

### Supplement S3. Exploratory factor analyses

**Table S3.** Factor loadings of vulnerability indicators at T1

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
Anxiety symptoms (GAD-2)	<b>.89</b>	-.04	-.07	-.06	.01
Depressive symptoms (PHQ-2)	<b>.79</b>	-.02	-.13	.06	.03
Overall Anxiety	<b>.72</b>	-.04	.07	-.03	-.02
Perceived stress (PSS-4)	<b>.68</b>	.01	.02	.07	.01
Loneliness	<b>.63</b>	.01	-.09	.09	.04
Psychosomatic complaints	<b>.60</b>	.06	.11	.00	-.05
Overall stress	<b>.59</b>	.00	-.03	-.10	.00
Burdens	<b>.52</b>	.06	<b>.35</b>	.00	-.01
Aggression as victim	.02	<b>.93</b>	-.12	.03	-.02
Aggression as perpetrator	-.01	<b>.69</b>	-.02	.00	.05
Pandemic-related fears	.19	-.12	<b>.83</b>	-.06	.02
Pandemic-related behaviours	-.03	-.01	<b>.49</b>	-.03	-.04
Craving for internet activities	-.09	.01	.04	<b>.79</b>	-.01
Internet Use (CIUS-5)	.09	.01	-.02	<b>.65</b>	.00
Alcohol consumption (AUDIT-C)	-.09	.03	-.03	-.01	<b>.77</b>
Alcohol loss of control	.09	.02	.05	.00	<b>.63</b>
News consumption	-.03	-.05	.20	.02	.03
Protection measures item 1	-.03	.08	.13	-.02	.00
Protection measures item 4	.02	.04	.18	.04	-.02
Eigenvalues	3.91	1.26	1.15	1.13	1.05
Variance proportion	.21	.07	.06	.06	.06

*Note.* Factor loadings above .30 in bold

**Table S4.** Factor loadings of vulnerability indicators at T2

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
Anxiety symptoms (GAD-2)	<b>.88</b>	-.08	-.17	.15	-.02
Depressive symptoms (PHQ-2)	<b>.85</b>	-.04	.05	-.02	-.03
Overall Anxiety	<b>.82</b>	-.04	-.03	.06	-.05
Perceived stress (PSS-4)	<b>.63</b>	-.08	-.02	.13	-.01
Loneliness	<b>.62</b>	.12	.14	-.07	-.03
Psychosomatic complaints	<b>.60</b>	-.09	<b>.41</b>	-.07	-.05
Overall stress	<b>.58</b>	.05	.22	-.20	-.01
Burdens	<b>.54</b>	.16	<b>.31</b>	-.01	.00
Aggression as victim	-.02	<b>.87</b>	-.07	-.06	.05
Aggression as perpetrator	.01	<b>.82</b>	-.06	-.07	.06
Pandemic-related fears	.21	-.01	<b>.69</b>	.04	.01
Pandemic-related behaviours	-.03	.02	<b>.54</b>	.06	.02
Craving for internet activities	-.03	-.07	.10	<b>.71</b>	.07
Internet Use (CIUS-5)	.19	-.04	-.02	<b>.68</b>	.01
Alcohol consumption (AUDIT-C)	-.14	.04	.09	.02	<b>.86</b>
Alcohol loss of control	.04	.05	.18	.06	<b>.77</b>
News consumption	-.02	-.04	<b>.31</b>	.00	.07
Protection measures item 1	.22	.06	-.15	.02	.06
Protection measures item 4	-.03	.10	.06	.08	-.05
Eigenvalues	4.38	1.43	1.34	1.32	1.04
Variance proportion	.23	.08	.07	.07	.05

