

Supplementary Table 1: Comparison of (i) participants who completed at least one EMA compared to baseline online, and (ii) participants who provided sensor data compared to participants who did not provide sensor data.

Characteristics	Completed at least one EMAs		p-value	Sensor data provide of those completed at least one EMAs		p-value
	Yes (N=582)	No (N=713)		Yes (N=515)	No (N=67)	
Gender						
Male	102(17.99)	126(17.85)		92(18.36)	10(15.15)	
Female	465(82.01)	580(82.15)	0.947	409(81.64)	56(84.85)	0.523
Age^b						
median (IQR)	17(16,18)	17(16,18)	0.228	17(16,18)	17(16,18)	0.154
Body Mass Index (BMI)^b						
median (IQR)	22.17(20.08,24.955)	22.47(19.96,25.71)	0.593	22.12(20.08,24.91)	22.25(20.08,25.04)	0.688
Body Mass Index (BMI)						
Underweight	34(6.06)	62(9.24)		33(6.65)	1(1.54)	
Normal	372(66.31)	394(58.72)		329(66.33)	43(66.15)	
Overweight	103(18.36)	143(21.31)		91(18.35)	12(18.46)	
Obese	52(9.27)	72(10.73)	0.032	43(8.67)	9(13.85)	0.246
Year of school						
Year 7	2(0.34)	0(0)		2(0.39)	0(0)	
Year 8	11(1.89)	19(2.66)		10(1.94)	1(1.49)	
Year 9	30(5.15)	44(6.17)		27(5.24)	3(4.48)	
Year 10	78(13.4)	84(11.78)		71(13.79)	7(10.45)	
Year 11	57(9.79)	44(6.17)		48(9.32)	9(13.43)	
Year 12	131(22.51)	149(20.9)		118(22.91)	13(19.4)	
Not at school	25(4.3)	22(3.09)		23(4.47)	2(2.99)	
Finished school	248(42.61)	351(49.23)	0.041	216(41.94)	32(47.76)	0.906 ^a
Trade certificate						
No	229(83.88)	296(79.57)		201(84.1)	28(82.35)	
Yes	44(16.12)	76(20.43)	0.164	38(15.9)	6(17.65)	0.795
Work at a job						
No	246(42.49)	293(41.27)		218(42.58)	28(41.79)	
Yes	333(57.51)	417(58.73)	0.659	294(57.42)	39(58.21)	0.902
Looking for a job						
No	105(42.68)	115(39.25)		92(42.2)	13(46.43)	
Yes	141(57.32)	178(60.75)	0.419	126(57.8)	15(53.57)	0.670
Work for salary						
No	31(9.31)	47(11.27)		28(9.52)	3(7.69)	
Yes	302(90.69)	370(88.73)	0.382	266(90.48)	36(92.31)	0.495 ^a
Weekly work hours^b						
median (IQR)	10(6,20)	12(8,20)	0.062	10(6,20)	12(7,20)	0.289
Language at home						
English	503(86.43)	594(83.54)		442(85.83)	61(91.04)	
Other	79(13.57)	117(16.46)	0.151	73(14.17)	6(8.96)	0.241

Note: a- Fishers exact test was employed to derive p-values; b- Mann Whitney U test was employed to derive p-values; Chi-square test was employed to derive p-values for all other variables. Three individuals were excluded as they were recruited before 8th of Nov 2019.

Supplementary Table 2: Comparison of participants who completed Ecological Momentary Assessments (EMAs) pre- and post-implementation of the physical distancing policy.

