Table 1
Distribution of the study population

Semester	Degree program	No. of students
I	Primary Education	85
III	Primary Education	85
V	Primary Education	80
VII	Primary Education	75
IX	Primary Education	65
Total		**390**

Table 2
Participant inclusion and exclusion criteria

Inclusion criteria	Exclusion criteria
Be enrolled at the university.	Not be enrolled at the university.
Have current official enrollment.	Not have official enrollment.
Participate regularly in academic activities.	Not participate regularly in academic activities.
Belong to the semesters considered for defining the population.	Belong to semesters not considered for defining the population.

Table 3
Instrument Validity Using Aiken's V

Instrument	Dimension	No. of Items	Aiken's V	95% CI
EF	Self-assessment	9	0.95	[0.89; 0.98]
EF	Peer assessment	9	0.93	[0.86; 0.97]
EF	Shared assessment	9	0.96	[0.91; 0.99]
EA	Stressors	7	0.94	[0.88; 0.98]
EA	Symptoms	7	0.92	[0.85; 0.97]
EA	Coping strategies	6	0.93	[0.87; 0.98]

Table 4
Instrument Reliability Using Cronbach's Alpha in the Pilot Sample

Instrument	No. of Items	Pilot Sample Size	Cronbach's Alpha (α)
Formative Assessment	27	20	0.919
Academic Stress	20	20	0.895

Table 5
Instrument Reliability Using Cronbach's Alpha in the Final Sample

Instrument	Dimension	No. of Items	Cronbach's Alpha (α)
EF	Self-assessment	9	0.887
	Peer assessment	9	0.890
	Shared assessment	9	0.887
	Overall	**27**	**0.959**
	Stressors	7	0.873
	Symptoms	7	0.866

EA	Coping strategies	6	0.860
	Overall	**20**	**0.952**

Table 6
Cross-tabulation between EF and EA

		EA			
		Low	Medium	High	Total
EF	Low	3	40	42	85
		0.8%	10.3%	10.8%	21.8%
	Average	36	135	43	214
		9.2%	34.6%	11.0%	54.9%
	Good	52	36	3	91
		13.3%	9.2%	0.8%	23.3%
Total		91	211	88	390
		23.3%	54.1%	22.6%	100.0%

Table 7
Cross-tabulation between AE and EA

		EA			
		Low	Medium	High	Total
AE	Low	5	65	55	125
		1.3%	16.7%	14.1%	32.1%
	Average	54	126	33	213
		13.8%	32.3%	8.5%	54.6%
	Good	32	20	0	52
		8.2%	5.1%	0.0%	13.3%
Total		91	211	88	390
		23.3%	54.1%	22.6%	100.0%

Table 8
Cross-tabulation between CE and EA

		EA			
		Low	Medium	High	Total
CE	Low	1	18	31	50
		0.3%	4.6%	7.9%	12.8%
	Average	22	111	44	177
		5.6%	28.5%	11.3%	45.4%
	Good	68	82	13	163
		17.4%	21.0%	3.3%	41.8%

Total	91	211	88	390
	23.3%	54.1%	22.6%	100.0%

Table 9

Cross-tabulation between EC and EA

		EA			
		Low	Medium	High	Total
EC	Low	3	41	40	84
		0.8%	10.5%	10.3%	21.5%
	Average	35	130	45	210
		9.0%	33.3%	11.5%	53.8%
	Good	53	40	3	96
		13.6%	10.3%	0.8%	24.6%
Total		91	211	88	390
		23.3%	54.1%	22.6%	100.0%

Table 10

Correlation between Academic stress and Formative assessment

EF	EA (Spearman's rho)	p-value
Overall	-0.592	<0.001
A*	-0.581	<0.001
C*	-0.520	<0.001
EC*	-0.575	<0.001

Figure 1

Relationship between EF and EA

