

# Supplementary Material

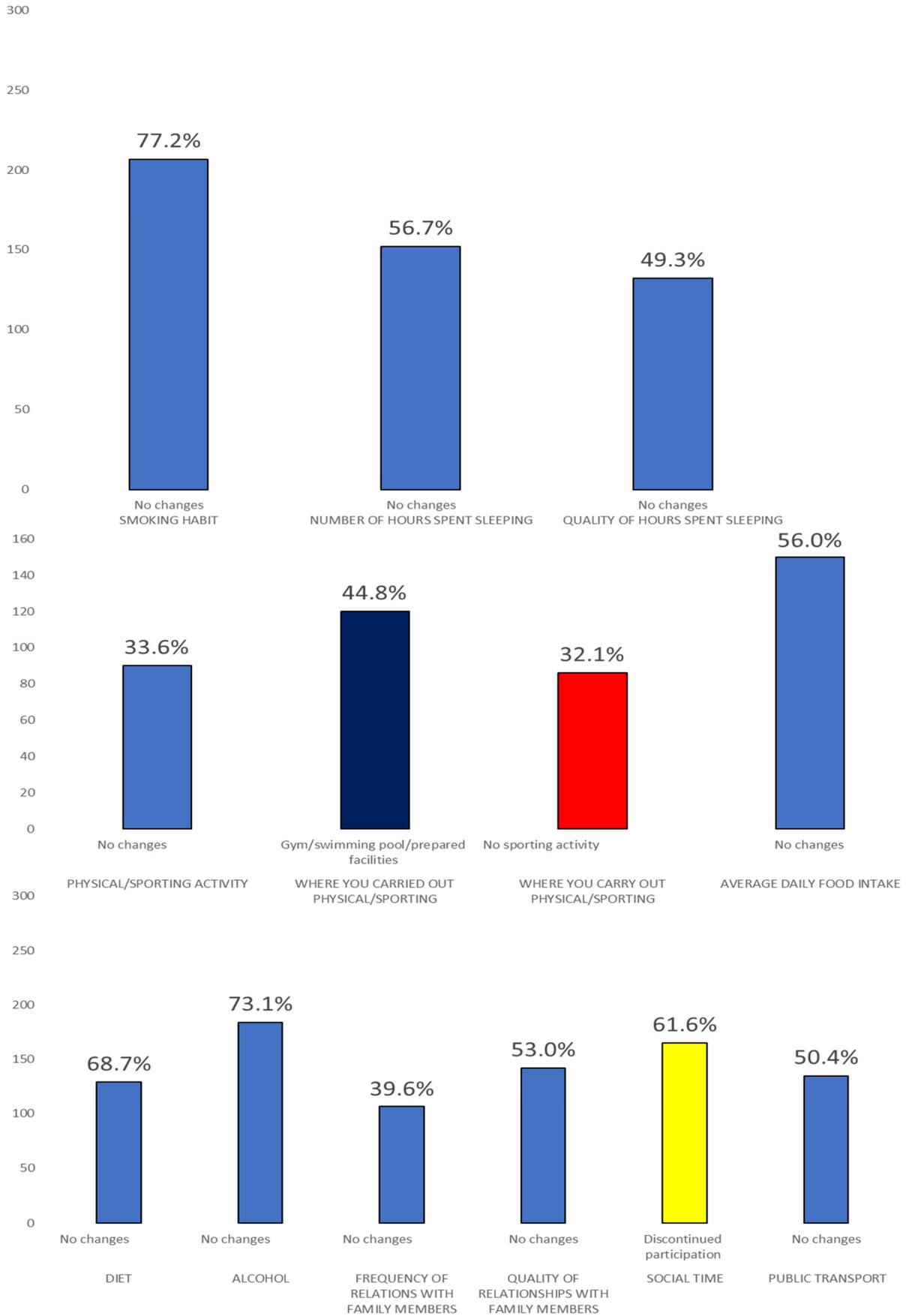
**Table S1.** Descriptive Statistics of the Sample ( $N = 268$ ).

