

Table S1. Psychological Distress, Total Impact and Coping by Participant Characteristics and T1 Predictors Over Time

		Sex ^{1,2,3,5,6}				Age ^{1,3,5,6}					
		Female (n=233)		Male (n=163)		<25 years (n=75)		25-39 years (n=180)		40+ years (n=141)	
		Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Psychological Distress [range = 4-16]	T1	10.00	(3.11)	8.22	(2.94)	10.15	(3.62)	9.64	(3.17)	8.32	(2.63)
	T2	9.53	(3.14)	8.50	(3.30)	9.43	(3.37)	9.35	(3.45)	8.62	(2.84)
	<i>T2-T1 d</i>	-0.18		0.11		-0.26		-0.11		0.11	
Total Impact [range = 0-18]	T1	5.86	(3.77)	4.20	(3.27)	6.41	(3.85)	5.49	(3.79)	4.12	(3.08)
	T2	7.46	(3.64)	6.45	(3.41)	7.87	(3.50)	7.02	(3.76)	6.63	(3.33)
	<i>T2-T1 d</i>	0.48		0.66		0.38		0.48		0.75	
Total Coping [range = 0-18]	T1	3.48	(3.00)	2.12	(2.32)	3.75	(3.33)	3.12	(2.95)	2.22	(2.12)
	T	4.40	(3.09)	3.31	(3.04)	3.34	(0.39)	3.23	(0.24)	2.67	(0.23)
	<i>T2-T1 d</i>	0.36		0.46		0.37		0.38		0.46	

Bold=within group T1 vs. T2 p<.005; numeric superscripts indicate group difference p≤.005: 1=T1, 2=T2 psychological distress; 3=T1, 4=T2 total impact; 5=T1, 6=T2 total coping.

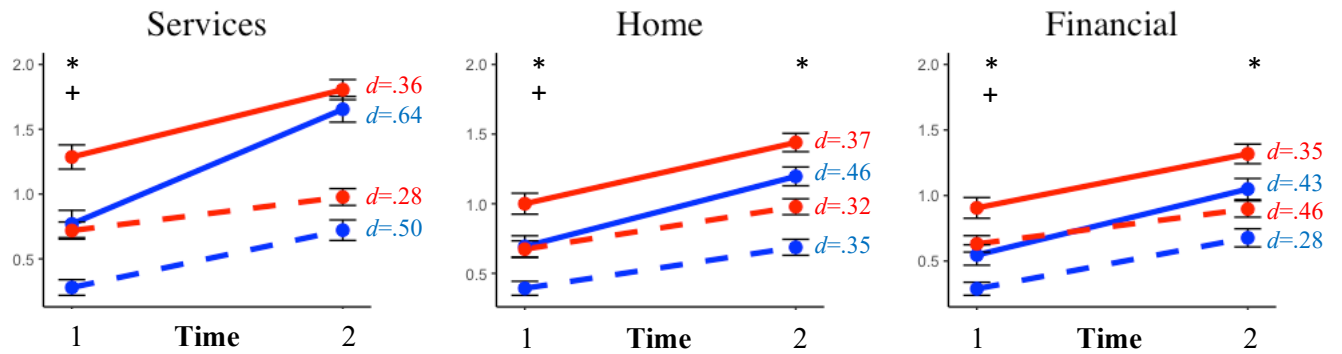


Figure S1. Change in impact and coping in services, home life and financial security by sex
Note. Red=female; blue = male Solid lines = impact; coping = dotted lines; *Impact group difference within time point $p < .005$; +Coping group difference within time point; d signifies T2-T1 change.

As shown in Figure S1, females endorsed greater impact and difficulty coping with changes in services, home life and financial security at T1. Change from T1 to T2 were significant for both sexes across areas. Only differences in coping with home life changes remained significant at T2; females reported poorer coping than males.

