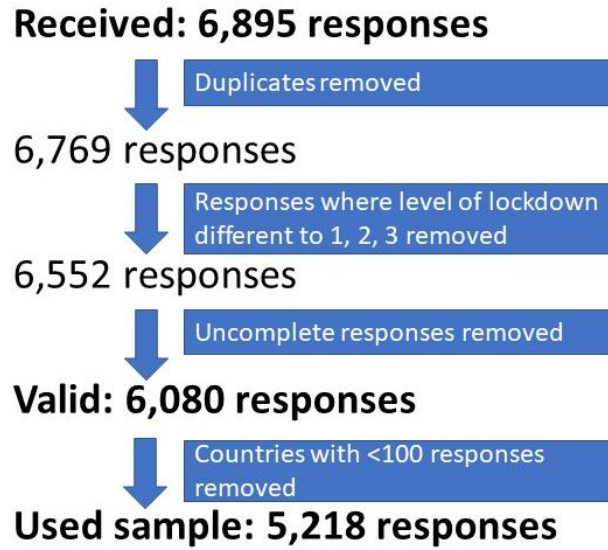


## Appendix B. Supplementary Figures and Tables

Figure B.1. Filters applied to arrive to the usable sample.



**Table B.1.** Valid responses by country. The countries used for testing the hypotheses are in bold.

<b>Country</b>	<b>Freq</b>	<b>Country</b>	<b>Freq</b>	<b>Country</b>	<b>Freq</b>
<b>Spain</b>	<b>3,704</b>	Philippines	15	Luxembourg	2
<b>United Kingdom</b>	<b>451</b>	Croatia	12	Nigeria	2
<b>Germany</b>	<b>324</b>	Cyprus	12	Serbia	2
<b>France</b>	<b>162</b>	Saudi Arabia	11	Singapore	2
<b>USA</b>	<b>157</b>	Viet Nam	11	Sri Lanka	2
<b>Portugal</b>	<b>152</b>	South Africa	10	Algeria	1
<b>Italy</b>	<b>121</b>	Colombia	7	Angola	1
<b>New Zealand</b>	<b>117</b>	Indonesia	7	Bangladesh	1
<b>Mexico</b>	<b>110</b>	Poland	7	Barbados	1
Norway	75	Uruguay	7	Brunei Darussalam	1
India	54	Romania	6	Costa Rica	1
Argentina	51	Russian Federation	5	Ecuador	1
Canada	48	Switzerland	5	Ghana	1
Sweden	46	Bulgaria	4	Mauritius	1
Belgium	45	Malaysia	4	North Macedonia	1
Greece	44	Malta	4	Panama	1
Ireland	36	Dominican Republic	3	Papua Nueva Guinea	1
Finland	34	Hungary	3	Paraguay	1
Chile	30	Israel	3	Qatar	1
Australia	29	Japan	3	Republic of Korea	1
Turkey	21	Andorra	2	Slovenia	1
Brazil	20	Iran	2	Trinidad and Tobago	1
The Netherlands	19	Kenya	2	Tunisia	1
Denmark	18	Latvia	2	Ukraine	1
Austria	16	Lebanon	2	United Arab Emirates	1
Peru	15	Lithuania	2		

**Table B.2. Socio-demographic characteristics** of the sample (5,218 obs.) and of the subsample (Spain and Level 1, 3,403 obs.)

<b>Whole sample (n=5,218)</b>					
	<b>n</b>	<b>%</b>		<b>n</b>	<b>%</b>
<b>Lockdown level</b>			<b>Brief Resilience Coping Scale</b>		
<i>Level 1</i>	3544	67.9%	<i>(numeric) MEAN +-SD</i>	14.56±2.60	
<i>Level 2</i>	1147	22.0%	<b>House Space (Rooms/person)</b>		
<i>Level 3</i>	527	10.1%	<i>(numeric) MEAN +-SD</i>	1.55±0.92	
<b>Gender</b>			<b>Outdoor views with natural elem.</b>		
<i>Female</i>	3403	65.2%	<i>No</i>	2947	56.5%
<i>Male</i>	1762	33.8%	<i>Yes</i>	2271	43.5%
<i>Other</i>	53	1.0%	<b>Access outdoors</b>		
<b>Age</b>			<i>No</i>	1317	25.2%
<i>18-25</i>	671	12.9%	<i>Yes</i>	3901	74.8%
<i>26-35</i>	1197	22.9%	<b>Lockdown with kids</b>		
<i>36-45</i>	1337	25.6%	<i>No</i>	3389	64.9%
<i>46-55</i>	1063	20.4%	<i>Yes</i>	1829	35.1%
<i>56-65</i>	680	13.0%	<b>Lockdown alone</b>		
<i>&gt;65</i>	270	5.2%	<i>No</i>	4582	87.8%
<b>Maximum education achieved</b>			<i>Yes</i>	636	12.2%
<i>Secondary education or below</i>	439	8.4%	<b>People with Special Care Needs</b>		
<i>Certificate / University degree</i>	2368	45.4%	<i>No</i>	4710	90.3%
<i>Higher (Master, PhD)</i>	2411	46.2%	<i>Yes</i>	508	9.7%
<b>Income</b>			<b>Pet owner (dog)</b>		
<i>Income / GDP per capita &lt;2</i>	2691	51.6%	<i>No</i>	4300	82.4%
<i>Income / GDP per capita &gt;2</i>	538	10.3%	<i>Yes</i>	918	17.6%
<i>No data</i>	1989	38.1%			
<b>Employment changed after COVID-19</b>					
<i>No</i>	4803	92.0%			
<i>Yes</i>	415	8.0%			

