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Supplementary table 1: Population distribution of first-year students by self-identified gender and population group for each institution separately (unweighted):
(a) Stellenbosch University and (b) University of Cape Town

(a)		2015			2017			2020			2015 vs 2017		2017 vs 2020		2015 vs 2017 vs 2020	
		<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%	SE	X2(1)	<i>p</i>	X2(1)	<i>p</i>	X2(2)	<i>p</i>
Male	White	1683	31.5	0.64	1524	29.52	0.63	1470	26.33	0.59	0.787	0.375	70.435	<0.001	112.444	<0.001
	Black	737	13.8	0.47	706	13.67	0.48	1128	20.20	0.54						
	TOTAL	2420	45.3	0.68	2230	43.19	0.69	2598	46.53	0.67						
Female	White	1881	35.2	0.65	1123	21.75	0.57	1785	31.97	0.62	401.111	<0.001	273.426	<0.001	460.356	<0.001
	Black	1037	19.4	0.54	1810	35.06	0.66	1201	21.51	0.55						
	TOTAL	2918	54.7	0.68	2933	56.81	0.69	2986	53.47	0.67						
TOTAL	White	3564	66.8	0.64	2647	51.27	0.70	3255	58.29	0.66	260.880	<0.001	53.441	<0.001	261.405	<0.001
	Black	1774	33.2	0.64	2516	48.73	0.70	2329	41.71	0.66						
	TOTAL	5338	100.0		5163	100.00		5584	100.00							

(b)		2017			2020			2017 vs 2020	
		<i>n</i>	%	SE	<i>n</i>	%	SE	X2(1)	<i>p</i>
Male	White	527	14.4	0.58	313	5.8	1.32	213.78	<0.001
	Black	1158	31.6	0.77	2151	39.8	1.06		
	TOTAL	1685	46.0	0.82	2464	45.6	1.00		
Female	White	575	15.7	0.60	322	6.0	1.32	261.31	<0.001
	Black	1402	38.3	0.80	2622	48.5	0.98		
	TOTAL	1977	54.0	0.82	2944	54.4	0.92		
TOTAL	White	1102	30.1	0.76	635	11.7	1.28	474.90	<0.001
	Black	2560	69.9	0.76	4773	88.3	0.47		
	TOTAL	3662	100.0	0.00	5408	100.0			

Supplementary table 2: Sample distribution of first-year students by self-identified gender and population group for each institution separately (unweighted):
 (a) Stellenbosch University and (b) University of Cape Town

(a)		2015			2017			2020			2015 vs 2017		2017 vs 2020		2015 vs 2017 vs 2020	
		<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%	SE	X2(1)	<i>p</i>	X2(1)	<i>p</i>	X2(2)	<i>p</i>
Male	White	160	23.3	1.62	96	21.8	1.97	85	16.9	1.67	2.887	0.089	4.344	0.037	4.609	0.100
	Black	83	12.1	1.25	33	7.5	1.26	51	10.1	1.35						
	TOTAL	243	35.4	1.83	129	29.3	2.17	136	27.0	1.98						
Female	White	291	42.4	1.89	216	49.1	2.39	225	44.6	2.22	1.176	0.278	5.115	0.024	5.200	0.074
	Black	152	22.2	1.59	95	21.6	1.96	143	28.4	2.01						
	TOTAL	443	64.6	1.83	311	70.7	2.17	368	73.0	1.98						
TOTAL	White	451	65.7	1.81	312	70.9	2.17	310	61.5	2.17	3.274	0.070	9.238	0.002	9.234	0.010
	Black	235	34.3	1.81	128	29.1	2.17	194	38.5	2.17						
	TOTAL	686	100		440	100		504	100							

(b)		2017			2020			2017 vs 2020	
		<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%
Male	White	24	12.4	2.38	49	10.9	1.48	0.009	0.926
	Black	39	20.2	2.90	82	18.3	1.83		
	TOTAL	63	32.6	3.38	131	29.2	2.15		
Female	White	45	23.3	3.05	119	26.6	2.09	0.339	0.560
	Black	85	44.0	3.58	198	44.2	2.35		
	TOTAL	130	67.4	3.38	317	70.8	2.15		
TOTAL	White	69	35.8	3.46	168	37.5	2.29	0.177	0.674
	Black	124	64.2	3.46	280	62.5	2.29		
	TOTAL	193	100.0		448	100			

Supplementary table 3: 12-Month prevalence of co-morbid common mental disorders, by institution (weighted)

