

Table 3 Use of various coping mechanisms by university students in Sudan

Variables	Active coping	Use of informational support	Positive reframing	Planning	Emotional support	Venting	Humour	Acceptance	Religion	Self-blame	Self-distraction	Denial	Substance use	Behavioural disengagement
Overall	5.06 (1.8)	4.59 (1.9)	5.09 (1.9)	5.24 (1.9)	4.24 (1.8)	4.44 (1.8)	4.13 (1.9)	5.77 (1.8)	5.85 (1.9)	3.79 (2.0)	5.05 (1.8)	3.34 (1.8)	2.39 (1.1)	3.87 (1.7)
Gender														
Female	4.99 (1.8)	4.61 (1.9)	5.06 (1.9)	5.23 (1.8)	4.35 (1.8)	4.50 (1.8)	4.01 (1.9)	5.79 (1.9)	5.93 (1.9)	3.76 (2.0)	5.08 (1.8)	3.30 (1.8)	2.35 (1.1)	3.88 (1.7)
Male	5.26 (1.9)	4.52 (1.9)	5.19 (1.1)	5.28 (2.0)	3.95 (1.7)	4.26 (1.8)	4.48 (2.0)	5.72 (1.8)	5.64 (2.0)	3.87 (2.0)	4.97 (1.8)	3.46 (1.8)	2.50 (1.2)	3.85 (1.6)
P value	0.10	0.60	0.50	0.80	0.020	0.20	0.010	0.70	0.10	0.50	0.50	0.40	0.20	0.90
Effect size ^a					0.22		0.240							
Age, years														
18-22	5.02 (1.8)	4.52 (1.9)	5.09 (1.9)	5.23 (1.8)	4.13 (1.8)	4.49 (1.8)	4.19 (1.9)	5.73 (1.9)	5.86 (1.9)	3.86 (2.0)	5.12 (1.8)	3.37 (1.8)	2.40 (1.1)	3.95 (1.7)
23-26	5.09 (1.9)	4.75 (1.9)	5.08 (1.9)	5.25 (2.0)	4.50 (1.8)	4.23 (1.8)	4.05 (1.9)	5.88 (1.9)	5.74 (2.1)	3.57 (1.9)	4.86 (1.8)	3.33 (1.8)	2.39 (1.1)	3.76 (1.7)
>26	5.83 (2.1)	5.17 (2.1)	5.28 (1.9)	5.56 (1.9)	5.22 (1.8)	4.56 (1.9)	3.28 (1.7)	6.06 (2.1)	6.50 (1.5)	3.44 (2.0)	4.72 (1.9)	2.78 (1.2)	2.22 (0.6)	2.89 (1.0)
P value	0.20	0.20	0.90	0.80	0.007	0.30	0.10	0.60	0.30	0.30	0.20	0.40	0.80	0.020
Tukey's post hoc analysis					18-22 vs >26 = -0.010									18-22 vs >26 = 0.007
Effect size ^b					0.130									0.120
College														
Health	4.99 (1.8)	4.61 (1.9)	5.07 (1.9)	5.15 (1.9)	4.29 (1.8)	4.36 (1.8)	3.93 (1.9)	5.73 (1.8)	5.88 (1.9)	3.63 (1.9)	5.04 (1.8)	3.24 (1.7)	2.31 (1.0)	3.75 (1.6)
Non-health	5.22 (1.9)	4.54 (2.0)	5.14 (1.8)	5.46 (1.8)	4.14 (1.8)	4.61 (1.8)	4.59 (2.0)	5.86 (1.9)	5.79 (1.9)	4.13 (2.1)	5.07 (1.7)	3.57 (2.0)	2.58 (1.4)	4.15 (1.8)
P value	0.100	0.70	0.70	0.060	0.40	0.10	0.0	0.40	0.090	0.007	0.80	0.060	0.020	0.007
Effect size ^a	-	-	-	-	-	-	0.340	-	-	0.25	-	-	0.240	0.240
