

Additional Table 1. Comprehensive outcome data and results for perceived stress.

		Change category subsamples ^a						
Variable	Total sample	Decrease			No change	Increase		
		Strong	Moderate	Overall		Overall	Moderate	Strong
Perceived stress								
<i>n</i> (%) ^b	396 (100.0)	5 (1.3)	55 (13.9)	60 (15.2)	233 (58.8)	103 (26.0)	97 (24.5)	6 (1.5)
Score, <i>M</i> (<i>SD</i>) ^c	39.66 (21.44)	27.67 (32.09)	24.12 (15.74)	24.42 (17.25)	34.34 (17.42)	60.57 (16.62)	59.14 (15.93)	83.61 (9.09)
<i>n</i> (%) c.r. within cs ^d	–	1 (20.0)	5 (9.1)	6 (10.0)	57 (24.5)	80 (77.7)	74 (76.3)	6 (100.0)
<i>n</i> (%) c.r. within ts ^d	143 (36.1)	1 (0.3)	5 (1.3)	6 (1.5)	57 (14.4)	80 (20.2)	74 (18.7)	6 (1.5)
Worries								
<i>n</i> (%) ^b	396 (100.0)	3 (0.8)	29 (7.3)	32 (8.1)	224 (56.6)	140 (35.4)	119 (30.1)	21 (5.3)
Score, <i>M</i> (<i>SD</i>) ^c	36.75 (25.78)	46.67 (48.07)	23.22 (19.16)	25.42 (23.0)	26.37 (19.23)	55.95 (24.54)	51.93 (23.35)	78.73 (18.09)
<i>n</i> (%) c.r. within cs ^d	–	1 (33.3)	4 (13.8)	5 (15.6)	39 (17.4)	96 (68.6)	75 (63.0)	21 (100.0)
<i>n</i> (%) c.r. within ts ^d	140 (35.4)	1 (0.3)	4 (1.0)	5 (1.3)	39 (9.8)	96 (24.2)	75 (18.9)	21 (5.3)
Tension								
<i>n</i> (%) ^b	396 (100.0)	15 (3.8)	51 (12.9)	66 (16.7)	203 (51.3)	127 (32.1)	102 (25.8)	25 (6.3)
Score, <i>M</i> (<i>SD</i>) ^c	40.76 (27.02)	14.22 (21.06)	23.79 (20.19)	21.62 (20.62)	32.38 (21.51)	64.09 (21.76)	59.87 (21.29)	81.33 (13.88)
<i>n</i> (%) c.r. within cs ^d	–	1 (6.7)	7 (13.7)	8 (12.1)	59 (29.1)	104 (81.9)	79 (77.5)	25 (100.0)
<i>n</i> (%) c.r. within ts ^d	171 (43.2)	1 (0.3)	7 (1.8)	8 (2.0)	59 (14.9)	104 (26.3)	79 (19.9)	25 (6.3)
Joy								
<i>n</i> (%) ^b	396 (100.0)	26 (6.6)	125 (31.6)	151 (38.1)	205 (51.8)	40 (10.1)	35 (8.8)	5 (1.3)
Score, <i>M</i> (<i>SD</i>) ^c	52.61 (23.89)	16.67 (11.04)	42.19 (19.19)	37.79 (20.45)	60.59 (21.32)	67.67 (19.42)	68.95 (18.00)	58.67 (28.44)
<i>n</i> (%) c.r. within cs ^d	–	26 (100.0)	68 (54.4)	94 (62.3)	43 (21.0)	4 (10.0)	3 (8.6)	1 (20.0)
<i>n</i> (%) c.r. within ts ^d	141 (35.6)	26 (6.6)	68 (17.2)	94 (23.7)	43 (10.9)	4 (1.0)	3 (0.8)	1 (0.3)
Demands								
<i>n</i> (%) ^b	396 (100.0)	51 (12.9)	104 (26.3)	155 (39.1)	169 (42.7)	72 (18.2)	57 (14.4)	15 (3.8)
Score, <i>M</i> (<i>SD</i>) ^c	33.74 (25.31)	11.76 (15.92)	22.05 (17.53)	18.67 (17.64)	34.75 (20.59)	63.80 (21.69)	58.25 (18.50)	84.89 (20.39)
<i>n</i> (%) c.r. within cs ^d	–	3 (5.9)	13 (12.5)	16 (10.3)	57 (33.7)	59 (81.9)	45 (78.9)	14 (93.3)
<i>n</i> (%) c.r. within ts ^d	132 (33.3)	3 (0.8)	13 (3.3)	16 (4.0)	57 (14.4)	59 (14.9)	45 (11.4)	14 (3.5)

c.r., clinically relevant; ts, total sample; cs, change category subsample.

^a An adapted version of PSQ-20 (Perceived-Stress-Questionnaire) was used to measure changes in perceived stress during lockdown in comparison to before the COVID-19 pandemic on item level (–2 *much less than before corona*; +2 *much more than before corona*). Change indices (–2 *strong decrease* to +2 *strong increase*) were calculated for each participant and each outcome variable by averaging the change values of the total questionnaire items or the items of the respective subscale, and were grouped into three change categories (–2.00 to –1.50 *decrease* [overall]; –0.49 to +0.49 *no change*; +0.50 to +2.00 *increase* [overall]), and additionally into five change categories (–2.00 to –1.50 *strong decrease*; –1.49 to –0.50 *moderate decrease*; –0.49 to +0.49 *no change*; +0.50 to +1.49 *moderate increase*; +1.50 to +2.00 *strong increase*).

^b Absolute and relative frequencies of the total sample and of participants experiencing a strong decrease, moderate decrease, decrease (overall), no change, increase (overall), moderate increase, or strong increase in total perceived stress or the respective subscale during first lockdown in comparison to before the COVID-19 pandemic.

^c Questionnaire scores for PSQ-20 total, and the subscales worries, tension, joy, and demands (each range 0–100), assessing the participants' state during lockdown.

^d Number and percentage (within change category subsample [cs] or within total sample [ts]) of participants with clinically relevant questionnaire scores during lockdown according to criterion c thresholds calculated with reference to clinical samples (≥46.37 for PSQ-20 total, ≥44.84 for PSQ-20 worries, ≥45.77 for PSQ-20 tension, ≥44.66 for PSQ-20 joy, ≥40.02 for PSQ-20 demands).