23
Living with family	999 (99.7%)	200 (99.5%)	399 (100.0%)	400 (99.5%)	0.37
Number of siblings	1.3 (0.7)	1.4 (0.8)	1.3 (0.7)	1.2 (0.6)	0.007
Mother's education					
Complete primary/secondary school (less than grade 9)	481 (48.0%)	142 (70.6%)	180 (45.1%)	159 (39.6%)	<0.001
Complete high school	284 (28.3%)	45 (22.4%)	109 (27.3%)	130 (32.3%)	
College or higher	237 (23.7%)	14 (7.0%)	110 (27.6%)	113 (28.1%)	
Mother's occupation					
Farmer	224 (22.4%)	91 (45.3%)	71 (17.8%)	62 (15.4%)	<0.001
Blue-collar worker	106 (10.6%)	22 (10.9%)	48 (12.0%)	36 (9.0%)	
Officer/staff/ white-collar worker	169 (16.9%)	8 (4.0%)	77 (19.3%)	84 (20.9%)	
Freelance/unskilled worker	420 (41.9%)	67 (33.3%)	178 (44.6%)	175 (43.5%)	
Housewife	83 (8.3%)	13 (6.5%)	25 (6.3%)	45 (11.2%)	
Father's education					
Complete primary/secondary school (less than grade 9)	486 (48.5%)	145 (72.1%)	183 (45.9%)	158 (39.3%)	<0.001
Complete high school	305 (30.4%)	48 (23.9%)	117 (29.3%)	140 (34.8%)	
College or higher	211 (21.1%)	8 (4.0%)	99 (24.8%)	104 (25.9%)	
Father's occupation					
Farmer	188 (18.8%)	73 (36.3%)	60 (15.0%)	55 (13.7%)	<0.001
Blue-collar worker	116 (11.6%)	33 (16.4%)	43 (10.8%)	40 (10.0%)	
Officer/staff/ white-collar worker	167 (16.7%)	8 (4.0%)	71 (17.8%)	88 (21.9%)	
Freelance/unskilled worker	474 (47.3%)	75 (37.3%)	200 (50.1%)	199 (49.5%)	
Others	57 (5.7%)	12 (6.0%)	25 (6.3%)	20 (5.0%)	
Type of house					
Traditional house	737 (73.6%)	173 (86.1%)	281 (70.4%)	283 (70.4%)	<0.001
Condo-type	265 (26.4%)	28 (13.9%)	118 (29.6%)	119 (29.6%)	
Household have garden	666 (66.5%)	163 (81.1%)	254 (63.7%)	249 (61.9%)	<0.001
Household have fish pond	153 (15.3%)	51 (25.4%)	48 (12.0%)	54 (13.4%)	<0.001
Household assets					
TV	979 (97.7%)	193 (96.0%)	389 (97.5%)	397 (98.8%)	0.10
Computer or laptop	713 (71.2%)	69 (34.3%)	275 (68.9%)	369 (91.8%)	<0.001
Refrigerator, freezer	999 (99.7%)	201 (100.0%)	397 (99.5%)	401 (99.8%)	0.55
Air conditioners	757 (75.5%)	118 (58.7%)	306 (76.7%)	333 (82.8%)	<0.001
Washing Machine	901 (89.9%)	164 (81.6%)	363 (91.0%)	374 (93.0%)	<0.001
Gas cooker/ stove	999 (99.7%)	201 (100.0%)	397 (99.5%)	401 (99.8%)	0.55
Bicycle	647 (64.6%)	116 (57.7%)	275 (68.9%)	256 (63.7%)	0.023
Electric bicycle	478 (47.7%)	74 (36.8%)	217 (54.4%)	187 (46.5%)	<0.001
Motorcycle	996 (99.4%)	201 (100.0%)	396 (99.2%)	399 (99.3%)	0.47
Water heater	916 (91.4%)	167 (83.1%)	366 (91.7%)	383 (95.3%)	<0.001
Car	292 (29.1%)	31 (15.4%)	125 (31.3%)	136 (33.8%)	<0.001

