

Stressed Group

Occupation	Administrative position	4 (9.8%)
	Specialist job and technical job	6 (14.6%)
	Clerical workers	7 (17.1%)
	Sales workers	4 (9.8%)
	Service workers	2 (4.9%)
	Security workers	0 (0%)
	Agricultural, forestry, and fishery workers	0 (0%)
	Manufacturing process workers	0 (0%)
	Transportation and machine operation workers	1 (2.4%)
	Construction and mining workers	2 (4.9%)
	Carrying, cleaning, packaging, and related workers	0 (0%)
	Unemployment after forced retirement	1 (2.4%)
	Unemployment	4 (9.8%)
	Houseworkers	7 (17.1%)
	Others	3 (7.3%)

Employment status

Currently working	Applicable	Not applicable
	29	12
Increased frequency of work from home	Applicable	Not applicable
	15 (36.6%)	26 (63.4%)
Commuting by car instead of other transportation means	Applicable	Not applicable
	2 (4.9%)	39 (95.1%)
Telecommuting (working from home)	Applicable	Not applicable
Before the declaration	5 (14.7%)	29 (85.3%)
After the declaration	22 (62.9%)	13 (37.1%)

Unstressed group

Occupation	Administrative position	175 (18.4%)
	Specialist job and technical job	159 (16.7%)
	Clerical workers	129 (13.5%)
	Sales workers	69 (7.2%)
	Service workers	60 (6.3%)
	Security workers	9 (0.9%)
	Agricultural, forestry, and fishery workers	0 (0%)
	Manufacturing process workers	14 (1.5%)
	Transportation and machine operation workers	24 (2.5%)
	Construction and mining workers	25 (2.6%)
	Carrying, cleaning, packaging, and related workers	24 (2.5%)
	Unemployment after forced retirement	93 (9.8%)
	Unemployment	55 (5.8%)
	Houseworkers	70 (7.3%)
	Others	47 (4.9%)

Currently working	Applicable	Not applicable
	735	218
Increased frequency of work from home	Applicable	Not applicable
	313 (32.6%)	646 (67.4%)
Commuting by car instead of other transportation means	Applicable	Not applicable
	51 (5.3%)	908 (94.7%)
Telecommuting (working from home)	Applicable	Not applicable
Before the declaration	127 (16.2%)	657 (83.8%)
After the declaration	419 (51.7%)	392 (48.3%)

p (between two groups)
(Fisher's exact test)

-

0.346

0.612

1.000

1.000

0.228

Stressed Group

Unstressed group

p (between two groups)

Dietary life

Food intake	Increased	Decreased	Unchanged	Food intake	Increased	Decreased	Unchanged	
	6 (15.4%)	8 (20.5%)	25 (64.1%)		108 (11.4%)	212 (22.4%)	628 (66.2%)	0.700
Reason for increased food intake	Stress	4 (28.6%)		Reason for increased food intake	Stress	48 (25.8%)		-
	Boredom	4 (28.6%)			Boredom	67 (36%)		
	Others	4 (28.6%)			Others	60 (32.3%)		
	Stress/Boredom	2 (14.3%)			Stress/Boredom	7 (3.8%)		
	Stress/Others	0 (0%)			Stress/Others	1 (0.5%)		
	Boredom/Others	0 (0%)			Boredom/Others	3 (1.6%)		
Reason for decreased food intake	Stress	0 (0%)		Reason for decreased food intake	Stress	18 (6.9%)		-
	Gradually ate less naturally	8 (88.9%)			Gradually ate less naturally	131 (50%)		
	Watched by family members	0 (0%)			Watched by family members	5 (1.9%)		
	Others	1 (11.1%)			Others	94 (35.9%)		
	Stress/Gradually ate less naturally	0 (0%)			Stress/Gradually ate less naturally	7 (2.7%)		
	Stress/Watched by family members	0 (0%)			Stress/Watched by family members	1 (0.4%)		
	Gradually ate less naturally/Watched by family members	0 (0%)			Gradually ate less naturally/Watched by family members	2 (0.8%)		
	Gradually ate less naturally/Others	0 (0%)			Gradually ate less naturally/Others	4 (1.5%)		
Main meal	Self-catering	Eating out		Main meal	Self-catering	Eating out		
Before the declaration	33 (86.8%)	5 (13.2%)		Before the declaration	715 (76.7%)	217 (23.3%)		0.171
After the declaration	35 (94.6%)	2 (5.4%)		After the declaration	829 (88.8%)	105 (11.2%)		0.419

