



This is supplementary material to the following article:

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## Supplemental Materials

**Table S1.** *Overview of Measurement Dates (Month, Week of Study, Specific Dates) for Mental Health and Health Behaviors*

Variable	Date				
	3/2020	4/2020		5/2020	6/2020
	(t <sub>0</sub> )	(t <sub>1</sub> )		(t <sub>2</sub> )	(t <sub>3</sub> )
	Week 0	Week 3	Week 4	Week 9	Week 11
	March 2–8	(April 3–10)	(April 10–17)	(May 15–22)	(May 29– June 5)
Screen time	x		x	x	x
Snacks	x		x	x	x
Physical activity	x	x		x	x
Anxiety		x	x	x	x
Depression				x	x
Loneliness				x	x

*Note.* Week 0 was the last week before lockdown; assessments for Week 0 were retrospective.

**Table S2***Distributional properties of the dependent variables, unweighted*

	<b>Observations</b>	<b>Mean</b>	<b>Std- Deviation</b>	<b>Variance</b>	<b>Skewness</b>	<b>Kurtosis</b>	<b>Range</b>
Anxiety	10259	1.74	0.64	0.41	1.02	4.28	[1-4]
Depression	6743	1.45	0.69	0.48	1.70	5.56	[1-4]
Loneliness	6741	1.32	0.68	0.46	2.27	7.75	[1-4]
Snacks (per day)	13769	1.64	1.79	3.2	5.6	90.1	[0-55]
Screen time (in hours)	13765	5.84	4.23	17.86	1.46	5.6	[0-24]
Physical activity (WHO recommendation)	13667	0.68	0.47	0.22	-0.76	1.59	[0-1]

