

1 Supplementary Tables.

2 Supplementary Table 1. Objectives, information blocks and scales of included studies.

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|---|--|---|---|
| Ahrendt, D | To investigate the impact on well-being, health, safety, work, telework, work–life balance and financial situation | Well-being, health, work-life balance, employment and remote work, trust in institutions, supporting measures, social trust, vaccination | EQLS, EWCS, EU-SILC |
| Ajanovic, S | To understand the perceived impact of lockdown measures on the mental health and well-being of minors | Sociodemographic variables, household, risk perception and transmission knowledge, coping with confinement, biorhythms, emotional distress, use of electronic devices and social media, satisfaction with remote schooling | Coping with confinement scale, satisfaction with remote schooling scale |
| Alonso, J | To estimate the prevalence of specific mental disorders in healthcare professionals and in subsamples with/without prior mental disorders; and to estimate associations of individual and professional characteristics, COVID-19 infection status, and COVID-19 exposure | Sociodemographic variables, COVID-19 exposure, infection status | PHQ-8, GAD-7, an item from WMHICS for panic attacks, PCL-5, CAGEAID, Sheehan Disability Scale, CIDI |
| Arpino, B | To better understand the indirect consequences of the COVID-19 outbreak | Intergenerational relationships, living arrangements, mental health, events experienced during the lockdown, intentions for the future 3 years | Risk and time preferences scale |
| Carpintero-Rubio, C | To describe the perception of musculoskeletal pain in the population and how the state of confinement has interfered with it, as well as identifying the sociodemographic, occupational, physical, and psychosocial factors involved | Sociodemographic variables, pain and related factors, use of electronic devices; sedentary behaviour and physical activity, perception of restlessness, impatience, fatigue, concentration, irritability/fatigue, sleep disorders, and concern about symptoms | VAS |
| Gonzalez Casas, D | To evaluate the effect of confinement on depressive mood in Spanish residents during the state of emergency. And to analyse the impact of sex, age, size of dwelling and income | Sociodemographic variables and house size | CES-D scale |
| Cervera-Martínez, J, Balanzá-Martínez V | To compare self-reported changes on lifestyle behaviours during two phases of the pandemic in Spain, and to evaluate clinical and sociodemographic factors associated with lifestyles | Sociodemographic variables, nutrition, physical activity, sleep, people living in the house, self-isolation, COVID-19 diagnosis, loss of significant ones, SRH, change in lifestyle behaviours during the pandemic, health problems, PHQ-2 | SMILE-C scale, PHQ-2, AUDIT-C |
| Codagnone, C | To examine the elicitation of citizens' concerns over the downplaying of the economic consequences of the lockdown. To predict the level of stress, anxiety and depression associated with being economically vulnerable and being affected by a negative economic shock | Sociodemographic variables, economic variables, stress, anxiety, depression, COVID19 exposure | Depression, Anxiety and Stress Scale and Stanford Acute Stress Reaction Questionnaire |
| Coronado, P J | To assess the impact of confinement due to the pandemic on HRQoL and resilience in peri- and postmenopausal women | Sociodemographic variables, Cervantes-SF and RS-14 scales | HRQoL and RS-14 scales |
| de Pedraza, P | To study the effect of COVID-19 NPIs on individuals' subjective well-being using Spanish regions as a case study and | Sociodemographic variables, bars closure, self-assessed health status, living with a partner, children, employment situation, exercise, job loss, | SATLIFE |

