## **Statistical Analysis Plan**

Date: 19 February 2021

Study title:	Impact of COVID-19 on Mental Health and Quality of Life: Is There Any Effect? A Cross-Sectional Study of the MENA Region	
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## 1. Objectives

To examine the impact of the COVID-19 outbreak on the mental health and quality of life among residents of the Middle East and North Africa region.

## 2. Sample size calculation

The minimum sample size (n=3246) was calculated using G\*power software, version 3.1.9.4 (HHU, Germany) to detect a small effect size (0.10), with a power of 0.99, and alpha 0.05.

#### 3. Inclusion criteria

- Age ≥ 18 years old
- Residing in one of the eighteen countries included in the study (Algeria, Bahrain, Egypt, Iraq, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Palestine, Qatar, Republic of Yemen, Saudi Arabia, Sudan, Syria, Tunisia, and United Arab Emirates)
- Consenting to take part in the study

# 4. Measured variables retained for the analysis

Table 1: Sociodemographic

	Variables	Format	Description
1	Gender	Count	Gender: 1= Female; 2= Male
1	Age	Count	Age in years: 1=18-25 years; 2=26- 35 years; 3=36-45 years; 4=>46 years
2	Marital status	Count	Marital status:1= Married; 2= Single; 3= Divorced; 4= Widowed
3	Education level	Count	Level of education: 1=≤ College diploma; 2= University degree; 3= Post-graduate degree
4	Employment status	Count	Type of employment: 1= Full-time; 2= Part-time; 3= Unemployed
5	Working/Studying from home	Count	Working or studying from home: 1= Yes; 2= No; 3= Not applicable
6	Region of residence	Count	Region of residence: 1= Gulf region, 2= Levant region; 3= North Africa region

Table 2: Impact of Event Scale–Revised (IES-R)

	Variables	Format	Description
1	IES.1		0=Not at all; 1=A little bit;
	Any reminder brought back	Count	2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely
2	IES.2		0=Not at all; 1=A little bit;
	I had trouble staying	Count	2=Moderately; 3= Quite a bit;
	asleep.		4=Extremely
3	IES.3		0=Not at all; 1=A little bit;
	Other things kept making	Count	2=Moderately; 3= Quite a bit;
	me think about it.		4=Extremely
4	IES.4		0=Not at all; 1=A little bit;
	I felt irritable and angry.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
5	IES.5		0=Not at all; 1=A little bit;
	I avoided letting myself get	Count	2=Moderately; 3= Quite a bit;
	upset when I thought about	Count	4=Extremely
	it or was reminded of it.		
6	IES.6		0=Not at all; 1=A little bit;
	I thought about it when I	Count	2=Moderately; 3= Quite a bit;
	didn't mean to.		4=Extremely

7	IES.7		0=Not at all; 1=A little bit;
'	I felt as if it hadn't	Count	2=Moderately; 3= Quite a bit;
	happened or wasn't real.	Count	4=Extremely
8	IES.8		0=Not at all; 1=A little bit;
	I stayed away from	Count	2=Moderately; 3= Quite a bit;
	reminders of it.	Count	4=Extremely
9	IES.9		0=Not at all; 1=A little bit;
	Pictures about it popped	Count	2=Moderately; 3= Quite a bit;
	into my mind.	2 2 2 2 2 2	4=Extremely
10	IES.10		0=Not at all; 1=A little bit;
	I was jumpy and easily	Count	2=Moderately; 3= Quite a bit;
	startled.	2 2 2 2 2 2	4=Extremely
11	IES.11		0=Not at all; 1=A little bit;
	I tried not to think about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
12	IES.12		0=Not at all; 1=A little bit;
	I was aware that I still had	C ·	2=Moderately; 3= Quite a bit;
	a lot of feelings about it,	Count	4=Extremely
	but I didn't deal with them.		
13	IES.13		0=Not at all; 1=A little bit;
	My feelings about it were	Count	2=Moderately; 3= Quite a bit;
	kind of numb.		4=Extremely
14	IES.14		0=Not at all; 1=A little bit;
	I found myself acting or	Count	2=Moderately; 3= Quite a bit;
	feeling like I was back at	Count	4=Extremely
	that time.		
15	IES.15		0=Not at all; 1=A little bit;
	I had trouble falling asleep.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
16	IES.16		0=Not at all; 1=A little bit;
	I had waves of strong	Count	2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely
17	IES.17		0=Not at all; 1=A little bit;
	I tried to remove it from	Count	2=Moderately; 3= Quite a bit;
	my memory.		4=Extremely
18	IES.18		0=Not at all; 1=A little bit;
	I had trouble concentrating.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
19	IES.19		0=Not at all; 1=A little bit;
	Reminders of it caused me		2=Moderately; 3= Quite a bit;
	to have physical reactions,	Count	4=Extremely
	such as sweating, trouble	Count	
	breathing, nausea, or a		
	pounding heart.		

