

Supplementary Material. Survey on Lifestyle Adaptations in the General Population of the Province of Reggio Emilia Following the Emergency Quarantine COVID-19.

Sociodemographic factors.

1. **Sex**

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2. **Age**

18–23	24–29	30–35	36–41	42–47	48–53	54–59	60–65	66–71	>71
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3. **City of residence:** _____

4. **Postal code:** _____

5. **Citizenship:**

- Italian
- Foreign

6. **Marital status:**

- Married
- Cohabitation
- Unmarried
- Widowed
- Divorced
- Separated

7. **Education level**

- None
- Primary school
- Middle high school
- High school
- University Degree
- Post-university degree

8. **Current home size**

- <50 m²
- 50 m²–100 m²
- >100 m²

9. **Does your home have any outdoor areas?**

- Garden
- Terrace
- Balcony
- Other
- None

10. **Do you have any children?**

- No

- Yes, at least one child under the age of 12
- Yes, all children over the age of 12

11. Who do you live with? (multiple choice)

- Alone
- With partner
- With child/children
- With parents
- With a family member with a serious disability (child/parent)
- With several family members with serious disabilities (children/parents)
- With other relatives or cohabitants

12. How many people live with you (excluding yourself): _____

13. Are you in isolation after testing positive for COVID-19?

- Yes
- No

14. If so, what kind of isolation?

- Own home
- Hotel
- Rems (COVID-19 residential facility)
- Other temporary home

Work-related factors.

15. Before the COVID-19 emergency, what was your employment status?

- Employed in the public sector
- Employed in the private sector
- Self-employed
- Student
- Retired
- Unemployed
- Housewife
- Other (specify): _____

16. Before the COVID-19 emergency, where did you work?

- At my workplace
- From home
- Both from home and at my workplace

17. Current employment status

- Continue to work
- On vacation leave
- Leave of absence
- Unemployment insurance

- Business closed due to the COVID-19 emergency
- Other

18. **If you work or study, how do you do these activities?**

- My job has been suspended
- I go to work
- From home
- I work both from home and at my workplace
- I follow class lectures from home

19. **Are you currently experiencing economic problems?**

- No problems
- Some problems
- Many problems

Use of digital devices data.

20. **Do you currently have a suitable Internet connection?**

- Yes
- No
- I don't know

21. **Do you currently have any IT devices, such as a computer, tablet, and/or smartphone, and a printer?**

- Yes
- No
- I don't know

22. **How do you evaluate your computer literacy?**

- Poor
- Sufficient
- Good
- Excellent

Lifestyle changes, anthropometric data, and health status.

23. **Weight:_____**

24. **Height:_____**

25. **Do you have any disease-related fee exemptions?**

- Yes
- No

26. **If so, for which disease?**

27. **Before the COVID-19 emergency, how did you consider yourself?**

- Active (a person who has a physically demanding job that requires considerable physical effort and/or 30 min of moderate physical activity at least 5 days a week and/or

intense activity for more than 20 min for at least 3 days a week)

- Partially active (a person who does not do a physically demanding job but who does some physical activity in his/her free time)
- Sedentary (a person who neither has a physically demanding job nor does any physical activity in his/her free time)

28. If you were active or partially active, how many days per week?

- 1–2 days/week
- 3–4 days/week
- >4 days/week

29. Currently, how do you consider yourself?

- Active (a person who has a physically demanding job that requires considerable physical effort and/or 30 min of moderate physical activity at least 5 days a week and/or intense activity for more than 20 min for at least 3 days a week)
- Partially active (a person who does not do a physically demanding job but who does some physical activity in his/her free time)
- Sedentary (a person who neither has a physically demanding job nor does any physical activity in his/her free time)

30. If you are active or partially active, how many days per week?

- 1–2 days/week
- 3–4 days/week
- >4 days/week

31. What kind of physical activity do you currently do?

- Treadmill/running/walking/stairs
- Stationary bike/bicycling
- Pilates/yoga/stretching/free body/gym
- Gardening
- Other: _____

32. What kind of IT do you use to perform physical activity at home?

- Group or one-to-one video chat
- Online courses/guides
- Applications on smartphones, tablets, computer
- Programs from my trainer/coach
- Alone
- Other