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|---------------------------------|--|--|---|
| | exploring the relationship between bars and restaurant closures and life satisfaction | loneliness, expectations of income loss, family or friends diagnosed with COVID-19 | |
| Centre d'Estudis d'Opinió (CEO) | To report the impact of the COVID-19 health crisis on the perceptions and opinions of Catalan society | Socioeconomic variables, perception and conditions of confinement, economic impact, health impact, political opinion | Scale on the impact of the pandemic on health and economy |
| <u>Faris, LH</u> | To test whether substance use disorder is a risk factor for depressive symptoms, secondly, to determine if social support is a protective factor for depressive symptoms, and finally, to examine the moderating effect of social support on the association between substance use disorder and depressive symptomatology. | Sociodemographic variables, depressive symptoms, health-related variables, social support, substance use disorder during the last month | PHQ-8, OSSF-3 |
| Farres, J | To evaluate the impact of COVID-19 on the psychosocial sphere in both the general population and healthcare workers (HCWs). | Sociodemographic variables, habits, and COVID-19-related health status during confinement | Socioeconomic precariousness index, depression index, anxiety index, stress index or PTSD |
| Fernández-Prados, JS | To discover the factors which would allow the Spanish population to positively cope with or tolerate a prolongation of the state of emergency and lockdown | Sociodemographic variables, ideology, and religiosity | None |
| García-Adasme, SI | To determine the impact of COVID-19 related home confinement on the paediatric population by focusing on anxiety, behavioural disturbances, and somatic symptoms | Child age and gender, and information on the family environment related to COVID-19 | Children's Manifest Anxiety Scale's |
| García-Álvarez, L | To describe the early impact of the pandemic and lockdown on mental health and to explore the factors that may contribute to or mitigate the impact in a large sample of the Spanish population. Furthermore, to compare the psychological impact according to absence or presence of past / current mental disorders | Sociodemographic variables, income, changes in work and income due to COVID-19, number and age of dependent children, and dependent older adults, activities during lockdown, health conditions, past / current mental problems, COVID-19 variables | DASS-21 (Spanish version), and the IES |
| García-Dantas, A | To evaluate the psychological responses to the first wave of the pandemic in Spain | Sociodemographic variables, household composition and housing location, physical and mental state perception, psychiatric illness, routines and habits during quarantine, exposure, perceived threat of COVID-19, somatization, agoraphobia, sleep patterns, drug use, hypochondriacal concerns, and isolation | IES-R, DASS-21, SCS |
| García-Esquinas, E | To describe the main changes in health behaviours and in mental and physical health between a pre-pandemic period and weeks 7 to 15 after the beginning of the COVID-19 lockdown among participants in four cohorts of community-dwelling older adults in Spain | Sociodemographic variables, health behaviours, mental and physical health, housing conditions, aging experiences, social isolation, tobacco consumption, MEDAS, physical activity, EPAQ, EEPAQ, the Global Physical Activity Questionnaire, PASE, weight and height, BMI, night-time sleep, quality of life SF, WHODAS, EuroQol-5D in TSHA and EXERNET, and chronic conditions | MEDAS, EPAQ, EEPAQ, PASE, BMI, quality of life SF, WHODAS, EuroQol-5D, EXERNET |

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|-----------------------------|---|---|--|
| Garrido, M | To provide an international perspective to understand the impact of confinement, due to the COVID-19 pandemic, on well-being and mental health | Sociodemographic variables, housing, habits before and after confinement, health and well-being, diseases | WHO-5 |
| Lázaro-Pérez, C | To know the level of anxiety in the face of death in these professionals; and, to determine the predictive variables in this phenomenon | Sociodemographic variables, perceptions of the current situation at work, and MBI subscales | Collett–Lester Anxiety Scale Death |
| Gómez-Salgado, J | To analyse the psychological distress in a Spanish population sample during the COVID-19 pandemic | Sociodemographic variables, COVID-19 symptoms, health status, contacts, or exposure to COVID-19 | GHQ-12 |
| Gonzalez-Bernal, J | To study the association between perceived discrimination and mental health outcomes among health workers during the initial COVID-19 outbreak | Sociodemographic and COVID-19-related information | SWLS |
| Gonzalez-Sanguino, C | To conduct a longitudinal analysis of the effects of the pandemic and alarm situation on the mental health of the general population at three points in time | Sociodemographic and psychological variables | PHQ-2, GAD-2, PCL-C-2, InDI-D, UCLA-3, EMAS, FACIT-Sp12 and SCS |
| Grané, A | To analyse the effect of a pandemic shock on the well-being of the European population aged 50 or over | Demographic variables, physical and mental health, health care, employment and pensions, housing, household income, consumption, activities and expectations | Self-perceived health scale, EURO depression scale, life satisfaction scale |
| Hidalgo, MD | To analyse the psychological impact of the pandemic and the lockdown in the Spanish population and to identify what population profiles were most affected | Sociodemographic variables and psychological changes | Scale for psychological changes |
| Jacques-Aviñó, C | To assess the relations between social impact and mental health among adults living in Spain during COVID-19 lockdown measures, taking a gender-based approach into account | Social impact (socioeconomic status, living conditions, COVID-19 experiences and health-oriented behaviour) and mental health | GAD-7, PHQ-9 |
| Jané-Llopis, E; Anderson, P | To report the impact of confinement on mental health and addictions, the link between reported length of confinement and severity, and detail the risk and protective factors that can provide insight for intervention preparedness in view of forthcoming partial or total confinements | Living condition, coping strategies, risk factors, individual, socio-economic concerns | PHQ-8, GAD-7, WEMWBS (short version), Catalan Health Survey, AUDIT-C, European Model Questionnaire for tobacco use, frequency of use of hypnotosedatives, and use of drugs, OSSS-3 |
| Jones, SP | To enable researchers to carry out their own analyses and develop novel findings. | Socioeconomic variables, preventative behaviours, trust in government's handling and COVID-19 vaccines, testing, symptoms, self-isolating, ability, and willingness to isolate, household variables, health conditions, and working status | Working status and the date of the survey response |
| Justo-Alonso, A | To explore, in specific age ranges, the mental health state of a Spanish community sample in the early stages of the pandemic | Sociodemographic and health variables, physical and mental states perceptions, psychiatric illness, routines, habits during the quarantine, concerns regarding the pandemic, exposure, perceived threat of COVID-19 infection, isolation, somatization, | DASS-21 and IES-R |