Table 3: Perception on body and diet restriction

	Total	Workers	High school students	College students	p
	n = 1002	n = 201	n = 399	n = 402	
	n (%)	n (%)	n (%)	n (%)	
Perception on body					
I am fine this way	357 (35.6%)	71 (35.3%)	138 (34.6%)	148 (36.8%)	0.23
I am a bit skinny	203 (20.3%)	41 (20.4%)	84 (21.1%)	78 (19.4%)	
I am too skinny	33 (3.3%)	5 (2.5%)	7 (1.8%)	21 (5.2%)	
I am a bit fat	346 (34.5%)	68 (33.8%)	147 (36.8%)	131 (32.6%)	
I am too fat	63 (6.3%)	16 (8.0%)	23 (5.8%)	24 (6.0%)	
Diet restriction					
None	907 (90.5%)	181 (90.0%)	365 (91.5%)	361 (89.8%)	0.70
Rice/grain	72 (7.2%)	16 (8.0%)	24 (6.0%)	32 (8.0%)	0.51
Meat	7 (0.7%)	2 (1.0%)	1 (0.3%)	4 (1.0%)	0.38
Eggs	2 (0.2%)	1 (0.5%)	1 (0.3%)	0 (0.0%)	0.42
Milk or dairy products	6 (0.6%)	1 (0.5%)	2 (0.5%)	3 (0.7%)	0.88
Certain fruits or vegetables	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Others	26 (2.6%)	2 (1.0%)	12 (3.0%)	12 (3.0%)	0.28
Reason for restriction on rice/ grain					
Want to reduce weight	70 (7.0%)	15 (7.5%)	24 (6.0%)	31 (7.7%)	0.60
Others	2 (0.2%)	1 (0.5%)	0 (0.0%)	1 (0.2%)	
Reason for restriction on meat					
Want to reduce weight	6 (0.6%)	1 (0.5%)	1 (0.3%)	4 (1.0%)	0.21
Others	1 (0.1%)	1 (0.5%)	0 (0.0%)	0 (0.0%)	
Reason for restriction on eggs					
Others	2 (0.2%)	1 (0.5%)	1 (0.3%)	0 (0.0%)	0.42
Reason for restriction on milk or dairy products					
Want to reduce weight	5 (0.5%)	1 (0.5%)	2 (0.5%)	2 (0.5%)	0.83
Others	1 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.2%)	

Commented [NPH(2)]: % based on overall sample, not among those with food restriction

Table 4: Change food consumptions pattern due to COVID

	Total	Workers	High school students	College students	p
	n = 1002	n = 201	n = 399	n = 402	
	n (%)	n (%)	n (%)	n (%)	
Change food consumptions pattern due to the COVID pandemic	309 (30.8%)	41 (20.4%)	131 (32.8%)	137 (34.1%)	0.002
How food consumptions change due to the COVID pandemic					
Eat less food overall than before	121 (12.1%)	13 (6.5%)	54 (13.5%)	54 (13.4%)	0.024
Eat less meat than before	10 (1.0%)	2 (1.0%)	3 (0.8%)	5 (1.2%)	0.78
Eat less fruits or vegetables than before	3 (0.3%)	0 (0.0%)	2 (0.5%)	1 (0.2%)	0.55
Buy less street foods than before	88 (8.8%)	15 (7.5%)	31 (7.8%)	42 (10.4%)	0.31
Others	112 (11.2%)	11 (5.5%)	51 (12.8%)	50 (12.4%)	0.016
Reason for the change your food consumption during the pandemic					
The products are no longer available on the market or the street	4 (0.4%)	1 (0.5%)	0 (0.0%)	3 (0.7%)	0.24
The products became too expensive	3 (0.3%)	1 (0.5%)	0 (0.0%)	2 (0.5%)	0.37
No longer like those products	47 (4.7%)	7 (3.5%)	22 (5.5%)	18 (4.5%)	0.52
The restaurant or place where I used to buy those products has closed	85 (8.5%)	16 (8.0%)	30 (7.5%)	39 (9.7%)	0.52
Others	191 (19.1%)	17 (8.5%)	90 (22.6%)	84 (20.9%)	<0.001

