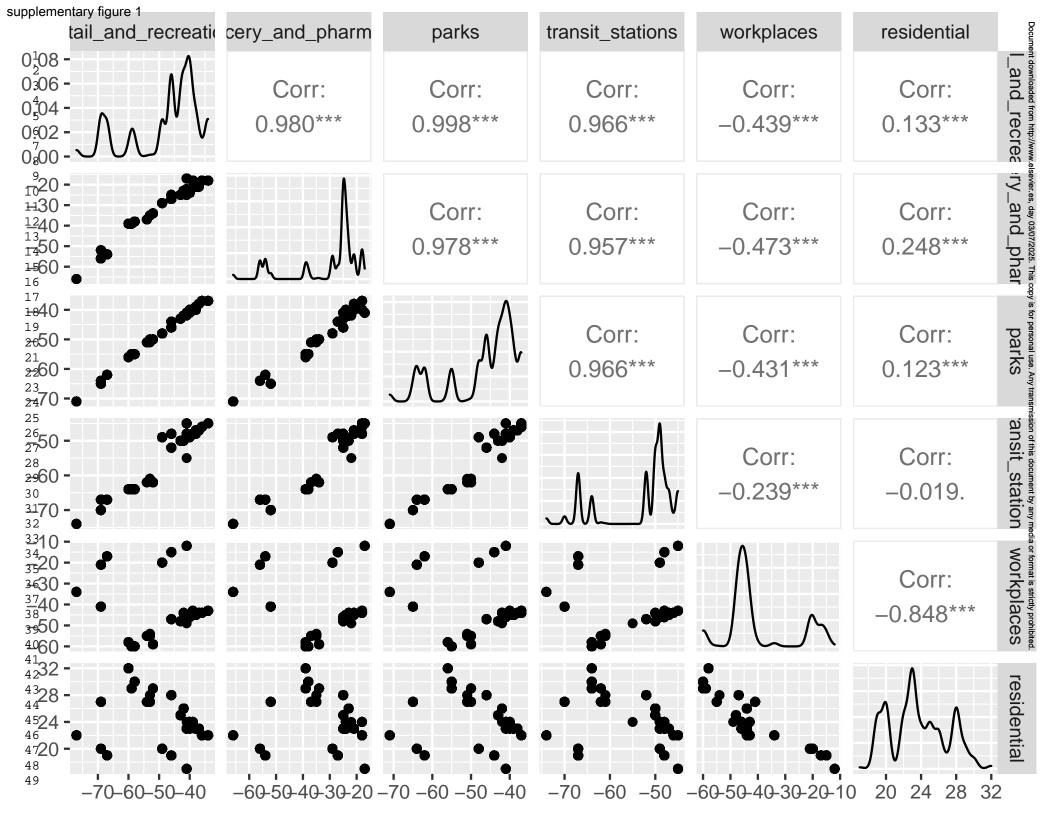
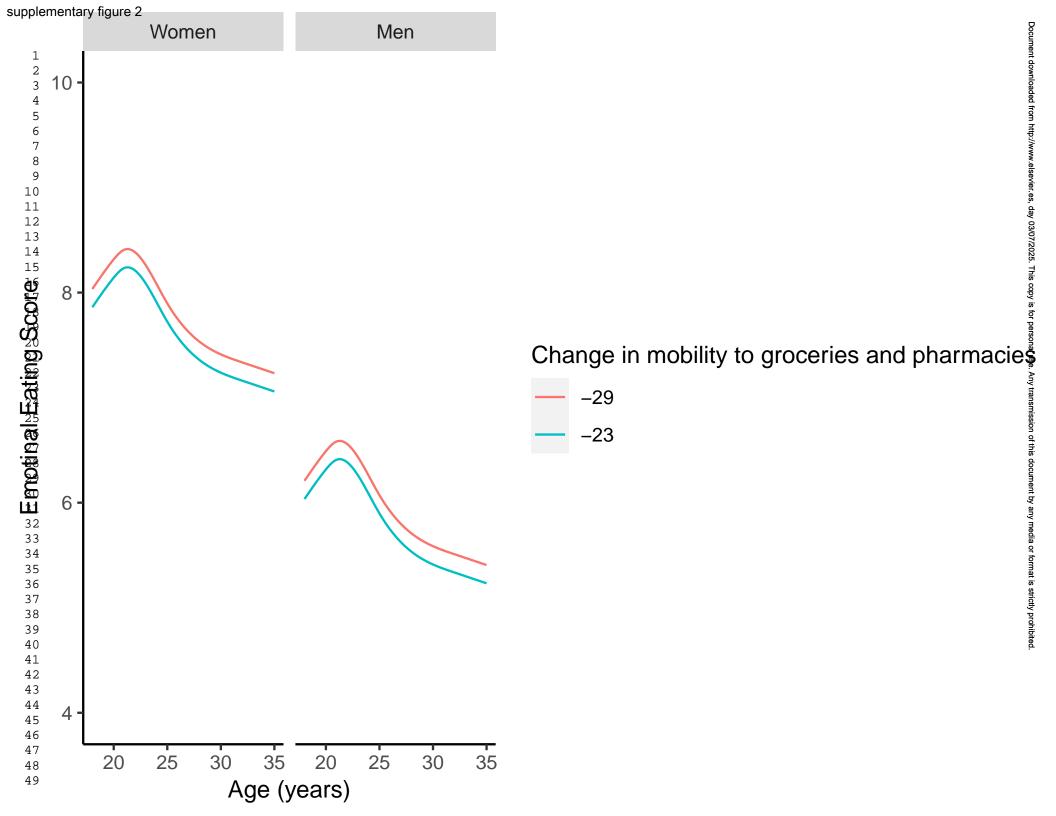
Supplementary table 1. Predicted mean values of evaluated mental health scores for main predictor. Four regression models were implemented, one for emotional eating behavior, one for depression, one for sleep quality and one for sense of coherence. Models were adjusted by residential zone (urban/rural), 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 1<sup>st</sup> and 3<sup>rd</sup> quantiles. Model information is depicted in the last column. Abbreviations: LCI, lower confidence interval; UCI, upper confidence interval; LR, likelihood ratio test.

