

Dear student! This survey has been created to assess your physical and mental well-being throughout the 2 years of COVID lockdown and school closures. If you are interested in participating in this research, kindly respond to the following questions.

We would like to emphasize that all relevant data in the questionnaire will be kept confidential and the results will be interpreted for participants if they choose to do so. Writing the name and surname is not a requirement

Demographic data	
gender female ☐ male ☐	Date of birth:
mother's job status during lockdown Loss of yes ☐ no ☐	father's job status during lockdown Loss of yes ☐ no ☐
Residency Type Apartment without balcony ☐ Apartment with balcony ☐ A house without a backyard ☐ A house with a backyard ☐	Number of children in the family Single child ☐ two children ☐ more than two children ☐

Dietary habits						
		Never	Sometimes	Often	Usually	Always
Overeating under the influence of stress and mental anxiety	Before lockdown					
	During lockdown					
The feeling of urgency to eat	Before lockdown					
	During lockdown					
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy when I eat food	Before lockdown					
	During lockdown					
I am a person with a good appetite	Before lockdown					
	During lockdown					

Number of snacks per week				
	Less than once a week	1-3 times in a week	4-6 times in a week	Everyday
Before lockdown				
During lockdown				
Number of snacks consumed per day				
	Once a day	Twice a day	3 times a day	4 or more than 4 times a day
Before lockdown				
During lockdown				

Sleep Pattern									
Before lockdown	Night-Sleep/Day-Awake			Day-Sleep/Night-Awake					
During lockdown	Night-Sleep/Day-Awake			Day-Sleep/Night-Awake					
Hours of Sleep									
Before lockdown	Less than 8 hours			8-10 hours			More than 10 hours		
During lockdown	Less than 8 hours			8-10 hours			More than 10 hours		
Sleep Quality									
		Yes (More than 2-3 times a week)	No (Less than 2-3 times a week)		Yes (More than 2-3 times a week)	No (Less than 2-3 times a week)		Yes (More than 2-3 times a week)	No (Less than 2-3 times a week)
Before lockdown	Frequent waking periods during sleep			Frequent nightmares during sleep			Difficulty falling asleep		
During lockdown	Frequent waking periods during sleep			Frequent nightmares during sleep			Difficulty falling asleep		

Screen time (daily amount of time spent using a device with a screen such as a smartphone, computer, television, video game, console, or even tablet.)

Before lockdown	0-1 hours		1-2 hours		2-3 hours		more than 3 hours	
During lockdown	0-1 hours		1-2 hours		2-3 hours		more than 3 hours	

Physical Activity

Before lockdown	Just Sedentary activity (almost all sitting-based activity)	
	Light-intensity activity (include domestic or occupational tasks such as washing dishes, hanging washing, ironing, cooking, eating, and working at a computer desk)	
	Moderate intensity (including fast walking, aerobic water sports, cycling on flat surfaces, and playing doubles tennis)	
	Vigorous-intensity activity (running, fast or mountain biking, basketball, professional swimming, and singles tennis)	
During lockdown	Just Sedentary activity (almost all sitting-based activity)	
	Light-intensity activity (include domestic or occupational tasks such as washing dishes, hanging washing, ironing, cooking, eating, and working at a computer desk)	
	Moderate intensity (including fast walking, aerobic water sports, cycling on flat surfaces, and playing doubles tennis)	
	Vigorous-intensity activity (running, fast or mountain biking, basketball, professional swimming, and singles tennis)	