<b>B. Spain under lockdown Level 1 (n=3,403)</b>					
	<b>n</b>	<b>%</b>		<b>n</b>	<b>%</b>
<b>Lockdown level</b>			<b>Brief Resilience Coping Scale</b>		
<i>Level 1</i>	3403	100.0%	<i>(numeric)</i>	14.41±2.63	
<i>Level 2</i>	0	0.0%	<b>House Space (Rooms/person)</b>		
<i>Level 3</i>	0	0.0%	<i>(numeric) MEAN +-SD</i>	1.49±0.86	
<b>Gender</b>			<b>Outdoor views with natural elem.</b>		
<i>Female</i>	2191	64.4%	<i>No</i>	1941	57.0%
<i>Male</i>	1174	34.5%	<i>Yes</i>	1462	43.0%
<i>Other</i>	38	1.1%	<b>Access outdoors</b>		
<b>Age</b>			<i>No</i>	1119	32.9%
<i>18-25</i>	487	14.3%	<i>Yes</i>	2284	67.1%
<i>26-35</i>	643	18.9%	<b>Lockdown with kids</b>		
<i>36-45</i>	875	25.7%	<i>No</i>	2104	61.8%
<i>46-55</i>	749	22.0%	<i>Yes</i>	1299	38.2%
<i>56-65</i>	467	13.7%	<b>Lockdown alone</b>		
<i>&gt;65</i>	182	5.4%	<i>No</i>	3024	88.9%
<b>Maximum education achieved</b>			<i>Yes</i>	379	11.1%
<i>Secondary education or below</i>	331	9.7%	<b>People with Special Care Needs</b>		
<i>Certificate / University degree</i>	1851	54.4%	<i>No</i>	3058	89.9%
<i>Higher (Master, PhD)</i>	1221	35.9%	<i>Yes</i>	345	10.1%
<b>Income</b>			<b>Pet owner (dog)</b>		
<i>Income / GDP per capita &lt;2</i>	1747	51.4%	<i>No</i>	2836	83.3%
<i>Income / GDP per capita &gt;2</i>	243	7.1%	<i>Yes</i>	567	16.7%
<i>No data</i>	1413	41.5%			
<b>Employment changed after COVID-19</b>					
<i>No</i>	3103	91.2%			
<i>Yes</i>	300	8.8%			

1 **Table B.3. Logistic Generalized Linear Models for depression and anxiety, with different**  
2 **levels of adjustment and samples:** i) Partially adjusted models, with socioeconomic variables  
3 and with lockdown characteristics (5,218 obs.); ii) Adjusted models with three different interaction  
4 terms (lockdown level vs. age, vs. lockdown with kids, vs. employment change) (5,218 obs); iii)  
5 unadjusted and adjusted models by levels of lockdown, for Level 1 (3,544 obs.) and Level 2 and 3  
6 (1,674 obs.); and iv) adjusted and unadjusted models using the whole valid sample (6,080 obs., 77  
7 countries). OR<1 indicates a decrease in the likelihood of showing depression or anxiety  
8 symptoms; OR>1 equals to an increase in symptoms. OR= Odds ratio; CI= Confident Interval;  
9 GDP= Gross Domestic Product; PHQ-2= Patient Health Questionnaire-2; GAD-2= Generalized  
10 Anxiety Disorder-2.

11  
12 **i) Partially adjusted models**  
13

ADJUSTED WITH SOCIOECONOMIC VARIABLES								
	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<i>(Intercept)</i>	25.39	15.91	40.73	<0.001	8.66	5.62	13.40	<0.001
<b>Lockdown</b>								
<i>Level 2</i>	0.85	0.70	1.02	0.080	1.09	0.93	1.29	0.292
<i>Level 3</i>	0.84	0.66	1.06	0.149	0.79	0.63	0.99	0.042
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.77	0.67	0.89	<0.001	0.84	0.73	0.95	0.008
<b>Access outdoors</b>								
<i>Yes</i>	0.70	0.60	0.83	<0.001	0.76	0.66	0.88	<0.001
<b>Gender</b>								
<i>Male</i>	0.82	0.71	0.95	0.011	0.54	0.47	0.63	<0.001
<i>Other</i>	0.60	0.27	1.22	0.182	0.58	0.29	1.09	0.105
<b>Age</b>								
<i>26-35</i>	0.48	0.38	0.60	<0.001	0.57	0.45	0.70	<0.001
<i>36-45</i>	0.26	0.20	0.32	<0.001	0.55	0.45	0.68	<0.001
<i>46-55</i>	0.19	0.15	0.24	<0.001	0.40	0.32	0.49	<0.001
<i>56-65</i>	0.18	0.14	0.24	<0.001	0.33	0.26	0.43	<0.001
<i>&gt;65</i>	0.14	0.09	0.21	<0.001	0.27	0.19	0.39	<0.001
<b>Education level</b>								
<i>Prof. Educ. / University degree</i>	0.84	0.66	1.08	0.173	0.85	0.67	1.07	0.169
<i>Higher (Master, PhD)</i>	0.80	0.62	1.05	0.100	0.79	0.61	1.01	0.057
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.96	0.74	1.24	0.783	1.12	0.89	1.40	0.322
<i>no data</i>	1.05	0.91	1.22	0.504	1.10	0.96	1.26	0.164
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.83	0.81	0.85	<0.001	0.88	0.86	0.90	<0.001
<b>Pseudo R2</b>	0.119				0.074			