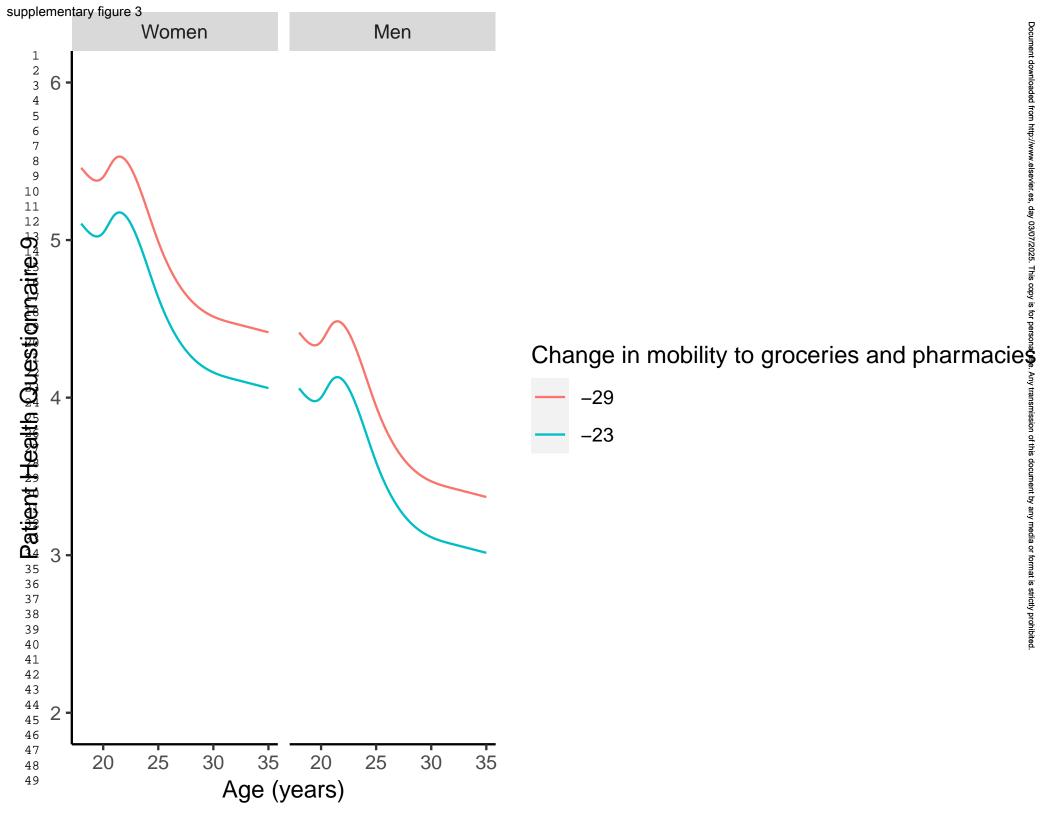
			Mean	LCI	UCI	Model information	
	Mobility to workplaces	- 47	47 8.37 8.19 8.85				
	wooning to workplaces	- 34	7.87	7.61	8.34		
	Mobility to groceries and pharmacies	- 29	8.41	8.20	8.92		
	wobility to groceries and pharmacies	- 23	8.23	8.07	8.70		
Emotional eating behavior						LR Chi <sup>2</sup> : 422.31; df 14, p	
Emotional eating behavior	Gender	Woman	8.29	8.13	8.76	< 0.000. R <sup>2</sup> : 0.049	
	Gender	Man	6.47	6.27	6.94		
		4.0		7.00			
	Age (years)	19	8.07	7.66	8.76		
		25	7.78	7.62	8.37		
		- 47	5.39	5.10	6.26		
	Mobility to workplaces	- 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		
						LR Chi <sup>2</sup> : 671.24; df 14, <i>p</i>	
Depression (PHQ-9)		Woman	5.28	5.98	6.11	< 0.000. R <sup>2</sup> : 0.077	
	Gender	Man	4.23	3.94	5.02		
		19	5.15	4.83	5.57		
	Age (years)	25	4.75	4.46	5.16		
		- 47	5.15	4.96	5.51		
	Mobility to workplaces	- 34	4.60	4.37	4.78		
	Makilita ta maanina and mbamaanina	- 29	5.24	5.04	5.63		
	Mobility to groceries and pharmacies	- 23	4.99	4.80	5.26		
Sleep quality (PSQI)						LR Chi <sup>2</sup> : 686.83; df 14, p	
oreep quanty (1 owi)	Gender	Woman	5.07	4.88	5.38	< 0.000. R <sup>2</sup> : 0.078	
	Gender	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)		47	F0 00	E0.00	FO 10		
	Mobility to workplaces	- 47		58.08		LR Chi <sup>2</sup> : 565.09; df 14, <i>p</i>	
		- 34		58.90		< 0.000. R <sup>2</sup> : 0.065	
	Mobility to groceries and pharmacies	- 29	58.96	57.86	59.42		

