## Stressed Group

### Unstressed group

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

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Occupation	Administrative	4 (9.8%)	Occupation	Administrative	175 (18.4%)
	position	(,,,,,,)	••••F	position	
	Specialist job and	6 (14.6%)		Specialist job and	159 (16.7%)
	technical job			technical job	
	Clerical workers	7 (17.1%)		Clerical workers	129 (13.5%)
		4 (9.8%)		Sales workers	69 (7.2%)
	Service workers	2 (4.9%)		Service workers	60 (6.3%)
		0 (0%)		Security workers	9 (0.9%)
	Agricultural, forestry,	0 (0%)		Agricultural, forestry,	0 (0%)
	and fishery workers	0(070)		and fishery workers	0(0/0)
	Manufacturing	0 (0%)		Manufacturing	14 (1.5%)
	process workers	0(0%)		process workers	14 (1.5%)
	Transportation and			Transportation and	
	machine operation	1 (2.4%)		machine operation	24 (2.5%)
	workers			workers	
	Construction and	2 (4.9%)		Construction and	25 (2.6%)
	mining workers	2 (4.9%)		mining workers	25 (2.0%)
	Carrying, cleaning,			Carrying, cleaning,	
	packaging, and	0 (0%)		packaging, and	24 (2.5%)
	related workers			related workers	
	Unemployment after	1 (2.4%)		Unemployment after	93 (9.8%)
	forced retirement	1 (2.4%)		forced retirement	93 (9.8%)
	Unemployment	4 (9.8%)		Unemployment	55 (5.8%)
	Houseworkers	7 (17.1%)		Houseworkers	70 (7.3%)
	Others	3 (7.3%)		Others	47 (4.9%)

# 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%)	

Currently working	Applicable	Not applicable		
		735	218	0.346
Increased frequency of work from home	Applicable	Not applicable		
	313 (32.6%)	646 (67.4%)		0.612
Commuting by car instead of other transportation means	Applicable	Not applicable		
	51 (5.3%)	908 (94.7%)		1.00
Telecommuting (working from home)	Applicable	Not applicable		
Before the declaration	127 (16.2%)	657 (83.8%)		1.000
After the declaration	419 (51.7%)	392 (48.3%)		0.22

### 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	0 (0%)			Gradually ate less naturally/Watched by	x 2 (0.8%)		
	<u>family members</u> Gradually ate less	. ,			family members Gradually ate less			
	naturally/Others	0 (0%)			naturally/Others	4 (1.5%)		
Main morel	Calf actania	Dating and		Main morel	Calf actavia	Dating and		
Main meal	Self-catering	Eating out		Main meal	Self-catering	Eating out		0.171
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 drunknness								
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/Othe	<sup>r</sup> 0 (0%)			Stress/Boredom/Oth	er 1 (0.8%)		

### Stressed Group

#### Unstressed group

p (between two groups)

