

# Supplementary Material

## Anxiety and Gastrointestinal Symptoms related to COVID-19 during Italian Lockdown

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**Table S1.** The survey consists of the following main categories: socio-demographic characteristics, GISs and psychometric parameters.

Category	Question	Answer
Socio-demographic characteristics	Sex	Male, Female
	Age	Free field
	Nationality	Free field
	Marital status	Single, Dating, Married, Divorced
	Educational level	Undergraduate, Graduate
	Region of residence	List of Italian Regions
	Do you live in your Region of residence?	Yes, No
GISs: history	Where are you live actually?	List of Italian Regions
	Have you ever suffered from any of these ailments? Diarrhea, constipation, pain during defecation, blood in feces, nausea, vomit, indigestion, heartburn (pre-meal), heartburn (after-meal), stomachache, fullness and early satiety, hypophagia, hyperphagia, dyspepsia, abdominal inflation, abdominal cramps.	Yes, No for each symptom in the list.
	Positive family history for a GISs.	Yes, No

BEFORE and DURING lockdown	GISs	Diarrhea, constipation, pain during defecation, blood in feces, nausea, vomit, indigestion, heartburn (pre-meal), heartburn (after-meal), stomachache, fullness and early satiety, hypophagia, hyperphagia, dyspepsia, abdominal inflation, abdominal cramps.	Multiple-choice (Never, Rarely, Sometimes, Often, and Always) for each symptom in the list.	
	Dietary habits	Food consumption of fruits/vegetables, meat, pasta, pizza, desserts, pre-cooked food, alcohol, soda, cheese, and sausages.	Multiple-choice (Never, Rarely, Sometimes, Often, and Always) for each food in the list.	
BEFORE and DURING lockdown	Psychometric evaluation: anxiety level	Headache	Multiple-choice (Never, Rarely, Sometimes, and Often) for each question.	
		Fainting or dizziness		
		Chest pain or discomfort		
		Back pain		
		Stomach pain and nausea		
		Muscle aches		
		Shortness of breath		
		Hot/Cold flash		
		Lump in the throat		
		Weakness		
		Feeling that your arms or legs are heavy		
		Abnormal sensations of numbness and tingling		
		I am concerned with health		Multiple-choice (Never, Rarely, Sometimes, and Often) for each question.
		I pay attention to the pains		
I notice sensations or changes in my body				
I can keep myself from thinking about diseases				
I am afraid of having a serious disease				
I have mental images of myself sick				
I'm having trouble not thinking about my health				
If the doctor tells me I have nothing how much I keep thinking about it				
If I hear about a disease, I think I may have it too				
If I feel a physical sensation or a change, I wonder what it means				
It is possible that I am ill with something serious				
I always think I'm seriously sick				
If I notice a bodily sensation that I can't explain, how much I think about it?				
My friends and family would say that I care about my health				

**Table S2.** Descriptive characteristics of the respondent cohort.

<b>Mean age (SD)</b>	23.93 (3.67)	
<b>Sex</b>	Male	31.4%
	Female	68.6%
<b>Nationality</b>	Italian	99.2%
	Polish	0.6%
	Croatian	0.3%
<b>Education level</b>	Undergraduate	72.3%
	Graduate	27.7%
<b>Marital status</b>	Single	48.0%
	Dating	49.2%

	Married	2.5%
	Divorced	0.3%
	Unknown	0.3
	Abruzzo	1.1
	Basilicata	1.4
	Calabria	48.0
	Campania	3.1
	Emilia	2.3
	Friuli	8.2
	Lazio	3.1
	Liguria	0.8
	Lombardy	4.8
	Marche	7.1
	Piedmont	1.1
	Apulia	5.4
	Sardinia	0.3
	Sicily	3.7
	Tuscany	1.7
	Trentino	0.6
	Veneto	7.1
	Resident	90.7%
	Non-resident	9.3%

**Region of residence**

**Status for the region where the subject lives**