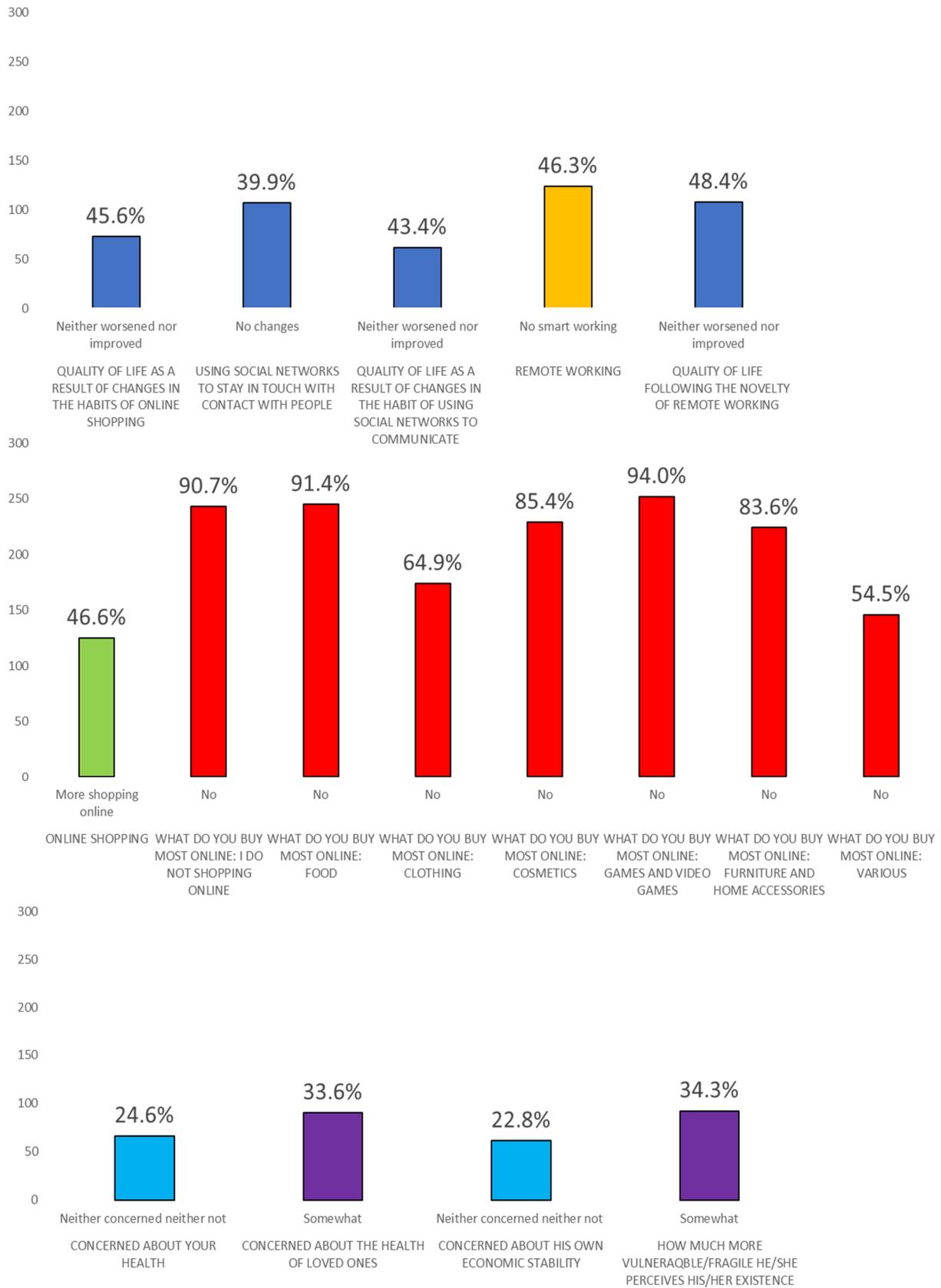
Characteristic	Group	N (%)
Gender	Female	213 (89.5%)
	Male	55 (20.5%)
Age		
M (SD)	37.68 (12.91)	268 (100%)
Min–Max	21–73	
Education	Primary school	1 (0.4%)
	Middle school diploma	4 (1.5%)
	High school diploma	62 (23.1%)
	Graduate	127 (47.4%)
	Postgraduate	74 (27.6%)
Occupation	Employee	133 (49.6%)
	Freelancer	56 (20.9%)
	Unemployed	26 (9.7%)
	Student	47 (17.5%)
	Retired	6 (2.2%)
Income	0 €	50 (18.7%)
	<10,000 €	44 (16.4%)
	<15,000 €	0 (0%)
	<26,000 €	0 (0%)
	<55,000 €	0 (0%)
	<75,000 €	46 (17.2%)
	<120,000 €	60 (22.4%)
≥120,000 €	68 (25.4%)	
Marital status	Unmarried	79 (29.5%)
	Married	67 (25.0%)
	In a relationship	110 (41.0%)
	Separated/divorced	9 (3.4%)
	Widower	3 (1.1%)
Child(ren)	Yes	92 (34.3%)
	No	176 (65.7%)
if yes:		
M (SD)	1.69 (0.65)	88 (95.7%)
Min–Max	1–4	
Citizenship	Italian	267 (99.6%)
	Foreign	1 (0.4%)
Region of residence	North	61 (22.8%)
	Center	141 (52.6%)
	South	66 (24.6%)
COVID-19–independent trauma in the past year	Diagnosis of disease	3 (1.1%)
	Dismissal/loss of job	48 (17.9%)
	Death of a family member	162 (60.4%)
	Legal problems	4 (1.5%)
	Separation or divorce	19 (7.1%)
	Moving city or country	6 (2.2%)
	None of the above	26 (9.7%)
COVID-19–dependent trauma in the past year	Diagnosis of disease	2 (0.7%)
	Dismissal/loss of job	12 (4.5%)
	Death of a family member	224 (83.6%)
	Legal problems	3 (1.1%)
	Separation or divorce	3 (1.1%)
Moving city or country	7 (2.6%)	