		2015			2017			2020		
		<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%	SE
Stellenbosch University	No disorders	435	63.4	1.9	230	52.19	2.57	233	46.3	2.4
	Suicidal ideation	77	11.2	1.2	65	14.69	1.87	35	7.0	1.3
	GAD	44	6.5	1.0	21	4.79	1.09	22	4.3	0.9
	GAD + Suicidal ideation	15	2.2	0.6	17	3.91	1.02	10	2.0	0.7
	MDE	21	3.1	0.7	18	4.12	0.97	41	8.2	1.3
	MDE + Suicidal ideation	31	4.5	0.8	30	6.73	1.23	55	10.8	1.5
	MDE + GAD	21	3.0	0.6	9	2.02	0.73	43	8.4	1.3
	MDE + GAD + Suicidal ideation	43	6.2	0.9	51	11.57	1.52	64	12.8	1.5
	Total	686	100.0		440	100.00		504	100.0	
University of Cape Town	No disorders				70	36.3	3.8	186	41.5	2.7
	Suicidal ideation				35	18.3	3.1	35	7.7	1.5
	GAD				7	3.6	1.4	20	4.4	1.1
	GAD + Suicidal ideation				4	1.9	0.9	5	1.1	0.6
	MDE				12	6.0	2.0	43	9.7	1.5
	MDE + Suicidal ideation				19	9.8	2.5	51	11.3	1.7
	MDE + GAD				10	5.2	1.7	38	8.5	1.4
	MDE + GAD + Suicidal ideation				37	19.0	3.0	71	15.8	1.9
	Total				193	100.0		448	100.0	

Supplementary table 4: Regression analysis of changes in 12-month prevalence among students with lifetime diagnosis as of 2 years ago at (a) Stellenbosch University and (b) University of Cape Town

(a)	MDE					GAD					Suicidal ideation					Any						
	Model 1		Model 2			Model 1		Model 2			Model 1		Model 2			Model 1		Model 2				
	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]		
2017 vs 2015 [‡]	1.400	0.908–1.822	1.397	0.902–1.823	4.647 (0.000)	1.273	0.76–1.633	1.273	0.76–1.633	0.241 (0.810)	1.586	1.251–1.922	1.638	1.292–1.981	4.621 (0.000)	1.339	1.074–1.591	1.323	1.052–1.582	1.769 (0.077)		
2020 vs 2017 [‡]	0.712	0.36–1.258	0.834	0.431–1.423		0.921	0.376–1.666	0.926	0.371–1.686		0.593	0.408–0.838	0.613	0.419–0.87		0.923	0.651–1.248	0.965	0.680–1.303			
2020 vs 2015 [‡]	1.249	0.669–2.301	1.518	0.784–2.886		1.266	0.754–1.724	0.98	0.482–1.544		1.068	0.813–1.364	1.15	0.873–1.471		1.307	1.048–1.572	1.334	1.065–1.608			
Gender (female)			2.466	1.332–4.567				0.918	0.280–3.012				1.228	0.854–1.764				1.444	1.010–2.065			
Population group (black)			1.236	0.631–2.418				0.613	0.240–1.564				1.346	0.945–1.917				0.830	0.574–1.200			
First-generation student			1.309	0.691–2.476				6.378	1.809–22.485				0.732	0.514–1.043				1.131	0.780–1.640			
LGBTQ			1.751	0.856–3.580				0.873	0.330–2.314							1.882	1.259–2.813				1.644	1.052–2.571
Disability			2.632	1.102–6.289				0.888	0.325–2.429				1.331	0.883–2.005				1.678	1.083–2.600			
F	1.260		1.4			0.78		0.02			6.790		7.16			4.380		4.24				
df	2		2			2		2			2		2			2		2				
p	0.2843		0.2478			0.4575		0.9801			0.0012		0.0008			0.0127		0.0146				

[†]Comparison of aRR for 2017 vs 2015 with 2020 vs 2017

[‡]Corrected odds ratios (i.e. risk ratios)

(b)	MDE				GAD				Suicidal ideation				Any					
	Model 1		Model 2		Model 1		Model 2		Model 1		Model 2		Model 1		Model 2			
	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI		
2020 vs 2017 [‡]	0.541	0.153– 1.575	0.362	0.074– 1.427	0	0–0	0	0–0	0.523	0.312– 0.846	0.43	0.243– 0.734	0.778	0.437– 1.288	0.744	0.4– 1.278		
Gender (female)			1.284	0.388– 4.256				1.054	0.199– 5.594			0.753	0.426– 1.330				0.832	0.426– 1.624
Population group (black)			0.987	0.356– 2.736				1.174	0.277– 4.976			0.921	0.541– 1.567				0.672	0.349– 1.293
First-generation student			1.294	0.385– 4.352				0.495	0.111– 2.202			1.019	0.593– 1.752				0.703	0.380– 1.300
LGBTQ			1.519	0.425– 5.434				1.805	0.429– 7.595			3.146	1.697– 5.835				1.291	0.626– 2.664
Disability			2.564	0.526– 12.493				2.258	0.260– 19.605			1.674	0.932– 3.007				1.269	0.623– 2.585
F	1.120		1.950		880.750		623.23		7.250		10.21		0.880		1.06			
df	1		1		1		1		1		1		1		1			
p	0.2894		0.1633		<.0001		<.0001		0.0073		0.0015		0.3494		0.3029			

