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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
Emotional eating behavior	*Mobility to workplaces*	- 47	8.37	8.19	8.85	LR Chi^2: 422.31; df 14, p < 0.000. R^2: 0.049
		- 34	7.87	7.61	8.34	
	Mobility to groceries and pharmacies	- 29	8.41	8.20	8.92	
		- 23	8.23	8.07	8.70	
	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	
Depression (PHQ-9)	*Mobility to workplaces*	- 47	5.39	5.10	6.26	LR Chi^2: 671.24; df 14, p < 0.000. R^2: 0.077
		- 34	4.66	4.21	5.29	
	Mobility to groceries and pharmacies	- 29	5.51	5.19	6.48	
		- 23	5.16	4.90	5.91	
	Gender	Woman	5.28	5.98	6.11	
		Man	4.23	3.94	5.02	
	Age (years)	19	5.15	4.83	5.57	
		25	4.75	4.46	5.16	
Sleep quality (PSQI)	*Mobility to workplaces*	- 47	5.15	4.96	5.51	LR Chi^2: 686.83; df 14, p < 0.000. R^2: 0.078
		- 34	4.60	4.37	4.78	
	Mobility to groceries and pharmacies	- 29	5.24	5.04	5.63	
		- 23	4.99	4.80	5.26	
	Gender	Woman	5.07	4.88	5.38	
		Man	4.81	4.65	5.25	
	Age (years)	19	4.82	4.48	4.92	
		25	4.87	4.70	5.16	
Sense of coherence (SOC-15)	*Mobility to workplaces*	- 47	59.06	58.08	59.43	LR Chi^2: 565.09; df 14, p < 0.000. R^2: 0.065
		- 34	59.70	58.90	60.49	
	Mobility to groceries and pharmacies	- 29	58.96	57.86	59.42	

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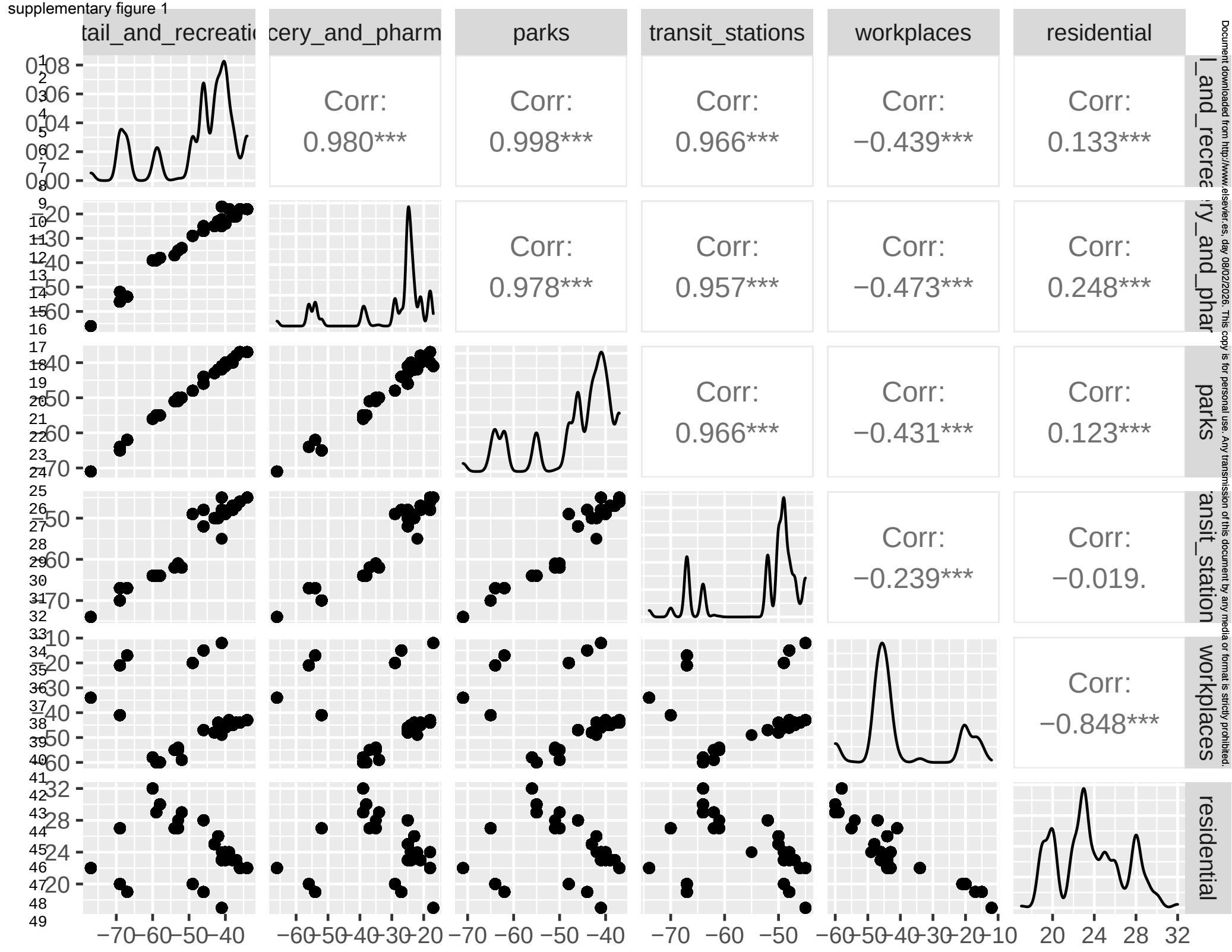
		- 23	59.26	58.43	59.67
	Gender	Woman	59.16	58.23	59.55
		Man	59.71	59.11	61.00
	Age (years)	19	58.75	58.23	59.17
		25	61.07	59.82	61.46