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ADJUSTED WITH LOCKDOWN CHARACTERISTICS								
	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<i>(Intercept)</i>	0.74	0.62	0.89	<b>0.001</b>	0.64	0.54	0.77	<b>&lt;0.001</b>
<b>Lockdown</b>								
<i>Level 2</i>	0.81	0.69	0.96	<b>0.018</b>	1.04	0.89	1.22	0.591
<i>Level 3</i>	0.82	0.65	1.02	0.077	0.77	0.61	0.95	<b>0.017</b>
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.74	0.64	0.85	<b>&lt;0.001</b>	0.78	0.69	0.89	<b>&lt;0.001</b>
<b>Access outdoors</b>								
<i>Yes</i>	0.72	0.62	0.83	<b>&lt;0.001</b>	0.75	0.65	0.87	<b>&lt;0.001</b>
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.77	0.70	0.84	<b>&lt;0.001</b>	0.87	0.80	0.95	<b>0.002</b>
<b>Change employment</b>								
<i>Yes</i>	1.47	1.18	1.83	<b>0.001</b>	1.11	0.88	1.37	0.374
<b>Lockdown with kids</b>								
<i>Yes</i>	0.66	0.57	0.76	<b>&lt;0.001</b>	0.93	0.81	1.07	0.319
<b>Lockdown alone</b>								
<i>Yes</i>	1.06	0.84	1.34	0.598	0.79	0.62	0.99	<b>0.044</b>
<b>People with Special Care Needs</b>								
<i>Yes</i>	1.06	0.85	1.31	0.600	1.21	0.99	1.48	0.058
<b>Pet needs walking</b>								
<i>Yes</i>	1.43	1.21	1.68	<b>&lt;0.001</b>	1.35	1.16	1.58	<b>&lt;0.001</b>
<b>Pseudo R2</b>	0.03				0.017			

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ii) Adjusted models with three different interaction terms

ADJUSTED MODELS + INTERACTION (Lockdown vs. Age)								
	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<i>(Intercept)</i>	28.02	17.09	46.20	<0.001	8.74	5.53	13.85	<0.001
<b>Lockdown</b>								
Level 2	0.56	0.36	0.87	<b>0.011</b>	0.94	0.61	1.44	0.780
Level 3	0.99	0.55	1.79	0.982	0.77	0.42	1.38	0.389
<b>Outdoor views with natural elem.</b>								
Yes	0.77	0.67	0.89	<b>0.001</b>	0.82	0.71	0.93	<b>0.003</b>
<b>Access outdoors</b>								
Yes	0.71	0.61	0.84	<0.001	0.75	0.64	0.87	<0.001
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.91	0.83	1.01	0.070	0.98	0.89	1.07	0.621
<b>Gender</b>								
Male	0.82	0.71	0.96	<b>0.012</b>	0.54	0.47	0.62	<0.001
Other	0.61	0.27	1.24	0.192	0.59	0.29	1.13	0.128
<b>Age</b>								
26-35	0.43	0.33	0.56	<0.001	0.54	0.41	0.70	<0.001
36-45	0.24	0.18	0.32	<0.001	0.53	0.41	0.68	<0.001
46-55	0.20	0.15	0.27	<0.001	0.41	0.32	0.54	<0.001
56-65	0.17	0.12	0.23	<0.001	0.33	0.24	0.45	<0.001
>65	0.14	0.09	0.23	<0.001	0.30	0.19	0.46	<0.001
<b>Education level</b>								
Prof. Educ. / University degree	0.85	0.66	1.09	0.190	0.86	0.68	1.08	0.192
Higher (Master, PhD)	0.82	0.63	1.07	0.146	0.82	0.64	1.05	0.110
<b>Income (rank)</b>								
income/GDP per capita >2	0.98	0.75	1.27	0.869	1.08	0.86	1.36	0.498
no data	1.04	0.89	1.20	0.623	1.08	0.94	1.24	0.253
<b>Change employment</b>								
Yes	1.31	1.03	1.66	<b>0.025</b>	1.00	0.79	1.25	0.972
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.83	0.81	0.85	<0.001	0.88	0.86	0.90	<0.001
<b>Lockdown with kids</b>								
Yes	0.91	0.76	1.08	0.274	1.03	0.88	1.21	0.677
<b>Lockdown alone</b>								
Yes	1.22	0.95	1.56	0.116	0.81	0.63	1.03	0.092
<b>People with Special Care Needs</b>								
Yes	1.13	0.89	1.42	0.314	1.26	1.02	1.56	<b>0.028</b>
<b>Pet needs walking</b>								
Yes	1.28	1.07	1.54	<b>0.006</b>	1.28	1.08	1.50	<b>0.004</b>
<b>Interaction term: Lockdown vs. Age</b>								
Level 2 vs 26-35	1.59	0.94	2.70	0.083	1.31	0.79	2.19	0.296
Level 3 vs 26-35	1.00	0.49	2.01	0.993	1.17	0.57	2.40	0.674
Level 2 vs 36-45	2.03	1.16	3.54	<b>0.013</b>	1.21	0.72	2.03	0.469
Level 3 vs 36-45	0.66	0.29	1.45	0.308	1.19	0.57	2.48	0.642
Level 2 vs 46-55	1.21	0.61	2.34	0.581	0.97	0.54	1.74	0.929
Level 3 vs 46-55	0.37	0.13	0.96	0.050	0.65	0.27	1.50	0.317
Level 2 vs 56-65	1.62	0.74	3.41	0.214	1.32	0.68	2.54	0.406
Level 3 vs 56-65	1.32	0.52	3.23	0.547	1.14	0.45	2.77	0.784
Level 2 vs >65	1.40	0.42	4.01	0.554	1.02	0.39	2.48	0.968
Level 3 vs >65	1.10	0.15	5.00	0.912	0.86	0.12	3.79	0.853
<b>Pseudo R2</b>	<b>0.125</b>				<b>0.079</b>			

