

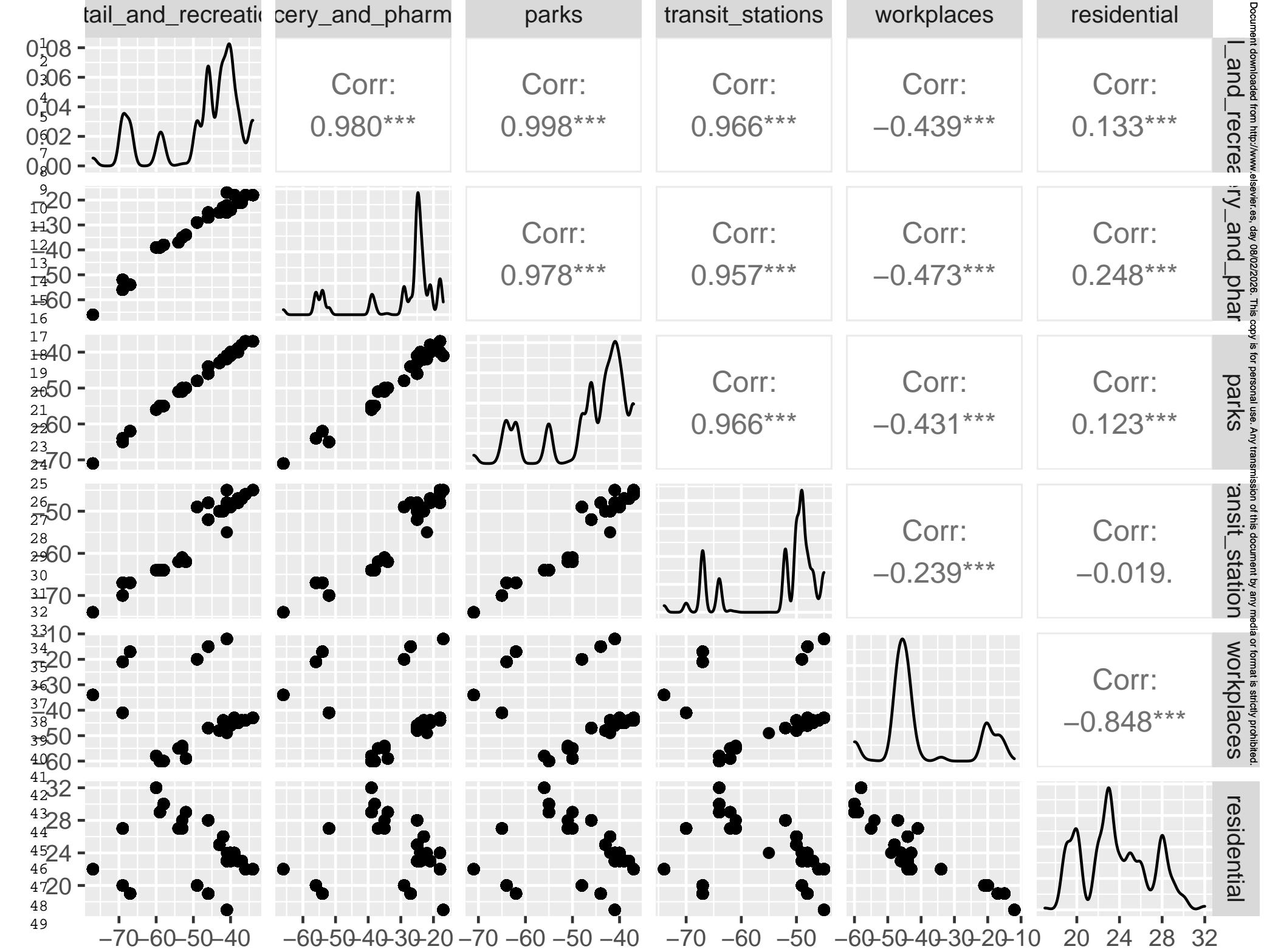
Supplementary table 1. Predicted mean values of evaluated mental health scores for main predictor. Four regression models were implemented, one for emotional eating behavior, one for depression, one for sleep quality and one for sense of coherence. Models were adjusted by residential zone (urban/rural), consumption of sleeping pills (yes/no), living with a partner (yes/no), occupation (student/employee/unemployed), times of leaving home per week (never/1-2/3 or more). For numerical predictors mean values are showed for 1st and 3rd quantiles. Model information is depicted in the last column. Abbreviations: LCI, lower confidence interval; UCI, upper confidence interval; LR, likelihood ratio test.