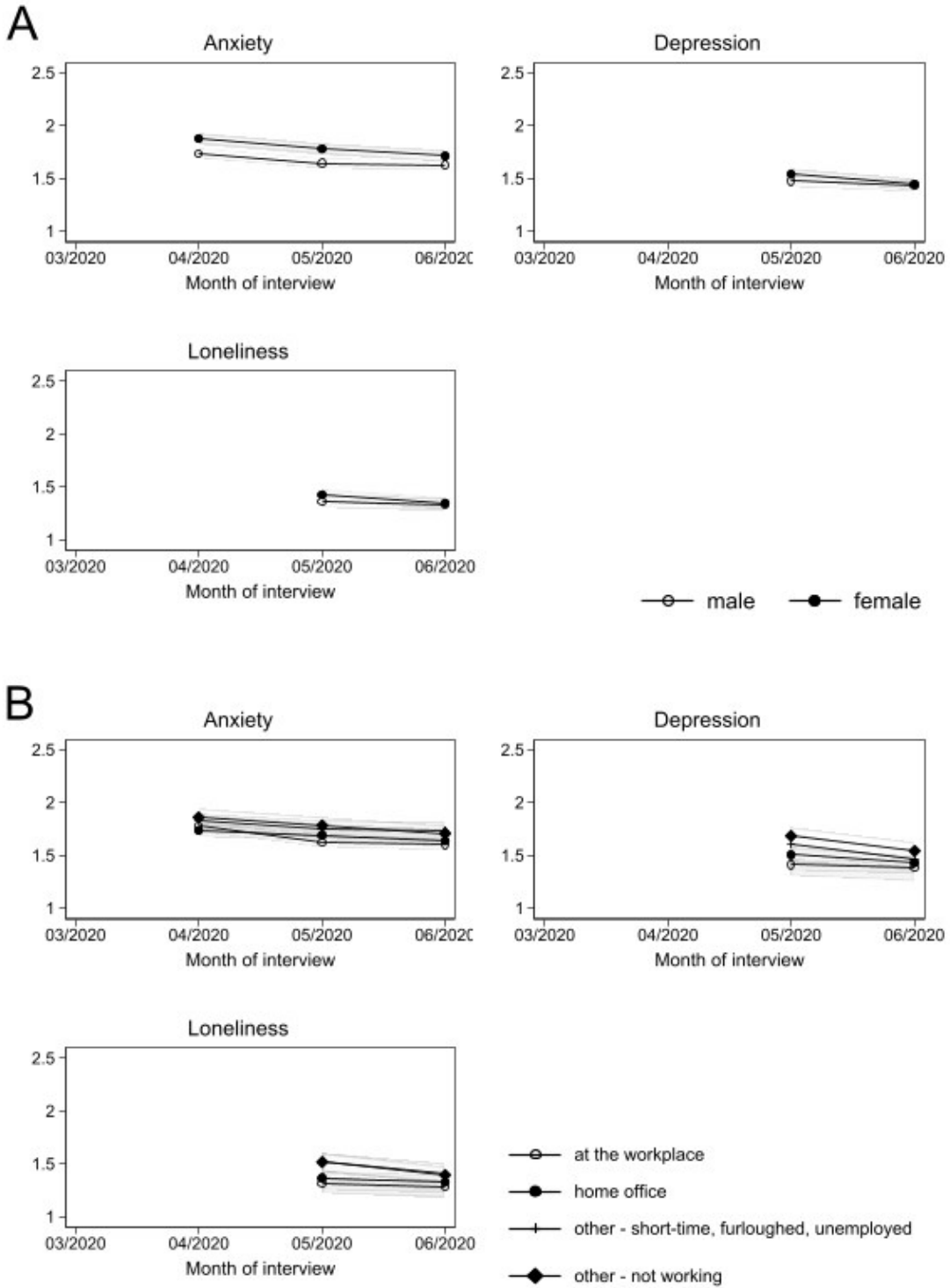
**Table S3**

*Percentage of the Population with High Values (Average of 3 or Higher on a 4-Point Scale) on Anxiety, Depression, and Loneliness at Three Measurement Points*

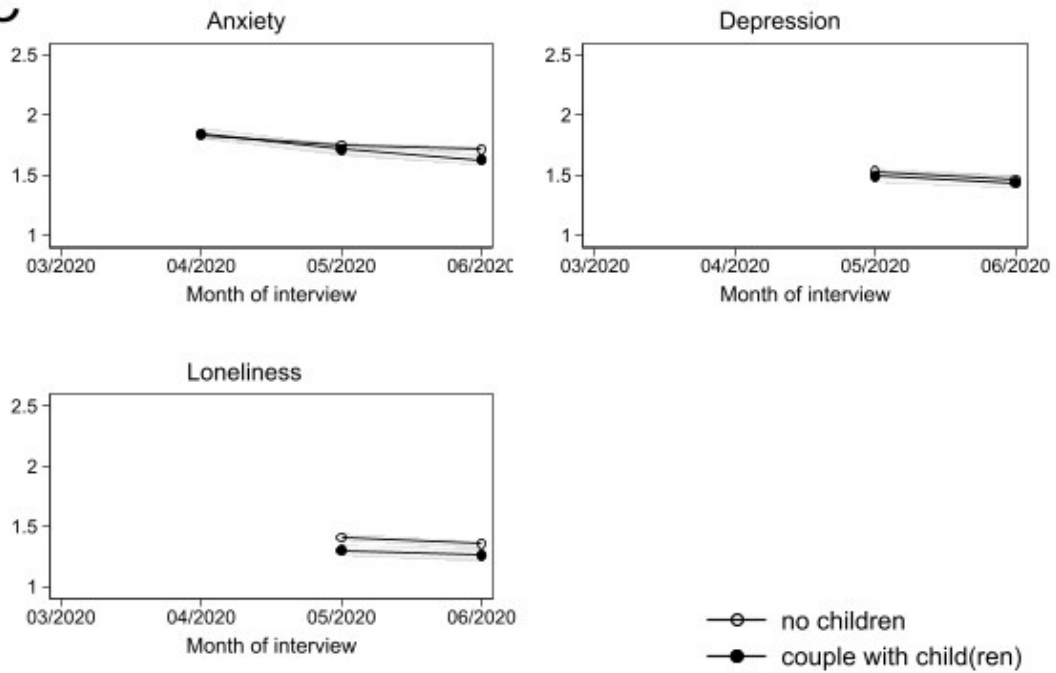
Variable	Symptom	Measurement month		
		04/2020	05/2020	06/2020
<b>Overall</b>	<i>Anxiety</i>	9.9	7.9	6.5
	<i>Depression</i>	–	8.1	7.4
	<i>Loneliness</i>	–	9.9	8.0
<b>Gender</b>				
Women	<i>Anxiety</i>	12.5	9.9	7.7
Men		7.3	6.0	5.3
Women	<i>Depression</i>	–	8.9	7.8
Men		–	7.3	7.1
Women	<i>Loneliness</i>	–	10.9	8.4
Men		–	8.9	7.6
<b>Employment</b>				
At work	<i>Anxiety</i>	8.2	5.6	5.8
Home office		7.6	7.7	6.4
Short-time work, furloughed, unemployed		14.3	11.1	7.4
At work	<i>Depression</i>	–	5.0	5.5
Home office		–	7.1	4.8
Short-time work, furloughed, unemployed		–	15.9	12.6
At work	<i>Loneliness</i>	–	6.7	5.7
Home office		–	6.7	6.0
Short-time work, furloughed, unemployed		–	19.2	14.3
<b>Children</b>				
Children in household	<i>Anxiety</i>	8.4	6.6	4.2
No children		10.0	8.4	7.0
Single parent		19.4	6.0	8.0
Children in household	<i>Depression</i>	–	7.0	6.6
No children		–	8.3	7.4
Single parent			8.8	12.3
Children in household	<i>Loneliness</i>	–	8.1	7.2
No children		–	10.0	7.9
Single parent			19.1	13.9
<b>Health</b>				