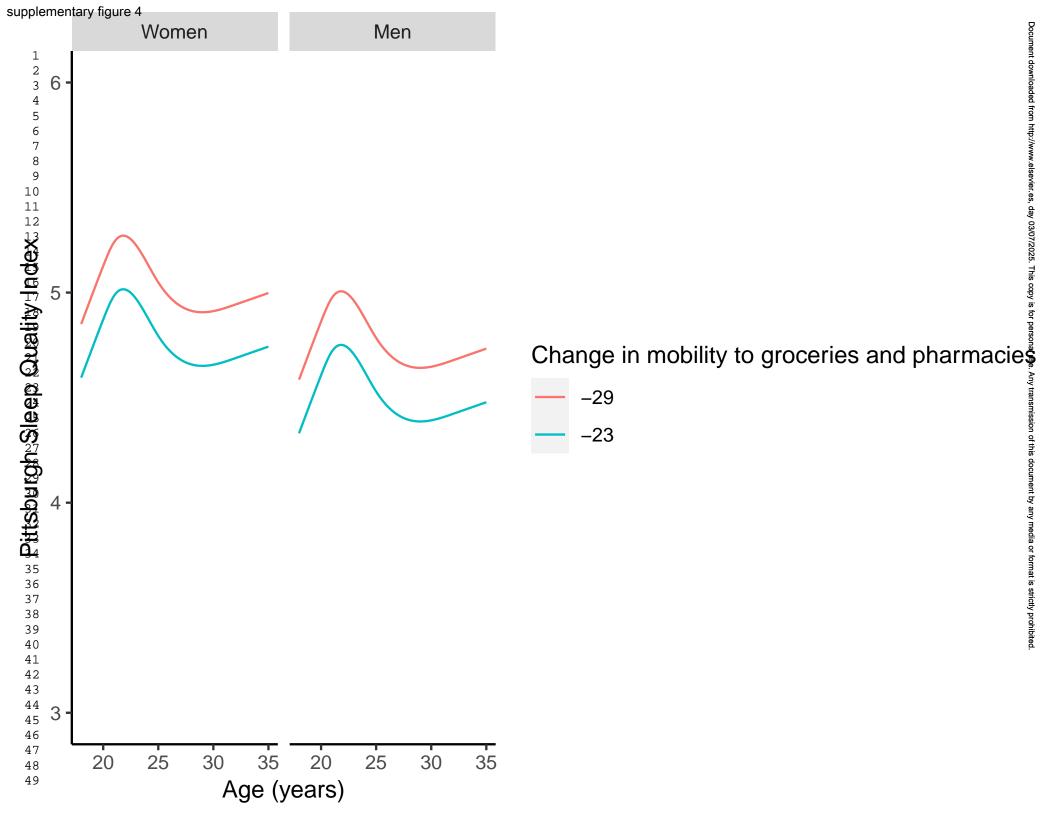
	1
	2
	4
	5 6
	7 8
1	3 4 5 6 7 8 9 0
1	1
1	2 3
1	4 5
1	6
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1 2	123456789012345678901234567
2	1 2
2	3
2	5
2	6 7
2	8 9
3	0
3	2
3	3 4
3	5 6
3	7
3	
4	0 1
4	2
4	4 5
4 4 4	6
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4	9
5	1
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5 5	6 7
5	8
6	0
6 6 6	1 2
6 6	3 4 5
6	5