Characteristics		Pre (N=582)	After (N=128)	P-value
Age *	median (IQR)	17(16,18)	17(16,18)	0.7511
Body Mass Index (BMI) *	median (IQR)	22.17(20.08,24.96)	22.13(19.96,25.04)	0.9611
Gender	Male	102(17.99)	23(19.01)	0.7706
	Female	465(82.01)	98(80.99)	
Body Mass Index (BMI)	Underweight	34(6.06)	8(6.5)	0.6845
	Normal	372(66.31)	79(64.23)	
	Overweight	103(18.36)	27(21.95)	
	Obese	52(9.27)	9(7.32)	
Year of school	Year 7	2(0.34)	2(1.56)	0.1913
	Year 8	11(1.89)	3(2.34)	
	Year 9	30(5.15)	6(4.69)	
	Year 10	78(13.4)	13(10.16)	
	Year 11	57(9.79)	10(7.81)	
	Year 12	131(22.51)	32(25)	
	Not at school	25(4.3)	9(7.03)	
	Finished school	248(42.61)	53(41.41)	
Trade certificate	No	229(83.88)	53(85.48)	0.7313
	Yes	44(16.12)	9(14.52)	
Work at a job	No	246(42.49)	64(50)	0.0856
	Yes	333(57.51)	64(50)	
Looking for a job	No	105(42.68)	23(35.94)	0.2755
	Yes	141(57.32)	41(64.06)	
Work for salary	No	31(9.31)	6(9.38)	0.9857
	Yes	302(90.69)	58(90.63)	
Weekly work hours*	median (IQR)	10(6,20)	10(6,15)	0.4658
Language at home	English	503(86.43)	107(83.59)	0.3488
	Other	79(13.57)	21(16.41)	
K6 score*	median (IQR)	16(12,20)	16(12,20)	0.5884

Note: Chi-square goodness of fit test was used to compare categorical variables to derive p-values; * Wilcoxon-Mann-Whitney test was used to derive p-values.

Mental Health: Kessler-6

[Mewton L, Kessler RC, Slade T, Hobbs MJ, Brownhill L, Birrell L, Tonks Z, Teesson M, Newton N, Chapman C, Allsop S. The psychometric properties of the Kessler Psychological Distress Scale (K6) in a general population sample of adolescents. Psychological assessment. 2016 Oct;28(10):1232.]

Note: Answer options are 'None of the time', 'A little of the time', 'Some of the time', 'Most of the time', 'All of the time'.

Questions about your mental health and wellbeing

These questions concern how you have been feeling over the past 30 days. In the last FOUR WEEKS, about how often:

- C1. Did you feel nervous?
- C2. Did you feel hopeless?
- C3. Did you feel restless or fidgety?
- C4. Did you feel so sad that nothing could cheer you up?
- C5. Did you feel that everything was an effort?
- C6. Did you feel worthless?

The EPOCH Measure of Adolescent Well-being

[Kern ML, Benson L, Steinberg EA, Steinberg L. The EPOCH measure of adolescent well-being. Psychological assessment. 2016 May;28(5):586.]

[Note: Suffix to question numbers below relate to each domain of wellbeing: E - 'Engagement', P - 'Perserverance', O - 'Optimism', C - 'Connectedness', H - 'Happiness']

Note: Answer options are 'Almost never', 'Sometimes', 'Often', 'Very often', 'Almost always'

Questions about your mental health and wellbeing

This is a survey about you! Please read each of the following statements.

Circle how much each statement describes you. Please be honest - there are no right or wrong answers.

- 1_C1 When something good happens to me, I have people who I like to share the good news with.
- 2_P1 I finish whatever I begin.
- 3_O1 I am optimistic about my future
- 4_H1 I feel happy.
- 5_E1 When I do an activity, I enjoy it so much that I lose track of time.
- 6_H2 I have a lot of fun.
- 7_E2 I get completely absorbed in what I am doing.
- 8_H3 I love life.
- 9_P2 I keep at my schoolwork until I am done with it.
- 10_C2 When I have a problem, I have someone who will be there for me.
- 11_E3 I get so involved in activities that I forget about everything else.
- 12_E4 When I am learning something new, I lose track of how much time has passed.
- 13_O2 In uncertain times, I expect the best.
- 14_C3 There are people in my life who really care about me.
- 15_O3 I think good things are going to happen to me.
- 16_C4 I have friends that I really care about.
- 17_P3 Once I make a plan to get something done, I stick to it.
- 18_O4 I believe that things will work out, no matter how difficult they seem.
- 19_P4 I am a hard worker.
- 20_H4 I am a cheerful person