

Additional Table 3. Associations between the participants' sex and changes in stress and mental health problems during lockdown.

Variables		Sex						χ^2 -test	
		male		female		total		χ^2	<i>p</i>
		<i>n</i>	%	<i>n</i>	%	<i>n</i>	%		
Perceived stress									
Total stress	decrease	17 _a	14.7%	43 _a	15.5%	60	15.2%	2.11	.341
	no change	74 _a	63.8%	157 _a	56.5%	231	58.6%		
	increase	25 _a	21.6%	78 _a	28.1%	103	26.1%		
	total	116	100.0%	278	100.0%	394	100.0%		
Worries	decrease	7 _a	6.0%	25 _a	9.0%	32	8.1%	1.80	.427
	no change	71 _a	61.2%	152 _a	54.7%	223	56.6%		
	increase	38 _a	32.8%	101 _a	36.3%	139	35.3%		
	total	116	100.0%	278	100.0%	394	100.0%		
Tension	decrease	19 _a	16.4%	47 _a	16.9%	66	16.8%	6.20	.046
	no change	70 _a	60.3%	133 _b	47.8%	203	51.5%		
	increase	27 _a	23.3%	98 _b	35.3%	125	31.7%		
	total	116	100.0%	278	100.0%	394	100.0%		
Joy	decrease	41 _a	35.3%	108 _a	38.8%	149	37.8%	0.51	.793
	no change	62 _a	53.4%	143 _a	51.4%	205	52.0%		
	increase	13 _a	11.2%	27 _a	9.7%	40	10.2%		
	total	116	100.0%	278	100.0%	394	100.0%		
Demands	decrease	42 _a	36.2%	111 _a	39.9%	153	38.8%	14.45	.001
	no change	64 _a	55.2%	105 _b	37.8%	169	42.9%		
	increase	10 _a	8.6%	62 _b	22.3%	72	18.3%		
	total	116	100.0%	278	100.0%	394	100.0%		
Mental health problems									
Depression	decrease	3 _a	2.6%	11 _a	4.0%	14	3.6%	3.92	.142
	no change	90 _a	77.6%	188 _b	67.6%	278	70.6%		
	increase	23 _a	19.8%	79 _a	28.4%	102	25.9%		
	total	116	100.0%	278	100.0%	394	100.0%		
PTSD	decrease	4 _a	3.4%	8 _a	2.9%	12	3.0%	8.07	.019
	no change	94 _a	81.0%	189 _b	68.0%	283	71.8%		
	increase	18 _a	15.5%	81 _b	29.1%	99	25.1%		
	total	116	100.0%	278	100.0%	394	100.0%		
Anxiety	decrease	2 _a	1.7%	7 _a	2.5%	9	2.3%	4.96	.074
	no change	112 _a	96.6%	251 _b	90.3%	363	92.1%		
	increase	2 _a	1.7%	20 _b	7.2%	22	5.6%		
	total	116	100.0%	278	100.0%	394	100.0%		
Pathological Worry	decrease	4 _a	3.4%	7 _a	2.5%	11	2.8%	5.52	.061
	no change	107 _a	92.2%	238 _a	85.6%	345	87.6%		
	increase	5 _a	4.3%	33 _b	11.9%	38	9.6%		
	total	116	100.0%	278	100.0%	394	100.0%		
Health Anxiety	decrease	0 _a	0.0%	3 _a	1.1%	3	0.8%	1.72	.486
	no change	109 _a	94.0%	253 _a	91.0%	362	91.9%		
	increase	7 _a	6.0%	22 _a	7.9%	29	7.4%		
	total	116	100.0%	278	100.0%	394	100.0%		

The cross table displays the absolute and relative frequencies of participants experiencing a decrease, no change, or increase within the total sample, and within men and women, separately. Furthermore, the table displays results of comparisons of frequencies for decreases, no changes, an increases between men and women using χ^2 -tests.

Significant *p*-values (alpha-level=.001) are indicated in bold letters.

Adapted versions of the PSQ-20 (Perceived-Stress-Questionnaire), DASS21 (Depression-Anxiety-Stress-Scales) subscales depression and anxiety, PTSS-10 (Posttraumatic-Symptom-Scale), PSWQ-PW (Penn-State-Worry-Questionnaire-Past-Week), and MK-HAI (German-modified-Health-Anxiety-Inventory) were used to measure changes in perceived stress and mental health problems 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 (*-1 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; -0.49 to +0.49 no change; +0.50 to +2.00 increase*).

a/b: Subletters indicate significantly different proportions within one row, indicated by z-tests.