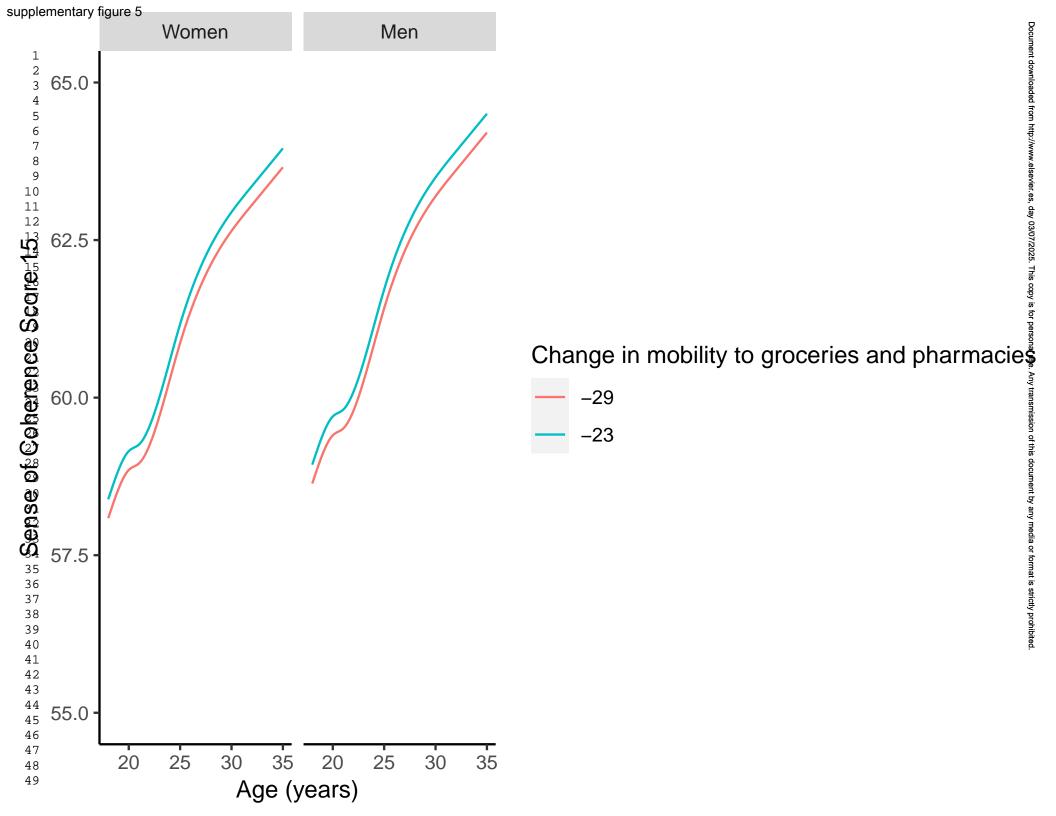
	- 23	59.26	58.43	59.67
Gender	Woman	59.16	58.23	59.55
Condon	Man	59.71	59.11	61.00
Age (years)	19	58.75	58.23	59.17
rigo (youro)	25	61.07	59.82	61.46