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|------------------------|--|--|---|
| | | claustrophobia, sleep patterns and hypochondriac concern | |
| Kim, HH; Ryu, J | To analyze global health consequences of COVID-19 by focusing on the roles of normative beliefs on social distancing and country-level factors | Sociodemographic variables, adherence with COVID-19 containment measures, first-order injunctive beliefs, second-order injunctive beliefs, perceptions of government and public response, and mental health scales | PHQ-9 |
| López-Bueno, R | To investigate changes in HRBs with confinement | Screen exposure, physical activity, fruit and vegetable consumption, sleep time, alcohol consumption, smoking habit | PAVS short version |
| Maestro-Gonzalez, A | To analyse the quality of sleep of the Spanish population during the lockdown due to COVID-19 | Sociodemographic variables, PSQI, occupational, health and sleep quality variable | PSQI |
| Mansilla Domínguez, JM | To analyse the perception of risk of COVID-19 infection in the Spanish population | Sociodemographic variables, protective measures, characteristics of the experience, health status during confinement, and risk perception | Affect index |
| Martin, J | To analyse the mental health and HRQoL of a sample of HCWs in Spain and to identify potential factors that have a significant effect on their mental health and HRQoL | Sociodemographic variables, COVID-19-related clinical data, and psychological support | GAD-7, PHQ-9, IES-R, ISI, and EQ-5D |
| Martinez-Bravo | To study consequences of the pandemic on Spanish households and levels of psychological well-being | Sociodemographic variables, economic variables, and subjective well-being | Self-reported well-being |
| Méndez-Giménez, A | To examine dose-response relationships between PA components and depressive symptoms during confinement, and to identify the optimal levels of PA to mitigate notable depressive symptoms (NDS) | PA components and depressive symptoms | IPAQ short form (SF), six-item self-report scale developed by Kandel and Davies (Spanish version) |
| Miranda-Mendizabal, A | To assess the socio-economic and psychological impact of the pandemic and lockdown in a representative sample of non-institutionalized Spanish adult population, and estimate the incidence of mental health disorders, including suicidal behaviours, and possible related factors. | Sociodemographic variables, health status, mental health, employment conditions and status, material deprivation, use of healthcare services, intimate partner violence and resilience | Not applicable |
| Morales-Vives, F | To determine which personal sociodemographic and psychological variables are related to adapting to lockdown in a Spanish population | Sociodemographic variables and psychometric measures | Big Five Inventory; Connor-Davidson Resilience Scale; Subjective Happiness Scale; Satisfaction With Life Scale, GHQ12, COVID-19 questionnaire |
| Oliver, N | To assess the situation and perception of the Spanish population in four key areas related to the COVID-19 pandemic: social contact behaviour during confinement, personal economic impact, labour situation, and health status | Sociodemographic variables, housing, social contact in the last 2 weeks, economic impact of the pandemic, workplace, labour situation, and health status | None |
| Perez viejo, JM | To analyse to what extent health, social and psychological factors are related to | Sociodemographic variables, confinement, employment, symptoms of COVID, deaths due to | Resilience scale |