	None of the above	17 (6.3%)
Medical issues:		
No pathology	Yes	175 (63.3%)
	No	93 (34.7%)
Cardiovascular pathology	Yes	12 (4.5%)
	No	256 (95.5%)
Respiratory pathology	Yes	9 (3.4%)
	No	259 (96.6%)
Oncological pathology	Yes	14 (5.2%)
	No	254 (94.8%)
Orthopedic pathology	Yes	17 (6.3%)
	No	251 (93.7%)
Psychiatric pathology	Yes	6 (2.2%)
	No	262 (97.8%)
Other pathology	Yes	49 (18.3%)
	No	219 (81.7%)
Psychotherapy	Yes	93 (34.7%)
	No	175 (63.3%)
Psychopharmaceuticals	Yes	25 (9.3%)
	No	243 (90.7%)

**Table S2.** Containment Measures Introduced in March 2020 and Still Retained.

<b>Which of the Infection Containment Measures Introduced in March 2020 to Prevent the Spread of COVID-19 Do You Still Follow?</b>	<b>Group</b>	<b>N (%)</b>
Avoid hugs	Yes	96 (35.8%)
	No	156 (56.0%)
Avoid handshakes	Yes	115 (42.9%)
	No	131 (48.9%)
Maintain a distance of at least 1 meter from others	Yes	103 (38.4%)
	No	143 (53.4%)
Avoid places where there are crowds	Yes	153 (57.1%)
	No	93 (34.7%)
Wash (or disinfect with alcohol-based gel) hands often outside the home	Yes	207 (77.2%)
	No	39 (14.6%)
Avoid touching face with hands	Yes	145 (54.1%)
	No	101 (37.7%)
Sneeze or cough using a handkerchief or elbow	Yes	209 (78.0%)
	No	37 (13.8%)
Use masks in enclosed spaces	Yes	163 (60.8%)
	No	83 (31.0%)





**Figure S1.** Prevailing Modes of Lifestyle Variables.