

Supplementary Material

The Impact of the COVID-19 Pandemic on Psychological Distress, Physical Activity, and Symptom Severity in Parkinson's Disease

Supplementary Table 1. Exposure and experienced burden of external stressors, in a sample of 358 PD patients

| Stressors | Frequency n (%) | Average burden (1-5) Mean (SD) |
|--|--------------------|-----------------------------------|
| Loss of social contact and social events | 336 (93.9%) | 3.1 (1.2) |
| COVID-19 related media coverage | 331 (92.5%) | 2.2 (1.1) |
| Not able to perform physical activity or leisure activities as usual | 284 (79.3%) | 3.0 (1.1) |
| Feeling restricted to leave your home | 273 (76.3%) | 2.3 (1.1) |
| Being at risk for an infection (e.g., at work, in the supermarket) | 235 (65.6%) | 2.4 (1.1) |
| Family, friends, or loved ones being at increased risk for a serious course of the disease in case of a COVID-19 infection | 231 (64.5%) | 2.7 (1.2) |
| Family, friends or loved ones are at the hospital and you are restricted in visiting them | 216 (60.3%) | 3.4 (1.1) |
| Being at increased risk for a serious course of the disease in case of an infection (belonging to a risk group) | 202 (56.4%) | 2.5 (1.2) |
| Family, friends, or loved ones working in vital professions | 201 (56.1%) | 2.4 (1.2) |
| Problems with access to healthcare, medication or sanitation | 163 (45.5%) | 2.3 (1.2) |
| Tensions at home or family conflict | 133 (37.2%) | 1.9 (1.0) |
| Problems obtaining basic needs and services | 127 (35.5%) | 1.9 (0.9) |
| COVID-19 symptoms, or symptoms that could be related, in family members, friends, loved ones or colleagues | 116 (32.4%) | 2.6 (1.2) |
| Increased workload or work-related obstacles | 88 (24.6%) | 2.5 (1.2) |
| Unable to attend a funeral of a loved one | 81 (22.6%) | 3.6 (1.2) |
| Having COVID-19 symptoms, or symptoms that could be related | 68 (19.0%) | 2.6 (1.2) |
| (Threat of) job loss, insolvency of a private company, for yourself or someone in your household | 46 (12.8%) | 2.8 (1.3) |
| Difficulties combining work with childcare | 22 (6.1%) | 2.5 (1.4) |

The assessed external stressors, ordered by the frequency (in percentages) with which they were experienced, followed by how burdensome these stressors were on average, on a scale of 1-5. The 5 most burdensome stressors are presented in bold.