

SDC 1. List of study assessments describing their purpose, and references to method description.

Category	Assessment	Purpose	Method or Instrument	Citation to Method
Demographics	Gender	Covariate or confounding factor	Self-report	
	Age	Covariate or confounding factor	Self-report	
	Race	Covariate or confounding factor	Self-report	
	Ethnicity	Covariate or confounding factor	Self-report	
	Place of birth	Covariate or confounding factor	Self-report	
	Marital status	Covariate or confounding factor	Self-report	
	Employment	Covariate or confounding factor	Self-report	
	Income	Covariate or confounding factor	Self-report	
	Parents education	Covariate or confounding factor	Self-report	
Health Endpoints and Biomarkers	Weight	To estimate BMI		
	Height	To estimate BMI		
	Body mass index (BMI)	Risk factor	CDC calculator	
	Blood Pressure	Outcome	Oscillometric technique	Ogedegbe and Pickering (2010)
	Lipid Profile (HDL/LDL/Glucose/TG)	Risk factor	Alere Cholestech LDX® Analyzer	Rogers, Misner, Ockene, and Nicolosi (1993)
	Heart Rate Variability (HRV, high frequency, low frequency, very low frequency, pNN50, NN50 and SDDSD)	Outcome	Electrocardiography	Camm et al. (1996)
	Carotid Intima-Media Thickness	Outcome	Ultrasound	Stein et al. (2008)
	Depression Symptoms (M&F)	Outcome	Moods and Feelings Instrument	Angold et al. (1995).
	Depression Severity (PHQ 9)	Outcome	Patient Health Questionnaire (PHQ-9)	Kroenke, Spitzer, and Williams (2001)
	IL-1 β , CRP, IL-6, IL-8, and TNF- α	Assess chronic inflammation and inflammatory reactivity	Multiplex Assay	duPont, Wang, Wadhwa, Culhane, and Nelson (2005)
Symptoms of Chemical sensitivity	Outcome	Symptoms Survey	Black, Okiishi, Gabel, and Schlosser (1999)	

Category	Assessment	Purpose	Method or Instrument	Citation to Method	
	Stress reactivity	Mediator	Trier Social Stress Triggers	Kirschbaum, Pirke, and Hellhammer (1993)	
	Stress responsivity	Mediator	LPS challenge	Miller, Rohleder, and Stetler (2005)	
Life stress	Life stress exposure and severity	Assess effect of stress exposure and severity by type of stressor (e.g., work, education, relationships) on health and performance	Stress and Adversity Inventory (STRAIN)	Slavich and Shields (2018)	
Behavior and Personal Traits	Diet	The modifying effect of all variables in this category will on the stress-health/performance association will be assessed	Self-report consumption by food category	Felitti et al. (1998)	
	Physical Activity		Self-report of engagement by activity type		
	Smoking		Self-report, current, ever, frequency		
	Drug Use		Self-report, quantity and frequency		
	Alcohol Consumption		Self-report, quantity and frequency		
	Sleep quality		Self-report, duration, quality, and time to fall asleep		
	Family health history and appraisal		CDC questionnaires		
	Self-efficacy		Self-efficacy for Nursing Students Instrument		Stump, Husman, and Bremet (2012)
	Stress Coping Skills		Coping Strategies Inventory (CSI)		Tobin, Holroyd, Reynolds, and Wigal (1989)
	Demographic		Self-report		
Personality	Ten-Item Personality Inventory-(TIPI)	Gosling, Rentfrow, and Swann (2003).			

Category	Assessment	Purpose	Method or Instrument	Citation to Method
Behavior and Personal Traits	Cognitive Ability	The modifying effect of all variables in this category will on the stress-health/performance association will be assessed	Overclaiming technique	Paulhus and Harms (2004)
	Emotional Intelligence		Mayer-Salovey-Caruso Emotional Intelligence Test™	Mayer, Salovey, Caruso, and Sitarenios (2003)
Social Factors	Childhood Adversity	The modifying effect of all variables in this category will on the stress-health/performance association will be assessed	Adverse Childhood Experiences (ACE) Questionnaire	Felitti et al. (1998)
	SES		Parent's educational attainment, household income	Felitti et al. (1998)
	Parental attachment		Inventory of Parent and Peer Attachment (IPPA)	Mattanah, Lopez, and Govern (2011)
	Peer attachment		Inventory of Parent and Peer Attachment (IPPA)	Mattanah, Lopez, and Govern (2011)
	Social Support		ENRICH Social Support Inventory	Mitchell et al. (2003)
Engagement and Performance	Burnout	Associations between burnout, performance, and engagement	Maslach Burnout Inventory - Student Survey (MBI-SS)	Yavuz and Dogan (2014)
	Grade point average (GPA)	Assess academic performance by semester and by course	Student records	
	NCLEX Scores	Pass or fail of licensure exam	Student records	
Environmental Exposure	Chemical substances		Self-report survey	Miller and Prihoda (1999)
	Personal products		Self-report survey	Wu et al. (2010)
	Metal exposure (e.g., serum levels of Al, As, Cd, Cu, Fe)		ICPMS	Centers for Disease Control and Prevention (2012); Funk, Pleil, Sauter, McDade and Holl (2015); Harkema et al. (2009)
	Greenness		Satellite and Google® Streetview™ images	Browning and Lee, (2017): Li, Deal, Zhou, Slavenas, and Sullivan, (2018)