Variable	Symptom	Measurement month		
		04/2020	05/2020	06/2020
Good or very good	<i>Anxiety</i>	7.6	5.1	3.9
Not so good or bad		14.2	13.7	11.8
Good or very good	<i>Depression</i>		5.2	4.2
Not so good or bad			14.3	14.5
Good or very good	<i>Loneliness</i>		7.4	5.1
Not so good or bad			15.3	13.5

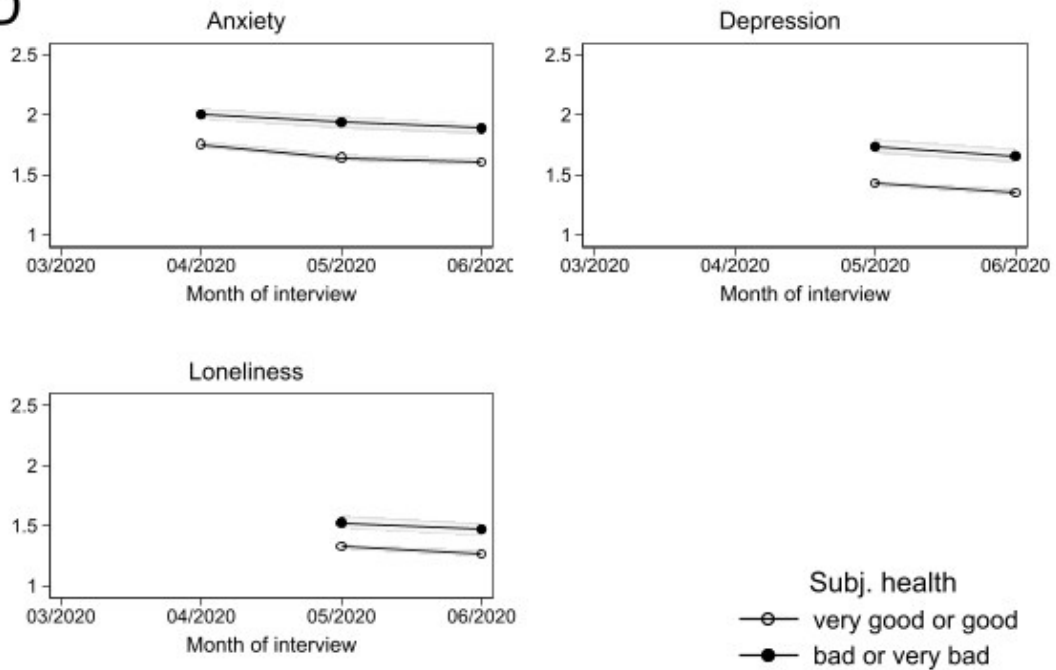
**Fig. S1.** Levels of and time trends in well-being during the lockdown among different groups.



