**Table S1.** Confusion matrix and Cronbach's $\alpha$ coefficients of self-reported weight change in the fiscal year 2021 questionnaire and the amount of actual weight change based on student health examination data from fiscal years 2019 to 2021.

| | | Weight gain of ≥3 kg | Weight gain of <3 kg | No change | Weight loss of <3 kg | Weight loss of ≥3 kg |
|---|---|---|---|---|---|---|
| (1) | +3≦ΔBW | 124 | 94 | 106 | 9 | 3 |
| | +1≦ΔBW<+3 | 28 | 107 | 181 | 21 | 5 |
| | −1≦ΔBW<+1 | 8 | 59 | 253 | 67 | 22 |
| | −3≦ΔBW<−1 | 8 | 29 | 212 | 106 | 40 |
| | ΔBW<−3 | 1 | 13 | 135 | 73 | 79 |
| (2) | +4.5≦ΔBW | 87 | 44 | 52 | 4 | 0 |
| | +1.5≦ΔBW<+4.5 | 60 | 133 | 183 | 20 | 7 |
| | −1.5≦ΔBW<+1.5 | 15 | 91 | 370 | 94 | 32 |
| | −4.5≦ΔBW<−1.5 | 6 | 28 | 223 | 123 | 57 |
| | ΔBW<−4.5 | 1 | 6 | 59 | 35 | 53 |

ΔBW: actual weight change based on student health examination data from fiscal years 2019 to 2021 (kg)

The Cronbach's $\alpha$ coefficients in ΔBW and questionnaire responses with in the measurement results stratified into five groups using criteria (1) and (2) were 0.69 and 0.71, respectively.

The sensitivity and specificity of ΔBW stratified into five groups and questionnaire responses for weight gain of ≥3 kg and ΔBW of ≥4.5 kg were 0.47 and 0.95, respectively, whereas for ΔBW of ≥3 kg, the values were 0.37 and 0.97, respectively. In the corresponding ΔBW for other groups, sensitivity was 0.26–0.62 and specificity was 0.54–0.95.

**Table S2.** Binary logistic regression analysis for the lifestyle factors associated with a weight gain of >3 kg during mild lockdown of the four factors with the highest OR in the Fisher's exact test in male students.