20	IES.20		0=Not at all; 1=A little bit;
	I had dreams about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
21	IES.21		0=Not at all; 1=A little bit;
	I felt watchful and on-	Count	2=Moderately; 3= Quite a bit;
	guard.		4=Extremely
22	IES.22		0=Not at all; 1=A little bit;
	I tried not to talk about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely

Table 3: IES-R scores with sociodemographic factors

	Variables	Format	Description
1	Gender	Count	Gender: 1= Female; 2= Male
1	Age	Count	Age in years: 1=18-25 years; 2=26- 35 years; 3=36-45 years; 4=>46 years
2	Marital status	Count	Marital status:1= Married; 2= Single; 3= Divorced; 4= Widowed
3	Education level	Count	Level of education: 1=≤ College diploma; 2= University degree; 3= Post-graduate degree
4	Employment status	Count	Type of employment: 1= Full-time; 2= Part-time; 3= Unemployed
5	Working/Studying from home	Count	Working or studying from home: 1= Yes; 2= No; 3= Not applicable
6	Region of residence	Count	Region of residence: 1= Gulf region, 2= Levant region; 3= North Africa region
7	IES.1 Any reminder brought back feelings about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
8	IES.2 I had trouble staying asleep.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
9	IES.3 Other things kept making me think about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
10	IES.4 I felt irritable and angry.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
11	IES.5 I avoided letting myself get upset when I thought about it or was reminded of it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely

	IES.6	Count	0=Not at all; 1=A little bit;
12	I thought about it when I	3 <b>3 4</b> 111	2=Moderately; 3= Quite a bit;
	didn't mean to.		4=Extremely
	IES.7	Count	0=Not at all; 1=A little bit;
13	I felt as if it hadn't		2=Moderately; 3= Quite a bit;
	happened or wasn't real.		4=Extremely
	IES.8	Count	0=Not at all; 1=A little bit;
14	I stayed away from		2=Moderately; 3= Quite a bit;
	reminders of it.		4=Extremely
	IES.9	Count	0=Not at all; 1=A little bit;
15	Pictures about it popped		2=Moderately; 3= Quite a bit;
	into my mind.		4=Extremely
	IES.10	Count	0=Not at all; 1=A little bit;
16	I was jumpy and easily		2=Moderately; 3= Quite a bit;
	startled.		4=Extremely
		Count	0=Not at all; 1=A little bit;
17	IES.11		2=Moderately; 3= Quite a bit;
	I tried not to think about it.		4=Extremely
	IES.12	Count	O Net et ell. 1 A little hit.
18	I was aware that I still had		0=Not at all; 1=A little bit;
10	a lot of feelings about it,		2=Moderately; 3= Quite a bit;
	but I didn't deal with them.		4=Extremely
	IES.13	Count	0=Not at all; 1=A little bit;
19	My feelings about it were		2=Moderately; 3= Quite a bit;
	kind of numb.		4=Extremely
	IES.14	Count	0=Not at all; 1=A little bit;
20	I found myself acting or		2=Moderately; 3= Quite a bit;
20	feeling like I was back at		4=Extremely
	that time.		<u> </u>
	IES.15	Count	0=Not at all; 1=A little bit;
21	I had trouble falling asleep.		2=Moderately; 3= Quite a bit;
	J 1		4=Extremely
	IES.16	Count	0=Not at all; 1=A little bit;
22	I had waves of strong		2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely
	IES.17	Count	0=Not at all; 1=A little bit;
23	I tried to remove it from		2=Moderately; 3= Quite a bit;
	my memory.		4=Extremely
	IES.18	Count	0=Not at all; 1=A little bit;
24	I had trouble concentrating.		2=Moderately; 3= Quite a bit;
	- C	<u> </u>	4=Extremely
	IES.19	Count	0=Not at all; 1=A little bit;
25	Reminders of it caused me		2=Moderately; 3= Quite a bit;
	to have physical reactions,		4=Extremely
	such as sweating, trouble		,

