

## APPENDIX 1

Dear Participant,

The Gastroenterology Unit of the University of Salerno is conducting a study on lifestyle changes and emotional balance during the COVID 19 pandemic. The questionnaire is anonymous and will take only a few minutes. The information in this study will be used only for research purposes and in ways that will not reveal who you are, according to Italian law (art. 13 UE Regulation n.679/2016 del 27.04.2016 and D.Lgs. 30 June 2003 n. 196)

I declare that I have read the information and authorize the processing of data\*

- Yes
- No

- **Sex**

- Male
- Female

- **Where are you living in this period?**

- At home, with my family
- At home, with my friends
- Alone
- Residential care facility

- **In which Italian Region are you living now?**

- Valle d'Aosta
- Piemonte
- Liguria
- Lombardia
- Veneto
- Trentino Alto Adige
- Friuli Venezia Giulia
- Emilia Romagna
- Toscana
- Umbria
- Marche
- Lazio
- Abruzzo
- Molise
- Campania
- Puglia
- Basilicata
- Calabria
- Sicilia
- Sardegna

- **What is your age range?**

- 18 – 29years
- 30 – 49years
- 50 – 69years
- 70 – 79years
- 80 years or more

- **Weight Kg** \_\_\_\_\_

- **Height cm** \_\_\_\_\_

**Did you gain weight during the lockdown?**

- Yes
- No

**If yes, how many Kilograms?**

- 1-2 kg
- 3-4 kg
- More than 4kg

**What is your job?**

- Unemployed
- Student
- Retired
- Worker

**Have you been going to work regularly during this period?**

- Yes, I regularly go to work
- Yes, but I go to work fewer days than before
- I am in smart working at home
- I am not going to work, nor do I work at home.

**When did you start staying at home because of the COVID 19 pandemic?**

- Before 24<sup>th</sup> February
- From 24<sup>th</sup> February to 1<sup>st</sup> March
- From 2<sup>nd</sup> March to 8<sup>th</sup> March
- From 9<sup>th</sup> March to 15<sup>th</sup> March
- From 16<sup>th</sup> March to 22<sup>th</sup> March
- From 30<sup>th</sup> March to 5<sup>th</sup> April
- I rarely went out even before the pandemic.
- I have been going out regularly in this period

**Did you perform physical exercise before the lockdown?**

- Yes
- No

**Are you doing physical exercise at home in this period?**

- Yes
- No

**If yes, what type of physical exercise?**

- Mild
- Moderate
- Intense

**How often?**

- Everyday
- 3 times a week
- Rarely

**What do you miss more?**

- Freedom
- Friends
- Family
- Partner
- Sea
- Sport, gym
- Human Contact
- Going out
- Religious Practice

**Do you have one of these health problems?**

- Dyslipidaemia
- Cardiovascular disease
- Liver diseases
- Functional Gastrointestinal disorders
- Inflammatory bowel disease
- Diabetes
- Food intolerance /allergies
- Mood disorders
- Other
- None

**During the lockdown, your health problem...**

- Improved
- Got worse
- Remained the same

**Do you usually have breakfast?**

- Yes
- No
- Sometimes

**Do you usually have lunch and dinner?**

- Yes
- No
- Sometimes

**How many meals do you have per day?**

- 1
- 2
- 3
- 4
- 5 or more

**How do you manage your meals?**

- I cook at home the food I bought in the supermarket
- I eat what is delivered to me at home
- I order take away food

**Did you buy food from the internet?**

- Yes
- No
- Sometimes

**Did you take any supplements during this period?**

- Yes
- No
- Sometimes

**How many glasses of water do you think you drank per day in this period?**

- 1
- 2
- 3
- 4
- 5 or more

**How often did you eat these foods?**

Foods	Never	Once a week	2-3 times a week	Every day
Redmeats				
Poultry				
Pork /preserved meat				
Eggs				

Fish				
Dairyproducts				
Cereals (wheat/ othergrains)				
Vegetables				
Beans				
Freshfruit				
Driedfruits and nuts				
Saltysnacks				
Sweets (candy bars, cakes, croissant etc.)				
Fruitjuices				
Sodas				

**What were your feelings during the lockdown?**

	Notatall	Much	Verymuch
I feel nervous			
I feel sad			
I feel stressed			
I feel insecure			
I feel irritated			
I cannot sleep			
I feel apathetic			
I feel impatient			
I am afraid			
I feel desperate			
I feel angry			
I feel lonely			
I feel resigned			
I feel anxious			
I feel bored			
I feel well			
I feel satisfied			
I feel hopeful			
I feel grateful			
I feel happy			
I feel joyful			
I feel excited			

**How do these feelings impact your diet?**

- Not at all
- Much
- Very much

**Did you have sleep disorders during this period?**

- No or rarely
- Sometimes
- Often

**The house in which you are living has a:**

- Garden
- Balcony
- Window
- Common open space