

Additional Table 5. Associations between the participants' age and changes in stress and mental health problems during lockdown.

Variables		Age group								χ^2 -test	
		≤ 30 years		31–50 years		> 50 years		total		χ^2	<i>p</i>
		<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%		
Perceived stress											
Total stress	decrease	27 _a	19.6%	17 _b	11.0%	16 _{a, b}	15.5%	60	15.2%	10.94	.027
	no change	83 _a	60.1%	85 _a	54.8%	65 _a	63.1%	233	58.8%		
	increase	28 _a	20.3%	53 _b	34.2%	22 _a	21.4%	103	26.0%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Worries	decrease	13 _a	9.4%	9 _a	5.8%	10 _a	9.7%	32	8.1%	6.09	.193
	no change	70 _a	50.7%	89 _a	57.4%	65 _a	63.1%	224	56.6%		
	increase	55 _a	39.9%	57 _{a, b}	36.8%	28 _b	27.2%	140	35.4%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Tension	decrease	32 _a	23.2%	23 _{a, b}	14.8%	11 _b	10.7%	66	16.7%	12.94	.011
	no change	65 _a	47.1%	73 _a	47.1%	65 _b	63.1%	203	51.3%		
	increase	41 _{a, b}	29.7%	59 _b	38.1%	27 _a	26.2%	127	32.1%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Joy	decrease	53 _a	38.4%	63 _a	40.6%	35 _a	34.0%	151	38.1%	4.84	.307
	no change	66 _a	47.8%	79 _a	51.0%	60 _a	58.3%	205	51.8%		
	increase	19 _a	13.8%	13 _a	8.4%	8 _a	7.8%	40	10.1%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Demands	decrease	73 _a	52.9%	48 _b	31.0%	34 _b	33.0%	155	39.1%	31.06	<.001
	no change	53 _a	38.4%	62 _a	40.0%	54 _b	52.4%	169	42.7%		
	increase	12 _a	8.7%	45 _b	29.0%	15 _a	14.6%	72	18.2%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Mental health problems											
Depression	decrease	10 _a	7.2%	2 _b	1.3%	2 _{a, b}	1.9%	14	3.5%	10.82	.027
	no change	89 _a	64.5%	111 _{a, b}	71.6%	79 _b	76.7%	279	70.5%		
	increase	39 _a	28.3%	42 _a	27.1%	22 _a	21.4%	103	26.0%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
PTSD	decrease	6 _a	4.3%	5 _a	3.2%	1 _a	1.0%	12	3.0%	13.85	.007
	no change	92 _a	66.7%	103 _a	66.5%	88 _b	85.4%	283	71.5%		
	increase	40 _a	29.0%	47 _a	30.3%	14 _b	13.6%	101	25.5%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Anxiety	decrease	5 _a	3.6%	1 _a	0.6%	3 _a	2.9%	9	2.3%	3.86	.435
	no change	124 _a	89.9%	147 _a	94.8%	94 _a	91.3%	365	92.2%		
	increase	9 _a	6.5%	7 _a	4.5%	6 _a	5.8%	22	5.6%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Path. Worry	decrease	7 _a	5.1%	4 _{a, b}	2.6%	0 _b	0.0%	11	2.8%	10.76	.026
	no change	113 _a	81.9%	135 _a	87.1%	98 _b	95.1%	346	87.4%		
	increase	18 _a	13.0%	16 _{a, b}	10.3%	5 _b	4.9%	39	9.8%		
	total	138	100.0%	155	100.0%	103	100.0%	396	100.0%		
Health Anxiety	decrease	2 _a	1.4%	1 _a	0.6%	0 _a	0.0%	3	0.8%	3.46	.503
	no change	124 _a	89.9%	146 _a	94.2%	94 _a	91.3%	364	91.9%		
	increase	12 _a	8.7%	8 _a	5.2%	9 _a	8.7%	29	7.3%		
	total	138	100.0%	155	100.0%	103	100.0%	396	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 different age groups, separately. Furthermore, the table displays results of comparisons of frequencies for decreases, no changes, an increases between different age groups 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.