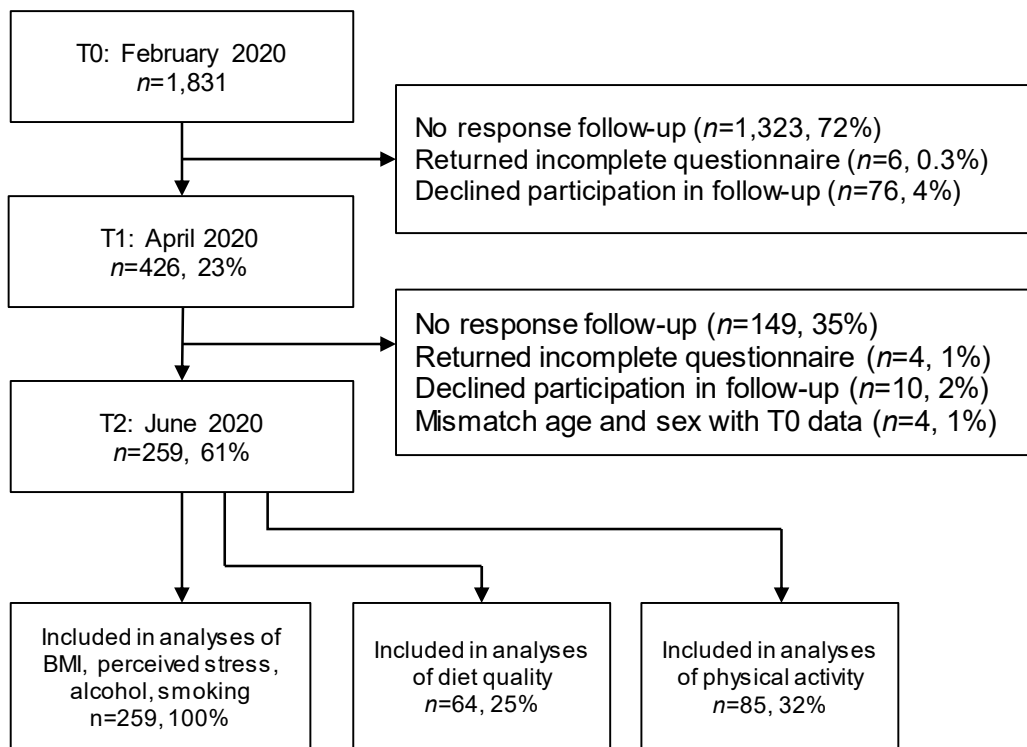


## Supplemental files

Changes in lifestyle behaviors and perceived stress in response to the COVID-19 pandemic: a longitudinal survey study



**Figure S1.** Flow-chart of study participants.

**Table S1.** Daily intake of food group included in the DHD15-index score.<sup>1</sup>

|                           | <b>T0<br/>(n=95)</b>     | <b>T2<br/>(n=238)</b>    | <b>P-value<sup>2</sup></b> |
|---------------------------|--------------------------|--------------------------|----------------------------|
| DHD15-index components:   | Grams/day, mean $\pm$ SD | Grams/day, mean $\pm$ SD |                            |
| Fruit                     | 132 $\pm$ 79             | 140 $\pm$ 86             | .15                        |
| Vegetables                | 138 $\pm$ 51             | 155 $\pm$ 143            | .20                        |
| Wholegrain                | 103 $\pm$ 81             | 95 $\pm$ 77              | .75                        |
| Legumes                   | 17 $\pm$ 19              | 22 $\pm$ 38              | <b>.002</b>                |
| Nuts                      | 11 $\pm$ 13              | 10 $\pm$ 18              | .47                        |
| Dairy                     | 276 $\pm$ 159            | 290 $\pm$ 202            | .73                        |
| Tea                       | 250 $\pm$ 229            | 206 $\pm$ 229            | .03                        |
| Red meat                  | 21 $\pm$ 23              | 23 $\pm$ 26              | .97                        |
| Processed meat            | 16 $\pm$ 23              | 15 $\pm$ 21              | .47                        |
| Sugar sweetened beverages | 19 $\pm$ 21              | 19 $\pm$ 17              | .77                        |
| Fish                      | 131 $\pm$ 222            | 132 $\pm$ 202            | .85                        |
| Alcohol [ethanol]         | 6 $\pm$ 7                | 7 $\pm$ 11               | <b>.005</b>                |

