

Supplementary Material

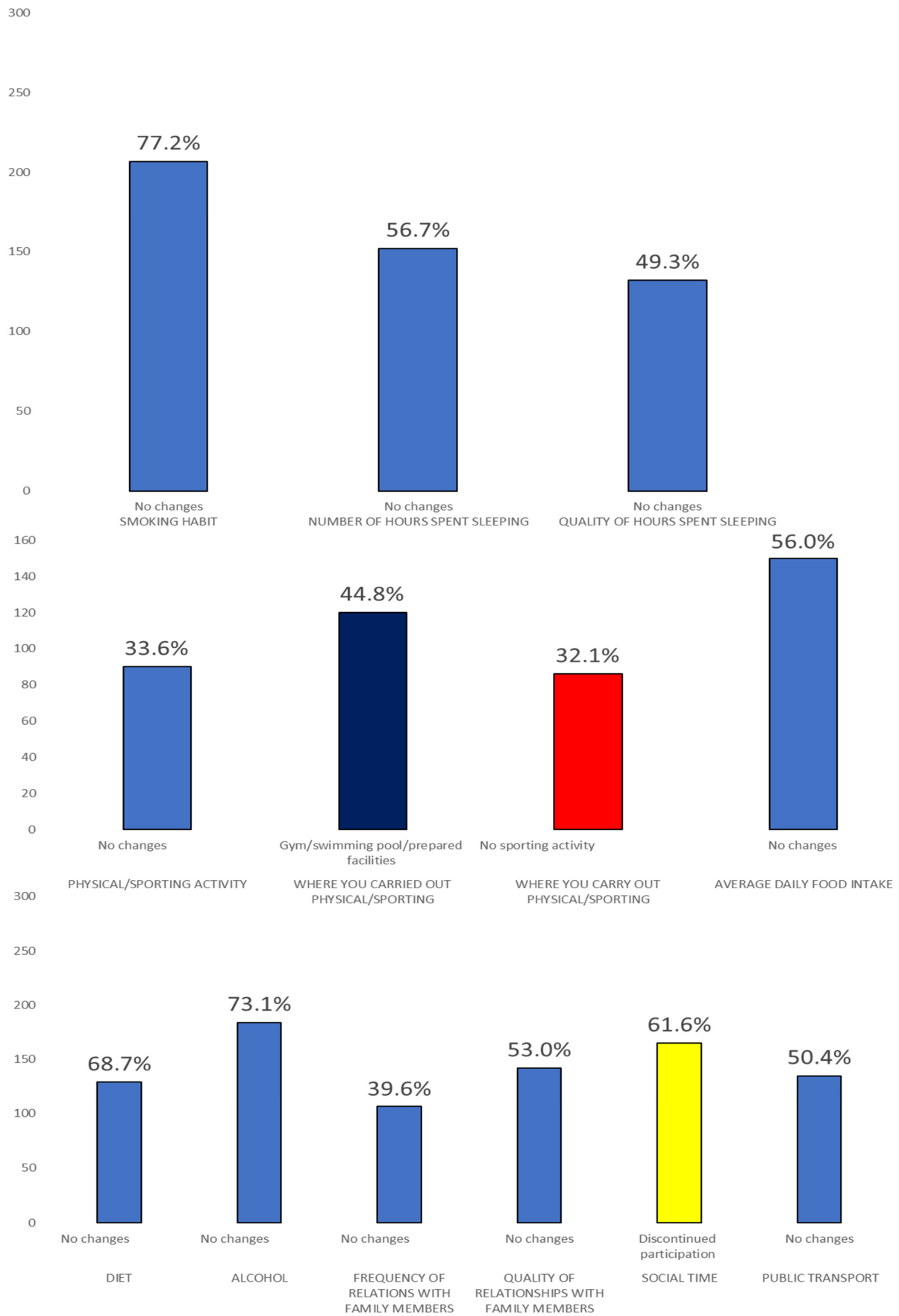
Table S1. Descriptive Statistics of the Sample ($N = 268$).