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ADJUSTED MODELS + INTERACTION (Lockdown vs. Lockdown with kids)								
	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<i>(Intercept)</i>	26.35	16.21	43.06	<0.001	8.57	5.47	13.48	<0.001
<b>Lockdown</b>								
<i>Level 2</i>	0.81	0.65	1.01	0.061	1.07	0.88	1.30	0.499
<i>Level 3</i>	0.85	0.64	1.12	0.247	0.74	0.56	0.97	<b>0.033</b>
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.77	0.67	0.90	<b>0.001</b>	0.82	0.72	0.93	<b>0.003</b>
<b>Access outdoors</b>								
<i>Yes</i>	0.72	0.61	0.84	<0.001	0.75	0.64	0.87	<0.001
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.91	0.82	1.00	0.060	0.97	0.89	1.07	0.563
<b>Gender</b>								
<i>Male</i>	0.82	0.71	0.95	<b>0.010</b>	0.54	0.47	0.62	<0.001
<i>Other</i>	0.61	0.28	1.25	0.199	0.59	0.29	1.13	0.125
<b>Age</b>								
<i>26-35</i>	0.47	0.38	0.59	<0.001	0.58	0.47	0.72	<0.001
<i>36-45</i>	0.27	0.21	0.34	<0.001	0.55	0.44	0.69	<0.001
<i>46-55</i>	0.20	0.15	0.25	<0.001	0.40	0.32	0.50	<0.001
<i>56-65</i>	0.19	0.14	0.25	<0.001	0.35	0.27	0.46	<0.001
<i>&gt;65</i>	0.15	0.10	0.23	<0.001	0.30	0.20	0.44	<0.001
<b>Education level</b>								
<i>Prof. Educ. / University degree</i>	0.84	0.66	1.08	0.167	0.85	0.68	1.08	0.188
<i>Higher (Master, PhD)</i>	0.82	0.63	1.07	0.145	0.81	0.64	1.05	0.106
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.97	0.75	1.26	0.842	1.08	0.86	1.35	0.499
<i>no data</i>	1.05	0.90	1.21	0.549	1.09	0.95	1.25	0.229
<b>Change employment</b>								
<i>Yes</i>	1.30	1.03	1.64	<b>0.028</b>	0.99	0.78	1.24	0.911
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.83	0.81	0.85	<0.001	0.88	0.86	0.90	<0.001
<b>Lockdown with kids</b>								
<i>Yes</i>	0.89	0.73	1.09	0.259	1.00	0.83	1.20	0.994
<b>Lockdown alone</b>								
<i>Yes</i>	1.23	0.95	1.57	0.107	0.82	0.64	1.04	0.109
<b>People with Special Care Needs</b>								
<i>Yes</i>	1.13	0.89	1.42	0.306	1.26	1.02	1.55	<b>0.030</b>
<b>Pet needs walking</b>								
<i>Yes</i>	1.29	1.08	1.55	<b>0.005</b>	1.28	1.08	1.51	<b>0.004</b>
<b>Interaction term: Lockdown vs. Lockdown with kids</b>								
<i>Level 2 vs lockdown with kids</i>	1.15	0.78	1.68	0.479	1.07	0.77	1.49	0.671
<i>Level 3 vs lockdown with kids</i>	0.92	0.53	1.56	0.756	1.25	0.77	2.02	0.362
<b>Pseudo R2</b>	<b>0.123</b>				<b>0.078</b>			

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ADJUSTED MODELS + INTERACTION (Lockdown vs. Employment change)								
	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<i>(Intercept)</i>	26.09	16.07	42.57	<0.001	8.50	5.43	13.35	<0.001
<b>Lockdown</b>								
<i>Level 2</i>	0.82	0.68	1.00	0.050	1.08	0.91	1.28	0.394
<i>Level 3</i>	0.84	0.65	1.08	0.184	0.76	0.60	0.97	<b>0.027</b>
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.77	0.67	0.89	<0.001	0.82	0.71	0.93	<b>0.003</b>
<b>Access outdoors</b>								
<i>Yes</i>	0.72	0.61	0.84	<0.001	0.75	0.64	0.87	<0.001
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.91	0.82	1.01	0.064	0.97	0.89	1.07	0.572
<b>Gender</b>								
<i>Male</i>	0.82	0.70	0.95	<b>0.010</b>	0.54	0.47	0.62	<0.001
<i>Other</i>	0.61	0.27	1.25	0.198	0.59	0.29	1.12	0.121
<b>Age</b>								
<i>26-35</i>	0.48	0.38	0.59	<0.001	0.58	0.47	0.72	<0.001
<i>36-45</i>	0.27	0.21	0.34	<0.001	0.55	0.44	0.69	<0.001
<i>46-55</i>	0.20	0.15	0.25	<0.001	0.40	0.32	0.50	<0.001
<i>56-65</i>	0.19	0.14	0.25	<0.001	0.35	0.27	0.45	<0.001
<i>&gt;65</i>	0.15	0.10	0.23	<0.001	0.30	0.20	0.44	<0.001
<b>Education level</b>								
<i>Proff. Educ. / University degree</i>	0.84	0.66	1.08	0.179	0.86	0.68	1.09	0.208
<i>Higher (Master, PhD)</i>	0.83	0.63	1.08	0.156	0.82	0.64	1.06	0.121
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.97	0.74	1.25	0.804	1.08	0.86	1.35	0.514
<i>no data</i>	1.05	0.90	1.21	0.545	1.09	0.95	1.25	0.232
<b>Change employment</b>								
<i>Yes</i>	1.26	0.96	1.64	0.095	0.91	0.70	1.19	0.496
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.83	0.81	0.85	<0.001	0.88	0.86	0.90	<0.001
<b>Lockdown with kids</b>								
<i>Yes</i>	0.91	0.76	1.08	0.295	1.03	0.88	1.21	0.710
<b>Lockdown alone</b>								
<i>Yes</i>	1.22	0.95	1.57	0.111	0.82	0.64	1.04	0.105
<b>People with Special Care Needs</b>								
<i>Yes</i>	1.13	0.89	1.42	0.314	1.26	1.02	1.54	<b>0.033</b>
<b>Pet needs walking</b>								
<i>Yes</i>	1.29	1.08	1.55	<b>0.005</b>	1.28	1.08	1.51	<b>0.003</b>
<b>Interaction term: Lockdown vs. change employment</b>								
<i>Level 2 vs employment change</i>	1.41	0.73	2.68	0.302	1.29	0.69	2.39	0.418
<i>Level 3 vs employment change</i>	0.81	0.32	1.89	0.641	1.61	0.71	3.51	0.236
<b>Pseudo R2</b>	<b>0.123</b>				<b>0.078</b>			