Table 5: Household hunger score

	Total	Workers	High school students	College students	p
	n = 1002	n = 201	n = 399	n = 402	
	n (%)	n (%)	n (%)	n (%)	
In the last month, there was not enough food in the home due to lack of resources					
None	993 (99.1%)	196 (97.5%)	398 (99.7%)	399 (99.3%)	0.030
Rarely (1-2 times)	8 (0.8%)	5 (2.5%)	1 (0.3%)	2 (0.5%)	
Sometimes (3-10 times)	1 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.2%)	
Often (more than 10 times)	0 (0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
In the last month, someone in household have to go to bed at night while hungry because of lack of resources					
None	1001 (99.9%)	201 (100.0%)	399 (100.0%)	401 (99.8%)	0.47
Rarely (1-2 times)	1 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.2%)	
Sometimes (3-10 times)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Often (more than 10 times)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
In the last month, someone in household have to spend a full day and night without eating because of lack of resources					
None	1001 (99.9%)	201 (100.0%)	399 (100.0%)	401 (99.8%)	0.47
Rarely (1-2 times)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Sometimes (3-10 times)	1 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.2%)	
Often (more than 10 times)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	

Commented [NPH(3)]: Less than 1% with issues on foods

Table 6: Technology access

	Total	Workers	High school students	College students	p
	n = 1002	n = 201	n = 399	n = 402	
	n (%)	n (%)	n (%)	n (%)	
Access to a phone	993 (99.2%)	201 (100.0%)	392 (98.2%)	400 (99.8%)	0.021
Type of phone					
Basic feature phone	3 (0.3%)	0 (0.0%)	3 (0.8%)	0 (0.0%)	0.19
Smart phone	984 (99.1%)	199 (99.0%)	386 (98.5%)	399 (99.8%)	
Both	6 (0.6%)	2 (1.0%)	3 (0.8%)	1 (0.3%)	
Frequency of using phone					
Almost everyday (5-7 days a week)	985 (99.3%)	200 (99.5%)	386 (98.7%)	399 (99.8%)	0.64
3-4 days a week	3 (0.3%)	0 (0.0%)	2 (0.5%)	1 (0.3%)	
1-2 days a week	2 (0.2%)	1 (0.5%)	1 (0.3%)	0 (0.0%)	
Few days a month	1 (0.1%)	0 (0.0%)	1 (0.3%)	0 (0.0%)	
Few days a year	1 (0.1%)	0 (0.0%)	1 (0.3%)	0 (0.0%)	
Use phone for					
Make calls	792 (79.0%)	169 (84.1%)	289 (72.4%)	334 (83.1%)	<0.001
Send SMS/Messaging	842 (84.0%)	167 (83.1%)	324 (81.2%)	351 (87.3%)	0.057
Listen to songs/ music, radio podcast	660 (65.9%)	128 (63.7%)	247 (61.9%)	285 (70.9%)	0.021
Watch movies	659 (65.8%)	131 (65.2%)	250 (62.7%)	278 (69.2%)	0.15
Play game	373 (37.2%)	66 (32.8%)	154 (38.6%)	153 (38.1%)	0.35
Social community	945 (94.3%)	191 (95.0%)	370 (92.7%)	384 (95.5%)	0.21
Watch the news	560 (55.9%)	99 (49.3%)	207 (51.9%)	254 (63.2%)	<0.001
Seek nutrition or health information	223 (22.3%)	36 (17.9%)	77 (19.3%)	110 (27.4%)	0.006
Take classes/courses online	711 (71.0%)	26 (12.9%)	355 (89.0%)	330 (82.1%)	<0.001
Access to a computer/ laptop	698 (69.7%)	69 (34.3%)	266 (66.7%)	363 (90.5%)	<0.001
Frequency of using computer/ laptop					
Almost everyday (5-7 days a week)	457 (65.6%)	23 (33.3%)	169 (63.5%)	265 (73.2%)	<0.001
3-4 days a week	108 (15.5%)	8 (11.6%)	37 (13.9%)	63 (17.4%)	
1-2 days a week	74 (10.6%)	15 (21.7%)	34 (12.8%)	25 (6.9%)	
Few days a month	41 (5.9%)	17 (24.6%)	20 (7.5%)	4 (1.1%)	
Few days a year	17 (2.4%)	6 (8.7%)	6 (2.3%)	5 (1.4%)	
Use computer/ laptop for					
Work	140 (14.0%)	22 (10.9%)	37 (9.3%)	81 (20.1%)	<0.001
Send SMS/Messaging	131 (13.1%)	7 (3.5%)	47 (11.8%)	77 (19.2%)	<0.001
Listen to songs/ music, radio podcast	234 (23.4%)	22 (10.9%)	77 (19.3%)	135 (33.6%)	<0.001
Watch movies	317 (31.6%)	41 (20.4%)	97 (24.3%)	179 (44.5%)	<0.001
Play game	75 (7.5%)	6 (3.0%)	30 (7.5%)	39 (9.7%)	0.013
Social community	297 (29.6%)	28 (13.9%)	101 (25.3%)	168 (41.8%)	<0.001
Watch the news	188 (18.8%)	14 (7.0%)	61 (15.3%)	113 (28.1%)	<0.001
Seek nutrition or health information	40 (4.0%)	1 (0.5%)	16 (4.0%)	23 (5.7%)	0.008
Take classes/courses online	587 (58.6%)	10 (5.0%)	235 (58.9%)	342 (85.1%)	<0.001
Access to a tablet	95 (9.5%)	10 (5.0%)	48 (12.0%)	37 (9.2%)	0.020
Frequency of using tablet					
Almost everyday (5-7 days a week)	31 (33%)	2 (20%)	17 (36%)	12 (32%)	0.55
3-4 days a week	18 (19%)	3 (30%)	6 (13%)	9 (24%)	
1-2 days a week	16 (17%)	2 (20%)	11 (23%)	3 (8%)	
Few days a month	14 (15%)	1 (10%)	7 (15%)	6 (16%)	
Few days a year	16 (17%)	2 (20%)	6 (13%)	8 (21%)	
Use tablet for					