## **Appendix**

## <sup>2</sup> Table I

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15

5 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), 12 times of leaving home per week (never/1-2/3 or more). For numerical predictors mean values are 14 showed for 1<sup>st</sup> and 3<sup>rd</sup> quantiles. Model information is depicted in the last column.

16								
17				Mean	LCI	UCI	Model information	
18 19		Mobility to workplaces	- 47	8.37	8.19	8.85		
20		Wooling to workplaces	- 34	7.87	7.61	8.34		
21 22			- 29	8.41	8.20	8.92		
23		Mobility to groceries and pharmacies		8.23	8.07	8.70		
24 25			- 23	0.20	0.07	0.70	. =0	
26	Emotional eating behavior	Gender	147		0.40		LR Chi <sup>2</sup> : 422.31; df 14, p <0.000. R <sup>2</sup> : 0.049	
27			Woman	8.29	8.13	8.76	p 1010001111101010	
28 29			Man	6.47	6.27	6.94		
30								
31 32			19	8.07	7.66	8.76		
33		Age (years)	25	7.78	7.62	8.37		
34								
35 36				= 00	= 40			
37		Mobility to workplaces	- 47	5.39	5.10	6.26		
38 39			- 34	4.66	4.21	5.29		
40		Mobility to groceries and pharmacies	- 29	5.51	5.19	6.48		
41			- 23	5.16	4.90	5.91		
42 43							LR Chi <sup>2</sup> : 671.24; df 14,	
44	Depression (PHQ-9)		Woman	5.28	5.98	6.11	p <0.000. R <sup>2</sup> : 0.077	
45 46		Gender						
47			Man	4.23	3.94	5.02		
48 49								
50		Age (years)	19	5.15	4.83	5.57		
51		, igo (jouro)	25	4.75	4.46	5.16		
52 53								
54			- 47	5.15	4.96	5.51		
55 56		Mobility to workplaces						
57			- 34	4.60	4.37	4.78		
58	58 Sleep quality (PSQI)	SQI) Mobility to groceries and pharmacies	- 29	5.24	5.04	5.63	LR Chi <sup>2</sup> : 686.83; df 14,	
59 60			- 23	4.99	4.80	5.26	p <0.000. R <sup>2</sup> : 0.078	
61								
62		Gender	Woman	5.07	4.88	5.38		
63 64								
65								

			Man	4.81	4.65	5.25	
1 2 3		Age (years)	19 25	4.82 4.87	4.48 4.70	4.92 5.16	
5 6 7		Mobility to workplaces	- 47 - 34		58.08 58.90		
9 10		Mobility to groceries and pharmacies	- 29 - 23		<ul><li>57.86</li><li>58.43</li></ul>		
12 13 14 15		Gender	Woman Man		58.23 59.11		LR Chi <sup>2</sup> : 565.09; df 14, p <0.000. R <sup>2</sup> : 0.065
17 18 19 20		Age (years)	19 25		58.23 59.82		

 $^{22}\,$  LR: likelihood ratio test; LCI: lower confidence interval; UCI: upper confidence interval.  $^{23}\,$