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iii) Unadjusted and adjusted models by levels of lockdown

	Depression (PHQ-2)							
	Level 1				Level 2+3			
	OR	95% CI		p-value	OR	95% CI		p-value
	Low	High		Low	High			
<b>UNADJUSTED MODELS</b>								
<i>(Intercept)</i>	0.51	0.45	0.58	<0.001	0.36	0.25	0.51	<0.001
<b>Outdoor views with natural elem.</b>								
Yes	0.74	0.63	0.86	<0.001	0.73	0.57	0.93	0.011
<b>Access outdoors</b>								
Yes	0.66	0.56	0.78	<0.001	0.79	0.55	1.16	0.220
<b>Pseudo R2</b>	<b>0.014</b>				<b>0.005</b>			
<b>ADJUSTED MODELS</b>								
<i>(Intercept)</i>	35.80	20.20	64.04	<0.001	9.09	3.42	24.28	<0.001
<b>Outdoor views with natural elem.</b>								
Yes	0.77	0.65	0.91	0.003	0.78	0.60	1.01	0.057
<b>Access outdoors</b>								
Yes	0.68	0.57	0.81	0.000	0.94	0.63	1.40	0.740
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.90	0.79	1.02	0.114	0.93	0.79	1.09	0.353
<b>Gender</b>								
Male	0.87	0.73	1.04	0.124	0.73	0.55	0.97	0.031
Other	0.37	0.13	0.90	0.040	2.34	0.58	7.92	0.192
<b>Age</b>								
26-35	0.42	0.32	0.56	<0.001	0.59	0.39	0.88	<0.001
36-45	0.24	0.18	0.32	<0.001	0.33	0.21	0.52	<0.001
46-55	0.20	0.15	0.27	<0.001	0.15	0.09	0.26	<0.001
56-65	0.17	0.12	0.23	<0.001	0.25	0.14	0.43	<0.001
>65	0.14	0.08	0.23	<0.001	0.17	0.06	0.38	<0.001
<b>Education level</b>								
Prof. Educ. / University degree	0.81	0.61	1.07	0.131	1.03	0.60	1.82	0.909
Higher (Master, PhD)	0.82	0.61	1.12	0.210	0.91	0.53	1.61	0.742
<b>Income (rank)</b>								
income/GDP per capita >2	0.94	0.66	1.34	0.754	1.03	0.69	1.52	0.888
no data	1.01	0.85	1.21	0.888	1.10	0.83	1.45	0.515
<b>Change employment</b>								
Yes	1.27	0.97	1.66	0.083	1.40	0.85	2.25	0.174
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.82	0.79	0.85	<0.001	0.85	0.81	0.89	<0.001
<b>Lockdown with kids</b>								
Yes	0.89	0.72	1.09	0.264	1.01	0.72	1.40	0.972
<b>Lockdown alone</b>								
Yes	1.17	0.85	1.61	0.333	1.39	0.93	2.07	0.104
<b>People with Special Care Needs</b>								
Yes	0.98	0.74	1.29	0.873	1.59	1.03	2.41	0.033
<b>Pet needs walking</b>								
Yes	1.34	1.08	1.66	0.008	1.19	0.85	1.64	0.302
<b>Pseudo R2</b>	<b>0.136</b>				<b>0.095</b>			