Make calls	3 (0.3%)	0 (0.0%)	1 (0.3%)	2 (0.5%)	0.56
Send SMS/Messaging	12 (1.2%)	0 (0.0%)	6 (1.5%)	6 (1.5%)	0.22
Listen to songs/ music, radio podcast	21 (2.1%)	2 (1.0%)	8 (2.0%)	11 (2.7%)	0.37
Watch movies	39 (3.9%)	7 (3.5%)	17 (4.3%)	15 (3.7%)	0.88
Play game	20 (2.0%)	1 (0.5%)	9 (2.3%)	10 (2.5%)	0.23
Social community	31 (3.1%)	4 (2.0%)	15 (3.8%)	12 (3.0%)	0.49
Watch the news	27 (2.7%)	5 (2.5%)	11 (2.8%)	11 (2.7%)	0.98
Seek nutrition or health information	2 (0.2%)	0 (0.0%)	0 (0.0%)	2 (0.5%)	0.22
Take classes/courses online	45 (4.5%)	0 (0.0%)	26 (6.5%)	19 (4.7%)	0.001

Table 7: Free time activities and physical activities

	Total	Workers	High school students	College students	p
	<i>n = 1002</i>	<i>n = 201</i>	<i>n = 399</i>	<i>n = 402</i>	
	<i>n (%)/ Mean (SD)</i>	<i>n (%)/ Mean (SD)</i>	<i>n (%)/ Mean (SD)</i>	<i>n (%)/ Mean (SD)</i>	
Activities in free time					
Household maintenance activities	542 (54.1%)	102 (50.7%)	229 (57.4%)	211 (52.5%)	0.22
Physical activity and sports	189 (18.9%)	24 (11.9%)	80 (20.1%)	85 (21.1%)	0.018
Reading, language learning	210 (21.0%)	18 (9.0%)	86 (21.6%)	106 (26.4%)	<0.001
Arts or handicrafts	53 (5.3%)	2 (1.0%)	25 (6.3%)	26 (6.5%)	0.010
Social media	941 (93.9%)	187 (93.0%)	376 (94.2%)	378 (94.0%)	0.84
Meeting friends	326 (32.5%)	57 (28.4%)	110 (27.6%)	159 (39.6%)	<0.001
Other	186 (18.6%)	37 (18.4%)	76 (19.0%)	73 (18.2%)	0.95
Main activities in free time					
Household maintenance activities	74 (7.4%)	18 (9.0%)	28 (7.0%)	28 (7.0%)	0.26
Physical activity and sports	11 (1.1%)	2 (1.0%)	5 (1.3%)	4 (1.0%)	
Reading, language learning	43 (4.3%)	2 (1.0%)	20 (5.0%)	21 (5.2%)	
Arts or handicrafts	20 (2.0%)	0 (0.0%)	10 (2.5%)	10 (2.5%)	
Social media	763 (76.1%)	159 (79.1%)	305 (76.4%)	299 (74.4%)	
Meeting friends	29 (2.9%)	7 (3.5%)	11 (2.8%)	11 (2.7%)	
Other	62 (6.2%)	13 (6.5%)	20 (5.0%)	29 (7.2%)	
Number of days in a week were physically active for a total of at least 60 minutes per day	0.6 (1.5)	0.5 (1.6)	0.6 (1.5)	0.7 (1.5)	0.54
At least 3 days with physical activity for a total of at least 60 minutes per day	98 (9.8%)	15 (7.5%)	36 (9.0%)	47 (11.7%)	0.21
Number of days walked or rode a bicycle to or from school/ work	0.3 (1.1)	0.2 (1.1)	0.3 (1.1)	0.4 (1.2)	0.39
None	893 (89.1%)	188 (93.5%)	357 (89.5%)	348 (86.6%)	0.13
1-2 days	58 (5.8%)	6 (3.0%)	22 (5.5%)	30 (7.5%)	
At least 3 days	51 (5.1%)	7 (3.5%)	20 (5.0%)	24 (6.0%)	
Time spent for sitting activities					
Less than 1 hour per day	11 (1.1%)	3 (1.5%)	4 (1.0%)	4 (1.0%)	<0.001
1 to 2 hours per day	65 (6.5%)	25 (12.4%)	17 (4.3%)	23 (5.7%)	
3 to 4 hours per day	121 (12.1%)	36 (17.9%)	36 (9.0%)	49 (12.2%)	
5 to 6 hours per day	192 (19.2%)	32 (15.9%)	69 (17.3%)	91 (22.6%)	
7 to 8 hours per day	191 (19.1%)	18 (9.0%)	94 (23.6%)	79 (19.7%)	
More than 8 hours per day	422 (42.1%)	87 (43.3%)	179 (44.9%)	156 (38.8%)	