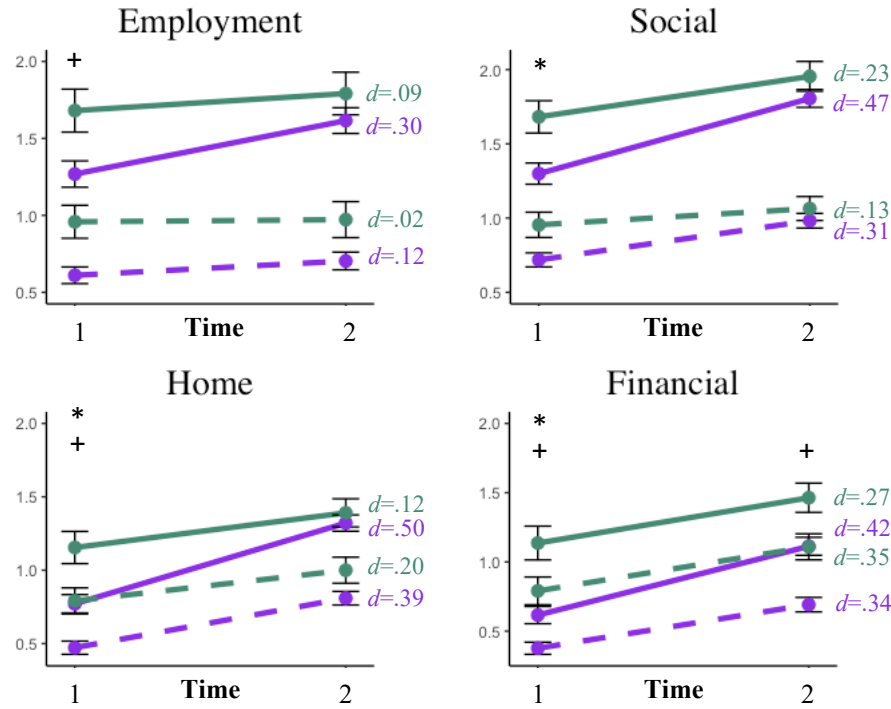


Figure S2. Change in impact and coping in employment, social life, home life and financial security by personal COVID-19 experience.

Note. Green=personal experience; purple=no personal experience; Solid lines = impact; coping = dotted lines; *Impact group difference within time point $p < .005$; +Coping group difference within time point; d signifies T2-T1 change.

As shown in Figure S2, those with personal COVID-19 experience endorsed greater impact and difficulty coping with changes in employment, social life, home life and financial security at T1. Changes from T1 to T2 were significant for those without personal experience across all areas except employment. Financial security was the only area showing significant worsening for those with COVID-19 experience, resulting in persistently greater financial impact and poorer coping at T2.

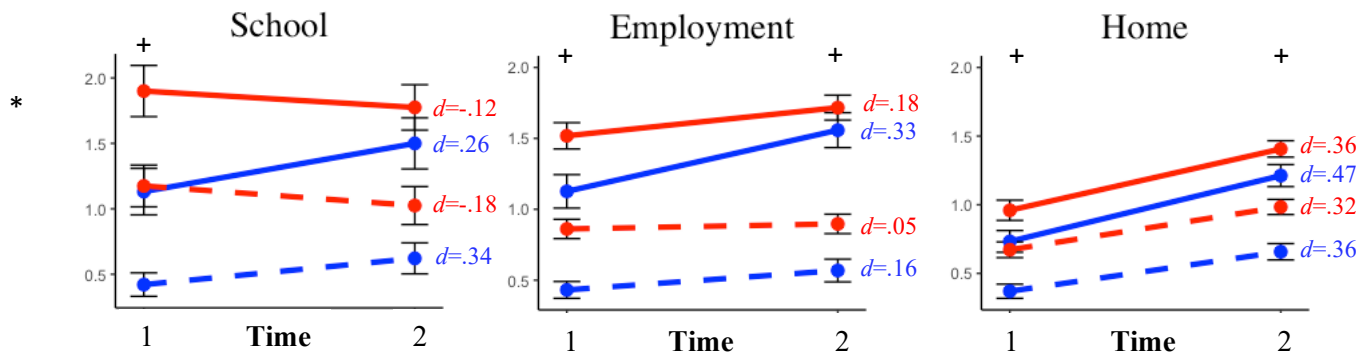


Figure S3. Change in impact and coping in school, employment and home life by frequency of hopefulness about the future.

Note. Red= less hope (<3 days); blue = more hope (3+ days) Solid lines = impact; coping = dotted lines; *Impact group difference within time point $p < .005$; +Coping group difference within time point; d signifies T2-T1 change.

As shown in Figure S3, those feeling hopeful about the future 3 or more days in the past week endorsed less impact of school changes. More frequent hopefulness was also associated with better T1 coping across all of the six areas; school, employment and home life were chosen as representative examples. Increases in impact and worsening of coping was observed for both groups across time. Those with more frequent hope also reported increases in employment impact, but no change in coping with employment changes. By T2, level of school impact and coping no longer differed by frequency of hope. Differences in level of coping with changes in home life and employment both persisted at T2.