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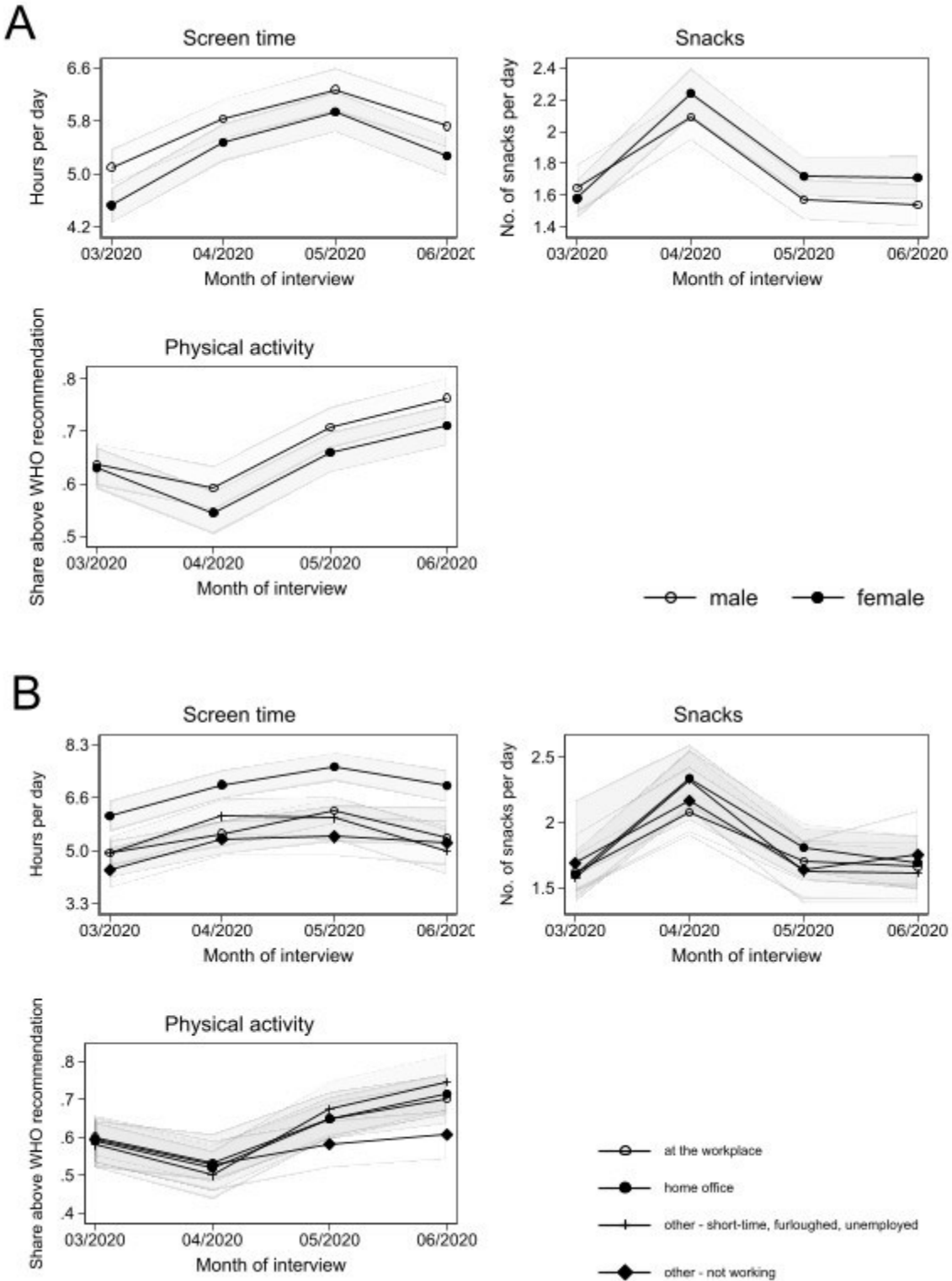


Note. On the y axis, 1 = not at all, 2 = a little bit, 3 = considerably, 4 = very much for anxiety; for depression and loneliness: 1 = not at all or less than one day, 2 = on 1–2 days, 3 = on 3–4 days, 4