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	Anxiety (GAD-2)							
	Level 1				Level 2+3			
	OR	95% CI		p-value	OR	95% CI		p-value
	Low	High		Low	High			
<b>UNADJUSTED MODELS</b>								
<i>(Intercept)</i>	0.54	0.48	0.62	<0.001	0.46	0.33	0.63	<0.001
<b>Outdoor views with natural elem.</b>								
Yes	0.76	0.65	0.89	<0.001	0.90	0.72	1.13	0.364
<b>Access outdoors</b>								
Yes	0.75	0.64	0.88	<0.001	0.79	0.56	1.12	0.170
<b>Pseudo R2</b>	<b>0.009</b>				<b>0.002</b>			
<b>ADJUSTED MODELS</b>								
<i>(Intercept)</i>	8.63	5.10	14.66	<0.001	7.41	2.98	18.53	<0.001
<b>Outdoor views with natural elem.</b>								
Yes	0.77	0.66	0.90	0.002	0.93	0.73	1.18	0.544
<b>Access outdoors</b>								
Yes	0.76	0.64	0.90	0.001	0.75	0.52	1.09	0.130
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.94	0.84	1.06	0.350	1.03	0.88	1.19	0.719
<b>Gender</b>								
<i>Male</i>	0.55	0.47	0.66	<0.001	0.50	0.38	0.65	<0.001
<i>Other</i>	0.53	0.23	1.10	0.104	0.96	0.21	3.31	0.957
<b>Age</b>								
<i>26-35</i>	0.55	0.42	0.72	<0.001	0.62	0.41	0.92	0.017
<i>36-45</i>	0.57	0.44	0.74	<0.001	0.52	0.34	0.80	0.003
<i>46-55</i>	0.44	0.34	0.57	<0.001	0.29	0.18	0.47	<0.001
<i>56-65</i>	0.35	0.26	0.47	<0.001	0.36	0.22	0.59	<0.001
<i>&gt;65</i>	0.31	0.20	0.48	<0.001	0.27	0.12	0.55	0.001
<b>Education level</b>								
<i>Prof. Educ. / University degree</i>	0.85	0.65	1.11	0.230	0.93	0.56	1.58	0.791
<i>Higher (Master, PhD)</i>	0.79	0.59	1.06	0.113	1.01	0.61	1.71	0.964
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.82	0.59	1.13	0.230	1.42	1.02	1.97	0.038
<i>no data</i>	1.11	0.94	1.30	0.224	0.98	0.76	1.28	0.898
<b>Change employment</b>								
Yes	0.91	0.70	1.19	0.509	1.21	0.76	1.90	0.421
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.88	0.86	0.91	<0.001	0.86	0.83	0.91	<0.001
<b>Lockdown with kids</b>								
Yes	0.97	0.80	1.17	0.725	1.23	0.91	1.65	0.173
<b>Lockdown alone</b>								
Yes	0.77	0.56	1.05	0.099	0.91	0.61	1.33	0.622
<b>People with Special Care Needs</b>								
Yes	1.11	0.86	1.42	0.417	1.73	1.17	2.52	0.005
<b>Pet needs walking</b>								
Yes	1.28	1.05	1.57	0.016	1.20	0.89	1.60	0.222
<b>Pseudo R2</b>	<b>0.083</b>				<b>0.075</b>			

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iv) adjusted and unadjusted models using the whole valid sample

	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
		Low	High			Low	High	
<b>UNADJUSTED MODELS</b>								
<i>(Intercept)</i>	0.50	0.44	0.56	<0.001	0.54	0.48	0.60	<0.001
<b>Lockdown</b>								
<i>Level 2</i>	0.78	0.67	0.91	<b>0.002</b>	0.97	0.84	1.11	0.633
<i>Level 3</i>	0.81	0.68	0.98	<b>0.031</b>	0.81	0.68	0.97	<b>0.020</b>
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.73	0.65	0.83	<0.001	0.80	0.71	0.90	<0.001
<b>Access outdoors</b>								
<i>Yes</i>	0.68	0.59	0.78	<0.001	0.75	0.65	0.86	<0.001
<b>Pseudo R2</b>	<b>0.015</b>				<b>0.008</b>			
<b>ADJUSTED MODELS</b>								
<i>(Intercept)</i>	24.31	15.45	38.40	<0.001	7.45	4.90	11.35	<0.001
<b>Lockdown</b>								
<i>Level 2</i>	0.83	0.70	0.98	<b>0.032</b>	1.04	0.89	1.21	0.647
<i>Level 3</i>	0.85	0.69	1.04	0.112	0.86	0.71	1.04	0.116
<b>Outdoor views with natural elem.</b>								
<i>Yes</i>	0.77	0.68	0.89	<0.001	0.83	0.73	0.94	<b>0.003</b>
<b>Access outdoors</b>								
<i>Yes</i>	0.72	0.61	0.83	<0.001	0.75	0.65	0.87	<b>0.000</b>
<b>House Space (Rooms/person)</b>								
<i>(numeric)</i>	0.91	0.83	1.00	<b>0.047</b>	1.01	0.93	1.10	0.827
<b>Gender</b>								
<i>Male</i>	0.81	0.70	0.93	<b>0.004</b>	0.55	0.48	0.63	<0.001
<i>Other</i>	0.64	0.30	1.26	0.219	0.73	0.38	1.31	0.304
<b>Age</b>								
<i>26-35</i>	0.48	0.39	0.59	<0.001	0.64	0.52	0.78	<0.001
<i>36-45</i>	0.28	0.22	0.35	<0.001	0.55	0.45	0.68	<0.001
<i>46-55</i>	0.20	0.16	0.25	<0.001	0.41	0.33	0.51	<0.001
<i>56-65</i>	0.19	0.14	0.24	<0.001	0.35	0.27	0.44	<0.001
<i>&gt;65</i>	0.16	0.11	0.24	<0.001	0.28	0.19	0.40	<0.001
<b>Education level</b>								
<i>Prof. Educ. / University degree</i>	0.85	0.67	1.08	0.172	0.86	0.69	1.08	0.193
<i>Higher (Master, PhD)</i>	0.83	0.64	1.07	0.142	0.81	0.64	1.04	0.091
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.89	0.72	1.10	0.286	1.03	0.85	1.24	0.769
<i>no data</i>	1.04	0.90	1.19	0.611	1.08	0.95	1.24	0.220
<b>Change employment</b>								
<i>Yes</i>	1.36	1.09	1.69	<b>0.006</b>	0.99	0.80	1.23	0.953
<b>Brief Resilience Coping Scale</b>								
<i>(numeric)</i>	0.83	0.81	0.85	<0.001	0.88	0.86	0.90	<0.001
<b>Lockdown with kids</b>								
<i>Yes</i>	0.89	0.76	1.05	0.175	1.01	0.87	1.17	0.922
<b>Lockdown alone</b>								
<i>Yes</i>	1.20	0.96	1.51	0.110	0.82	0.66	1.02	0.079
<b>People with Special Care Needs</b>								
<i>Yes</i>	1.18	0.95	1.45	0.135	1.31	1.08	1.58	<b>0.006</b>
<b>Pet needs walking</b>								
<i>Yes</i>	<b>1.25</b>	1.06	1.48	<b>0.009</b>	1.24	1.07	1.45	<b>0.005</b>
<b>Pseudo R2</b>	<b>0.119</b>				<b>0.074</b>			

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36 **Table B.4: Adjusted and unadjusted logistic Generalized Linear Models for depression and anxiety, as**  
 37 **a function of outdoor views and accessible outdoor areas.** Models were built with the subsample of Spain  
 38 under Level 1 lockdown (n=3,403). OR<1, decrease in the likelihood of showing depression or anxiety  
 39 symptoms; OR>1 increase in likelihood of showing depression or anxiety symptoms. Key: OR= Odds ratio,  
 40 CI= Confident Interval.

