Supplemental Material

Table 1. Spearman correlation of the THI change with the Items of the social isolation questionnaire.

| Item Nr | Item                                                                 | Estimate | CI inf  | CI sup  | P-value | Adjusted p |
|---------|-----------------------------------------------------------------------|----------|---------|---------|---------|------------|
| q1      | I have the feeling that I can maintain my social contacts well via internet, telephone and other means of communication. | 0.066582 | -0.12452| 0.256154| 0.485486| 1          |
| q2      | I have the feeling that I can occupy myself meaningfully.             | 0.058055 | -0.1301 | 0.243126| 0.543176| 1          |
| q3      | I fear for my own life.                                              | -0.04109 | -0.22645| 0.147849| 0.667048| 1          |
| q4      | I fear for the lives of relatives and/or friends.                    | -0.00464 | -0.19394| 0.179859| 0.961285| 1          |
| q5      | I’m bored.                                                           | 0.052165 | -0.14893| 0.252074| 0.584904| 1          |
| q6      | I’m concerned about my personal financial situation.                 | 0.049869 | -0.12668| 0.224698| 0.601552| 1          |
| q7      | I have a feeling of sadness.                                         | -0.31544 | -0.45592| -0.15984| 0.000705| 0.036514   |
| q8      | I feel frustrated.                                                   | -0.196   | -0.35974| -0.02684| 0.038351| 0.851705   |
| q9      | I fear infecting other people.                                       | -0.00082 | -0.19285| 0.191987| 0.993168| 1          |
| q10     | I receive a lot of support from other people (e.g. family, friends, neighbours, social institutions ...). | 0.058127 | -0.13279| 0.24503 | 0.542678| 1          |
| q11     | I feel alone.                                                        | -0.17537 | -0.34243| -0.00225| 0.064387| 1          |
| q12     | I sleep worse.                                                       | -0.18244 | -0.35659| -0.00531| 0.054189| 1          |
| q13     | I have bad dreams.                                                   | -0.14582 | -0.33076| 0.046177| 0.12501 | 1          |
| q14     | I feel less stressed than usual.                                     | 0.406655 | 0.243535| 0.54645 | 9.63E-06| 0.001497   |
| q15     | I feel helpless.                                                     | -0.2112  | -0.38241| -0.03246| 0.025396| 0.658001   |
| q16     | I am afraid that my supplies (food, water, clothes, toiletries, medicine and whatever else I need to live) are not enough. | 0.002769 | -0.1925 | 0.198037| 0.97688 | 1          |
| q17     | I feel guilty.                                                       | -0.1498  | -0.33812| 0.043848| 0.114919| 1          |
| q18     | I feel well informed about the current circumstances.                | 0.120794 | -0.05457| 0.291949| 0.204558| 1          |
| q19     | I’m nervous.                                                         | -0.373   | -0.51935| -0.20752| 5.11E-05| 0.003976   |
| q20     | I feel lethargic.                                                    | -0.15663 | -0.32903| 0.022067| 0.099112| 1          |
| q21     | I have someone to talk to.                                           | 0.080128 | -0.10342| 0.261562| 0.401001| 1          |
| q22     | I have the feeling that even in quarantine I can keep good contact with my family and friends. | 0.074802 | -0.11778| 0.256652| 0.433132| 1          |
| q23     | When I feel worse, I know what I can do or who to turn to.           | 0.102458 | -0.07696| 0.277637| 0.282386| 1          |
| q24     | I’m happy.                                                           | 0.143291 | -0.04176| 0.31877 | 0.131754| 1          |
| q25     | I’m certain that this situation will come to an end.                 | 0.245603 | 0.063044| 0.407866| 0.00905 | 0.281377   |
| q26     | I’m confused.                                                        | -0.28185 | -0.43661| -0.11501| 0.002607| 0.101323   |
| q27     | I currently consume more stimulants than usual (e.g. sweets, alcohol, nicotine, ...) | -0.12985 | -0.31249| 0.058278| 0.172388| 1          |
| q28     | I’m upset by the current situation.                                  | -0.1091  | -0.28948| 0.075947| 0.252159| 1          |
| q29     | The uncertain future unsettles me.                                   | 0.028911 | -0.1548 | 0.214122| 0.762196| 1          |
| q30     | I feel stigmatised.                                                  | 0.051513 | -0.12867| 0.231633| 0.58961 | 1          |
| q31     | I’m waiting for someone to call me or write to me.                   | 0.011607 | -0.1725 | 0.19568 | 0.903324| 1          |
| q32     | I feel sufficiently well connected through telephone and internet.   | -0.01684 | -0.2115 | 0.175258| 0.860113| 1          |
| q33     | In my domestic isolation I have enough room for myself.              | -0.0119  | -0.20787| 0.17767 | 0.906818| 1          |
| q34 | Even in my domestic isolation I have enough social contacts. | 0.059323 | -0.13332 | 0.241143 | 0.534388 | 1 |
| q35 | I use social media (Whatsapp, Facebook, Twitter, Instagram, Reddit, ...) more than usual in the current situation. | -0.14989 | -0.33391 | 0.041557 | 0.114702 | 1 |
| q36 | If I get infected, I am particularly at risk because I belong to a risk group (e.g. because of lung disease, immune deficiency, diabetes, old age). | 0.017645 | -0.17857 | 0.213583 | 0.853499 | 1 |
| q37 | I’m able to perform my usual activities (e.g. work, hobbies) as usual. | 0.085886 | -0.10776 | 0.277799 | 0.367907 | 1 |
| Item Nr | Item                                                                 | Estimate | CI inf  | CI sup  | P-value | Adjusted p |