			Mean	LCI	UCI	Model information
6	7	<i>Mobility to workplaces</i>	- 47	8.37	8.19	8.85
8	9		- 34	7.87	7.61	8.34
10	11	<i>Mobility to groceries and pharmacies</i>	- 29	8.41	8.20	8.92
12	13		- 23	8.23	8.07	8.70
14	Emotional eating behavior					LR Chi ² : 422.31; df 14, p < 0.000. R ² : 0.049
15	16	<i>Gender</i>	Woman	8.29	8.13	8.76
17	18		Man	6.47	6.27	6.94
19	20	<i>Age (years)</i>	19	8.07	7.66	8.76
21	22		25	7.78	7.62	8.37
23	24	<i>Mobility to workplaces</i>	- 47	5.39	5.10	6.26
25	26		- 34	4.66	4.21	5.29
27	28	<i>Mobility to groceries and pharmacies</i>	- 29	5.51	5.19	6.48
29	30		- 23	5.16	4.90	5.91
31	Depression (PHQ-9)					LR Chi ² : 671.24; df 14, p < 0.000. R ² : 0.077
32	33	<i>Gender</i>	Woman	5.28	5.98	6.11
34	35		Man	4.23	3.94	5.02
36	37	<i>Age (years)</i>	19	5.15	4.83	5.57
38	39		25	4.75	4.46	5.16
40	41	<i>Mobility to workplaces</i>	- 47	5.15	4.96	5.51
42	43		- 34	4.60	4.37	4.78
44	45	<i>Mobility to groceries and pharmacies</i>	- 29	5.24	5.04	5.63
46	47		- 23	4.99	4.80	5.26
48	49	Sleep quality (PSQI)				LR Chi ² : 686.83; df 14, p < 0.000. R ² : 0.078
50	51	<i>Gender</i>	Woman	5.07	4.88	5.38
52	53		Man	4.81	4.65	5.25
54	55	<i>Age (years)</i>	19	4.82	4.48	4.92
56	57		25	4.87	4.70	5.16
58	59	<i>Mobility to workplaces</i>	- 47	59.06	58.08	59.43
60	61		- 34	59.70	58.90	60.49
62	Sense of coherence (SOC-15)					LR Chi ² : 565.09; df 14, p < 0.000. R ² : 0.065
63	64	<i>Mobility to groceries and pharmacies</i>	- 29	58.96	57.86	59.42
65						