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|-----------------------|--|---|---|
| | resilience during the pandemic in the Spanish population | COVID, disability, illnesses, resilience, sadness, fear, aggressiveness, despair, tiredness, anxiety, feeling of no control, irritation, anger and worry about the future | |
| Pérez-Raya, F | To carry out an opinion survey of nurses about their working conditions at the beginning of the COVID-19 pandemic in Spain. | Sociodemographic variables, working conditions, training, availability of PPE, health effects, and pandemic evolution | None |
| Pinedo, R | To identify factors that influenced adults' mental health during the pandemic | Sociodemographic variables, household variables, daily planning and activities, confinement, number and reason of outings, healthy habits | MHI-5, CHS-5, SESLA-S |
| Planchuelo-Gómez, A | To analyse the longitudinal evolution of the levels of anxiety, depression, stress and the psychological impact of the COVID-19 crisis and confinement from the outbreak to the beginning of the relaxation of the lockdown measures in Spain. | Sociodemographic variables, personal situation during the confinement, psychological/psychiatric treatment, psychoactive medication, confinement impact on personal and social relationships, media consumption about COVID-19, trust in government and scientists, physical activity before and during confinement, perceived, COVID-19 infection and survival | DASS-21 and IES |
| Pouso, S | To test whether, during the first wave of the COVID-19 outbreak, people who maintained direct and/or indirect contact with outdoor spaces coped better with lockdown measures in terms of fewer symptoms of poor mental health and better maintenance of positive mood | Sociodemographic variables, general accessibility, Individual accessibility, perceptions related to views from home and to access to outdoor spaces | PHQ-4, Plutchik's wheel of emotions |
| Rodríguez-Barranco, M | To clarify the main causes of transmission of the COVID-19 disease during confinement and some risk factors, to detect the critical points of exposure to the virus | Sociodemographic variables, home characteristics, pets, work activity, protection, mobility, health conditions | None |
| Rodríguez-Larrad, A | To analyse the changes in patterns of physical activity and sedentary behaviours in Spanish university students before and during the confinement with special focus on gender. To analyse the enjoyment, the tools used and motivation and impediments to do physical activity | Sociodemographic variables, physical activity and sedentary behaviours, academic and anthropometric data | IPAQ Short Form |
| Rodríguez-Pérez, C | To evaluate whether dietary behaviours of the Spanish adult population were changed during the COVID-19 outbreak confinement | Sociodemographic variables, consumption frequency of selected foods, general food, and habits | MEDAS |
| Rodríguez-Ruiz, E | To assess the impact of COVID-19 pandemic on MD among HCPs in Spanish ICUs. | Sociodemographic variables and work-related variables, work absence due to coronavirus infection or due to psychological stress, anxiety, and/or depression | MMD-HP |
| Romero, CS | To assess the psychological impact of the COVID-19 pandemic in Spanish healthcare workers. | Sociodemographic variables and mental health variables | Psychological assessment tests, Healthcare Stressful Test, Coping Strategies Inventory, Font-Roja Questionnaire and Trait Meta-Mood Scale |

| First author | Objective/s | Information blocks | Scales/composites variables (Abbreviations in Supplementary Table 2) |
|--|---|--|---|
| Salas-Nicás, S | To describe the impact of COVID-19 on the working conditions and health of wage-earners in Spain. | Job, psychosocial, quality of life and alcohol and other drugs | ERP16, COPSOQ3, SF-36, EDADES |
| Sánchez-Cantalejo, C ; Cabrera-León, A | To determine the magnitude, characteristics, and evolution of the COVID-19 impact on overall health as well as socioeconomic, psychosocial, behavioural, occupational, environmental, and clinical determinants of both general and vulnerable population | Sociodemographic variables, household and housing variables, time use, cohabitation, health and emotional well-being, habits and lifestyle, and economic situation | Emotional well-being, social and emotional support, body mass index, social class |
| Valiente C | To evaluate the levels of anxiety, depression, and well-being in a Spanish sample during the confinement, and identify potential predictor variables associated to experiencing both clinical levels of distress and well-being | Sociodemographic variables and living conditions, anxiety and economic, threat related to COVID-19, health characteristics, increased substances-use scale, TILS | TILS |
| Vall-Roqué H | To determine the impact of COVID-19 lockdown on SNS use and to explore whether SNS use is associated with body image disturbances and low self-esteem | Sociodemographic variables, social network sites use, COVID-19 and lockdown-related information | Rosenberg self-esteem scale, Eating Disorder Inventory-3 |
| Villanueva, VJ | To establish whether alcohol risk consumption varied during COVID-19 confinement and to establish how these variations manifested as a function of different sociodemographic variables | Sociodemographic variables | AUDIT-C, short version |
| Yélamos Agua, C | To identify the psychosocial impact of the pandemic-related lockdown on cancer patients, and thus make a first exploratory and empirical approximation to distress levels and related factors in such a vulnerable group | Sociodemographic variables, health and oncological condition, income, COVID-19 diagnosis or symptoms, attitude toward coronavirus, COVID-19 measures perception | Kessler K-6 scale |

