

#### Attachment 4: Additional negative factors affecting the mental health of international students

Author	Year	Nation	Mental health symptoms	Negative factors
Dodd et al. [78]	2021	Australia	<ul style="list-style-type: none"> <li>Anxiety</li> <li>Low well-being</li> <li>Low coherence</li> </ul>	<ul style="list-style-type: none"> <li>Greater financial strain</li> </ul>
Yuan et al. [79]	2021	China	<ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> </ul>	<ul style="list-style-type: none"> <li>Language barriers</li> <li>Interpersonal difficulties</li> <li>Cultural differences</li> <li>Poor adaptability</li> <li>Increased frequency of late nights due to jet lag</li> </ul>
Lin et al. [81]	2022	America	<ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> </ul>	<ul style="list-style-type: none"> <li>Social and cultural differences</li> <li>Unfamiliarity with the new environment</li> <li>Jet lag problems lead to staying up late to study online</li> <li>Racial discrimination</li> </ul>
Alam et al. [82]	2021	China	<ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Insomnia</li> <li>Stress</li> <li>Loneliness</li> <li>Fear</li> </ul>	<ul style="list-style-type: none"> <li>Study in China for less than two years</li> <li>Further away from family</li> </ul>
Sharma et al. [83]	2020	Australia	<ul style="list-style-type: none"> <li>Loneliness</li> <li>Anxiety</li> <li>Stress</li> </ul>	<ul style="list-style-type: none"> <li>Jet lag affects sleep cycles</li> <li>Border restrictions may prevent access to family</li> <li>Accommodation problem</li> <li>Lack of contact with host country peers</li> <li>Heavier financial burden</li> </ul>