	Depression (PHQ-2)				Anxiety (GAD-2)			
	OR	95% CI		p-value	OR	95% CI		p-value
	Low	High		Low	High			
<b>UNADJUSTED MODELS</b>								
<i>(Intercept)</i>	0.51	0.45	0.59	<0.001	0.55	0.48	0.63	<0.001
<b>Outdoor views</b>								
<i>Mixed</i>	0.71	0.60	0.85	<0.001	0.73	0.61	0.86	<0.001
<i>Nature</i>	0.67	0.49	0.90	<b>0.009</b>	0.83	0.63	1.08	0.175
<b>Accessible outdoor areas</b>								
<i>Balcony</i>	0.66	0.55	0.80	<0.001	0.74	0.62	0.88	<b>0.001</b>
<i>Other private</i>	0.70	0.55	0.88	<b>0.003</b>	0.70	0.56	0.88	<b>0.002</b>
<i>Shared or public</i>	0.59	0.43	0.80	<0.001	0.87	0.65	1.15	0.320
<i>Observations</i>	3403				3403			
<i>Pseudo-R2</i>	0.016				0.010			
<b>ADJUSTED MODELS</b>								
<i>(Intercept)</i>	37.07	20.64	67.21	<0.001	8.76	5.12	15.07	<b>0.000</b>
<b>Outdoor views</b>								
<i>Mixed</i>	0.74	0.61	0.89	<b>0.002</b>	0.74	0.62	0.88	<b>0.001</b>
<i>Nature</i>	0.75	0.54	1.04	0.085	0.85	0.64	1.13	0.278
<b>Accessible outdoor areas</b>								
<i>Balcony</i>	0.70	0.57	0.85	<0.001	0.76	0.63	0.92	<b>0.004</b>
<i>Other private</i>	0.67	0.51	0.87	<b>0.003</b>	0.68	0.53	0.87	<b>0.002</b>
<i>Shared or public</i>	0.60	0.42	0.84	<b>0.003</b>	0.92	0.68	1.23	0.561
<b>House Space (Rooms/person)</b> <i>(numeric)</i>	0.90	0.78	1.03	0.111	0.93	0.82	1.06	0.261
<b>Gender</b>								
<i>Male</i>	0.88	0.73	1.05	0.161	0.54	0.45	0.64	<0.001
<i>Other</i>	0.30	0.10	0.76	<b>0.019</b>	0.56	0.24	1.18	0.141
<b>Age</b>								
<i>26-35</i>	0.41	0.31	0.55	<0.001	0.52	0.40	0.69	<0.001
<i>36-45</i>	0.23	0.17	0.31	<0.001	0.54	0.42	0.71	<0.001
<i>46-55</i>	0.20	0.15	0.26	<0.001	0.42	0.32	0.55	<0.001
<i>56-65</i>	0.17	0.12	0.24	<0.001	0.35	0.25	0.47	<0.001
<i>&gt;65</i>	0.13	0.08	0.21	<0.001	0.30	0.19	0.46	<0.001
<b>Education level</b>								
<i>Proff. Educ. / University degree</i>	0.84	0.63	1.11	0.217	0.86	0.66	1.13	0.287
<i>Higher (Master, PhD)</i>	0.83	0.61	1.15	0.262	0.81	0.60	1.08	0.152
<b>Income (rank)</b>								
<i>income/GDP per capita &gt;2</i>	0.92	0.62	1.34	0.674	0.77	0.54	1.09	0.154
<i>no data</i>	1.04	0.87	1.24	0.705	1.13	0.96	1.33	0.149
<b>Change employment</b>								
<i>Yes</i>	1.18	0.89	1.56	0.250	0.89	0.67	1.16	0.392
<b>Brief Resilience Coping Scale</b> <i>(numeric)</i>	0.82	0.79	0.85	<0.001	0.89	0.86	0.91	<0.001
<b>Lockdown with kids</b>								
<i>Yes</i>	0.93	0.75	1.15	0.516	0.98	0.80	1.19	0.828
<b>Lockdown alone</b>								
<i>Yes</i>	1.20	0.86	1.67	0.276	0.73	0.52	1.01	0.061
<b>People with Special Care Needs</b>								
<i>Yes</i>	0.98	0.73	1.30	0.888	1.12	0.86	1.44	0.388
<b>Pet needs walking</b>								
<i>Yes</i>	1.35	1.08	1.69	<b>0.008</b>	1.23	0.99	1.51	0.060
<i>Observations</i>	3403				3403			
<i>Pseudo-R2</i>	0.141				0.088			

41 **Table B.5: Self-reported contribution of views and accessible outdoor spaces to cope with**  
 42 **lockdown situation.** Using the subsample of people in Spain and in Level 1 (3,393 obs.), self-  
 43 reported contribution was captured through Likert-scale scores (from 0 “not at all” to 5 “very much”).  
 44 Different lettering (A,B,C) indicates significant differences for the Tukey’s *post hoc* test.

	n	Mean	SD	ANOVA		Tukey’s post hoc
				F	p-value	
<b>Views</b>						
Limited or urban	1941	2.98	1.28			A
Mixed	1109	4.09	1.01	533.5	<0.001	B
Natural	353	4.67	0.67			C
<b>Accessible outdoor spaces</b>						
Only balcony	1299	4.15	1.02			A
Garden/patio	665	4.50	0.94	25.96	<0.001	B
Shared and/or public spaces	320	4.27	1.14			A
<i>None</i> <sup>1</sup>	1119	4.08	1.05			

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<sup>1</sup> Data of people with no accessible outdoor spaces was not considered in the ANOVA, as they did not answer the question on the self-reported contribution of outdoor spaces.