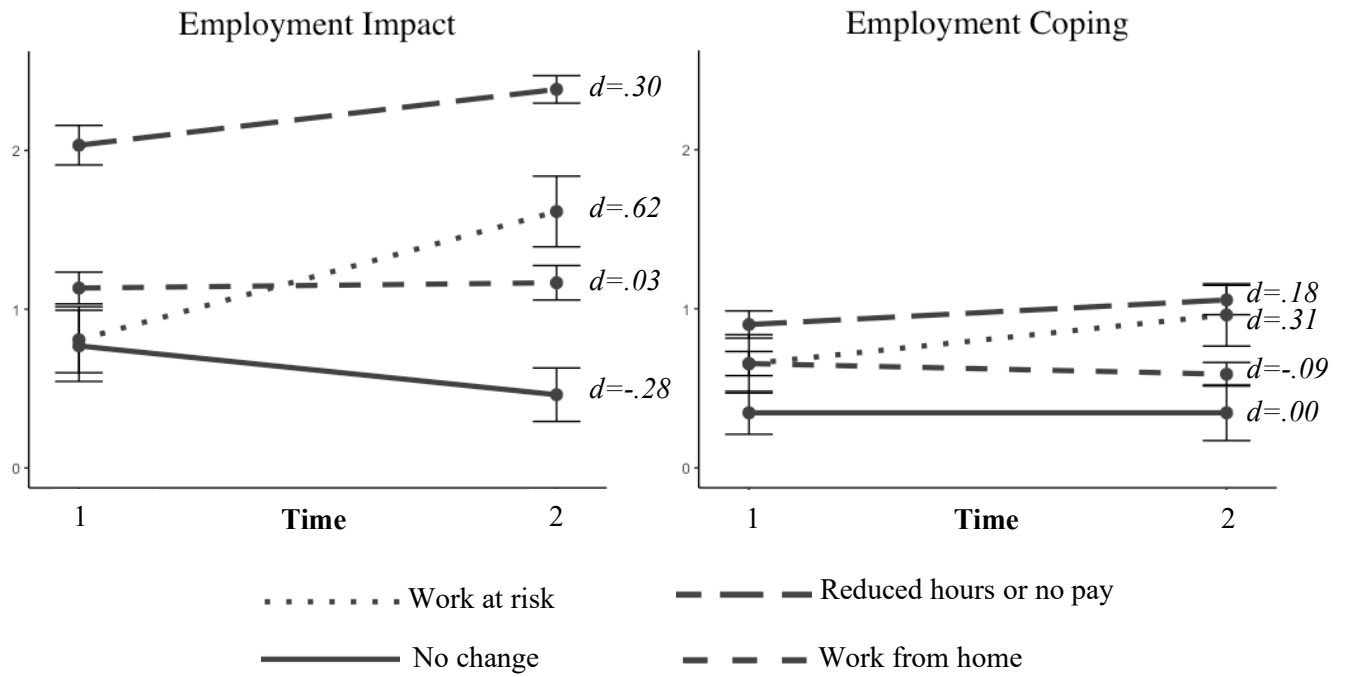


Figure S4. Employment impact and coping by type of employment change.

Note. Higher scores reflect more impact/worse coping. Effect size (*d*) reflects T2-T1 change.

Table S2. Linear regression model examining contribution of T1 online services in the prediction of T2 psychological distress (n=148)

	<i>B</i>	<i>SE B</i>	β	<i>p</i>
Constant	1.87	1.00		0.063
Female	0.20	0.41	0.03	0.622
Age	0.00	0.01	-0.01	0.879
T1 Total				
Impact	0.22	0.06	0.28	0.001
T2-T1 Impact	0.24	0.06	0.26	0.000
T1 Hope	0.60	0.25	0.19	0.016
T2-T1 Hope	0.78	0.22	0.25	0.000
T1 Distress	0.53	0.08	0.54	0.000
Online Services	-0.61	0.38	-0.10	0.104
Model R ² =.730				

bold= $p \leq .005$; Higher scores reflect more severe impact, less hope, more psychological distress; sample limited to 148 participants who reported negative impact to services at T1, who were subsequently asked whether they received online services