Status of drunkenness

Alcohol consumption	Increased	Decreased	Unchanged	Alcohol consumption	Increased	Decreased	Unchanged	
	3 (7.7%)	13 (33.3%)	23 (59%)		65 (7.3%)	302 (33.9%)	523 (58.8%)	1.000
Frequency of drinking	Increased	Decreased	Unchanged	Frequency of drinking	Increased	Decreased	Unchanged	
	2 (5.4%)	21 (56.8%)	14 (37.8%)		35 (3.9%)	504 (56.7%)	350 (39.4%)	0.825
Reason for increased alcohol consumption	Stress	4 (80%)		Reason for increased alcohol consumption	Stress	20 (15.9%)		-
	Boredom	1 (20%)			Boredom	48 (38.1%)		
	Others	0 (0%)			Others	51 (40.5%)		
	Stress/Boredom	0 (0%)			Stress/Boredom	6 (4.8%)		
	Stress/Boredom/Others	0 (0%)			Stress/Boredom/Others	1 (0.8%)		

Stressed Group

Reason for decreased alcohol consumption	Stress	0 (0%)
	Naturally felt less like drinking alcohol	7 (46.7%)
	Watched by family members	0 (0%)
	Others	8 (53.3%)
	Stress/Gradually ate less naturally	0 (0%)
	Stress/Others	0 (0%)
	Naturally felt less like drinking alcohol/Watched by family members	0 (0%)
	Naturally felt less like drinking alcohol/Others	0 (0%)

Unstressed group

Reason for decreased alcohol consumption	Stress	3 (0.8%)
	Naturally felt less like drinking alcohol	139 (39.4%)
	Watched by family members	7 (2%)
	Others	194 (55%)
	Stress/Gradually ate less naturally	1 (0.3%)
	Stress/Others	1 (0.3%)
	Naturally felt less like drinking alcohol/Watched by family members	2 (0.6%)
	Naturally felt less like drinking alcohol/Others	6 (1.7%)

p (between two groups)

Amount of exercise and physical activity	Increased	Decreased	Unchanged	Amount of exercise and physical activity	Increased	Decreased	Unchanged	
	4 (10%)	29 (72.5%)	7 (17.5%)		131 (13.8%)	515 (54.3%)	303 (31.9%)	0.078

Refraining from exercise to avoid three Cs (crowded places, close-contact settings, and confined and enclosed spaces)	Applicable	Not applicable		Refraining from exercise to avoid three Cs (crowded places, close-contact settings, and confined and enclosed spaces)	Applicable	Not applicable		
	9 (22%)	32 (78%)			169 (17.6%)	790 (82.4%)		0.530

Body weight measurement	Took measurement	did not take measurements		Body weight measurement	Took measurement	did not take measurements		
	31 (81.6%)	7 (18.4%)			683 (75%)	228 (25%)		0.445

Mental status

smile	Increased	Decreased	Unchanged	smile	Increased	Decreased	Unchanged	
	2 (4.9%)	9 (22%)	30 (73.2%)		21 (2.3%)	167 (18.2%)	730 (79.5%)	0.306

Frustration	Increased	Decreased	Unchanged	Frustration	Increased	Decreased	Unchanged	
	20 (48.8%)	2 (4.9%)	19 (46.3%)		254 (27.7%)	55 (6%)	607 (66.3%)	0.016

Frustration was not used as covariance. Instead of it, we use stress level.

Motivation	Increased	Decreased	Unchanged	Motivation	Increased	Decreased	Unchanged	
	2 (4.9%)	14 (34.1%)	25 (61%)		30 (3.3%)	287 (31.3%)	601 (65.5%)	0.650

For lifestyle management	Favorable	Unfavorable	No opinion	For lifestyle management	Favorable	Unfavorable	No opinion	
	5 (12.5%)	15 (37.5%)	20 (50%)		162 (17.6%)	202 (22%)	555 (60.4%)	0.087

Status of outpatient visits	Continued	Suspended	Drug therapy alone continued	Status of outpatient visits	Continued	Suspended	Drug therapy alone continued	
	34 (87.2%)	1 (2.6%)	4 (10.3%)		818 (89.1%)	26 (2.8%)	74 (8.1%)	0.756

Medication adherence

<u>Stressed Group</u>			<u>Unstressed group</u>			p (between two groups)
Drugs	Continued as prescribed	Adjusted based on the patient's own judgment	Drugs	Continued as prescribed	Adjusted based on the patient's own judgment	
	39(100%)	0 (0%)		882 (97.1%)	26 (2.9%)	0.621

