

## Additional File 4: Stratified Results

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### Results stratified by Education

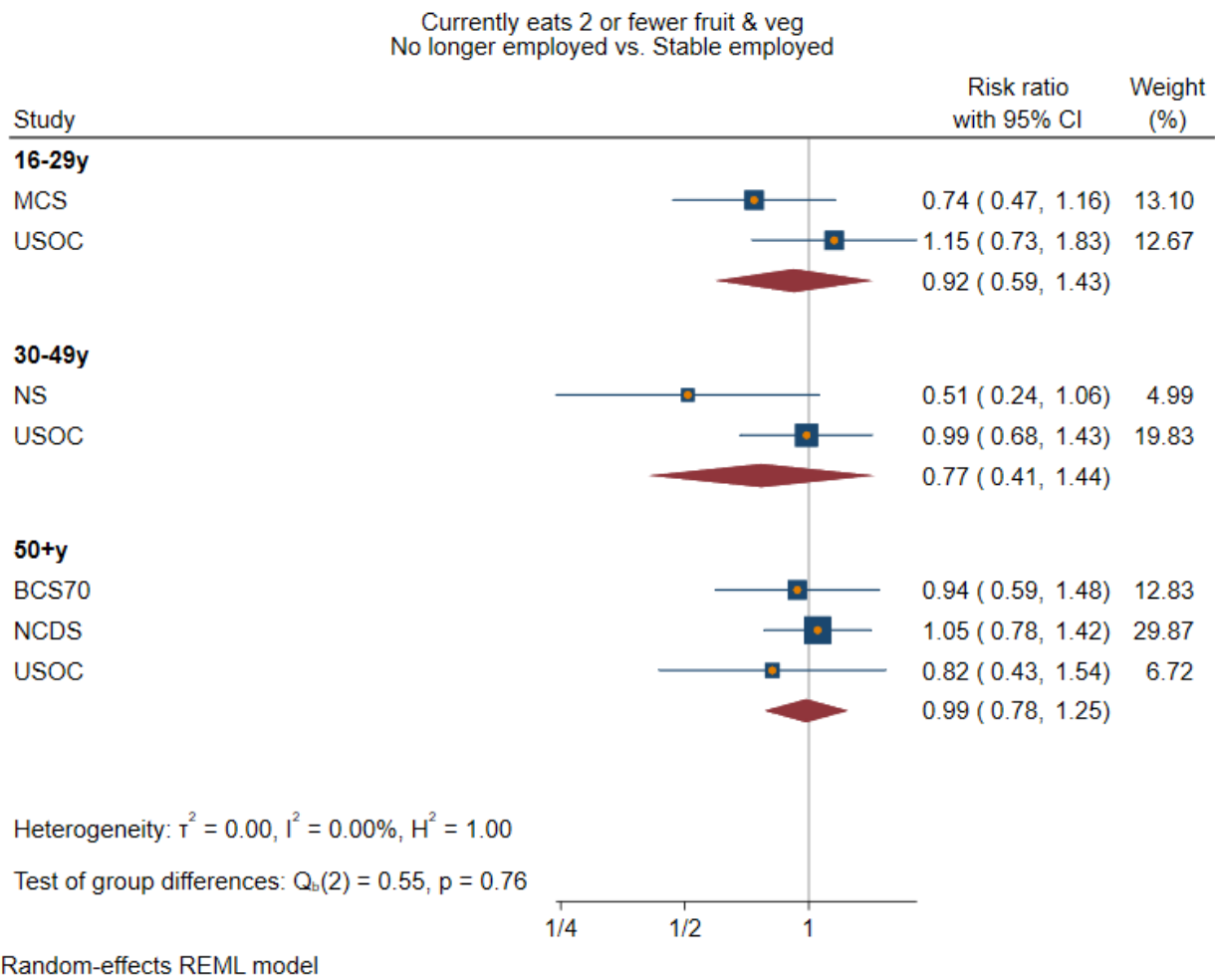
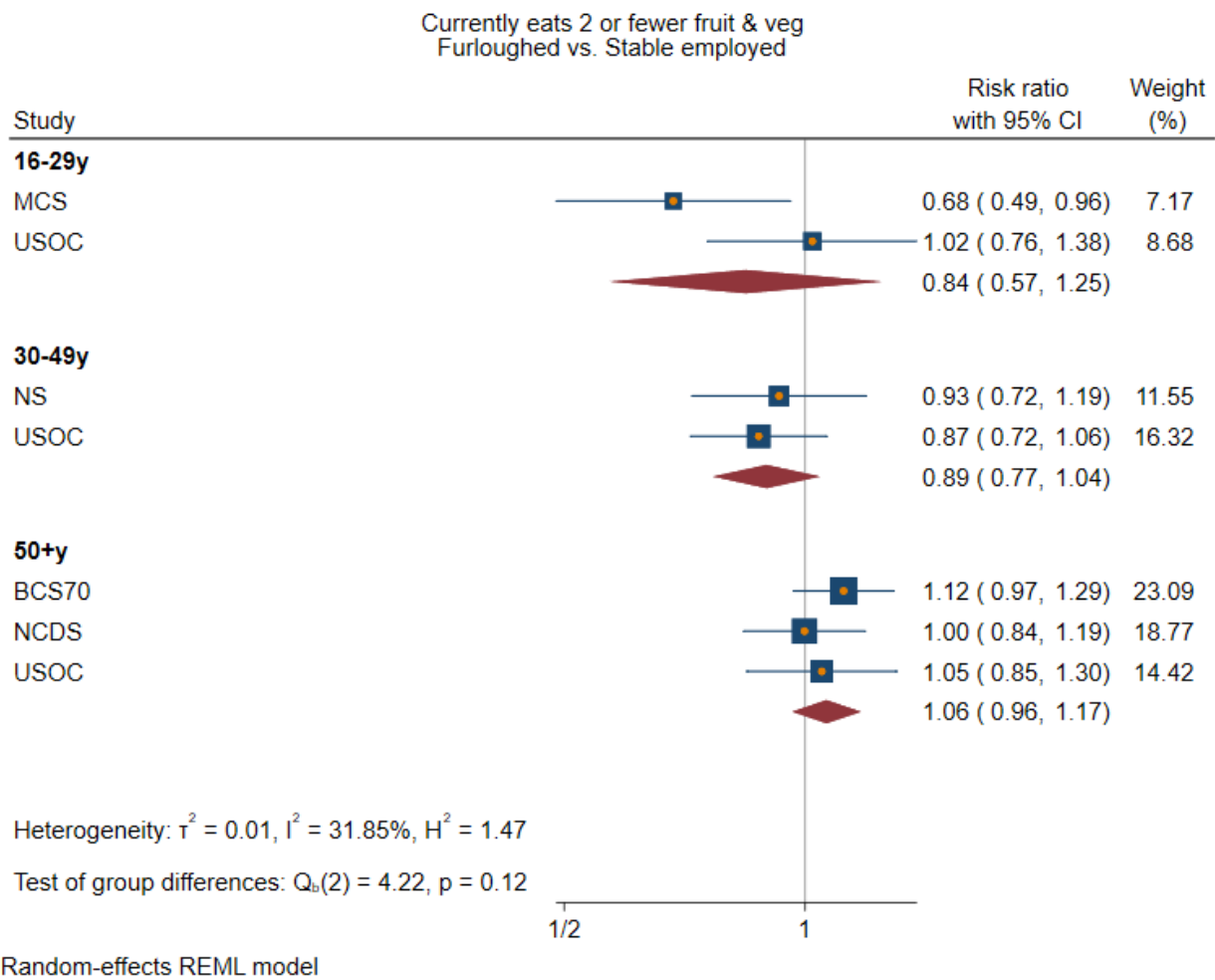
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Notes: Moderation by age, education, and sex was assessed with stratified regressions using “full” adjustment that includes socio-demographic characteristics as well as pre-pandemic measures of psychological distress, self-rated health, and health behaviours

Figure set 1: Currently eats 2 or fewer fruit & veg



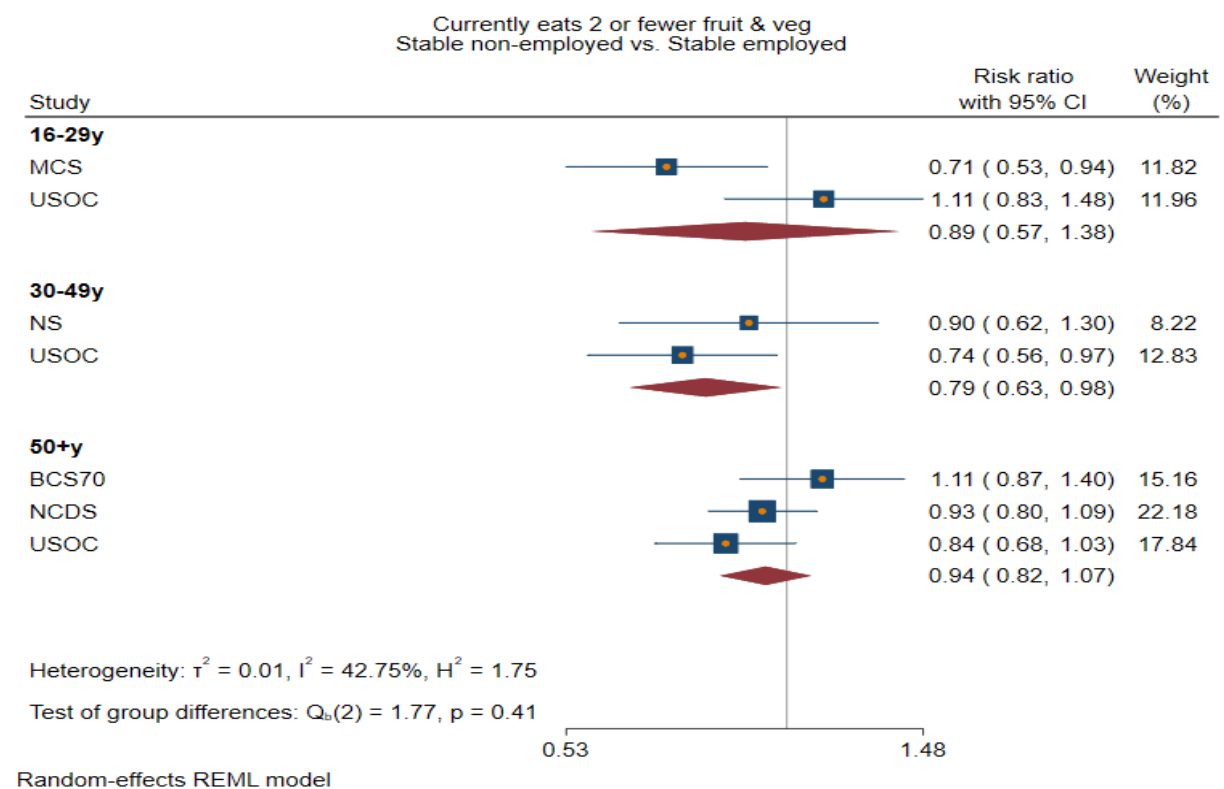
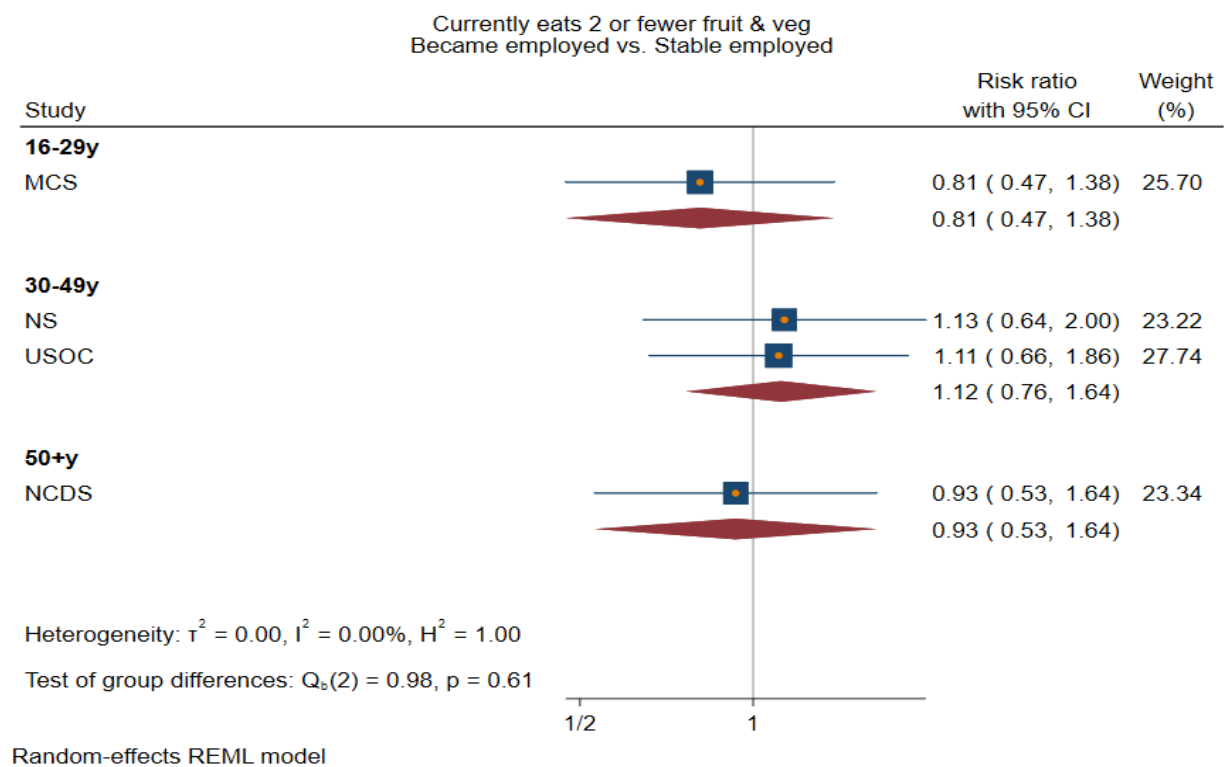
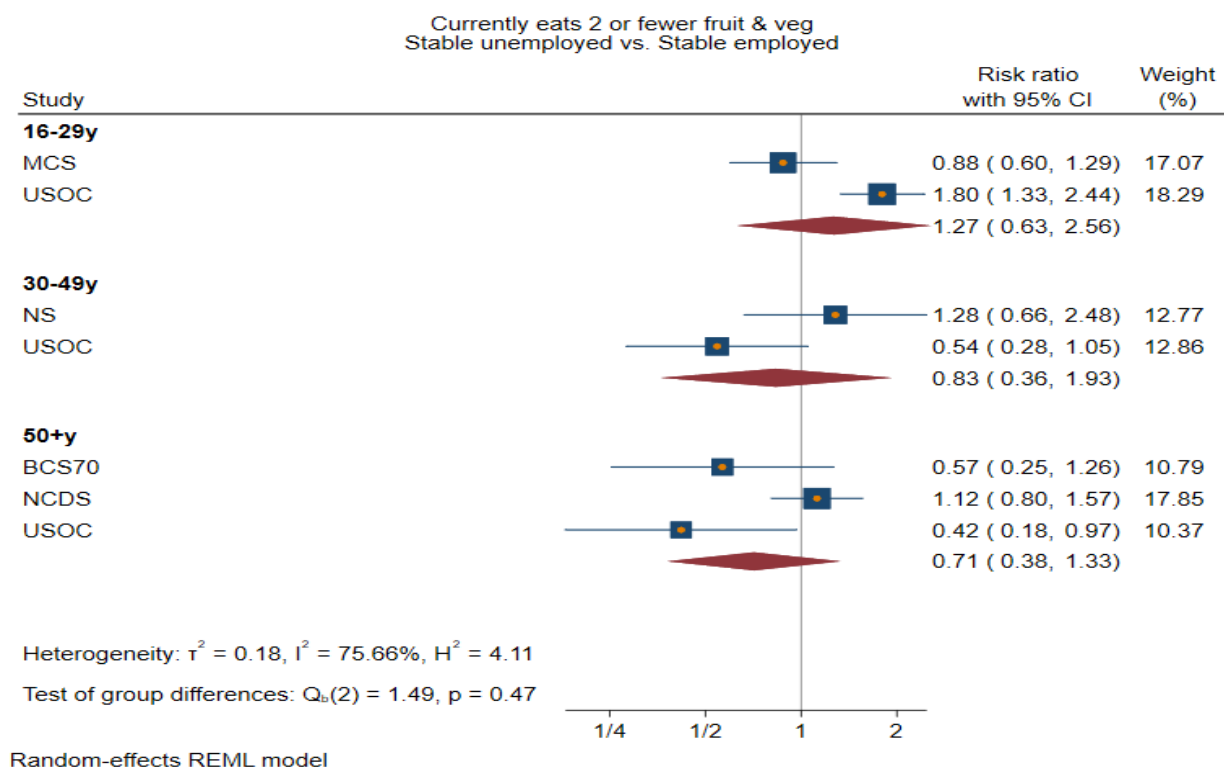
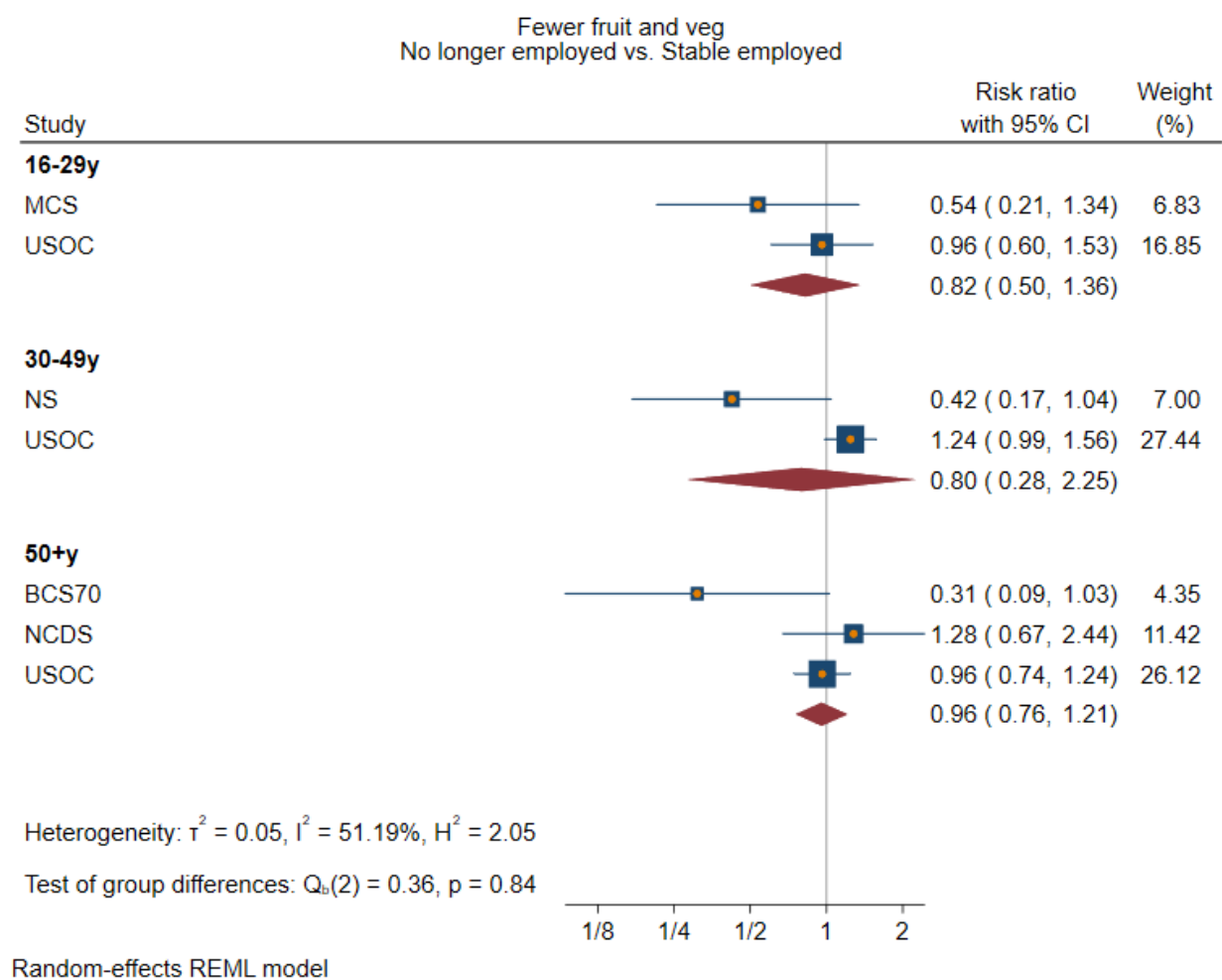
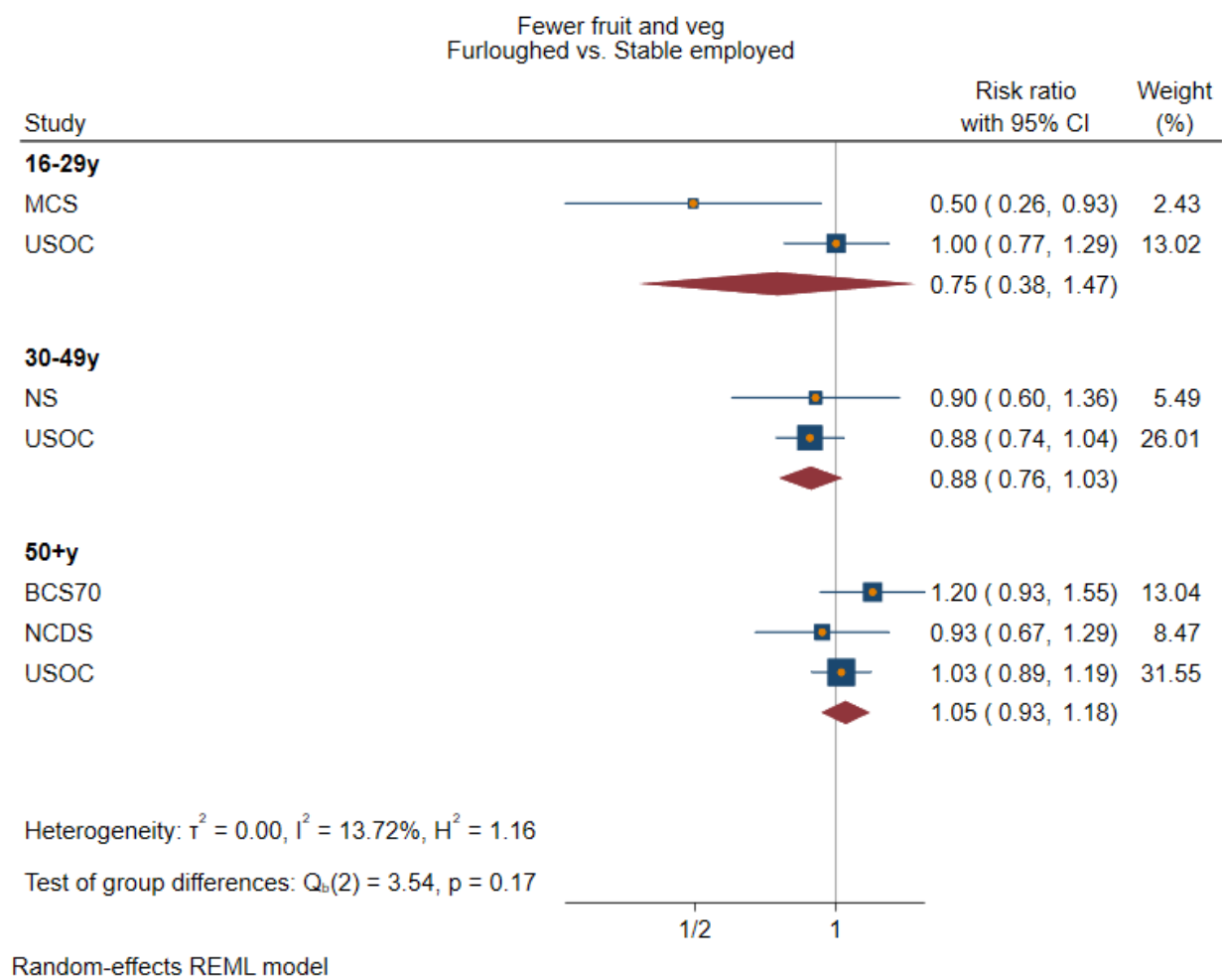


Figure set 2: Fewer fruit & veg



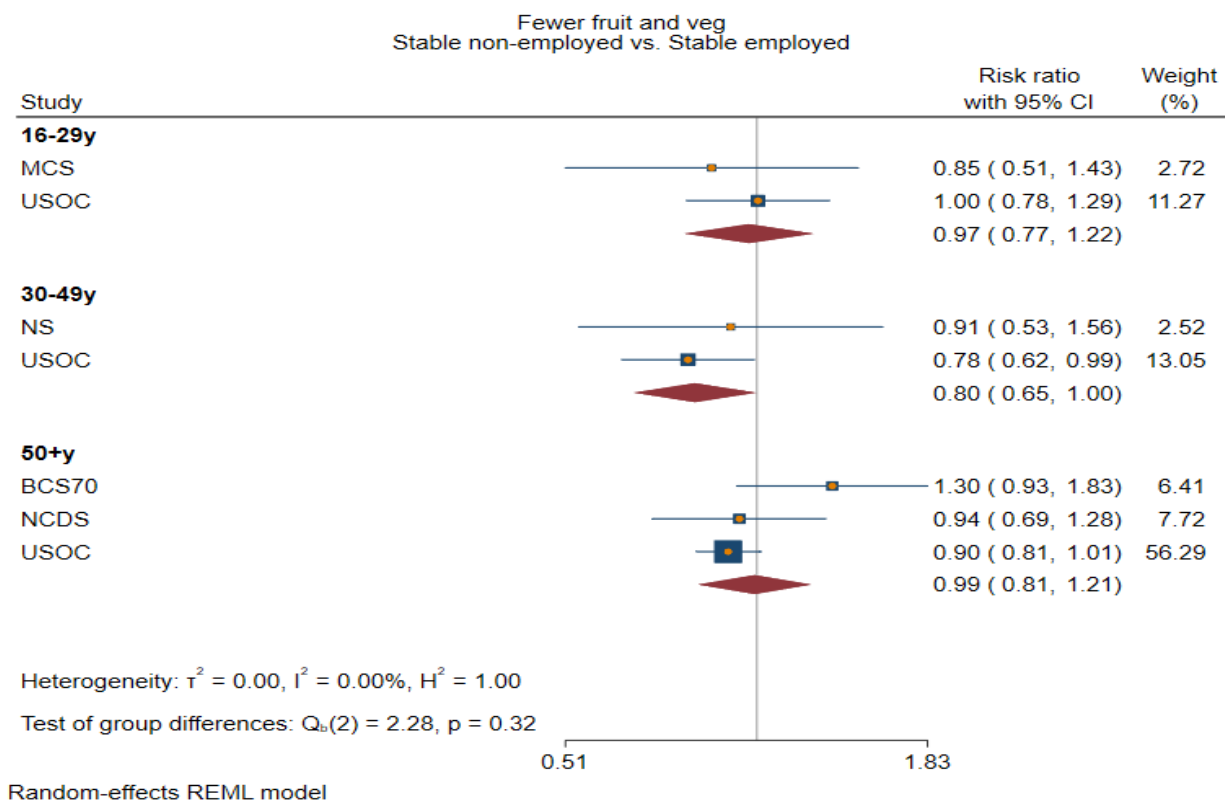
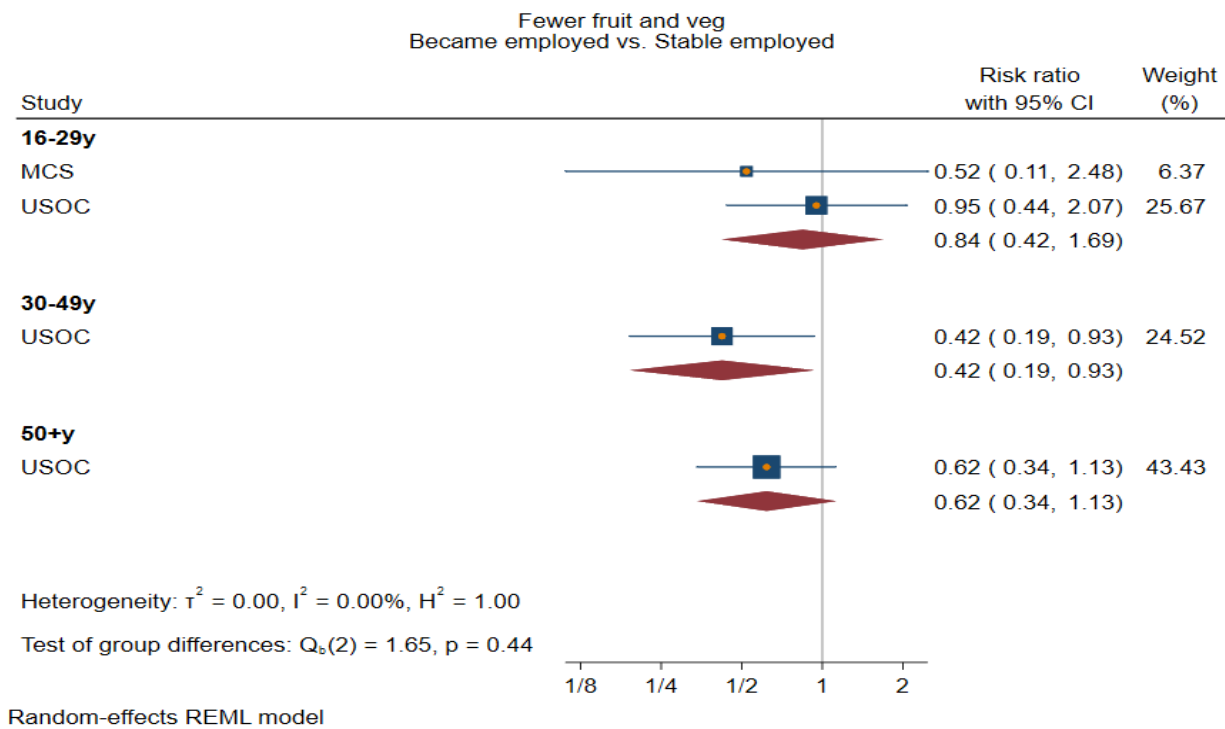
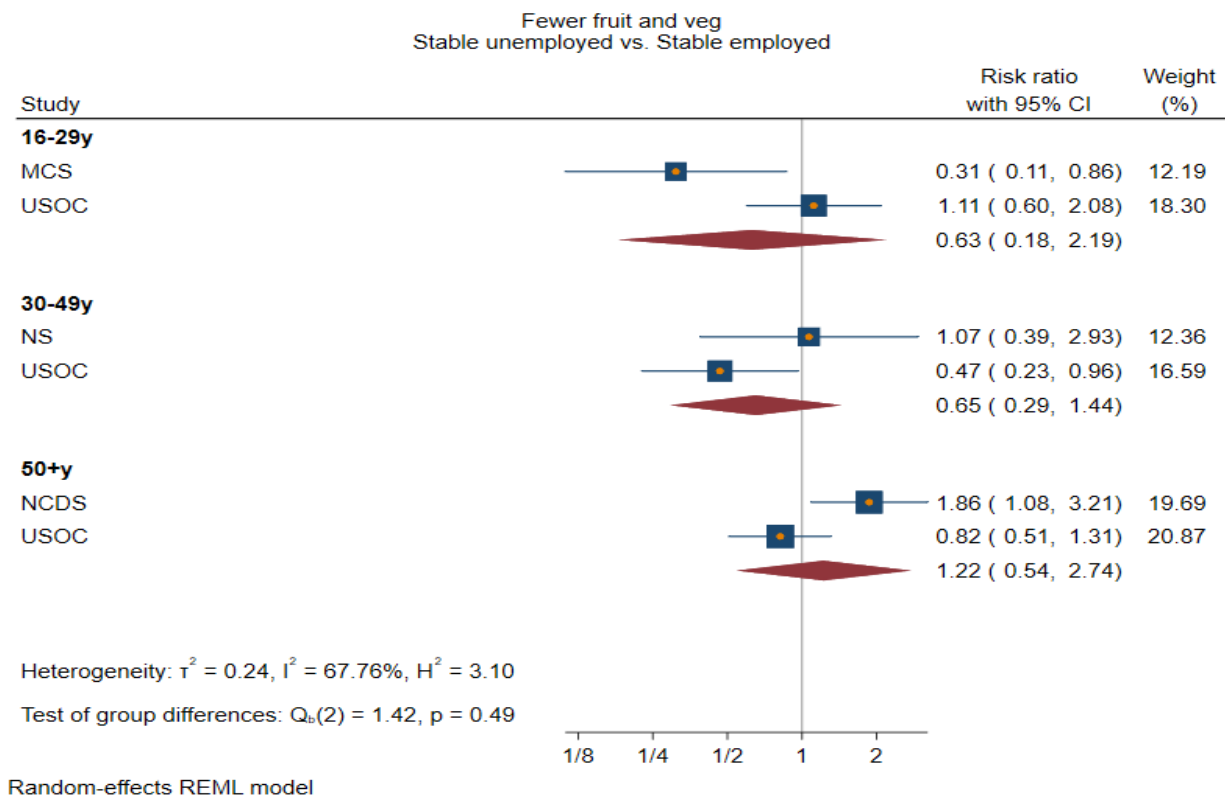
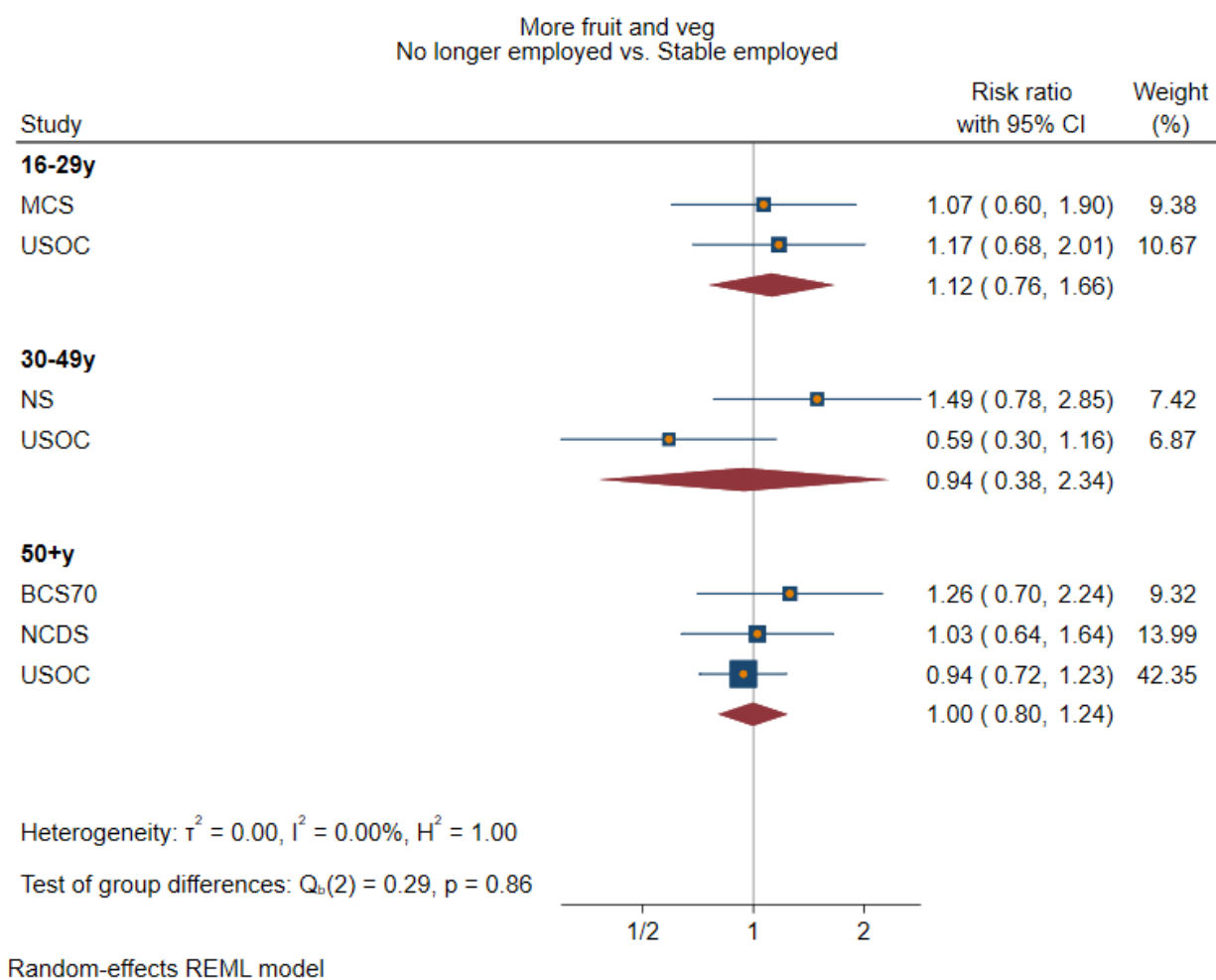
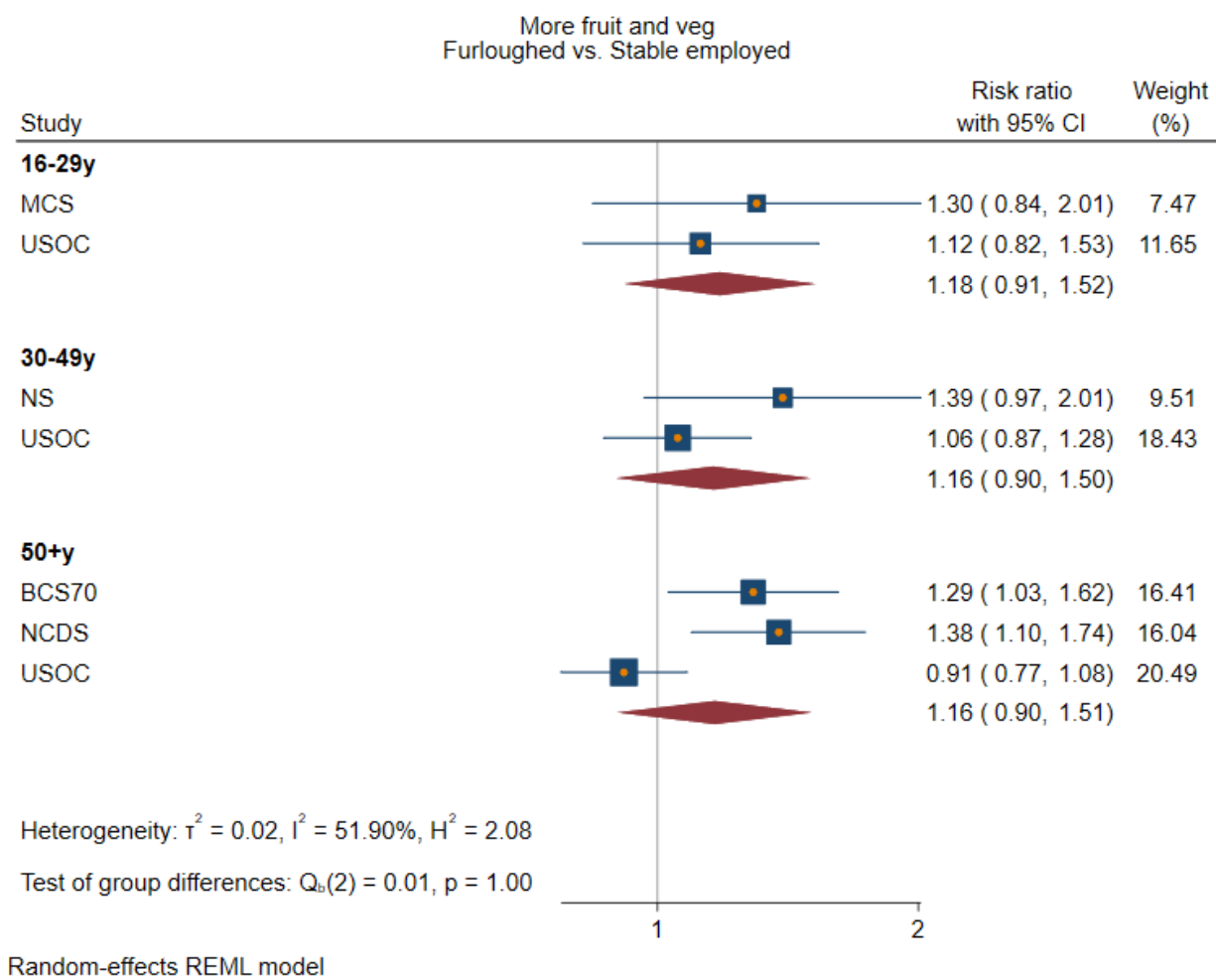


Figure set 3: More fruit & veg



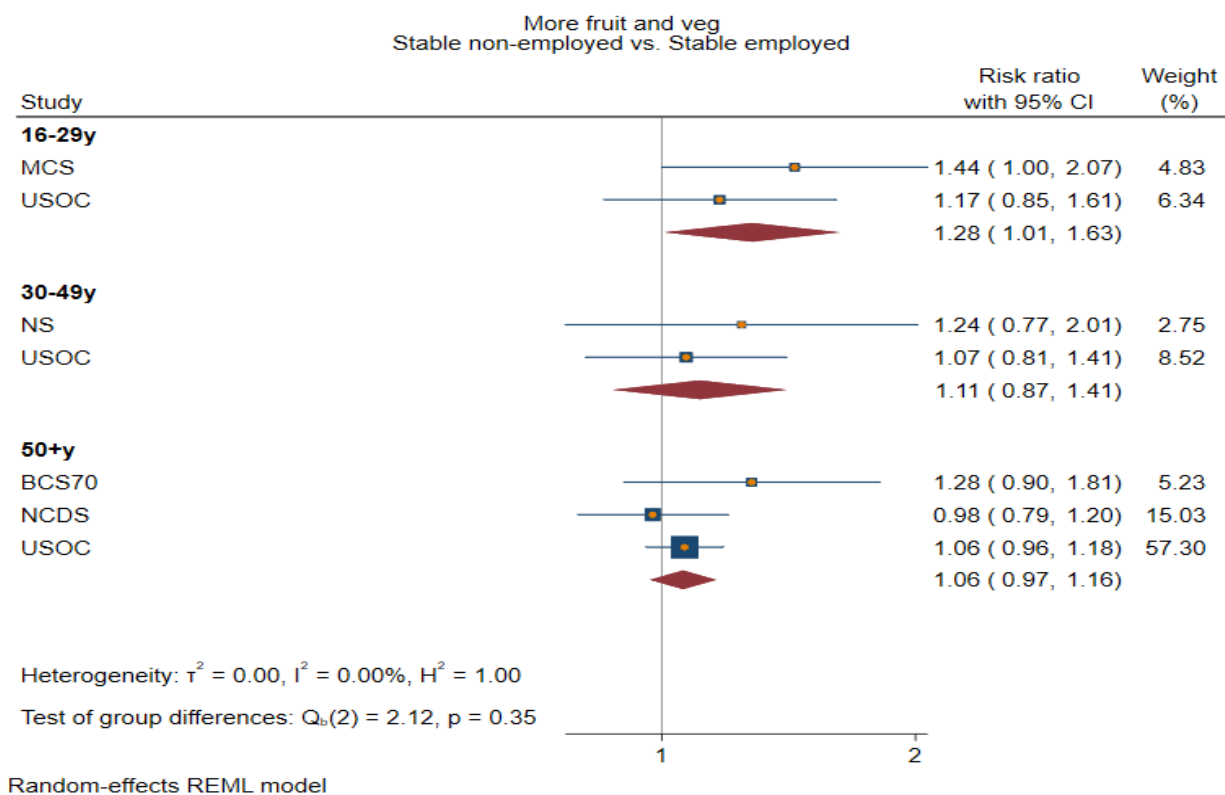
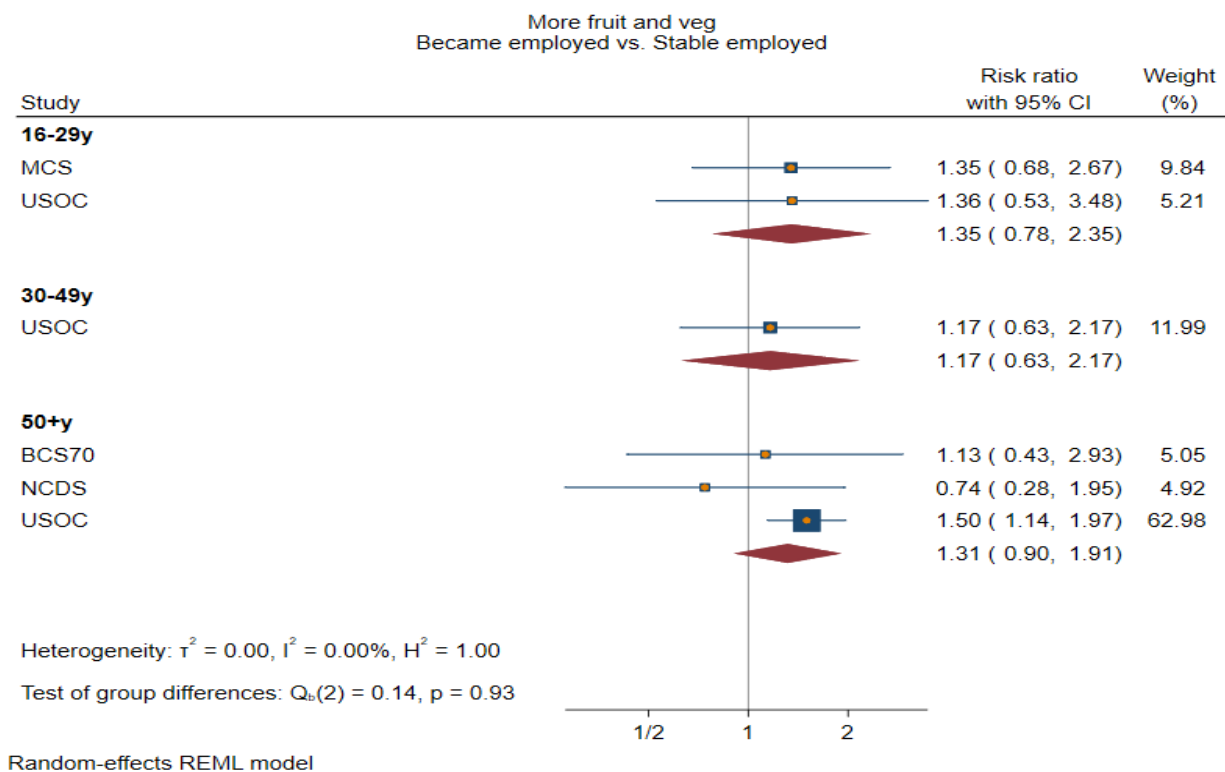
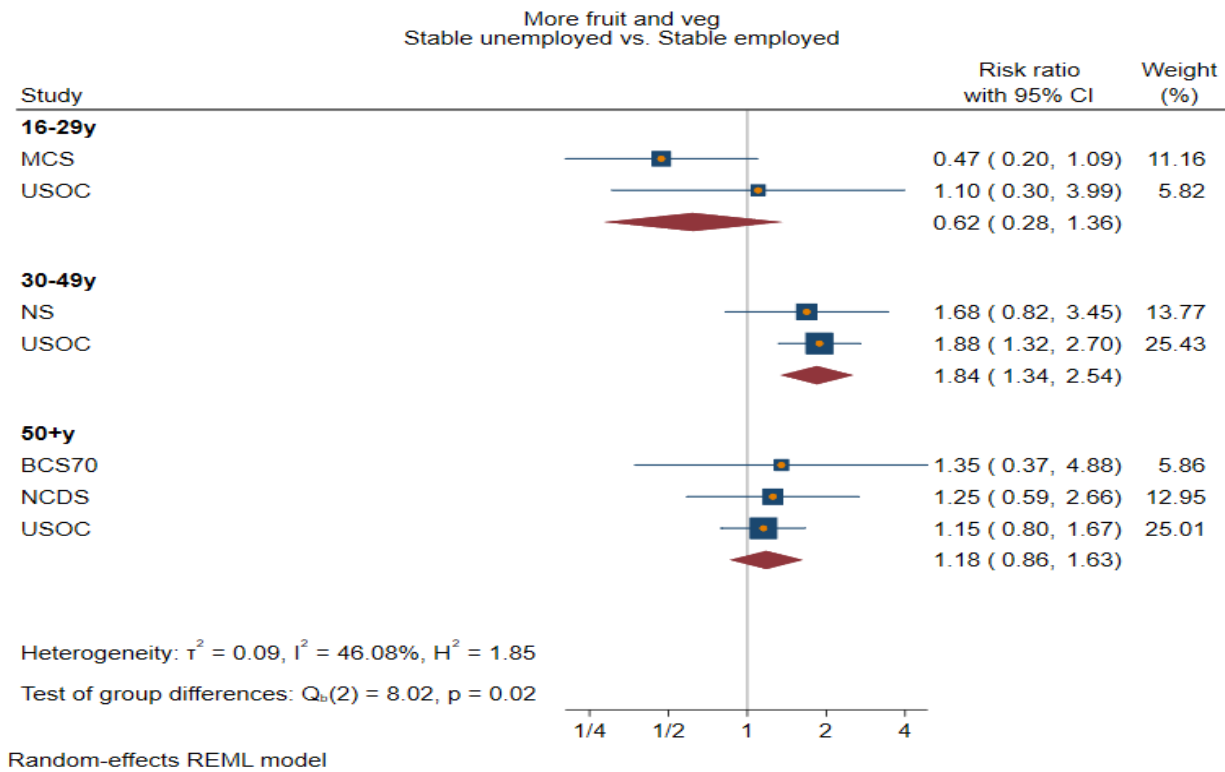
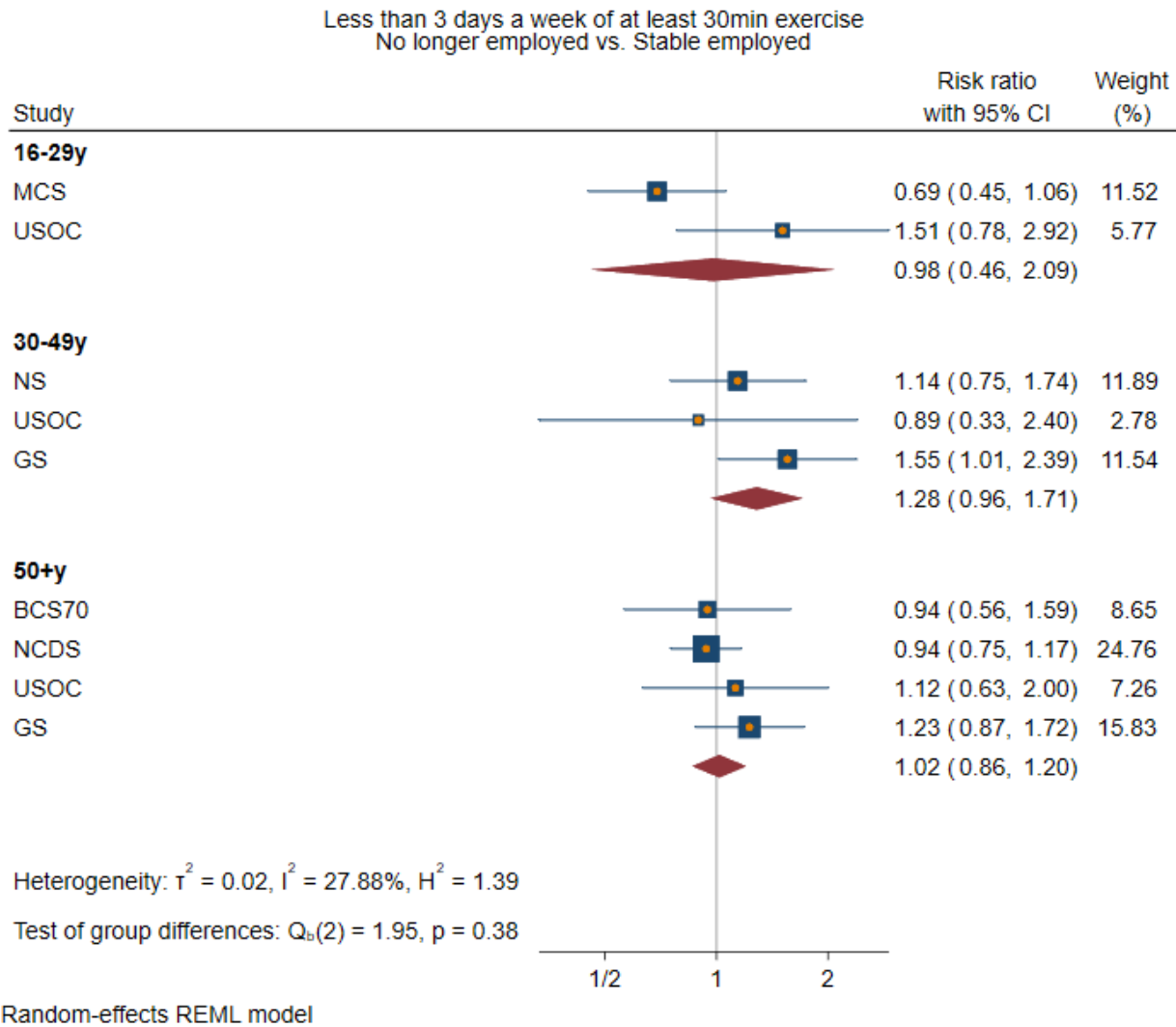
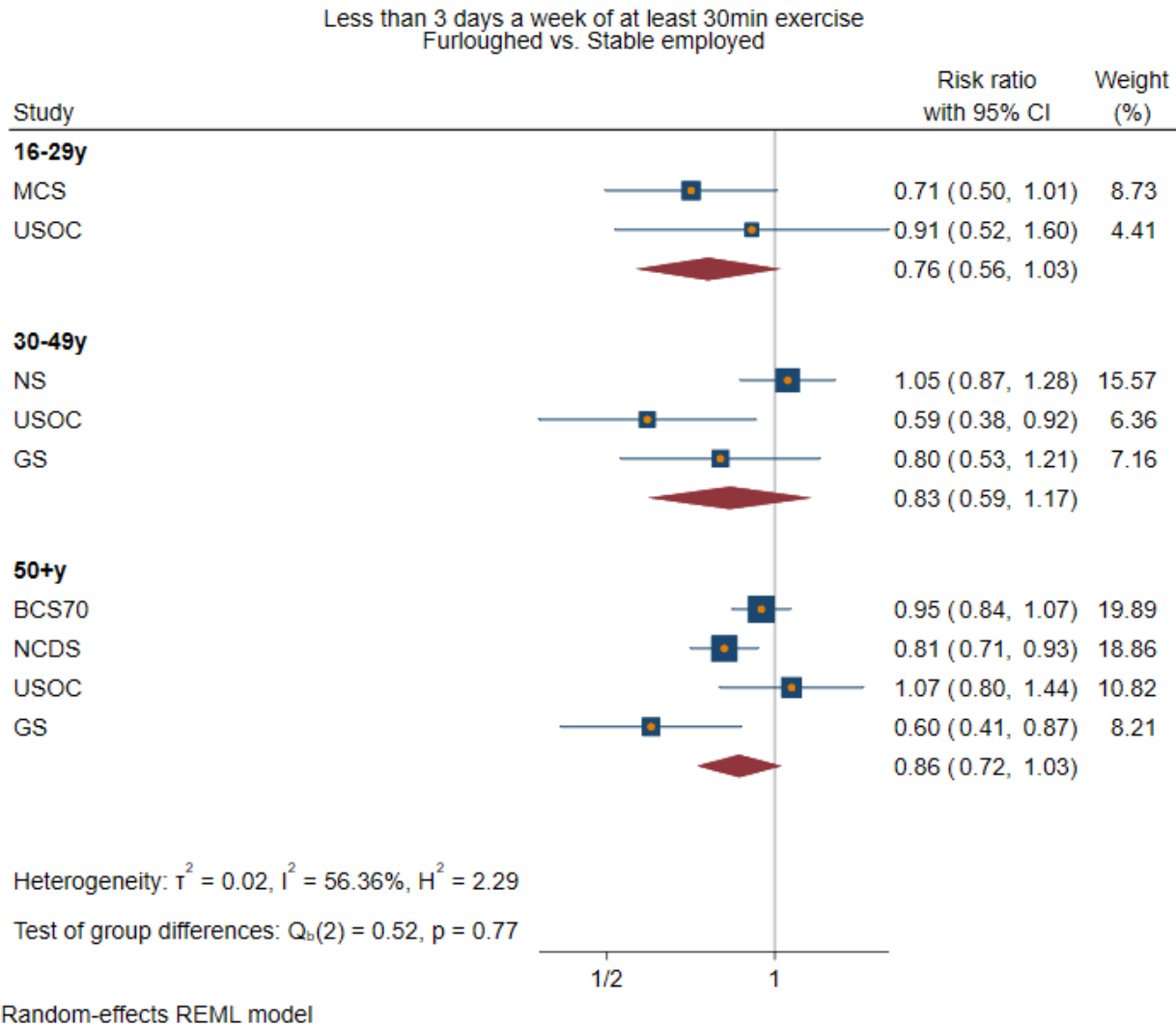