*Note.* Factor loadings above .30 in bold

**Table S5.** Factor loadings of vulnerability indicators at T3

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
Anxiety symptoms (GAD-2)	<b>.91</b>	-.08	-.09	.00	-.02
Depressive symptoms (PHQ-2)	<b>.88</b>	-.06	-.18	.10	.01
Overall Anxiety	<b>.70</b>	-.02	-.09	.06	-.01
Perceived stress (PSS-4)	<b>.69</b>	-.07	.18	-.04	-.03
Loneliness	<b>.64</b>	.06	.14	-.05	-.04
Psychosomatic complaints	<b>.60</b>	.01	.11	-.13	.00
Overall stress	<b>.51</b>	.11	<b>.39</b>	-.01	.04
Burdens	.27	-.02	.06	.00	.00
Aggression as victim	-.13	<b>.89</b>	.01	-.04	-.01
Aggression as perpetrator	-.04	<b>.81</b>	.10	-.07	.01
Pandemic-related fears	.17	.01	<b>.72</b>	-.03	.09
Pandemic-related behaviours	-.03	.12	<b>.40</b>	.05	-.03
Craving for internet activities	.15	-.04	-.03	<b>.72</b>	.00
Internet Use (CIUS-5)	-.10	-.03	.11	<b>.63</b>	.06
Alcohol consumption (AUDIT-C)	-.17	.00	.01	.03	<b>.88</b>
Alcohol loss of control	.10	.01	.03	.05	<b>.66</b>
News consumption	.00	-.03	.27	-.03	.03
Protection measures item 1	.11	.10	-.07	.05	.01
Protection measures item 4	-.03	-.01	.21	.11	-.05
Eigenvalues	4.30	1.37	1.29	1.21	1.03
Variance proportion	.25	.08	.08	.07	.06

*Note.* Factor loadings above .30 in bold

**Table S6.** Factor loadings of resilience indicators at T1

	Factor 1	Factor 2
Life satisfaction	<b>.80</b>	-.02
Optimism	<b>.73</b>	.01
Self-efficacy	<b>.64</b>	.04
Resistance	<b>.58</b>	-.03
Coping	.03	<b>.68</b>
Chance	-.03	<b>.67</b>
Eigenvalues	1.92	0.91
Variance proportion	0.32	0.15

*Note.* Factor loadings above .30 in bold

**Table S7.** Factor loadings of resilience indicators at T2

	Factor 1	Factor 2
Life satisfaction	<b>.79</b>	-.08
Optimism	<b>.76</b>	-.01
Self-efficacy	<b>.67</b>	-.01
Resistance	<b>.66</b>	.10
Coping	-.10	<b>.67</b>
Chance	.14	<b>.63</b>
Eigenvalues	2.12	0.86
Variance proportion	0.35	0.14

*Note.* Factor loadings above .30 in bold

**Table S8.** Factor loadings of resilience indicators at T3

	Factor 1	Factor 2
Life satisfaction	<b>.77</b>	.05
Optimism	<b>.76</b>	-.10
Self-efficacy	<b>.74</b>	.05
Resistance	<b>.69</b>	.06
Coping	.05	<b>.64</b>
Chance	-.04	<b>.64</b>
Eigenvalues	2.23	0.87
Variance proportion	0.37	0.15

*Note.* Factor loadings above .30 in bold

**Table S9.** Factor loadings of social cohesion items at T1

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6	Factor 7
Belonging family	-.05	.20	<b>.75</b>	.05	-.03	-.04	-.12
Belonging friends	-.07	.28	.06	<b>.70</b>	.00	.14	-.25
Belonging neighborhood	-.13	<b>.39</b>	.11	.08	<b>.57</b>	-.06	-.15
Belonging Berlin	-.03	<b>.83</b>	.00	.05	.01	.01	-.01
Belonging Germany	.06	<b>.92</b>	.06	-.10	-.06	.02	-.03
Belonging Europe	.07	<b>.97</b>	-.07	-.07	-.11	.04	.00
Belonging World	.04	<b>.86</b>	-.06	-.09	-.07	.02	.05
Trust family	.01	-.08	.74	.12	.01	-.13	-.06
Trust friends	.02	-.12	.04	<b>.74</b>	.12	.01	-.10
Trust neighbors	.05	-.08	.06	.15	<b>.69</b>	-.25	.01
Trust fellow citizens	.20	.11	.01	.13	.21	-.20	.24
Trust media	<b>.71</b>	.00	-.09	.08	-.03	-.06	.06
Trust police	<b>.56</b>	-.01	.13	-.10	.12	-.04	-.07
Trust senate	<b>.68</b>	.02	-.01	-.03	-.01	-.02	.07
Trust chancellor	<b>.85</b>	.01	.01	-.07	-.03	.04	.04
Trust government	<b>.91</b>	.01	.00	-.08	.01	.05	.02
Trust health system	<b>.63</b>	.03	.01	.03	.01	.07	-.11
Trust science	<b>.58</b>	.03	-.06	.12	-.10	.06	-.04
Interaction frequency family	-.02	-.04	<b>.61</b>	-.06	.01	.10	.05
Interaction quality family	.00	-.08	<b>.73</b>	.06	-.08	-.05	.09
Interaction frequency friends	-.03	-.02	-.07	<b>.66</b>	-.08	.30	.02
Interaction quality friends	.07	-.12	.09	<b>.64</b>	-.08	.10	.04
Interaction frequency others	-.09	.04	.04	.14	-.09	-.04	<b>.42</b>
Interaction quality others	.01	.01	.08	.10	-.04	-.16	<b>.42</b>
Prosocial frequency self -family	.03	.03	<b>.58</b>	-.10	.04	<b>.44</b>	.03
Prosocial frequency family - self	.08	-.03	<b>.56</b>	.06	-.05	<b>.44</b>	.02
Prosocial frequency self -friends	.04	.01	-.06	<b>.41</b>	.06	<b>.77</b>	-.05
Prosocial frequency friends - self	.07	-.05	-.07	<b>.51</b>	.08	<b>.68</b>	-.02
Prosocial frequency self -neighbors	-.02	-.08	-.07	-.11	<b>.79</b>	.28	.04
Prosocial frequency neighbors - self	.00	-.12	-.10	-.04	<b>.84</b>	.23	.03
Prosocial frequency self -others	.02	-.01	-.03	-.19	.06	.12	<b>.74</b>
Prosocial frequency others - self	.06	-.07	-.05	-.09	.05	.13	<b>.67</b>
Prosocial efforts	-.03	.06	.04	-.05	.06	.15	.10
Political participation	.01	.12	-.07	.14	.03	.05	.15
Social participation	-.05	-.02	.00	<b>.31</b>	.03	.12	.14
Eigenvalue	3.67	3.44	2.80	2.49	2.21	1.90	1.47
Variance proportion	.10	.10	.08	.07	.06	.05	.04