	breathing, nausea, or a pounding heart.		
26	IES.20 I had dreams about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
27	IES.21 I felt watchful and onguard.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
28	IES.22 I tried not to talk about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely

Table 4: IES-R scores with negative mental health indicators

	Variables	Format	Description
1	Negative.1 Are you experiencing increased stress from work?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
2	Negative.2 Are you experiencing increased financial stress from the outbreak?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
3	Negative.3 Are you experiencing increased stress from staying at home?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
4	Negative.4 Have you felt horrified due to COVID-19?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
5	Negative.5 Have you felt apprehensive due to COVID-19?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
6	Negative.6 Have you felt helpless due to COVID-19?	Count	1=Much decreased; 2=decreased; 3= same as before; 4=increased; 5= much increased
7	IES.1 Any reminder brought back feelings about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
8	IES.2 I had trouble staying asleep.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
9	IES.3 Other things kept making me think about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely

10	IES.4		0=Not at all; 1=A little bit;
10	I felt irritable and angry.	Count	2=Moderately; 3= Quite a bit;
	Their infrable and angry.	Count	4=Extremely
11	IES.5		0=Not at all; 1=A little bit;
11	I avoided letting myself get		2=Moderately; 3= Quite a bit;
		Count	4=Extremely
	upset when I thought about it or was reminded of it.		4-Extremely
12	IES.6		0-Not at all, 1-A little hit.
12		<i>C</i> 4	0=Not at all; 1=A little bit;
	I thought about it when I	Count	2=Moderately; 3= Quite a bit;
10	didn't mean to.		4=Extremely
13	IES.7	<b>C</b> 4	0=Not at all; 1=A little bit;
	I felt as if it hadn't	Count	2=Moderately; 3= Quite a bit;
1.4	happened or wasn't real.		4=Extremely
14	IES.8	<b>C</b> .	0=Not at all; 1=A little bit;
	I stayed away from	Count	2=Moderately; 3= Quite a bit;
1.5	reminders of it.		4=Extremely
15	IES.9		0=Not at all; 1=A little bit;
	Pictures about it popped	Count	2=Moderately; 3= Quite a bit;
	into my mind.		4=Extremely
16	IES.10	~	0=Not at all; 1=A little bit;
	I was jumpy and easily	Count	2=Moderately; 3= Quite a bit;
1.7	startled.		4=Extremely
17	IES.11		0=Not at all; 1=A little bit;
	I tried not to think about it.	Count	2=Moderately; 3= Quite a bit;
1.0	TEC 12		4=Extremely
18	IES.12		0=Not at all; 1=A little bit;
	I was aware that I still had	Count	2=Moderately; 3= Quite a bit;
	a lot of feelings about it,		4=Extremely
10	but I didn't deal with them.		0. Not at all, 1. A 1941-19
19	IES.13	<b>C</b>	0=Not at all; 1=A little bit;
	My feelings about it were	Count	2=Moderately; 3= Quite a bit;
20	kind of numb.		4=Extremely
20	IES.14		0=Not at all; 1=A little bit;
	I found myself acting or	Count	2=Moderately; 3= Quite a bit;
	feeling like I was back at		4=Extremely
21	that time.		0.31 ( . 11.1.4.15)
21	IES.15	<b>C</b>	0=Not at all; 1=A little bit;
	I had trouble falling asleep.	Count	2=Moderately; 3= Quite a bit;
22	TEC 16		4=Extremely
22	IES.16	Carrie	0=Not at all; 1=A little bit;
	I had waves of strong	Count	2=Moderately; 3= Quite a bit;
22	feelings about it.		4=Extremely
23	IES.17	Count	0=Not at all; 1=A little bit;
	I tried to remove it from	Count	2=Moderately; 3= Quite a bit;
	my memory.		4=Extremely