Education level														
Bachelor	5.03 (1.8)	4.56 (1.9)	5.10 (1.9)	5.23 (1.9)	4.21 (1.8)	4.44 (1.8)	4.15 (1.9)	5.76 (1.8)	5.84 (1.9)	3.80 (2.0)	5.06 (1.8)	3.36 (1.8)	2.40 (1.1)	3.90 (1.7)
Diploma	4.40 (1.7)	6.40 (1.1)	5.40 (1.9)	5.80 (1.5)	6.40 (1.1)	5.60 (1.5)	4.40 (2.3)	6.80 (1.1)	7.00 (1.4)	5.40 (2.4)	6.00 (1.4)	4.60 (2.4)	2.00 (0.0)	4.20 (1.8)
Master	5.79 (2.1)	4.84 (2.1)	4.95 (2.0)	5.37 (2.1)	4.63 (1.9)	4.05 (1.8)	3.47 (2.0)	5.95 (2.0)	5.58 (2.1)	2.89 (1.6)	4.42 (1.8)	2.47 (0.7)	2.37 (1.0)	3.00 (1.5)
PhD	5.60 (2.1)	4.80 (1.8)	5.00 (1.4)	6.00 (1.2)	5.00 (1.7)	4.40 (1.5)	4.20 (1.1)	6.00 (1.2)	6.80 (1.3)	4.20 (1.9)	5.60 (2.3)	3.80 (2.2)	2.00 (0.0)	3.80 (2.5)
P value	0.20	0.20	1.0	0.70	0.030	0.40	0.50	0.60	0.30	0.060	0.20	0.060	0.70	0.10
Tukey's post hoc analysis	-	-	-	-	Bachelor vs Diploma = 0.008	-	-	-	-	-	-	-	-	-
Effect size ^b	-	-	-	-	0.130	-	-	-	-	-	-	-	-	-
Academic year														
1	5.18 (1.9)	4.73 (2.0)	5.02 (2.1)	5.20 (2.1)	4.32 (1.9)	4.36 (1.8)	3.98 (2.1)	5.66 (2.0)	5.98 (2.0)	3.64 (2.0)	4.87 (1.8)	3.39 (1.9)	2.35 (1.1)	3.68 (1.6)
2	5.15 (1.8)	4.53 (1.9)	5.27 (1.9)	5.42 (1.8)	4.04 (1.7)	4.50 (1.8)	4.26 (1.9)	5.66 (1.9)	5.87 (1.9)	3.93 (2.1)	5.16 (1.7)	3.45 (1.8)	2.41 (1.1)	3.88 (1.7)
3	5.00 (1.8)	4.65 (1.9)	5.17 (1.7)	5.29 (1.9)	4.31 (1.7)	4.59 (1.7)	4.27 (1.9)	6.01 (1.6)	5.86 (1.9)	3.97 (2.0)	5.08 (1.7)	3.39 (1.8)	2.49 (1.3)	4.20 (1.7)
4	4.90 (1.9)	4.44 (1.8)	4.90 (2.0)	5.12 (1.7)	4.30 (1.8)	4.45 (1.8)	4.11 (2.0)	5.76 (1.9)	5.74 (1.9)	3.77 (2.0)	4.98 (1.9)	3.26 (1.8)	2.31 (1.1)	3.89 (1.7)
5	5.13 (1.8)	4.63 (2.0)	5.13 (1.9)	5.03 (2.1)	4.50 (1.9)	3.95 (1.6)	3.75 (1.9)	5.75 (2.1)	5.78 (2.0)	3.18 (1.6)	5.40 (1.6)	2.85 (1.5)	2.33 (1.0)	3.30 (1.3)
6	3.00 (0.0)	3.50 (0.7)	2.00 (0.0)	3.50 (0.7)	2.50 (0.7)	2.50 (0.7)	2.50 (0.7)	6.00 (1.4)	4.50 (2.1)	2.00 (0.0)	2.50 (0.7)	3.00 (1.4)	2.00 (0.0)	2.00 (0.0)
P value	0.500	0.800	0.100	0.500	0.400	0.200	0.400	0.600	0.800	0.200	0.200	0.500	0.800	0.010
Tukey's post hoc analysis	-	-	-	-	-	-	-	-	-	-	-	-	-	3rd vs 5th = 0.005
Effect size ^b	-	-	-	-	-	-	-	-	-	-	-	-	-	0.160

