

Title: The impact of COVID-19 quarantine on dietary habits and physical activity in Saudi Arabia: a cross-sectional study

Additional file 1

- 1) Sex**
 - Male
 - Female
- 2) Age**
 - 18-29
 - 30-39
 - 40-49
 - 50-59
 - 60-64
 - 65 and more
- 3) Nationality**
 - Saudi
 - Non-Saudi
- 4) Marital status**
 - Single
 - Married
 - Divorced
 - Widower
- 5) Region**
 - Eastern
 - Riyadh
 - Alqaseem
 - Najran
 - Aseer
 - Jazan
 - Albaha
 - Makkah Almukarrama
 - Almadena Almunawara
 - Hail
 - Tabouk
 - Aljouf
 - Northern boarders
 - Mention the name of your city**
- 6) Work status during the Corona pandemic**
 - Working remotely (from home)
 - Working at workplace
 - Student
 - Retired
 - Unemployed

7) Education

Primary education
Intermediate education
High school education
Diploma
University education
Higher education

8) Income (Saudi riyals)

Less than 5000
5000-10,000
11,000-20,000
More than 20,000

9) What is your current weight in (kg)?

10) What is your height in (cm)?

11) Have you noticed any changes in your weight during the COVID-19 quarantine period?

Weight gain
Weight loss
No change in weight

12) In case of weight gain or loss, how many kilograms are expected?

0-0.9 kg
1-2.9 kg
3-5 kg
More than 5 kg

13) Have you changed the quantity of food consumed during the COVID-19 quarantine period compared to the amount usually consumed?

Yes, increased
Yes, reduced
No change in the quantity of food consumed

14) Have you changed the frequency of snacking between the main meals during the COVID-19 quarantine period compared to the number of snacks usually consumed?

Yes, increased
Yes, reduced
No change in the frequency of snacking

15) Have you changed the intake of home-cooked food during the COVID-19 quarantine period compared to your usual intake?

Yes, increased
Yes, reduced
No change in the intake of home-cooked food

16) Have you changed the intake of food from restaurants during the COVID-19 quarantine period compared to the usual intake?

Yes, increased

Yes, reduced

No change in the intake of food from restaurants

17) Have you changed the intake of healthy food during the COVID-19 quarantine period compared to the usual intake?

Increased

Reduced

No change in the intake of healthy food

18) Have you changed the amount of intake of the following food items during the COVID-19 quarantine period compared to the amount usually consumed?

Food Item	Yes, increased	Yes, reduced	No, did not change
Fruits and Vegetables			
Dairy products			
Meat, chicken, fish			
Sweets (cake, chocolate, ice cream, biscuit)			
Savoury (chips, biscuit)			
Soft drinks, sweetened juices			
Drinking Water			

19) Did you eat any natural food items to boost your immunity level during the COVID-19 quarantine period?

Yes

No

20) If yes, please specify.....

21) Did you take any nutritional supplements such as vitamins or minerals to boost your immunity during the COVID-19 quarantine period?

Yes

No

22) If yes, please specify.....

23) What are the reasons for changing your dietary habits during the COVID-19 quarantine period? (More than one answer can be selected)

Stress and anxiety

Feeling bored and empty

Change of sleeping pattern

Availability of more time for meals preparation

Increased awareness of the role of nutrition on boosting the immunity

Food inconvenience

Easy access to new healthy recipes

No change in dietary habits

24) Have you changed your daily physical activity level during the COVID-19 quarantine period compared to your usual physical activity level?

Yes, increased

Yes, reduced

No change in physical activity level

25) How many times a week have you performed physical activity during the COVID-19 quarantine period?

1-2 days per week

3 days per week

4-6 days per week

Daily

No physical activity

26) How many hours a day have you allocated to physical activity during the COVID-19 quarantine period?

Less than 30 minutes

30 minutes

30 minutes - 1 hour

More than one hour

No physical activity

27) Please specify the type of physical activity you performed during the COVID-19 quarantine period?

Thank you for your participation and support