| Characteristic | Group | <i>N</i> (%) |
|--|--------------------------|--------------|
| Gender | Female | 213 (89.5%) |
| | Male | 55 (20.5%) |
| Age | | |
| M (SD) | 37.68 (12.91) | 268 (100%) |
| Min–Max | 21–73 | |
| Education | Primary school | 1 (0.4%) |
| | Middle school diploma | 4 (1.5%) |
| | High school diploma | 62 (23.1%) |
| | Graduate | 127 (47.4%) |
| | Postgraduate | 74 (27.6%) |
| Occupation | Employee | 133 (49.6%) |
| | Freelancer | 56 (20.9%) |
| | Unemployed | 26 (9.7%) |
| | Student | 47 (17.5%) |
| | Retired | 6 (2.2%) |
| Income | 0 € | 50 (18.7%) |
| | <10,000 € | 44 (16.4%) |
| | <15,000 € | 0 (0%) |
| | <26,000 € | 0 (0%) |
| | <55,000 € | 0 (0%) |
| | <75,000 € | 46 (17.2%) |
| | <120,000 € | 60 (22.4%) |
| Marital status | ≥120,000 € | 68 (25.4%) |
| | Unmarried | 79 (29.5%) |
| | Married | 67 (25.0%) |
| | In a relationship | 110 (41.0%) |
| | Separated/divorced | 9 (3.4%) |
| Child(ren) | Widower | 3 (1.1%) |
| | Yes | 92 (34.3%) |
| if yes: | No | 176 (65.7%) |
| | | |
| M (SD) | 1.69 (0.65) | 88 (95.7%) |
| Min–Max | 1–4 | |
| Citizenship | Italian | 267 (99.6%) |
| | Foreign | 1 (0.4%) |
| Region of residence | North | 61 (22.8%) |
| | Center | 141 (52.6%) |
| | South | 66 (24.6%) |
| COVID-19–independent trauma in the past year | Diagnosis of disease | 3 (1.1%) |
| | Dismissal/loss of job | 48 (17.9%) |
| | Death of a family member | 162 (60.4%) |
| | Legal problems | 4 (1.5%) |
| | Separation or divorce | 19 (7.1%) |
| | Moving city or country | 6 (2.2%) |
| | None of the above | 26 (9.7%) |
| COVID-19–dependent trauma in the past year | Diagnosis of disease | 2 (0.7%) |
| | Dismissal/loss of job | 12 (4.5%) |
| | Death of a family member | 224 (83.6%) |
| | Legal problems | 3 (1.1%) |
| | Separation or divorce | 3 (1.1%) |
| | Moving city or country | 7 (2.6%) |

| | | |
|--------------------------|-------------------|-------------|
| | None of the above | 17 (6.3%) |
| Medical issues: | | |
| No pathology | Yes | 175 (63.3%) |
| | No | 93 (34.7%) |
| Cardiovascular pathology | Yes | 12 (4.5%) |
| | No | 256 (95.5%) |
| Respiratory pathology | Yes | 9 (3.4%) |
| | No | 259 (96.6%) |
| Oncological pathology | Yes | 14 (5.2%) |
| | No | 254 (94.8%) |
| Orthopedic pathology | Yes | 17 (6.3%) |
| | No | 251 (93.7%) |
| Psychiatric pathology | Yes | 6 (2.2%) |
| | No | 262 (97.8%) |
| Other pathology | Yes | 49 (18.3%) |
| | No | 219 (81.7%) |
| Psychotherapy | Yes | 93 (34.7%) |
| | No | 175 (63.3%) |
| Psychopharmaceuticals | Yes | 25 (9.3%) |
| | No | 243 (90.7%) |

Table S2. Containment Measures Introduced in March 2020 and Still Retained.

| Which of the Infection Containment Measures Introduced in March 2020 to Prevent the Spread of COVID-19 Do You Still Follow? | Group | N (%) |
|---|-------|-------------|
| Avoid hugs | Yes | 96 (35.8%) |
| | No | 156 (56.0%) |
| Avoid handshakes | Yes | 115 (42.9%) |
| | No | 131 (48.9%) |
| Maintain a distance of at least 1 meter from others | Yes | 103 (38.4%) |
| | No | 143 (53.4%) |
| Avoid places where there are crowds | Yes | 153 (57.1%) |
| | No | 93 (34.7%) |
| Wash (or disinfect with alcohol-based gel) hands often outside the home | Yes | 207 (77.2%) |
| | No | 39 (14.6%) |
| Avoid touching face with hands | Yes | 145 (54.1%) |
| | No | 101 (37.7%) |
| Sneeze or cough using a handkerchief or elbow | Yes | 209 (78.0%) |
| | No | 37 (13.8%) |
| Use masks in enclosed spaces | Yes | 163 (60.8%) |
| | No | 83 (31.0%) |