Table 3 Use of various coping mechanisms by university students in Sudan (concluded)

Variables	Active coping	Use of informational support	Positive reframing	Planning	Emotional support	Venting	Humour	Acceptance	Religion	Self-blame	Self-distraction	Denial	Substance use	Behavioural disengagement
Residence														
Khartoum	5.01 (1.9)	4.61 (1.9)	5.04 (1.9)	5.14 (1.9)	4.21 (1.9)	4.31 (1.8)	4.08 (1.9)	5.77 (1.9)	5.83 (1.9)	3.74 (2.0)	5.00 (1.8)	3.24 (1.7)	2.45 (1.2)	3.85 (1.7)
Omdurman	5.05 (1.8)	4.58 (1.9)	5.09 (1.9)	5.32 (1.8)	4.37 (1.6)	4.54 (1.8)	4.02 (1.9)	5.78 (1.9)	5.96 (1.9)	3.77 (2.0)	4.99 (1.8)	3.50 (1.9)	2.28 (0.9)	3.86 (1.7)
Bahri	5.24 (1.7)	4.52 (1.9)	5.33 (1.7)	5.47 (1.8)	4.12 (1.8)	4.68 (1.8)	4.55 (1.9)	5.78 (1.8)	5.72 (2.0)	4.00 (2.1)	5.35 (1.6)	3.39 (1.9)	2.39 (1.0)	3.99 (1.7)
P value	0.60	0.90	0.40	0.30	0.50	0.10	0.090	1.0	0.60	0.60	0.20	0.30	0.20	0.80
Acquired COVID-19 during pandemic														
No	5.04 (1.8)	4.47 (1.9)	5.02 (1.9)	5.12 (1.9)	4.16 (1.8)	4.31 (1.8)	4.00 (1.9)	5.68 (1.9)	5.86 (1.9)	3.74 (2.0)	5.03 (1.8)	3.32 (1.8)	2.30 (0.9)	3.87 (1.6)
Yes	5.10 (1.7)	4.96 (1.9)	5.32 (1.8)	5.61 (1.8)	4.51 (1.8)	4.82 (1.7)	4.54 (2.0)	6.05 (1.7)	5.85 (1.9)	3.93 (2.0)	5.10 (1.7)	3.42 (1.8)	2.67 (1.5)	3.89 (1.8)
P value	0.7	0.007	0.1	0.007	0.040	0.003	0.003	0.040	1.0	0.3	0.70	0.50	0.006	0.90
Effect size ^a	-	0.260	-	0.260	0.20	0.290	0.280	-	-	-	-	-	0.20	-
Family or friends acquired COVID-19 during pandemic														
No	4.62 (1.9)	4.16 (1.8)	4.69 (1.9)	4.77 (2.0)	3.88 (1.8)	3.86 (1.8)	3.85 (1.8)	5.21 (2.0)	5.53 (2.1)	3.47 (1.9)	4.52 (1.9)	3.45 (1.9)	2.26 (0.8)	3.63 (1.7)
Yes	5.16 (1.8)	4.69 (1.9)	5.19 (1.9)	5.36 (1.8)	4.33 (1.8)	4.58 (1.8)	4.20 (2.0)	5.91 (1.8)	5.93 (1.9)	3.86 (2.0)	5.18 (1.7)	3.32 (1.8)	2.42 (1.2)	3.93 (1.7)
P value	0.003	0.007	0.011	0.002	0.014	0.001	0.010	0.001	0.040	0.060	0.001	0.50	0.090	0.080
Effect Size ^a	0.30	0.280	0.270	0.320	0.260	0.420	-	0.40	0.220	-	0.380	-	-	-

*Hedge's G; ^bη²

Bold values are significant.