| Lifestyle factors | Category | Units | Estimate of log odds ratio | 95% CI | p value | |
|---|---|---|---|---|---|---|
| # Frequency of dining out and sleep duration | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |
| Frequency of dining out | 1 | time/week | 0.03 | (−0.40 to 0.44) | 0.88 | |
| Frequency of dining out | 2–3 | times/week | 0.16 | (−0.30 to 0.59) | 0.48 | |
| **Frequency of dining out** | **≥4** | **times/week** | **0.68** | **(0.17 to 1.16)** | **6.8 × 10$^{-3}$** | ** |
| Sleep duration | 6–9 | h/day | Reference | | | |
| Sleep duration | <6 | h/day | 0.22 | (−0.14 to 0.56) | 0.22 | |
| Sleep duration | ≥9 | h/day | 0.78 | (0.08 to 1.41) | 0.02 | * |
| | | | | | | |
| # Frequency of dining out and gaming time | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |
| Frequency of dining out | 1 | time/week | 0 | (−0.43 to 0.41) | 0.99 | |
| Frequency of dining out | 2–3 | times/week | 0.14 | (−0.32 to 0.57) | 0.55 | |
| **Frequency of dining out** | **≥4** | **times/week** | **0.66** | **(0.15 to 1.14)** | **8.7 × 10$^{-3}$** | ** |
| Gaming time | 0 | h/day | Reference | | | |
| Gaming time | <2 | h/day | 0.12 | (−0.32 to 0.57) | 0.61 | |
| Gaming time | 2–4 | h/day | 0.12 | (−0.33 to 0.58) | 0.60 | |
| **Gaming time** | **≥4** | **h/day** | **0.82** | **(0.30 to 1.35)** | **2.0 × 10$^{-3}$** | ** |
| | | | | | | |
| # Frequency of dining out and internet surfing time | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Frequency of dining out | 1 | time/week | 0.01 | (−0.43 to 0.42) | 0.98 | |
| Frequency of dining out | 2–3 | times/week | 0.15 | (−0.31 to 0.58) | 0.52 | |
| **Frequency of dining out** | **≥4** | **times/week** | **0.62** | **(0.11 to 1.11)** | **$1.4 \times 10^{-2}$** | * |
| Internet surfing time | 0 | h/day | Reference | | | |
| Internet surfing time | <2 | h/day | 0.1 | (−0.85 to 1.33) | 0.85 | |
| Internet surfing time | 2–4 | h/day | 0.18 | (−0.75 to 1.40) | 0.73 | |
| Internet surfing time | ≥4 | h/day | 1.04 | (0.10 to 2.27) | $5.3 \times 10^{-2}$ | |
| | | | | | | |
| # Sleep duration and gaming time | | | | | | |
| Sleep duration | 6–9 | h/day | Reference | | | |
| Sleep duration | <6 | h/day | 0.2 | (−0.16 to 0.54) | 0.27 | |
| Sleep duration | >9 | h/day | 0.64 | (−0.08 to 1.28) | 0.06 | |
| Gaming time | 0 | h/day | Reference | | | |
| Gaming time | <2 | h/day | 0.13 | (−0.31 to 0.58) | 0.58 | |
| Gaming time | 2–4 | h/day | 0.11 | (−0.34 to 0.57) | 0.63 | |
| **Gaming time** | **≥4** | **h/day** | **0.78** | **(0.25 to 1.30)** | **$3.9 \times 10^{-3}$** | ** |
| | | | | | | |
| ♯ Sleep duration and internet surfing time | | | | | | |
| Sleep duration | 6–9 | h/day | Reference | | | |
| Sleep duration | <6 | h/day | 0.2 | (−0.16 to 0.54) | 0.27 | |
| Sleep duration | ≥9 | h/day | 0.64 | (−0.07 to 1.28) | 0.06 | |
| Internet surfing time | 0 | h/day | Reference | | | |
| Internet surfing time | <2 | h/day | 0.17 | (−0.79 to 1.40) | 0.76 | |
| Internet surfing time | 2–4 | h/day | 0.24 | (−0.69 to 1.46) | 0.65 | |
| **Internet surfing time** | **≥4** | **h/day** | **1.09** | **(0.14 to 2.31)** | **0.04** | * |

| # Gaming time and internet surfing time | | | | | |
|---|---|---|---|---|---|
| Gaming time | 0 | h/day | Reference | | |
| Gaming time | <2 | h/day | 0.18 | (−0.27 to 0.66) | 0.43 |
| Gaming time | 2–4 | h/day | 0.15 | (−0.32 to 0.62) | 0.54 |
| Gaming time | ≥4 | h/day | 0.52 | (−0.03 to 1.07) | 0.06 |
| Internet surfing time | 0 | h/day | Reference | | |
| Internet surfing time | <2 | h/day | 0.01 | (−0.99 to 1.26) | 0.99 |
| Internet surfing time | 2–4 | h/day | 0.09 | (−0.88 to 1.34) | 0.86 |
| Internet surfing time | ≥4 | h/day | 0.88 | (−0.11 to 2.13) | 0.11 |

*p < 0.05; **p < 0.01; ***p < 0.01. We conducted binary logistic regression analysis of the four factors with the highest OR in the Fisher's exact test. These top factors included frequency of dining out of ≥4 times/week, sleep duration of ≥9 h, gaming time of ≥4 h, and internet surfing time of ≥4 h.

**Table S3.** Binary logistic regression analysis for the lifestyle factors associated with a weight gain of >3 kg during mild lockdown of the four factors with the highest OR in the Fisher's exact test in female students.