Figure set 4: Less than 3 days a week of at least 30min exercise



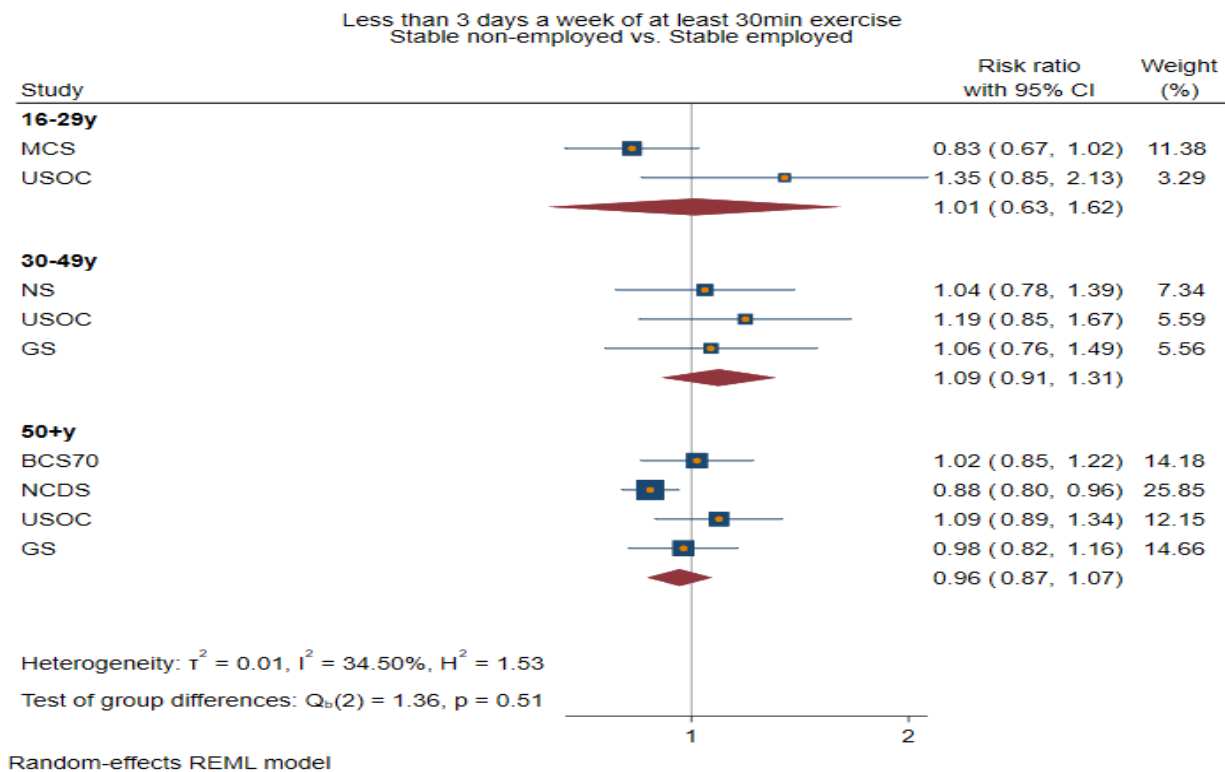
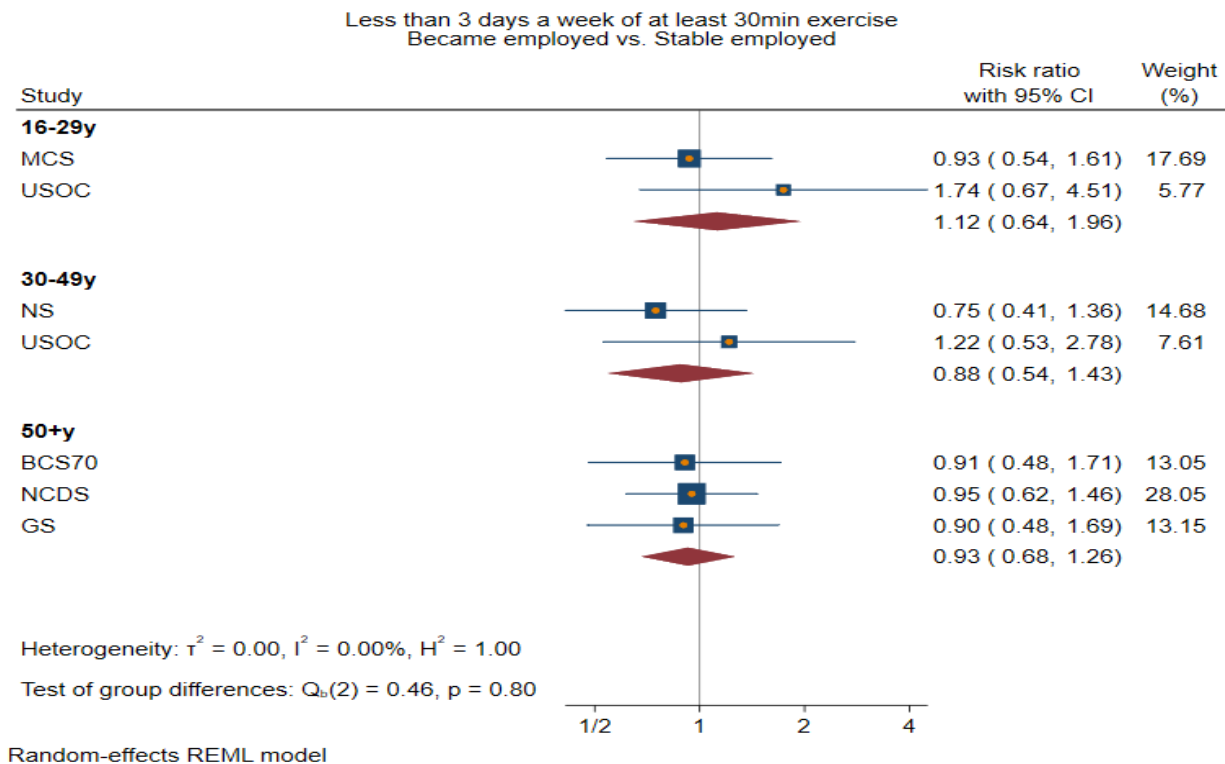
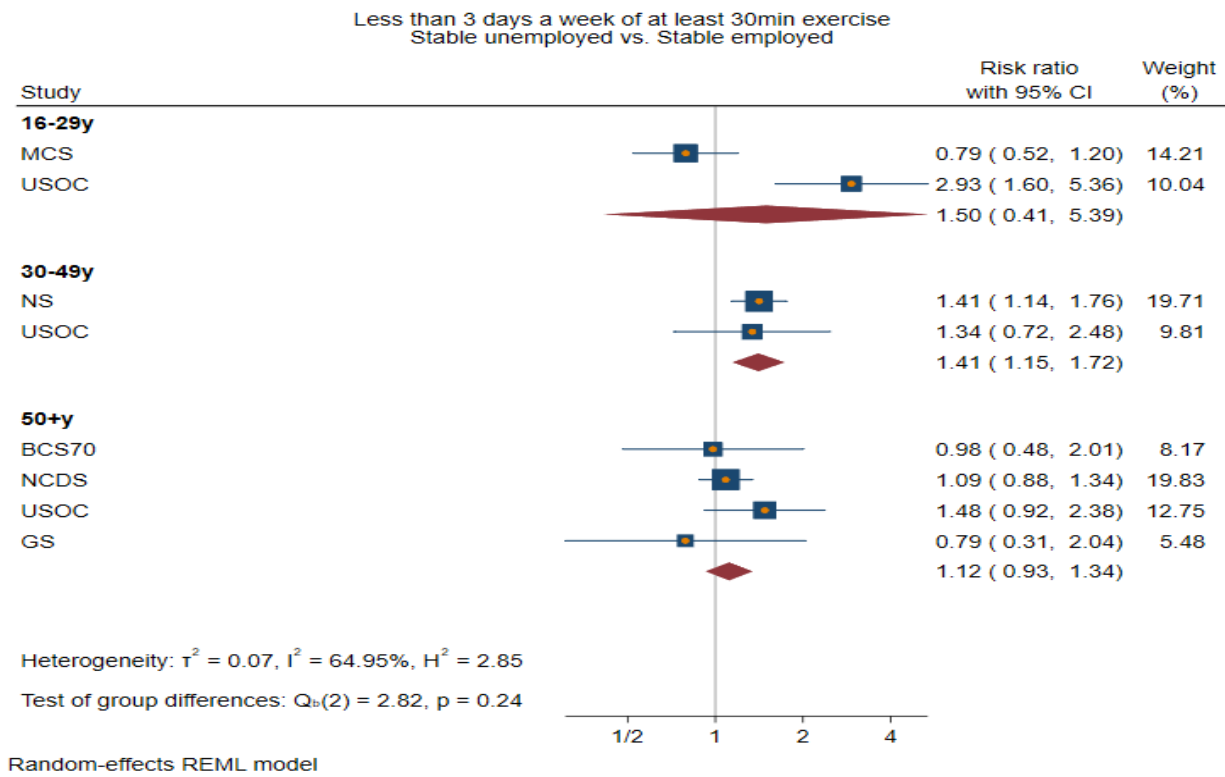
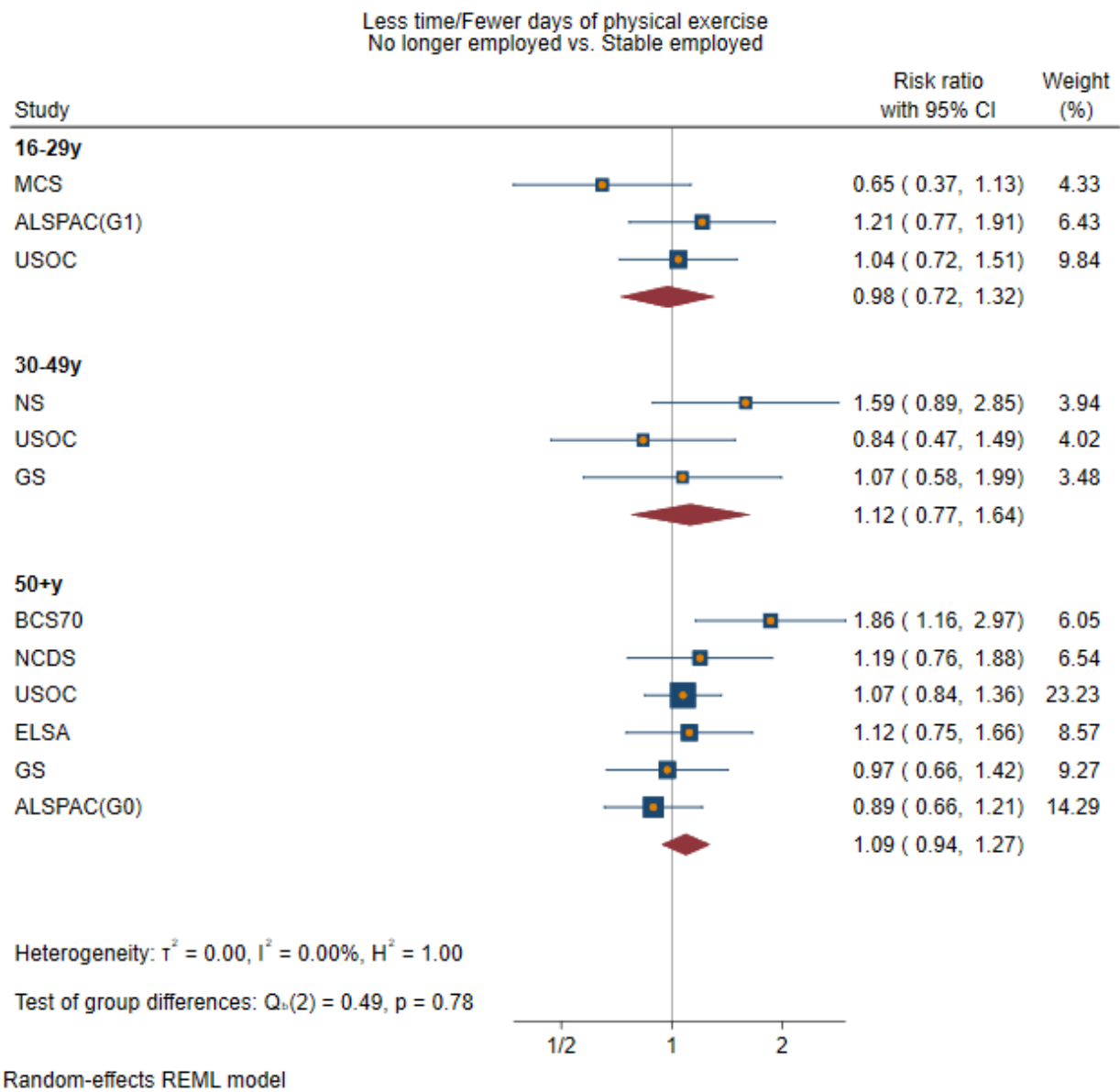
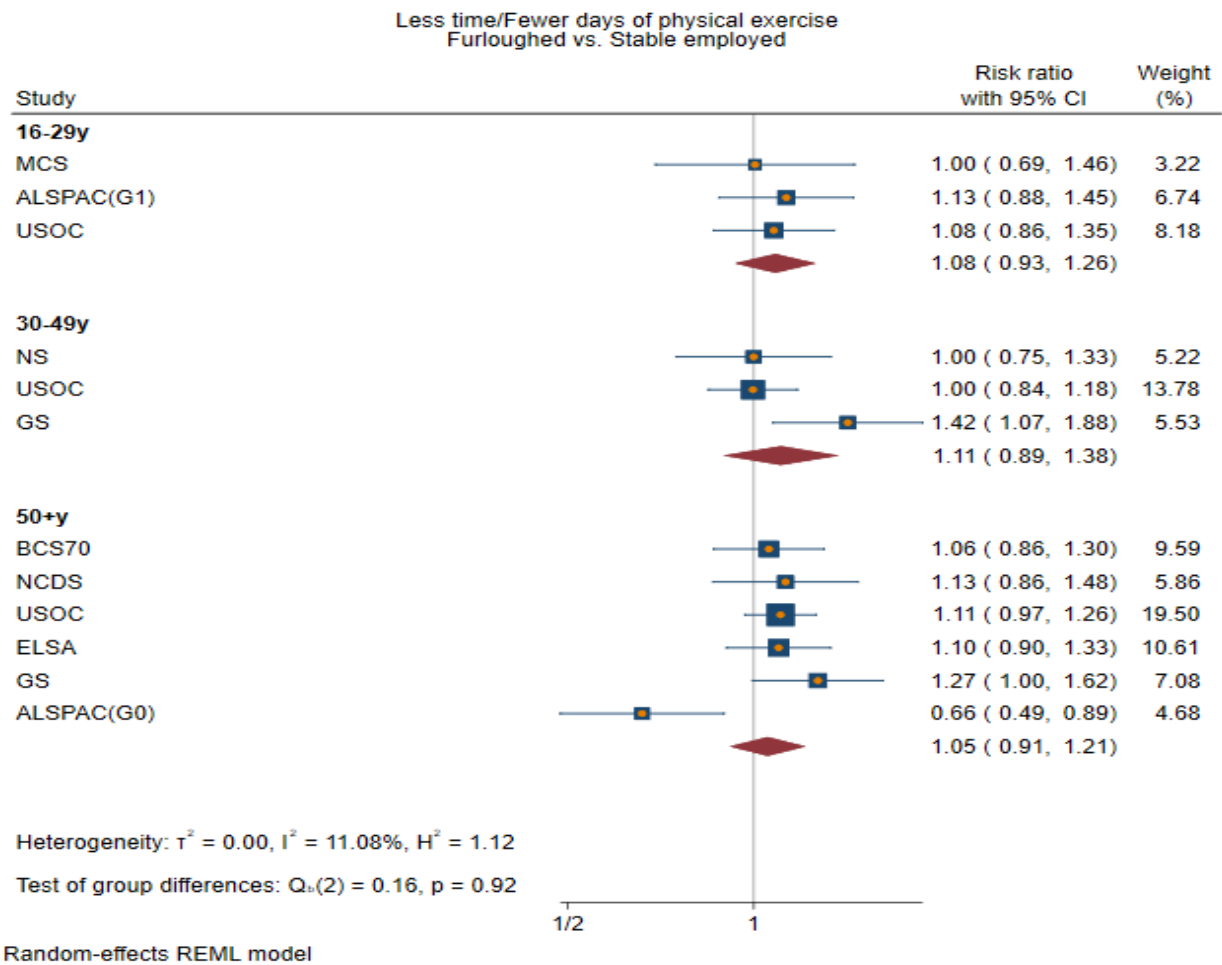
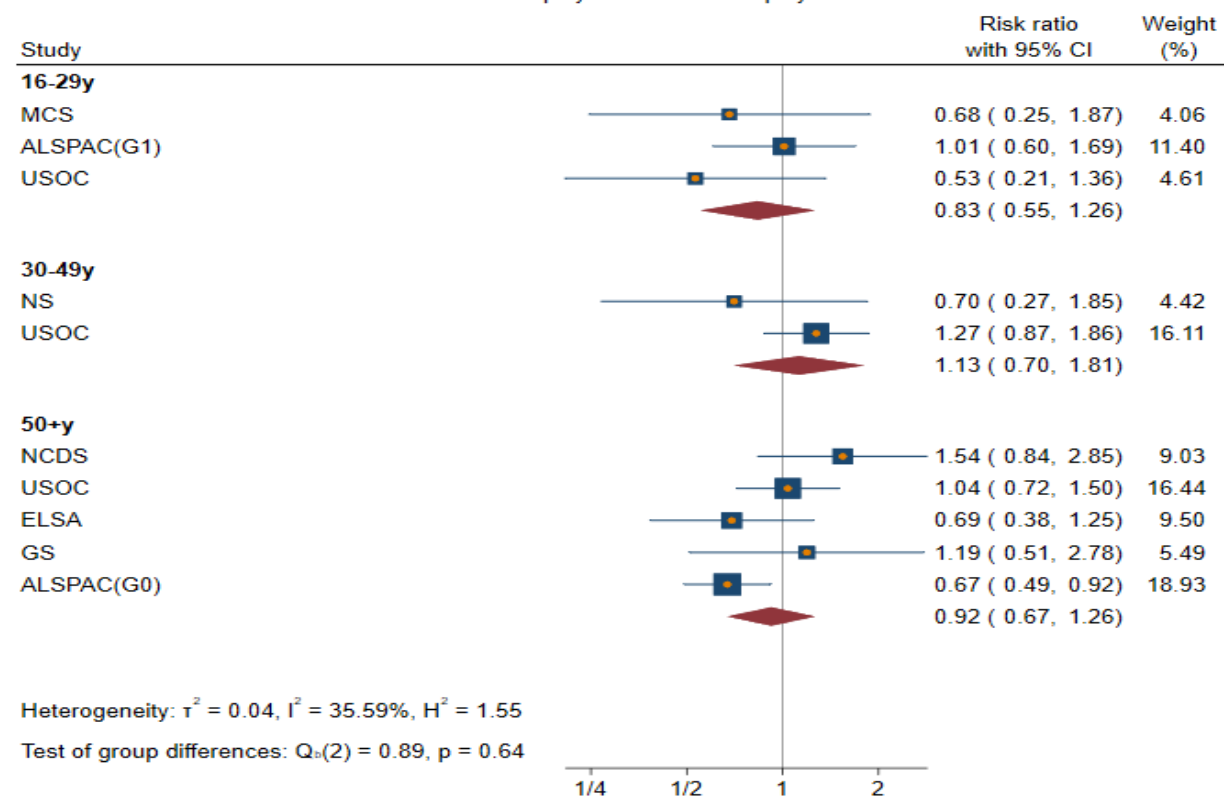


Figure set 5: Less time/ fewer days of physical exercise

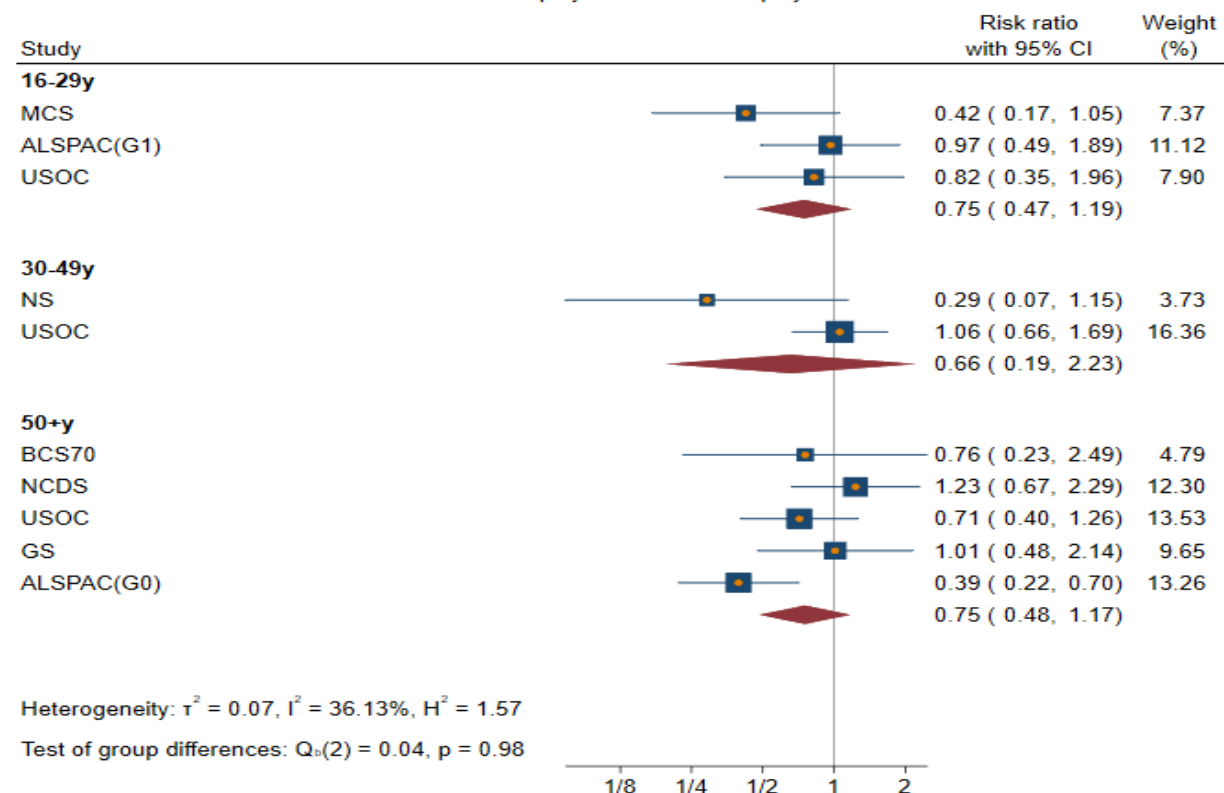


Less time/Fewer days of physical exercise  
Stable unemployed vs. Stable employed



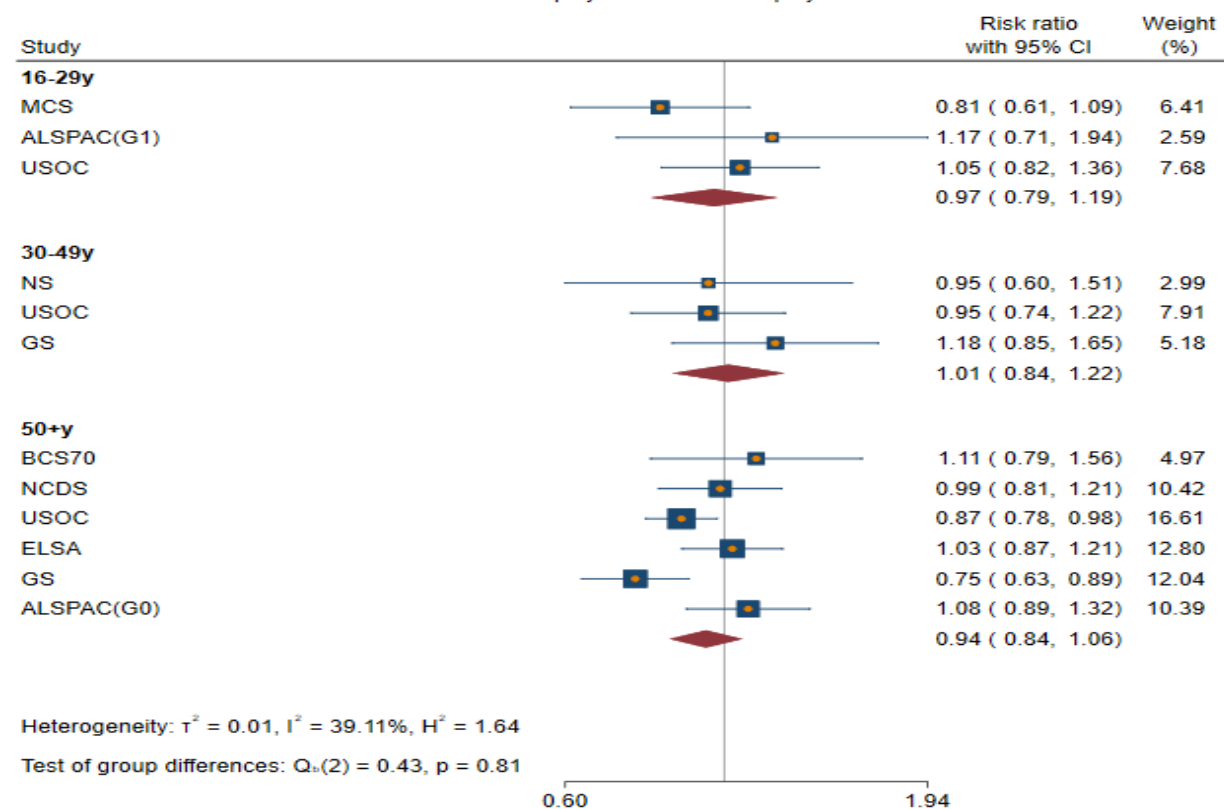
Random-effects REML model

Less time/Fewer days of physical exercise  
Became employed vs. Stable employed



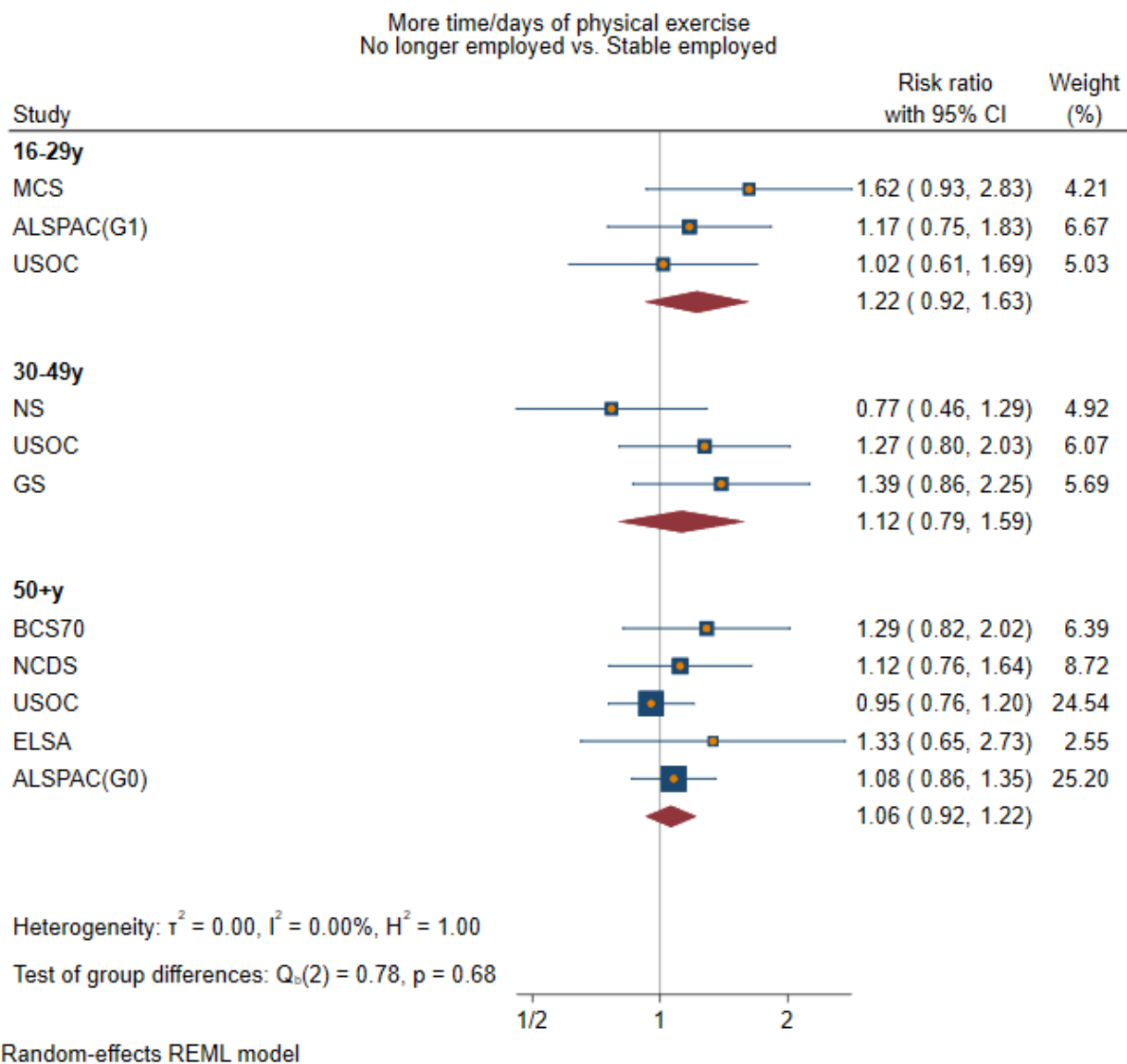
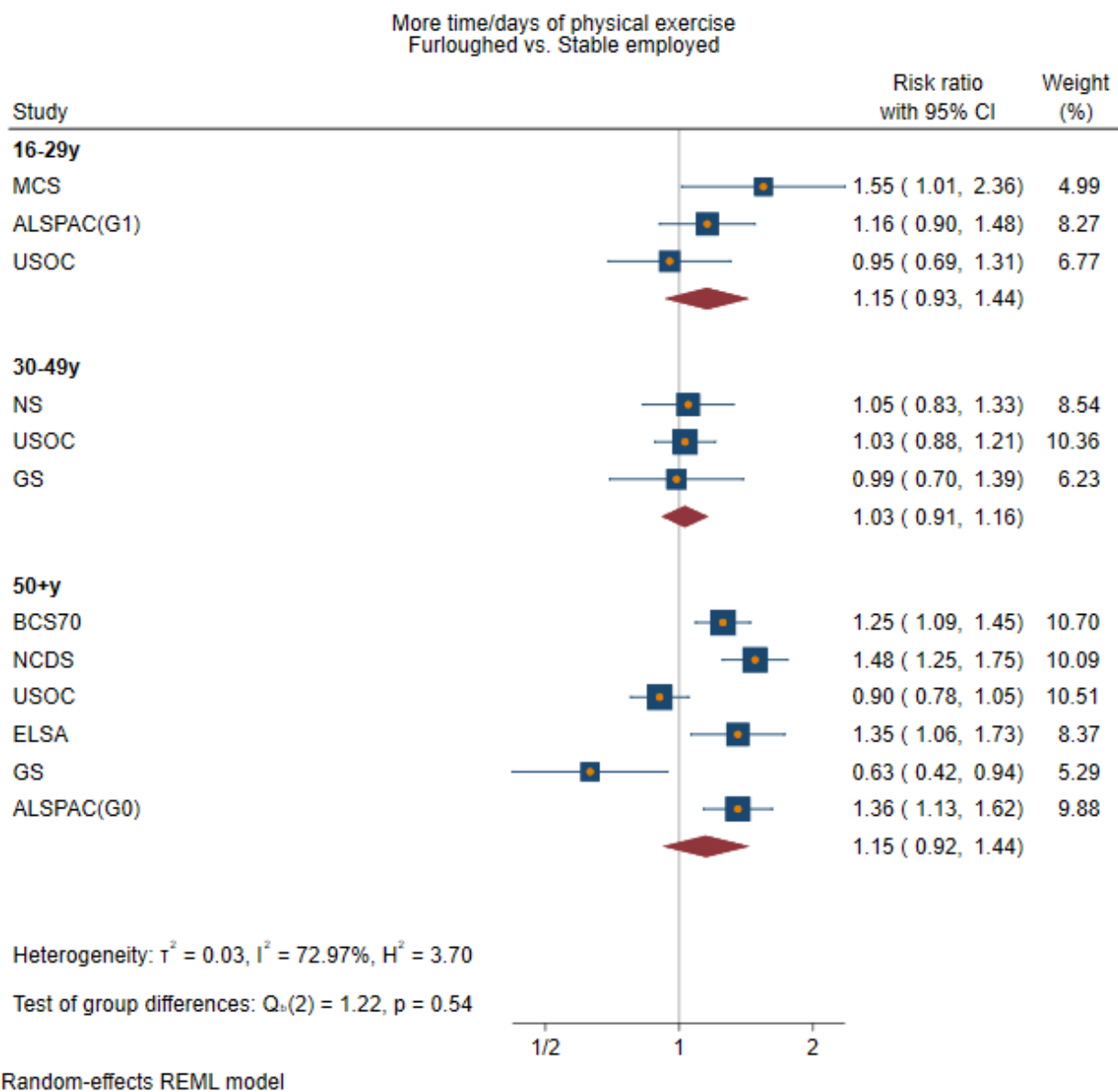
Random-effects REML model

Less time/Fewer days of physical exercise  
Stable non-employed vs. Stable employed



Random-effects REML model

Figure set 6: More time/ days of physical exercise



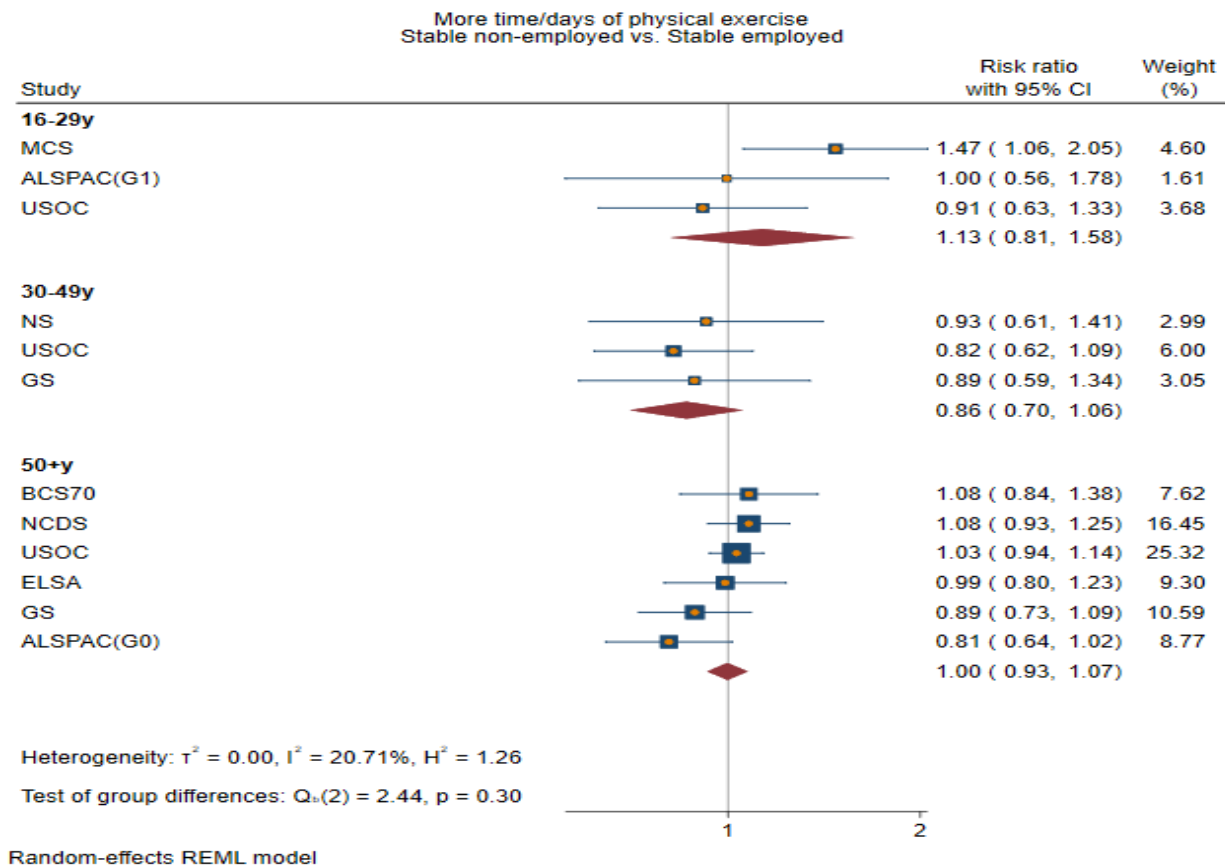
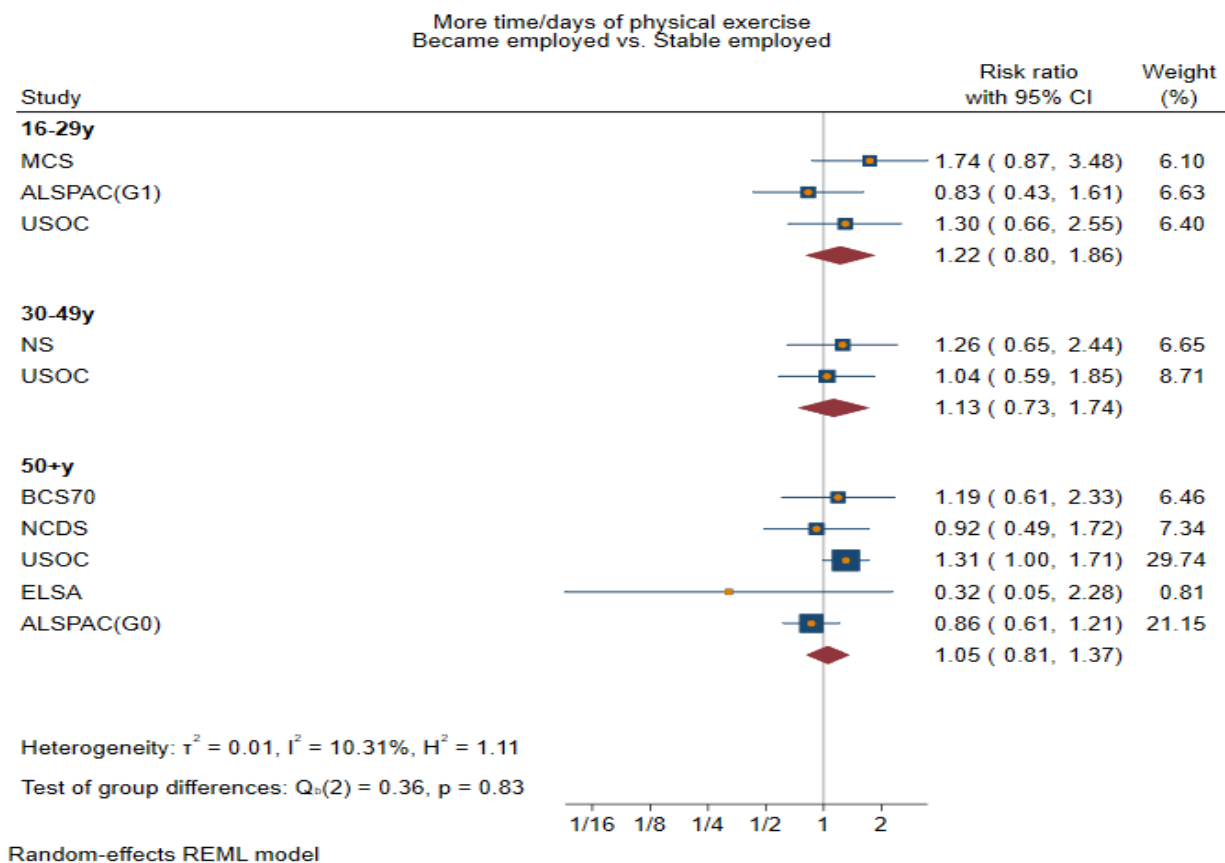
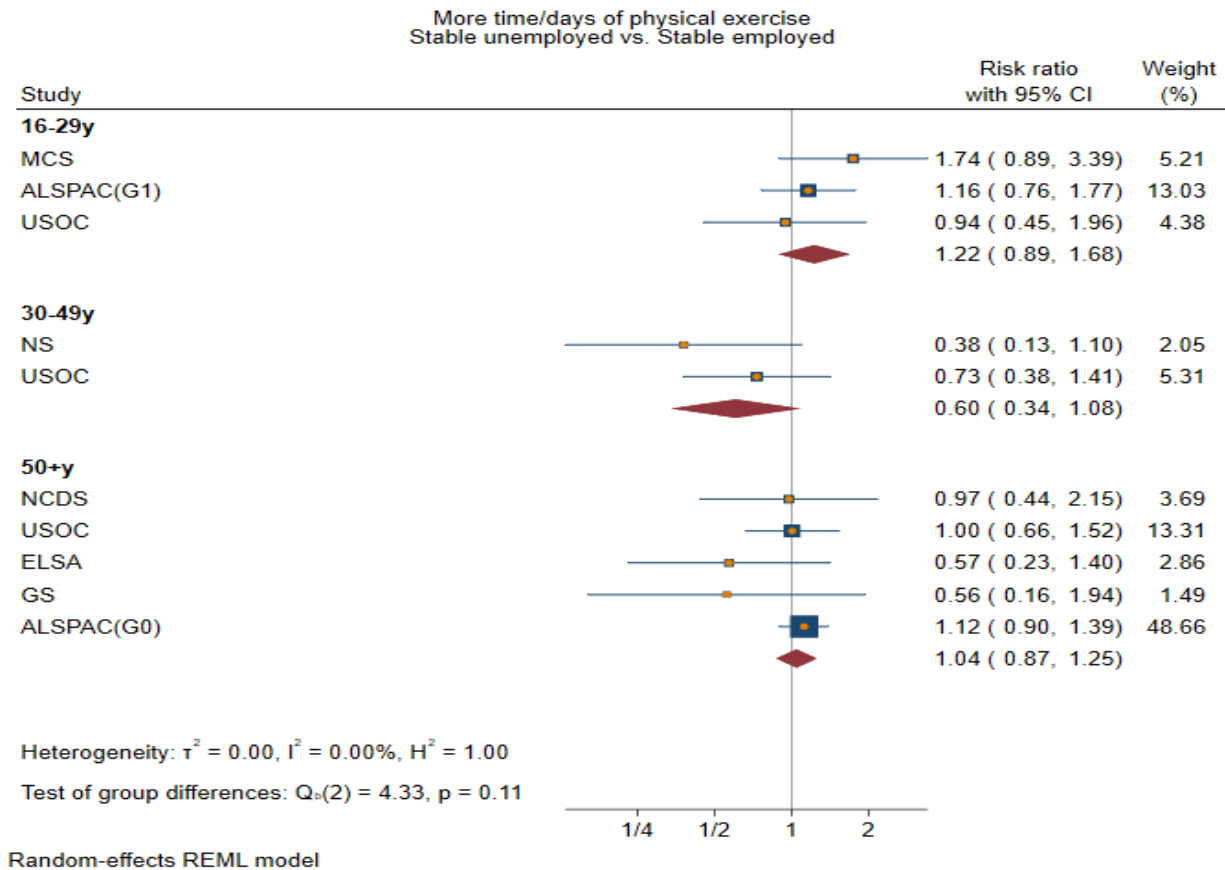
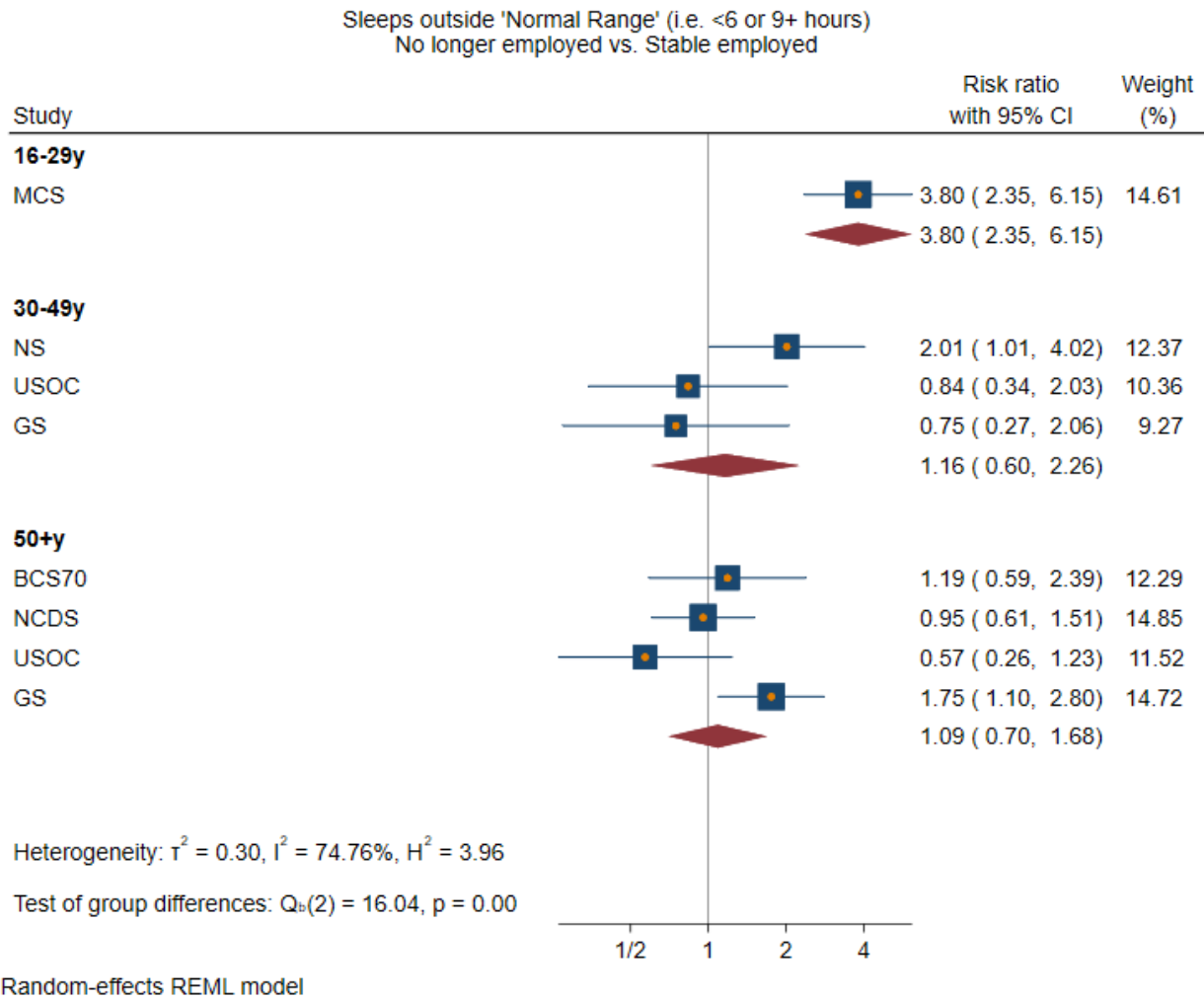
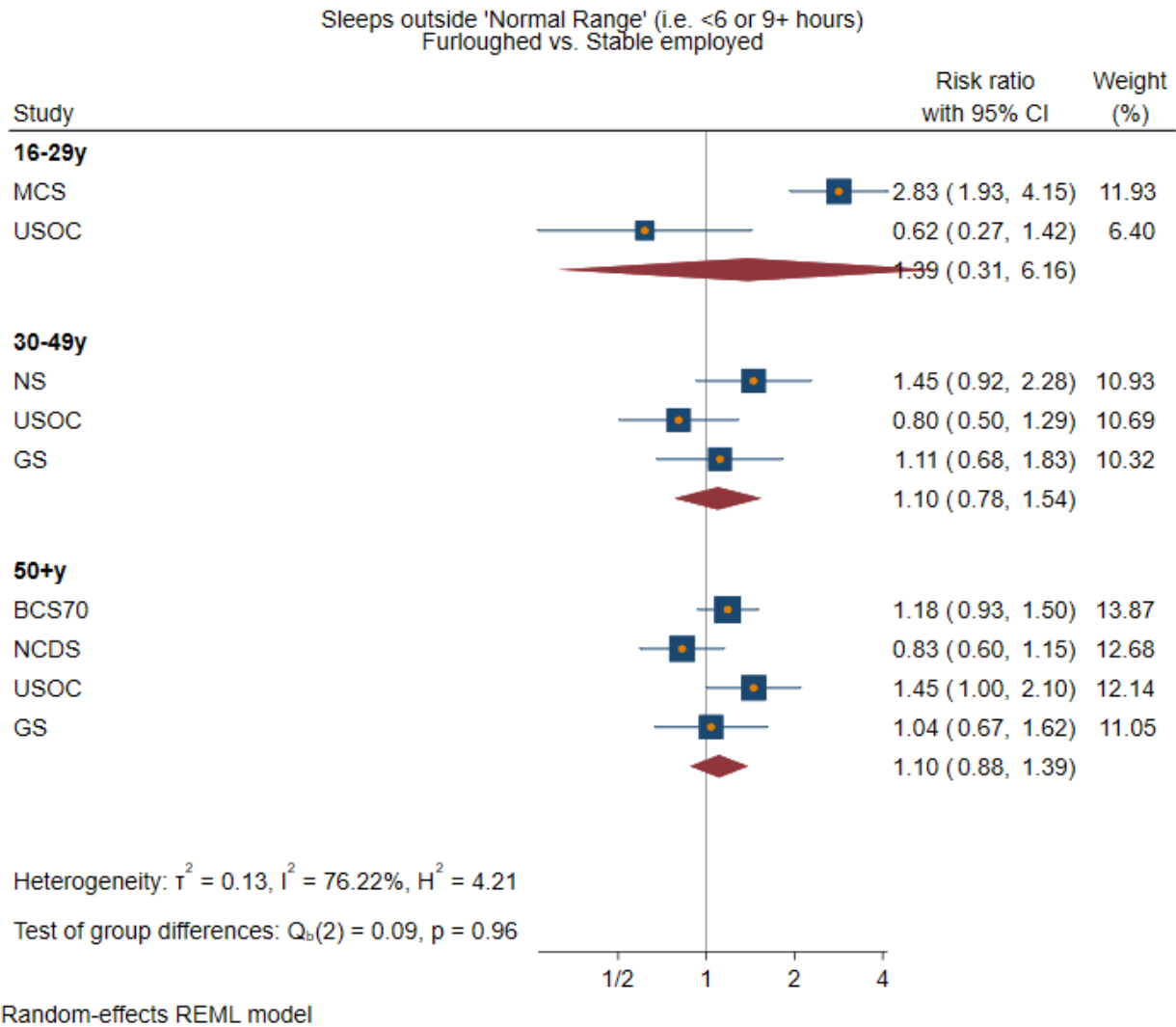