- 23 59.26 58.43 59.67

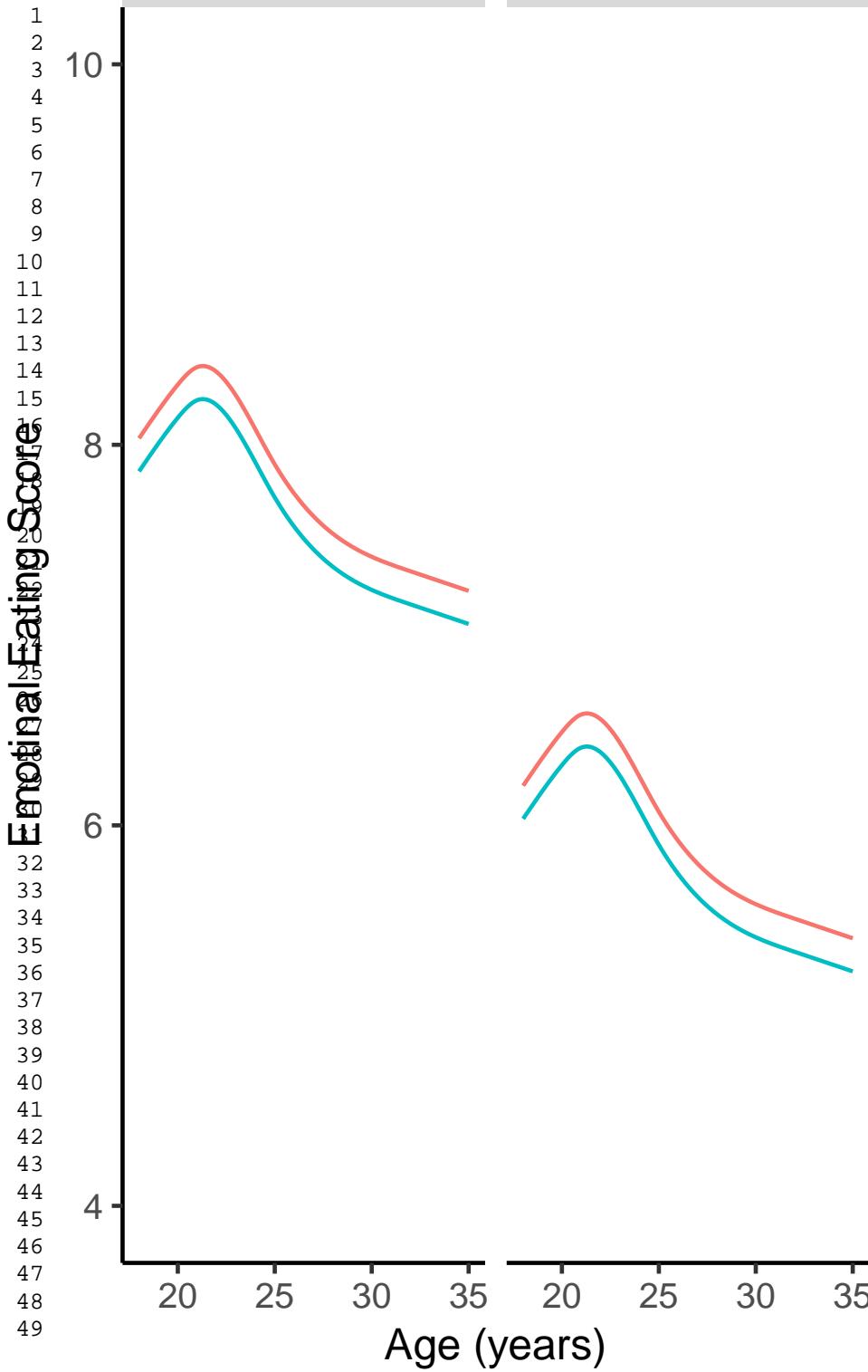
1	<i>Gender</i>	Woman	59.16	58.23	59.55
2		Man	59.71	59.11	61.00
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4					
5	<i>Age (years)</i>	19	58.75	58.23	59.17
6		25	61.07	59.82	61.46
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supplementary figure 1



