

Category system that emerged from the data for Question 1: "What currently gives you most cause for concern?"

	N	%
School-related concerns	135	63,1%
Stress at school	93	43,5%
School organisation	19	8,9%
Graduation	17	7,9%
Teachers	6	2,8%
Restrictions	75	35,0%
Restrictions of public life/home confinement	29	13,6%
Lack of activities with friends	21	9,8%
Lack of social contacts	13	6,1%
Lack of exercise	5	2,3%
Travel restrictions	4	1,9%
Quarantine	3	1,4%
Self-related concerns	68	31,8%
Concerns about the future	22	10,3%
Negative thoughts and emotions	13	6,1%
Lack of drive	8	3,7%
Missing out on something	7	3,3%
Mental health stresses	6	2,8%
Physical health stresses	6	2,8%
Loneliness and social isolation	3	1,4%
Body-related worries	3	1,4%
Family, relationship and interpersonal problems	27	12,6%
Family problems	9	4,2%
Relationship troubles	7	3,3%
Relational problems with others	6	2,8%
Worrying about others	5	2,3%
The pandemic	25	11,7%
General statements	12	5,6%
Uncertainty of the future	13	6,1%
Current societal development	11	5,1%
Other concerns	11	5,1%
Consumption	5	2,3%
Alcohol	1	0,5%
Drugs	1	0,5%
Mobile phone/laptop usage	2	0,9%
Sex	1	0,5%
No stressors	7	3,3%

Category system that emerged from the data for Question 2: "What is currently providing you with the most support?"

	N	%
Social contacts	153	71,5%
Friends	64	29,9%
Family	36	16,8%
Partner	21	9,8%
Talking to someone	19	8,9%
Classmates	6	2,8%
Best friend	4	1,9%
Other people	3	1,4%
Recreational activities	84	39,3%
Sports	30	14,0%
Listening to music	24	11,2%
Going for a walk	9	4,2%
Hobbies (general category)	8	3,7%
Relaxation	8	3,7%
Reading	5	2,3%
Attitudes and abilities	39	18,2%
Mental abilities	30	14,0%
Structure	5	2,3%
Abreact	4	1,9%
Distraction	36	16,8%
Gaming	10	4,7%
Television	8	3,7%
Social Media Activities	6	2,8%
Surfing the internet	5	2,3%
Distraction (general category)	5	2,3%
Shopping	2	0,9%
Escape	23	10,7%
Sleeping	12	5,6%
Eating	6	2,8%
Substances	5	2,3%
Creativity	10	4,7%
Writing/Drawing	7	3,3%
Making music	3	1,4%
Professional help	7	3,3%
Pets	5	2,3%
Faith	3	1,4%
School as a resource	3	1,4%
I don't know	3	1,4%
Nothing	8	3,7%
I don't need help	3	1,4%