| Lifestyle factors | Category | Units | Estimate of log odds ratio | 95% CI | p value | |
|---|---|---|---|---|---|---|
| **# Frequency of dining out and smoking status** | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |
| Frequency of dining out | 1 | time/week | 0.04 | (−0.51 to 0.55) | 0.87 | |
| Frequency of dining out | 2–3 | times/week | 0.47 | (−0.29 to 1.13) | 0.19 | |
| Frequency of dining out | ≥4 | times/week | 0.76 | (−0.34 to 1.66) | 0.13 | |
| Smoking status | None | | Reference | | | |
| Smoking status | Ex | | −0.74 | (−4.10 to 2.62) | 0.63 | |
| Smoking status | Occasion | | 1.12 | (−2.40 to 4.70) | 0.49 | |
| Smoking status | Daily | | −0.67 | (−2.46 to 2.27) | 0.54 | |
| | | | | | | |
| **# Frequency of dining out and time spent at home** | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |
| Frequency of dining out | 1 | time/week | 0.08 | (−0.48 to 0.58) | 0.78 | |
| Frequency of dining out | 2–3 | times/week | 0.5 | (−0.26 to 1.16) | 0.16 | |
| Frequency of dining out | ≥4 | times/week | 0.69 | (−0.41 to 1.59) | 0.17 | |
| Time spent at home | <8 | h/day | Reference | | | |
| Time spent at home | 8–12 | h/day | 0.51 | (−0.10 to 1.13) | 0.11 | |
| **Time spent at home** | **≥12** | **h/day** | **0.67** | **(0.16 to 1.22)** | **0.01** | * |
| | | | | | | |
| **# Frequencies of dining out and social club activities** | | | | | | |
| Frequency of dining out | <1 | time/week | Reference | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Frequency of dining out | 1 | time/week | 0.04 | (−0.51 to 0.54) | 0.88 | |
| Frequency of dining out | 2–3 | times/week | 0.46 | (−0.30 to 1.11) | 0.20 | |
| Frequency of dining out | ≥4 | times/week | 0.75 | (−0.35 to 1.65) | 0.13 | |
| Frequency of social club activities | <1 | day/week | Reference | | | |
| Frequency of social club activities | 2–3 | days/week | −0.01 | (−0.61 to 0.65) | 0.97 | |
| Frequency of social club activities | ≥4 | days/week | 0 | (−0.59 to 0.65) | 1.00 | |
| | | | | | | |
| # Smoking status and time spent at home | | | | | | |
| Smoking status | None | | Reference | | | |
| Smoking status | Ex | | −0.64 | (−4.00 to 2.71) | 0.67 | |
| Smoking status | Occasion | | 1.15 | (−2.38 to 4.75) | 0.48 | |
| Smoking status | Daily | | −0.59 | (−2.38 to 2.36) | 0.59 | |
| Time spent at home | <8 | h/day | Reference | | | |
| Time spent at home | 8–12 | h/day | 0.5 | (−0.11 to 1.13) | 0.11 | |
| **Time spent at home** | **≥12** | **h/day** | **0.67** | **(0.16 to 1.22)** | **0.01** | * |
| | | | | | | |
| # Smoking status and frequency of social club activities | | | | | | |
| Smoking status | None | | Reference | | | |
| Smoking status | Ex | | −0.61 | (−3.96 to 2.74) | 0.69 | |
| Smoking status | Occasion | | 1.1 | (−2.42 to 4.68) | 0.50 | |
| Smoking status | Daily | | −0.63 | (−2.41 to 2.32) | 0.57 | |
| Frequency of social club activities | <1 | day/week | Reference | | | |
| Frequency of social club activities | 2–3 | days/week | 0 | (−0.60 to 0.66) | 1.00 | |
| Frequency of social club activities | ≥4 | days/week | 0 | (−0.59 to 0.65) | 1.00 | |
| | | | | | | |
| # Time spent at home and frequency of social club activities | | | | | | |
| Time spent at home | <8 | h/day | Reference | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| Time spent at home | 8–12 | h/day | 0.5 | (−0.11 to 1.13) | 0.11 | |
| **Time spent at home** | **≥12** | **h/day** | **0.68** | **(0.17 to 1.23)** | **0.01** | * |
| Frequency of social club activities | <1 | day/week | Reference | | | |
| Frequency of social club activities | 2–3 | days/week | −0.05 | (−0.66 to 0.61) | 0.87 | |
| Frequency of social club activities | ≥4 | days/week | 0.01 | (−0.58 to 0.66) | 0.98 | |

*p < 0.05; **p < 0.01; ***p < 0.01. Non: nondrinker or nonsmoker. Ex: ex-drinker or ex-smoker. Occasion: occasional smoker. Daily: daily smoker. We conducted binary logistic regression analysis of the four factors with the highest OR in Fisher's exact test. These factors included frequency of dining out of ≥4 times/week, occasional smoking, time spent at home of ≥12 h, frequency of social club activities of ≥4 times/week.