## Supplementary Table 2. Model 1 and 2 ANOVA results

| Outside Time (ref: decreased outside time) | Model 1 (Stress) | Model 2 (PMH) |
|-------------------------------------------|------------------|---------------|
| B                  | SE   | t       | p         | B    | SE   | t       | p         |
| Increase Outside Time | -0.51 | 0.13 | -4.10 | <0.001* | 0.89 | 0.19 | 4.67 | <0.001* |
| Maintained Outside Time | -0.59 | 0.12 | -5.00 | <0.001* | 1.17 | 0.18 | 6.56 | <0.001* |

### Age (ref: 18-24 yrs)

| Age   | B     | SE   | t     | p     |
|-------|-------|------|-------|-------|
| 25-34 yrs. | -0.73 | 0.19 | -4.00 | <0.001* |
| 34-44 yrs. | -0.91 | 0.21 | -4.40 | <0.001* |
| 45-54 yrs. | -1.42 | 0.21 | -6.72 | <0.001* |
| 55-64 yrs. | -1.84 | 0.21 | -8.90 | <0.001* |
| 65-74 yrs. | -2.51 | 0.22 | -11.50 | <0.001* |
| 75+ yrs. | -2.32 | 0.26 | -9.00 | <0.001* |

### Gender (ref: male)

| Gender                        | B    | SE   | t     | p     |
|-------------------------------|------|------|-------|-------|
| Female                        | 0.68 | 0.10 | 6.52  | <0.001* |
| Transgender male              | 0.83 | 0.86 | 0.96  | 0.30  |
| Transgender female            | 1.81 | 0.87 | 2.10  | 0.036* |
| Gender non-conforming         | 1.30 | 0.87 | 1.50  | 0.13  |

### Race (ref: white)

| Race           | B    | SE   | t     | p     |
|----------------|------|------|-------|-------|
| Non-white race | 0.20 | 0.20 | 1.04  | 0.30  |

### Relationship Status (ref: married)

| Relationship Status | B    | SE   | t     | p     |
|--------------------|------|------|-------|-------|
| Widowed            | -0.29 | 0.29 | -1.02 | 0.31  |
| Separated/Divorced | -0.13 | 0.20 | -0.61 | 0.54  |
| Never Married      | 0.22  | 0.15 | 1.47  | 0.14  |

### Children (ref: yes, children in household)

| Children (no) | B    | SE   | t     | p     |
|---------------|------|------|-------|-------|
| Childless      | -0.21 | 0.14 | -1.57 | 0.12  |

### COVID-19 related employment changes (ref: no change in employment)

| COVID-19 related employment changes | B    | SE   | t     | p     |
|------------------------------------|------|------|-------|-------|
| Working from Home                   | 0.20  | 0.13 | 1.60  | 0.11  |
| Not working previously              | 0.12  | 0.15 | 0.82  | 0.41  |

### COVID-19 Public health restriction (ref: quarantine/self-isolation)

| COVID-19 Public health restriction | B    | SE   | t     | p     |
|-----------------------------------|------|------|-------|-------|
| Shelter in Place                  | -0.11 | 0.13 | -0.86 | 0.39  |
| Social Distancing                 | -0.25 | 0.14 | -1.75 | 0.08  |

### Activity Level (ref: maintained low)

| Activity Level       | B    | SE   | t     | p     |
|----------------------|------|------|-------|-------|
| Increased MVPA       | -0.30 | 0.29 | -1.05 | 0.29  |
| Decreased MVPA       | 0.33  | 0.23 | 1.47  | 0.14  |

### Community Environment (ref: urban)

| Community Environment | B    | SE   | t     | p     |
|-----------------------|------|------|-------|-------|
| Suburban              | -0.03 | 0.12 | -0.24 | 0.81  |
| Rural                 | -0.11 | 0.15 | -0.76 | 0.45  |

Ref = reference group; maintained low = not meeting MVPA guidelines pre or post COVID-19 restrictions; maintained high = meeting MVPA guidelines pre and post COVID-19 restrictions; * = p < 0.05