Figure set 7: Sleeps outside ‘Normal Range’ (i.e. <6 or 9+ hours)





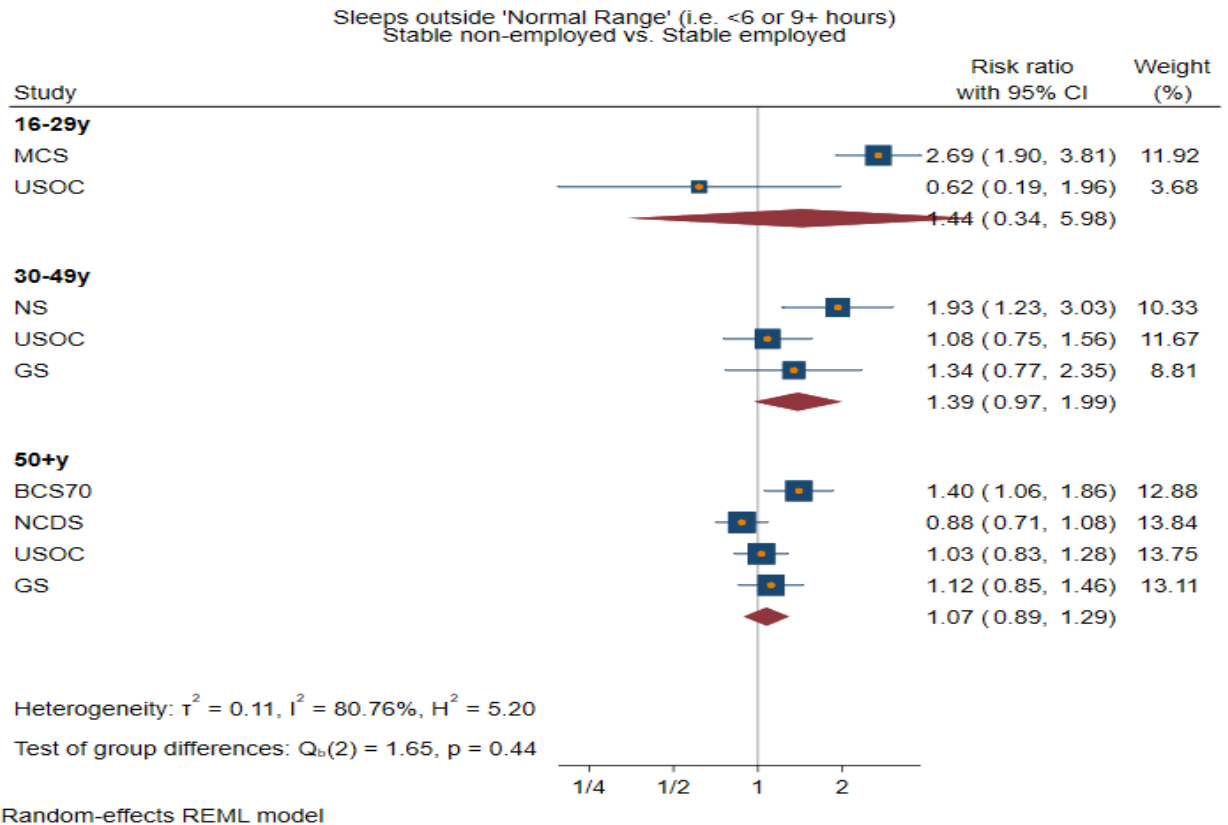
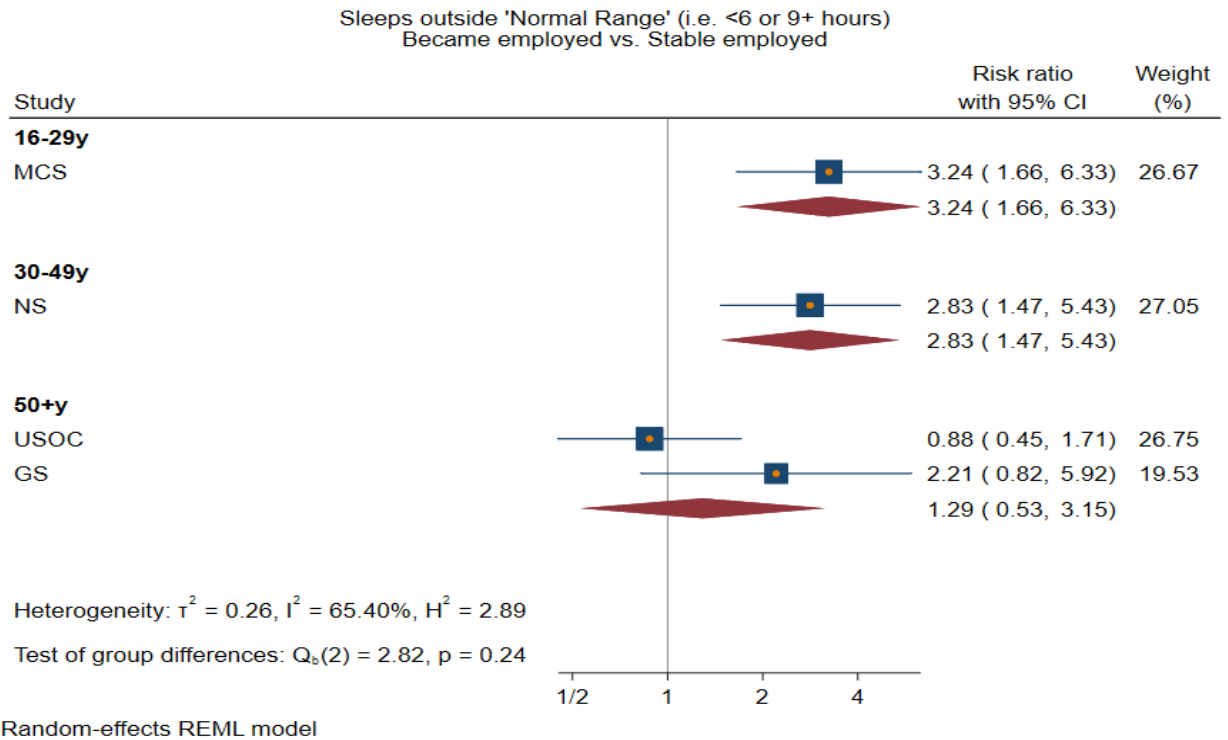
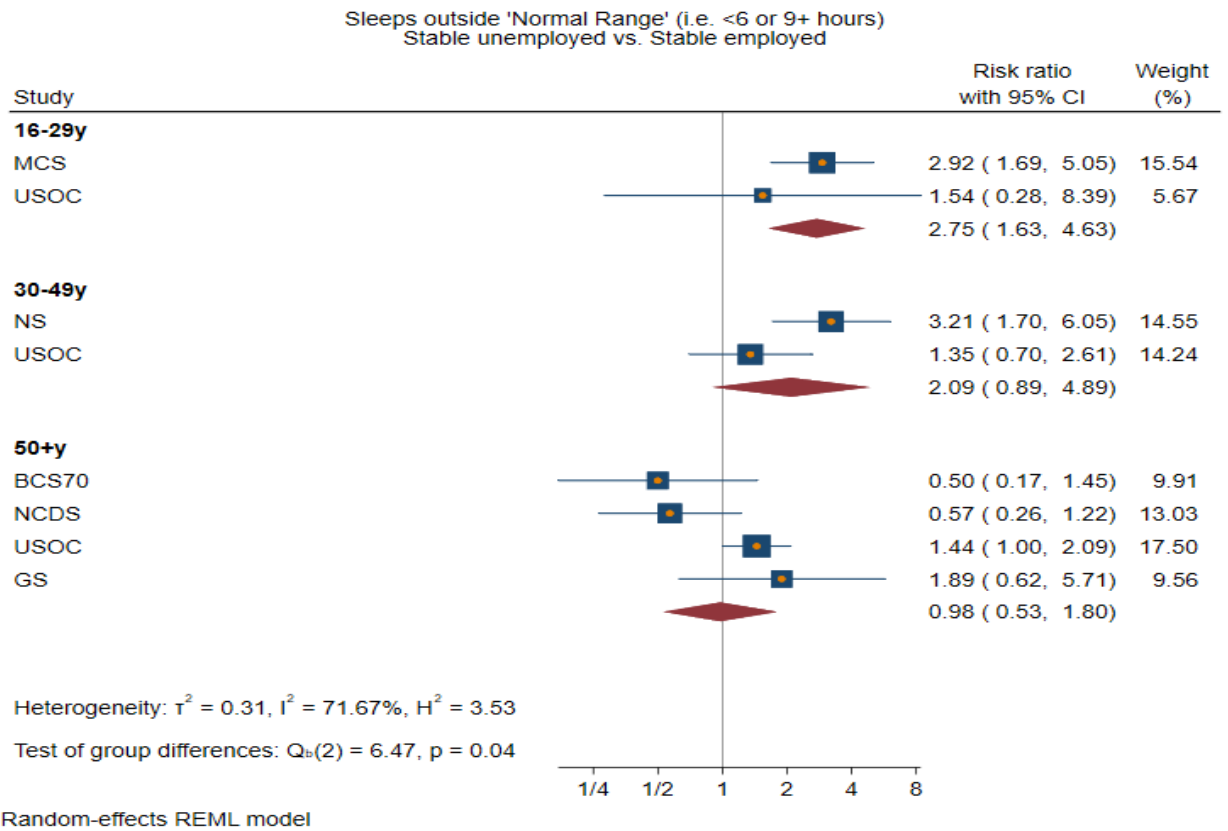
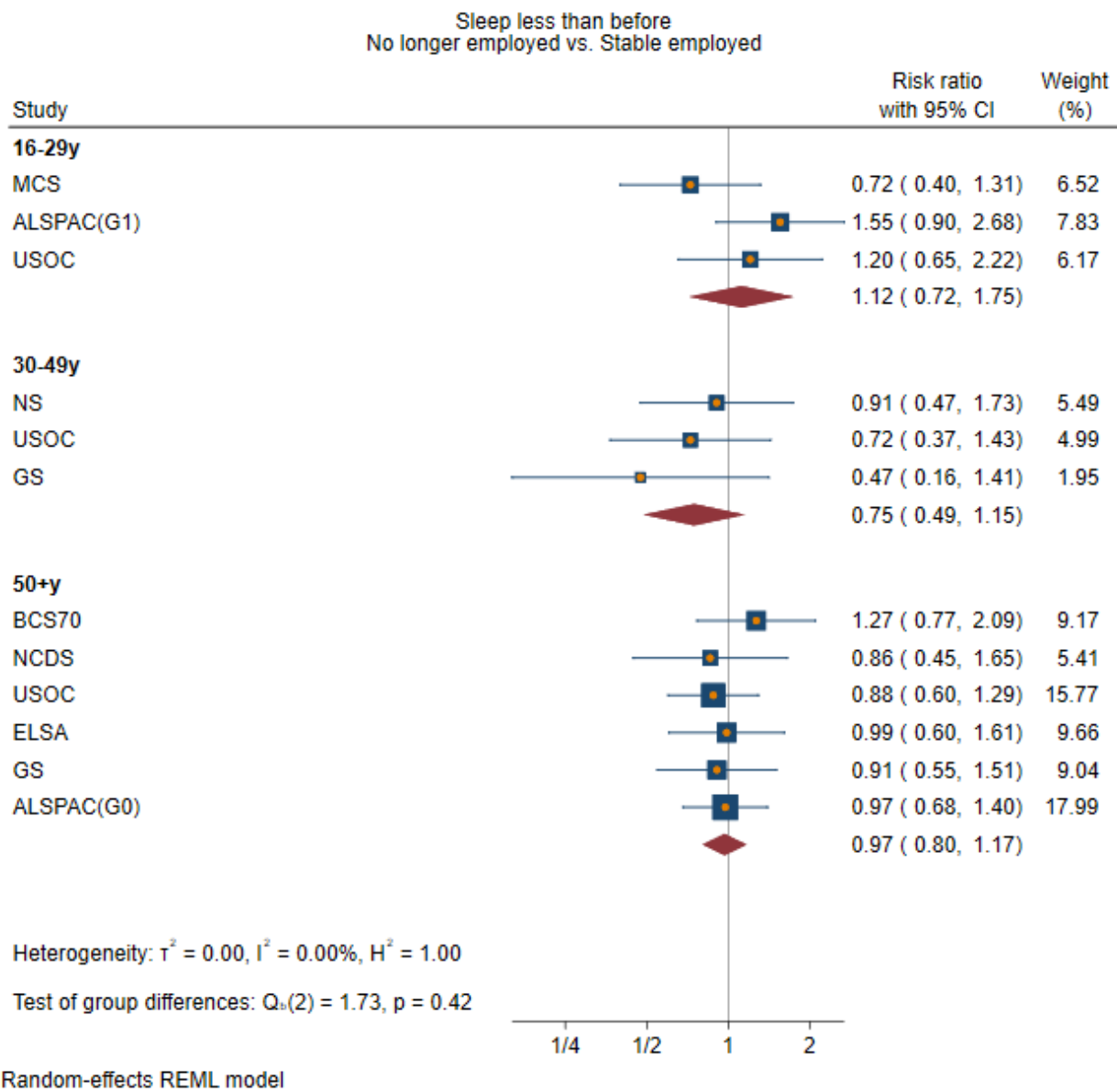
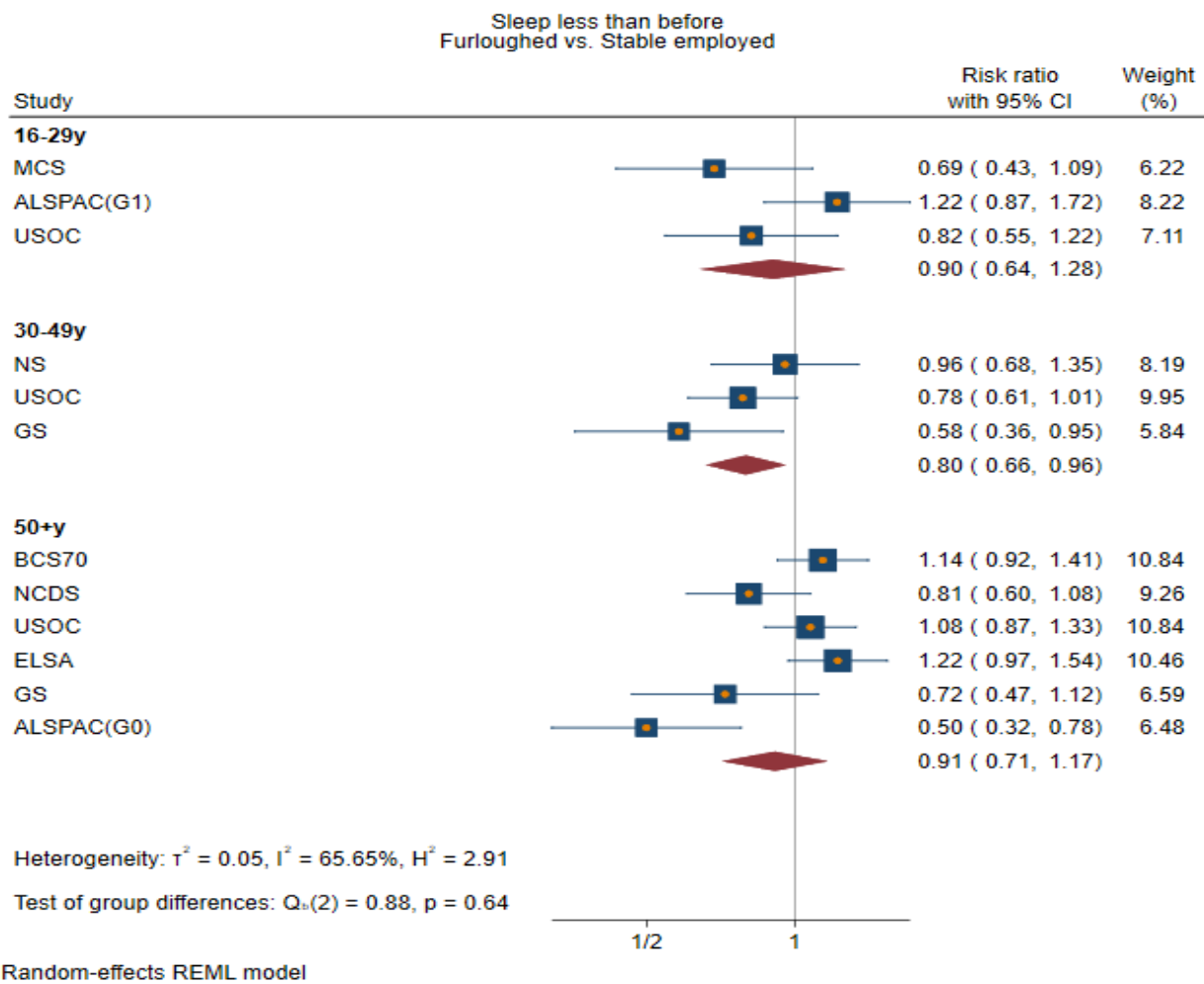
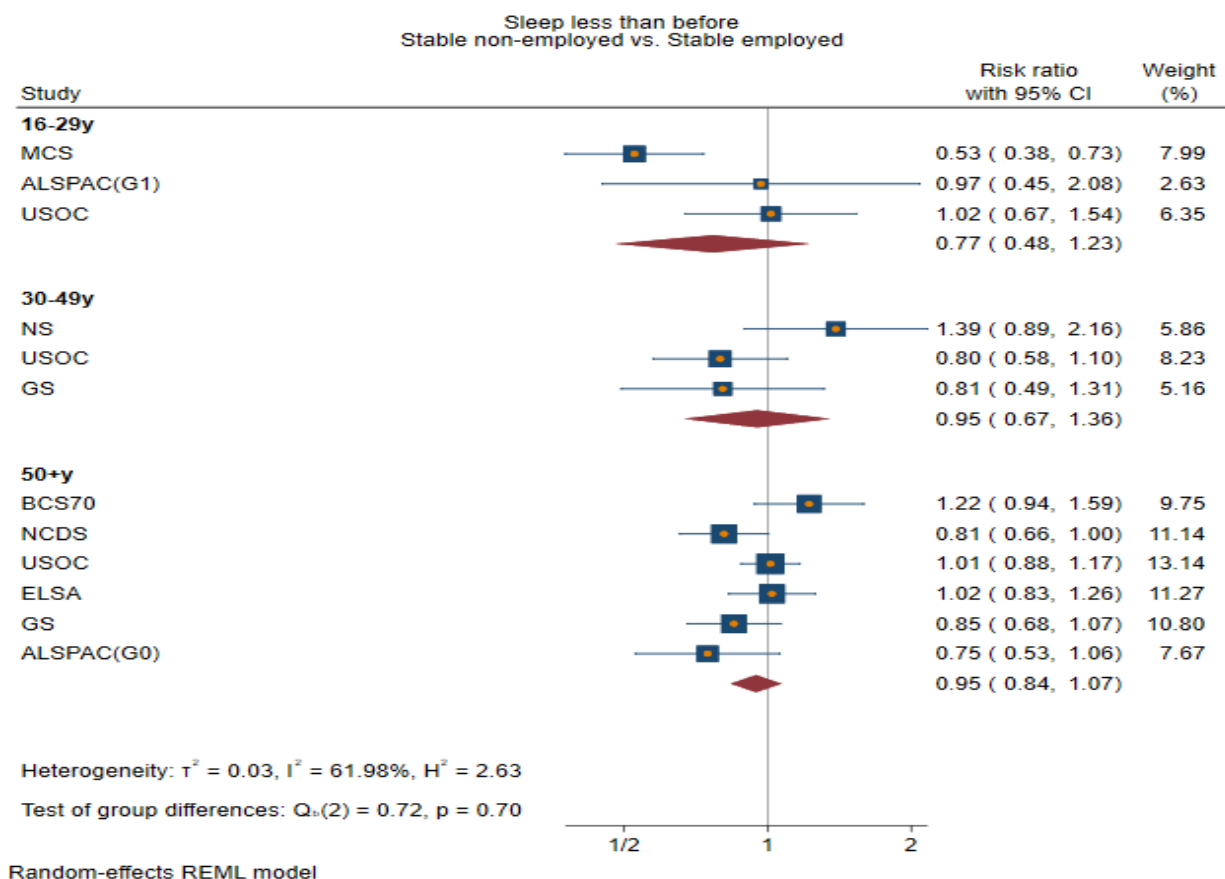
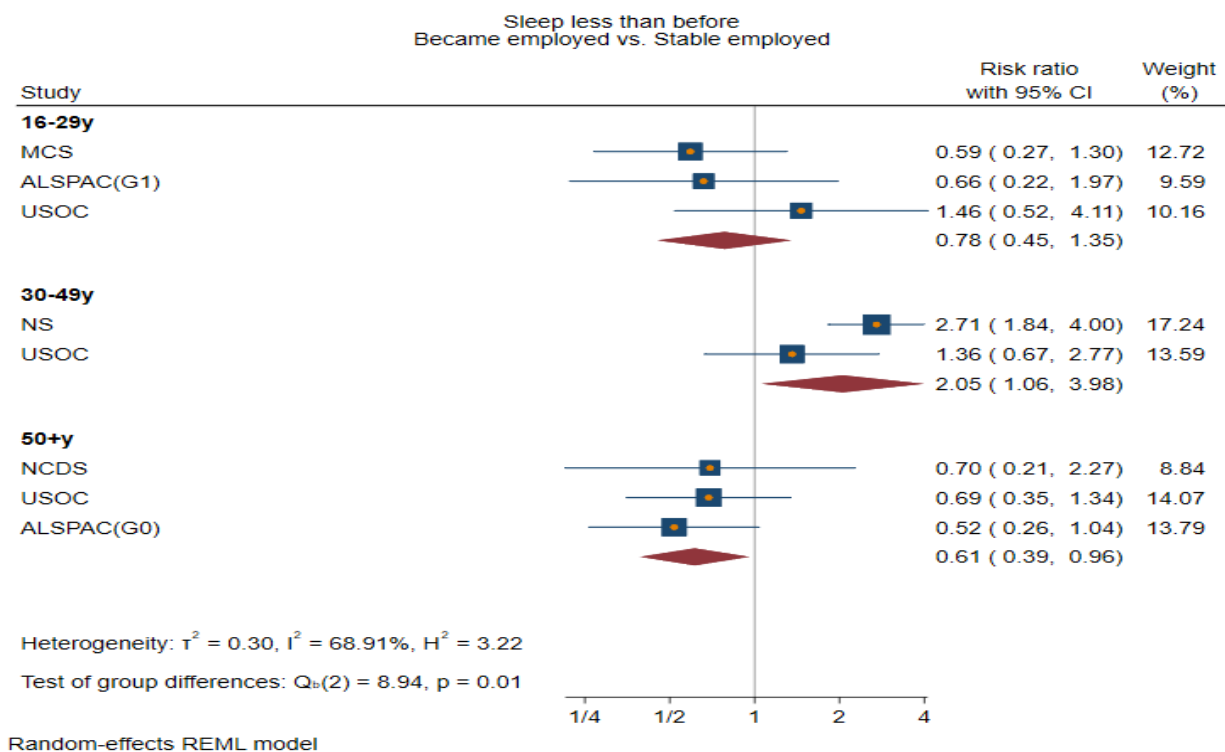
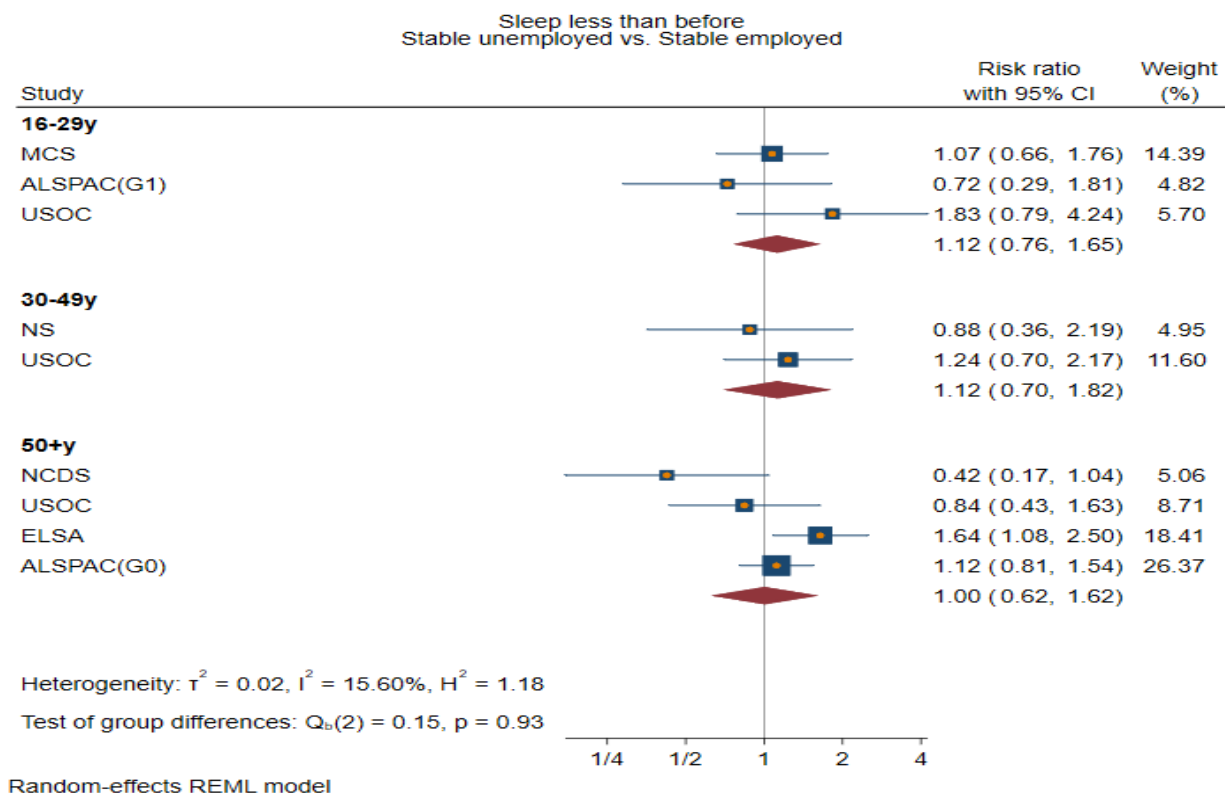


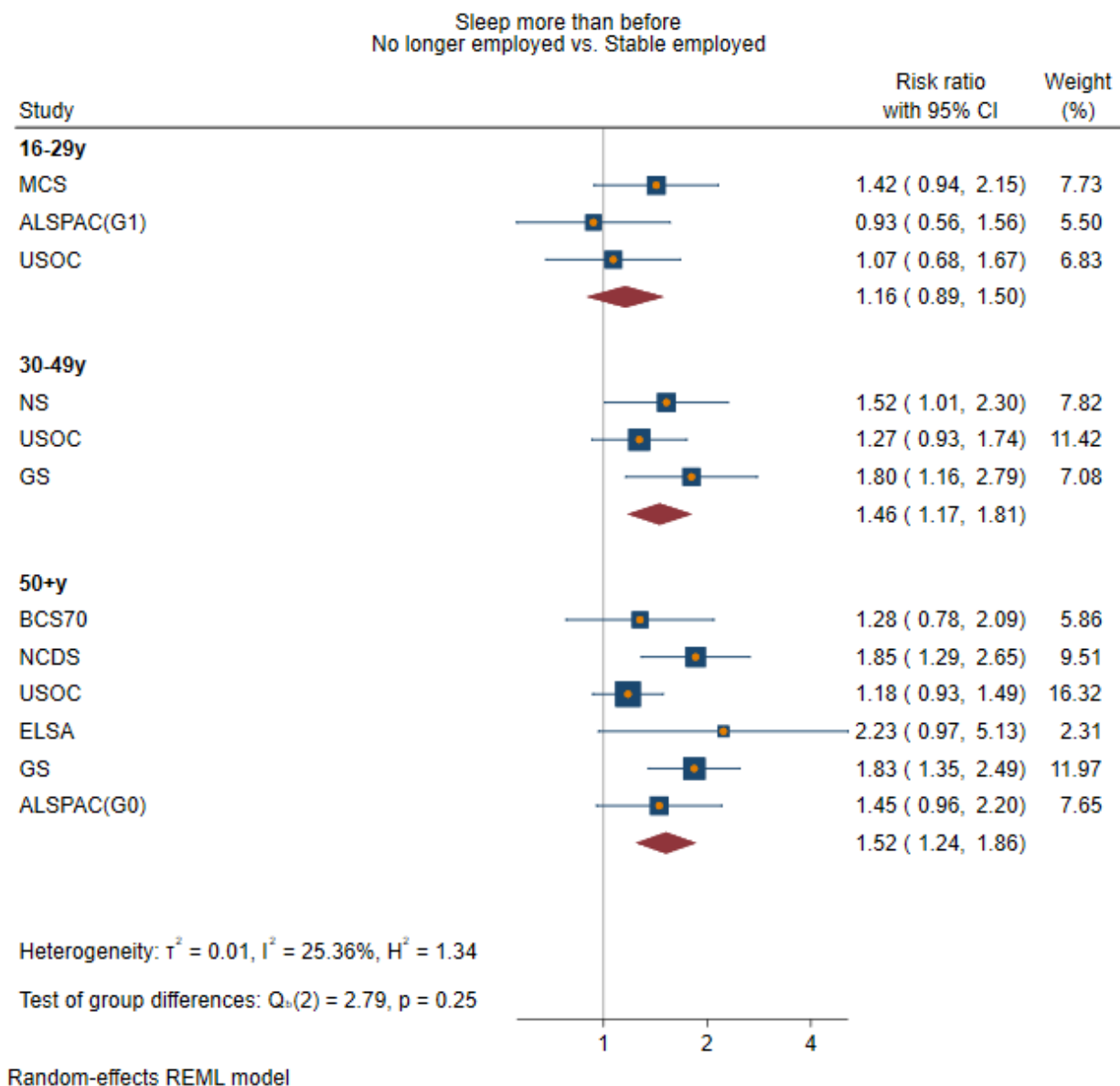
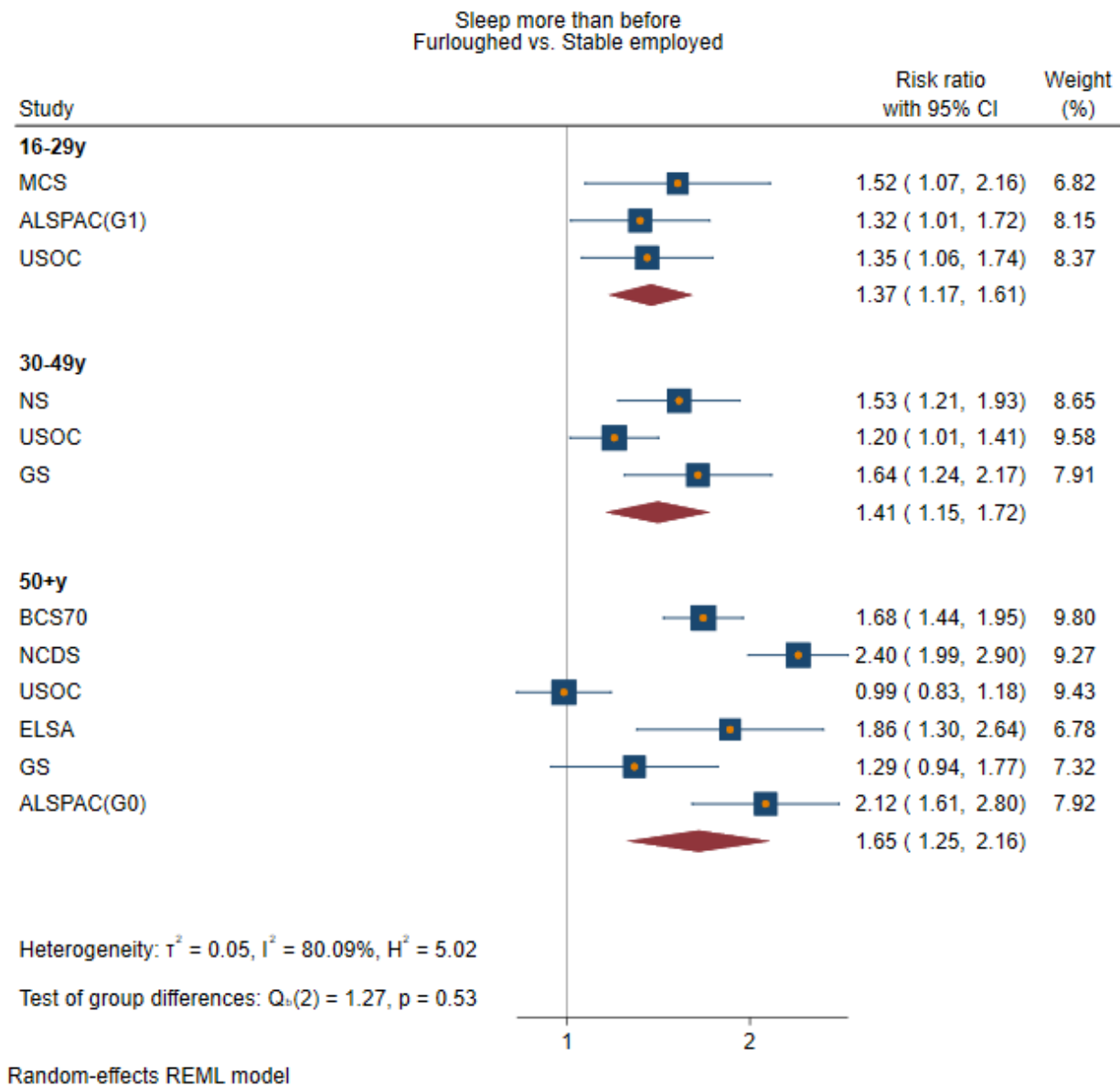


Figure set 8: Sleeps less than before

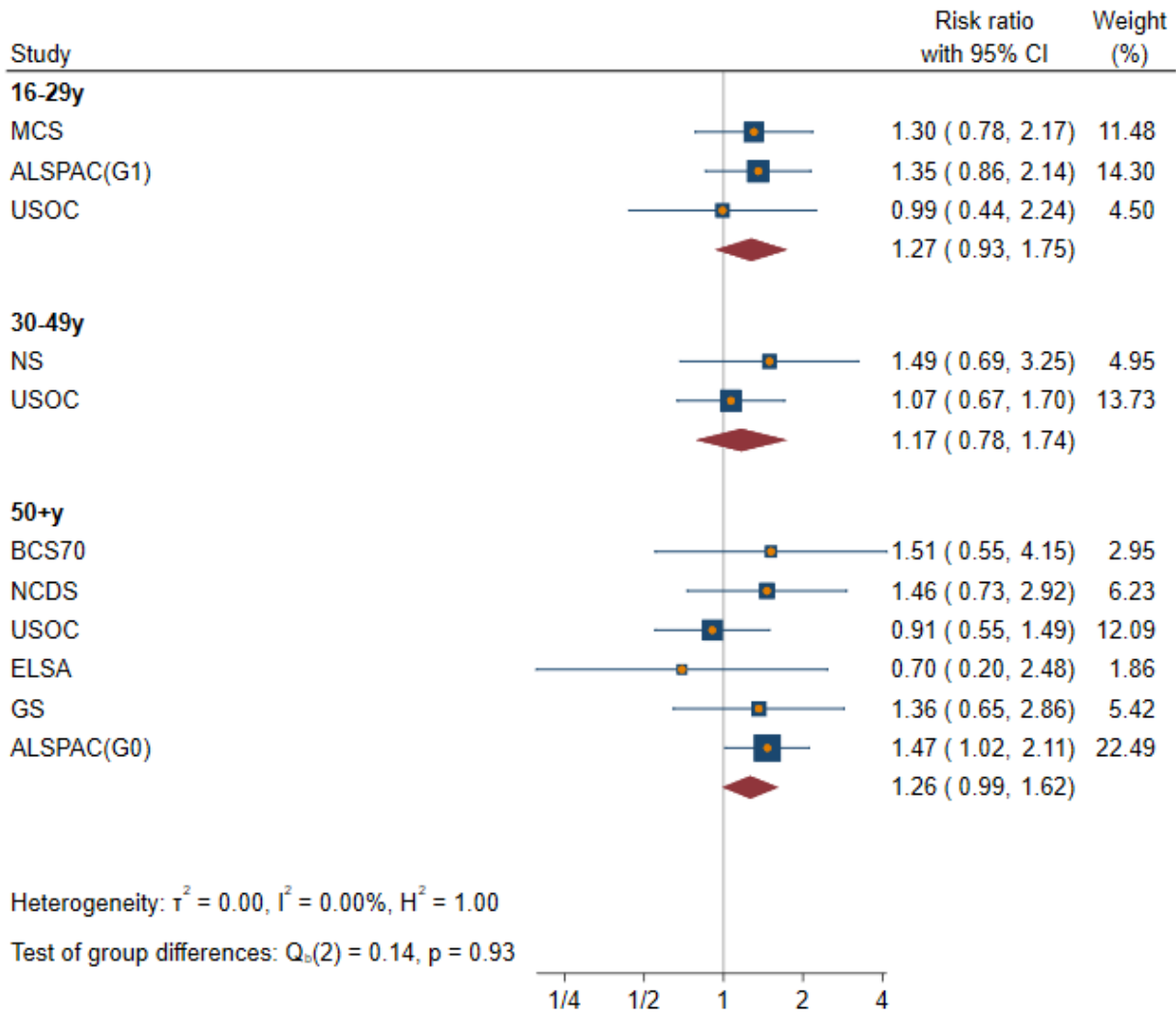




# Figure set 9: Sleeps less than before

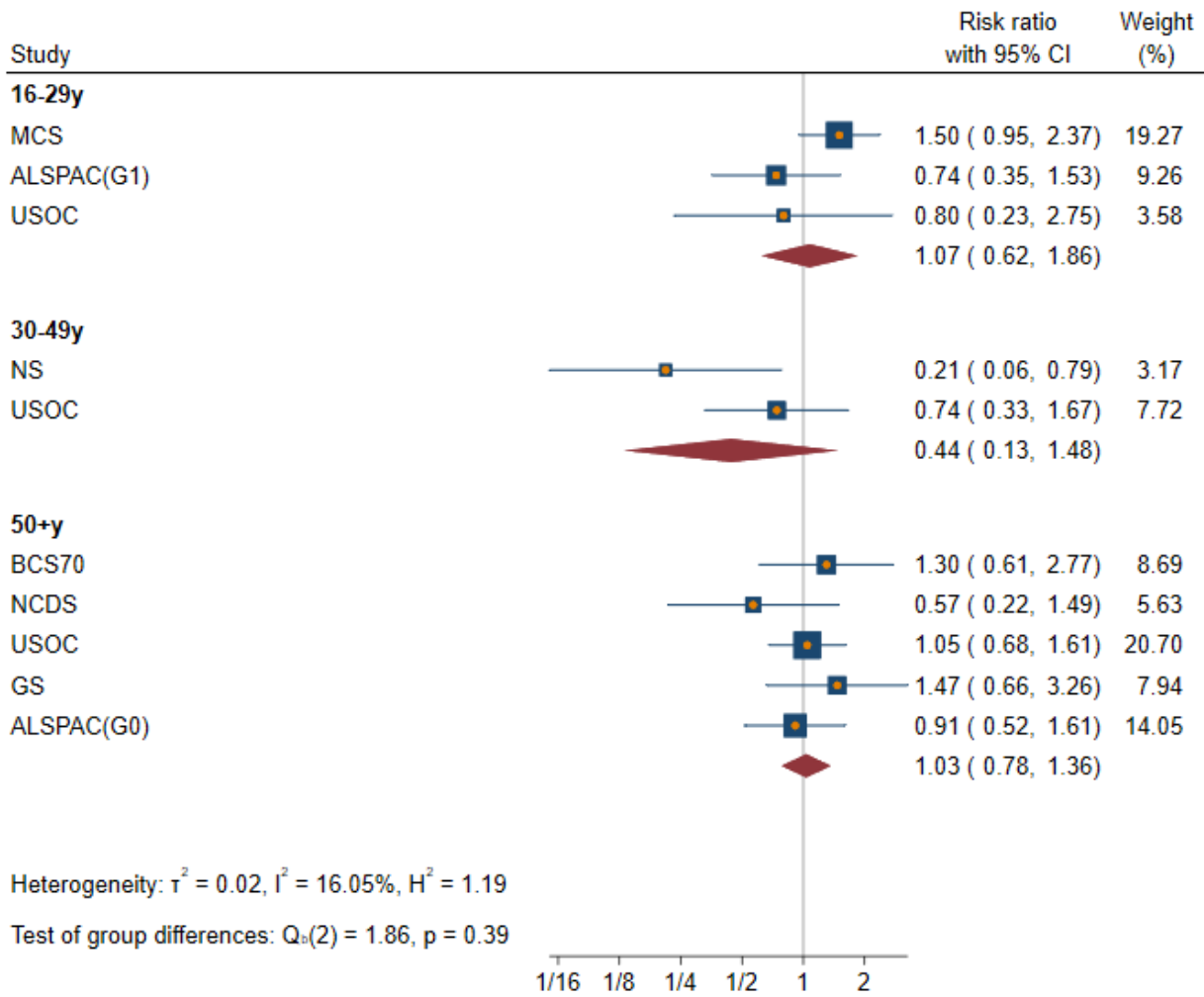


Sleep more than before  
Stable unemployed vs. Stable employed



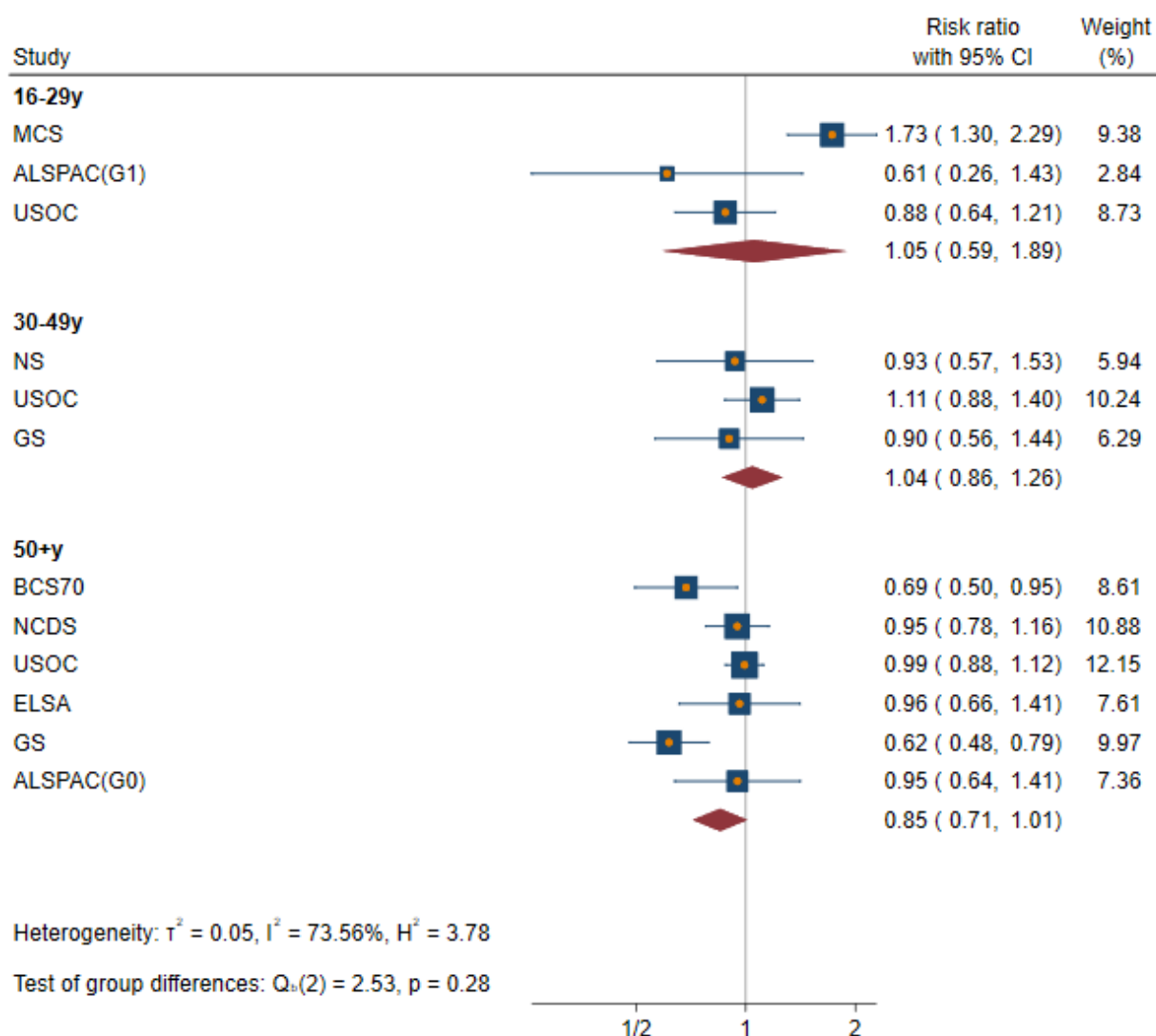
Random-effects REML model

Sleep more than before  
Became employed vs. Stable employed



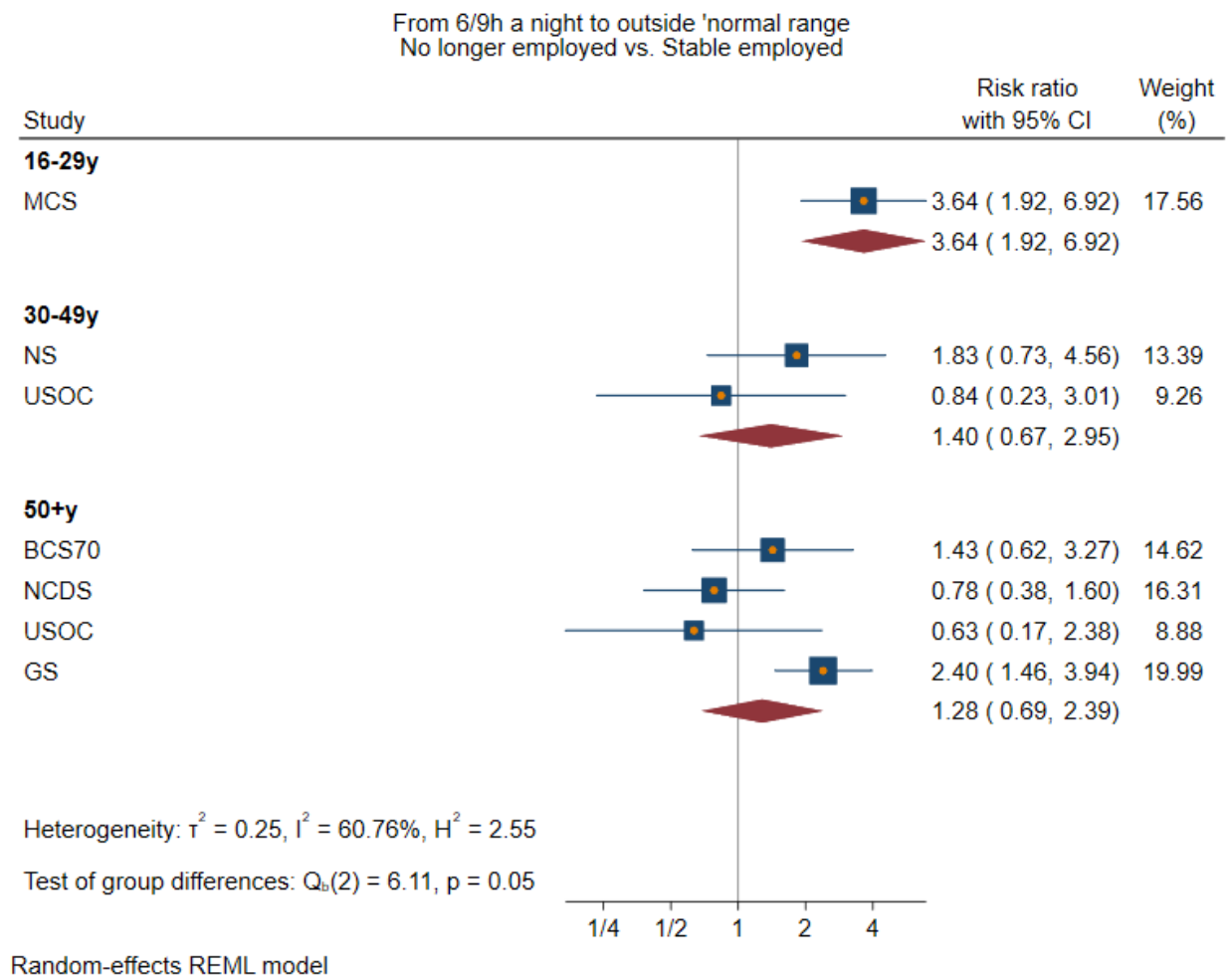
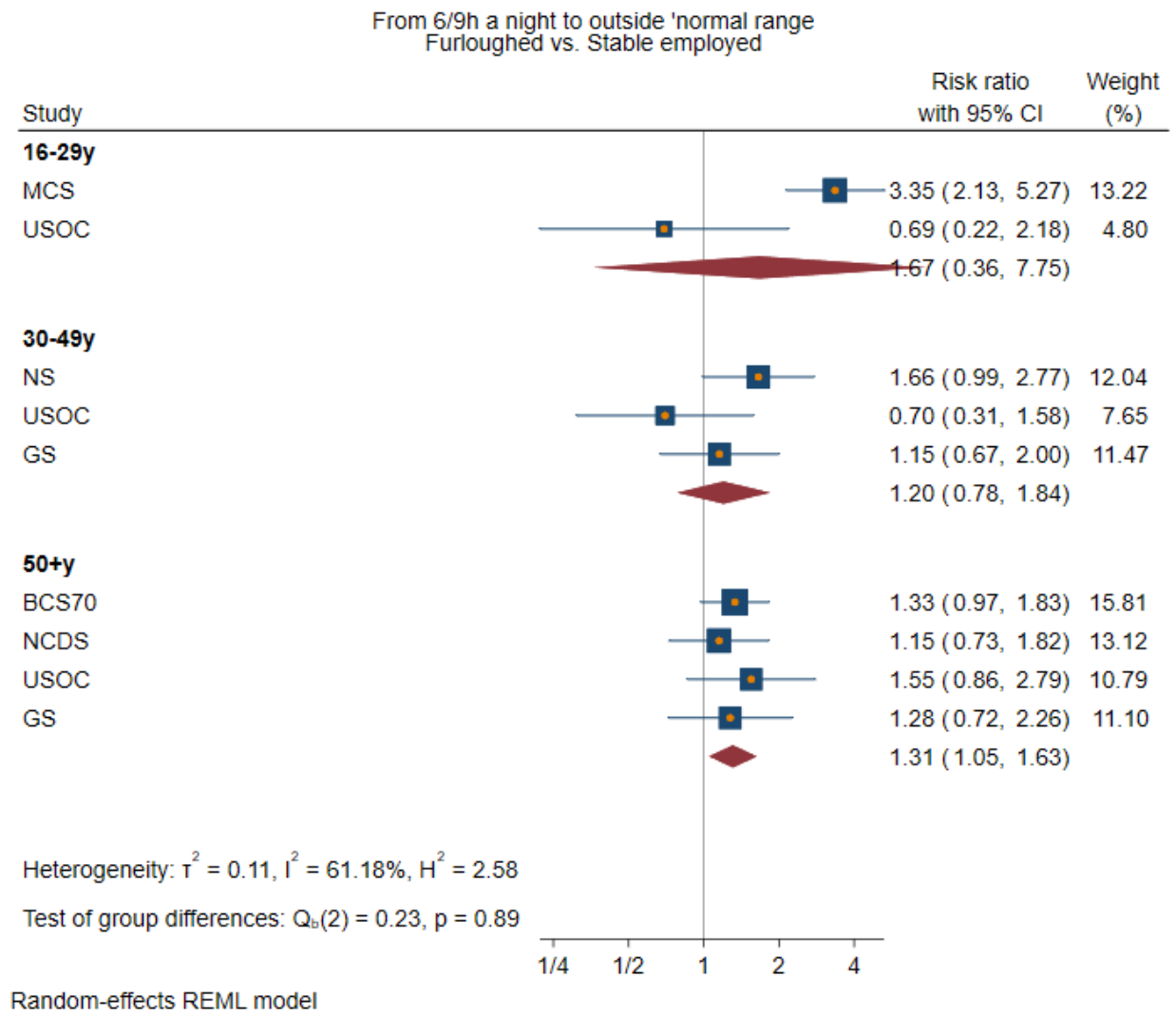
Random-effects REML model