*Note.* Factor loadings above .30 in bold

**Table S10.** Factor loadings of social cohesion items at T2

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6	Factor 7
Belonging family	-.03	.28	<b>.64</b>	.07	-.06	-.05	-.24
Belonging friends	-.05	<b>.43</b>	.02	.04	.26	<b>.33</b>	-.24
Belonging neighborhood	-.14	<b>.46</b>	.02	<b>.53</b>	-.05	-.07	.08
Belonging Berlin	.00	<b>.86</b>	.00	.05	-.07	-.05	.09
Belonging Germany	.05	<b>.94</b>	.03	-.04	-.07	-.11	.06
Belonging Europe	.03	<b>.99</b>	-.04	-.08	-.02	-.12	.06
Belonging World	.00	<b>.92</b>	-.03	-.10	-.04	-.12	.09
Trust family	.01	-.01	<b>.58</b>	.18	.00	-.04	-.28
Trust friends	.05	-.03	.04	.27	<b>.33</b>	<b>.30</b>	<b>-.36</b>
Trust neighbors	-.02	-.06	.04	<b>.93</b>	-.13	-.08	.04
Trust fellow citizens	.18	.11	.01	<b>.46</b>	-.07	.11	.04
Trust media	<b>.78</b>	.02	-.06	-.01	.04	.00	.02
Trust police	<b>.59</b>	-.06	.12	.07	-.08	-.05	.01
Trust senate	<b>.71</b>	.04	.00	.01	-.04	.02	.06
Trust chancellor	<b>.90</b>	.01	-.01	-.06	.02	-.04	.07
Trust government	<b>.95</b>	.01	-.02	-.06	.01	-.05	.09
Trust health system	<b>.65</b>	-.03	.02	-.03	.03	.05	-.07
Trust science	<b>.62</b>	.03	-.05	-.03	.08	.02	-.03
Interaction frequency family	-.03	-.07	<b>.66</b>	-.07	-.19	.13	.12
Interaction quality family	.00	-.10	<b>.68</b>	.02	-.15	.23	.02
Interaction frequency friends	-.02	-.13	.02	-.15	.14	.74	.17
Interaction quality friends	.04	-.12	.01	.00	.18	<b>.69</b>	.02
Interaction frequency others	-.02	-.01	.03	.02	-.13	.13	<b>.32</b>
Interaction quality others	.07	.05	.00	.20	-.11	.12	.19
Prosocial frequency self -family	.04	-.02	<b>.66</b>	-.05	.27	-.25	.14
Prosocial frequency family - self	.01	-.01	<b>.58</b>	-.07	<b>.36</b>	-.08	.04
Prosocial frequency self -friends	.01	-.05	-.07	-.05	<b>.84</b>	.18	.10
Prosocial frequency friends - self	.02	-.06	-.09	.01	<b>.83</b>	.26	.04
Prosocial frequency self -neighbors	-.07	-.11	-.03	<b>.62</b>	.22	-.17	<b>.39</b>
Prosocial frequency neighbors - self	-.11	-.15	-.05	<b>.67</b>	.20	-.12	<b>.37</b>
Prosocial frequency self -others	.04	.07	-.04	.12	.14	-.02	<b>.57</b>
Prosocial frequency others - self	.09	.05	-.05	.13	.13	.01	<b>.53</b>
Prosocial efforts	.01	.01	.15	-.04	.14	-.03	.13
Political participation	-.02	.12	-.02	-.07	.11	.13	.18
Social participation	-.06	.02	.06	-.01	.02	.29	.21
Eigenvalue	4.01	3.88	2.50	2.38	2.20	1.54	1.65
Variance proportion	.11	.11	.07	.07	.06	.04	.05