Table 8: Depressive symptoms

Respondents felt sometimes, most of the times or all of the times with the following statements	Total	Workers	High school students	College students	p
	n = 1002	n = 201	n = 399	n = 402	
	n (%)	n (%)	n (%)	n (%)	
I feel happy	984 (98.2%)	195 (97.0%)	392 (98.2%)	397 (98.8%)	0.32
I'm worried about studying	811 (80.9%)	73 (36.3%)	371 (93.0%)	367 (91.3%)	<0.001
I feel lonely	538 (53.7%)	122 (60.7%)	199 (49.9%)	217 (54.0%)	0.042
I feel like my parents don't like me	223 (22.3%)	40 (19.9%)	105 (26.3%)	78 (19.4%)	0.042
I feel like an important person	833 (83.1%)	163 (81.1%)	337 (84.5%)	333 (82.8%)	0.57
I want to avoid, hide from everyone	321 (32.0%)	59 (29.4%)	127 (31.8%)	135 (33.6%)	0.57
I get bored	804 (80.2%)	157 (78.1%)	326 (81.7%)	321 (79.9%)	0.56
I feel like crying	612 (61.1%)	118 (58.7%)	249 (62.4%)	245 (60.9%)	0.68
I feel like no one cares about me	420 (41.9%)	88 (43.8%)	167 (41.9%)	165 (41.0%)	0.81
I like to laugh with people	995 (99.3%)	200 (99.5%)	396 (99.2%)	399 (99.3%)	0.93
I feel exhausted and lack of energy	675 (67.4%)	136 (67.7%)	256 (64.2%)	283 (70.4%)	0.17
I feel loved	981 (97.9%)	197 (98.0%)	386 (96.7%)	398 (99.0%)	0.082
I feel like I want to runaway	222 (22.2%)	41 (20.4%)	86 (21.6%)	95 (23.6%)	0.62
I feel like I'm hurting myself	271 (27.0%)	46 (22.9%)	122 (30.6%)	103 (25.6%)	0.096
I feel other people don't like me	584 (58.3%)	108 (53.7%)	246 (61.7%)	230 (57.2%)	0.15
I feel frustrated	827 (82.5%)	157 (78.1%)	334 (83.7%)	336 (83.6%)	0.18
I feel life is unfair to me	411 (41.0%)	89 (44.3%)	162 (40.6%)	160 (39.8%)	0.56
I feel tired	859 (85.7%)	175 (87.1%)	334 (83.7%)	350 (87.1%)	0.33
I feel like a bad person	297 (29.6%)	46 (22.9%)	138 (34.6%)	113 (28.1%)	0.009
I feel like a useless person	420 (41.9%)	69 (34.3%)	185 (46.4%)	166 (41.3%)	0.018
I see myself as a pitiful person	217 (21.7%)	45 (22.4%)	85 (21.3%)	87 (21.6%)	0.95
I feel everything makes me crazy	515 (51.4%)	100 (49.8%)	198 (49.6%)	217 (54.0%)	0.41
I love chatting with people	979 (97.7%)	198 (98.5%)	388 (97.2%)	393 (97.8%)	0.62