Sleep more than before  
Stable non-employed vs. Stable employed

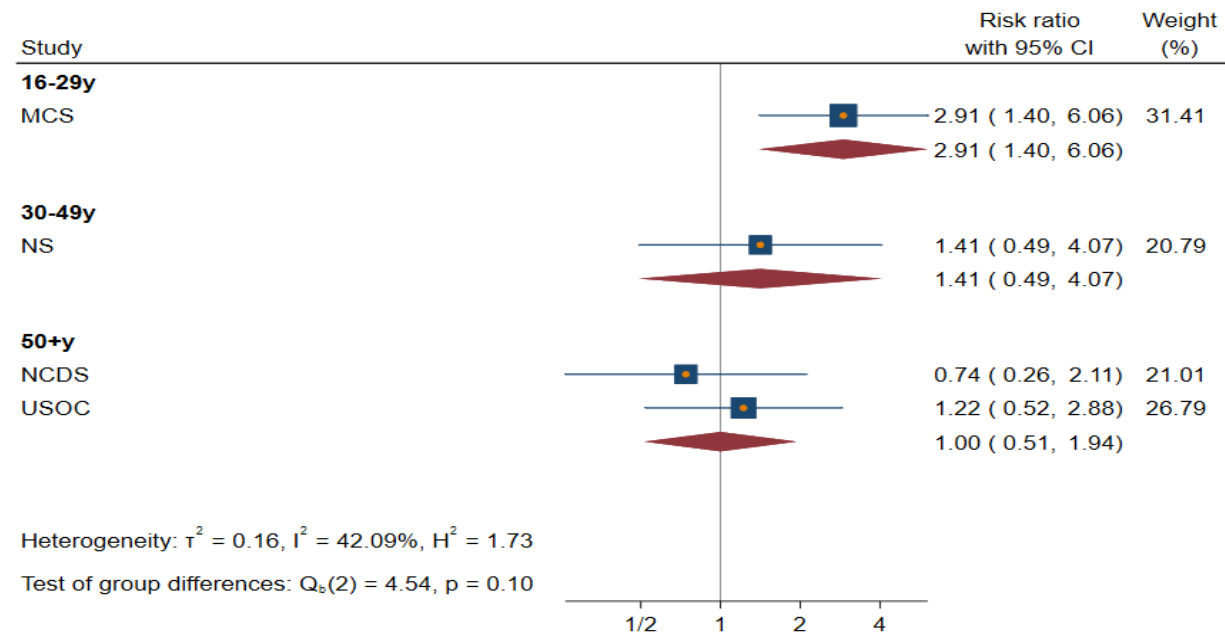


Random-effects REML model

Figure set 10: From 6/9h a night to outside ‘normal range’

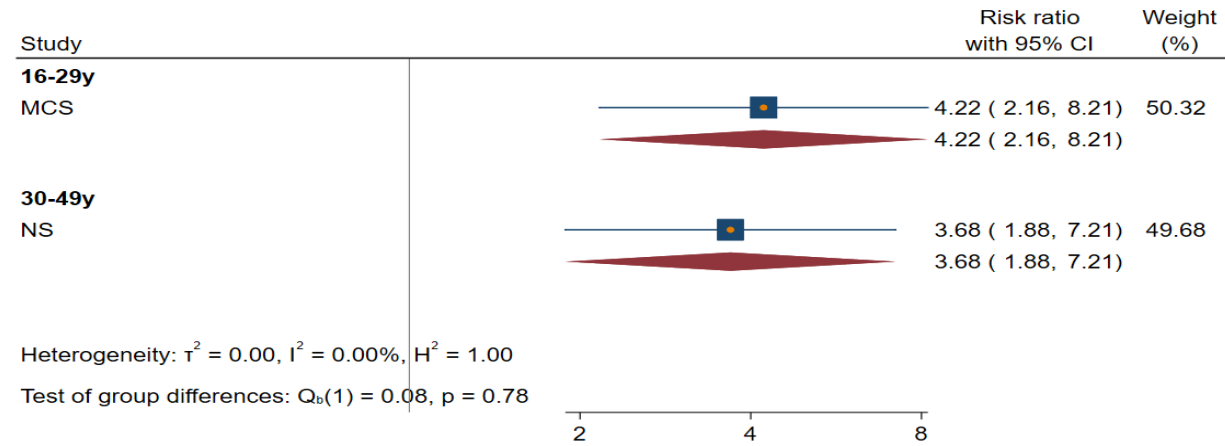


From 6/9h a night to outside 'normal range  
Stable unemployed vs. Stable employed



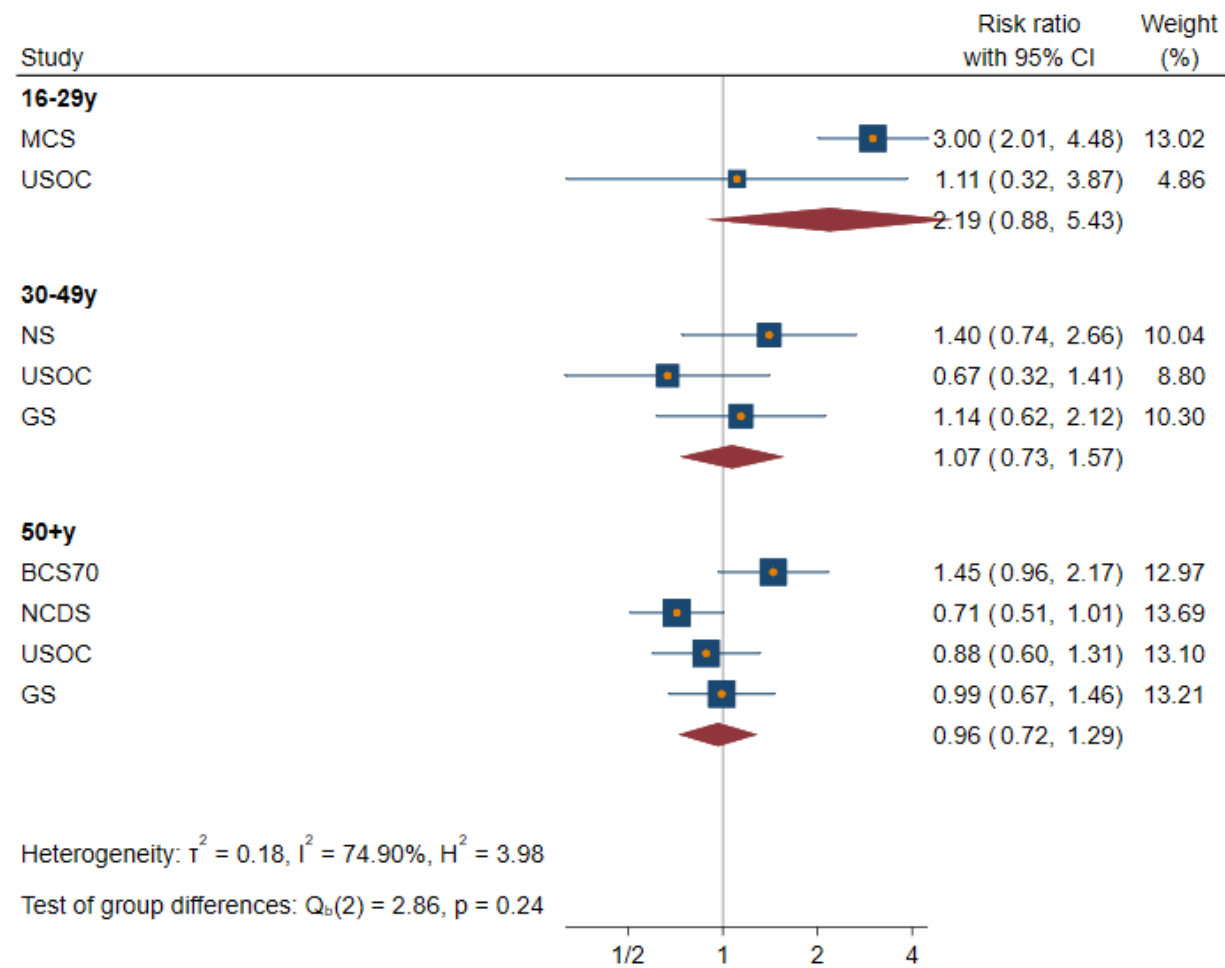
Random-effects REML model

From 6/9h a night to outside 'normal range  
Became employed vs. Stable employed



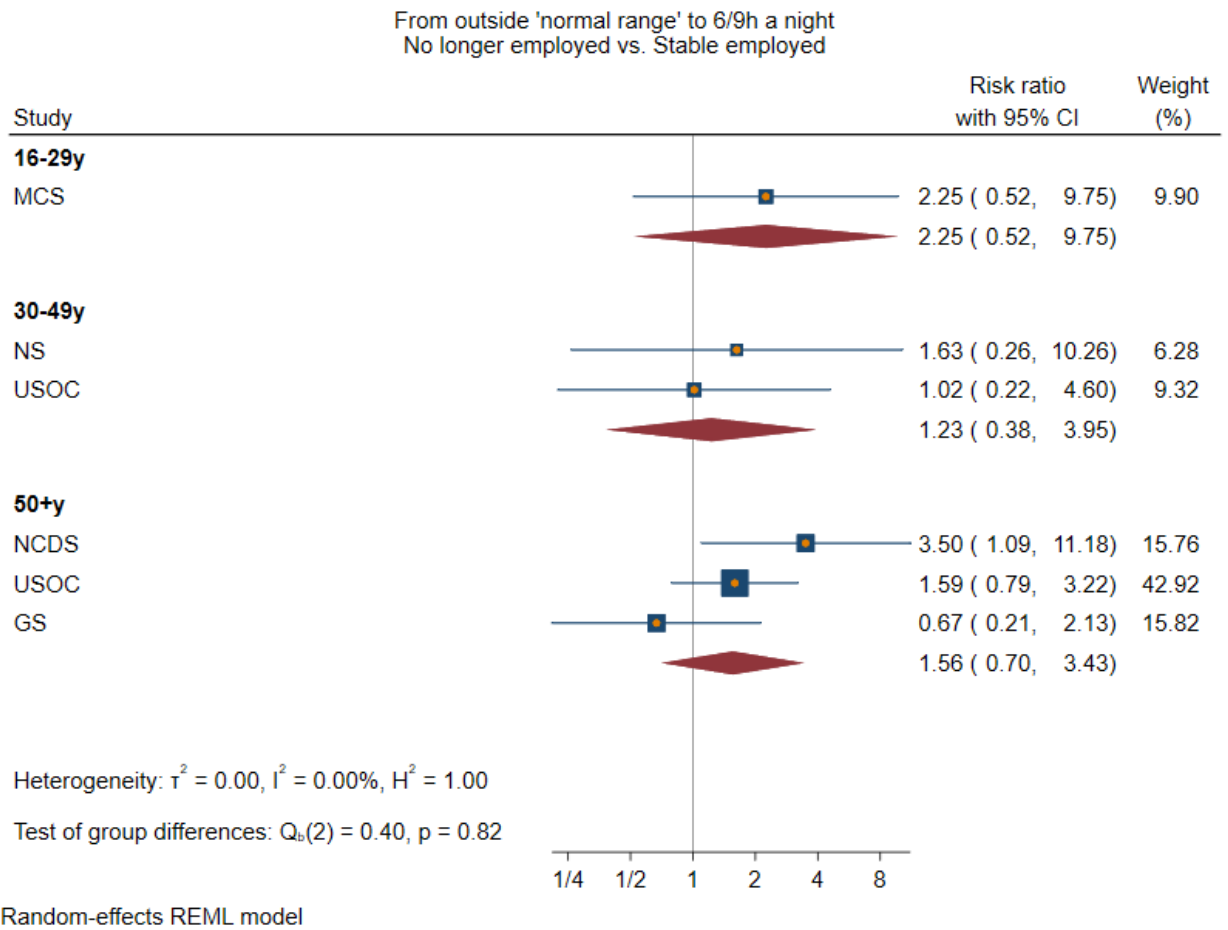
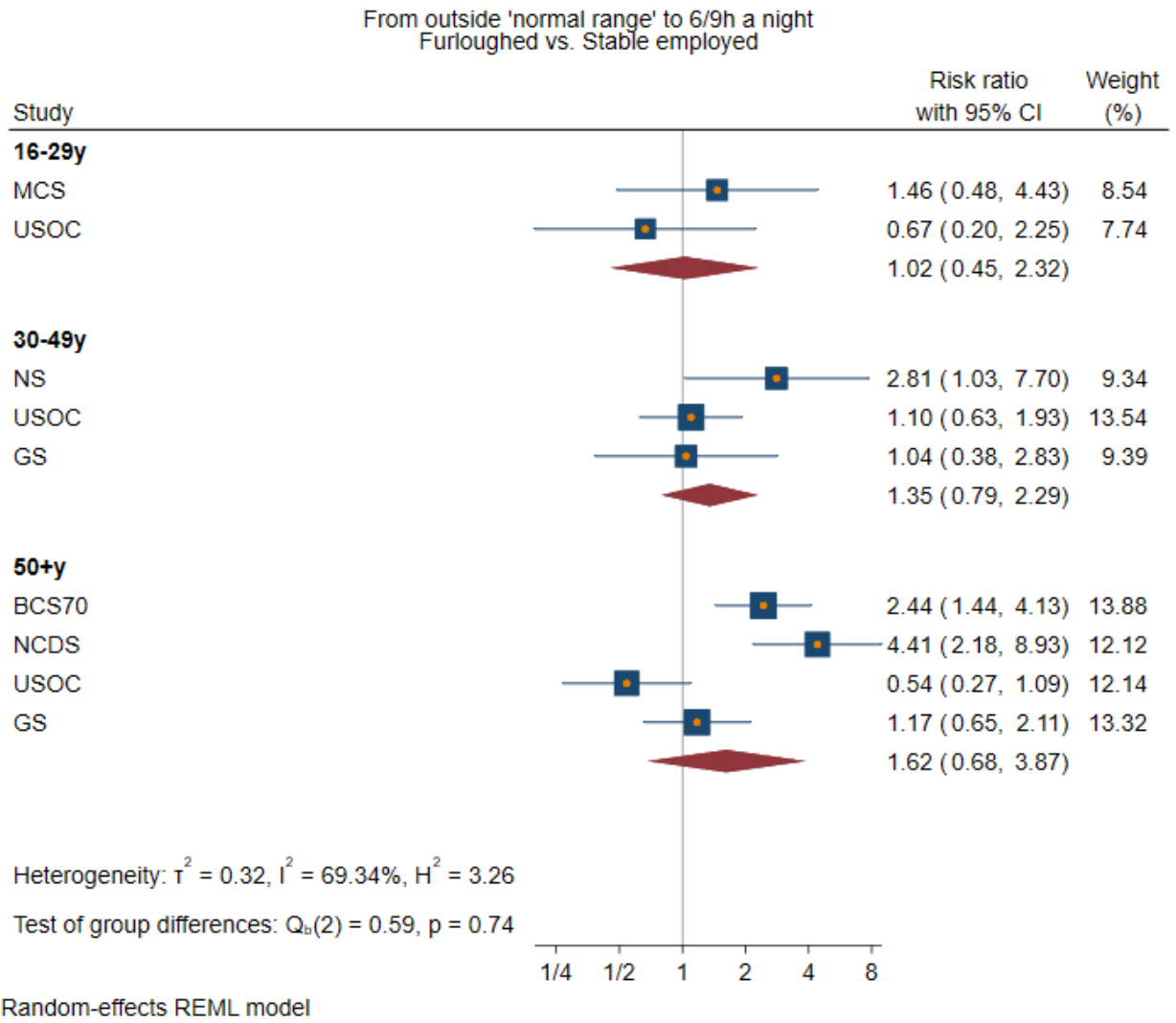
Random-effects REML model

From 6/9h a night to outside 'normal range  
Stable non-employed vs. Stable employed



Random-effects REML model

Figure set 11: From outside ‘normal range’ to 6/9h a night





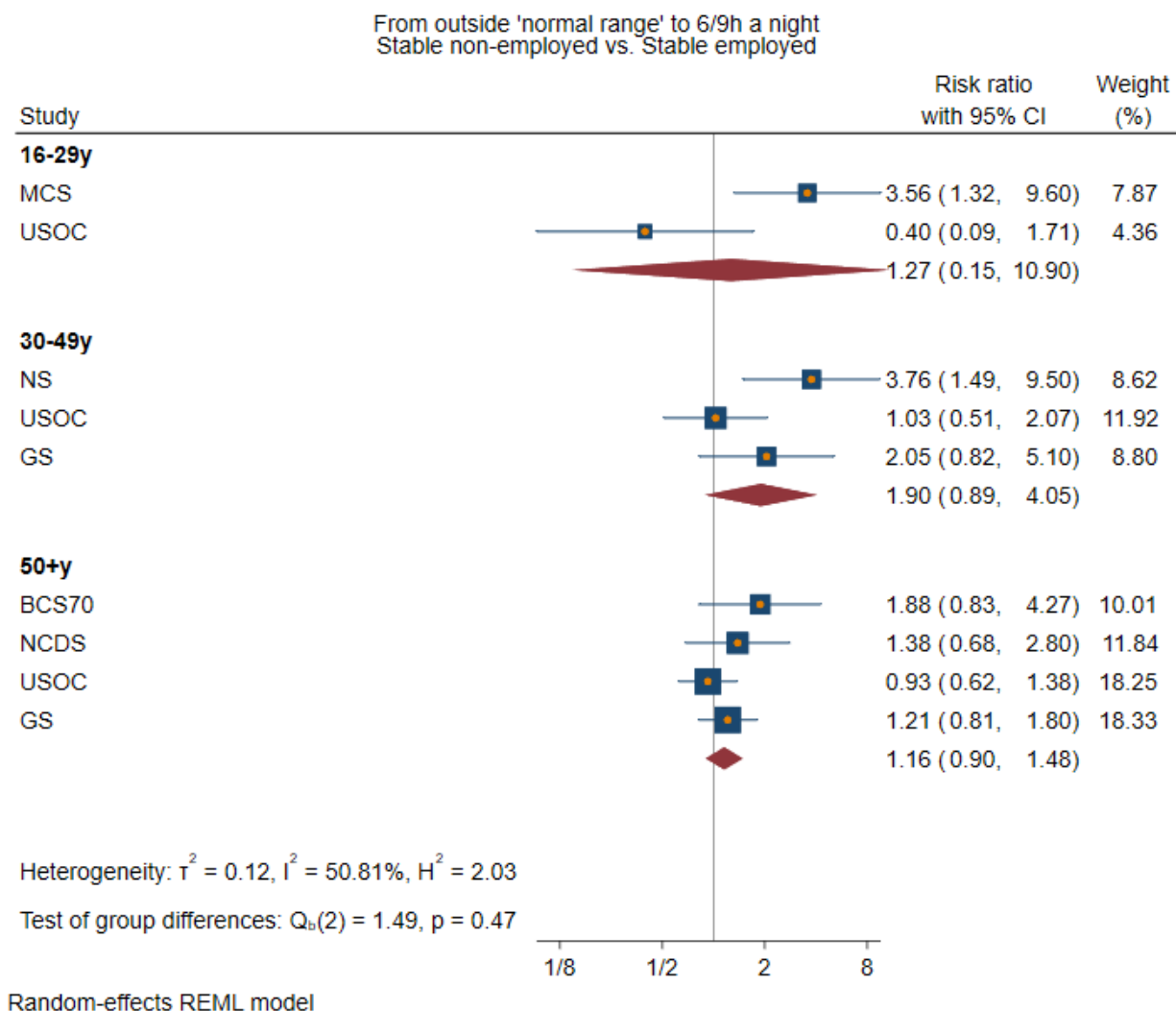
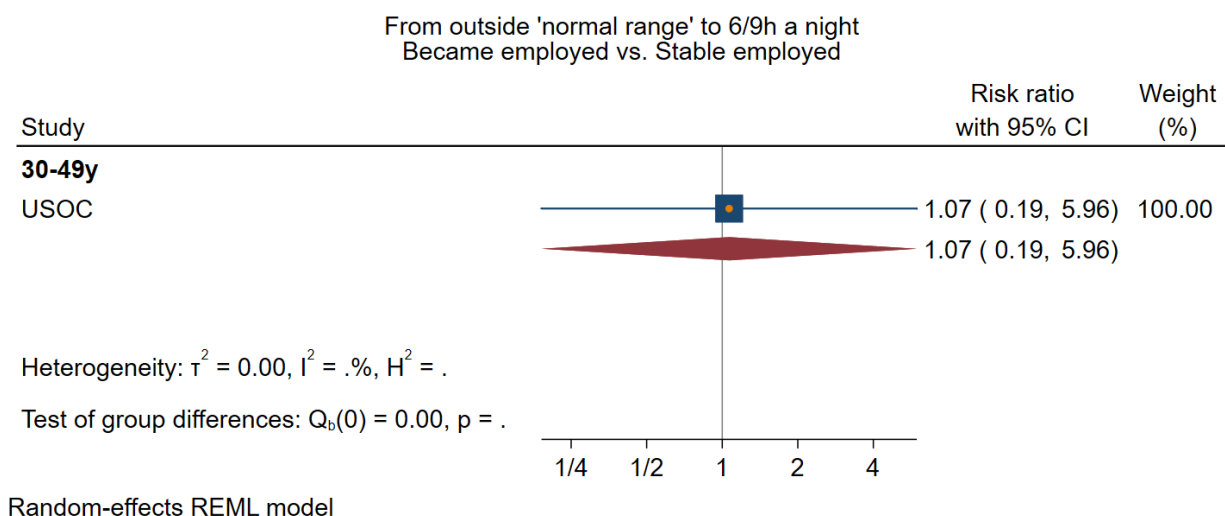
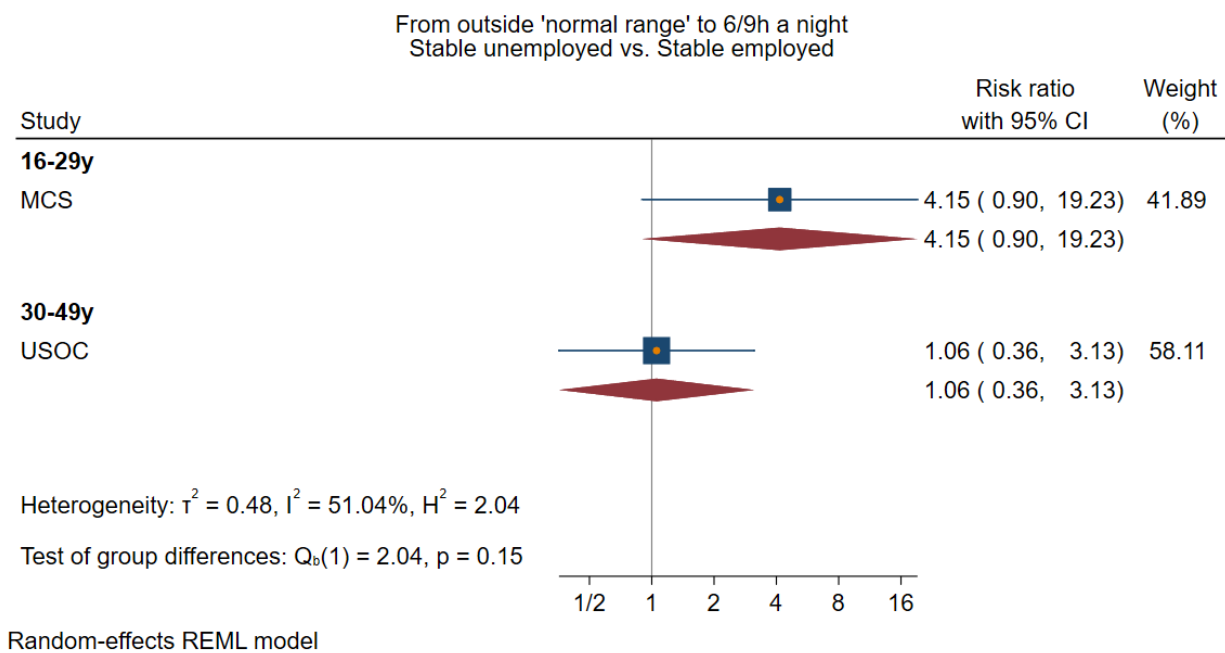
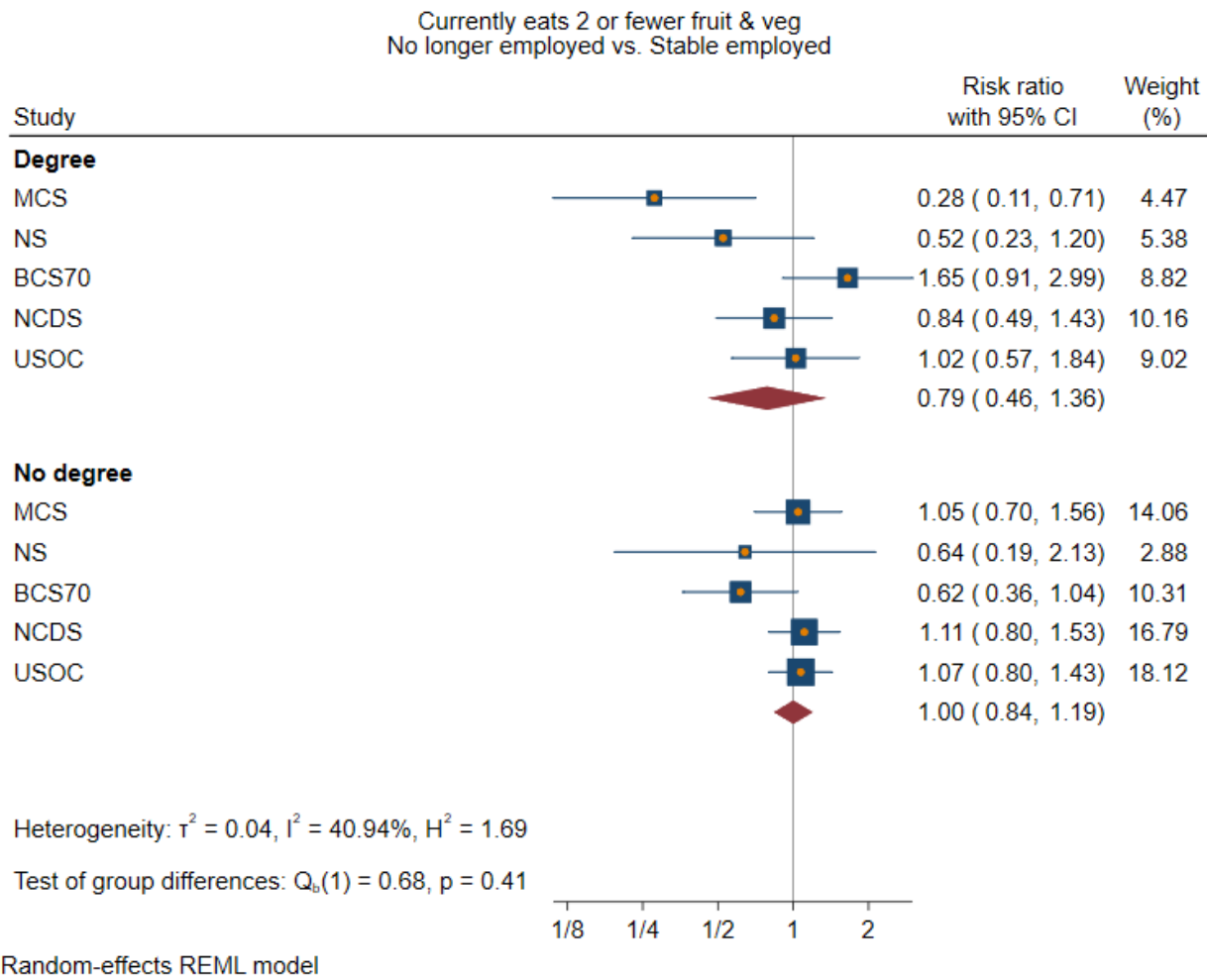
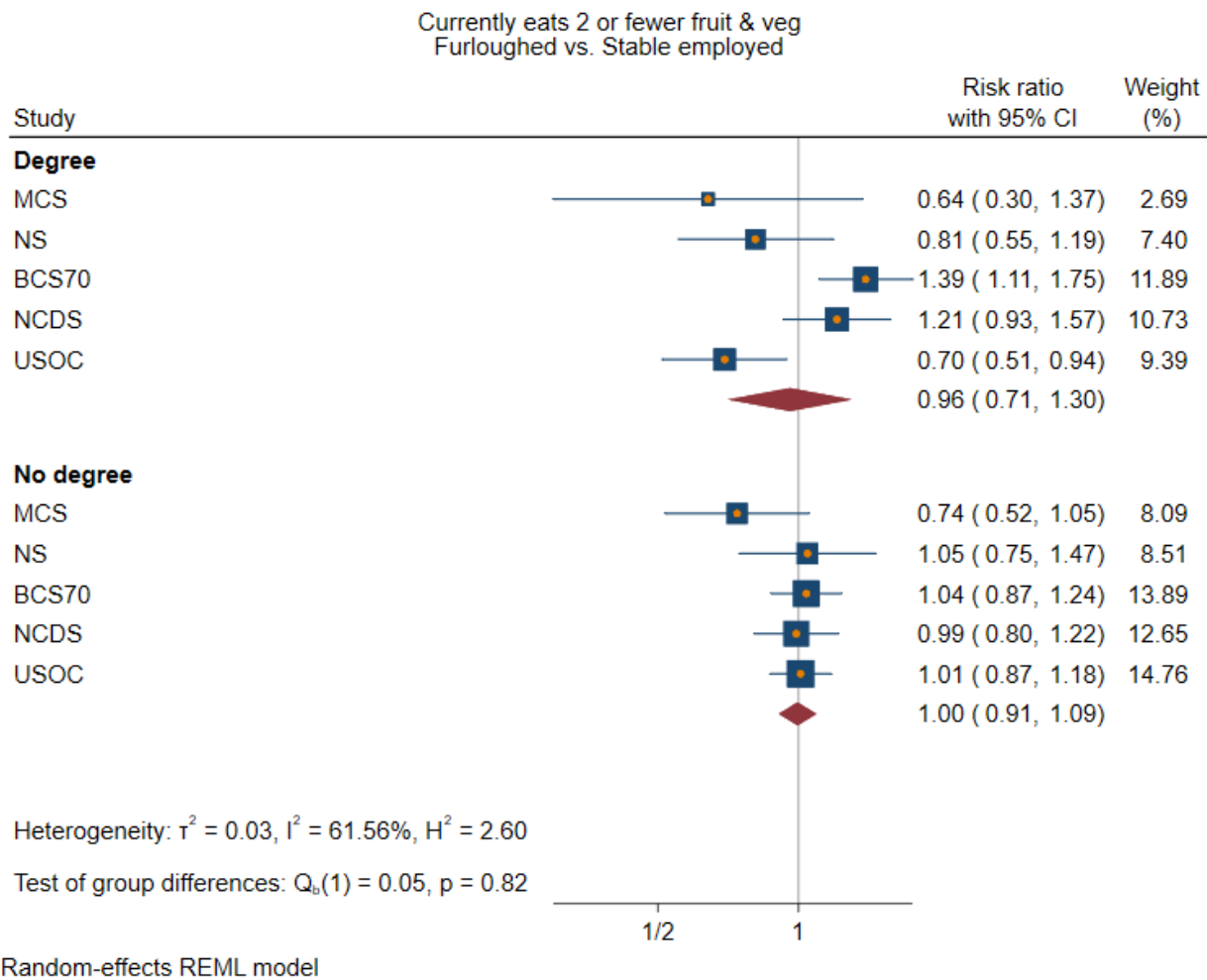


Figure set 12: Currently eats 2 or fewer fruit and veg



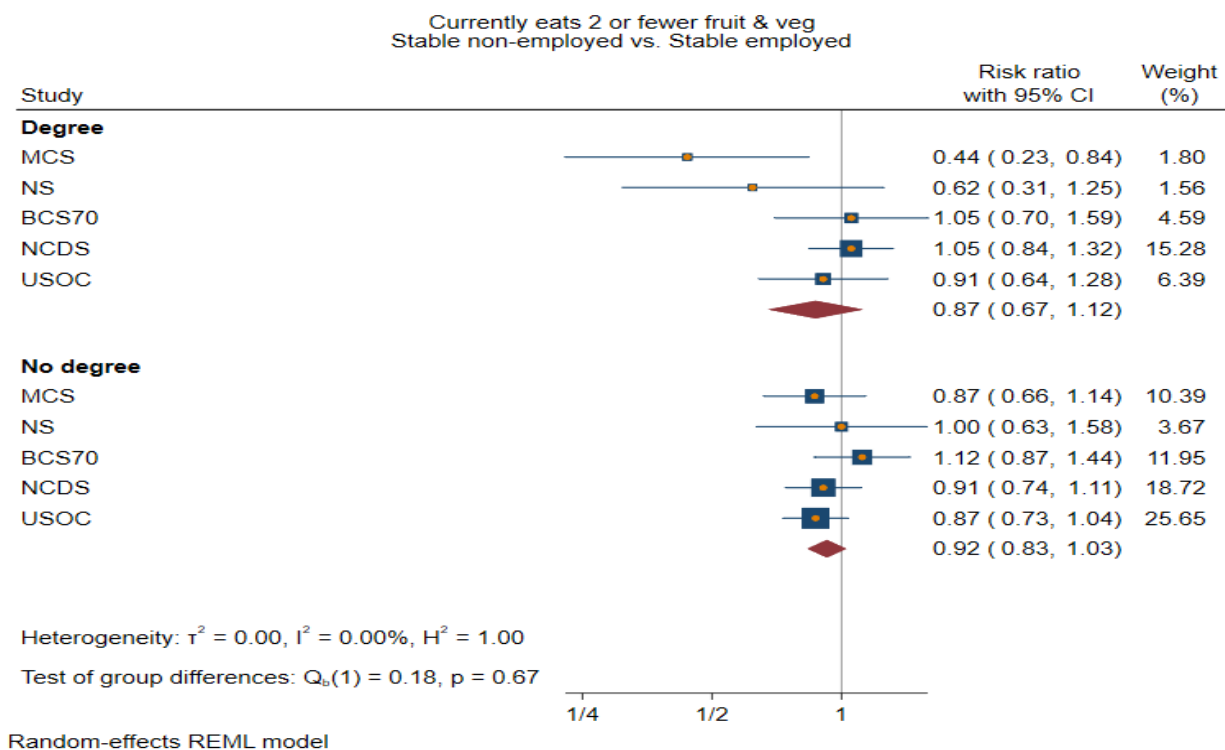
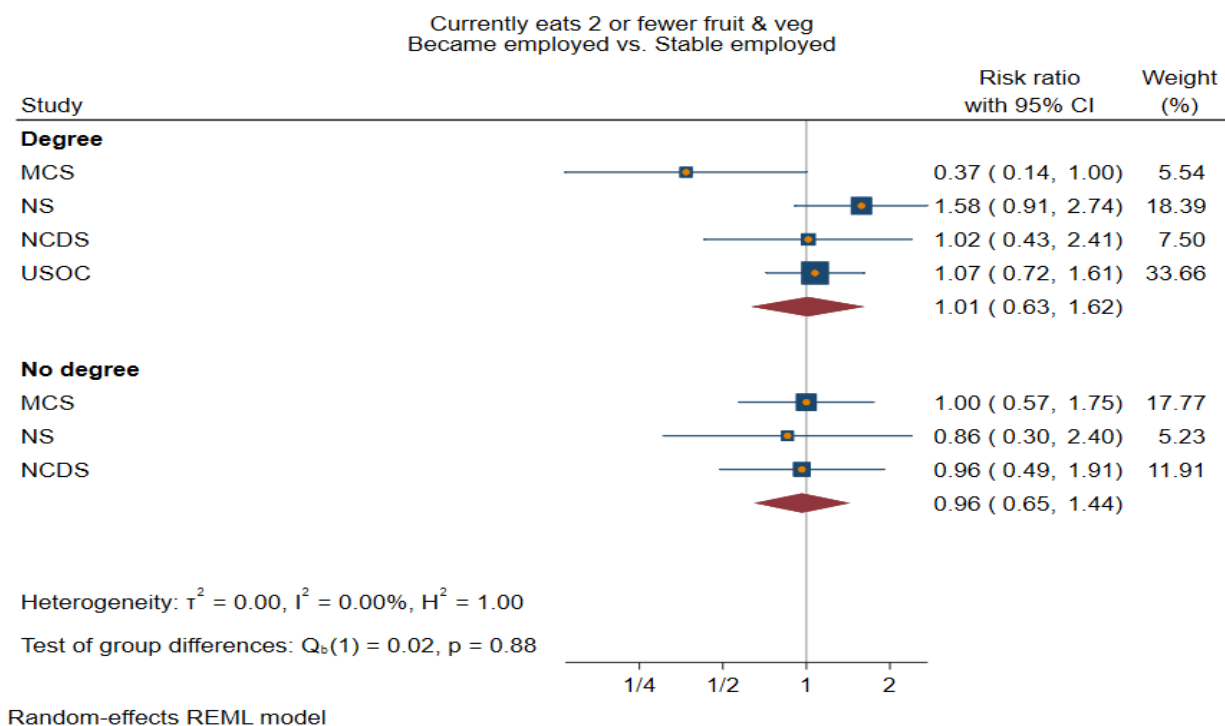
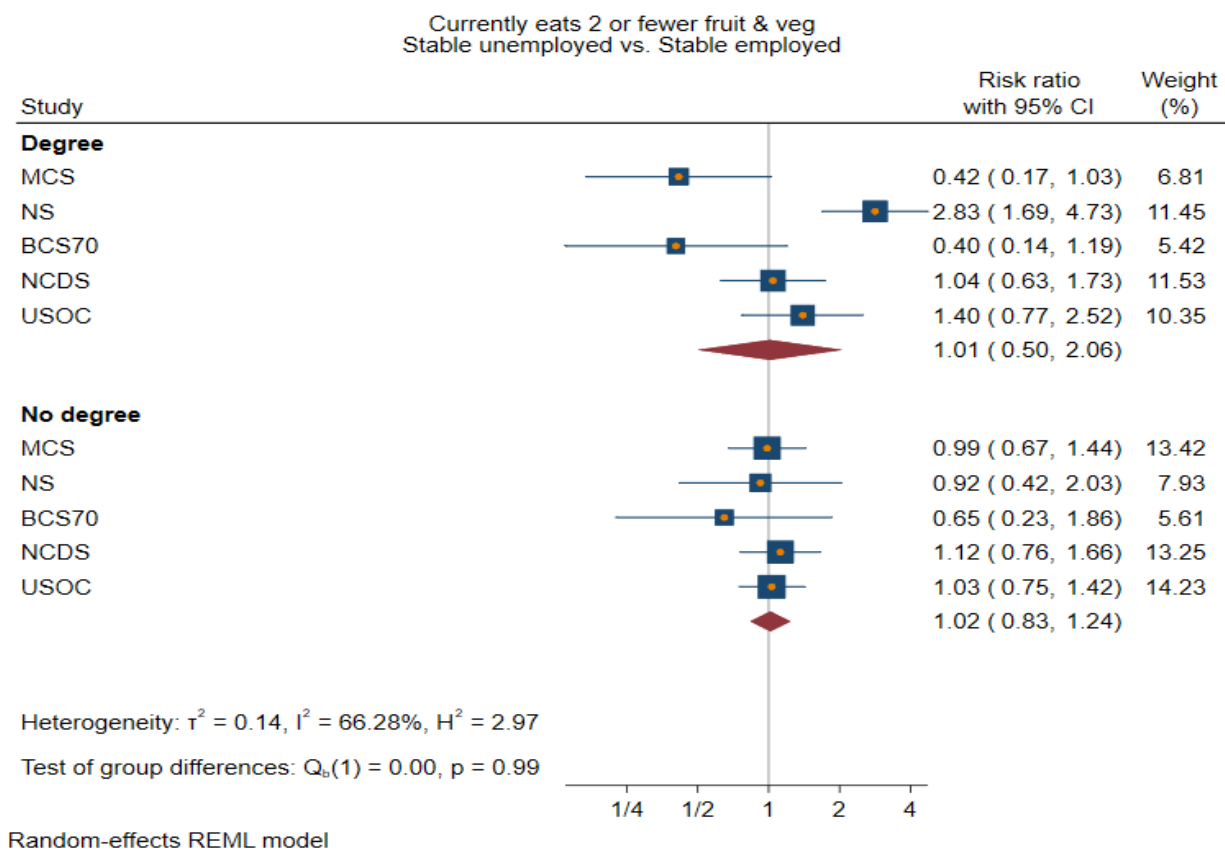
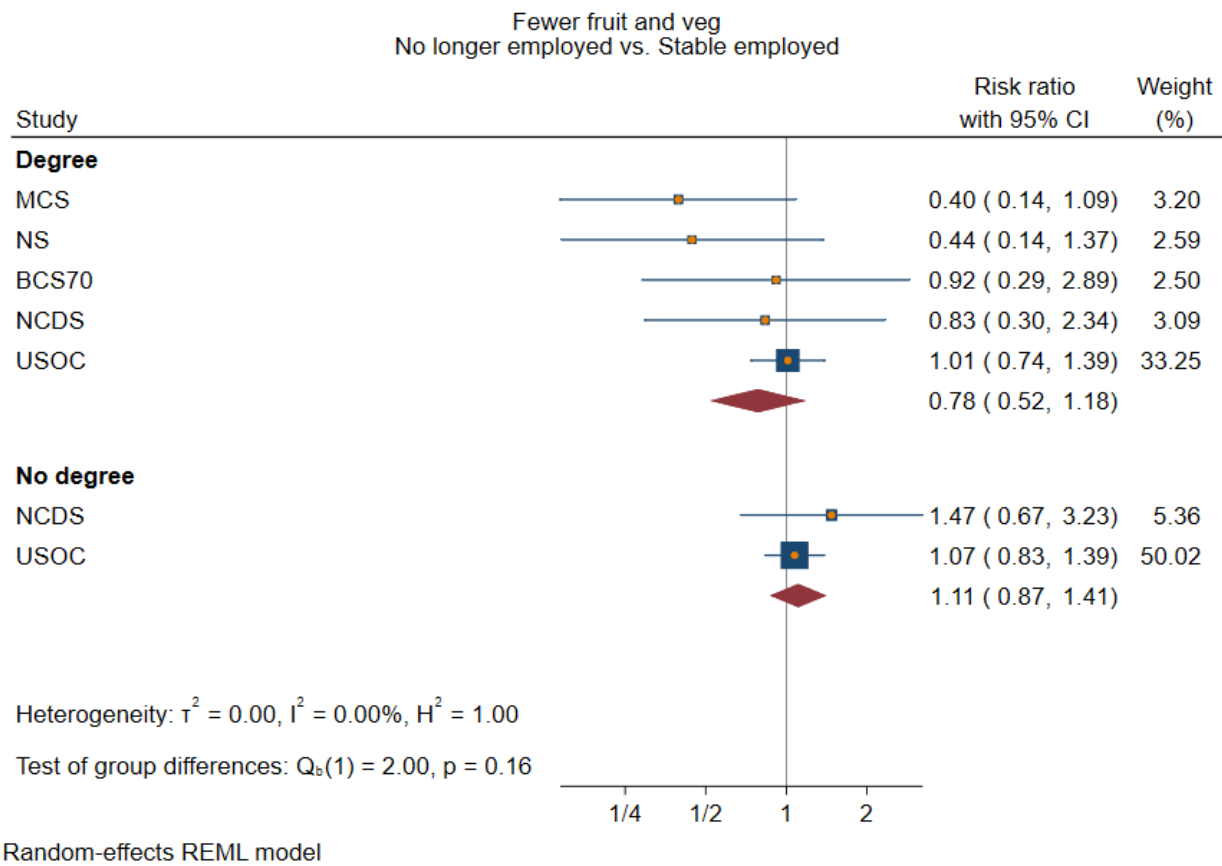
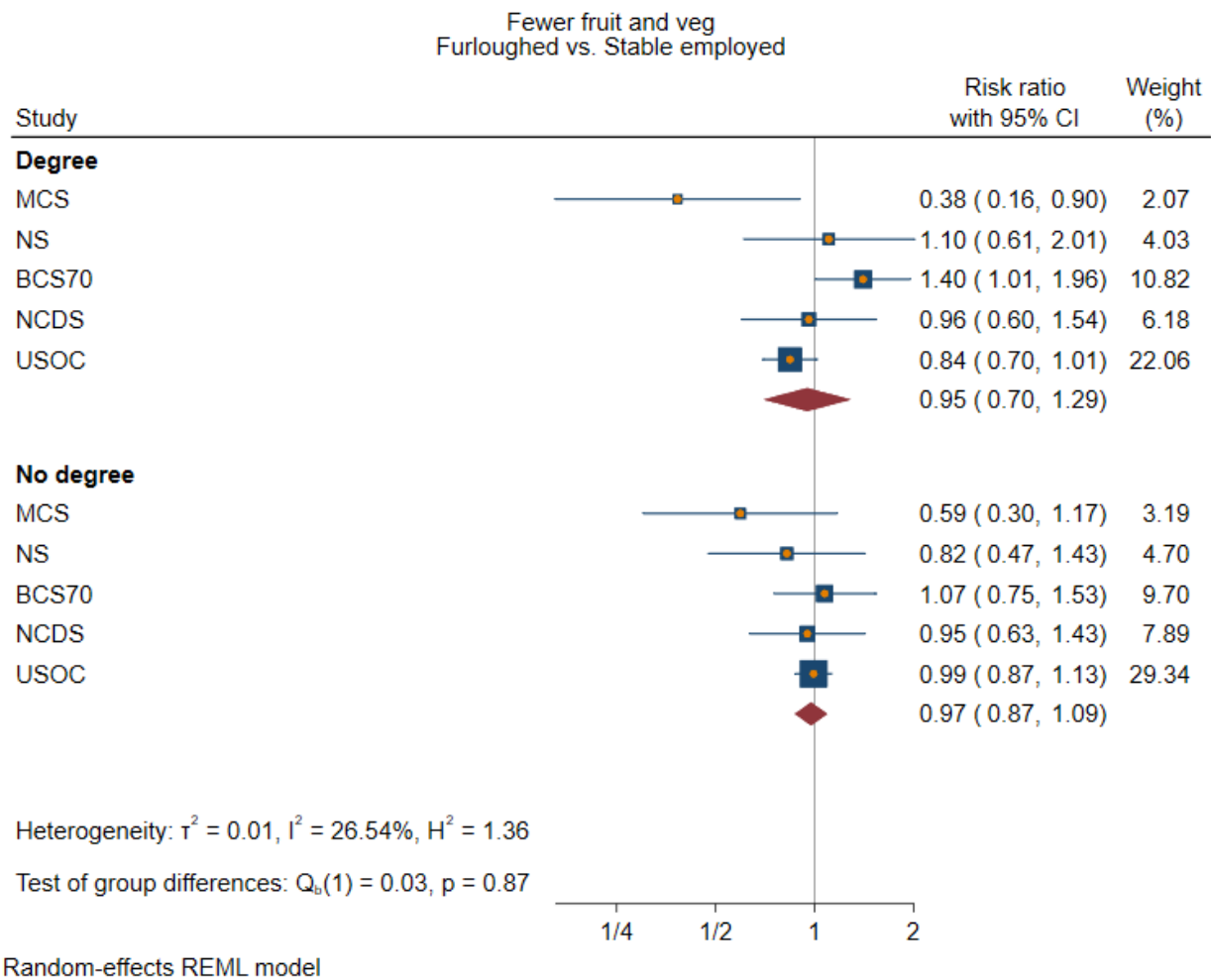


