

## Appendix 1: Chronology of governmental regulations

March 8<sup>th</sup>

- Travelers returning from high risk countries (Italy, Austria, Switzerland) are advised to stay at home and have restricted access to some community buildings\*

March 10<sup>th</sup>

- Any events with more than 1000 participants are forbidden.

March 13<sup>th</sup>

- Teaching at universities is cancelled.
- Opera houses and museums are closed.
- Hospitals cancel all planned admissions, when possible.
- Visits at hospitals and care homes are forbidden with few exceptions (children and palliative situations).

March 15<sup>th</sup>

- 14 day quarantine is mandatory for travelers returning from high risk countries (Italy, Austria, Switzerland)\*

March 16<sup>th</sup>

- All schools and kindergartens are closed with exception of restricted emergency care and special needs care.
- The islands and of the North and Baltic Sea are closed for anybody not living or working there.
- Visitation of court houses and other public law institutions is heavily restricted.
- Tax offices, bars, clubs, theaters, gyms, saunas, music schools, casinos and any institutions belonging to the sex industry are closed.
- Several regulations for restaurants regarding distancing, contacting of visitors and opening hours are in place.

March 17<sup>th</sup>

- Rehabilitation and prevention clinics are not allowed to admit new patients with exception of follow-up treatments.

March 18<sup>th</sup>

- All public events are cancelled.
- All restaurants are closed.
- All shops are closed with the exception of grocery stores, drug stores, hardware stores, medical stores, pharmacies, banks, funeral homes, acousticians, opticians, dry-cleaning establishments, launderettes, gas stations and related shops, post offices and car rental places.
- All hotels are closed. All residents with exception of business travelers and emergency personnel have to leave immediately.
- Driving restrictions for trucks on Sundays and holidays are suspended.

- Schleswig-Holstein is closed for tourists. Tourism oriented extended opening hours (“Bäderregelung”) are suspended until April 19<sup>th</sup>.
- Restrictions regarding retail opening hours on Sundays are partially suspended.

March 20<sup>th</sup>

- Some regulations of the Working Hours Act are temporarily suspended.
- Private events of any kind as well as gatherings of more than five people in public spaces are forbidden, if participants are not first degree relatives.

March 23<sup>rd</sup>

- Moving into secondary residences in Schleswig-Holstein is forbidden.

March 24<sup>th</sup>

- Abidance in public spaces is only allowed for shopping, physical activity and going for walks.
- Abidance in public spaces is allowed in company of maximum one additional person not living in the same household
- All services, which cannot be performed while maintaining a distance of at least 1.50 m are not allowed. Hair dressers massage and beauty salons have to close accordingly.

March 31<sup>st</sup>

- Visitation restrictions for hospitals and care homes are increased further.

April 3<sup>rd</sup>

- A schedule of penalties for violations of regulations is published.

April 10<sup>th</sup>

- 14 day quarantine is mandatory for travelers returning from any foreign country.\*

April 20<sup>th</sup>

- Any shops covering an area of less than 800 m<sup>2</sup>, book, car and bike shops regardless of size as well as zoos and libraries are allowed to reopen when following hygiene regulations.

\*not applicable for any study participants

Only the regulations most relevant are listed here. Only regulations applicable for Schleswig-Holstein are considered, as all patients were residing there. This is important as some regulations differed greatly between federal states.

## Appendix 2: COVID-19 related questions

1) Since when have you been living socially distanced?

2) Have you experienced disadvantages of your medical care as a consequence of the current changes of public life?

Yes ☐ No ☐

If yes, what was affected?

- Doctor's appointment ☐
- Medical supply ☐
- Postponed surgery ☐

3) How is your daily life organised since the onset of the public and social restrictions?

Examples: crafting, doing a jigsaw, cooking, baking, reading, puzzling, playing games

4) Do you still go for walks?

Yes ☐ No ☐

5) Are you living alone?

Yes ☐ No ☐

If no: How many people do you live in a husehold with and how are you related to each other?

How much time to you spend alone per day? \_\_\_\_\_

6) Do you have a pet animal, if yes, which one?

Yes ☐ No ☐

7) Before Corona, have you had regular personal contact to your family, friends or acquaintances?

Yes ☐ No ☐

Yes ☐ No ☐

If yes: Do you maintain this personal contact?

8) Do you remain in touch with family/friends/acquaintances via the telephone?

Yes ☐ No ☐

9) Do you have access to the internet?