supplementary figure 1



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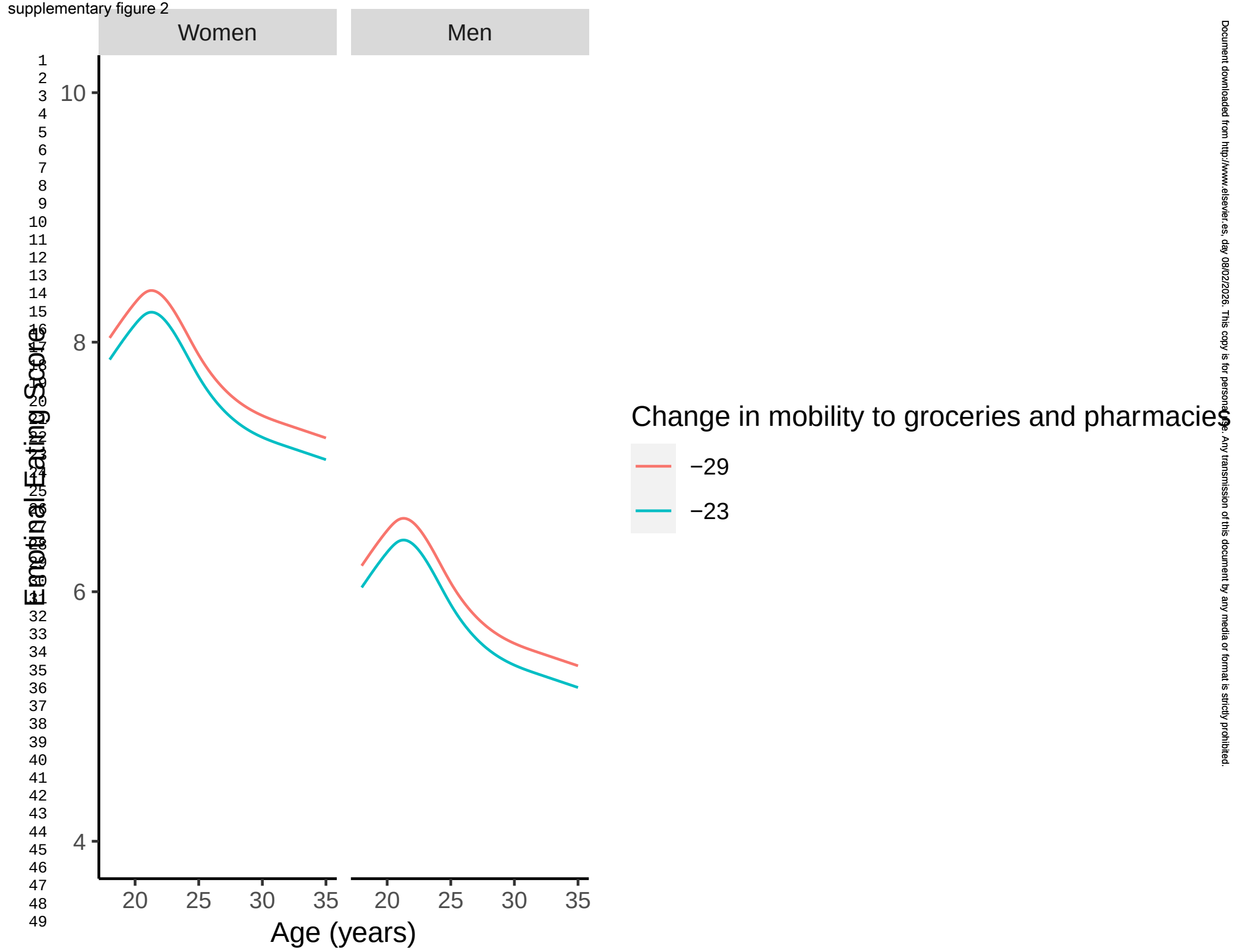
supplementary figure 2



