

Supplement material: Relevant questions from the online questionnaire

Table 1: Relevant questions from the online questionnaire

Question	Value labels	Variable title
MENTAL STRESS		
How did COVID 19 pandemic effect your mental stress level?	reduced/constant/increased	mental stress
DEMOGRAPHICS		
Sex	male/female/diverse	sex
Age	Free text	age
PHYSICAL ACTIVITY		
How did your physical training change since the implementation of exit restrictions?	reduced/constant/increased	physical training
ADVERSE HEALTH BEHAVIOR		
Are you smoking?	yes/no	smoking
How did the implementation of the exit restriction change your alcohol consumption?	reduced/constant/increased	alcohol