24	IES.18		0=Not at all; 1=A little bit;
	I had trouble concentrating.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
25	IES.19		0=Not at all; 1=A little bit;
	Reminders of it caused me		2=Moderately; 3= Quite a bit;
	to have physical reactions,	Count	4=Extremely
	such as sweating, trouble	Count	
	breathing, nausea, or a		
	pounding heart.		
26	IES.20		0=Not at all; 1=A little bit;
	I had dreams about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
27	IES.21		0=Not at all; 1=A little bit;
	I felt watchful and on-	Count	2=Moderately; 3= Quite a bit;
	guard.		4=Extremely
28	IES.22		0=Not at all; 1=A little bit;
	I tried not to talk about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely

Table 5: IES-R scores with impact on family and social support

	Variables	Format	Description
1	Support.1		1=Much decreased; 2=decreased; 3=
	Are you getting support	Count	same as before; 4=increased; 5=
	from friends?		much increased
2	Support.2		1=Much decreased; 2=decreased; 3=
	Are you getting support	Count	same as before; 4=increased; 5=
	from family members?		much increased
3	Support.3		1=Much decreased; 2=decreased; 3=
	Are you sharing feelings	Count	same as before; 4=increased; 5=
	with family members?		much increased
4	Support.4		1=Much decreased; 2=decreased; 3=
	Are you sharing feelings	Count	same as before; 4=increased; 5=
	with others when feeling	Count	much increased
	blue?		
5	Support.5		1=Much decreased; 2=decreased; 3=
	Are you caring for family	Count	same as before; 4=increased; 5=
	members' feelings?		much increased
6	IES.1		0=Not at all; 1=A little bit;
	Any reminder brought back	Count	2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely
7	IES.2		0=Not at all; 1=A little bit;
	I had trouble staying	Count	2=Moderately; 3= Quite a bit;
	asleep.		4=Extremely