Yes ☐ No ☐

If yes:

Yes ☐ No ☐

Do you use the internet to stay in touch with family/friends/acquaintances?

- 10) Before Corona, have you been conducting regular physical activities outside your home (e.g. physiotherapy) that you now cannot continue anymore?

Yes ☐ No ☐

If yes: What activities were these and how often were they conducted?

- 11) Have you found a possibility at home to stay exercised?

Yes ☐ No ☐

If yes: How do you stay exercised?

- 12) How often do you obtain information about the current situation of the pandemic and what media do you use for this (e.g. newspaper, television, radio, internet)?

- 13) Do you feel unsettled by the information told on the news?

- I do not feel unsettled ☐
- I feel a little unsettled ☐
- I feel very unsettled ☐

- 14) Are you worried by the news and the developments around the corona virus? Please rate on a scale from 0 to 5.

- 0 = I am not worried ☐
- 1 = I am hardly worried ☐
- 2 = I am a little worried ☐
- 3 = I am moderately worried ☐
- 4 = I am very worried ☐
- 5 = I am very strongly worried ☐

- 15) Do you feel that some of the following parameters have deteriorated especially because of the current pandemic? Please tick when applicable.

- Sleep ☐
- Appetite ☐
- Mood ☐
- Pain ☐

- 16) Are you confident the situation will improve in the forthcoming weeks?

Yes ☐ No ☐

**17) Are you more worried about your health now than you have been before the outbreak of the new coronavirus?**

Yes ☐ No ☐

**18) Are you working?**

Yes ☐ No ☐

**If yes:**

**Has your working life been affected negatively from the pandemic?**

Yes ☐ No ☐

**If yes:**

**Is this associated with existential fears?**

Yes ☐ No ☐

### Appendix 3: Results of pandemic- related questionnaire

a)

Category	out of n total	n (%)
Since when socially distanced	32	
- Before February		7 (21.9)
- Since February		1 (3.1)
- Since 1 <sup>st</sup> half of March		7 (21.9)
- Since 2 <sup>nd</sup> half of March		16 (50.0)
- April and later		0 (0.0)
- Not at all		1 (3.1)
Has experienced disadvantages in medical care since pandemic	40	18 (45.0)
- Disadvantage concerning doctor's appointment only		9 (22.5)
- Disadvantage concerning drug supply only		3 (7.5)
- Disadvantage concerning both doctor's appointment and drug supply		4 (10)
- Disadvantage due to postponed surgical intervention		1 (2.5)
- Disadvantage due to all of the above		1 (2.5)
Goes for walks	40	33(82.5)
Living alone	40	8 (20)
Has a pet	40	7 (17.5)
Has been in personal contact with family/friends before pandemic	40	36 (90.0)
Is still in personal contact with family/friends	40	19 (47.5)
Remains in contact with family/friends via telephone	40	38 (95.0)
Has access to the internet	39	35 (89.7)
Remains in contact with family/friends via internet	38	27 (71.1)
Used to exercise regularly outside home before the pandemic and cannot do so	40	23 (57.5)

anymore		
Exercises at home	40	35 (87.5)
Does not catch up on news	26	1 (3.8)
- Catches up on news less than once a day		1 (3.8)
- Catches up on news daily		14 (53.8)
- Catches up on news more than once a day		10 (38.5)
Does not feel unsettled by the news	40	16 (40.0)
Feels a little unsettled by the news		19 (47.5)
Feels very unsettled by the news		5 (12.5)
Not or barely worried at all about the course of the pandemic	40	7 (17.5)
Little or moderately worried about the course of the pandemic		22 (55.0)
Strongly or very strongly worried about the course of the pandemic		11 (27.5)
Sleep has worsened because of the pandemic	43	12 (27.9)
Appetite has worsened because of the pandemic	43	2 (4.7)
Mood has worsened because of the pandemic	43	21 (48.8)
Pain has worsened because of the pandemic	43	5 (11.6)
Confident the situation will improve in the coming weeks	39	25 (64.1)
More worried about own health than before the pandemic	40	23 (57.5)
Still working	33	7 (21.2)
- Has affected in work negatively	33	5 (15.2)
- Has existential fears because of the pandemic	33	2 (6.1)

**b)**

	n	
time spent alone <i>in hours</i> [mean $\pm$ SD hours] (range)	28	5.55 $\pm$ 5.88 (0.0-24.0)

We omitted the answers to question number 3 from this table due to the multitude of different answers.