Figure set 13: Fewer fruit and veg



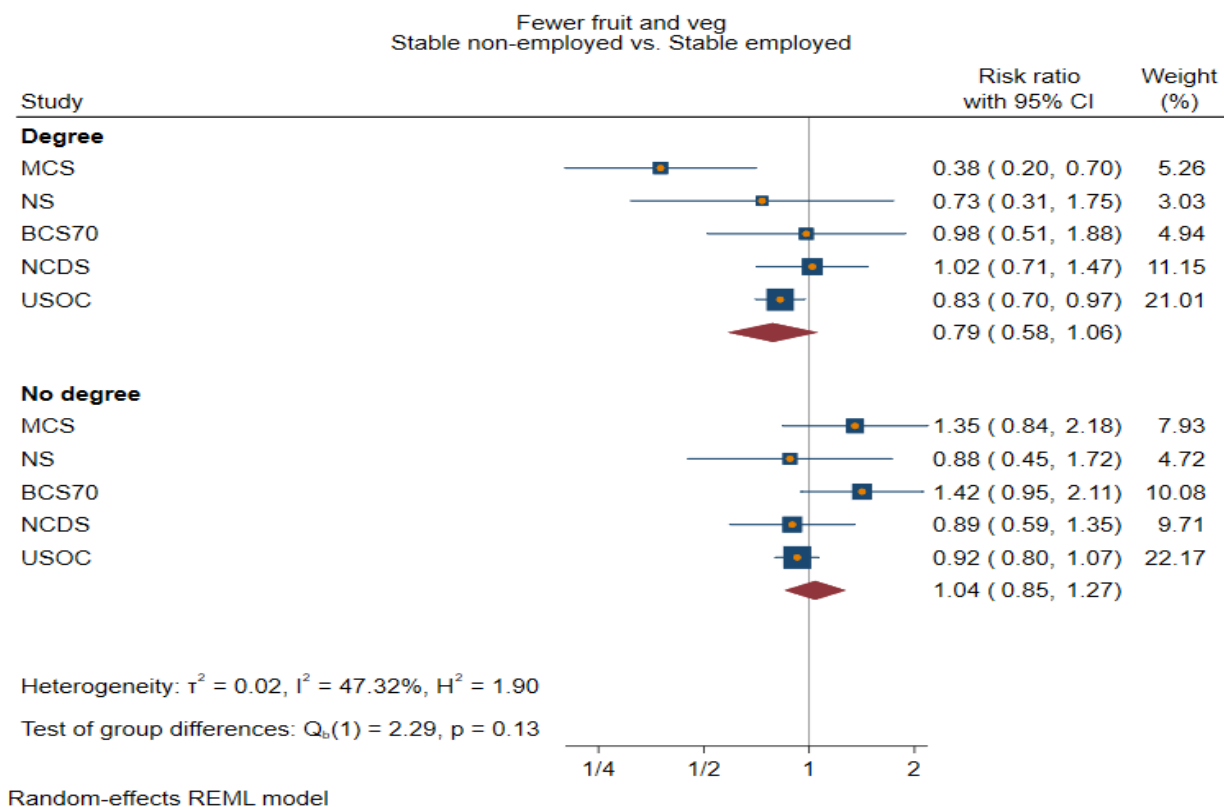
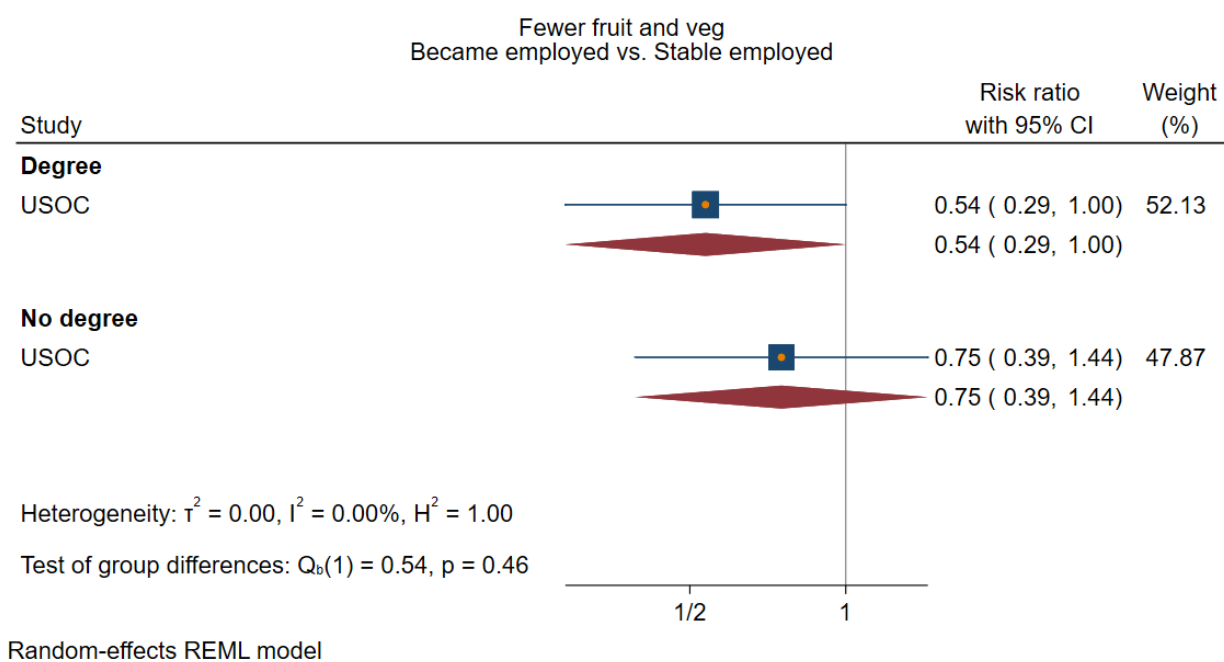
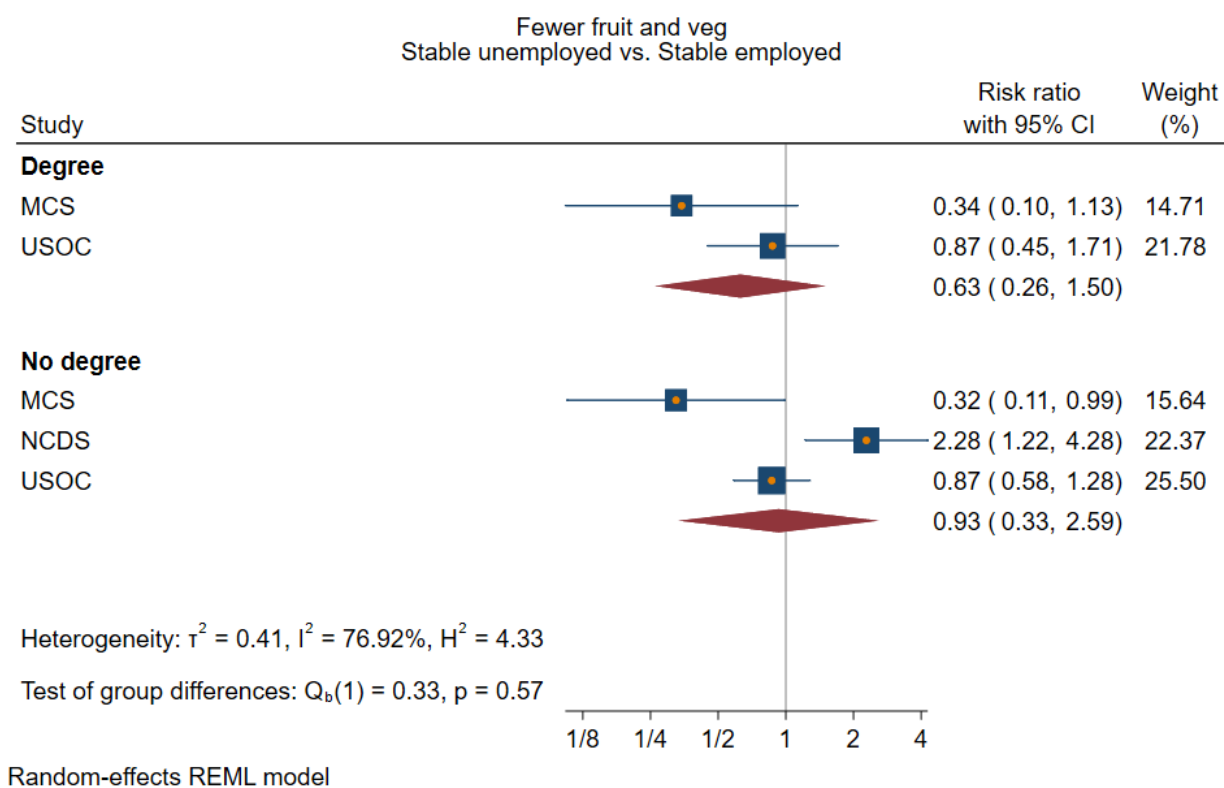
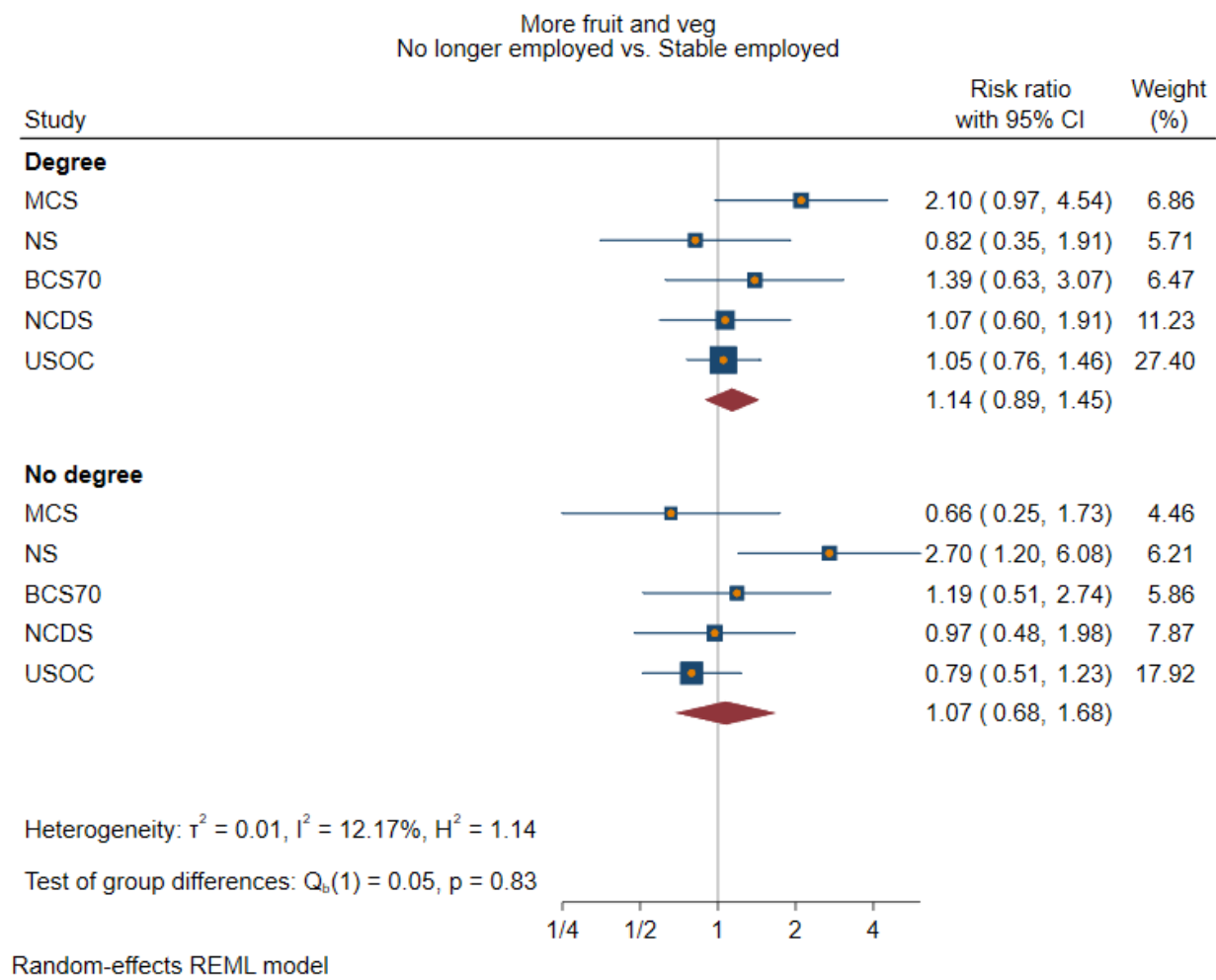
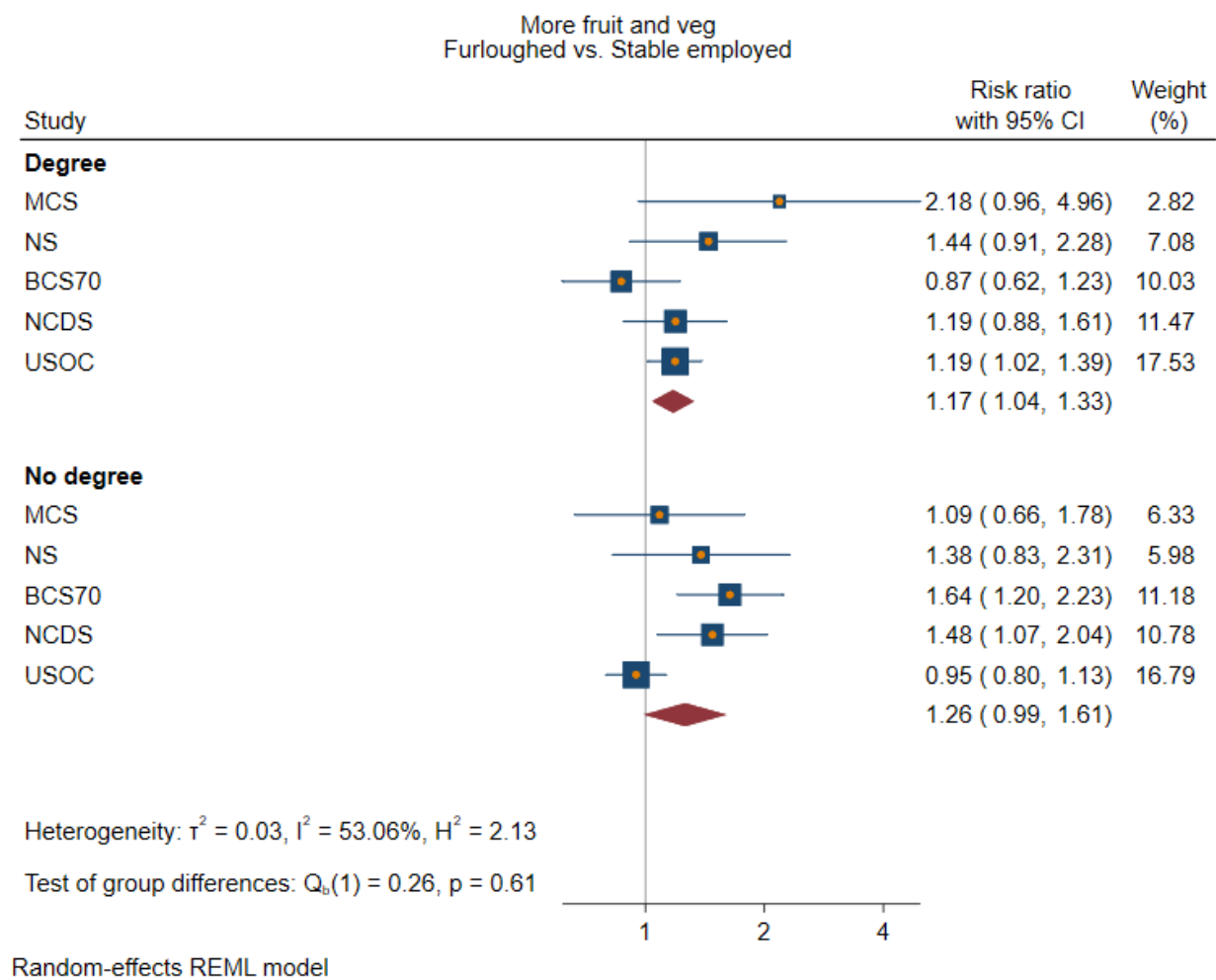
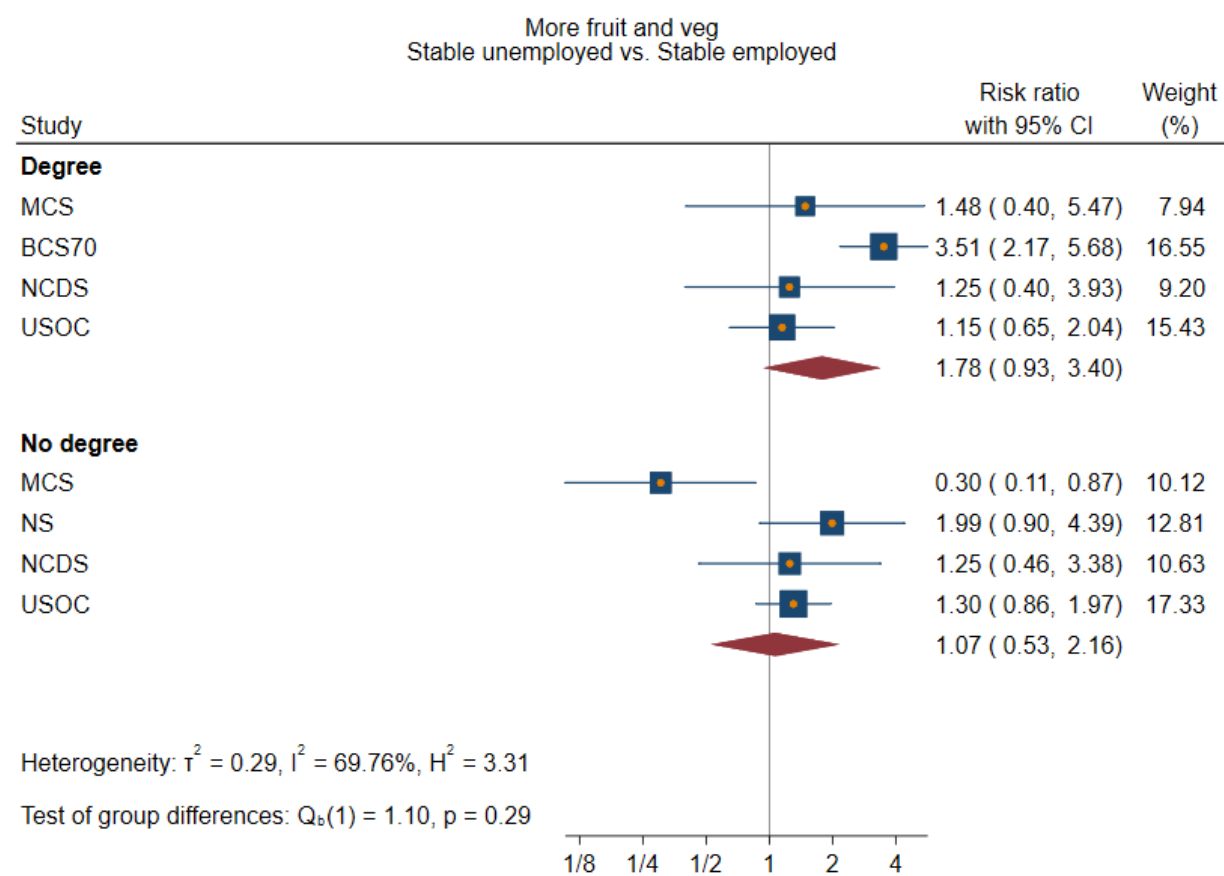
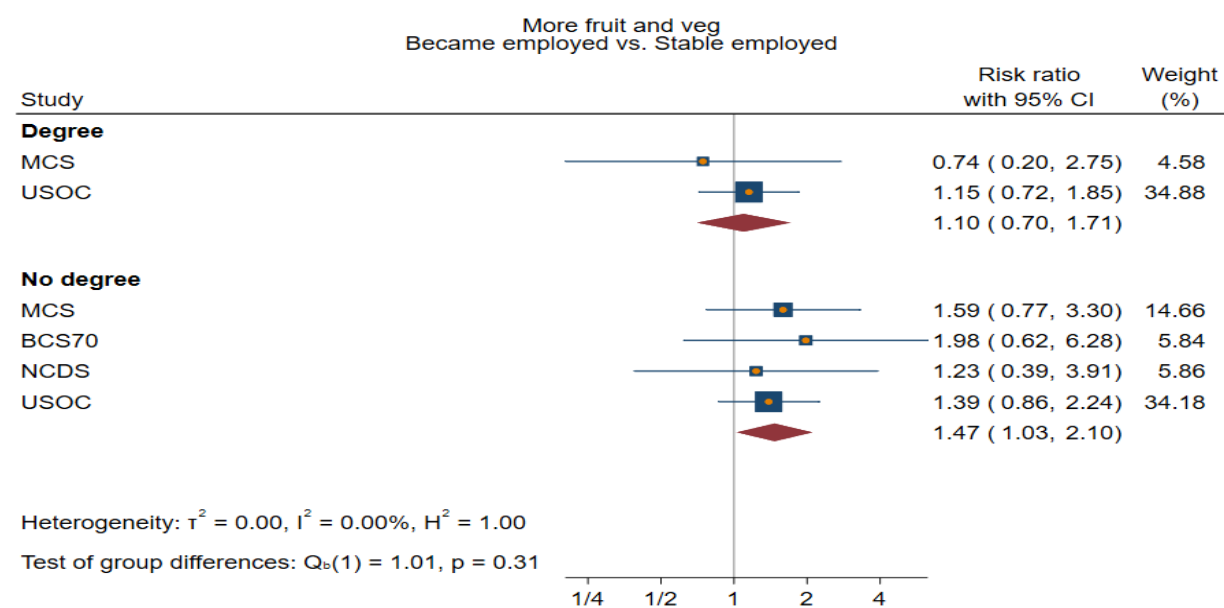


Figure set 14: More fruit and veg

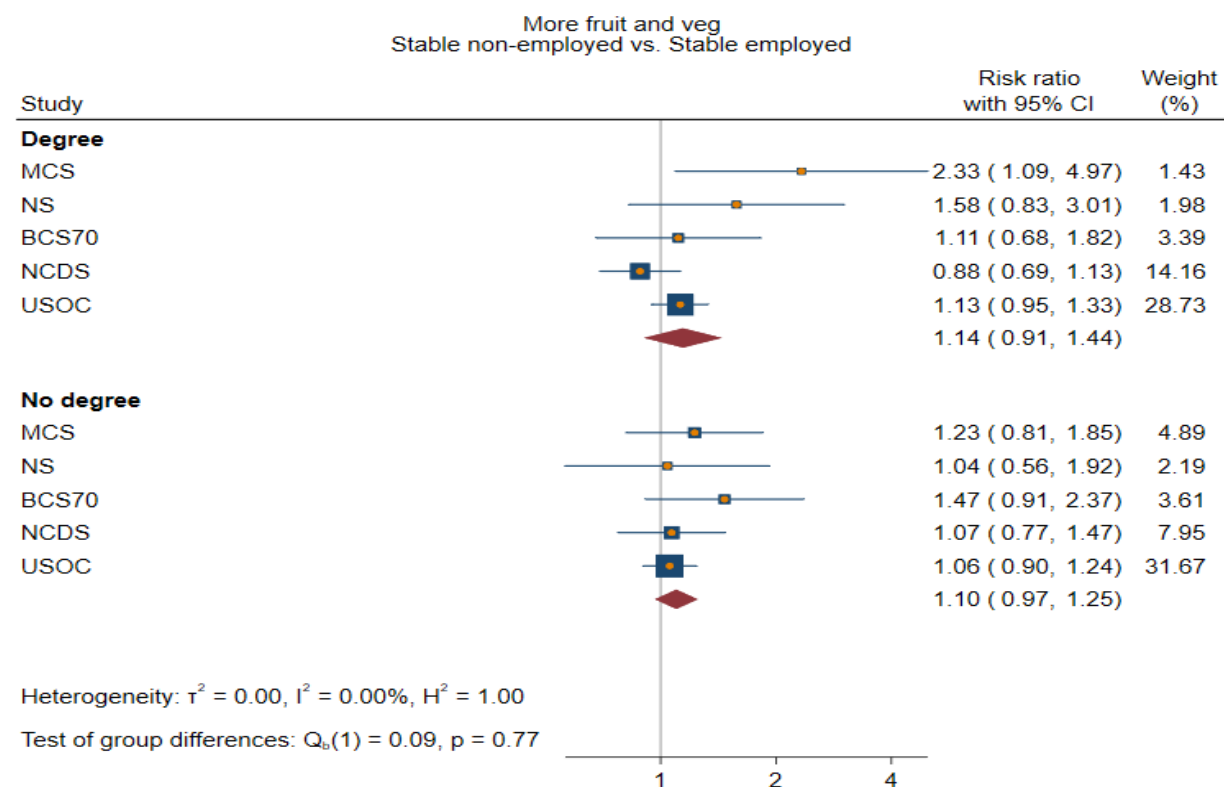




Random-effects REML model

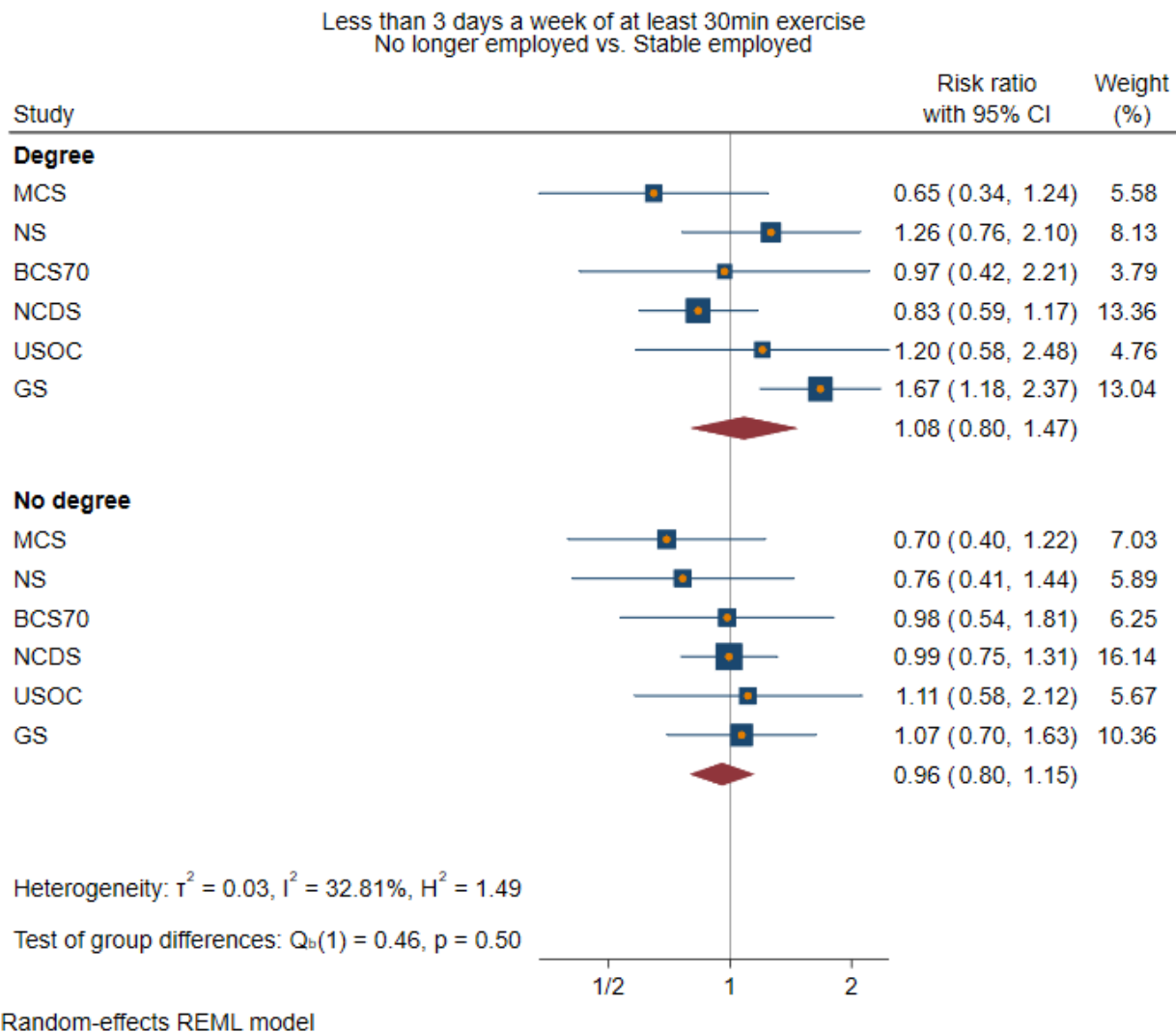
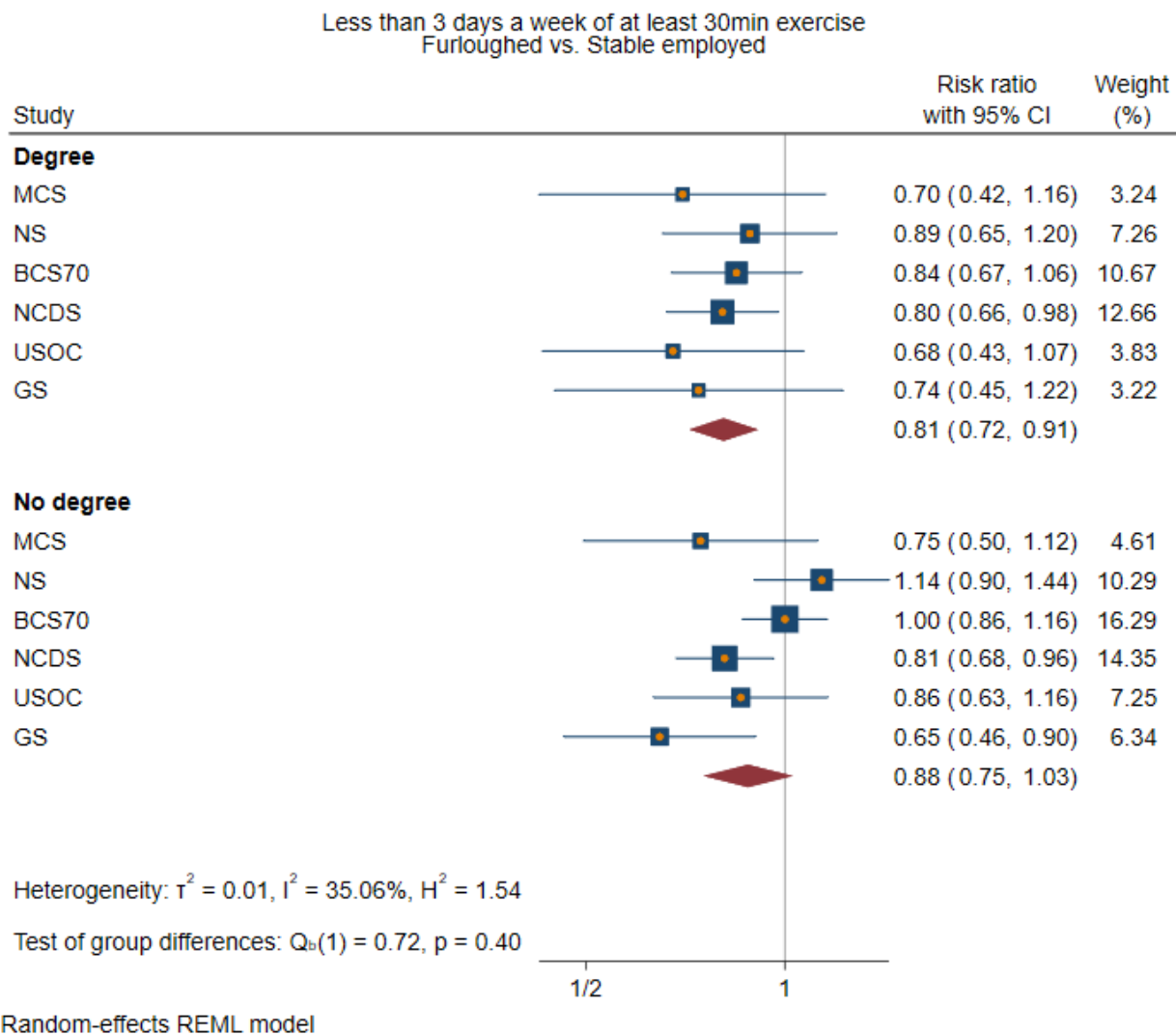


Random-effects REML model



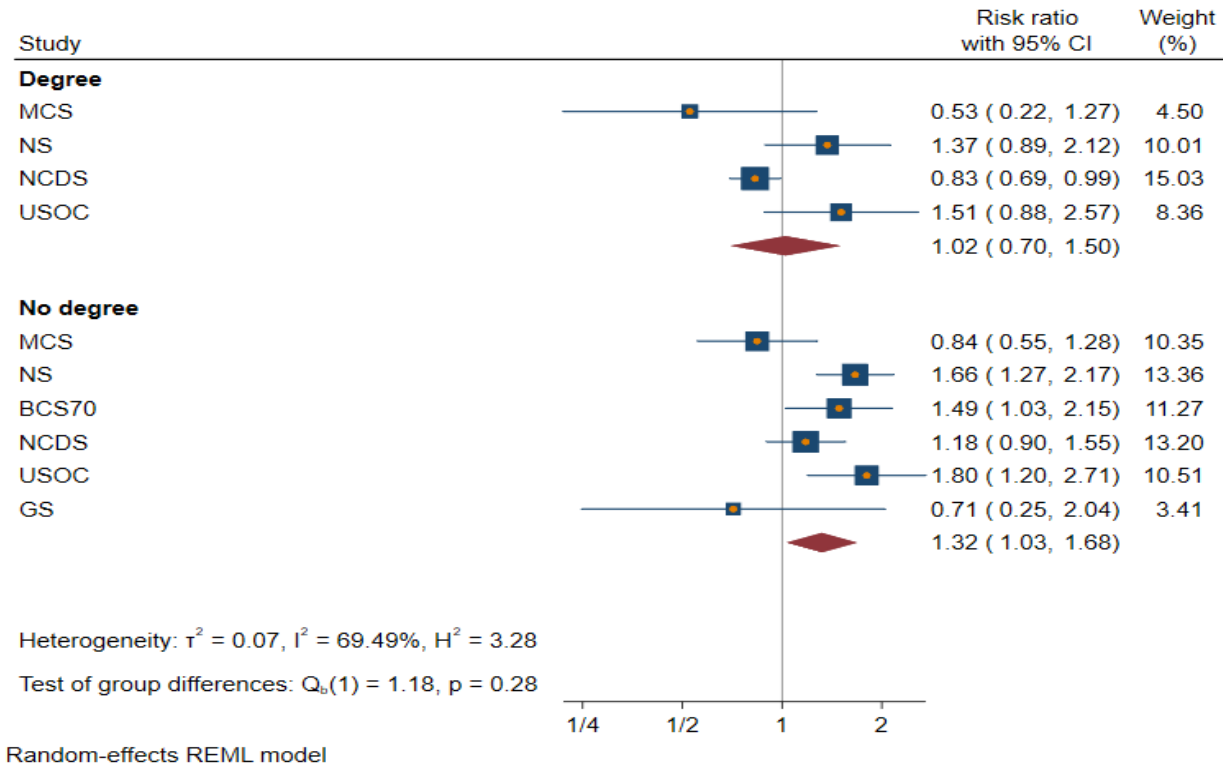
Random-effects REML model

Figure set 15: Less than 3 days a week of at least 30min exercise

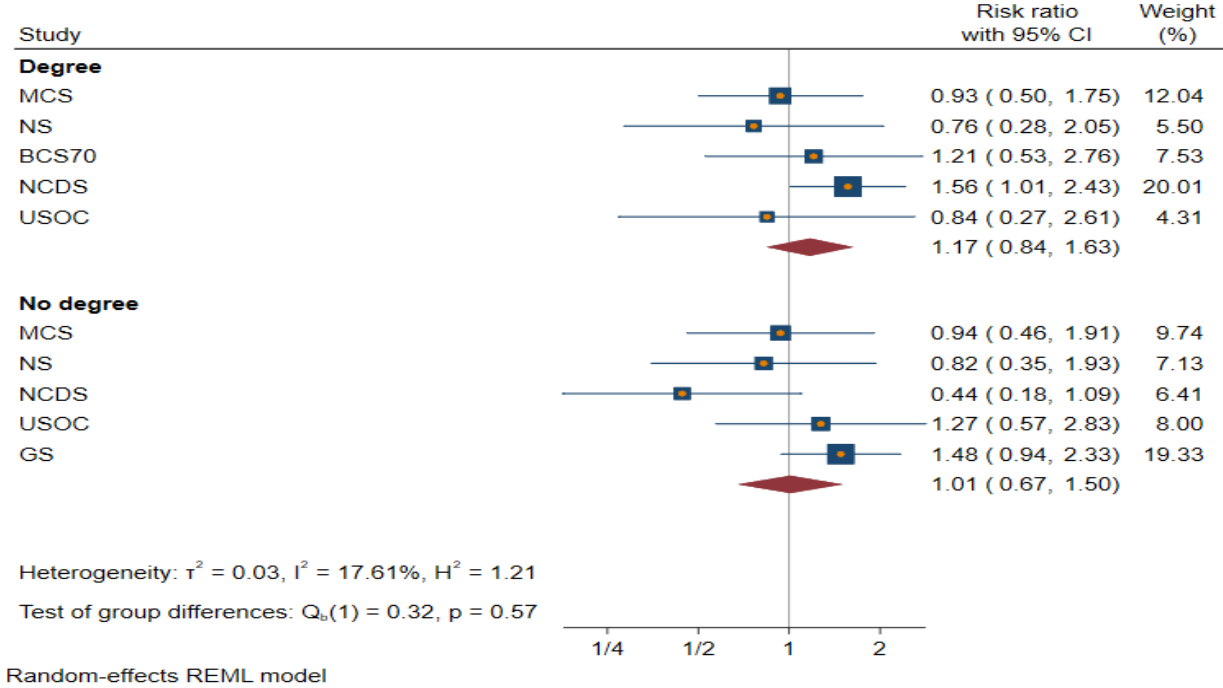




Less than 3 days a week of at least 30min exercise  
Stable unemployed vs. Stable employed



Less than 3 days a week of at least 30min exercise  
Became employed vs. Stable employed



Less than 3 days a week of at least 30min exercise  
Stable non-employed vs. Stable employed

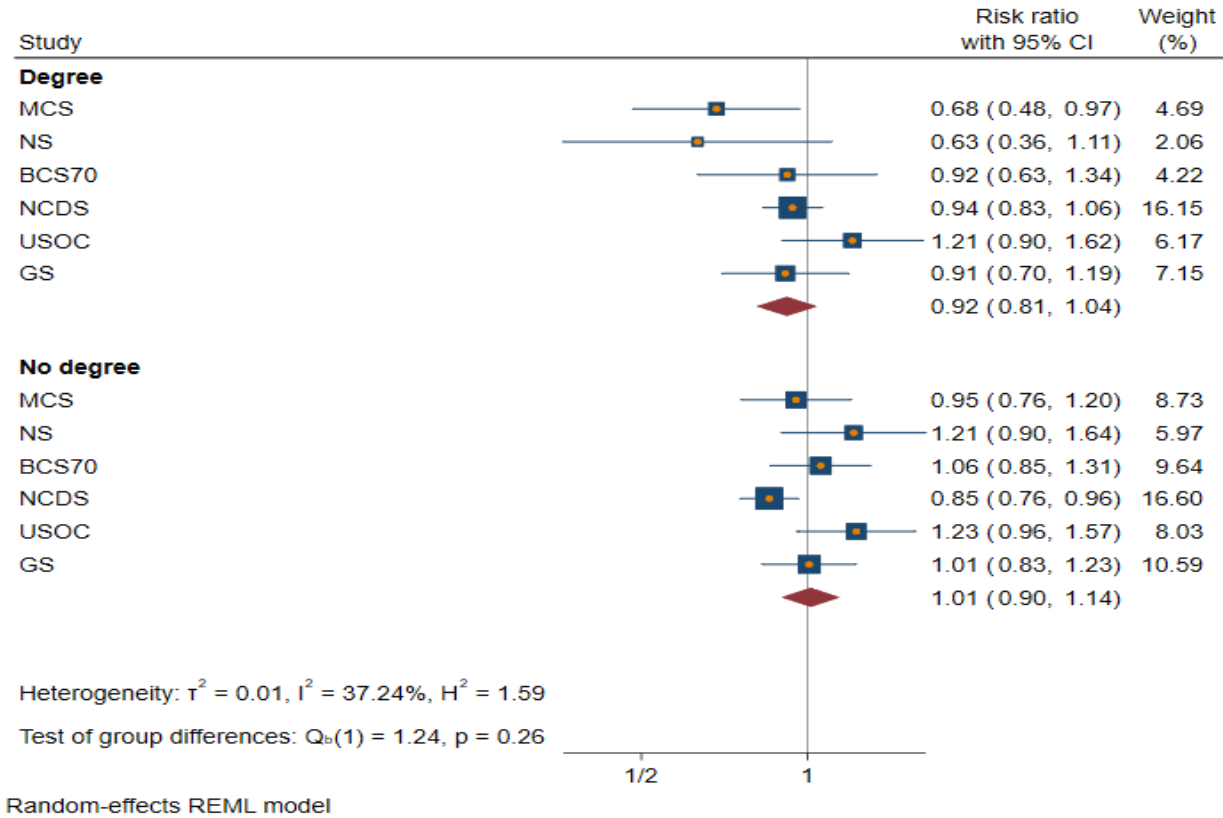
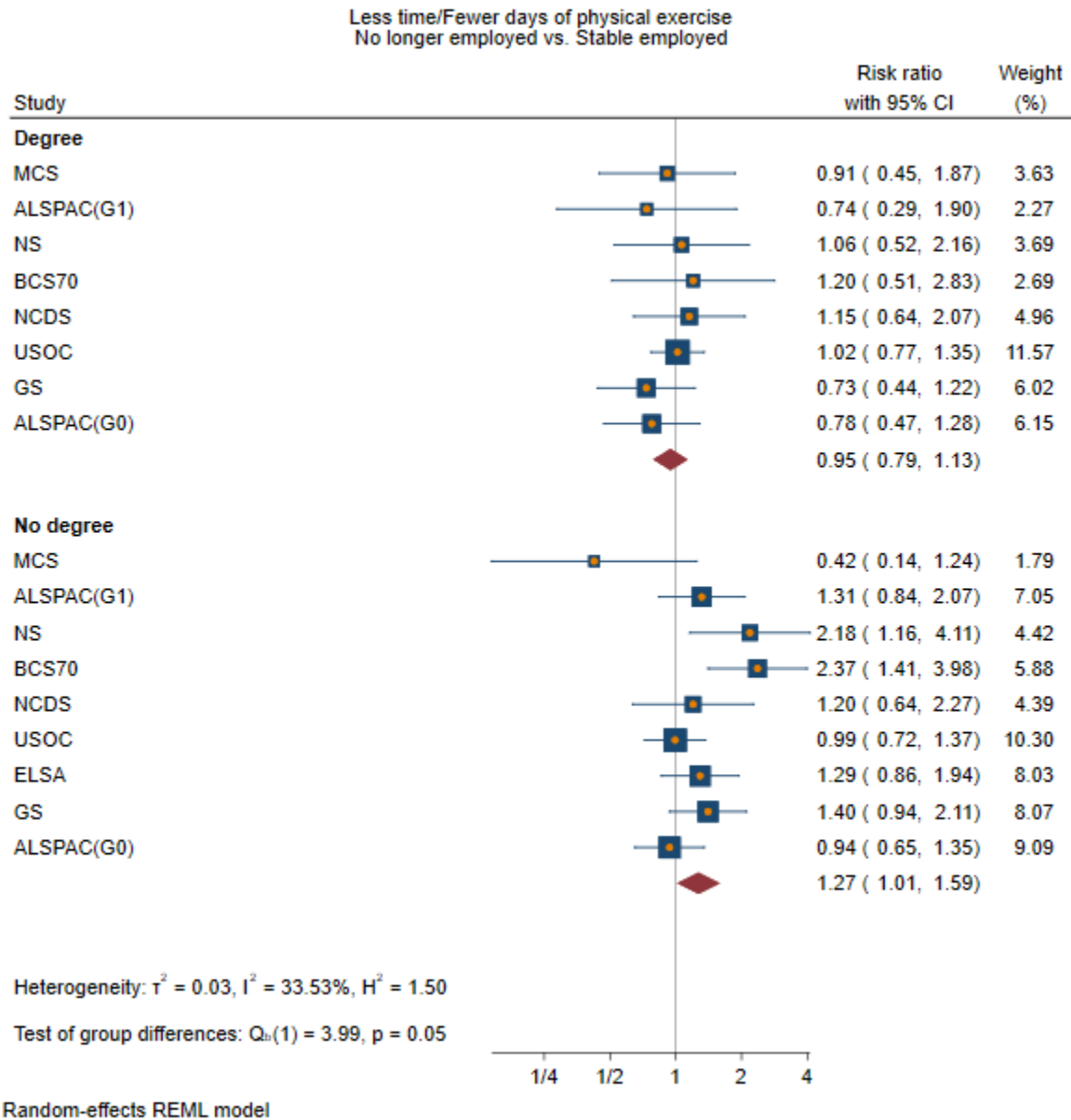
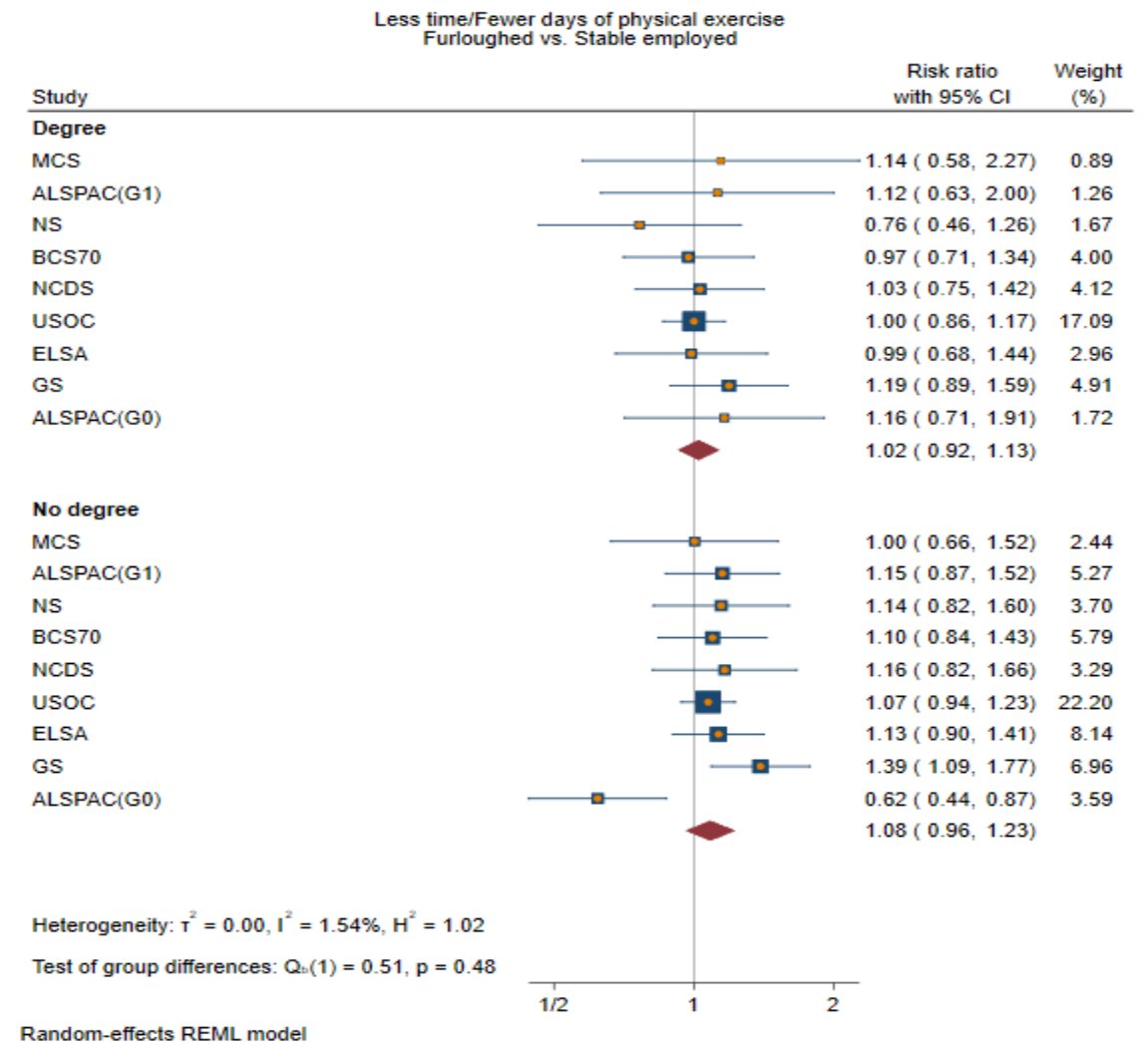
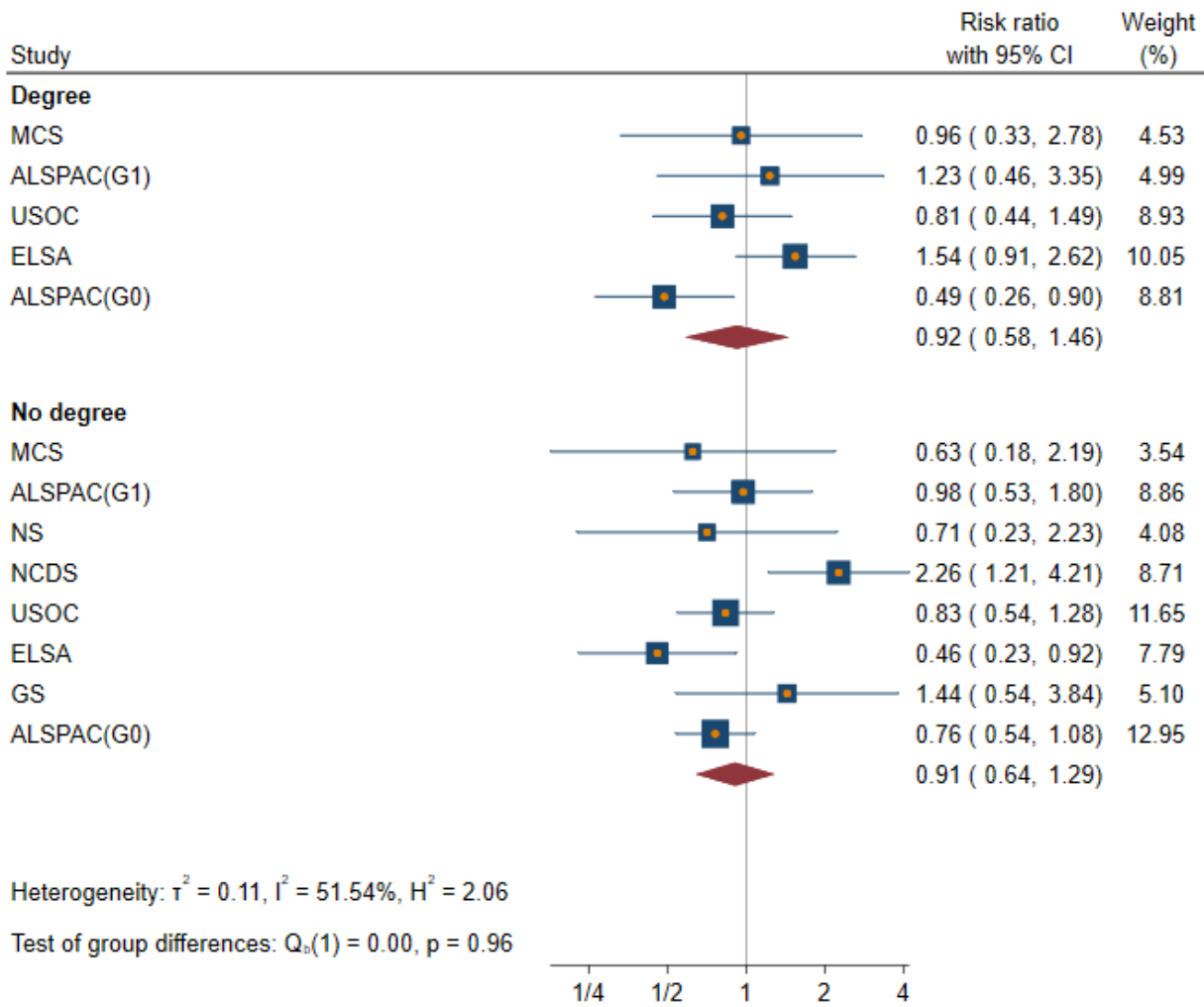


Figure set 16: Less time/ fewer days of physical exercise

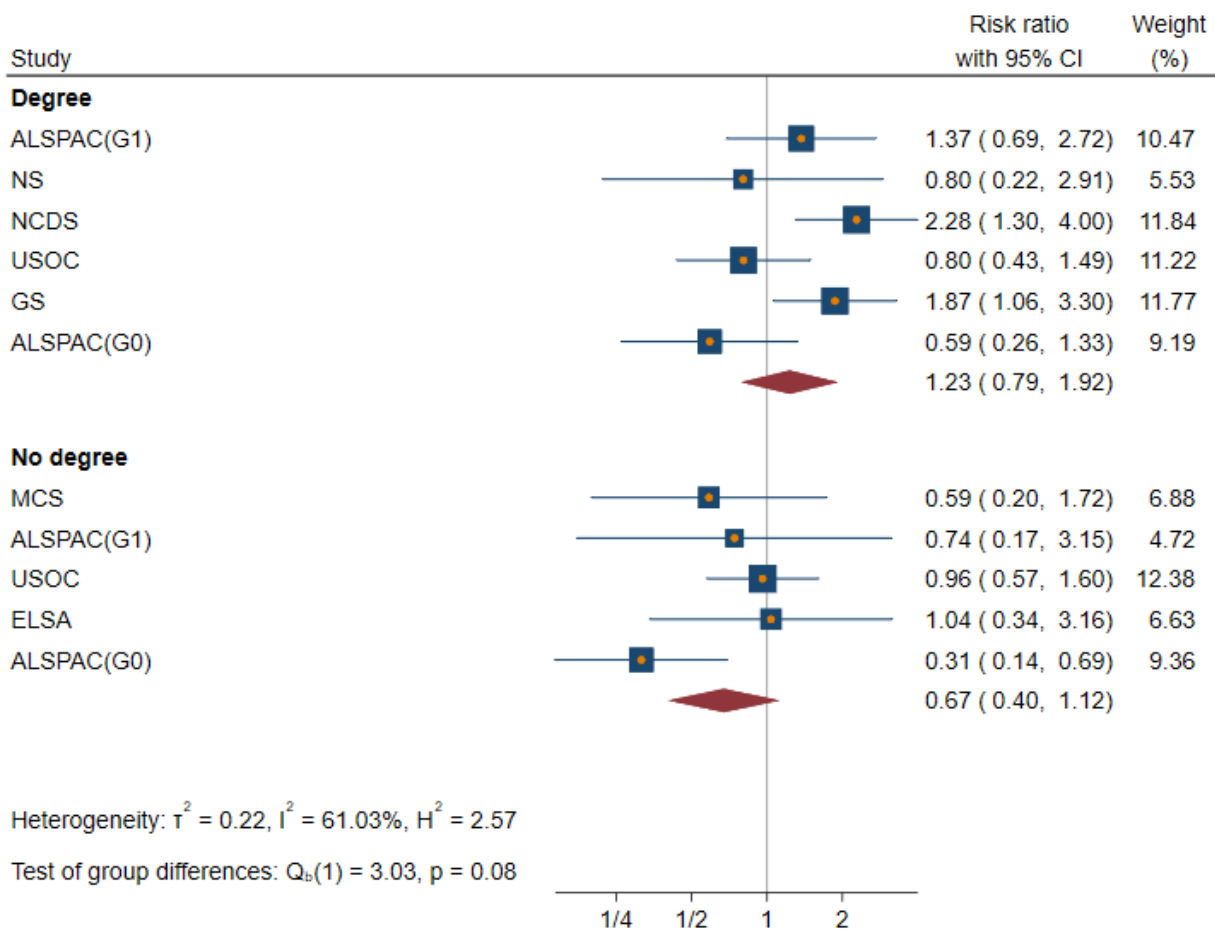


Less time/Fewer days of physical exercise  
Stable unemployed vs. Stable employed



Random-effects REML model

Less time/Fewer days of physical exercise  
Became employed vs. Stable employed



Random-effects REML model

Less time/Fewer days of physical exercise  
Stable non-employed vs. Stable employed

