

**Supplementary File 1: The questionnaire about College students'
behavior and health**

Student ID: _____

1. Gender :

- 1) Male 2) Female

2. Age: _____years

3. Ethnicity :

- 1) 1) Han 2) Mongolian 3) Other

4. Class years of education :

- 1) 1 2) 2 3) 3 4) 4 5) 5

5. Monthly expenses (Yuan) :

- 1) <300 2) 300-600 3) 600-1000 4) >1000

6. Residence :

- 1) City 2) Rural 3) Pastoral 4) Suburbs

7. Faculty :

- 1) Clinical Medicine
2) Public Administration and Information Management
3) Medicine
4) Nurse
5) Traditional Chinese Medicine and Mongolian Medicine
6) Other

8. Did you have breakfast :

- 1) Yes 2) No (skipping breakfast)

9. Gastrointestinal upset:

- 1)Yes 2)No

10. How about your relationships:

- 1) Good 2) Medium 3) Poor

The 11-18 questions only answered by smokers

11. Number of cigarettes smoked per day :

1) <5 2) 5–9 3) >10

12. Number of smoking friends :

1) <5 2) 5–10 3) >10

13. Parent smoker :

1) Yes 2) No

14. Quit smoking (times) :

1) Never 2) 1–2 3) >3

15. The first time smoking :

1) University 2) High School 3) Junior high school

16. The attitude of your family on you smoking :

1) Opposed 2) Don't Care 3) Approve

17. An hour not smoking :

1) No discomfort 2) Can endure 3) Intolerable

18. You feel after smoking :

1) Better 2) Worse 3) No change

For the 19-35 questions, please answer “Yes” or “No” to express your opinion

19. Do not care about people smoking around you :

1) Yes 2) No

20. Smoking is a sign of civilization :

1) Yes 2) No

21. Smoking is one of the causes of air pollution :

1) Yes 2) No

22. Teachers should not smoke:

1) Yes 2) No

23. The State should take measures to stop smoking :

1) Yes 2) No

24. Eliminate smoking on campus :

1) Yes 2) No

25. Eliminate smoking in classroom :

1) Yes 2) No

26. Smoking is harmful to one's health :

1) Yes 2) No

27. Smoking is harmful to the health of others :

1) Yes 2) No

28. You is the only one child in your family:

1)Yes (only children) 2)No (sibling children)

29. You do sports at least one hour once a week:

1) Yes 2)No

30. Did you go to bed after 00:00 in the last week

1) Yes 2)No

31. Feeling stress:

1) Yes 2)No

32. I find myself very concerned about the grades I am likely to receive this semester:

1)Yes 2)No

33. I am spending a lot of time thinking about how this semester's grades could negatively affect my educational and career goals:

1)Yes 2)No

34. I am worrying a great deal about the effect this semester's grades will have on my future

1)Yes 2)No

35. I find myself very concerned about the grades I am likely to receive this semester

1)Yes 2)No

Definition:

1. Smoke: Smoked every day in the last 30 days

2. Urban: Come from city or suburb
3. Rural: Come from from village or pastoral area
4. Stay up: staying up was defined as going to bed after midnight
5. Gastrointestinal problems were defined as recurring symptoms that were significant enough to alter lifestyle or require chronic treatment
6. Stress: Occurs when an individual perceives that environmental demands tax or exceed his or her adaptive capacity.
7. We defined breakfast per the Student Nutrition Dietary Assessment, which is any food or beverage consumption between awakening and 45 minutes after the start of school. Subjects who did not consume breakfast on one of two days or neither day were categorized as breakfast skippers, while those that consumed breakfast on both days were classified as breakfast eaters.

The questions addressing smoking and their response options

1. Gender :

- 1) Male 2) Female

2. Ethnicity :

- 1) Han 2) Mongolian 3) Other

3. Class years of education :

- 1) 1 2) 2 3) 3 4) 4 5) 5

4. Monthly expenses (Yuan) :

- 1) <300 2) 300-600 3) 600-1000 4) >1000

5. Residence :

- 1) City 2) Rural 3) Pastoral 4) Suburbs

6. Faculty :

- 1) Clinical Medicine
2) Public Administration and Information Management
3) Medicine
4) Traditional Chinese Medicine and Mongolian Medicine
5) Other

For the 7-15 questions, please answer “Yes” or “No” to express your opinion

7. Do not care about people smoking around you :

- 1) Yes 2) No

8. Smoking is a sign of civilization :

- 1) Yes 2) No

9. Smoking is one of the causes of air pollution :

- 1) Yes 2) No

10. Teachers should not smoke:

- 1) Yes 2) No

11. The State should take measures to stop smoking :

1) Yes 2) No

12. Eliminate smoking on campus :

1) Yes 2) No

13. Eliminate smoking in classroom :

1) Yes 2) No

14. Smoking is harmful to one's health :

1) Yes 2) No

15. Smoking is harmful to the health of others :

1) Yes 2) No

The 16-23 questions only answered by smokers

16. Number of cigarettes smoked per day :

1) <5 2) 5-9 3) >10

17. Number of smoking friends :

1) <5 2) 5-10 3) >10

18. Parent smoker :

1) Yes 2) No

19. Quit smoking (times) :

1) Never 2) 1-2 3) >3

20. The first time smoking :

1) University 2) High School 3) Junior high school

21. The attitude of your family on you smoking :

1) Opposed 2) Don't Care 3) Approve

22. An hour not smoking :

1) No discomfort 2) Can endure 3) Intolerable

23. You feel after smoking :

1) Better 2) Worse 3) No change