Stressed Group				Unstressed group				p (between two groups)
	Adhered to the instructions	Adjusted based on the patient's own judgment	Used irregularly		Adhered to the instructions	Adjusted based on the patient's own judgment	Used irregularly	
Regarding oral drugs or injections				Regarding oral drugs or injections				
Before the declaration	35 (89.7%)	3 (7.7%)	1 (2.6%)	Before the declaration	875 (95.8%)	27 (3%)	11 (1.2%)	0.139
After the declaration	36 (94.7%)	2 (5.3%)	0 (0%)	After the declaration	876 (95.7%)	33 (3.6%)	6 (0.7%)	0.724
Frequency of blood glucose measurement				Frequency of blood glucose measurement				
Before the declaration	16 (94.1%)	0 (0%)	1 (5.9%)	Before the declaration	438 (84.4%)	31 (6%)	50 (9.6%)	0.873
After the declaration	18 (94.7%)	0 (0%)	1 (5.3%)	After the declaration	447 (85.3%)	31 (5.9%)	46 (8.8%)	0.768
Shortage of drugs	Yes	No		Shortage of drugs	Yes	No		
Before the declaration	1 (2.6%)	38 (97.4%)		Before the declaration	20 (2.2%)	898 (97.8%)		0.587
After the declaration	0 (0%)	39 (100%)		After the declaration	33 (3.6%)	887 (96.4%)		0.640
Self-monitoring of blood glucose	Performing	Not performing		Self-monitoring of blood glucose	Performing	Not performing		
	9 (22%)	32 (78%)			215 (23.5%)	699 (76.5%)		1.000
Presence or absence of perceived effects of self-quarantining associated with the declaration on the management of lifestyle-related diseases								
Sedentary behavior	Continued for at least 30 minutes	Suspended every 30 minutes and moved the body		Sedentary behavior	Continued for at least 30 minutes	Suspended every 30 minutes and moved the body		
Before the declaration	32 (94.1%)	2 (5.9%)		Before the declaration	669 (82%)	147 (18%)		0.103
After the declaration	33 (94.3%)	2 (5.7%)		After the declaration	645 (83.8%)	125 (16.2%)		0.150

<u>Stressed group</u>					<u>Unstressed group</u>					p (between two groups)	
										(U-test)	
Status of exercise	Achieved 100%	Achieved 80%	Achieved 50%	Less than 50%	Status of exercise	Achieved 100%	Achieved 80%	Achieved 50%	Less than 50%		
Before the declaration	8 (20%)	11 (27.5%)	12 (30%)	9 (22.5%)	Before the declaration	184 (19.6%)	258 (27.5%)	233 (24.8%)	263 (28%)	0.714	
After the declaration	5 (12.2%)	6 (14.6%)	12 (29.3%)	18 (43.9%)	After the declaration	131 (14.4%)	164 (18%)	222 (24.4%)	394 (43.2%)	0.688	

Supp3. Patient Characteristics (other items)

items	<u>Stressed group</u>				<u>Unstressed group</u>				p (between two groups) (Student's t-test)
	n	mean	sd	p (paired t-test)	n	mean	sd	p (paired t-test)	
Number of days working from home per week (before)	32	0.67	1.42		724	0.50	1.35		0.472
Number of days working from home per week (after)	32	2.30	2.06	<0.001	724	1.77	1.99	<0.001	0.143
ΔNumber of days working from home per week	32	1.63	1.82		724	1.27	1.87		0.298
Frequency of eating out per week (before)	37	1.71	1.71		892	2.06	1.97		0.292
Frequency of eating out per week (after)	37	0.49	1.02	<0.001	892	1.17	1.75	<0.001	0.019
ΔFrequency of eating out per week	37	-1.22	1.73		892	-0.89	1.33		0.141
Frequency of drinking sessions per week (before)	37	0.57	1.12		869	0.74	1.24		0.403
Frequency of drinking sessions per week (after)	37	0.03	0.16	0.004	869	0.27	0.92	<0.001	0.113
ΔFrequency of drinking sessions per week	37	-0.54	1.07		869	-0.47	0.90		0.654
Time spent watching TV per day (hrs) (before)	38	2.34	1.50		908	2.94	2.17		0.093
Time spent watching TV per day (hrs) (after)	38	2.95	1.55	<0.001	908	3.54	2.42	<0.001	0.134
ΔTime spent watching TV per day (hrs)	38	0.61	0.80		908	0.60	1.41		0.991
Sleep time per day (hrs) (before)	37	6.03	1.10		899	6.19	1.02		0.354
Sleep time per day (hrs) (after)	37	6.13	1.21	0.254	899	6.33	1.10	<0.001	0.277
ΔSleep time per day (hrs)	37	0.10	0.53		899	0.14	0.70		0.709