

**Supplementary Table 3.** Demographic, metabolic, and psychological variables according to the changes in total physical activity level

Variable	Change in physical activity from the pre-SD to SD era		P value
	No decrease (n=130)	Decrease (n=104)	
Male sex	60 (46.2)	35 (33.7)	0.053
Age, yr	74.36±5.7	73.09±5.9	0.095
Weight change, kg	0.27±2.2	0.96±1.9	0.013
Fasting glucose change, mg/dL	2.99±30.9	15.6±29.7	0.002
HbA1c change, %	0.16±0.8	0.6±1.0	<0.001
<b>Stress</b>			
IES-R score	5.80±7.0	7.12±6.1	0.135
IES-R score >24	5 (3.9)	2 (2.0)	0.401
<b>Depression</b>			
	No decrease (n=130)	Decrease (n=103)	
PHQ-9 score	3.2±4.0	2.9±3.1	0.496
PHQ-9 ≥10	6 (4.6)	4 (3.9)	0.271
<b>Sarcopenia</b>			
	No decrease (n=128)	Decrease (n=103)	
SARC-F ≥4	9 (7.0)	3 (2.9)	0.204
SARC-Calf ≥11	19 (14.8)	13 (12.6)	0.969

Values are presented as number (%) or mean ± standard deviation.

SD, social distancing; HbA1c, glycated hemoglobin; IES-R, Impact of Event Scale-Revised; PHQ-9, Patient Health Questionnaire-9; SARC-F, screening questionnaire for sarcopenia; SARC-Calf, SARC-F+calf circumference.