3 These variables and others not shown in this work can be consulted in the free access tool of Google Sheets ¹.
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¹ Disponible en: <https://docs.google.com/spreadsheets/d/10hTO1jC73tajlB-1jzHLalUfx8-2ZAl1GaApk6wRil/edit?usp=sharing>

7 **Supplementary Table 2. Abbreviations used in Supplementary Table 1**

| Abbreviation | Meaning | Abbreviation | Meaning |
|--------------|---|--------------|--|
| AUDIT-C | Alcohol Use Disorders Identification Test | K10 | Kessler Psychological Distress Scale |
| BMI | Body Mass Index | MEDAS | Mediterranean Diet Adherence Screener |
| CAGE-AID | CAGE Questionnaire Adapted to Include Drugs | MHI-5 | Mental Health Inventory – 5 |
| CES-D | Centre for Epidemiologic Studies Depression Scale | MMD-HP | Measure of Moral Distress for Healthcare Professionals |
| CHS-5 | Coping Humour Scale | OSSS-3 | Oslo Social Support Scale |
| CIDI | Composite International Diagnostic Interview | PASE | Physical Activity Scale for the Elderly |
| COPSOQ3 | Copenhagen psychosocial questionnaire | PAVS | Physical Activity Vital Sign Scale |
| DASS-21 | Depression, Anxiety and Stress Scales | PCL-5 | Post-traumatic Stress Disorder Checklist |
| EDADES | Spanish survey on alcohol and other drugs | PHQ-8 | Eight-item Patient Health Questionnaire depression scale |
| EEPAQ | Elderly EXERNET Physical Activity Questionnaire | PSQI | Pittsburgh Sleep Quality Index |
| EMAS | Multidimensional Scale of Perceived Social Support | PTSD | Posttraumatic Stress Disorder |
| EPAQ | EPIC-cohort questionnaire | RS-14 | Resilience Scale |
| EQ-5D | European Quality of Life-5 Dimensions | SATLIFE | Satisfaction with life scale |
| EQLS | Eurofound’s European Quality of Life Survey | SCS | Self-Compassion Scale |
| ERP16 | Spanish psychosocial risks survey | SESLA-S | Social and Emotional Loneliness Scale for Adults-Short version |
| EU-SILC | EU Statistics on Income and Living Conditions | SF-36 | Short Form-36 Health Survey |
| EuroQol-5D | European Quality of Life-5 Dimensions | SMILE-C | Short Multidimensional Inventory Lifestyle Evaluation |
| EWCS | European Working Conditions Survey | SRH | self-rated health |
| FACIT-Sp12 | Functional assessment of chronic illness therapy—spiritual well-being scale | SWLS | Satisfaction with Life Scale |
| GAD-7 | Generalized Anxiety Disorder scale | TILS | three-item Loneliness Scale |
| GHQ-12 | 12-Item General Health Questionnaire | UCLA-3 | UCLA Loneliness Scale |
| HRQoL | Health-related quality of life | VAS | Visual Analog Scale |
| IES | Impact of Event Scale | WEMWBS | Warwick-Edinburgh Mental Well-being Scale |
| IES-R | Impact of Event Scale - Revised | WHO-5 | The World Health Organization- Five Well-Being Index |
| InDI-D | Intersectional day-to-day discrimination Index | WHODAS | World Health Organization Disability Assessment Schedule |
| IPAQ | International Physical Activity Questionnaires | WMHICS | World Mental Health-International College Student |
| ISI | Insomnia Severity Index | | |