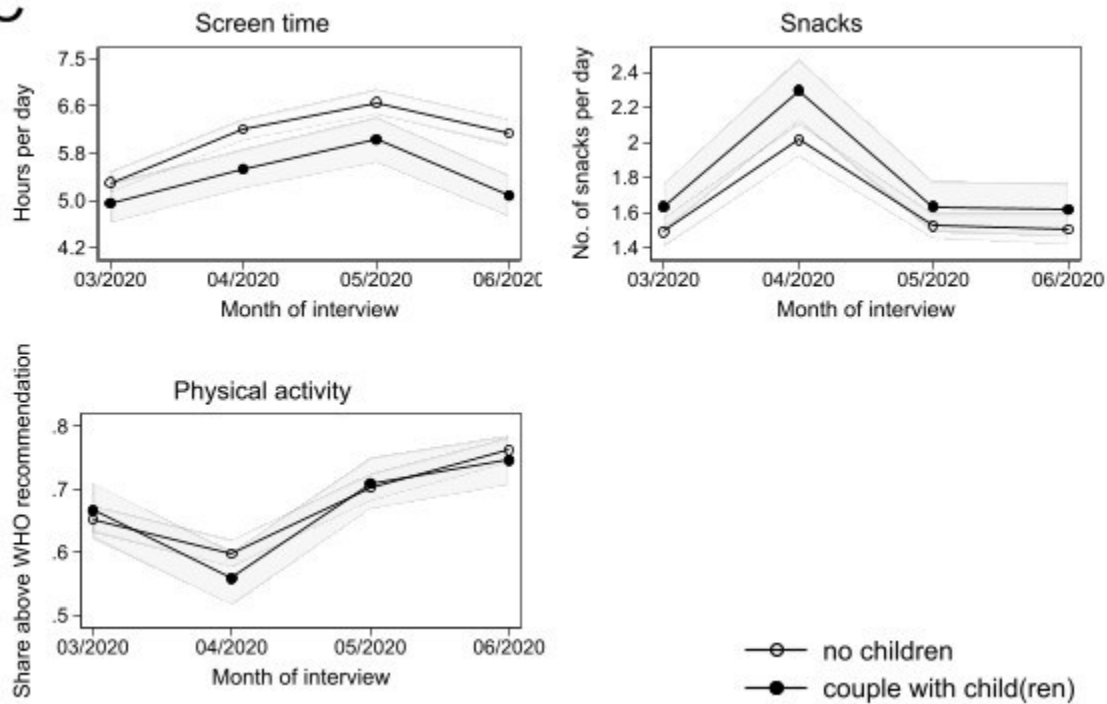
= on 5–7 days. Gray shadings show 95% confidence intervals; they allow us to visually inspect whether differences between groups are significantly different from each other.



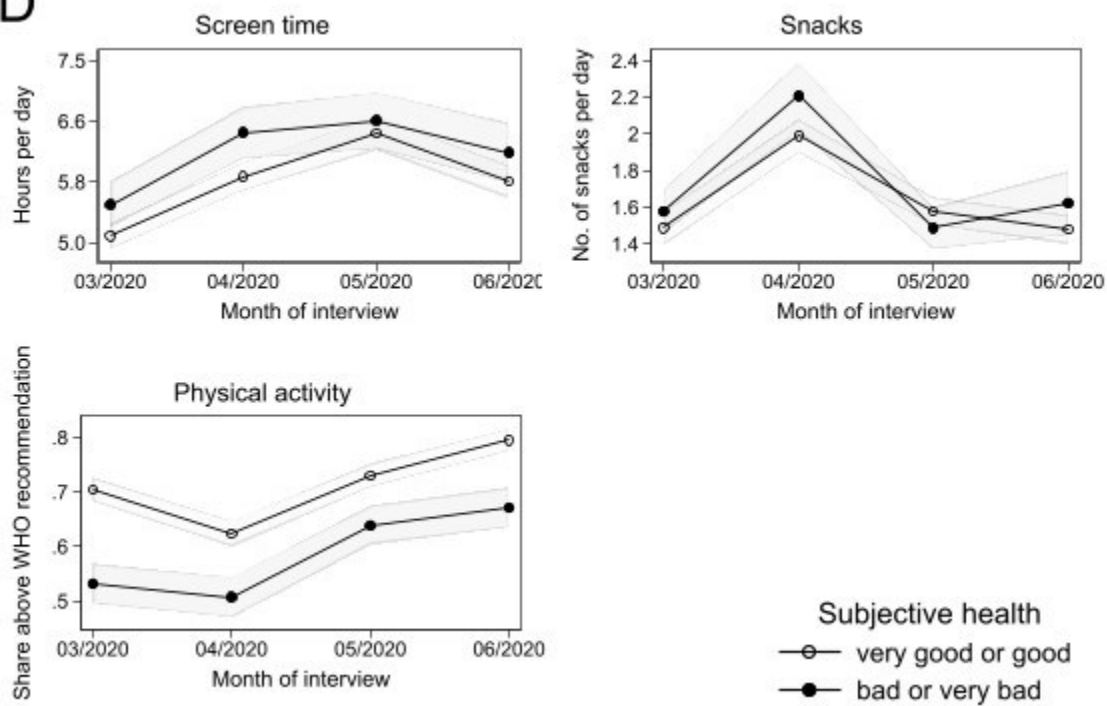
**Fig. S2.** Levels of and time trends in health behaviors before and during the lockdown among different groups.



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Note. Gray shadings show 95% confidence intervals. WHO = World Health Organization.