Women

Men



Change in mobility to groceries and pharmacies

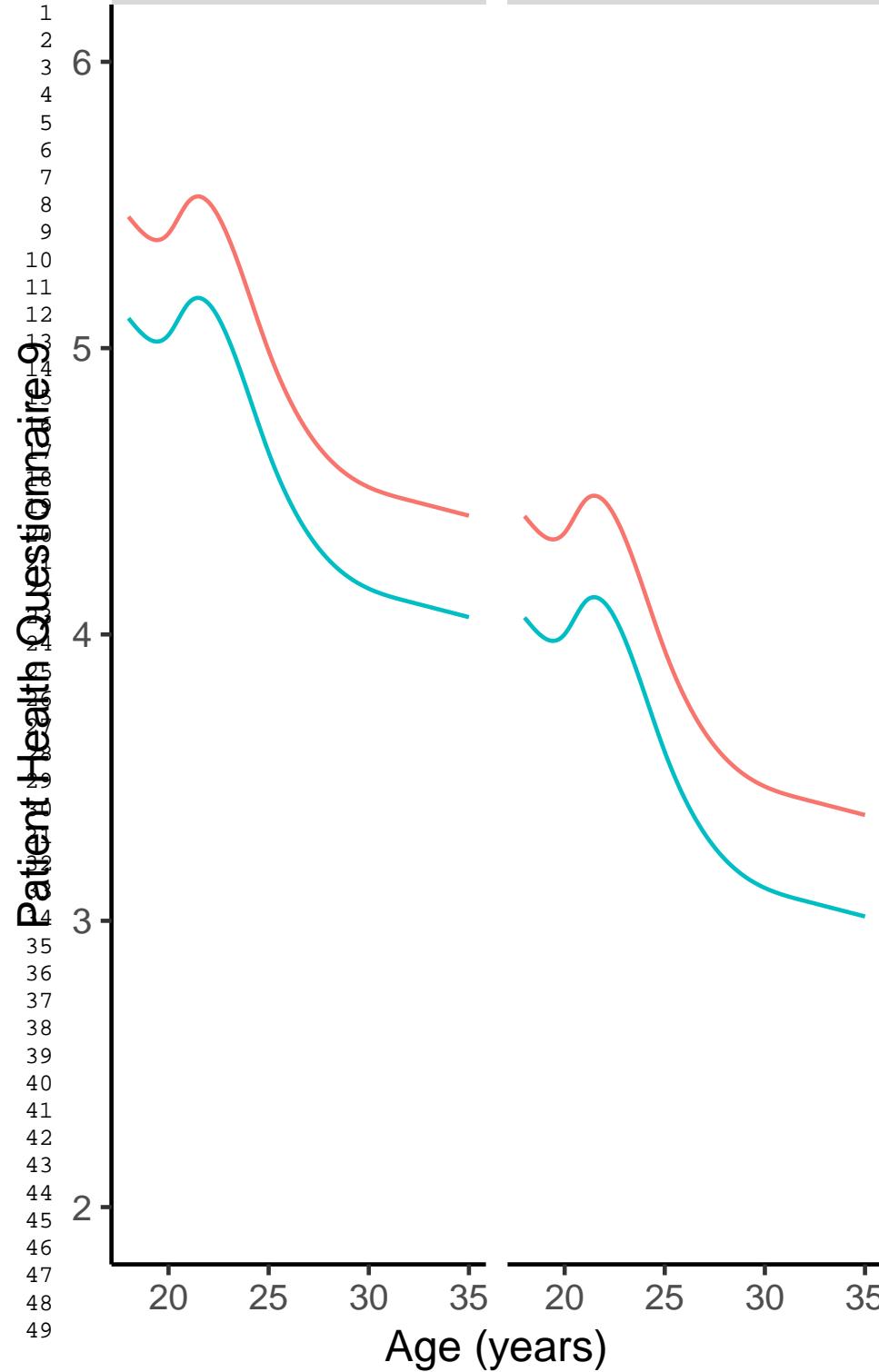
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Women