8	IES.3		0=Not at all; 1=A little bit;
	Other things kept making	Count	2=Moderately; 3= Quite a bit;
	me think about it.		4=Extremely
9	IES.4		0=Not at all; 1=A little bit;
	I felt irritable and angry.	Count	2=Moderately; 3= Quite a bit;
	2,		4=Extremely
10	IES.5		0=Not at all; 1=A little bit;
	I avoided letting myself get		2=Moderately; 3= Quite a bit;
	upset when I thought about	Count	4=Extremely
	it or was reminded of it.		
11	IES.6		0=Not at all; 1=A little bit;
	I thought about it when I	Count	2=Moderately; 3= Quite a bit;
	didn't mean to.		4=Extremely
12	IES.7		0=Not at all; 1=A little bit;
	I felt as if it hadn't	Count	2=Moderately; 3= Quite a bit;
	happened or wasn't real.		4=Extremely
13	IES.8		0=Not at all; 1=A little bit;
	I stayed away from	Count	2=Moderately; 3= Quite a bit;
	reminders of it.		4=Extremely
14	IES.9		0=Not at all; 1=A little bit;
	Pictures about it popped	Count	2=Moderately; 3= Quite a bit;
	into my mind.		4=Extremely
15	IES.10		0=Not at all; 1=A little bit;
	I was jumpy and easily	Count	2=Moderately; 3= Quite a bit;
	startled.		4=Extremely
16	IES.11		0=Not at all; 1=A little bit;
	I tried not to think about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
17	IES.12		0=Not at all; 1=A little bit;
	I was aware that I still had	Count	2=Moderately; 3= Quite a bit;
	a lot of feelings about it,	Count	4=Extremely
	but I didn't deal with them.		
18	IES.13		0=Not at all; 1=A little bit;
	My feelings about it were	Count	2=Moderately; 3= Quite a bit;
	kind of numb.		4=Extremely
19	IES.14		0=Not at all; 1=A little bit;
	I found myself acting or	Count	2=Moderately; 3= Quite a bit;
	feeling like I was back at	Count	4=Extremely
	that time.		
20	IES.15		0=Not at all; 1=A little bit;
	I had trouble falling asleep.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
21	IES.16	_	0=Not at all; 1=A little bit;
	I had waves of strong	Count	2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely

22	IES.17		0=Not at all; 1=A little bit;
	I tried to remove it from	Count	2=Moderately; 3= Quite a bit;
	my memory.		4=Extremely
23	IES.18		0=Not at all; 1=A little bit;
	I had trouble concentrating.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
24	IES.19		0=Not at all; 1=A little bit;
	Reminders of it caused me		2=Moderately; 3= Quite a bit;
	to have physical reactions,	Count	4=Extremely
	such as sweating, trouble	Count	
	breathing, nausea, or a		
	pounding heart.		
25	IES.20		0=Not at all; 1=A little bit;
	I had dreams about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely
26	IES.21		0=Not at all; 1=A little bit;
	I felt watchful and on-	Count	2=Moderately; 3= Quite a bit;
	guard.		4=Extremely
27	IES.22		0=Not at all; 1=A little bit;
	I tried not to talk about it.	Count	2=Moderately; 3= Quite a bit;
			4=Extremely

Table 6: IES-R scores with lifestyle changes

	Variables	Format	Description
1	Lifestyle.1		1=Much decreased; 2=decreased; 3=
	Are you paying attention to	Count	same as before; 4=increased; 5=
	your mental health?		much increased
2	Lifestyle.2		1=Much decreased; 2=decreased; 3=
	Do you spend enough time	Count	same as before; 4=increased; 5=
	to rest?		much increased
3	Lifestyle.3		1=Much decreased; 2=decreased; 3=
	Do you spend enough time	Count	same as before; 4=increased; 5=
	to relax?		much increased
4	Lifestyle.4		1=Much decreased; 2=decreased; 3=
	Do you spend enough time	Count	same as before; 4=increased; 5=
	to exercise?		much increased
5	IES.1		0=Not at all; 1=A little bit;
	Any reminder brought back	Count	2=Moderately; 3= Quite a bit;
	feelings about it.		4=Extremely
6	IES.2		0=Not at all; 1=A little bit;
	I had trouble staying	Count	2=Moderately; 3= Quite a bit;
	asleep.		4=Extremely
7	IES.3		0=Not at all; 1=A little bit;
	Other things kept making	Count	2=Moderately; 3= Quite a bit;
	me think about it.		4=Extremely