*Note.* Factor loadings above .30 in bold

**Table S11.** Factor loadings of social cohesion items at T3

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6	Factor 7
Belonging family	-.02	.21	<b>.76</b>	.03	-.03	.03	-.10
Belonging friends	-.04	.28	.11	<b>.63</b>	.00	.08	-.10
Belonging neighborhood	-.14	<b>.50</b>	.05	.05	<b>.56</b>	-.05	-.08
Belonging Berlin	-.02	<b>.82</b>	.01	.05	.04	-.06	.06
Belonging Germany	.05	<b>.90</b>	.04	-.06	.00	-.02	.01
Belonging Europe	.05	<b>.97</b>	-.02	-.07	-.06	.03	-.04
Belonging World	.03	<b>.91</b>	-.03	-.09	-.08	.05	-.01
Trust family	.06	-.03	<b>.74</b>	.09	-.04	-.02	-.03
Trust friends	.11	-.07	.06	<b>.69</b>	.09	.08	-.08
Trust neighbors	.01	-.01	.03	.14	<b>.75</b>	-.17	.03
Trust fellow citizens	.17	.08	.05	.12	.27	-.21	.28
Trust media	<b>.79</b>	.03	-.07	.06	-.05	.03	.01
Trust police	<b>.54</b>	-.06	.13	-.08	.09	-.05	.01
Trust senate	<b>.73</b>	.05	-.03	-.02	-.02	-.02	.06
Trust chancellor	<b>.89</b>	.04	-.03	-.03	-.01	.08	-.05
Trust government	<b>.95</b>	.01	-.03	-.05	.01	.07	-.02
Trust health system	<b>.65</b>	-.01	.01	.07	-.06	.01	-.01
Trust science	<b>.66</b>	.02	-.07	.05	-.07	.05	-.03
Interaction frequency family	-.09	-.04	<b>.66</b>	-.04	-.05	.06	.09
Interaction quality family	-.04	-.07	<b>.76</b>	.13	-.08	-.02	.04
Interaction frequency friends	-.08	-.04	-.04	<b>.66</b>	-.07	.16	.10
Interaction quality friends	.03	-.12	.08	<b>.72</b>	.01	.05	.03
Interaction frequency others	-.05	-.01	.06	.04	-.05	-.09	<b>.50</b>
Interaction quality others	.07	-.03	.05	.08	.05	-.14	<b>.39</b>
Prosocial frequency self -family	.05	.02	<b>.60</b>	-.12	.04	<b>.52</b>	-.01
Prosocial frequency family - self	.04	-.02	<b>.58</b>	.02	.00	<b>.55</b>	-.01
Prosocial frequency self -friends	.03	.01	-.07	<b>.46</b>	.10	<b>.74</b>	-.07
Prosocial frequency friends - self	.08	-.06	-.08	<b>.53</b>	.14	<b>.72</b>	-.08
Prosocial frequency self -neighbors	-.06	-.05	-.11	-.05	<b>.84</b>	.31	.01
Prosocial frequency neighbors - self	-.05	-.08	-.13	-.05	<b>.88</b>	.28	.01
Prosocial frequency self -others	.00	-.01	-.03	-.18	.11	.21	<b>.70</b>
Prosocial frequency others - self	.07	-.04	-.04	-.15	.11	.17	<b>.67</b>
Prosocial efforts	.01	.02	.04	-.08	.04	.22	.13
Political participation	-.01	.12	-.10	.07	-.11	.14	.27
Social participation	-.08	-.01	.00	.20	-.05	.09	<b>.33</b>
Eigenvalue	4.05	3.70	2.90	2.56	2.55	2.14	1.69
Variance proportion	.12	.11	.08	.07	.07	.06	.05

*Note.* Factor loadings above .30 in bold