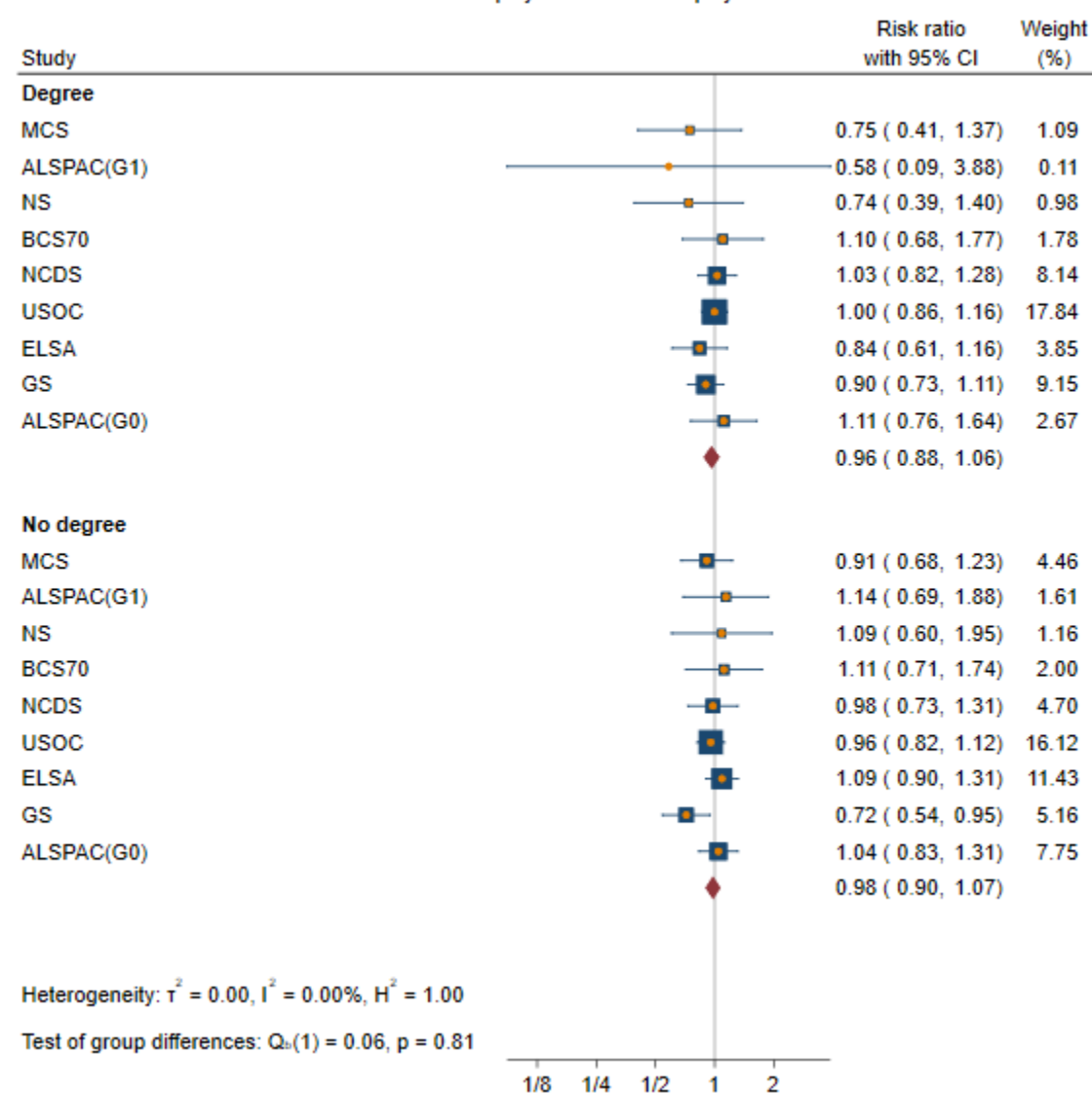
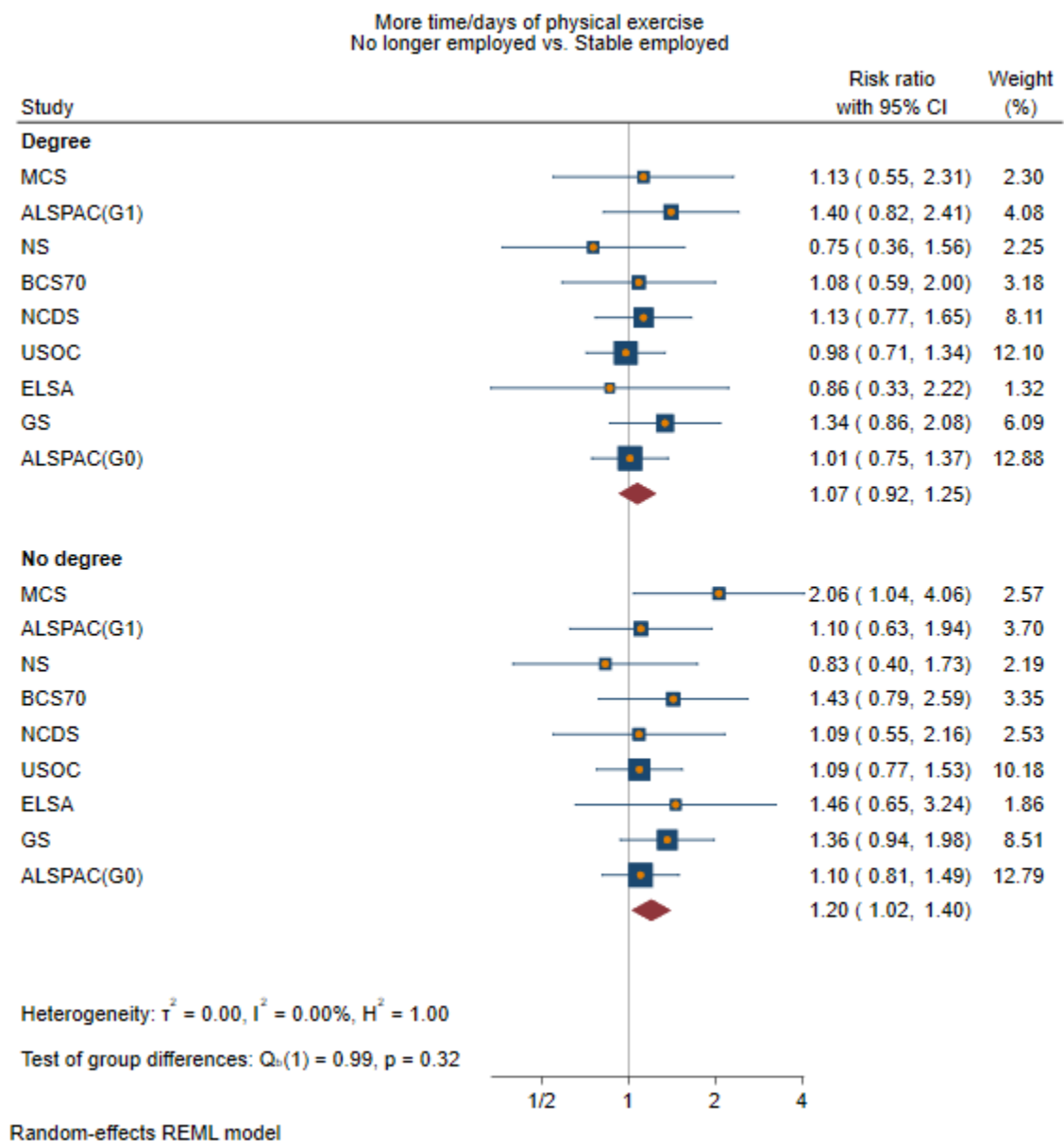
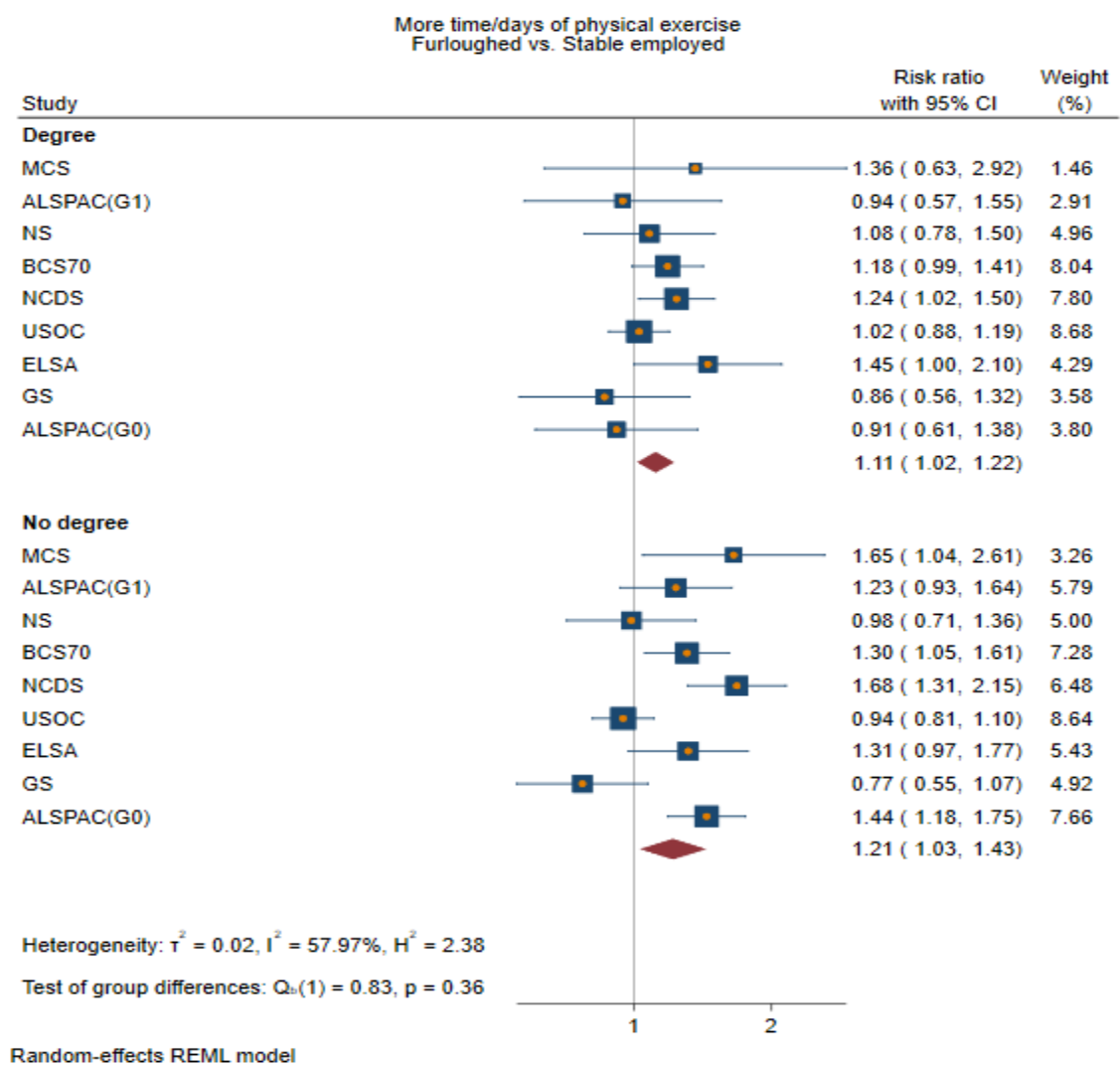
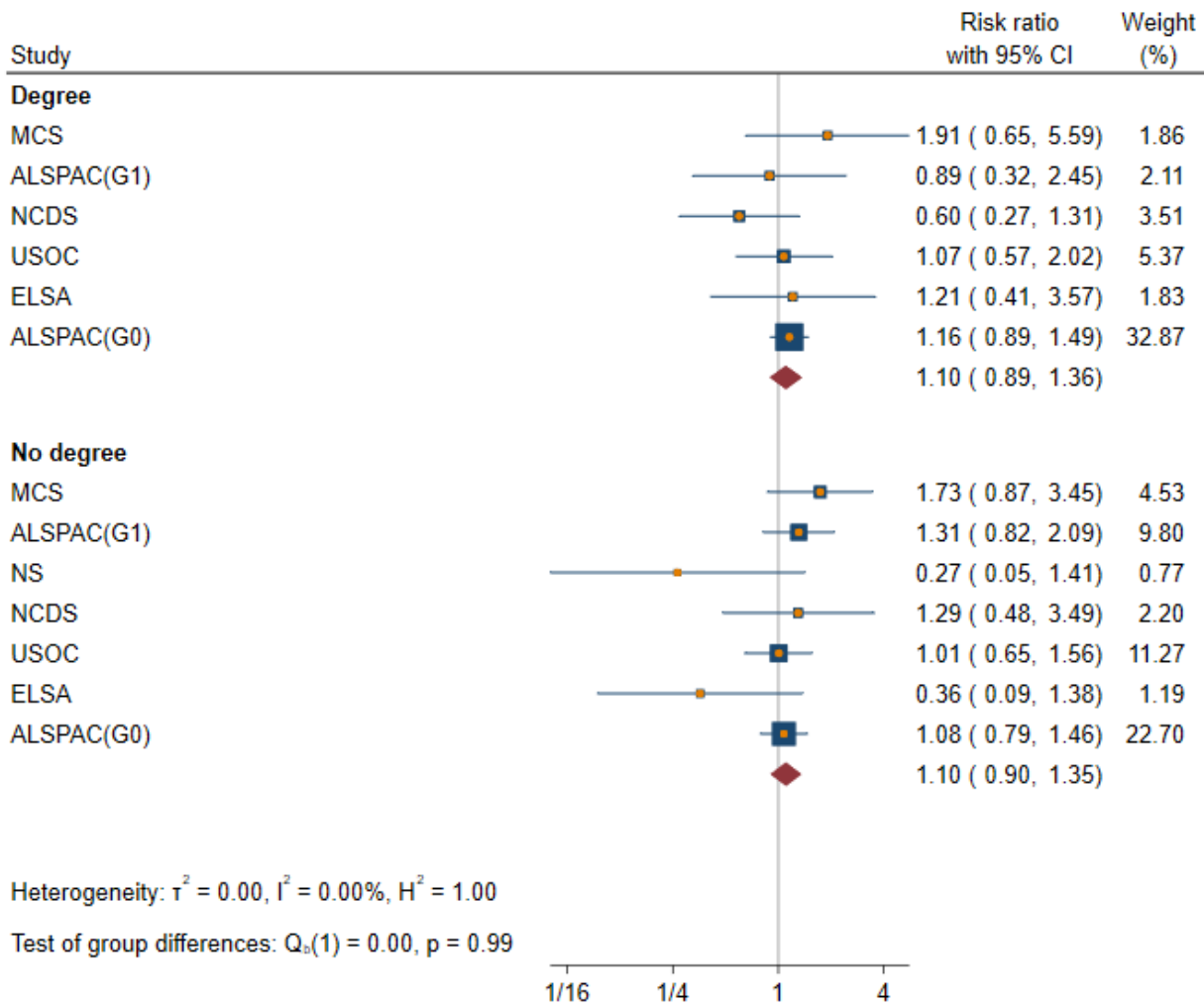


Figure set 17: More time/ days of physical exercise

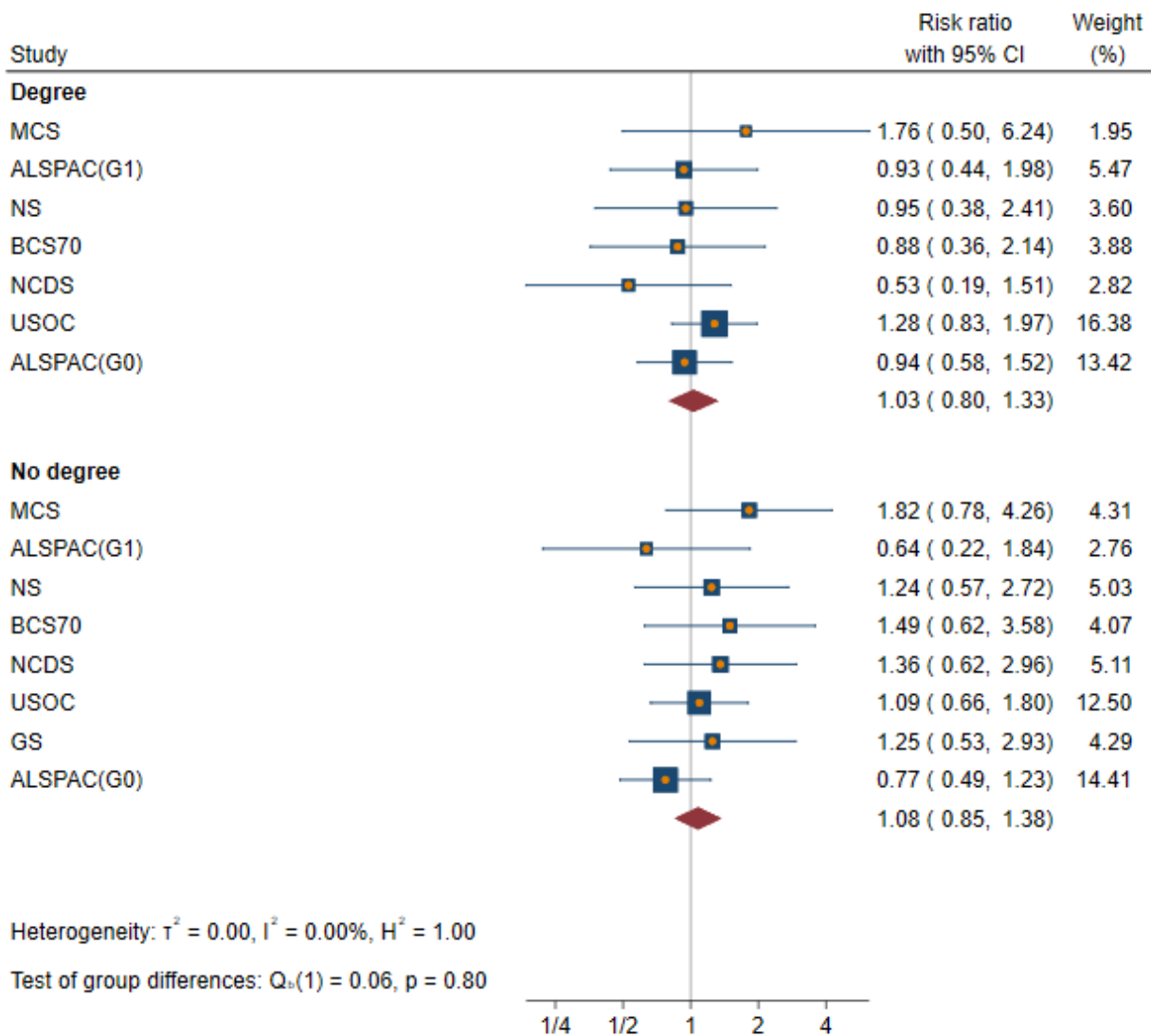


More time/days of physical exercise  
Stable unemployed vs. Stable employed



Random-effects REML model

More time/days of physical exercise  
Became employed vs. Stable employed



Random-effects REML model

More time/days of physical exercise  
Stable non-employed vs. Stable employed

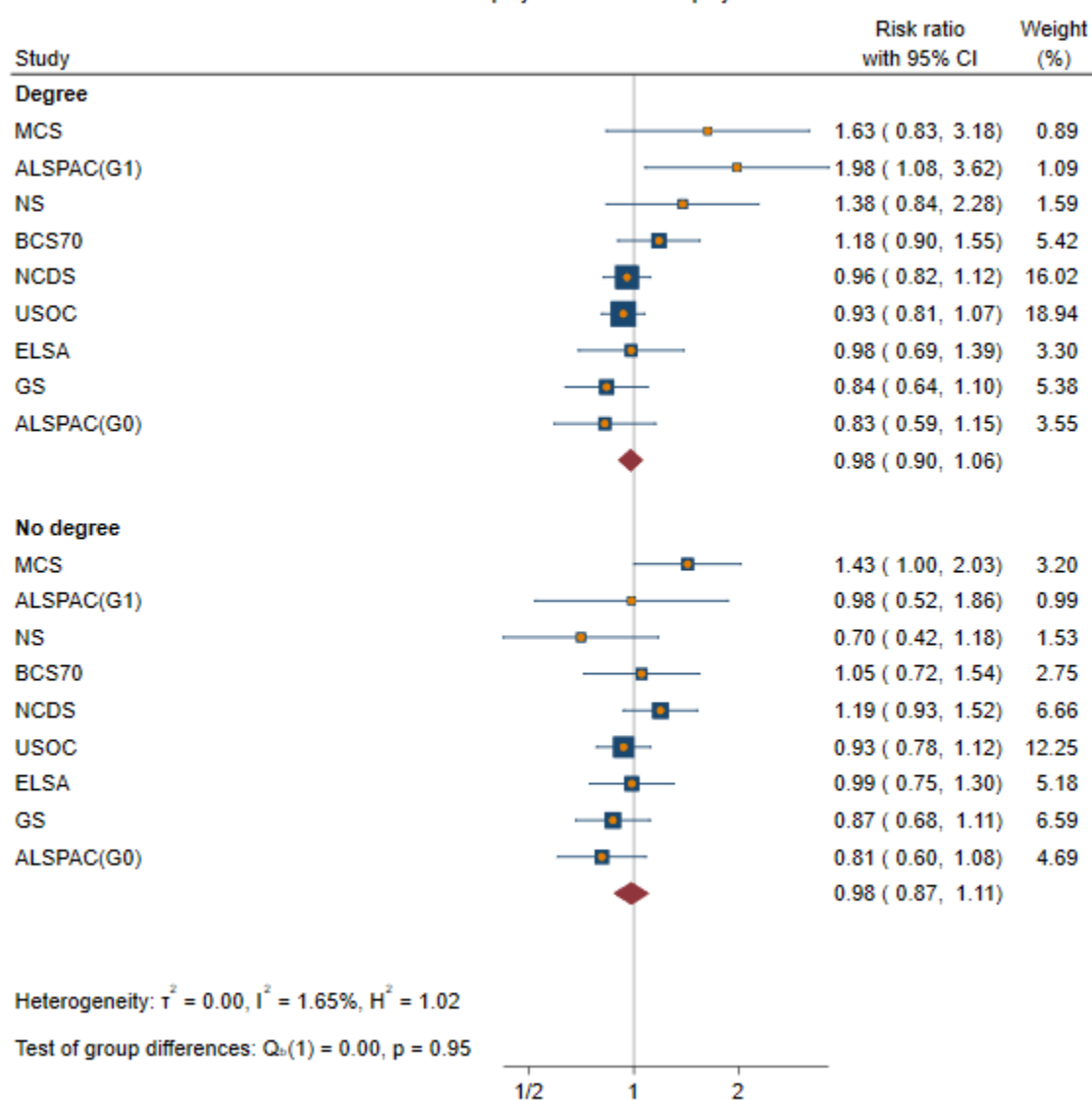
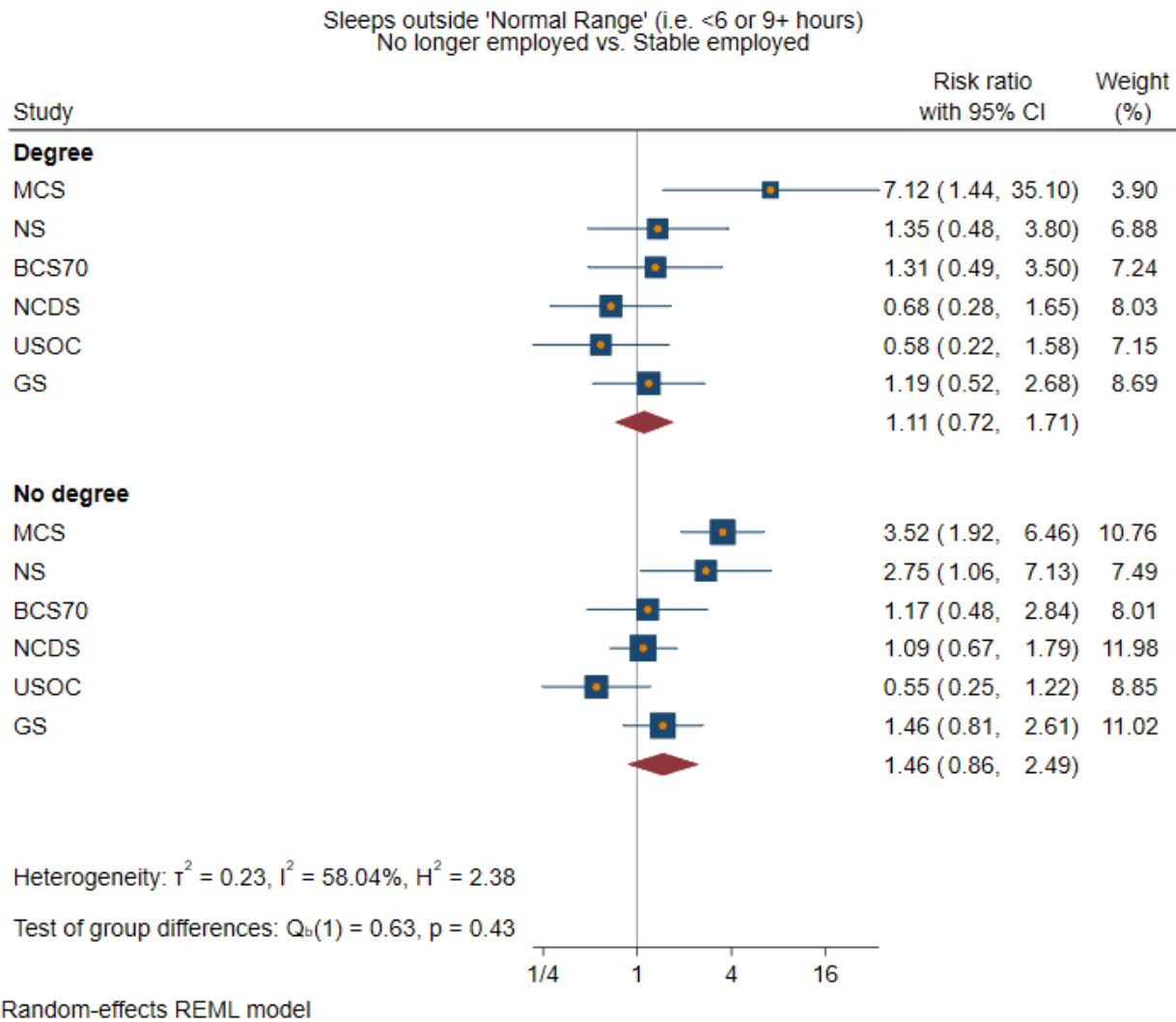
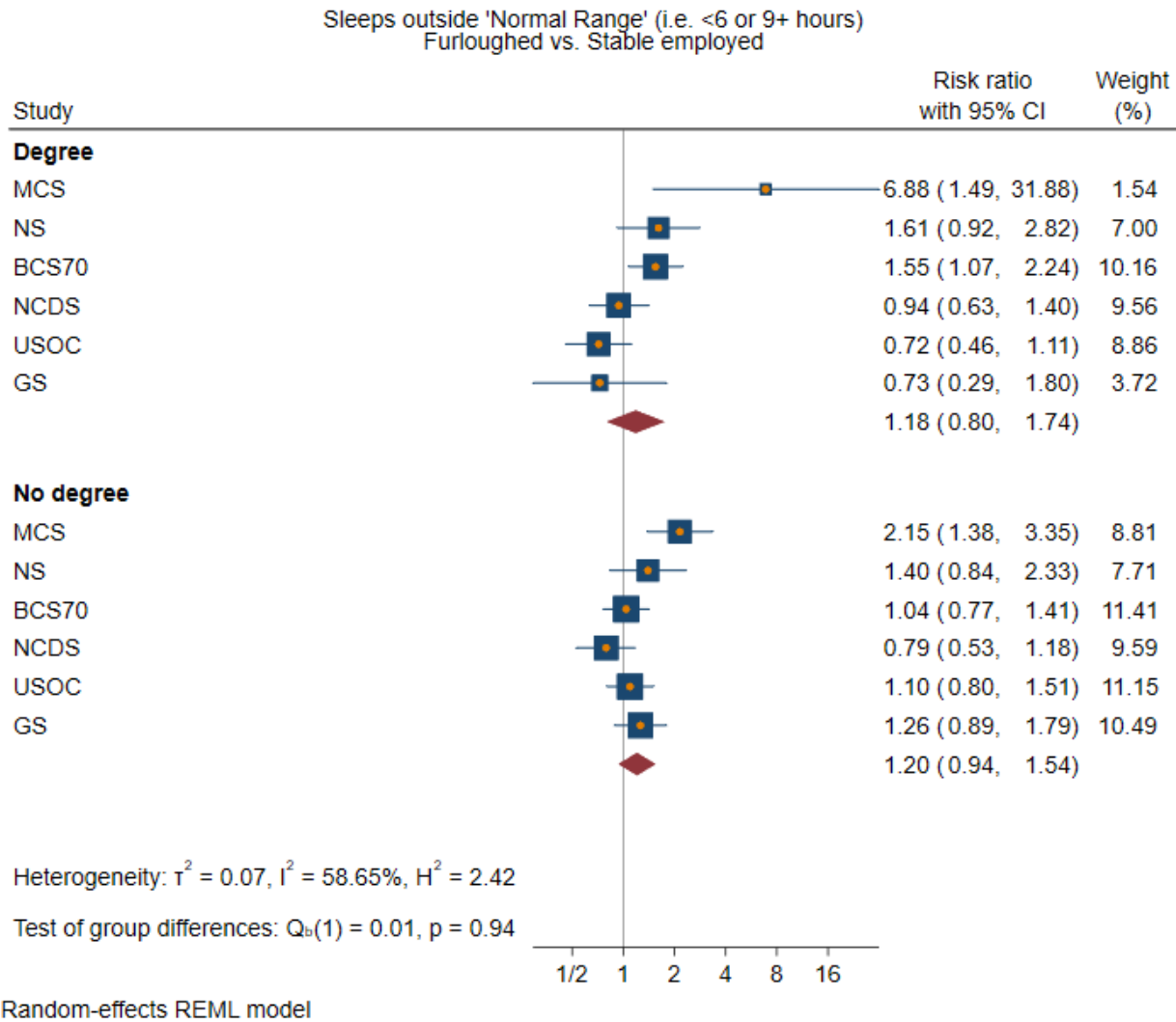
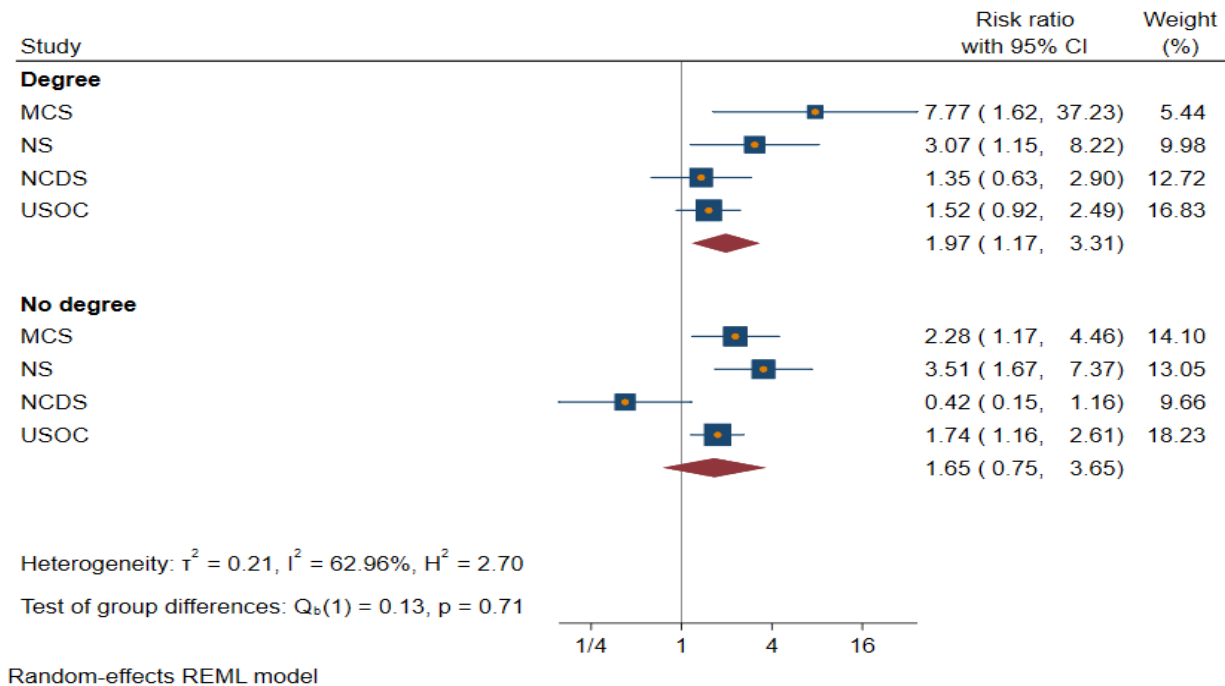


Figure set 18: Sleeps outside ‘normal range’ (i.e. <6 or 9+ hours)

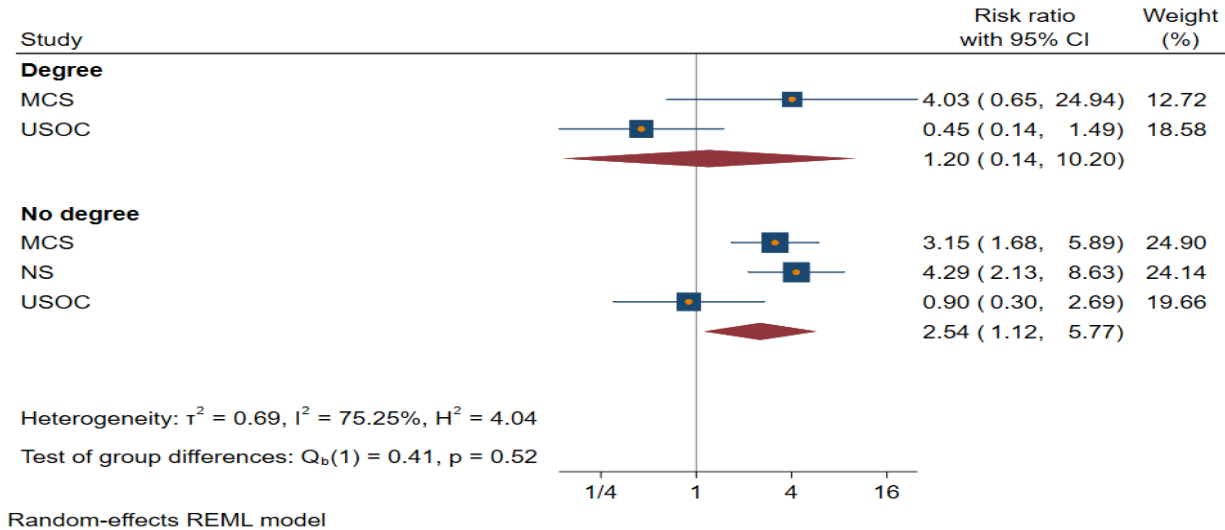




Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Stable unemployed vs. Stable employed



Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Became employed vs. Stable employed



Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Stable non-employed vs. Stable employed

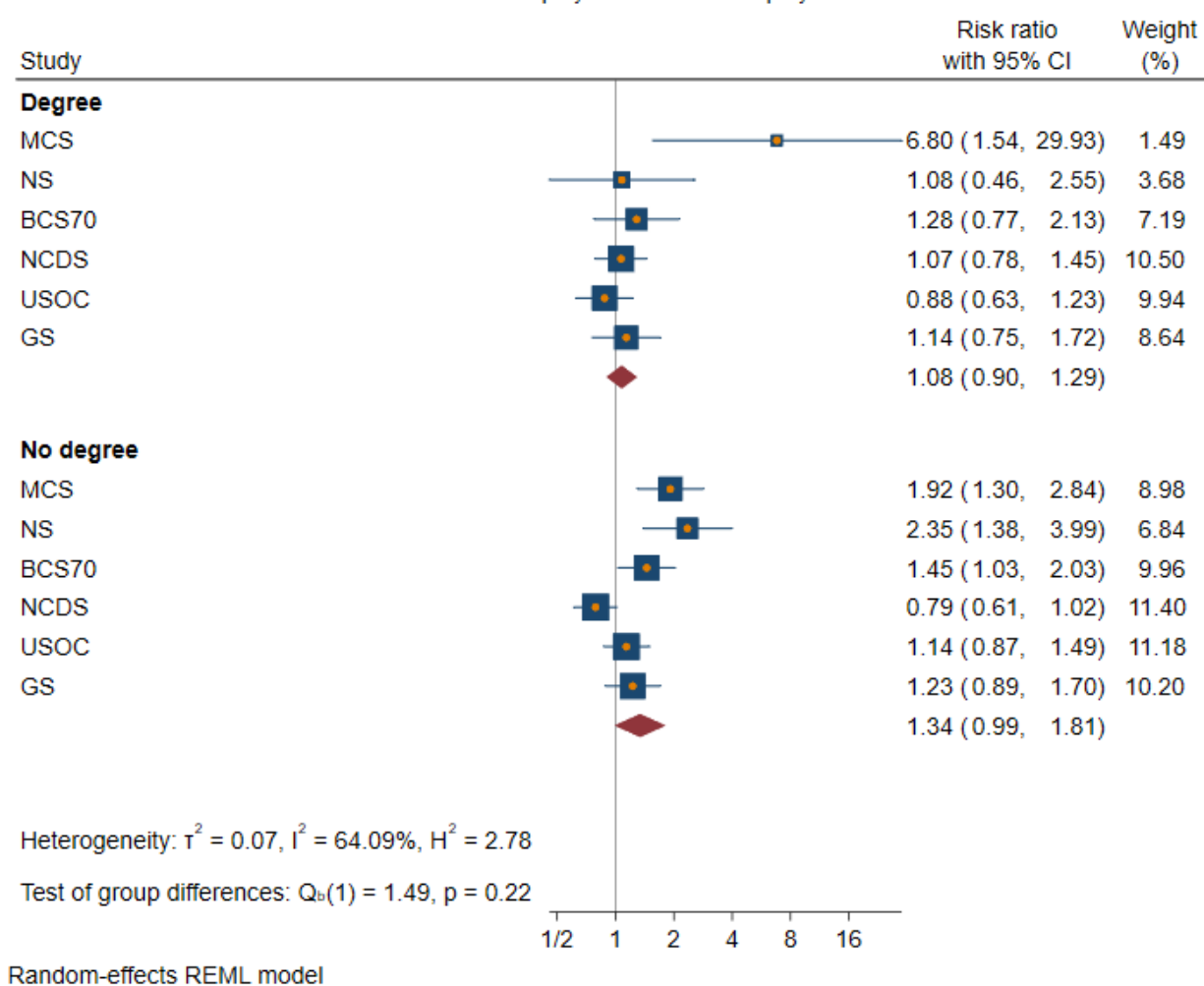
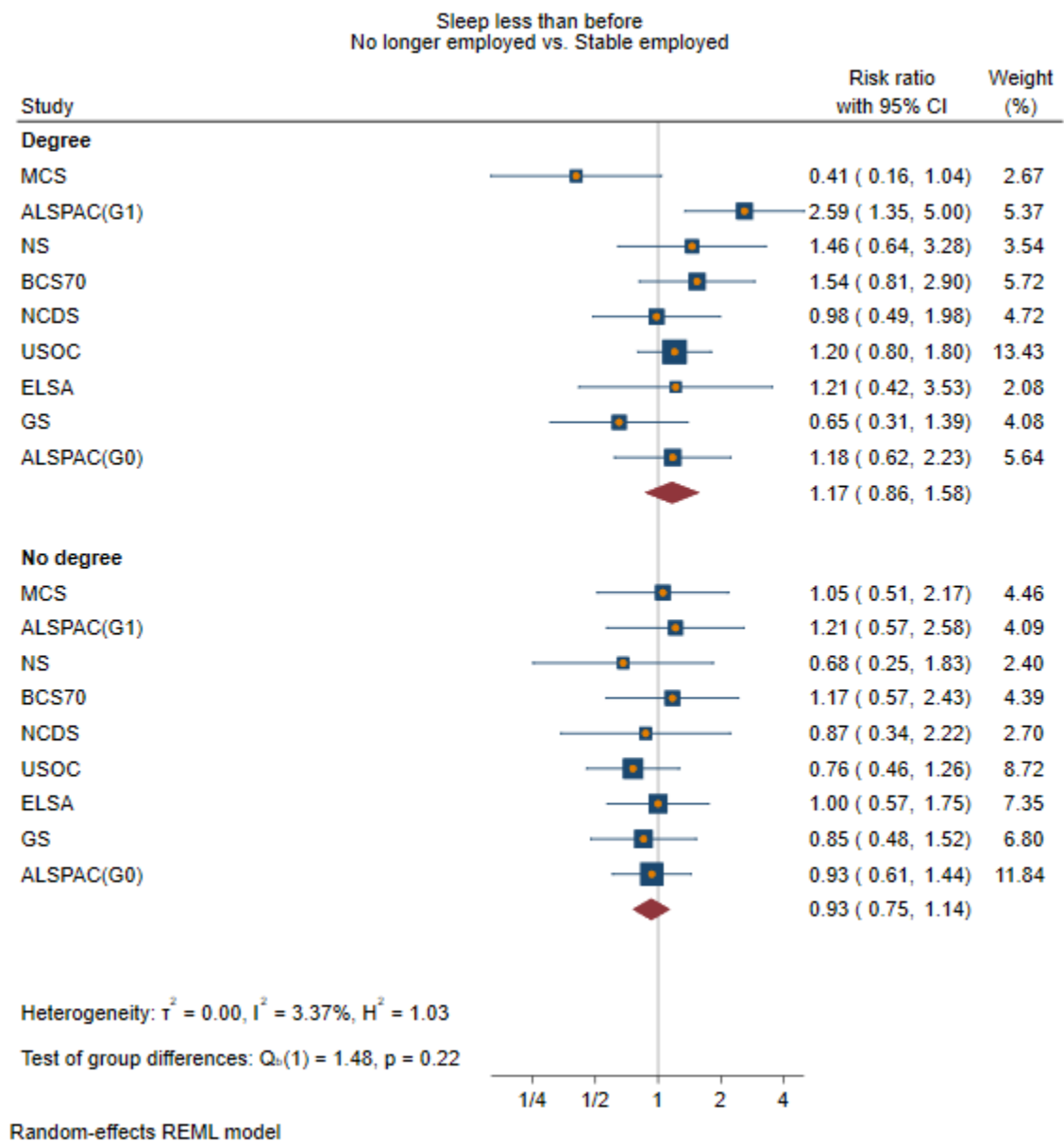
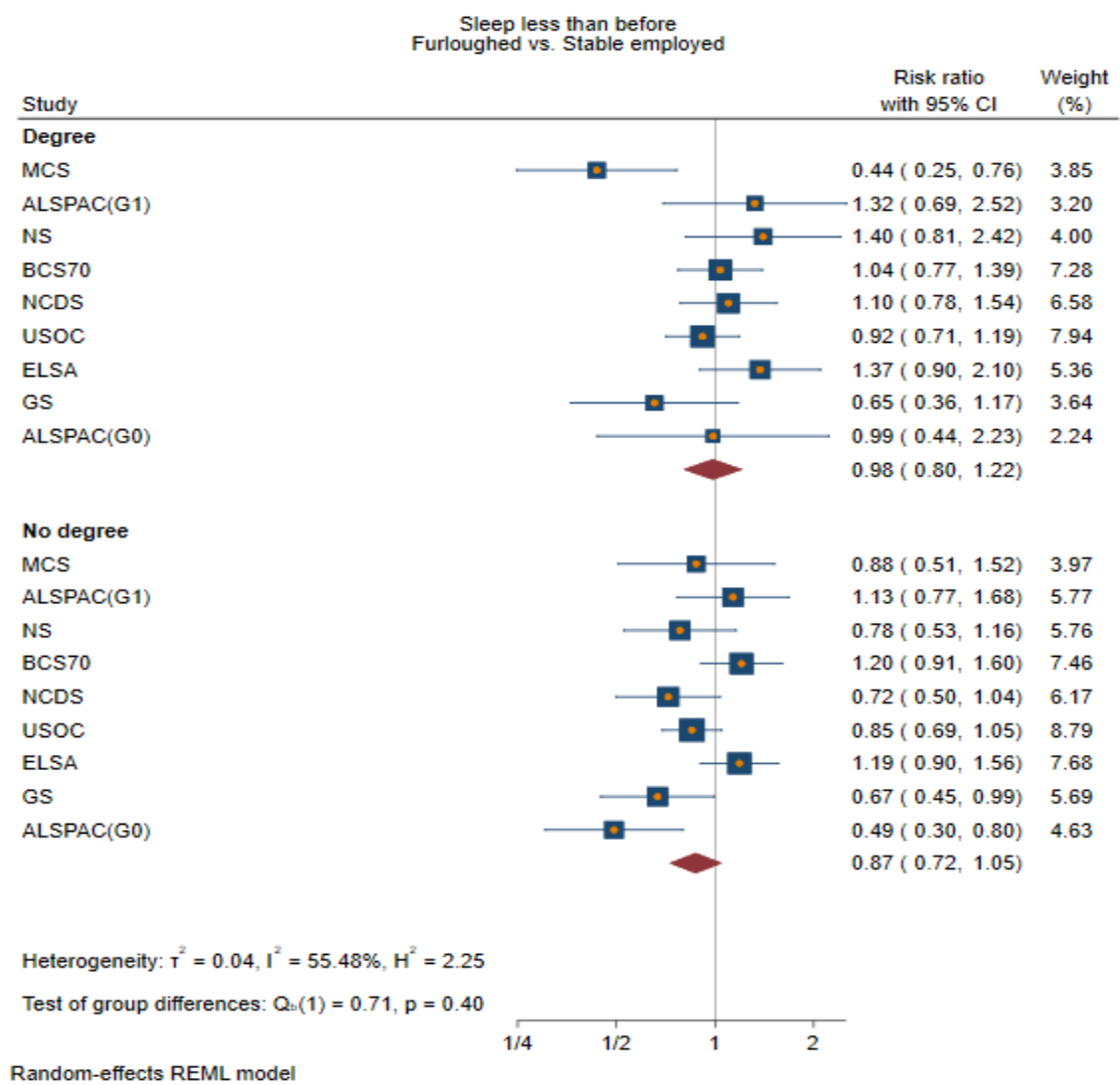
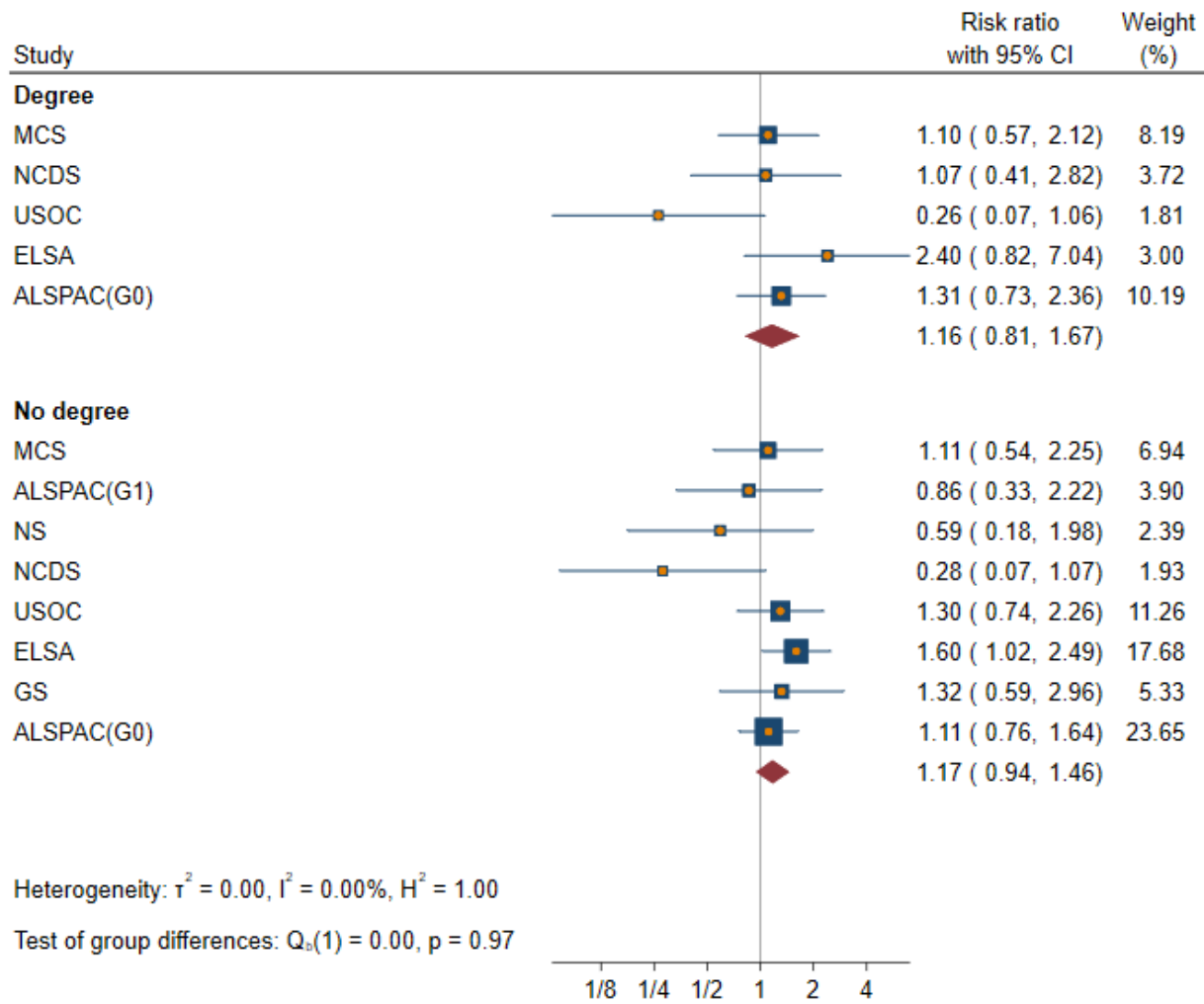


