





*Only significant differences ($p < 0.017$ after Bonferroni adjustment for multiple comparisons) are highlighted.

Figure S1. Box and whisker plot tiles displaying changes * in lifestyle behaviours and health outcomes at different timepoints during the first set of COVID-19 public health restrictions.

Table S1. Changes in DINE fibre categories at different timepoints during the first set of COVID-19 public health restrictions.

	Fibre category at T2			Count, n	X ²	p value
Fibre category at T1	Low	Medium	High			
Low	92	26	2	296	5.48	p=0.140
Medium	25	62	23			
High	6	12	48			
	Fibre category at T3			Count, n	X ²	p value
Fibre category at T1	Low	Medium	High			
Low	95	23	2	296	6.13	p=0.105
Medium	39	56	15			
High	5	20	41			
	Fibre category at T3					
Fibre category at T2	Low	Medium	High			
Low	89	31	3	296	6.97	p=0.073
Medium	38	44	18			
High	12	24	37			

Abbreviations: T1 = timepoint 1; T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.017 after Bonferroni adjustment)

Table S2. Changes in DINE saturated fat categories at different timepoints during the first set of COVID-19 public health restrictions.

	Saturated fat category at T2			Count, n	X²	p value
Saturated fat category at T1	Low	Medium	High			
Low	232	13	1	296	4.60	p=0.203
Medium	24	22	1			
High	0	2	1			
	Saturated fat category at T3					
Saturated fat category at T1	Low	Medium	High			
Low	226	18	2	296	4.46	p=0.216
Medium	26	20	1			
High	0	3	0			
	Saturated fat category at T3					
Saturated fat category at T2	Low	Medium	High			
Low	230	23	3	296	1.41	p=0.703
Medium	20	17	0			
High	2	1	0			

Abbreviations: T1 = timepoint 1; T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.017 after Bonferroni adjustment)

Table S3. Changes in DINE unsaturated fat categories at different timepoints during the first set of COVID-19 public health restrictions.

	Unsaturated fat category at T2			Count, n	X ²	p value
Unsaturated fat category at T1	Low	Medium	High			
Low	17	1	0	296	2.71	p=0.258
Medium	5	145	12			
High	0	13	103			
	Unsaturated fat category at T3					
Unsaturated fat category at T1	Low	Medium	High			
Low	6	11	1	296	2.83	p=0.419
Medium	18	113	31			
High	3	34	79			
	Unsaturated fat category at T3					
Unsaturated fat category at T2	Low	Medium	High			
Low	9	11	2	296	0.95	p=0.814
Medium	15	111	33			
High	3	36	76			

Abbreviations: T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.017 after Bonferroni adjustment)

Table S4. Changes in compliance with MVPA guidelines at different timepoints during the first set of COVID-19 public health restrictions.

	Meeting MVPA guidelines at T2		Count, n	X ²	p value
Meeting MVPA guidelines at T1	Yes	No			
Yes	218	53	288	35.86	p<0.001*
No	6	11			
	Meeting MVPA guidelines at T3		Count, n	X ²	p value
Meeting MVPA guidelines at T1	Yes	No			
Yes	228	43	288	19.32	p<0.001*
No	10	7			
	Meeting MVPA guidelines at T3		Count, n	X ²	p value
Meeting MVPA guidelines at T2	Yes	No			
Yes	200	24	288	2.73	p=0.099
No	38	26			

Abbreviations: MVPA = moderate-vigorous physical activity; T1 = timepoint 1; T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.017 after Bonferroni adjustment)

Table S5. Changes in compliance with sitting and screen time thresholds at different timepoints during the first set of COVID-19 public health restrictions.

	≥480 minutes/day sitting time at T2		Count, n	X²	p value
≥480 minutes/day sitting time at T1	Yes	No			
Yes	104	13	280	45.10	p<0.001*
No	76	88			
	≥480 minutes/day sitting time at T3		Count, n	X²	p value
≥480 minutes/day sitting time at T1	Yes	No			
Yes	86	29	284	8.48	p=0.004*
No	57	108			
	≥480 minutes/day sitting time at T3		Count, n	X²	p value
≥480 minutes/day sitting time at T2	Yes	No			
Yes	122	60	284	20.25	p<0.001*
No	19	83			
	≥480 minutes/day screen time at T2		Count, n	X²	p value
≥480 minutes/day screen time at T1	Yes	No			
Yes	53	5	293	37.12	p<0.001*
No	52	183			

	≥480 minutes/day screen time at T3		Count, n	X²	p value
≥480 minutes/day screen time at T1	Yes	No			
Yes	41	17	294	19.01	p<0.001*
No	55	181			
	≥480 minutes/day screen time at T3		Count, n	X²	p value
≥480 minutes/day screen time at T2	Yes	No			
Yes	67	38	293	0.955	p=0.328
No	29	159			

Abbreviations: T1 = timepoint 1; T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.017 after Bonferroni adjustment)

Table S6. Changes in categorical mental health outcomes between T2 and T3 during the first set of COVID-19 public health restrictions.

	BAI category at T3		Count, n	X²	p value
BAI category at T2	Mild	Moderate-severe			
Mild	196	13	296	5.95	p=0.015*
Moderate-severe	30	57			
	BDI category at T3		Count, n	X²	p value
BDI category at T2	Mild	Moderate-severe			
Mild	233	15	296	0.31	p=0.860
Moderate-severe	17	31			
	SWEMWBS category at T3		Count, n	X²	p value
SWEMWBS category at T2	Low	Medium-high			
Low	10	11	296	0.00	p=1.000
Medium-high	10	265			

Abbreviations: BAI = Beck's Anxiety Inventory; BDI = Beck's Depression Inventory; SWEMWBS = Short Warwick–Edinburgh Mental Wellbeing Scale; T2 = timepoint 2; T3 = timepoint 3

* = Significant difference (p<0.05)