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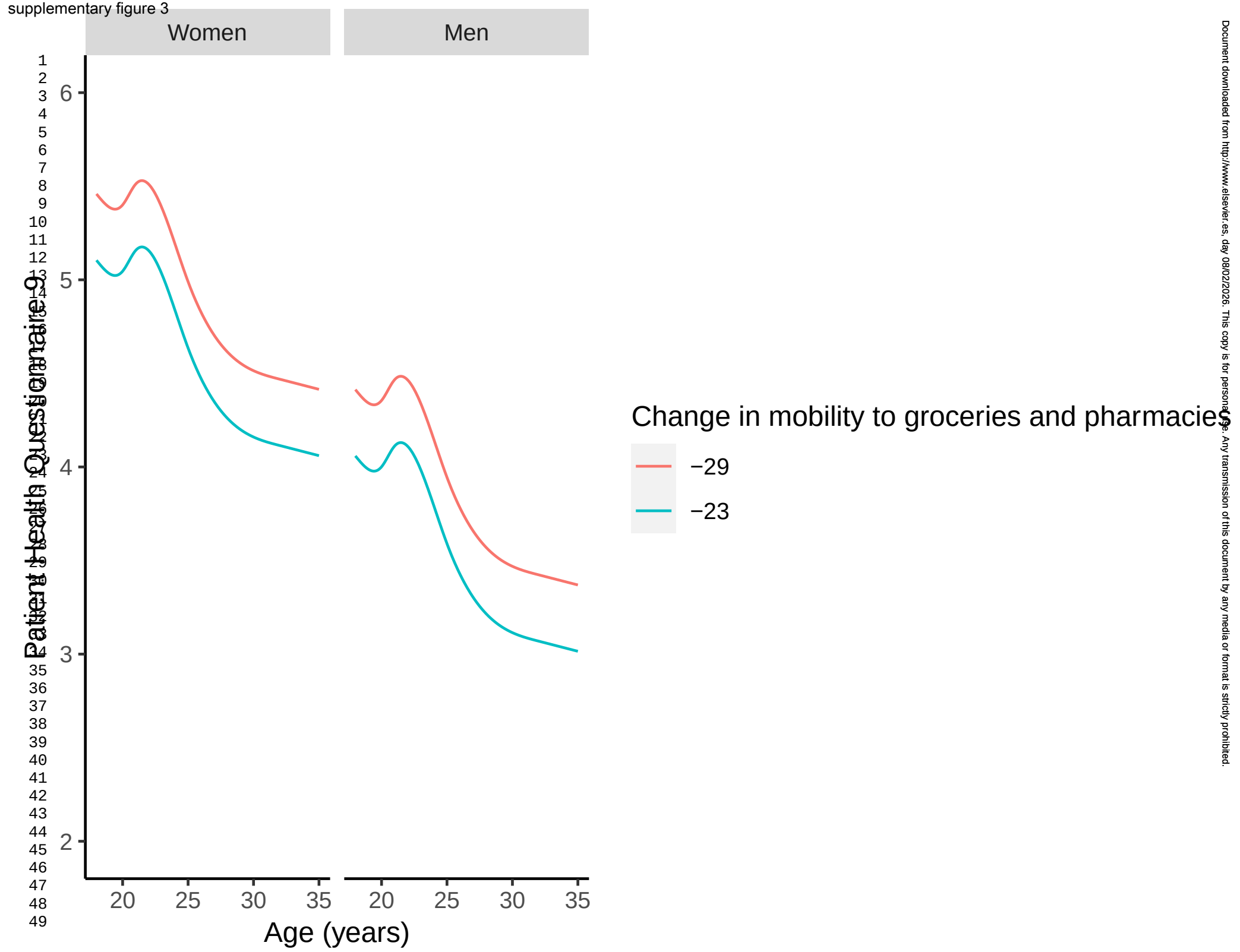
supplementary figure 3