Numming ind less like dirkking ackodes watched by finally official ackodes ackodes watched by finally watched by finally official watched by finally watched by watched by watched watched by watched by watched watch	Reason for decreased alcohol consumption	Stress	0 (0%)		Reason for decreased alcohol consumption	Stress	3 (0.8%)		_
Amount of constant gradiest   0.0%)     Others   8.153.3%)     Others   8.153.3%)     Decrements   0.0%)     Decrements		Naturally felt less like				Naturally felt less like			
members   0.00%)   members   0.12%)     Others   8153.3%   0.00%)   members   10.3%)     SensetGradually at   0.00%)   0.0%)   members   10.3%)     SensetGradually at   0.00%)   10.3%)   less maturally   10.3%)     Maximum Presset   0.0%)   members   10.3%)   less maturally   10.3%)     Maximum Presset   0.0%)   members   10.3%)   less maturally			7 (40.770)				157 (57.470)		
Othes   8.03.3%)   O(%)     Stress-Gradually at   0(%)     Stres-G			0 (0%)				7 (2%)		
Stees Gradually ite Bes naturally Stees Collect   0.0%1 Stees Collect   Stees Collect Stees Collect   0.0%1 Stees Collect   Stees Collect Stees Collect   10.03%1 Stees Collect     Maintaly fiel less like dackod/Vation by accoled/Vation by accoled/Vation by accoled/Unices   0.0%1 Stees Collect   10.05%1 Stees Collect   10.03%1 Stees Collect     Maintaly fiel less like dackod/Unices   0.0%1 Stees Collect   10.05%1 Stees Collect   20.06%1 Stees Collect   10.05%1 Stees Collect   10.05%1 Ste			8 (53 3%)				194 (55%)		
Amount of the set bits   10%)     Namely field the set bits   00%)     Added Watched by   00%)     Amount of exercise and physical activity   Increased     Amount of exercise and physical activity   Increased     Amount of exercise and physical activity   Increased     Amount of exercise and physical activity   Increased   Unchanged     Amount of exercise and physical activity   Increased   Unchanged     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Add of of take   Ferrating from exercise to avoid three Cs   Increased   Decreased   Unchanged     Sectional and enclosed spaces)   32 (78%)   32 (78%)   0.530     Body weight measurement   Took measurement   did not take   measurements   did not take     measurements   Increased   Decreased   Unchanged   Increased   Decreased   Unchanged     21 (4.5%)   9 (12.5%)   30 (73.2%)   Prostration <t< th=""><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></t<>									
Naturally for less like   Manually for less like   Manually for less like     drinking alcohol/Watchel by   0.0%)   Gill (Minking alcohol/Watchel by   2.0.6%)     Analyte for less like   Gill (Minking alcohol/Watchel by   2.0.6%)   Gill (Minking alcohol/Watchel by     Annount of exercise and physical activity   Increased   Decreased   Unchanged     Annount of exercise and physical activity   Increased   Decreased   Unchanged     Annount of exercise and physical activity   Increased   Decreased   Unchanged     Annount of exercise and physical activity   Increased   Decreased   Unchanged     Annount of exercise and physical activity   Increased   Decreased   Unchanged     Annount of exercise to avoid three Cs   Crowded places, close-contat settings, and   Applicable   Not applicable     confined and enclosed spaces)   9 (22%)   32 (78%)   Idd not take   Manually for less like     maile   Increased   Decreased   Unchanged   Increased   Decreased   Unchanged     attaile and enclosed spaces)   9 (22%)   7 (18.4%)   S0 (3.2%)   Idd not take   Idd not take     masurementit   Took measurementis		less naturally					. ,		
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alcohol <sup>T</sup> Watched by   0(0%)   alcohol <sup>T</sup> Watched by   2(0%)     Imaily members Naturally felt less like drinking alcohol Others   Imaily members Naturally felt less like drinking   Imaily members Naturally felt less like drinking   Imaily members Naturally felt less like drinking     Amount of exercise and physical activity   Decreased   Unchanged   O(0%)     Amount of exercise and physical activity   Decreased   Unchanged   O(0%)     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Amount of exercise and physical activity   Not applicable   Kefraining from exercise to avoid three CS (crowded places, close-contact settings, and applicable   Not applicable   Not applicable     Confined and enclosed spaces)   9 (22%)   32 (75%)   22 (75%)   169 (17.6%)   790 (82.4%)   0.530     Body weight measurement   Took measurement   did not take measurement   Increased   Decreased   Unchanged     nile   Increased   Decreased   Unchanged   Sile (75%)   22 (16.2%)   0.306     Prostration   Decreased   Unchanged   Increased   Decreased   Unchanged     016   Increased   Decreased   Unchanged   0.30		2	;			~	9		
alcohol/Watched by   alcohol/Watched by   alcohol/Watched by   alcohol/Watched by   alcohol/Watched by     Imulty   findly   modular   alcohol/Watched by   alcohol/Watched by   alcohol/Watched by     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Amount of exercise and physical activity   Increased   Decreased   Unchanged     Attribute   Attribute   Site (SA)   Site (SA)   Site (SA)     Refraining from exercise to avoid three Cs   crowded places, close-contact settings, and Applicable   Not applicable   Not applicable   Not applicable     orified and enclosed spaces)   9 (22%)   52 (78%)   Site (SA)   109 (17.6%)   790 (82.4%)   0.530     Body weight measurement   Took measurement   Took measurement   Body weight measurement   Took measurement   One reased   Unchanged   0.306     Pinstration   Increased   Decreased   Unchanged   smile   Increased   Decreased   Unchanged   0.306     Finstration   Increased   Decreased   Unchanged   smile   Increased   Decreased   Unchanged   0.306     Pinstr			0(0%)				2(0.6%)		
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For lifestyle managementFavorableUnfavorableNo opinionFor lifestyle managementFavorableUnfavorableNo opinion5 (12.5%)15 (37.5%)20 (50%)20 (50%)162 (17.6%)202 (22%)555 (60.4%)0.087Status of outpatient visitsContinuedSuspendedDrug therapy alone continuedStatus of outpatient visitsContinuedSuspendedDrug therapy alone continued	Houvalon				Motivition				0.650
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 Drug therapy alone continued Drug therapy alone continued Status of outpatient visits Continued Suspended Drug therapy alone continued		_ (, ,,							
Status of outpatient visits Continued Suspended Drug therapy alone continued Status of outpatient visits Continued Drug therapy alone continued	For lifestyle management				For lifestyle management				
Status of outpatient visits Continued Suspended continued continue		5 (12.5%)	15 (37.5%)	20 (50%)		162 (17.6%)	202 (22%)	555 (60.4%)	0.087
	Status of outpatient visits	Continued	Suspended	0 11	Status of outpatient visits	Continued	Suspended		
		34 (87.2%)	1 (2.6%)			818 (89.1%)	26 (2.8%)		0.756

Medication adherence

Stressed Group			Unstressed group			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				n two groups)
Regarding oral drugs or injections	Adhered to the instructions	Adjusted based on patient's own judgment	the Used irregularly	Regarding oral drugs or injections	Adhered to the instructions	Adjusted based on patient's own judgment	the Used irregularly	_
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	Adhered to the instructions	Adjusted based on patient's own judgment	the Used irregularly	Frequency of blood glucose measurement	Adhered to the instructions	Adjusted based on patient's own judgment	the Used irregularly	-
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 lea 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

Stressed group					Unstressed group				p (between t	wo 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

	Stressed group			Unstressed group				p (between two groups)	
items	n	mean	sd	p (paired t-test)	n	mean	sd	p (paired t-test)	(Student's 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
∠Number 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	<u>0.019</u>
$\triangle$ Frequency 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
∠Frequency 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
△Time 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) ∠Sleep time per day (hrs)	37 37	6.13 0.10	1.21 0.53	0.254	899 899	6.33 0.14	1.10 0.70	<0.001	0.277 0.709