I have trouble sleeping (or I find myself sleeping a lot)	771 (76.9%)	150 (74.6%)	300 (75.2%)	321 (79.9%)	0.20
I love to have fun	990 (98.8%)	198 (98.5%)	395 (99.0%)	397 (98.8%)	0.87
I feel worry	846 (84.4%)	160 (79.6%)	335 (84.0%)	351 (87.3%)	0.046
I feel like I have a stomachache	445 (44.4%)	81 (40.3%)	181 (45.4%)	183 (45.5%)	0.42
I feel life is boring, tasteless	472 (47.1%)	90 (44.8%)	184 (46.1%)	198 (49.3%)	0.51
I ate well	987 (98.5%)	199 (99.0%)	389 (97.5%)	399 (99.3%)	0.098
I'm hopeless, I don't want to do anything	496 (49.5%)	89 (44.3%)	202 (50.6%)	205 (51.0%)	0.25
International high depression (>=77)	21 (2.1%)	3 (1.5%)	12 (3.0%)	6 (1.5%)	0.26
Vietnamese depression category					
None	854 (85.2%)	182 (90.5%)	332 (83.2%)	340 (84.6%)	0.066
Mild	109 (10.9%)	15 (7.5%)	45 (11.3%)	49 (12.2%)	
Moderate	28 (2.8%)	1 (0.5%)	16 (4.0%)	11 (2.7%)	
Severe	11 (1.1%)	3 (1.5%)	6 (1.5%)	2 (0.5%)	

Commented [NPH(4): For each question, score 1-4, recode some opposite questions (as I fell happy, I have fun), add up all score- total 120, use cut off >=77 as in literature

Commented [NPH(5): For each question, score 0-3, total 90

- 0 - 30: No depressive symptoms
- 31 - 40: mild
- 41 - 50: medium
- 51 - 90: severe

Table 9: Anthropometry

	Total	Workers	High school students	College students	p
	<i>n = 1002</i>	<i>n = 201</i>	<i>n = 399</i>	<i>n = 402</i>	
	<i>n (%) / Mean (SD)</i>	<i>n (%) / Mean (SD)</i>	<i>n (%) / Mean (SD)</i>	<i>n (%) / Mean (SD)</i>	
Weight	48.9 (7.9)	48.8 (7.2)	48.8 (8.6)	49.1 (7.5)	0.85
Height	156.7 (5.5)	156.0 (5.7)	156.6 (5.3)	157.1 (5.4)	0.069
MUAC	23.8 (2.8)	24.0 (2.7)	23.8 (2.9)	23.8 (2.7)	0.57
BMI	19.9 (2.9)	20.0 (2.7)	19.9 (3.1)	19.9 (2.8)	0.77
Underweight (< 18.5)	346 (34.5%)	61 (30.3%)	150 (37.6%)	135 (33.6%)	0.47
Normal (18.5 - < 23)	530 (52.9%)	113 (56.2%)	203 (50.9%)	214 (53.2%)	
Overweight/ obese (≥ 23)	126 (12.6%)	27 (13.4%)	46 (11.5%)	53 (13.2%)	
Overweight/ obese (≥ 25)	57 (5.7%)	10 (5.0%)	24 (6.0%)	23 (5.7%)	

Commented [NPH(6): This cut off is used for Asian population