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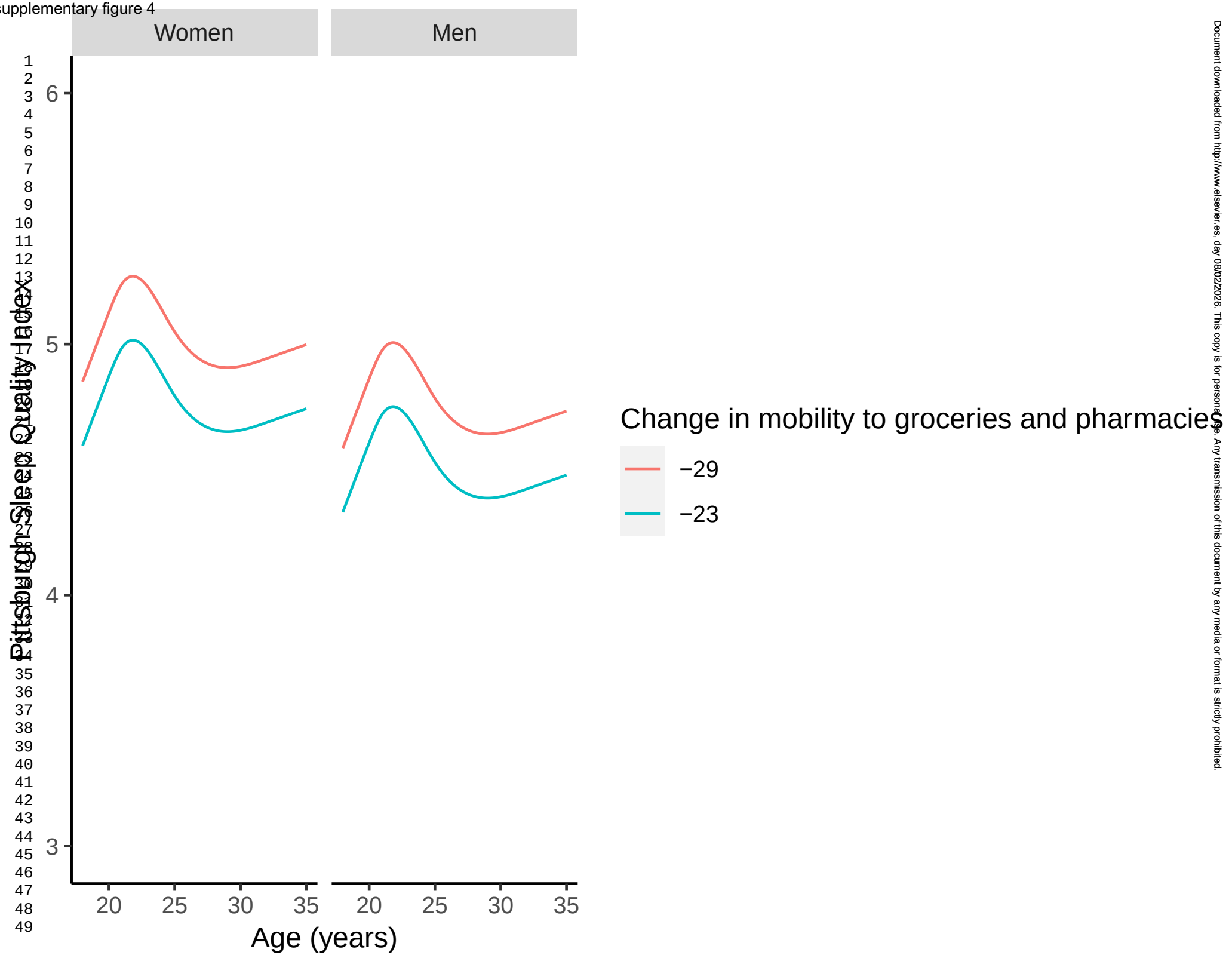
supplementary figure 4