<sup>1</sup> The intake of salt, separation between solid and liquid fats, and filtered and unfiltered coffee were not collected. Adequacy components include vegetables, fruit, legumes, nuts, fish, wholegrains and tea, moderation components include red meat, processed meat, sweetened beverages and fruit juices, and alcohol and optimum components include dairy.

<sup>2</sup> P-values from repeated measures MANOVA for differences between T0 and T2.  
DHD15, Dutch Healthy Diet.

**Table S2.** Comparison of sample included in the analysis and participants who dropped out.<sup>1</sup>

|  | <b>Participants<br/>included<br/>(n=259)</b> | <b>Participants<br/>who dropped<br/>out<br/>(n=1,572)</b> | <b>p-value<sup>2</sup></b> |
|--|--|---|----------------------------|
| <b><i>Demographic factors</i></b>              |  |   |                            |
| Age (years)                                    | 57 ± 14                                      | 46 ± 16   | <.001                      |
| Female sex                                     | 59% (152)                                    | 53% (837)   | .11                        |
| With partner <sup>3</sup>                      | 81% (206)                                    | 78% (1,217)   | .44                        |
| Low/medium educational level <sup>3</sup>      | 47% (121)                                    | 52% (812)   | .13                        |
| Employment status                              |  |   | <.001                      |
| Working full-time                              | 23% (60)                                     | 42% (650)   |                            |
| Working part-time                              | 36% (92)                                     | 33% (513)   |                            |
| Other <sup>3</sup>                             | 41% (104)                                    | 25% (392)   |                            |
| <b><i>Perceived stress</i></b>                 | 11 ± 7                                       | 12 ± 6  | .01                        |
| Moderate or high perceived stress (PSS-10 ≥14) | 30% (76)                                     | 35% (523)   | .04                        |
| <b><i>Lifestyle variables</i></b>              |  |   |                            |
| Diet quality (DHD15-index score)               | 82 ± 16                                      | 78 ± 16   | .10                        |
| Physical activity level (minutes/day)          | 119 ± 104                                    | 126 ± 124   | .57                        |
| Smoking status                                 |  |   | <.001                      |
| Never  | 63% (162)                                    | 71% (1,111)   |                            |
| In the past                                    | 27% (69)                                     | 17% (267)   |                            |
| Current  | 10% (26)                                     | 12% (188)   |                            |
| # cigarettes/day among smokers                 | 9 ± 9  | 9 ± 6   | .98                        |
| Alcohol intake (# glasses/day)                 | 0.6 ± 0.7                                    | 0.6 ± 0.8   | .76                        |
| Alcohol intake category                        |  |   | .53                        |
| 0 g/d  | 14% (36)                                     | 12% (181)   |                            |
| >0 to 10 g/d (<1 glass/d)                      | 70% (182)                                    | 70% (1,081)   |                            |
| >10 to 20 g/d (1-2 glasses/d)                  | 9% (22)                                      | 11% (168)   |                            |
| >20 g/d (>2 glasses/d)                         | 7% (19)                                      | 8% (124)  |                            |

<sup>1</sup> Values are mean (SD) for continuous variables or % (n) for categorical variables.

<sup>2</sup> Independent sample t-tests were performed for continuous variables, Mann-Whitney U tests for not normally distributed continuous variables, and  $\chi^2$ -tests for categorical variables.

<sup>3</sup> With partner: married/registered partners, living together with partner, not living together with partner. Without partner: single, divorced, widow/widower. Low: primary education, secondary education, or secondary vocational education, high: university education or higher professional education. Other employment status including e.g., retired, studying, unemployed, homemaker, disability pension.

DHD15, Dutch Healthy Diet; PSS-10, Perceived Stress Scale.