

Additional Table 6. Associations between the participants' age and clinically relevant increases in stress and mental health problems during lockdown.

Variables		Age group								χ^2 -test	
		≤ 30		31–50		>50		total		χ^2	p
		n	%	n	%	n	%	n	%		
Participants with increases in perceived stress											
Total stress	not clin. rel.	6 _a	21.4%	10 _a	18.9%	7 _a	31.8%	23	22.3%	1.52	.497
	clin. rel.	22 _a	78.6%	43 _a	81.1%	15 _a	68.2%	80	77.7%		
	total	28	100.0%	53	100.0%	22	100.0%	103	100.0%		
Worries	not clin. rel.	12 _a	21.8%	21 _a	36.8%	11 _a	39.3%	44	31.4%	3.93	.132
	clin. rel.	43 _a	78.2%	36 _a	63.2%	17 _a	60.7%	96	68.6%		
	total	55	100.0%	57	100.0%	28	100.0%	140	100.0%		
Tension	not clin. rel.	10 _a	24.4%	7 _a	11.9%	6 _a	22.2%	23	18.1%	2.95	.259
	clin. rel.	31 _a	75.6%	52 _a	88.1%	21 _a	77.8%	104	81.9%		
	total	41	100.0%	59	100.0%	27	100.0%	127	100.0%		
Joy	not clin. rel.	22 _a	41.5%	21 _a	33.3%	14 _a	40.0%	57	37.7%	0.92	.664
	clin. rel.	31 _a	58.5%	42 _a	66.7%	21 _a	60.0%	94	62.3%		
	total	53	100.0%	63	100.0%	35	100.0%	151	100.0%		
Demands	not clin. rel.	2 _a	16.7%	6 _a	13.3%	5 _a	33.3%	13	18.1%	3.06	.276
	clin. rel.	10 _a	83.3%	39 _a	86.7%	10 _a	66.7%	59	81.9%		
	total	12	100.0%	45	100.0%	15	100.0%	72	100.0%		
Participants with increases in mental health problems											
Depression	not clin. rel.	18 _a	46.2%	31 _b	73.8%	13 _{a, b}	59.1%	62	60.2%	6.47	.041
	clin. rel.	21 _a	53.8%	11 _b	26.2%	9 _{a, b}	40.9%	41	39.8%		
	total	39	100.0%	42	100.0%	22	100.0%	103	100.0%		
PTSD	not clin. rel.	10 _a	25.0%	15 _a	31.9%	3 _a	21.4%	28	27.7%	0.84	.716
	clin. rel.	30 _a	75.0%	32 _a	68.1%	11 _a	78.6%	73	72.3%		
	total	40	100.0%	47	100.0%	14	100.0%	101	100.0%		
Anxiety	not clin. rel.	1 _a	11.1%	3 _a	42.9%	0 _a	0.0%	4	18.2%	4.50	.140
	clin. rel.	8 _a	88.9%	4 _a	57.1%	6 _a	100.0%	18	81.8%		
	total	9	100.0%	7	100.0%	6	100.0%	22	100.0%		
Path. Worry	not clin. rel.	6 _a	33.3%	4 _a	25.0%	2 _a	40.0%	12	30.8%	0.51	.801
	clin. rel.	12 _a	66.7%	12 _a	75.0%	3 _a	60.0%	27	69.2%		
	total	18	100.0%	16	100.0%	5	100.0%	39	100.0%		
Health Anxiety	not clin. rel.	2 _a	16.7%	1 _a	12.5%	0 _a	0.0%	3	10.3%	1.60	.601
	clin. rel.	10 _a	83.3%	7 _a	87.5%	9 _a	100.0%	26	89.7%		
	total	12	100.0%	8	100.0%	9	100.0%	29	100.0%		

The cross table displays the absolute and relative frequencies of participants reporting an increase in stress or mental health problems from before to during lockdown according to our change measurement, and showing a clinically relevant or not clinically relevant questionnaire score for those stress or mental health problems during lockdown according to our state measurement. The absolute and relative frequencies are displayed for the whole sample, and separately for participants of different age groups. Furthermore, the table displays results of comparisons of frequencies for clinically relevant and not clinically relevant increases between different age groups using χ^2 -tests. The alpha-level for statistical significance was set to .001.

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*). The original questionnaires PSQ-20 total, with the subscales worries, tension, joy, and demands, DASS21 subscales depression and anxiety, PTSS-10, PSWQ-PW, and MK-HAI were used to assess the participants' state during lockdown. Clinically relevant questionnaire scores were defined according to cut-offs stated by the questionnaire authors (≥ 10 for DASS21 depression, ≥ 24 for PTSS-10, and ≥ 6 for DASS21 anxiety), or according to criterion c thresholds calculated with reference to clinical samples (≥ 54.54 for PSWQ-PW, ≥ 23.93 for MK-HAI, and ≥ 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).

clin.rel., clinically relevant. path., pathological.

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