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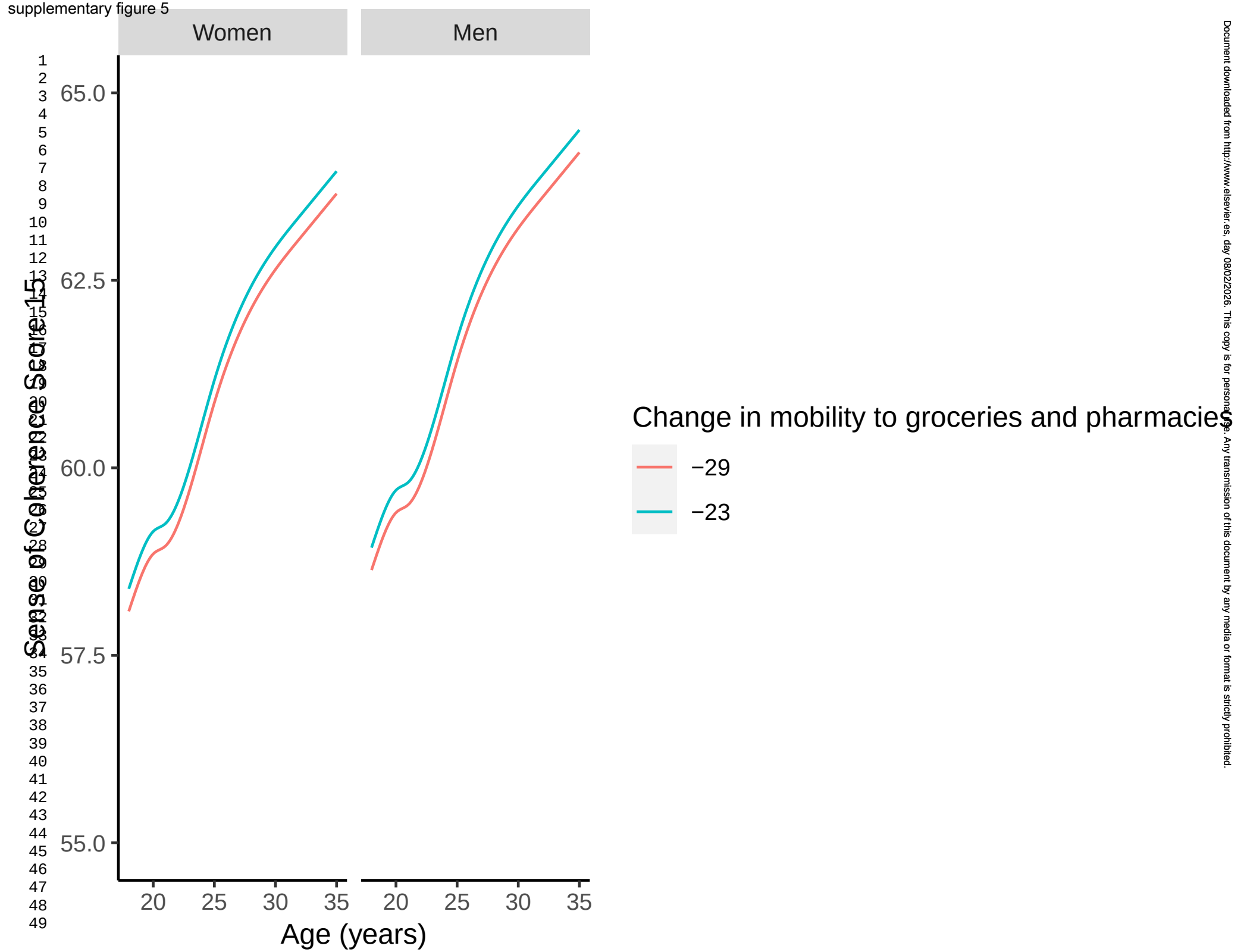
supplementary figure 5



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Archivos suplementarios material on line (Supplementary files)
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Appendix

Table I

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.

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