Men

Change in mobility to groceries and pharmacies

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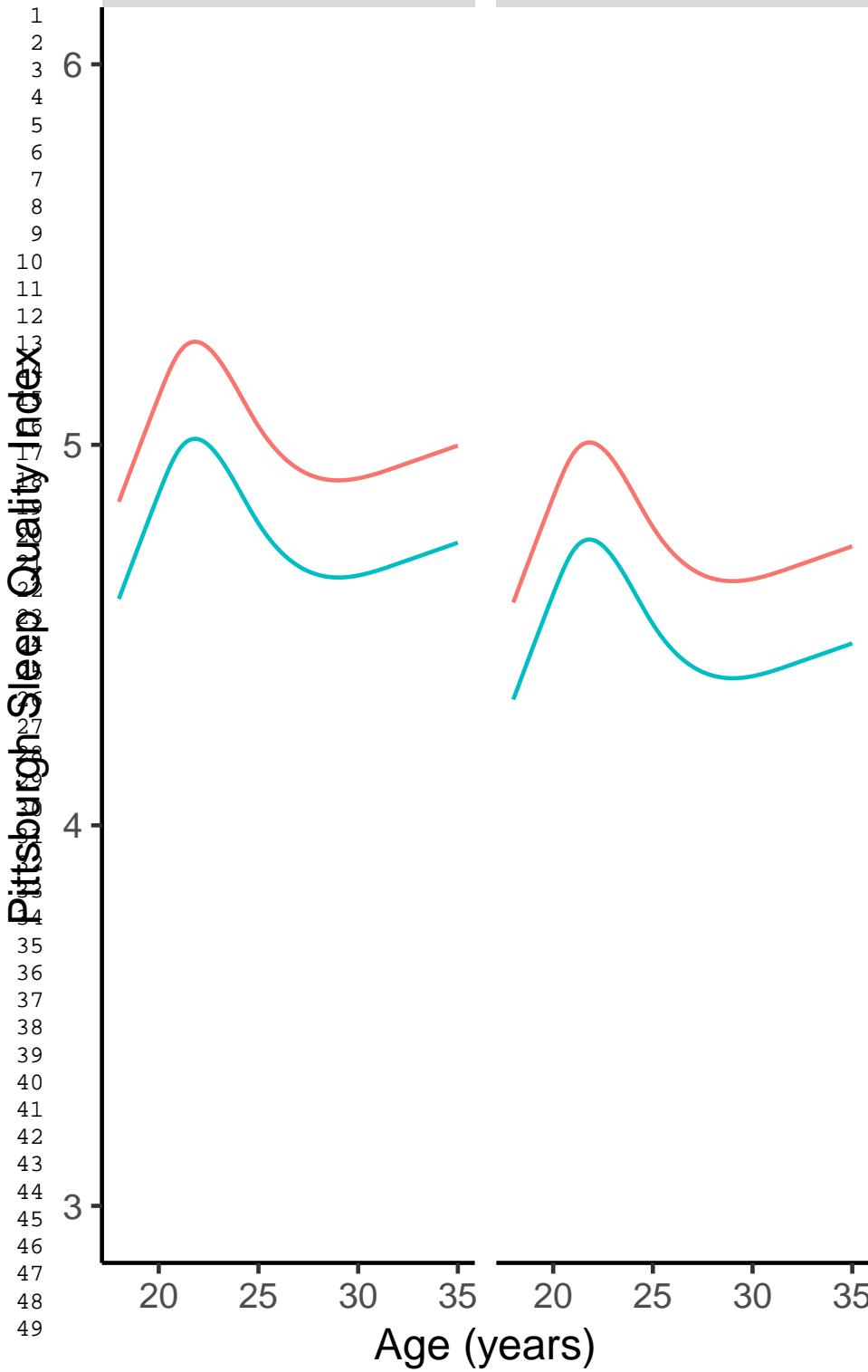