|--------|----------------------------------------------------------------------|----------|---------|---------|---------|------------|
| q1     | I have the feeling that I can maintain my social contacts well via internet, telephone and other means of communication. | 0.090322 | -0.10324| 0.279272| 0.36185 | 1          |
| q2     | I have the feeling that I can occupy myself meaningfully.            | 0.132734 | -0.06626| 0.323454| 0.1792  | 1          |
| q3     | I fear for my own life.                                             | 0.015302 | -0.17296| 0.207201| 0.877469| 1          |
| q4     | I fear for the lives of relatives and/or friends.                    | 0.064516 | -0.1301 | 0.253   | 0.515265| 1          |
| q5     | I'm bored.                                                          | 0.040309 | -0.15838| 0.242567| 0.684548| 1          |
| q6     | I'm concerned about my personal financial situation.                | 0.055832 | -0.12114| 0.229783| 0.573477| 1          |
| q7     | I have a feeling of sadness.                                        | -0.33289 | -0.47754| -0.17646| 0.000555| 0.028752   |
| q8     | I feel frustrated.                                                  | -0.34785 | -0.49504| -0.18768| 0.000297| 0.023064   |
| q9     | I fear infecting other people.                                      | 0.022523 | -0.16359| 0.212338| 0.82047 | 1          |
| q10    | I receive a lot of support from other people (e.g. family, friends, neighbours, social institutions ...). | -0.0407  | -0.2206 | 0.146909| 0.681647| 1          |
| q11    | I feel alone.                                                       | -0.14636 | -0.3166 | 0.031268| 0.138202| 1          |
| q12    | I sleep worse.                                                      | -0.16715 | -0.34721| 0.018477| 0.089896| 1          |
| q13    | I have bad dreams.                                                  | -0.14563 | -0.3359 | 0.054319| 0.140183| 1          |
| q14    | I feel less stressed than usual.                                    | 0.459443 | 0.295885| 0.598574| 9.3E-07 | 0.000145   |
| q15    | I feel helpless.                                                    | -0.2061  | -0.37587| -0.01652| 0.035813| 0.795355   |
| q16    | I am afraid that my supplies (food, water, clothes, toiletries, medicine and whatever else I need to live) are not enough. | 0.074155 | -0.13027| 0.274567| 0.454385| 1          |
| q17    | I feel guilty.                                                      | -0.19254 | -0.38065| 0.004497| 0.050211| 0.975714   |
| q18    | I feel well informed about the current circumstances.               | 0.04734  | -0.14044| 0.234404| 0.633214| 1          |
| q19    | I'm nervous.                                                        | -0.30747 | -0.46366| -0.13228| 0.001499| 0.058247   |
| q20    | I feel lethargic.                                                   | -0.14463 | -0.32111| 0.041247| 0.142957| 1          |
| q21    | I have someone to talk to.                                          | 0.101478 | -0.1016 | 0.298177| 0.305357| 1          |
| q22    | I have the feeling that even in quarantine I can keep good contact with my family and friends. | 0.081479 | -0.11843| 0.279879| 0.410935| 1          |
| q23    | When I feel worse, I know what I can do or who to turn to.          | 0.112346 | -0.06352| 0.277933| 0.256182| 1          |
| q24    | I'm happy.                                                          | 0.138863 | -0.04491| 0.317354| 0.159774| 1          |
| q25    | I'm certain that this situation will come to an end.                | 0.234645 | 0.035184| 0.416601| 0.016504| 0.427622   |
| q26    | I'm confused.                                                       | -0.28804 | -0.44171| -0.11741| 0.003026| 0.094084   |
| q27    | I currently consume more stimulants than usual (e.g. sweets, alcohol, nicotine, ...) | -0.06995 | -0.26126| 0.126702| 0.480456| 1          |
| q28    | I'm upset by the current situation.                                 | -0.07983 | -0.26302| 0.108428| 0.420505| 1          |
| q29    | The uncertain future unsettles me.                                  | -0.03473 | -0.21841| 0.153316| 0.726367| 1          |
| Q  | Description                                                                 | p-value 1  | p-value 2  | p-value 3  | q-value | Result |
|----|------------------------------------------------------------------------------|------------|------------|------------|---------|--------|
| Q30| I feel stigmatised.                                                          | -0.02559   | -0.21581   | 0.166258   | 0.796503| 1      |
| Q31| I'm waiting for someone to call me or write to me.                           | 0.089087   | -0.09648   | 0.268159   | 0.368482| 1      |
| Q32| I feel sufficiently well connected through telephone and internet.           | -0.01906   | -0.21971   | 0.18139    | 0.847671| 1      |
| Q33| In my domestic isolation I have enough room for myself.                      | -0.03565   | -0.23252   | 0.165095   | 0.719371| 1      |
| Q34| Even in my domestic isolation I have enough social contacts.                 | 0.017655   | -0.18219   | 0.218642   | 0.858817| 1      |
| Q35| I use social media (Whatsapp, Facebook, Twitter, Instagram, Reddit, ...) more than usual in the current situation.  | 0.003181   | -0.19286   | 0.201397   | 0.974434| 1      |
| Q36| If I get infected, I am particularly at risk because I belong to a risk group (e.g. because of lung disease, immune deficiency, diabetes, old age). | 0.101624   | -0.08604   | 0.28702    | 0.304655| 1      |
| Q37| I'm able to perform my usual activities (e.g. work, hobbies) as usual.       | 0.040037   | -0.16482   | 0.238025   | 0.686561| 1      |
Figure S1. Scatterplot of the THI change with the Big Five Personality Factors
Figure S2. Scatterplot of the mini-TQ change with the Big Five Personality Factors
