Supplementary Material

Table S1. Content of the questionnaire.

The items of the questionnaire concerned:
(1) sex (women, men),
(2) age (years),
(3) marital status (unmarried, married),
(4) residence (urban, rural),
(5) educational level (primary, secondary, tertiary),
(6) job (health professionals, with physical presence, full-time distance working, part-time distance working, unemployed, other),
(7) compliance with lockdown restrictions (yes, no),
(8) infected with COVID-19 for the participant or in their close environment (yes, no),
(9) weight (kg),
(10) height (m),
(11) sleep duration in a typical night of last week (h),
(12) quality of sleep in a typical night of last week (bad, average, good),
(13) sleep duration in a typical night before lockdown (h),
(14) quality of sleep in a typical night of last week compared to a typical night before lockdown (worsen, no change, improve),
(15) frequency of high intensity PA during the last seven days (days),
(16) duration of high intensity PA during a typical day (min),
(17) compared to a normal week, change of high intensity PA in lockdown (decrease, no change, increase),
(18) frequency of moderate intensity PA during the last seven days (days),
(19) duration of moderate PA during a typical day (min),
(20) compared to a normal week, change of moderate PA in lockdown (decrease, no change, increase),
21) frequency of walking during the last seven days (days),
(22) duration of walking during a typical day (min),
(23) compared to a normal week, change of walking in lockdown (decrease, no change, increase),
(24) time spent sitting in a typical day during the last seven days (h),
(25) change of weight during lockdown (decrease, no change, increase),
(26) quantification of change of weight (kg),
(27) quantitative change of food consumption in lockdown (less, the same, more),
(28) qualitative change of food consumption in lockdown (worsen, the same, improve).