33. **Has your diet changed (improved/worsened in terms of the consumption of some foods, mealtimes, weight control)?**
- Yes
 - No
 - I don't know
34. **If so, what changes have occurred?**
- I have add snacks, sweets, carbonated drinks
 - I eat more abundant main meals (breakfast and/or lunch and/or dinner)
 - I eat at more regular times
 - I pay more attention to eating healthier (i.e., quality and/or variety and/or meal cooking)
 - I eat more prepackaged foods
 - Before COVID-19, I was forced to often eat out
35. **Before the COVID-19 emergency, how many portions of fruit or vegetables did you eat daily?** (portion means a quantity of raw fruit or vegetables that can be held in the palm of your hand, or half a plate of cooked vegetables)
- No portion of fruit or vegetables.
 - 1–2 portions/day
 - 3–4 portions/day
 - 5–6 portions/day
 - 6 portions/day
36. **Following the COVID-19 emergency, how has your consumption of fruit and vegetables changed?**
- Increased
 - Decreased
 - Unchanged
 - I don't eat fruit or vegetables
37. **Do you currently consider your diet healthy?**
- Yes
 - No
 - I don't know
38. **Before the COVID-19 emergency, how many alcoholic drinks did you consume?** (The alcoholic unit (UA) corresponds to 12 grams of ethanol, an amount approximately contained in a can of beer (330 mL at 4.5°), a glass of wine (125 mL at 12°), a glass of liqueur (40 mL at 40°), or an aperitif (80 mL at 38°)).
- None
 - <2 alcoholic units (UA) on average per day
 - ≥2 alcoholic units (UA) on average per day

39. **Following the COVID-19 emergency, how has your consumption of alcohol changed?**
- Increased
 - Decreased
 - Unchanged
 - I don't drink alcohol
40. **Before the emergency COVID-19, how did you consider yourself in terms of smoking?**
- Non-smoker (a person who claims to have smoked fewer than 100 cigarettes in his/her life (5 packs of 20) and is not currently a smoker)
 - Smoker (a person who claims to have smoked at least 100 cigarettes in his/her life (5 packs of 20) and to be a smoker at the time of the interview or to have stopped smoking less than 6 months ago)
 - Occasional smoker (a person who declares not to smoke every day)
 - Daily smoker (a person who claims to smoke at least one cigarette every day).
 - Ex-smoker (a person who claims to have smoked at least 100 cigarettes in his/her life (5 packs of 20), to NOT be a smoker at the time of the interview, and to have stopped smoking at least 6 months ago)
 - Former smoker (a person who claims to have quit smoking less than 6 months ago)
41. **Following the COVID-19 emergency, how has your consumption of cigarettes changed?**
- Increased
 - Decreased
 - Unchanged
 - I'm not a smoker
42. **Have your sleep habits changed during lockdown (sleep quantity and regularity)?**
- Yes
 - No
 - I don't know
43. **How do you consider your sleep quality now?**
- Very good
 - Good
 - Not very good
 - Not good at all

44. **What are the new activities that you are doing that you did not do before COVID-19?**

- Reading
- Resting
- Cooking
- Watching TV
- Using social media
- Dedicating time to family activities
- Gardening / housecleaning
- Volunteer work
- None
- Other: _____

45. **In the future, are you going to maintain your acquired lifestyle habits or return to your previous behaviors?**

(a) Physical activity	maintain	return	I don't know/unchanged
(b) Eating habits	maintain	return	I don't know/unchanged
(c) Smoking, drinking habits	maintain	return	I don't know/unchanged
(d) Sleep habits	maintain	return	I don't know/unchanged
(e) Leisure activities	maintain	return	I don't know/unchanged

Use of the provincial support services network.

46. **Have you used/Are you using any of the support made available by the municipality/associations/local health authorities?**

- Home delivery of groceries
- Home delivery of medications
- Information hotline
- Mental health hotline
- Economic aid, e.g., food vouchers
- Area facilities for the care of animals
- Activation of social services
- Other: _____

47. **What kind of support would you have liked in order to deal with this situation but which was not available?**

48. **What/who helped you to overcome the challenges of lockdown?**

- family or friends
- volunteers/neighbors
- healthcare professionals
- the municipality or local associations

- leisure activities (i.e., reading, garden care, etc.)
- continuing to work
- optimistic attitude
- physical activity
- drinking and/or smoking
- taking care of pets
- salary
- drugs
- other

Emotional state.

49. At this moment, how are you feeling?

Nervous	1. Not at all	2. A little	3. Quite	4. A lot
Upset	1. Not at all	2. A little	3. Quite	4. A lot
Worried	1. Not at all	2. A little	3. Quite	4. A lot
Afraid	1. Not at all	2. A little	3. Quite	4. A lot
Lonely	1. Not at all	2. A little	3. Quite	4. A lot
Uncertain about the future	1. Not at all	2. A little	3. Quite	4. A lot