Figure set 19: Sleeps less than before

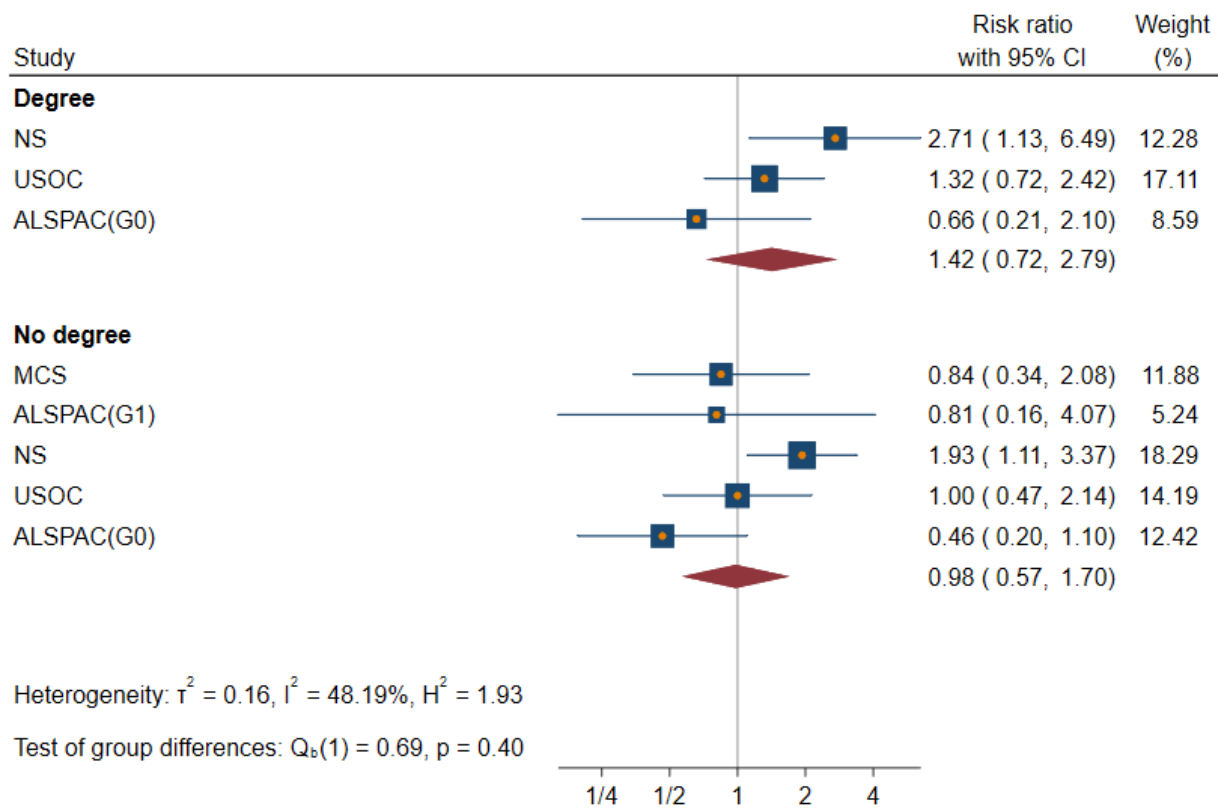


Sleep less than before  
Stable unemployed vs. Stable employed



Random-effects REML model

Sleep less than before  
Became employed vs. Stable employed



Random-effects REML model

Sleep less than before  
Stable non-employed vs. Stable employed

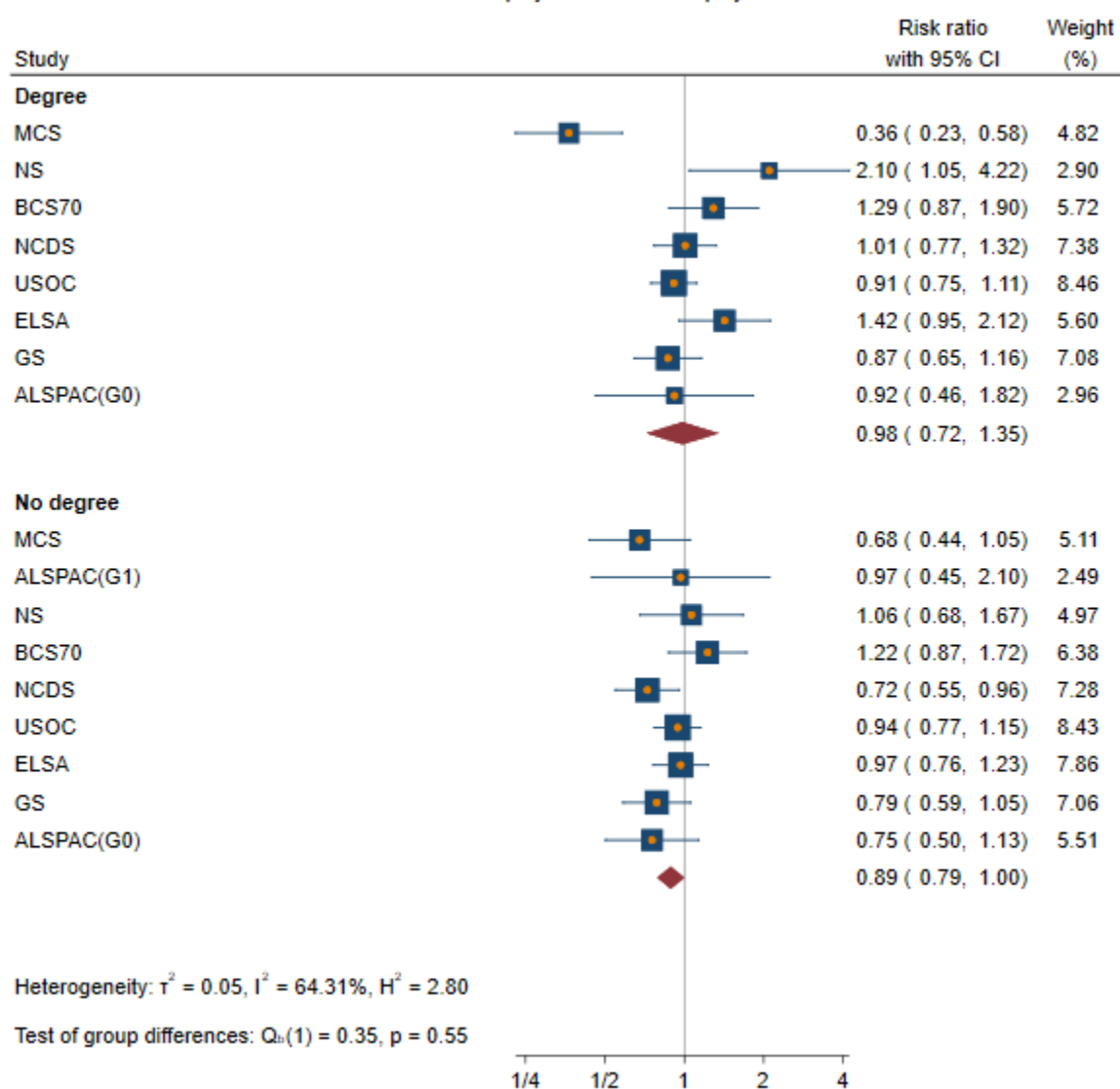
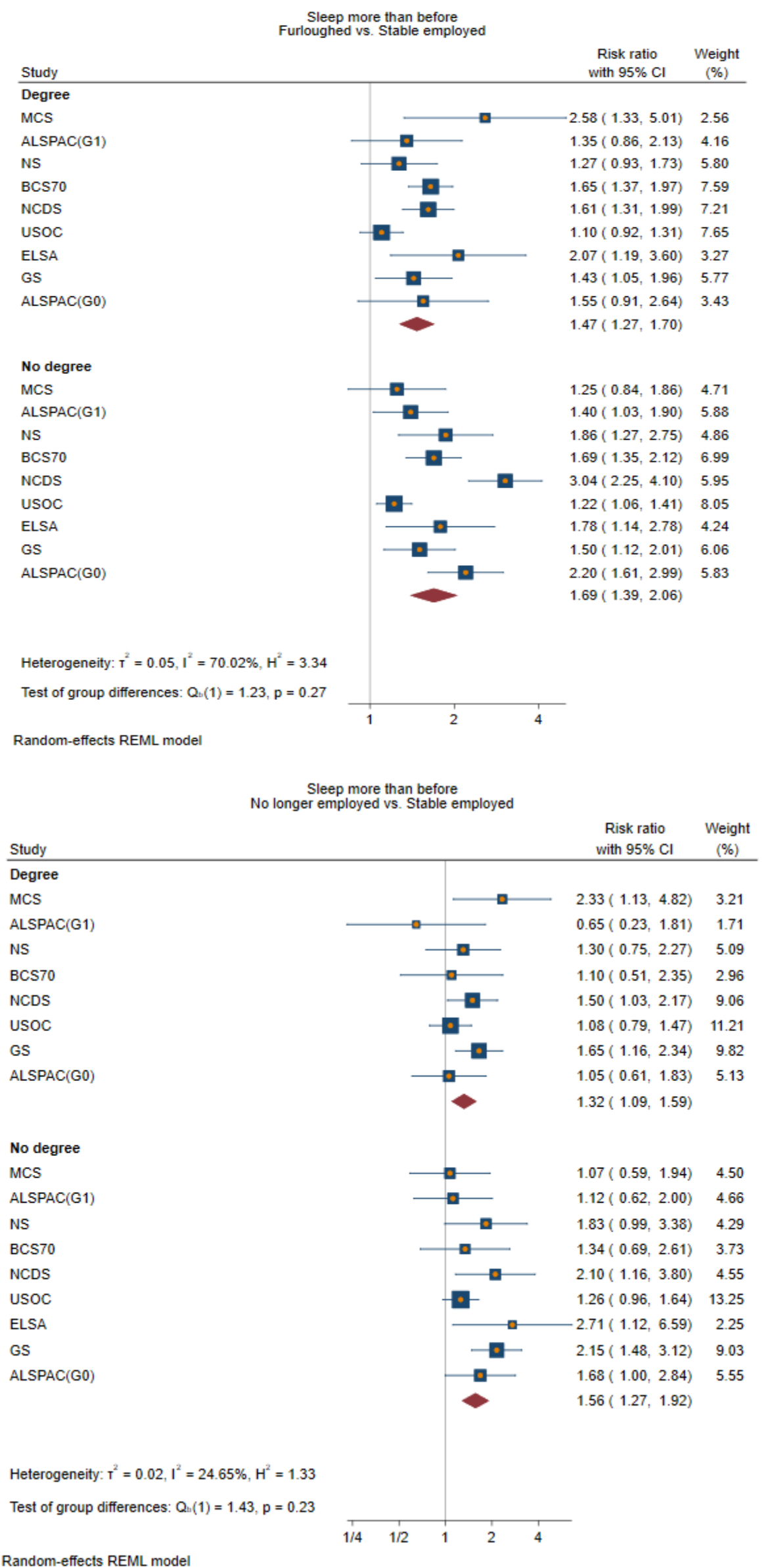
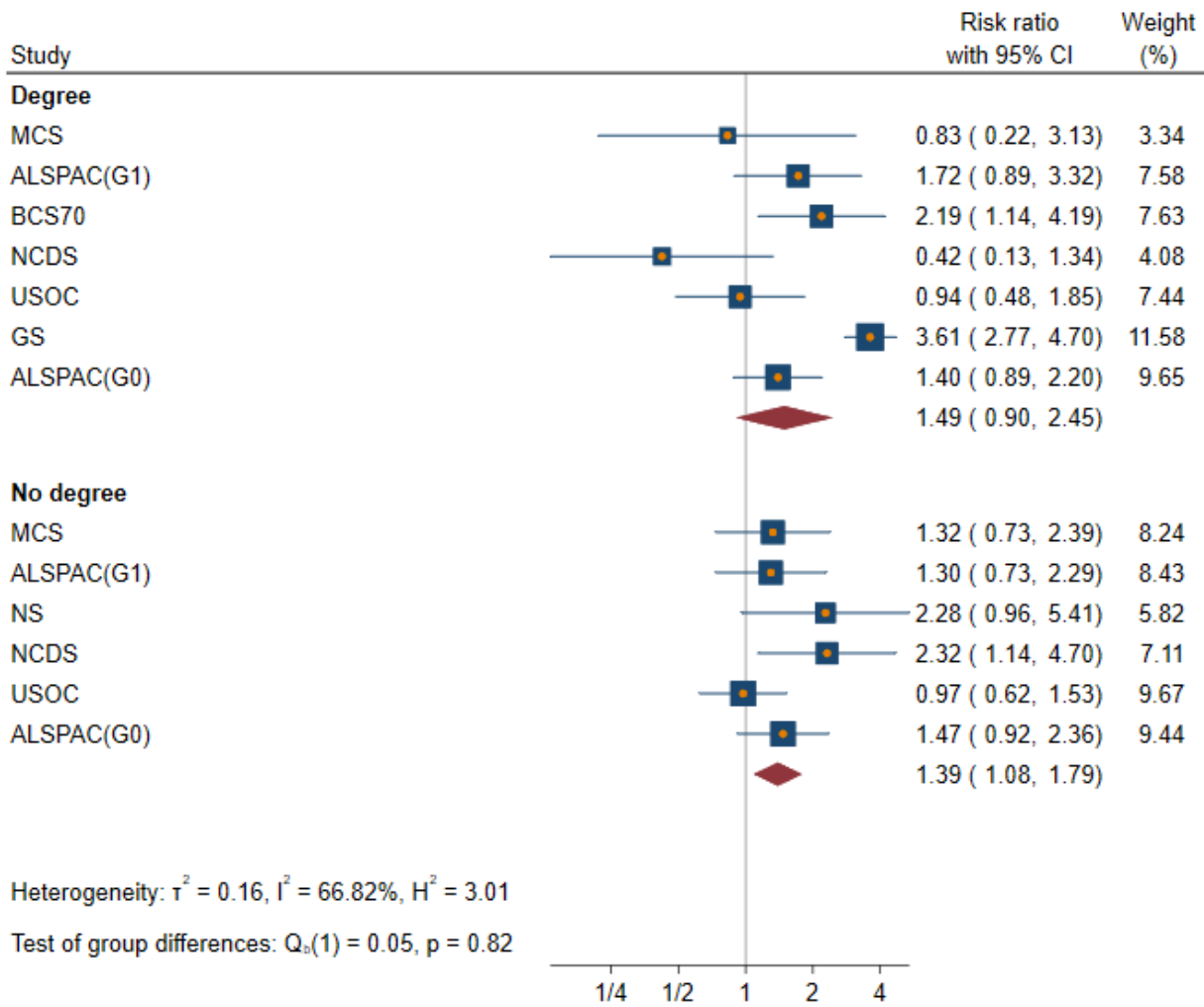


Figure set 20: Sleeps more than before

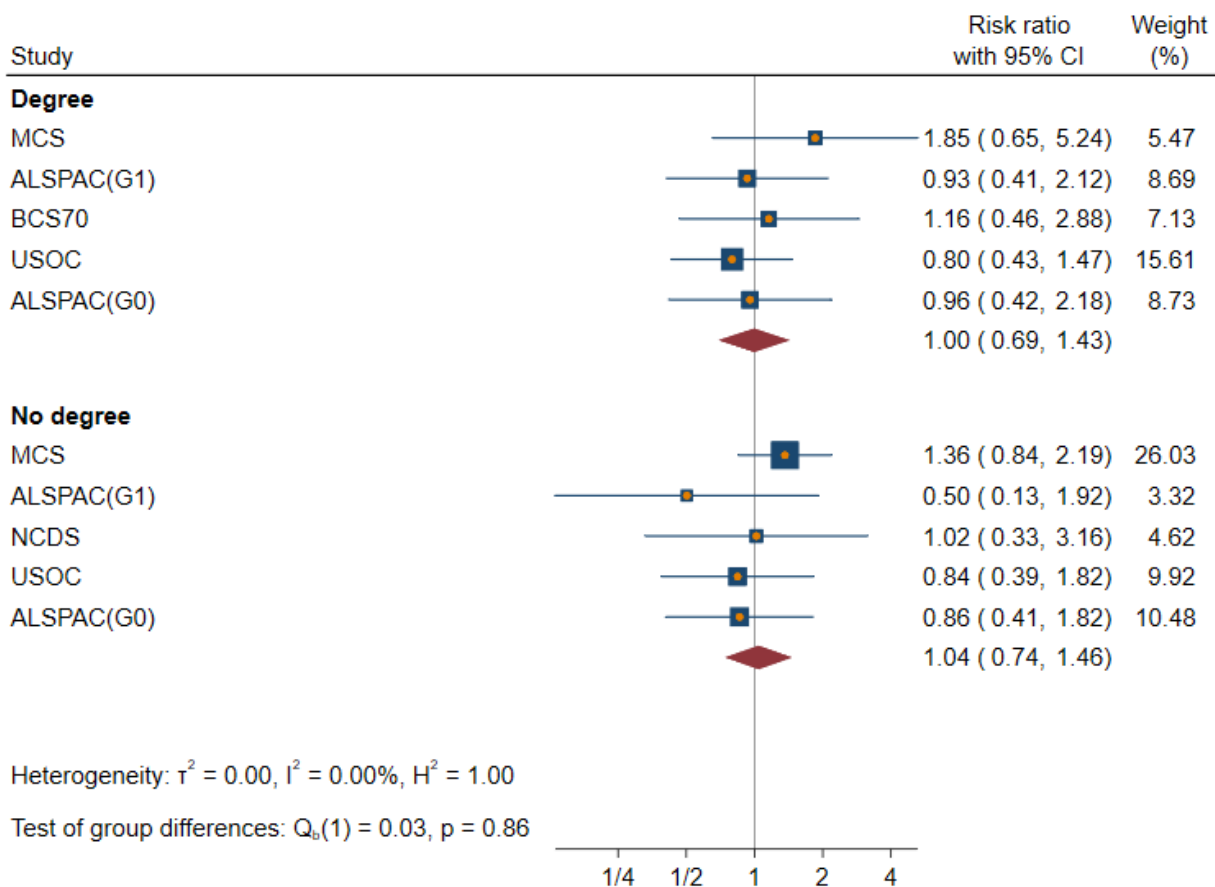


Sleep more than before  
Stable unemployed vs. Stable employed



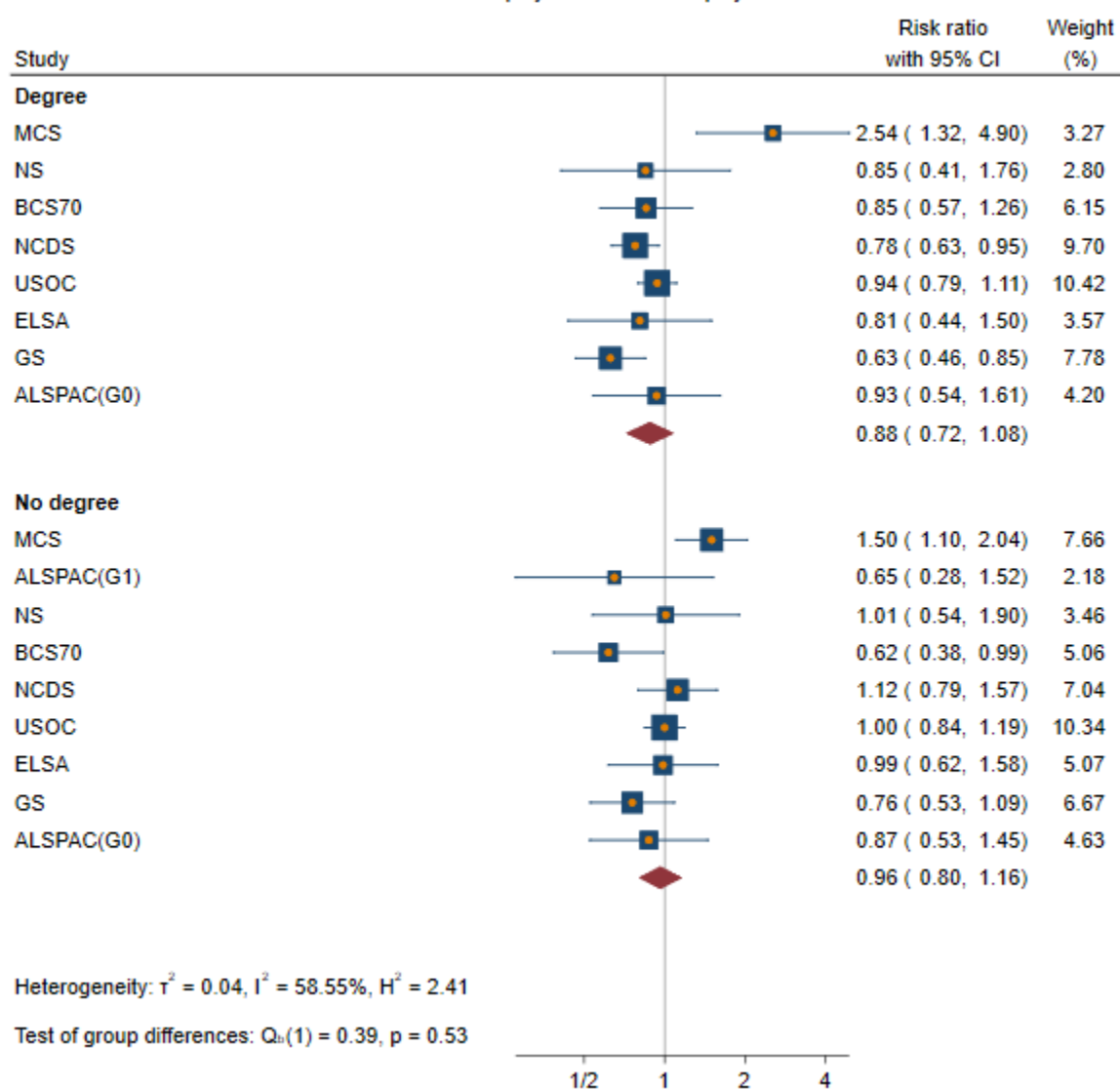
Random-effects REML model

Sleep more than before  
Became employed vs. Stable employed



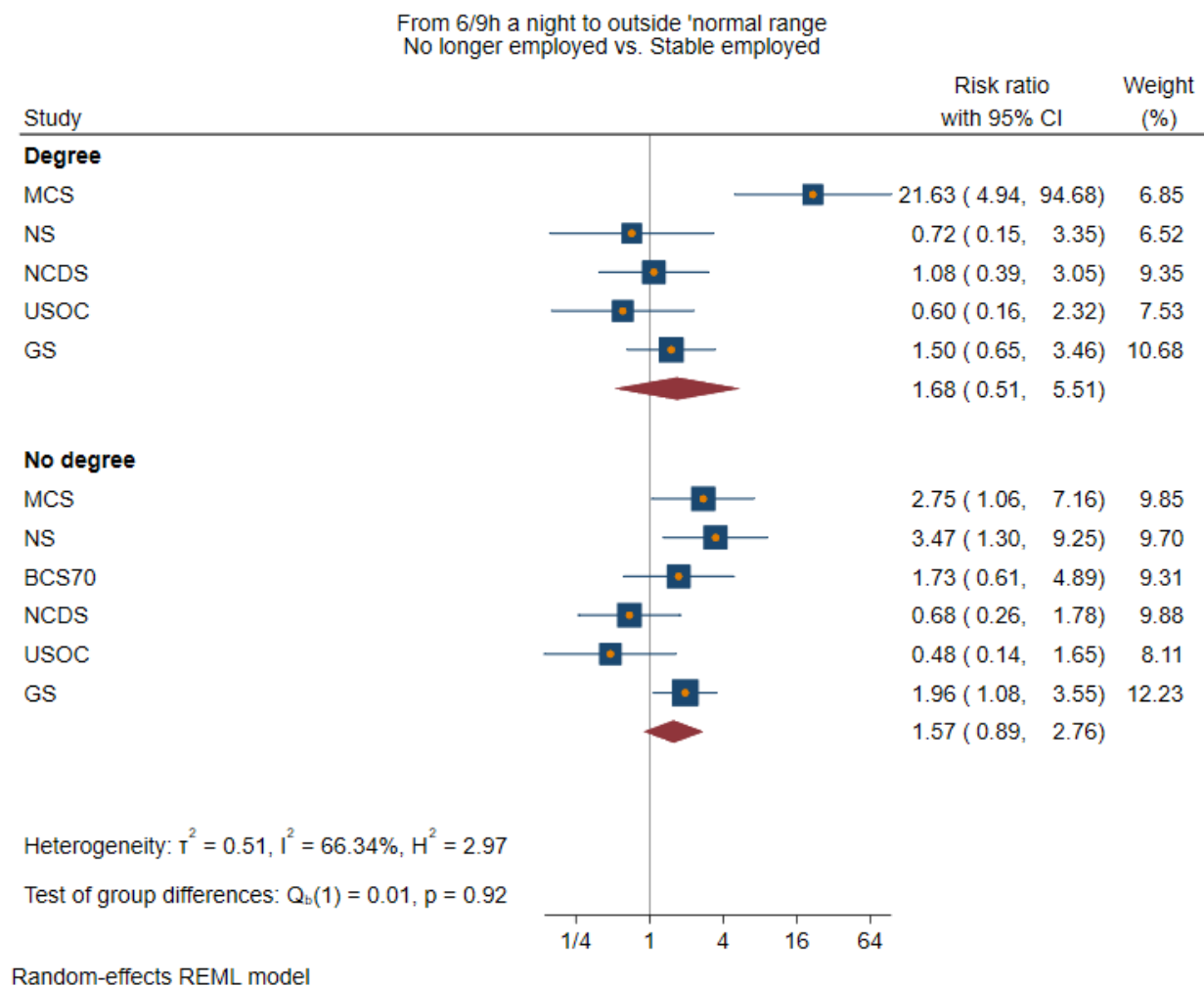
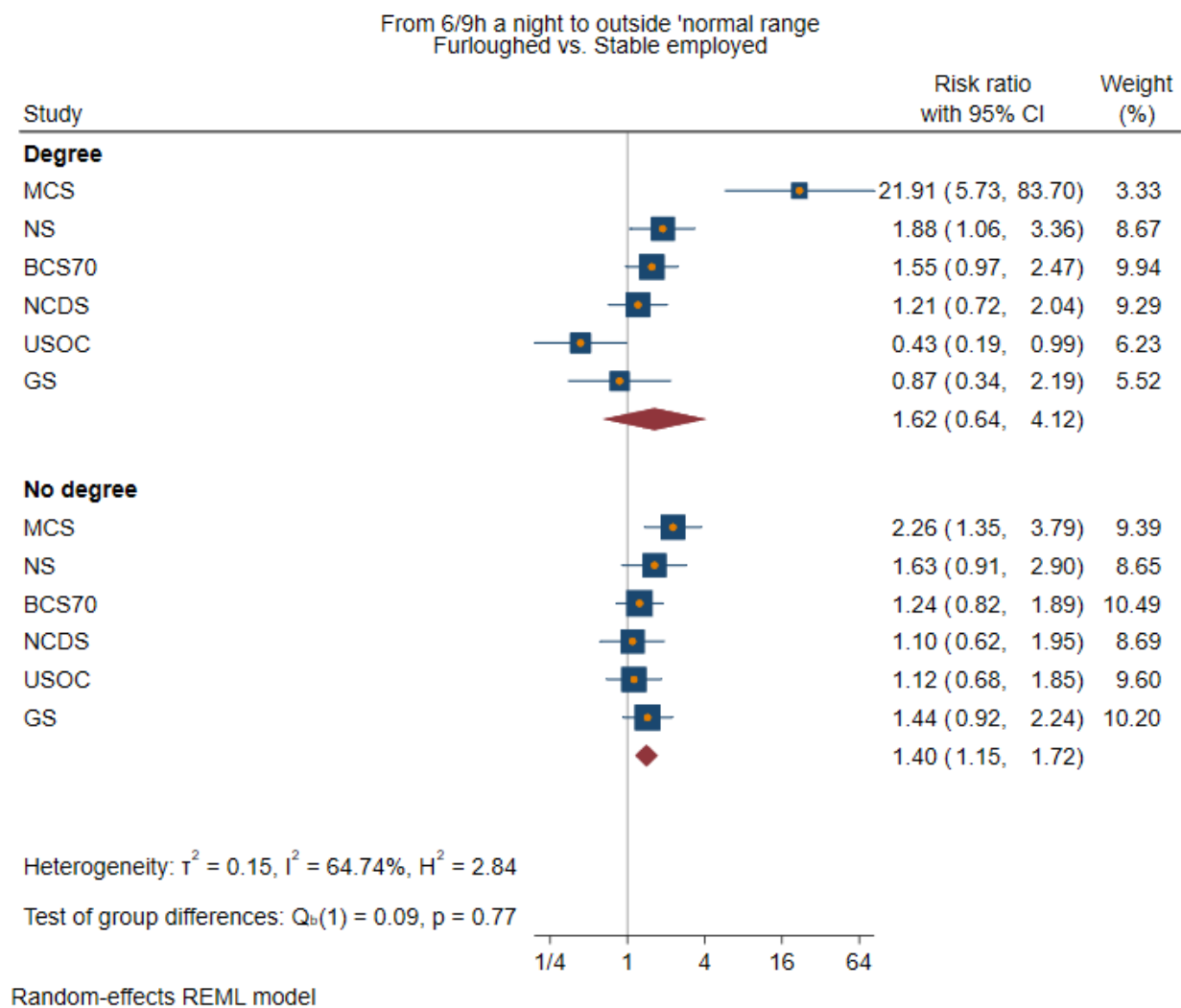
Random-effects REML model

Sleep more than before  
Stable non-employed vs. Stable employed



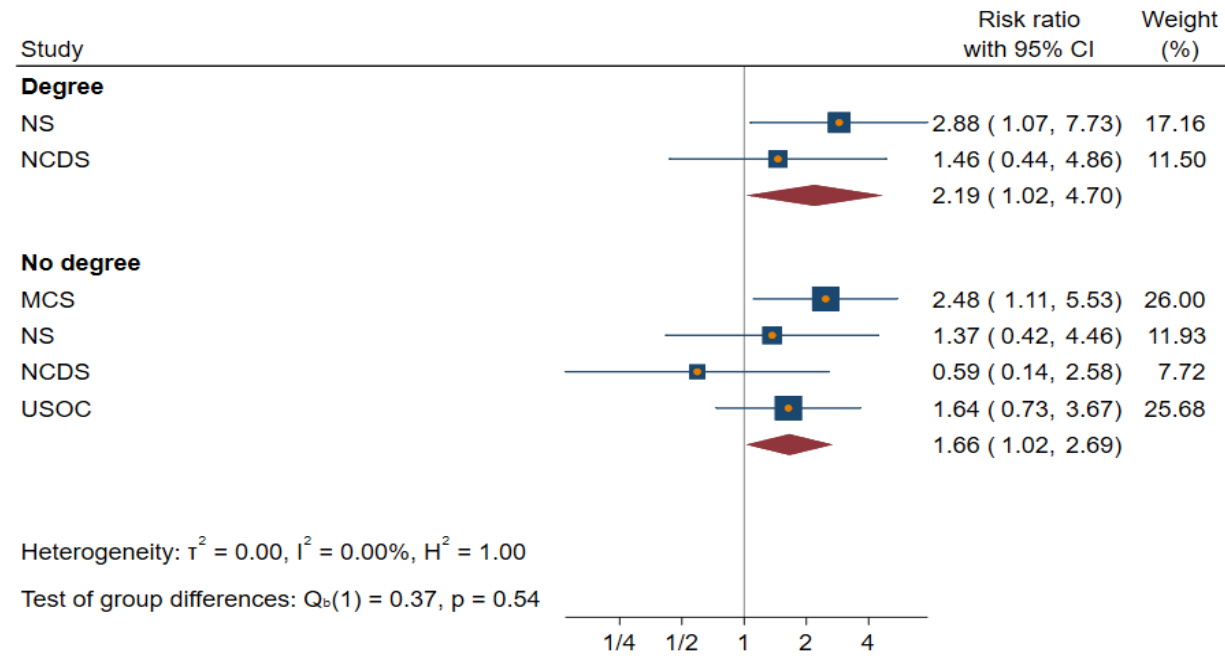
Random-effects REML model

Figure set 21: From 6/9h a night to ‘normal range’



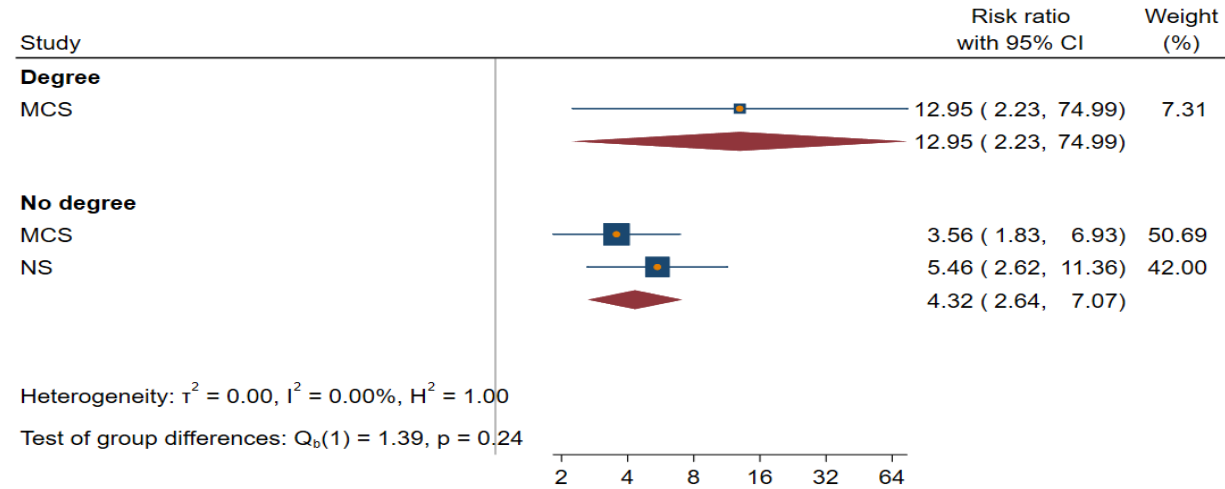


From 6/9h a night to outside 'normal range  
Stable unemployed vs. Stable employed



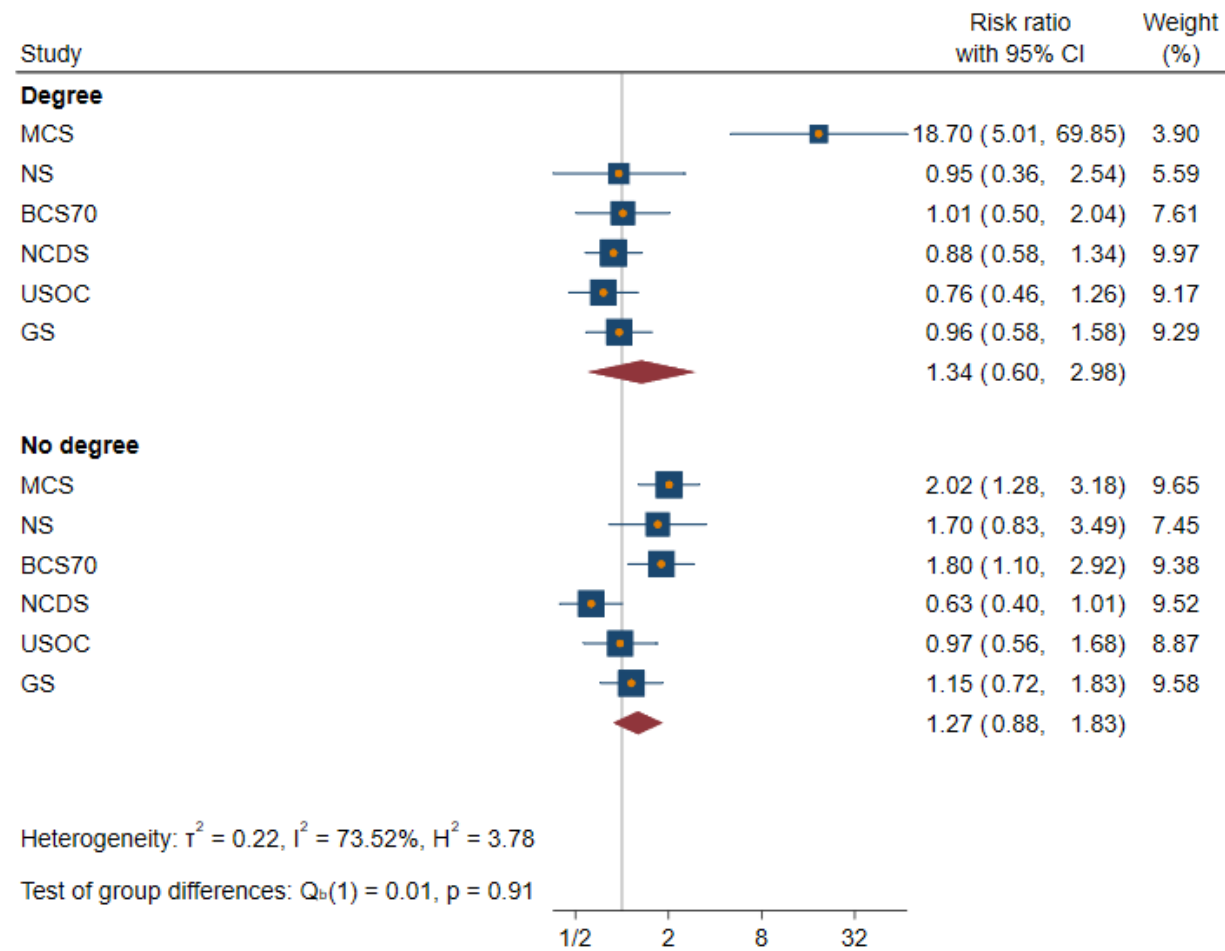
Random-effects REML model

From 6/9h a night to outside 'normal range  
Became employed vs. Stable employed



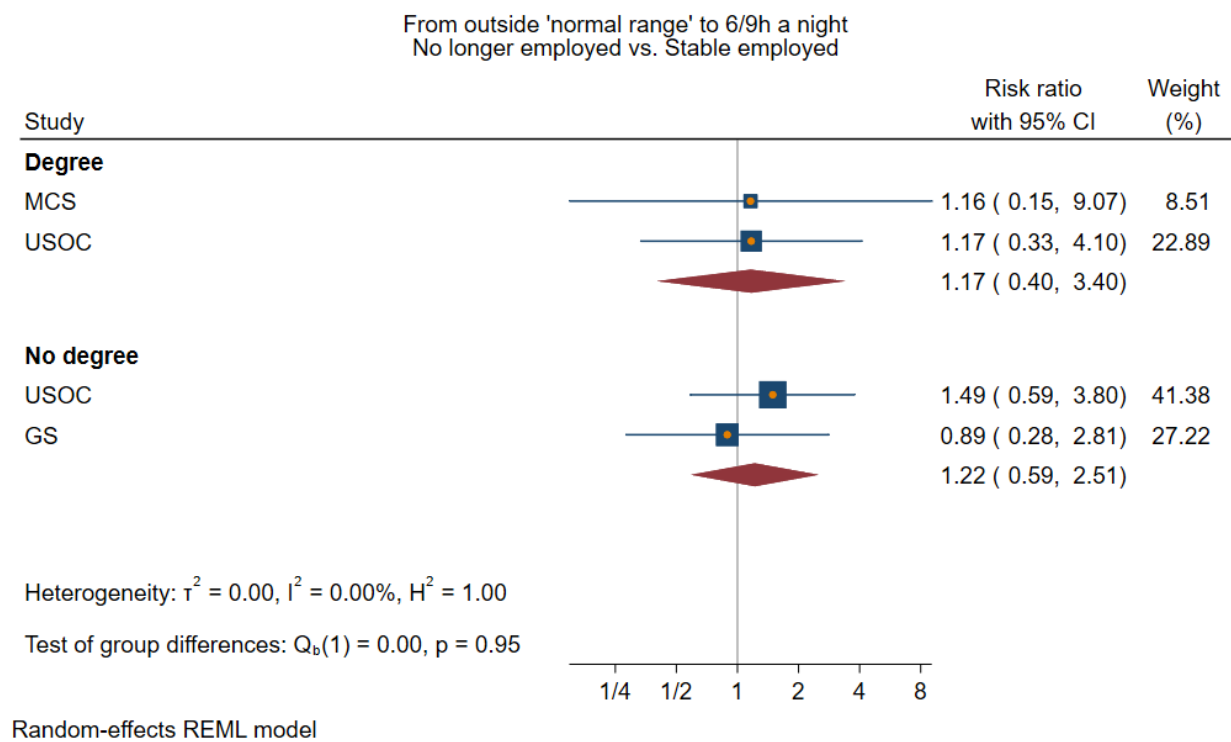
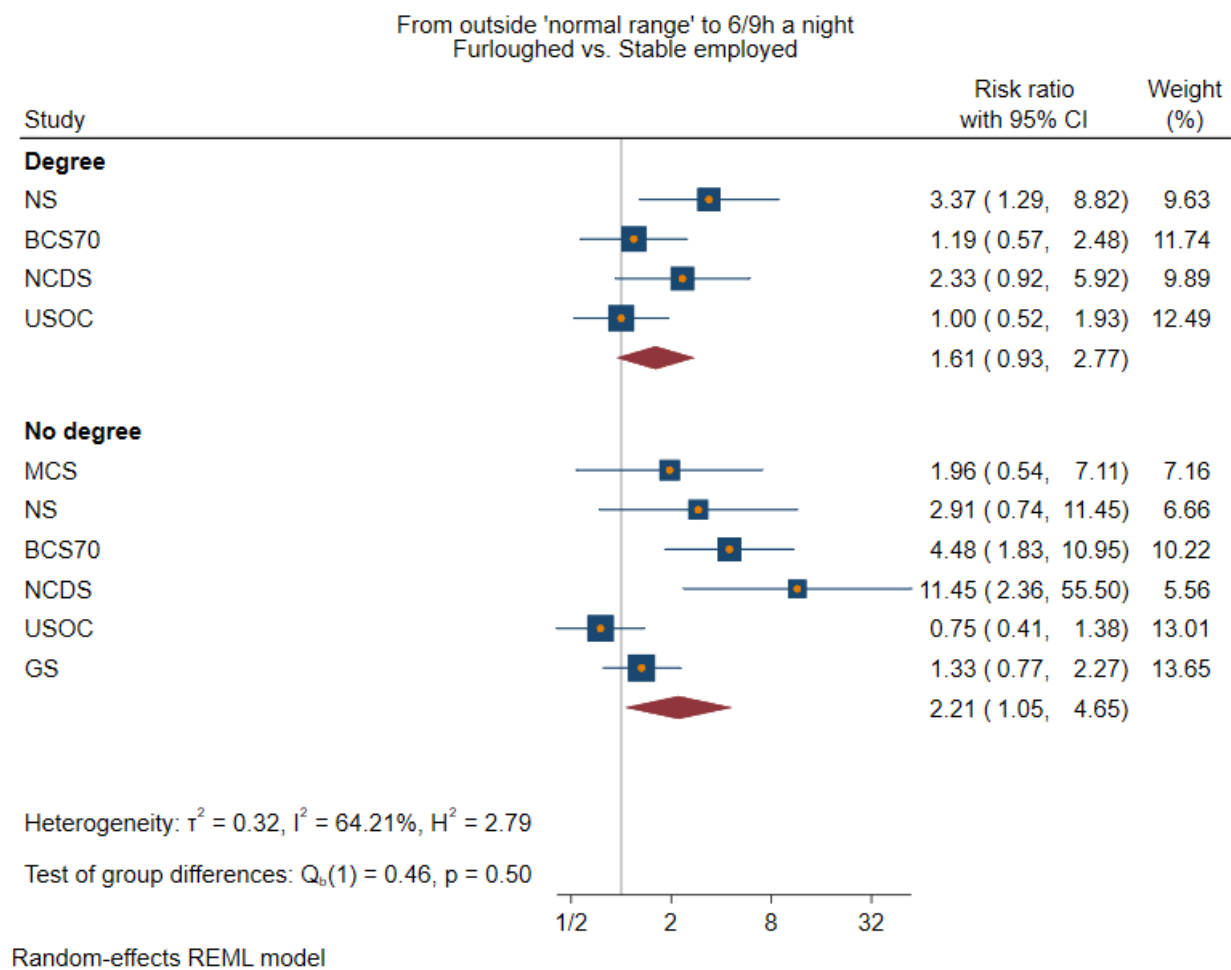
Random-effects REML model

From 6/9h a night to outside 'normal range  
Stable non-employed vs. Stable employed

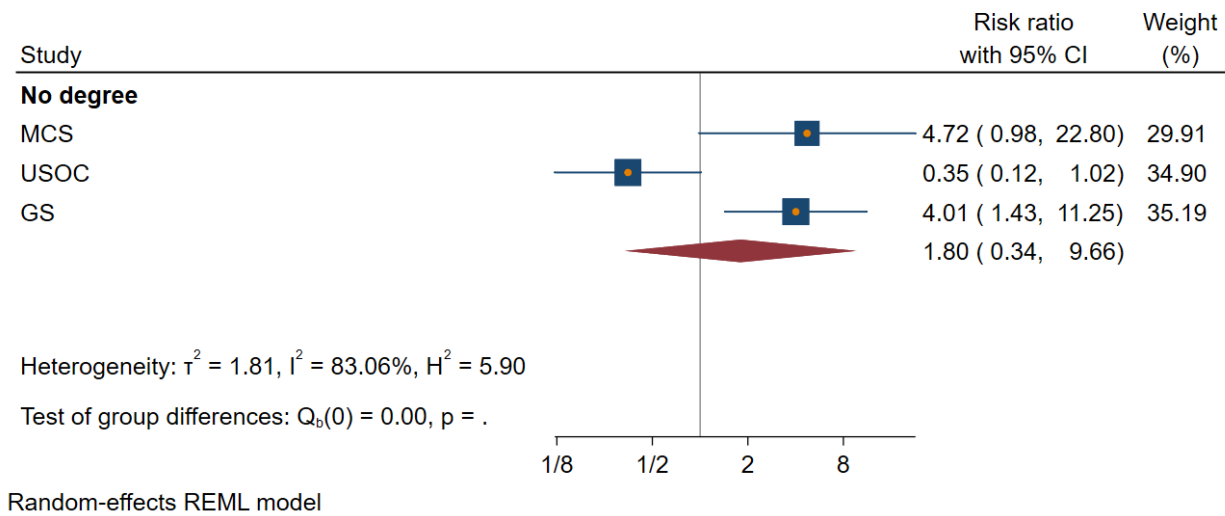


Random-effects REML model

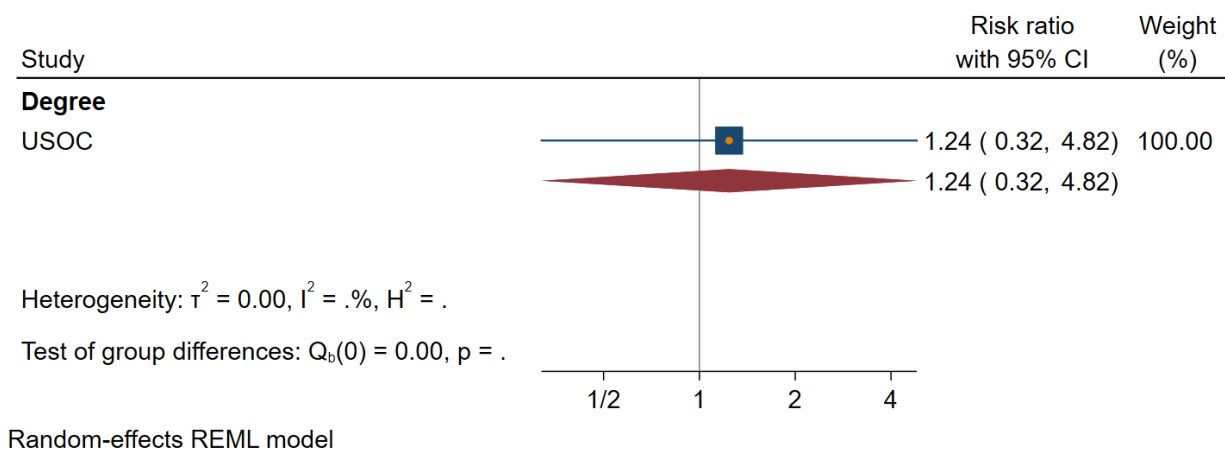
Figure set 22: From ‘normal range’ to 6/9h a night



From outside 'normal range' to 6/9h a night  
Stable unemployed vs. Stable employed



From outside 'normal range' to 6/9h a night  
Became employed vs. Stable employed



From outside 'normal range' to 6/9h a night  
Stable non-employed vs. Stable employed

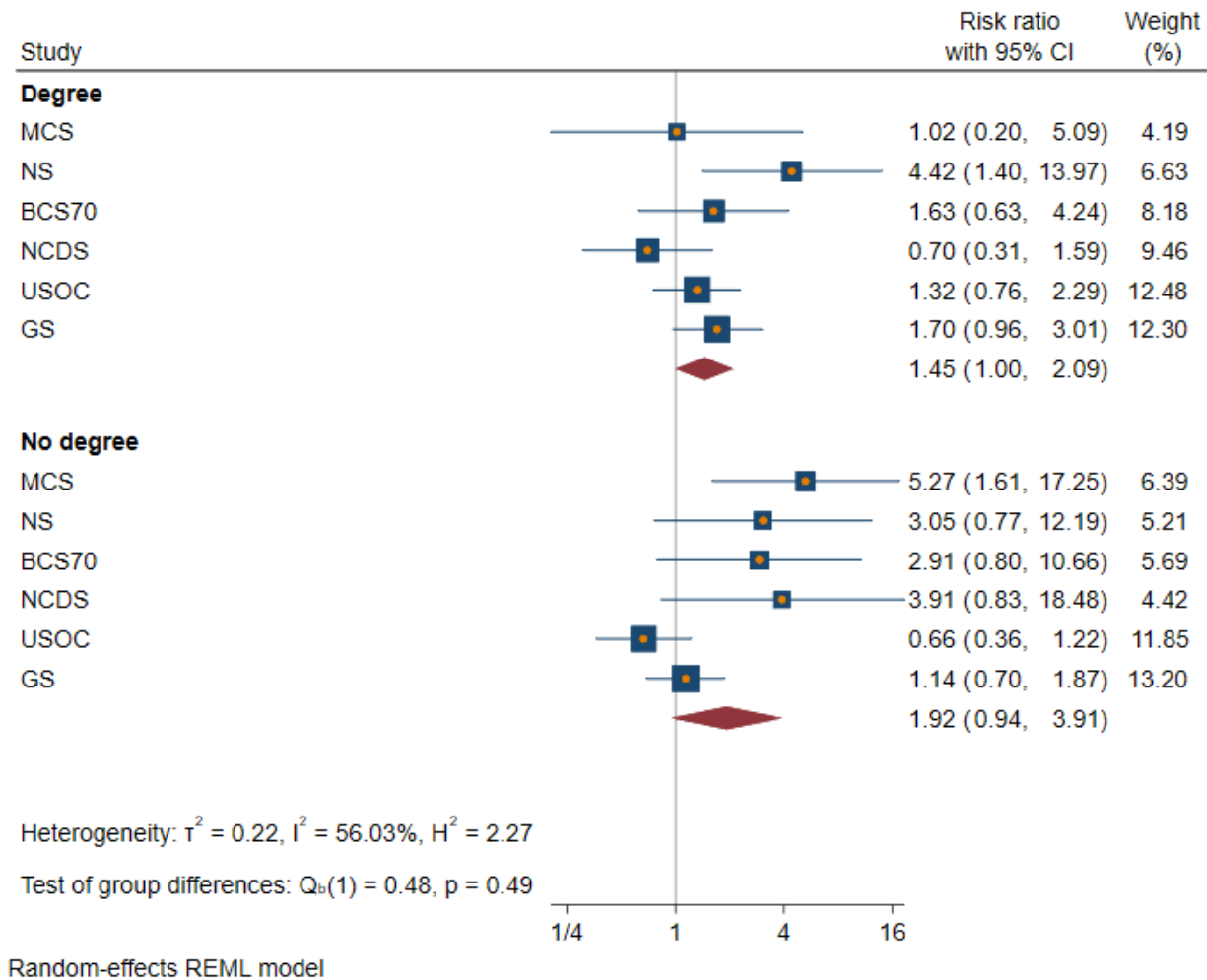
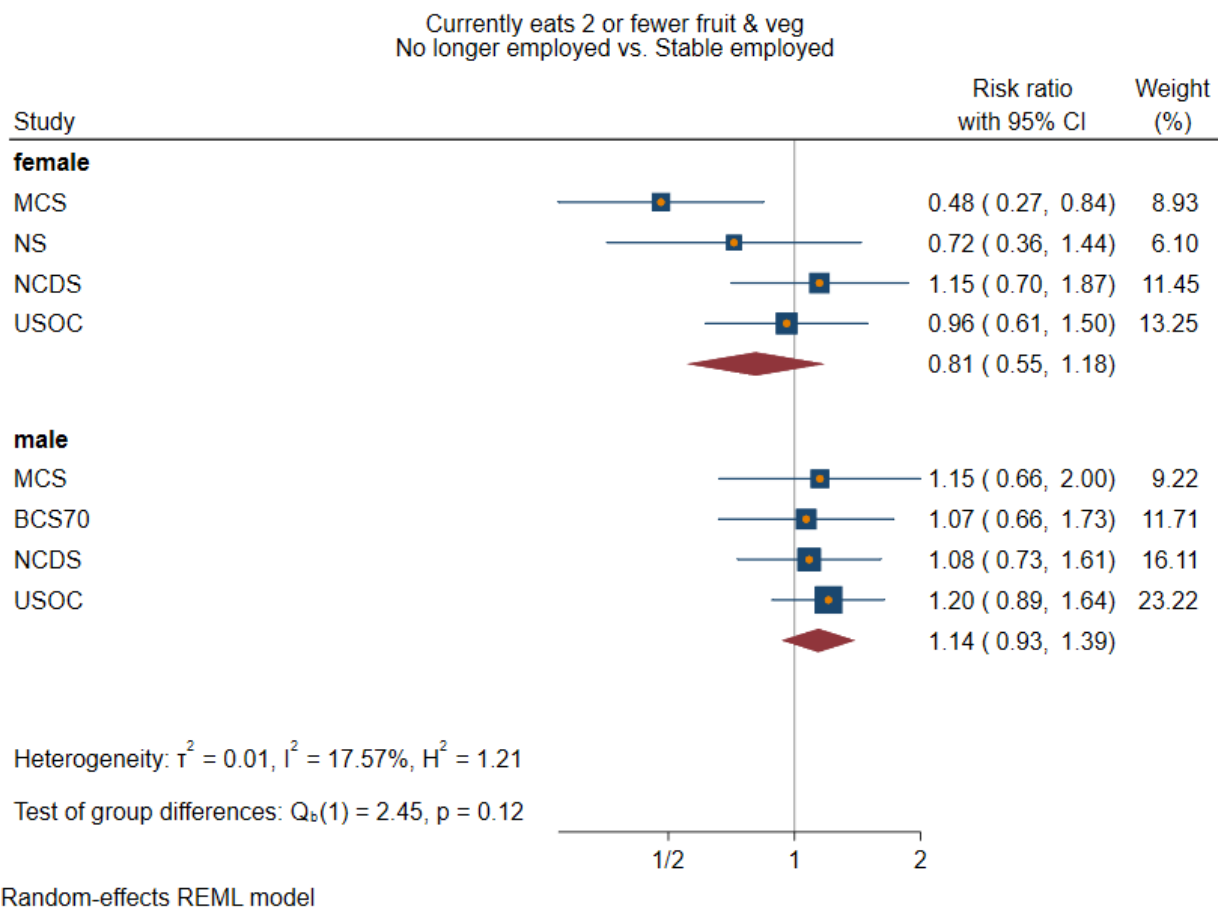
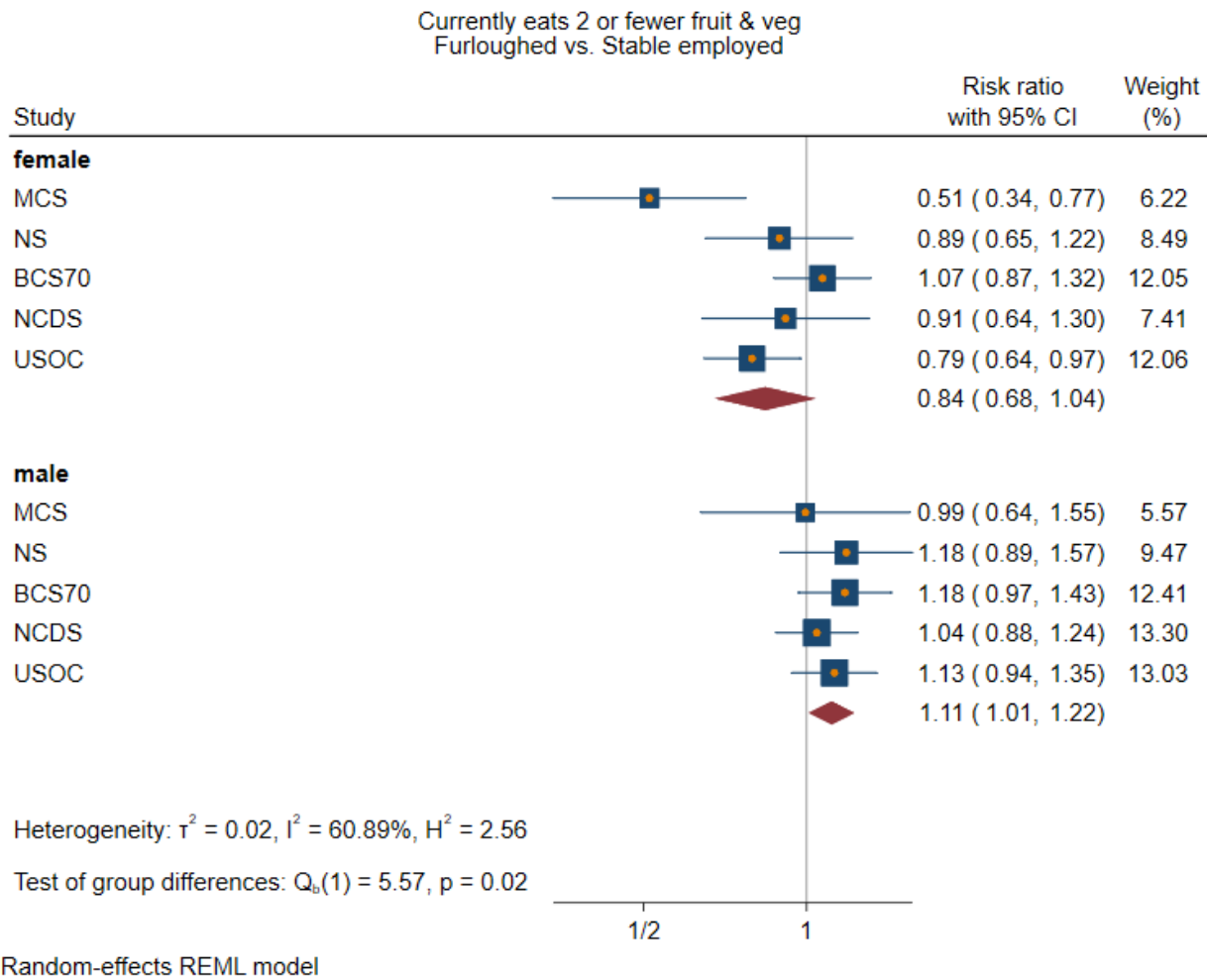


