

Supplementary Material

The study questionnaire about lifestyle habits and mood changes before and during the COVID-19 quarantine including Demographics, Lifestyle habits and Mood self-assessment section

THE DEMOGRAPHICS SECTION							
Year of birth							
Gender	Male			Female		Other	
Please, type the name of the city you currently (during the pandemic) live in.							
Please, indicate the highest level of your current education.	Elementary school	High school	College	Bachelor degree	Master degree	PhD	
Please, indicate your current employment status.	Employed (full or part time)	Unemployed	Retired	Sick leave	Maternity leave		
If you are currently employed, how are you working?	I am working in similar conditions as before	I am working from home	I am working in rotating shifts due to pandemic	I work part time due to pandemic	Other		
For how long have you been working in this manner (days)?							
Who do you live with during the COVID-19 pandemic?	Alone	With partner and children	With children	With a partner	With a roommate	With family including partner, children and grandparents	Other
Please, indicate how strictly are you following the restrictions due to COVID-19 pandemic?	Not at all		Occasionally I do follow them	Most of the time I do follow them	I am following all the restrictions		
Please, indicate your body mass in kilograms.							
During the quarantine, you have:	lost weight			gained weight		remained the same weight	
Please, indicate your height in centimeters.							

THE LIFESTYLE HABITS SECTION							
Do you smoke cigarettes?	Yes			No			
If yes, for how long have you been smoking cigarettes?	Less than a year	1 to 5 years	5 to 10 years	10 to 20 years	Over 20 years		
If yes, have you been smoking more cigarettes DURING the quarantine?	Yes			No			
How many cigarettes have you been smoking per day BEFORE the quarantine?							
How many cigarettes are you smoking per day DURING the quarantine?							
Do you drink coffee?	Yes			No			
If yes, how many cups of coffee have you been drinking per day BEFORE the quarantine?							
If yes, how many cups of coffee have you been drinking per day DURING the quarantine?							
How many alcoholic drinks have you been drinking BEFORE the quarantine?	None	One in a month	Up to 3 drinks per week	Up to 7 drinks per week	Up to 15 drinks per week	More than 15 drinks per week	Other
How many alcoholic drinks have you been drinking DURING the quarantine?	None	One in a month	Up to 3 drinks per week	Up to 7 drinks per week	Up to 15 drinks per week	More than 15 drinks per week	Other
Have you been exercising BEFORE the quarantine?	Yes			No			
If yes, how often have you been exercising BEFORE the quarantine?	Daily	1-2 times per month	1-2 times per week	2-3 times per week	4-5 times per week		
If yes, for how many minutes per day did you exercise?							
Have you been exercising DURING the quarantine?	Yes			No			
If yes, how often do you exercise DURING the quarantine?	Daily	1-2 times per month	1-2 times per week	2-3 times per week	4-5 times per week		
If yes, for how many minutes per day do you exercise?							
BEFORE the quarantine, how many hours per day did you spend:							
Watching TV?	Less than 30 minutes	30 minutes to 1 hour	1 to 2 hours	2 to 3 hours	3 to 4 hours	More than 4 hours	
Using the computer?							
On social networks (e.g. WhatsApp, Instagram, Viber, Messenger)?							
Talking on your cell phone?							
DURING the quarantine, how many hours per day do you spend:							
Watching TV?	Less than 30 minutes	30 minutes to 1 hour	1 to 2 hours	2 to 3 hours	3 to 4 hours	More than 4 hours	
Using the computer?							
On social networks (e.g. WhatsApp, Instagram, Viber, Messenger)?							
Talking on your cell phone?							

THE MOOD SELF-ASSESSMENT SECTION				
Before the quarantine, how often did you feel:				
Calm?	Not at all	Somewhat	Moderately	Very much so
Rested?				
Content?				
Anxious (tense, preoccupied)?				
Angry (irritable)?				
Scared?				
Discouraged about the future?				
Sad?				
During the quarantine, how often do you feel:				
Calm?	Not at all	Somewhat	Moderately	Very much so
Rested?				
Content?				
Anxious (tense, preoccupied)?				
Angry (irritable)?				
Scared?				
Discouraged about the future?				
Sad?				