**Table B.6. Linear regressions of the perceived contribution of views and accessible outdoor spaces as a function of accessible outdoor spaces and views.** Dependent variable was built with responses to the Likert-scale questions (from 1 – few to 5- high). Type of accessible outdoor spaces: balcony=reference, other private spaces, shared/public spaces; Type of views: few/urban=reference, mixed, natural. Notes: ^1119 responses were removed (i.e. individuals with no accessible outdoor spaces) because they did not respond to the Likert-scale question.

	Effect of accessible outdoor spaces				Effect of views			
	Estimate	Std. Error	t value	Pr(> t )	Estimate	Std. Error	t value	Pr(> t )
<b>UNADJUSTED MODELS</b>								
(Intercept)	4.15	0.03	147.07	<0.001	2.98	0.03	114.22	<0.001
<b>Views</b>								
Mixed					1.12	0.04	25.86	<0.001
Nature					1.69	0.07	25.50	<0.001
<b>Accessible outdoor areas</b>								
Garden/patio	0.35	0.05	7.21	<0.001				
Shared or public	0.12	0.06	1.92	0.055				
Observations	2,284^				3,403			
R <sup>2</sup>	0.021				0.238			
<b>ADJUSTED MODELS</b>								
(Intercept)	2.83	0.14	19.80	<0.001	1.51	0.13	11.38	<0.001
<b>Views</b>								
Mixed					1.08	0.04	25.34	<0.001
Nature					1.60	0.07	24.13	<0.001
<b>Accessible outdoor areas</b>								
Garden/patio	0.31	0.05	6.35	<0.001				
Shared or public	0.09	0.06	1.48	0.139				
<b>House Space (Rooms/person)</b>								
(numeric)	0.10	0.03	3.26	0.001	0.12	0.03	4.17	<0.001
<b>Gender</b>								
Male	-0.25	0.04	-5.77	<0.001	-0.20	0.04	-4.79	<0.001
Other	-0.17	0.20	-0.82	0.413	0.02	0.18	0.08	0.934
<b>Age</b>								
26-35	0.19	0.08	2.36	0.018	0.18	0.07	2.46	0.014
36-45	0.36	0.08	4.65	<0.001	0.34	0.07	4.81	<0.001
46-55	0.23	0.08	3.09	0.002	0.44	0.07	6.32	<0.001
56-65	0.01	0.08	0.13	0.895	0.47	0.08	6.21	<0.001
>65	-0.02	0.11	-0.19	0.848	0.58	0.10	5.63	<0.001
<b>Education level</b>								
Prof. Educ. / University degree	0.30	0.07	4.01	<0.001	0.12	0.07	1.70	0.089
Higher (Master, PhD)	0.34	0.08	4.24	<0.001	0.18	0.07	2.39	0.017
<b>Income (rank)</b>								
income/GDP per capita >2	0.05	0.08	0.66	0.506	0.14	0.08	1.74	0.082
no data	0.02	0.04	0.37	0.710	0.03	0.04	0.62	0.537
<b>Change employment</b>								
Yes	0.00	0.08	-0.03	0.979	-0.09	0.07	-1.31	0.190
<b>Brief Resilience Coping Scale</b>								
(numeric)	0.05	0.01	6.60	<0.001	0.06	0.01	8.76	<0.001
<b>Lockdown with kids</b>								
Yes	0.11	0.05	2.17	0.030	0.07	0.05	1.49	0.135
<b>Lockdown alone</b>								
Yes	-0.26	0.09	-3.09	0.002	-0.23	0.07	-3.04	0.002
<b>People with Special Care Needs</b>								
Yes	-0.11	0.07	-1.65	0.099	-0.07	0.06	-1.03	0.305
<b>Pet needs walking</b>								
Yes	0.06	0.05	1.13	0.260	-0.02	0.05	-0.44	0.663
Observations	2,284^				3,403			
R <sup>2</sup>	0.092				0.285			

**Table B.7.** Top 15 of emotions mentioned to describe a) respondent's mood during lockdown and b) respondent's character before lockdown. Respondents could choose between 1 and 3 words to describe each of the situation. The subsample of people in Spain under lockdown level 1 (3,403 obs.) was used. Colors represent the core-emotion in which the word is classified (Yellow=Happy, Blue=Sad, Grey=Disgusted, Red=Angry, Orange=Fearful, Green=Sad, Purple=Surprised).

Position	During lockdown		Before lockdown	
	word	freq	word	freq
1	bored	559	optimistic	1,177
2	optimistic	538	joyful	1,102
3	tired	427	content	692
4	stressed	388	happy	510
5	anxious	387	interested	504
6	accepted	386	peaceful	401
7	frustrated	333	stressed	391
8	vulnerable	265	busy	373
9	insecure	248	trusting	321
10	peaceful	249	excited	185
11	confused	237	critical	168
12	scared	236	accepted	166
13	sad	210	tired	155
14	bad	195	anxious	115
15	happy	194	insecure	110