Women

Men

Change in mobility to groceries and pharmacies

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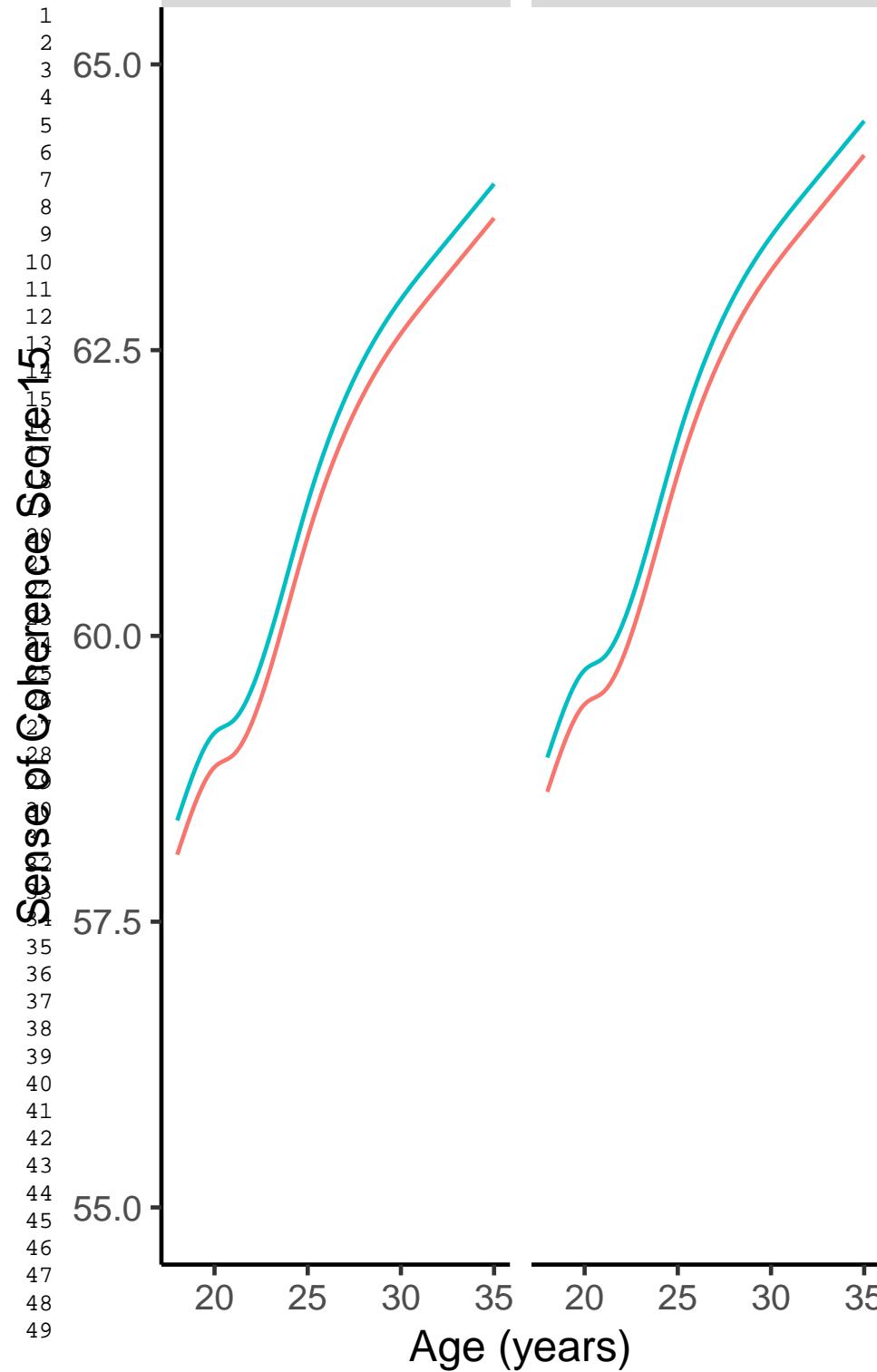


Women

Men

Change in mobility to groceries and pharmacies

- 29
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Appendix

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2 Table I

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5 Predicted mean values of evaluated mental health scores for main predictor. Four regression models
 6 were implemented, one for emotional eating behavior, one for depression, one for sleep quality and
 7 one for sense of coherence. Models were adjusted by residential zone (urban/rural), consumption
 8 of sleeping pills (yes/no), living with a partner (yes/no), occupation (student/employee/unemployed),
 9 times of leaving home per week (never/1-2/3 or more). For numerical predictors mean values are
 10 showed for 1st and 3rd quantiles. Model information is depicted in the last column.

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			Mean	LCI	UCI	Model information	
19	20	21	22	23	24	25	
26	27	28	29	30	31	32	
33	34	35	36	37	38	39	
40	41	42	43	44	45	46	
47	48	49	50	51	52	53	
54	55	56	57	58	59	60	
61	62	63	64	65			
Emotional eating behavior		Mobility to workplaces	- 47	8.37	8.19	8.85	
			- 34	7.87	7.61	8.34	
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		Gender		Woman	8.29	8.13	8.76
				Man	6.47	6.27	6.94
		Age (years)		19	8.07	7.66	8.76
				25	7.78	7.62	8.37
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20		25	61.07	59.82	61.46
21					

22 LR: likelihood ratio test; LCI: lower confidence interval; UCI: upper confidence interval.

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