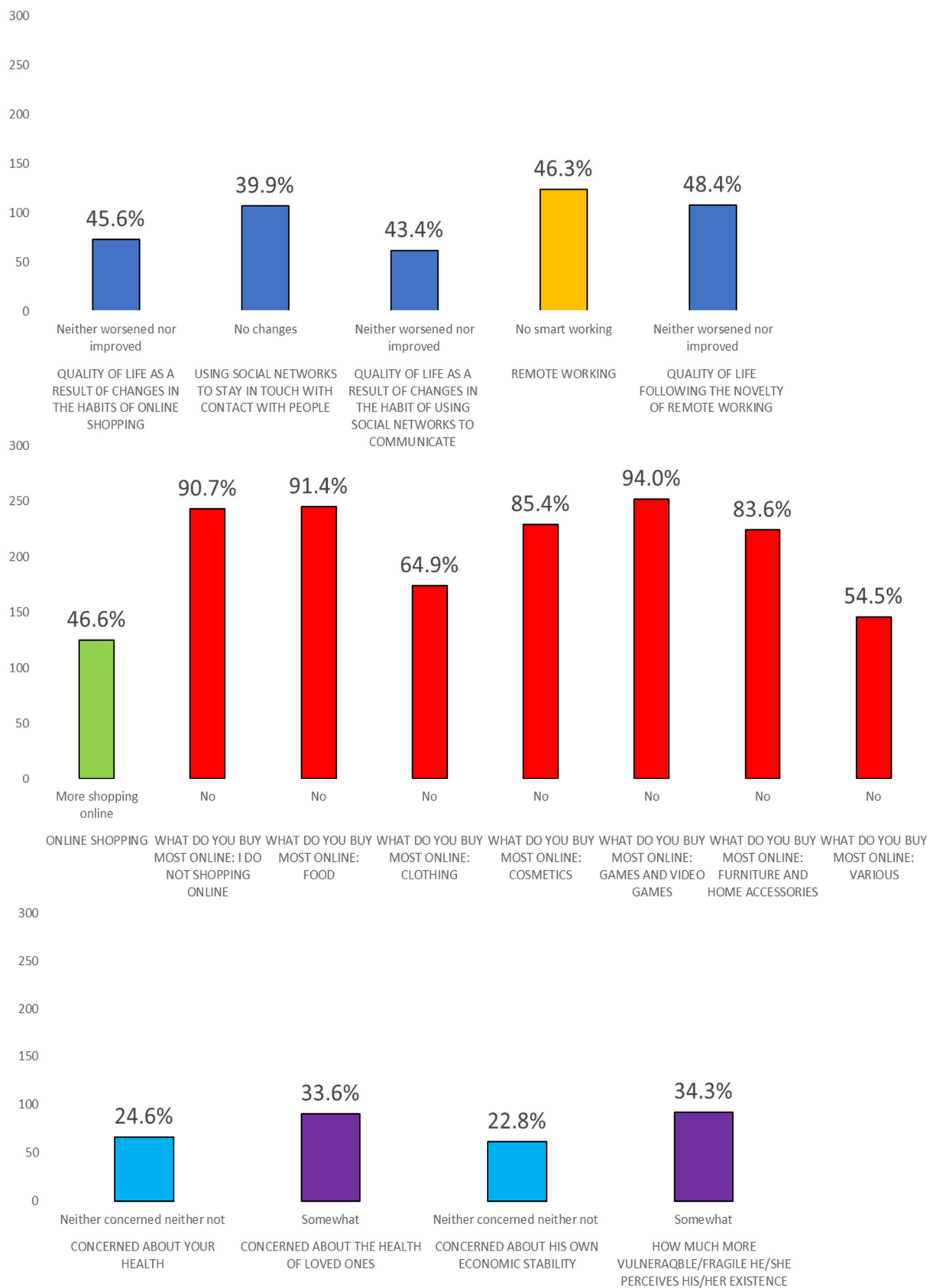


Figure S1. Prevailing Modes of Lifestyle Variables.