8	IES.4		0=Not at all; 1=A little bit;
0		Count	
	I felt irritable and angry.	Count	2=Moderately; 3= Quite a bit;
	TEG 5		4=Extremely
9	IES.5		0=Not at all; 1=A little bit;
	I avoided letting myself get	Count	2=Moderately; 3= Quite a bit;
	upset when I thought about	Count	4=Extremely
	it or was reminded of it.		
10	IES.6		0=Not at all; 1=A little bit;
	I thought about it when I	Count	2=Moderately; 3= Quite a bit;
	didn't mean to.		4=Extremely
11	IES.7		0=Not at all; 1=A little bit;
	I felt as if it hadn't	Count	2=Moderately; 3= Quite a bit;
	happened or wasn't real.		4=Extremely
12	IES.8		0=Not at all; 1=A little bit;
	I stayed away from	Count	2=Moderately; 3= Quite a bit;
	reminders of it.		4=Extremely
13	IES.9		0=Not at all; 1=A little bit;
	Pictures about it popped	Count	2=Moderately; 3= Quite a bit;
	into my mind.		4=Extremely
14	IES.10		0=Not at all; 1=A little bit;
1.	I was jumpy and easily	Count	2=Moderately; 3= Quite a bit;
	startled.	Count	4=Extremely
15	IES.11		0=Not at all; 1=A little bit;
13	I tried not to think about it.	Count	2=Moderately; 3= Quite a bit;
	Tured not to time about it.	Count	4=Extremely
16	IES.12		0=Not at all; 1=A little bit;
10	I was aware that I still had		2=Moderately; 3= Quite a bit;
	a lot of feelings about it,	Count	4=Extremely
	but I didn't deal with them.		1—Exteniory
17	IES.13		0=Not at all; 1=A little bit;
1 /	My feelings about it were	Count	2=Moderately; 3= Quite a bit;
	kind of numb.	Count	4=Extremely
18	IES.14		0=Not at all; 1=A little bit;
10	I found myself acting or		2=Moderately; 3= Quite a bit;
	,	Count	4=Extremely
	feeling like I was back at		4-Extremely
10	that time.		0-Not at all: 1-A little bit:
19	IES.15	Count	0=Not at all; 1=A little bit;
	I had trouble falling asleep.	Count	2=Moderately; 3= Quite a bit;
20	TEC 16		4=Extremely
20	IES.16	C	0=Not at all; 1=A little bit;
	I had waves of strong	Count	2=Moderately; 3= Quite a bit;
21	feelings about it.		4=Extremely
21	IES.17		0=Not at all; 1=A little bit;
	I tried to remove it from	Count	2=Moderately; 3= Quite a bit;
	my memory.		4=Extremely

22	IES.18 I had trouble concentrating.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit;
	That trouble concentrating.	Count	4=Extremely
23	IES.19 Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
24	IES.20 I had dreams about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
25	IES.21 I felt watchful and onguard.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely
26	IES.22 I tried not to talk about it.	Count	0=Not at all; 1=A little bit; 2=Moderately; 3= Quite a bit; 4=Extremely

#### 5. Statistical methods

Normality of data was tested with the use of Kolmogorov-Smirnov test of normality.

Descriptive statistics for the sociodemographic characteristics were reported as numbers and percentages. The IES-R total and subscale scores were presented as Median and Interquartile Range (IQR). A Chi-square ( $\chi 2$ ) test was used to determine the association between IES-R categories (normal, mild, moderate, and severe) with categorical variables. A non-parametric Kruskal-Wallis H test was used to determine differences in IES-R, intrusion, avoidance, and hyperarousal scores between different regions. Followed by post-hoc pairwise comparisons with Bonferroni adjustment. A generalized linear model based on negative binomial distribution was used to assess the confounding effects of sociodemographic factors, negative mental health impact factors, social and family support indicators, and lifestyle factors on continuous IES-R total score. Variables included in the final model were selected using univariant general linear analysis and only factors with a cut-off value of p<0.2 were selected. A p-value <0.05 was considered to be statistically significant.

## 6. System and Software

All analyses were performed using the Statistical Package for the Social Sciences (SPSS) Version 26.0 (IBM, Chicago, IL, USA) running macOS Big Sur Version 11.2.1. Sample size was calculated using G\*power software, version 3.1.9.4 (HHU, Germany).