[‡]Corrected odds ratios (i.e. risk ratios)

Supplementary table 5: Regression analysis of changes in 12-month prevalence among students without a lifetime diagnosis as of 2 years ago among students at (a) Stellenbosch University and (b) University of Cape Town

(a)	MDE					GAD					Suicidal ideation					Any					
	Model 1		Model 2			Model 1		Model 2			Model 1		Model 2			Model 1		Model 2			
	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	OR	95% CI	aOR	95% CI	Z-score (p-value) [†]	
2017 vs 2015 [‡]	1.025	0.493–2.103	0.913	0.435–1.895	2.426 (0.015)	1.78	0.977–3.197	1.565	0.826–2.919	0.245 (0.807)	2.181	1.307–3.552	2.209	1.279–3.709	2.402 (0.016)	2.329	1.397–3.772	2.525	1.458–4.22	2.840 (0.005)	
2020 vs 2017 [‡]	2.978	1.499–5.757	3.143	1.592–6.035		1.255	0.716–2.171	1.399	0.777–2.481		0.772	0.446–1.314	0.847	0.481–1.464		0.804	0.466–1.357	0.806	0.455–1.394		
2020 vs 2015 [‡]	3.024	1.692–5.279	2.857	1.55–5.135		2.232	1.286–3.813	2.187	1.234–3.813		1.691	0.997–2.811	1.877	1.075–3.195		1.874	1.095–3.122	2.041	1.159–3.48		
Gender (female)			1.352	0.755–2.421				2.116	1.179–3.797				1.491	0.895–2.484				2.023	1.171–3.494		
Population group (black)			0.631	0.341–1.169				1.559	0.942–2.579				1.109	0.648–1.896				1.264	0.744–2.146		
First-generation student			1.430	0.796–2.568				1.478	0.887–2.461				0.884	0.521–1.502				0.941	0.555–1.597		
LGBTQ			1.526	0.673–3.460				1.978	1.083–3.615					2.044		1.015–4.116			0.977		0.381–2.506
Disability			1.620	0.848–3.095				1.406	0.778–2.539					1.244		0.668–2.316			1.171		0.623–2.198
F	8.490		7.91			4.14		3.57			4.590		4.43			5.500		5.76			
df	2		2			2		2			2		2			2		2			
p	0.0002		0.0004			0.0162		0.0283			0.0103		0.012			0.0042		0.0032			

[†]Comparison of aRR for 2017 vs 2015 with 2020 vs 2017

[‡]Corrected odds ratios (i.e. risk ratios)

(b)	MDE				GAD				Suicidal ideation				Any						
	Model 1		Model 2		Model 1		Model 2		Model 1		Model 2		Model 1		Model 2				
	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI	OR	95% CI	aOR	95% CI			
2020 vs 2017 [‡]	0.501	0.253– 0.979	0.517	0.25– 1.051	0.669	0.328– 1.351	0.647	0.303– 1.367	0.646	0.303– 1.348	0.596	0.248– 1.399	0.402	0.192– 0.825	0.511	0.221– 1.142			
Gender (female)			1.507	0.679– 3.341				2.279	0.929– 5.593				1.530		0.675– 3.471			3.436	1.292– 9.142
Population group (black)			1.149	0.504– 2.619				0.788	0.374– 1.661				0.880		0.353– 2.196			1.370	0.514– 3.649
First-generation student			1.311	0.616– 2.789				1.302	0.605– 2.801				2.521		1.029– 6.177			1.648	0.691– 3.934
LGBTQ			1.266	0.477– 3.362				1.117	0.463– 2.695				1.524		0.452– 5.142			0.563	0.139– 2.283
Disability			1.386	0.544– 3.532				1.352	0.546– 3.349				2.527		1.018– 6.271			2.223	0.750– 6.587
F	4.110		3.320		1.250		1.29		1.340		1.400		6.270		2.66				
df	1				1		1		1		1								
p	0.0429		0.0688		0.2642		0.256		0.2471		0.2377		0.0125		0.1033				

[‡]Corrected odds ratios (i.e. risk ratios)