Figure set 23: Currently eats 2 or fewer fruit and veg



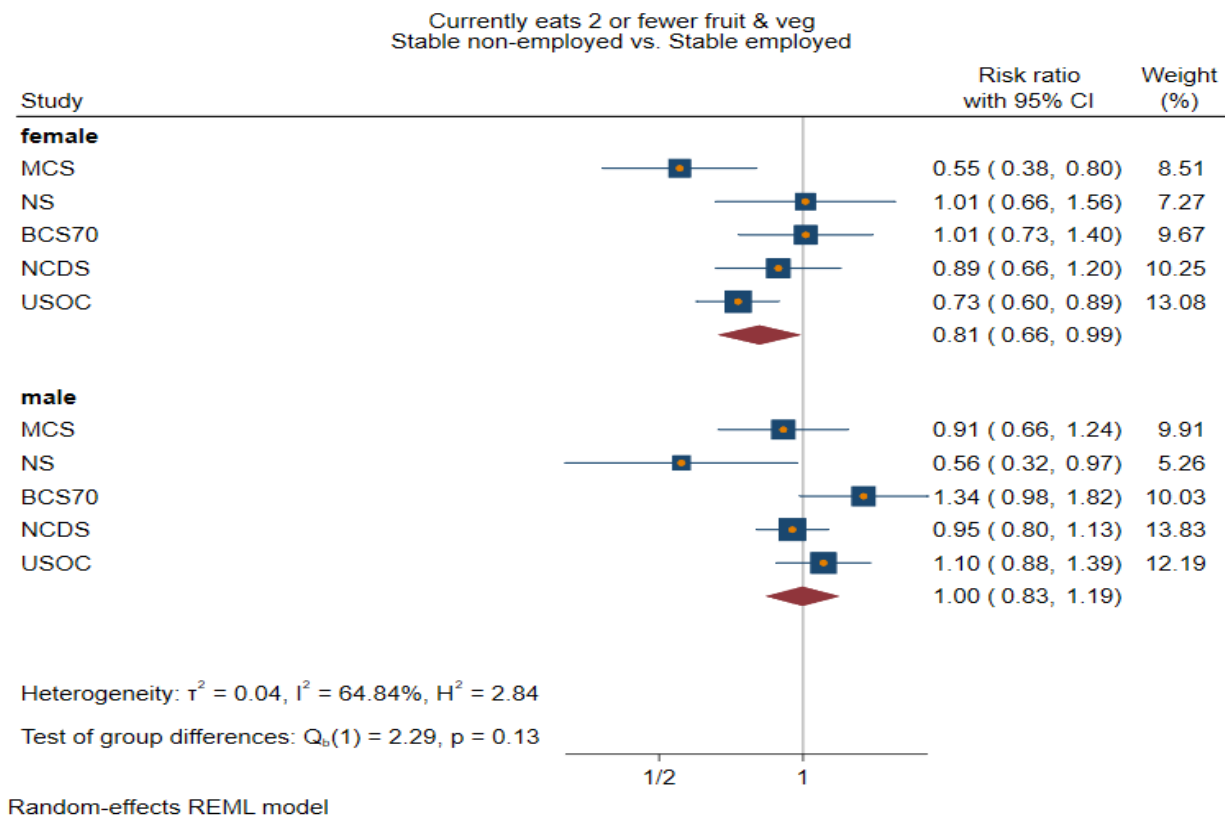
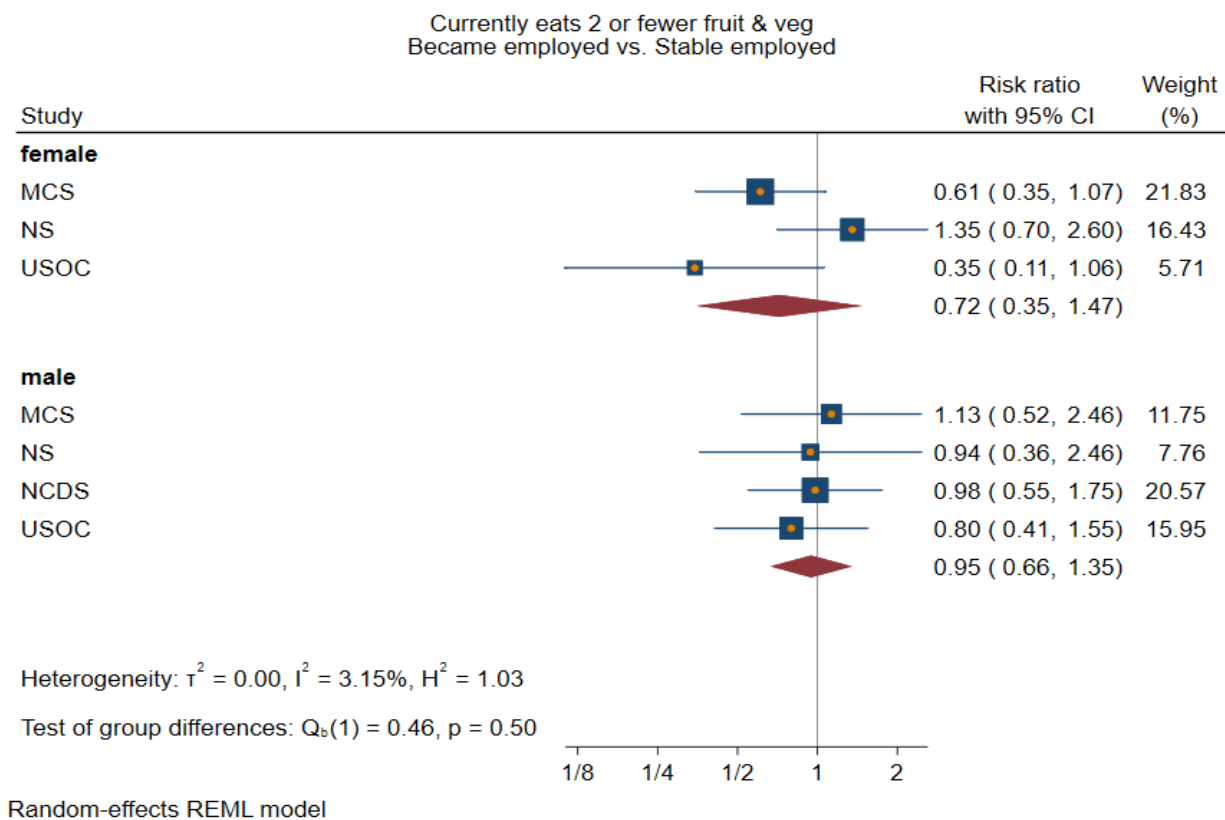
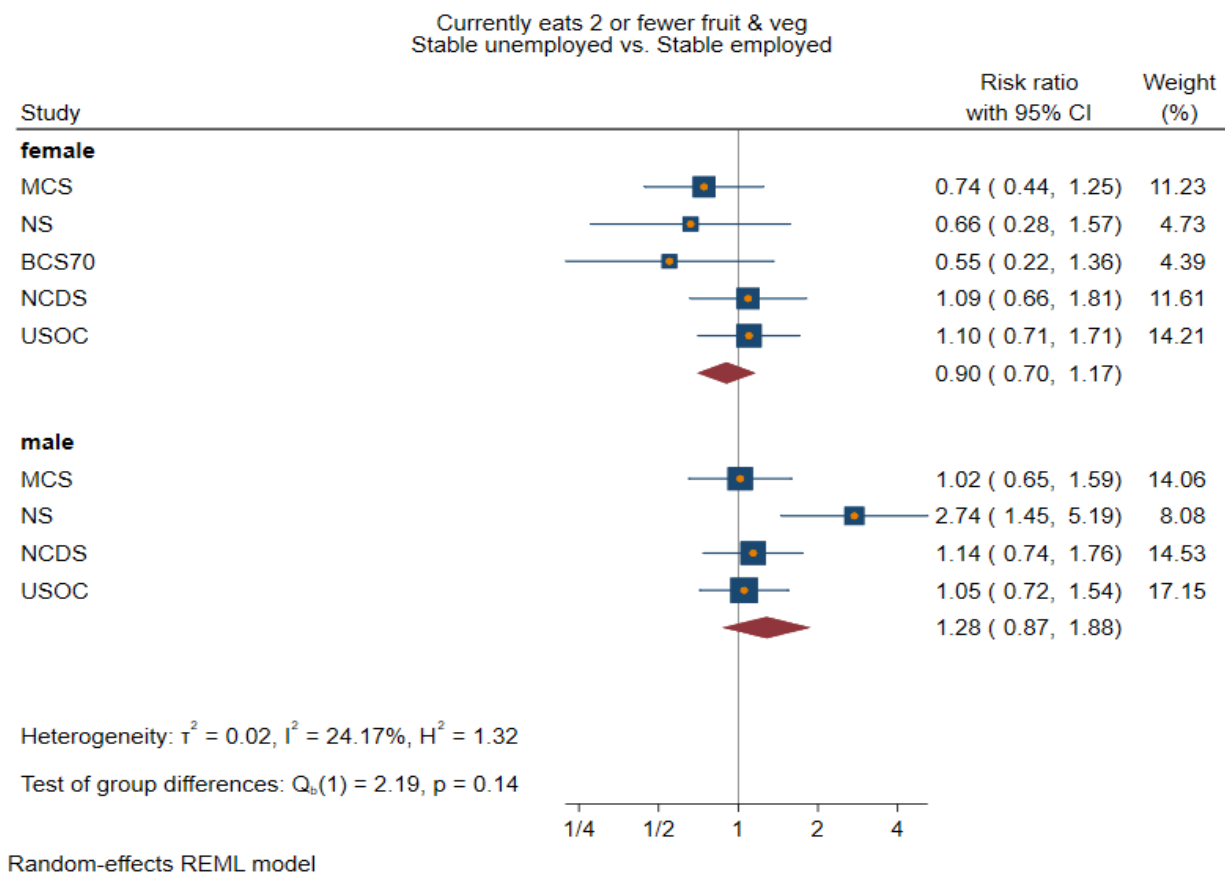
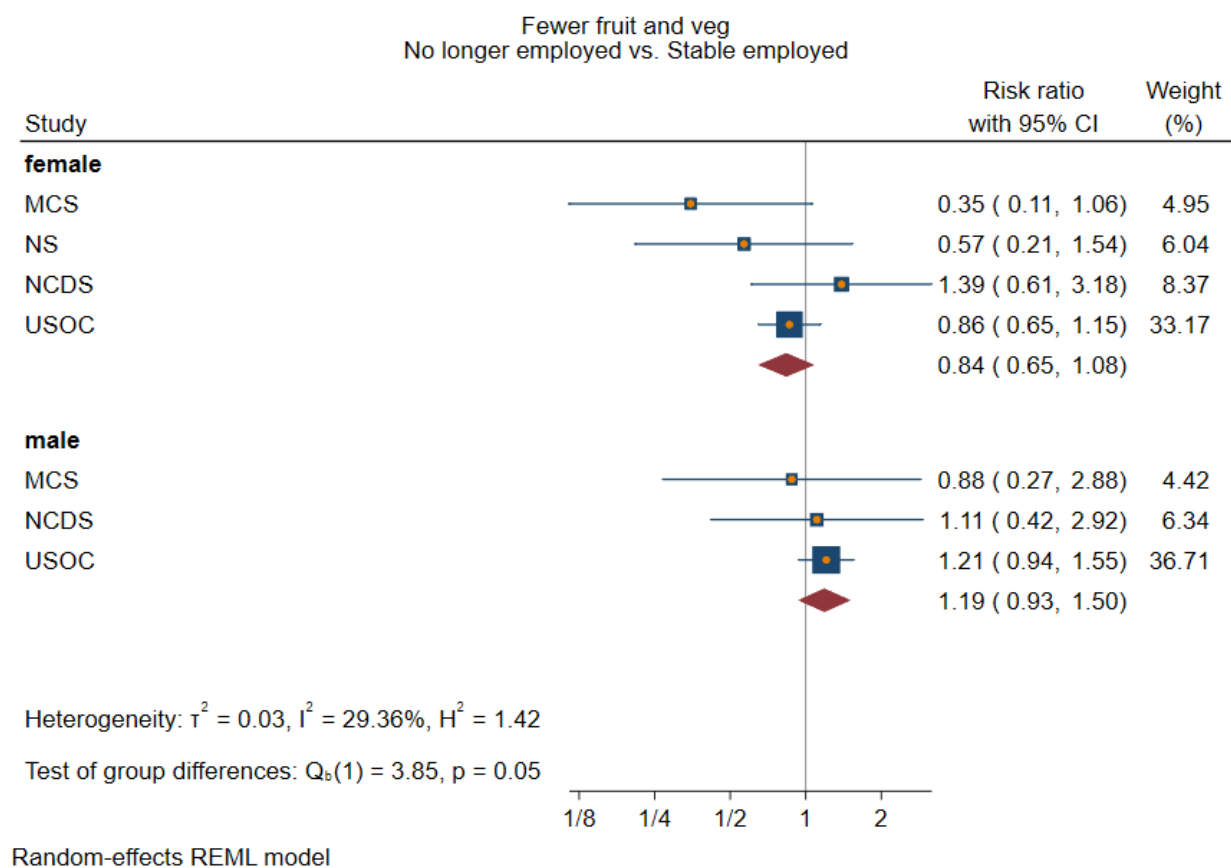
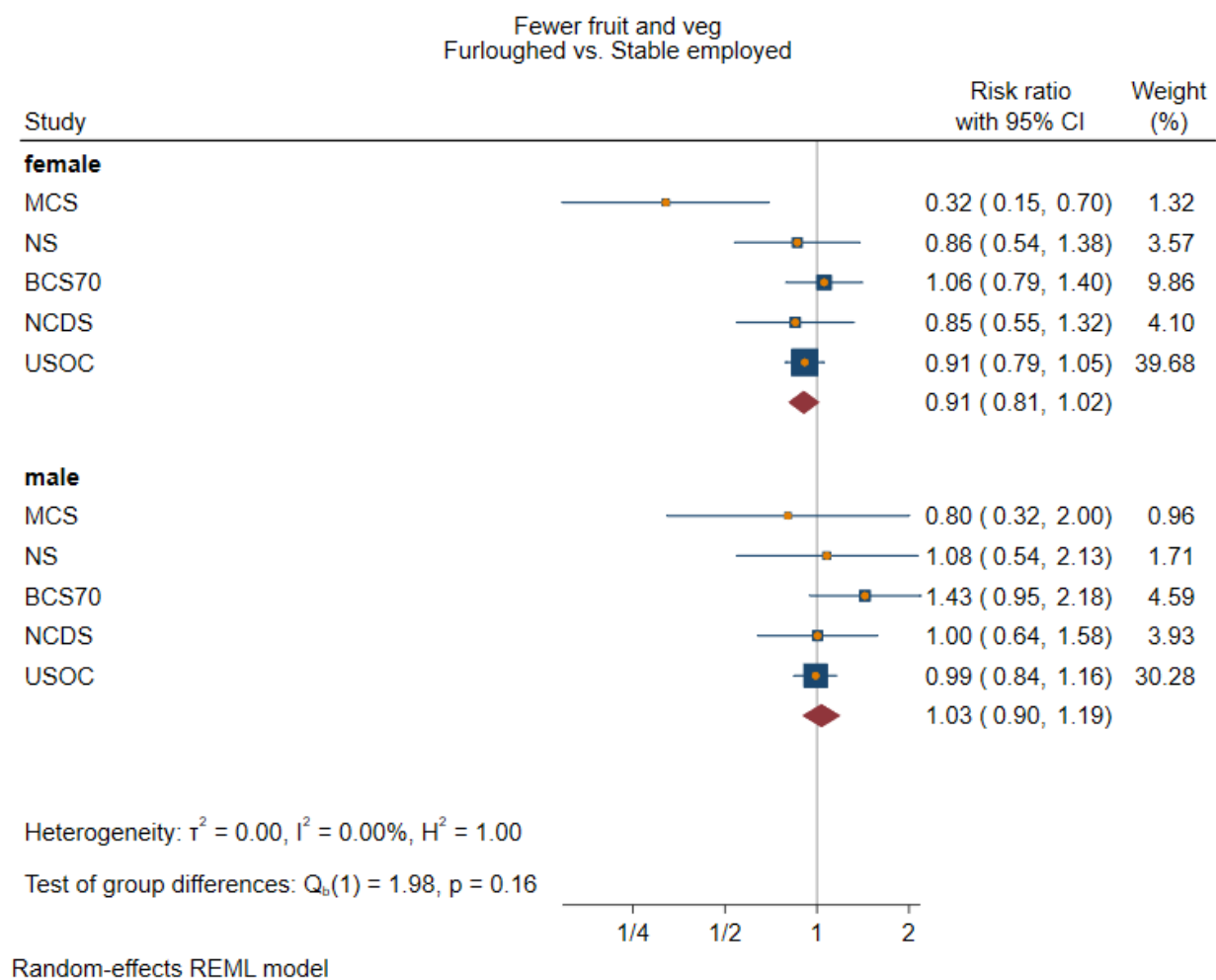


Figure set 24: Fewer fruit and veg



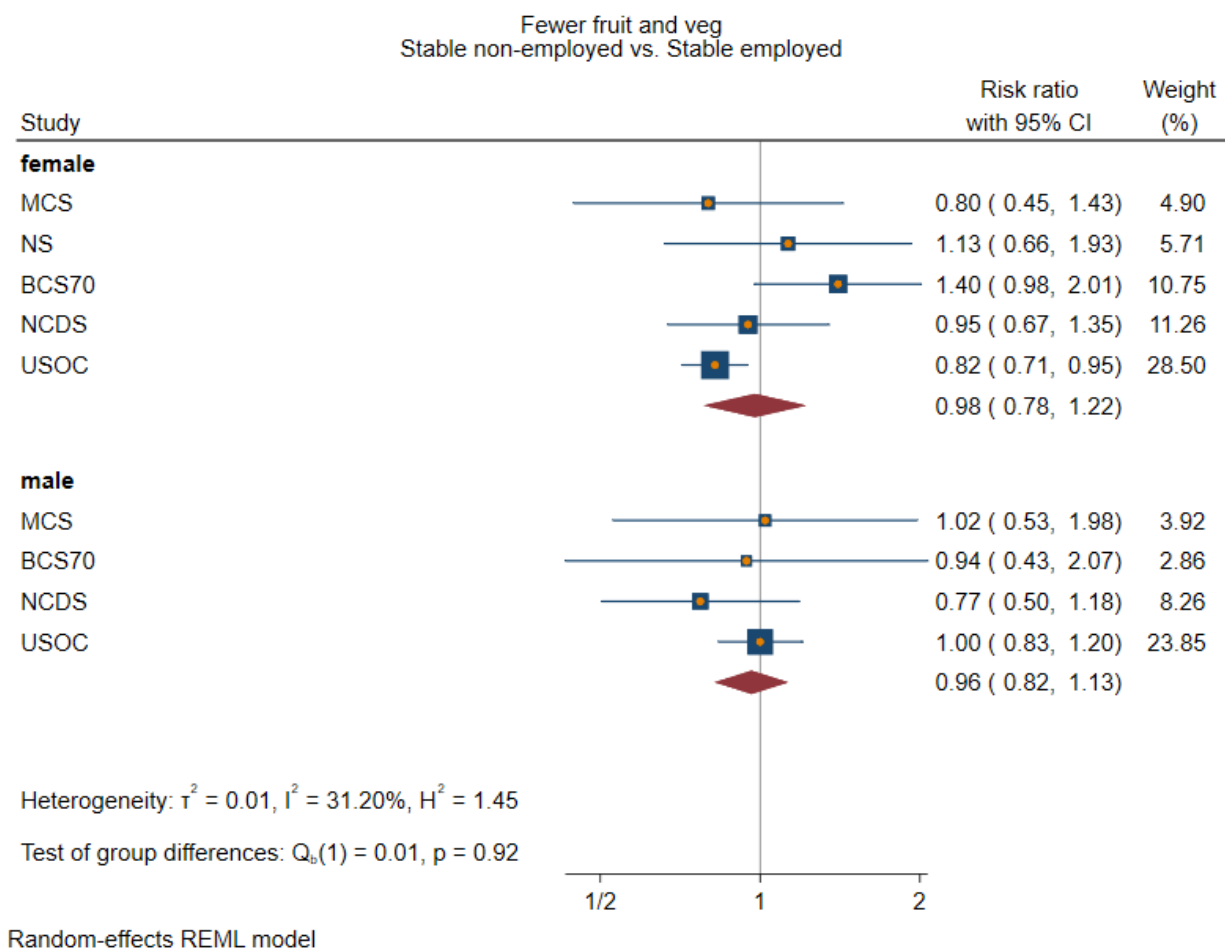
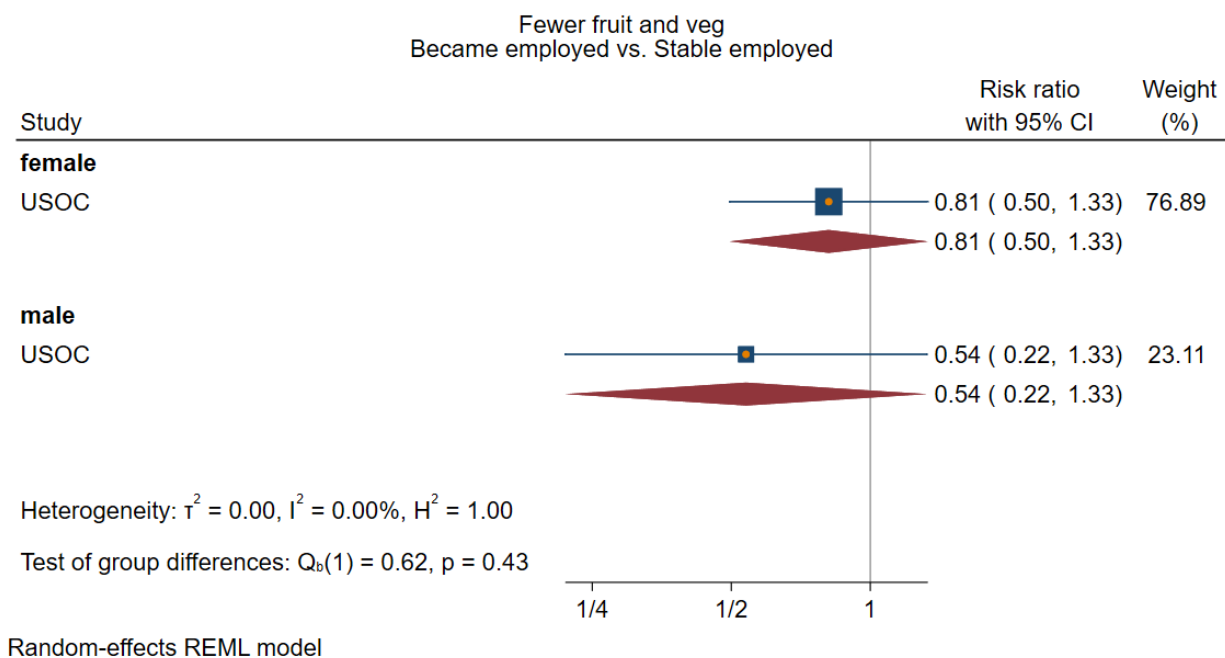
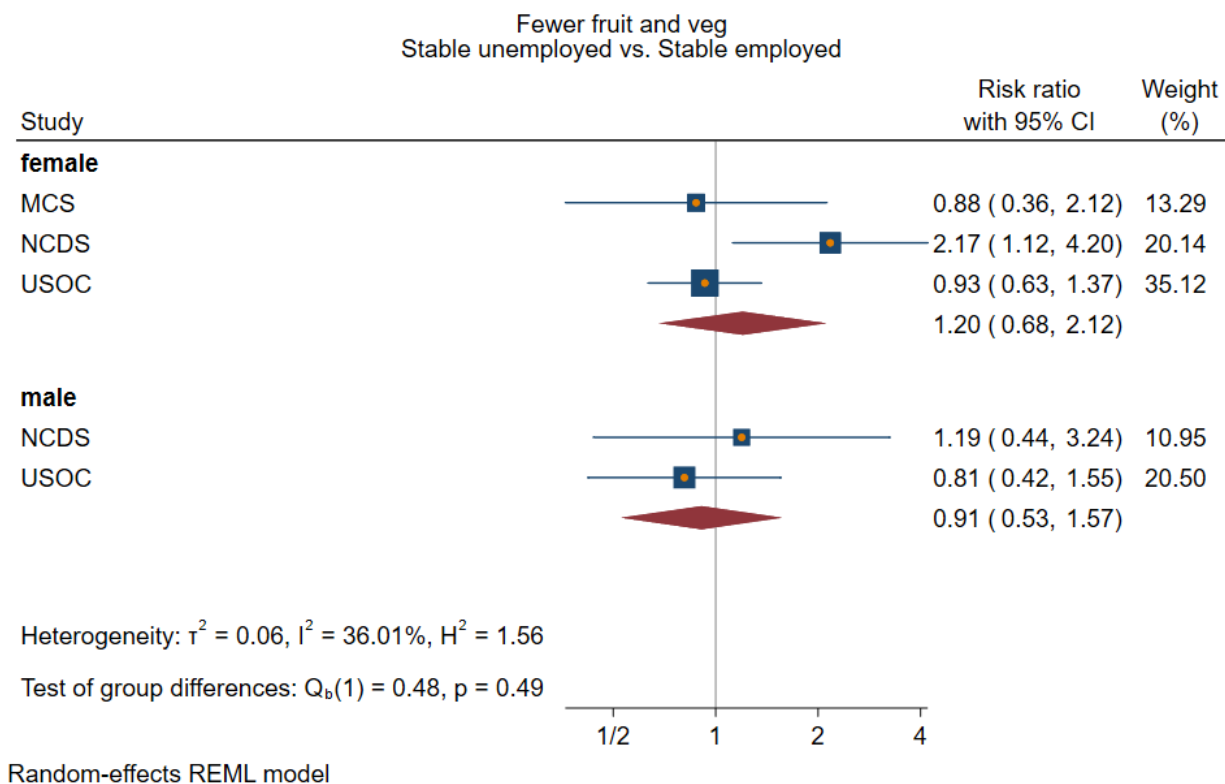
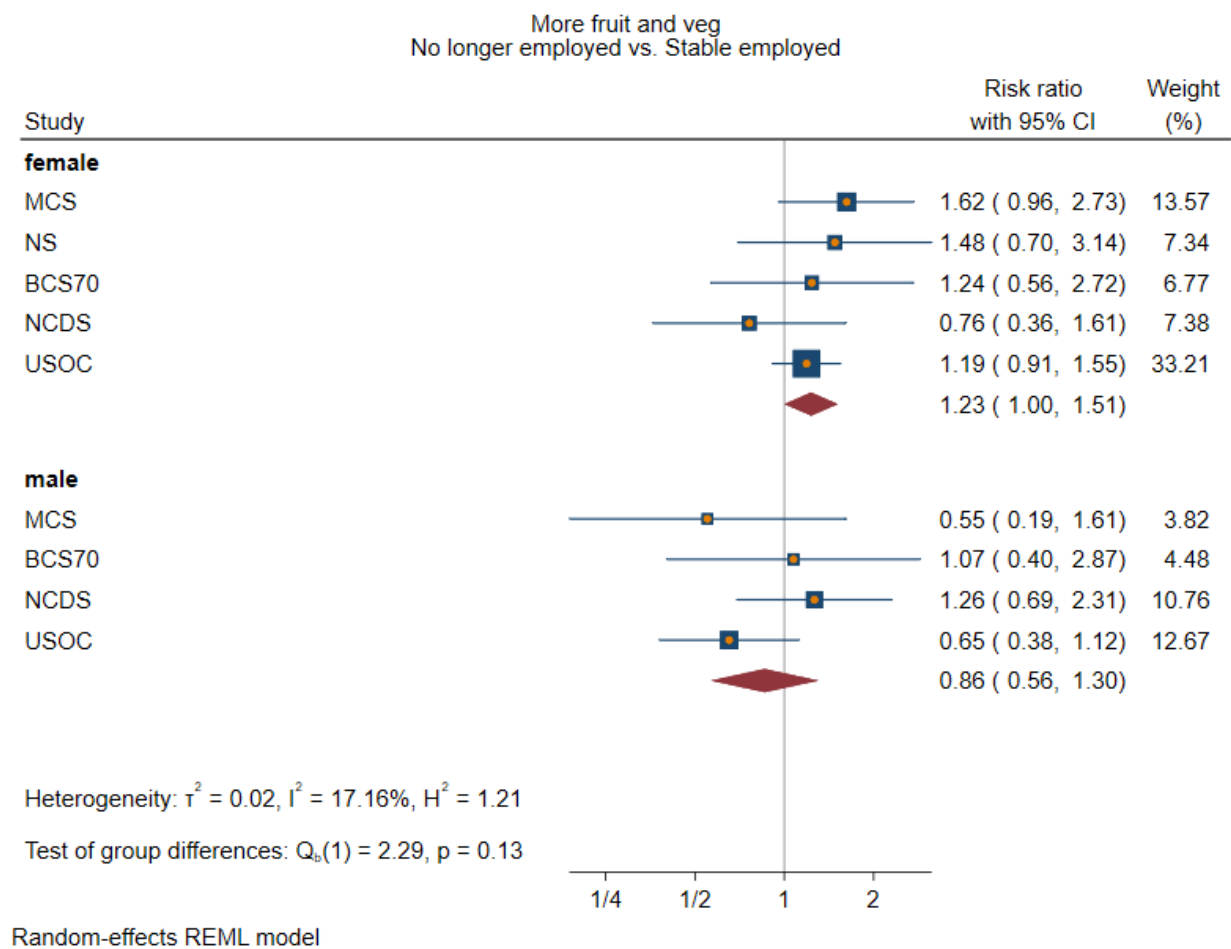
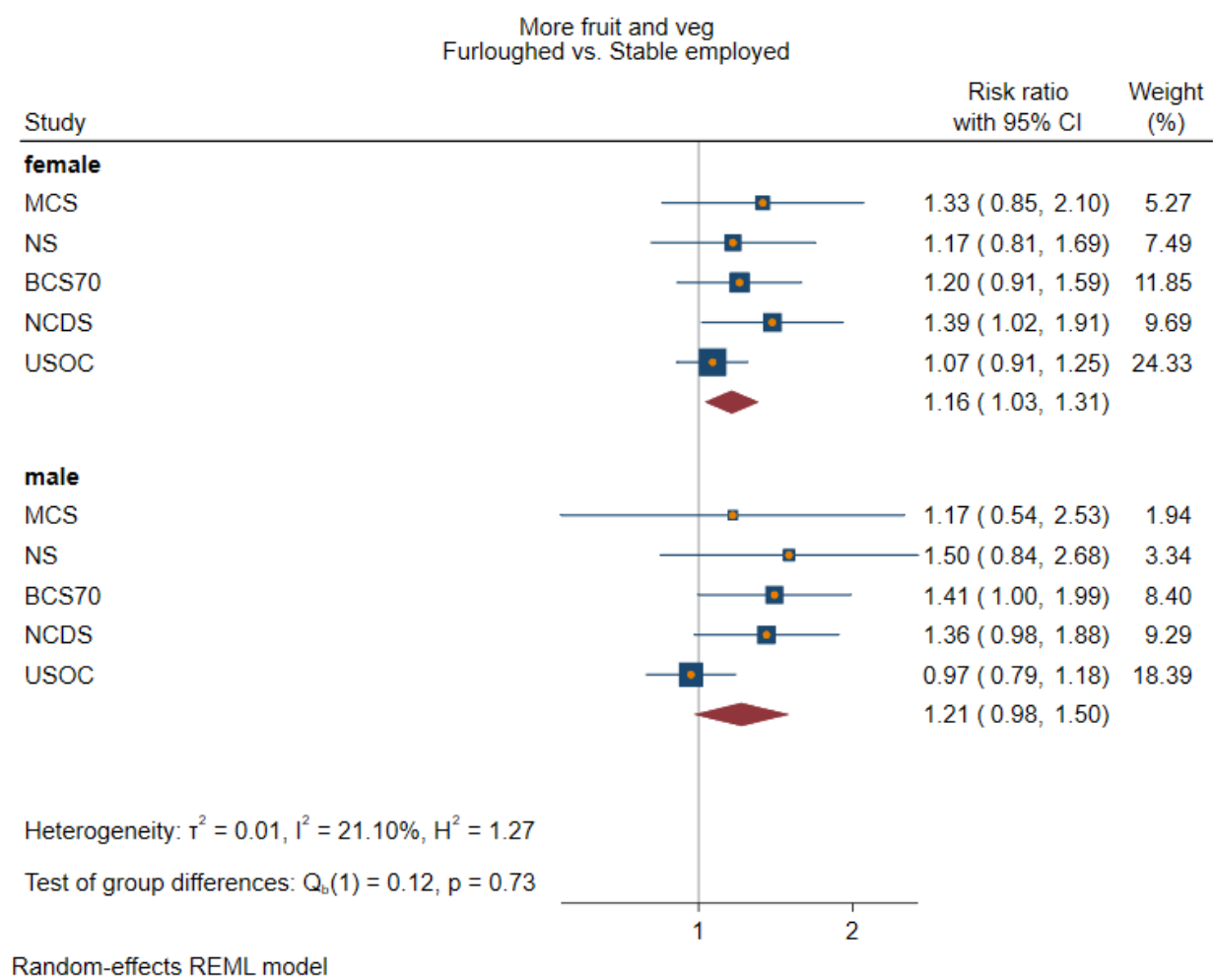


Figure set 25: More fruit and veg





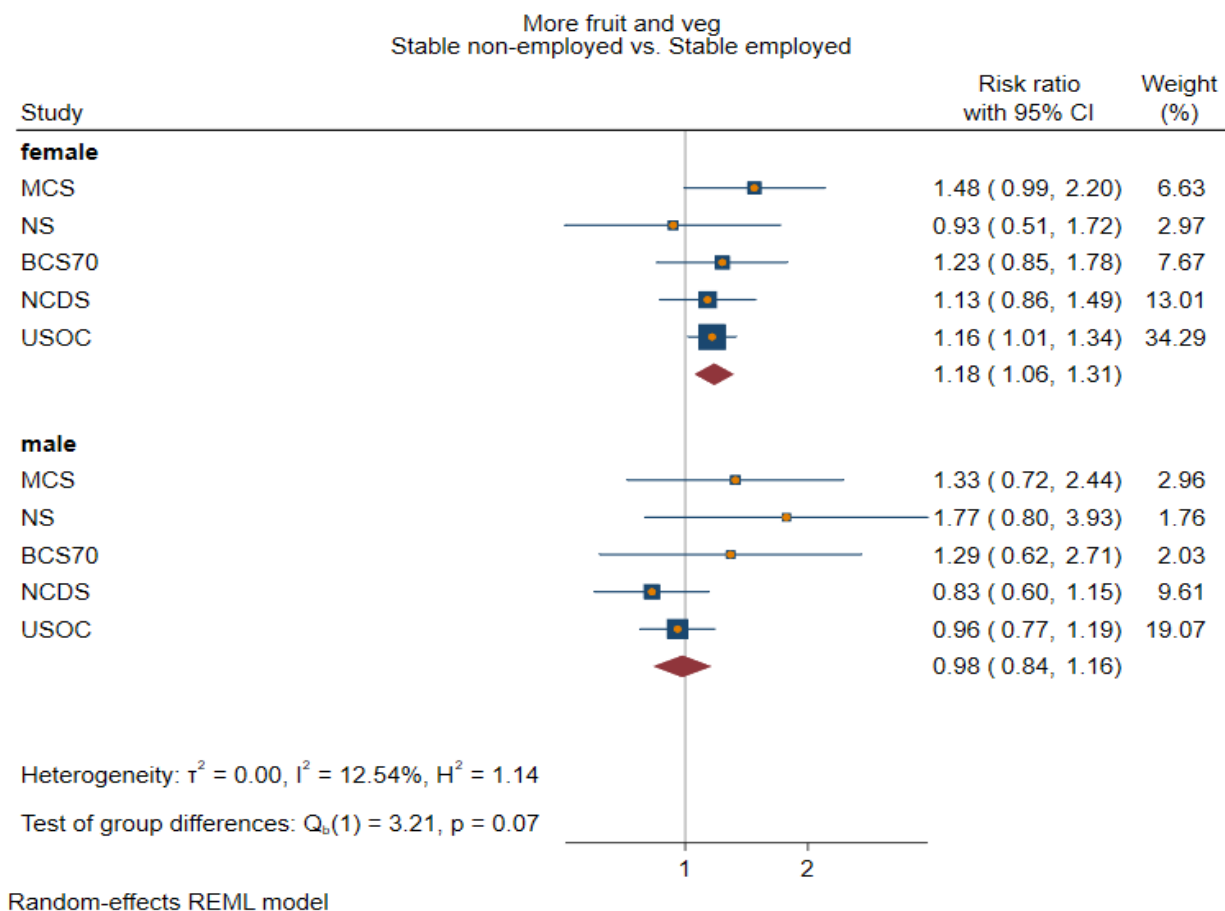
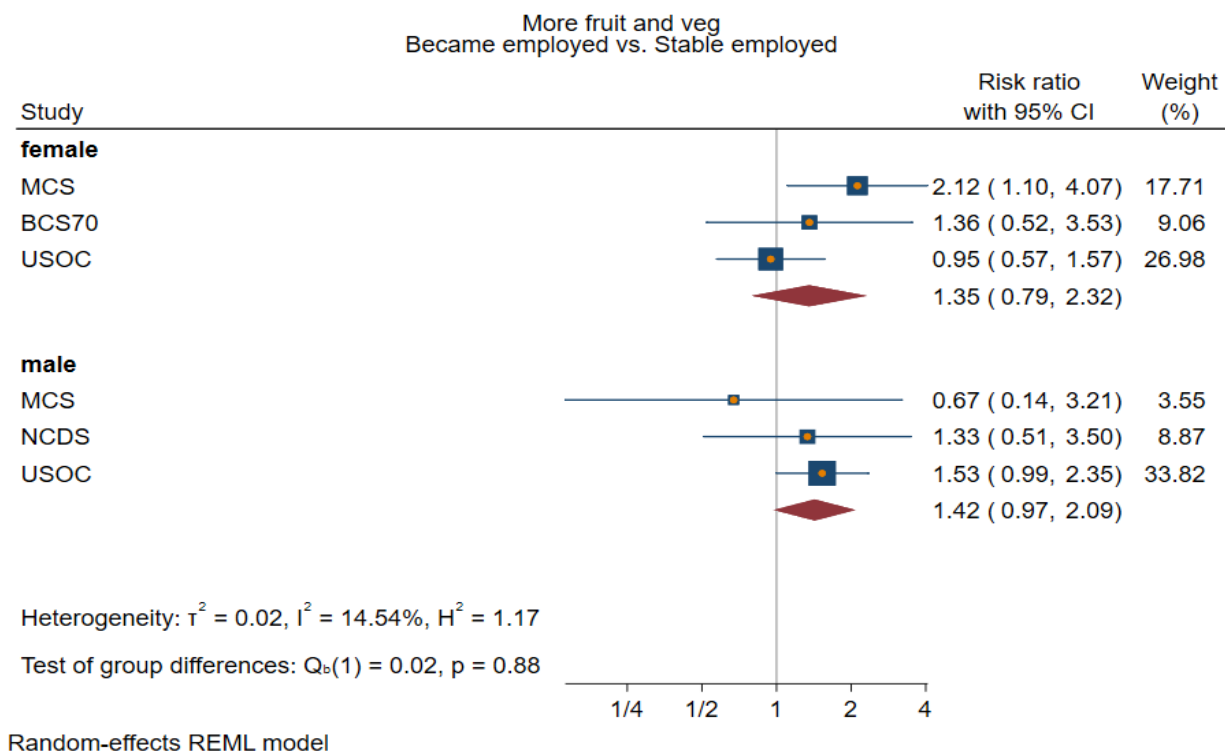
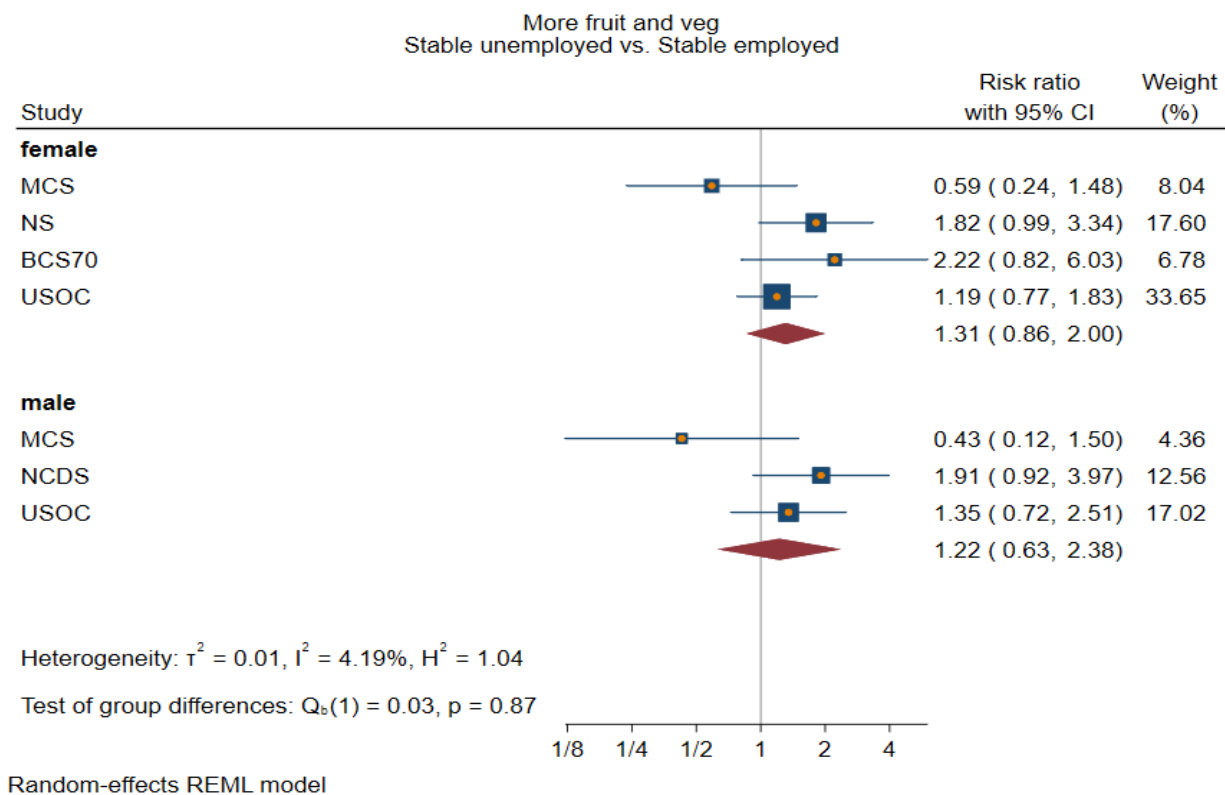
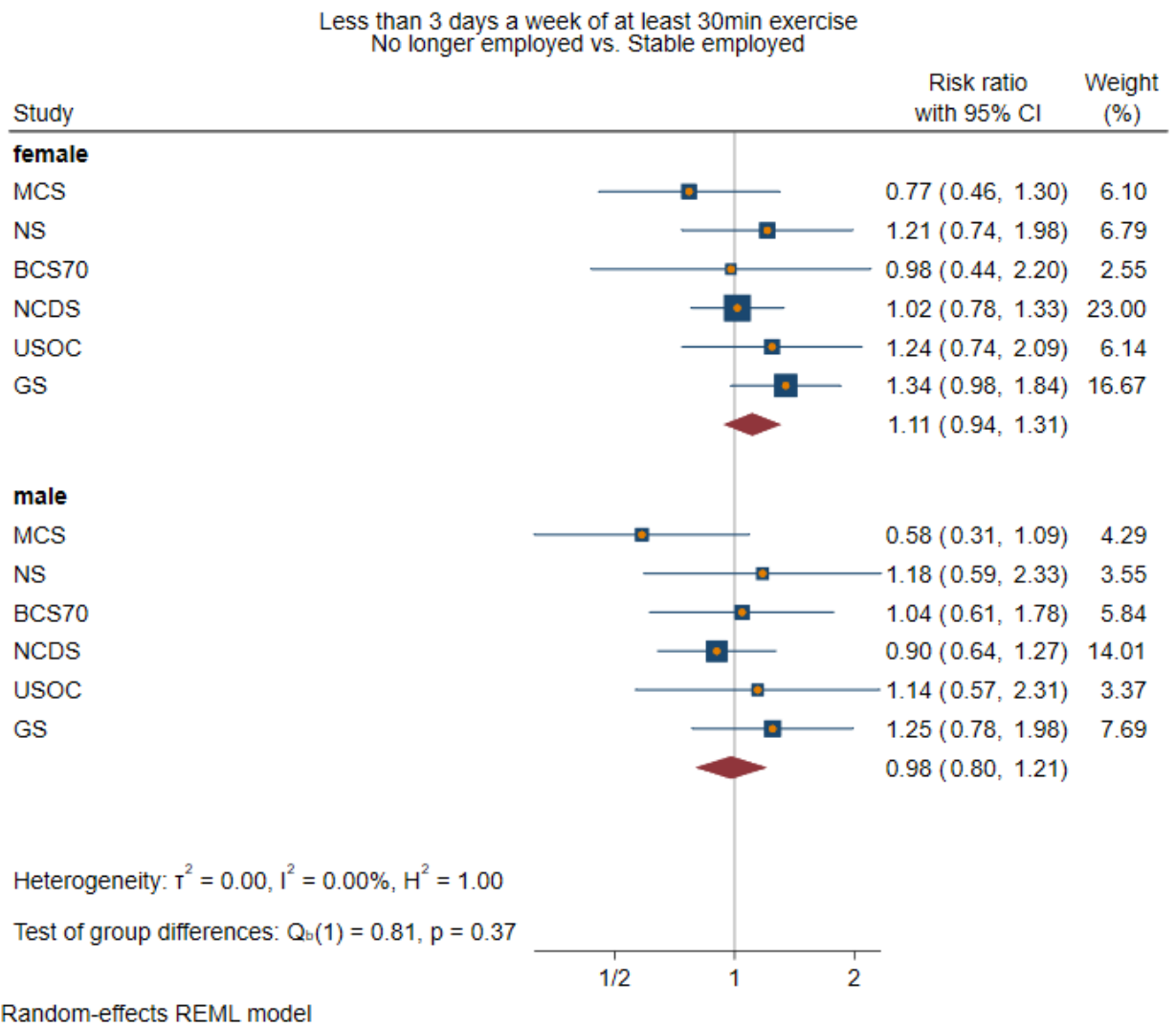
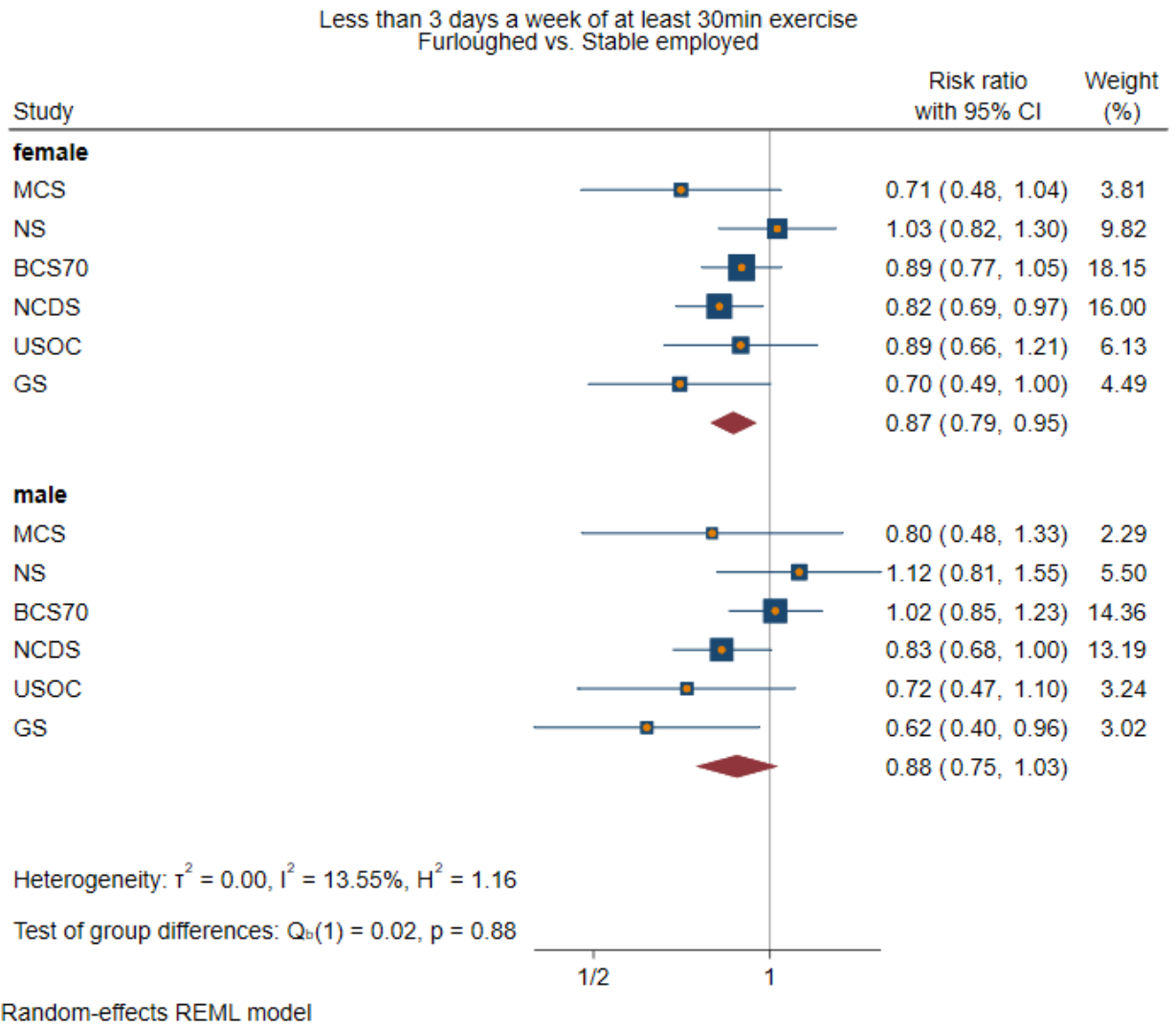
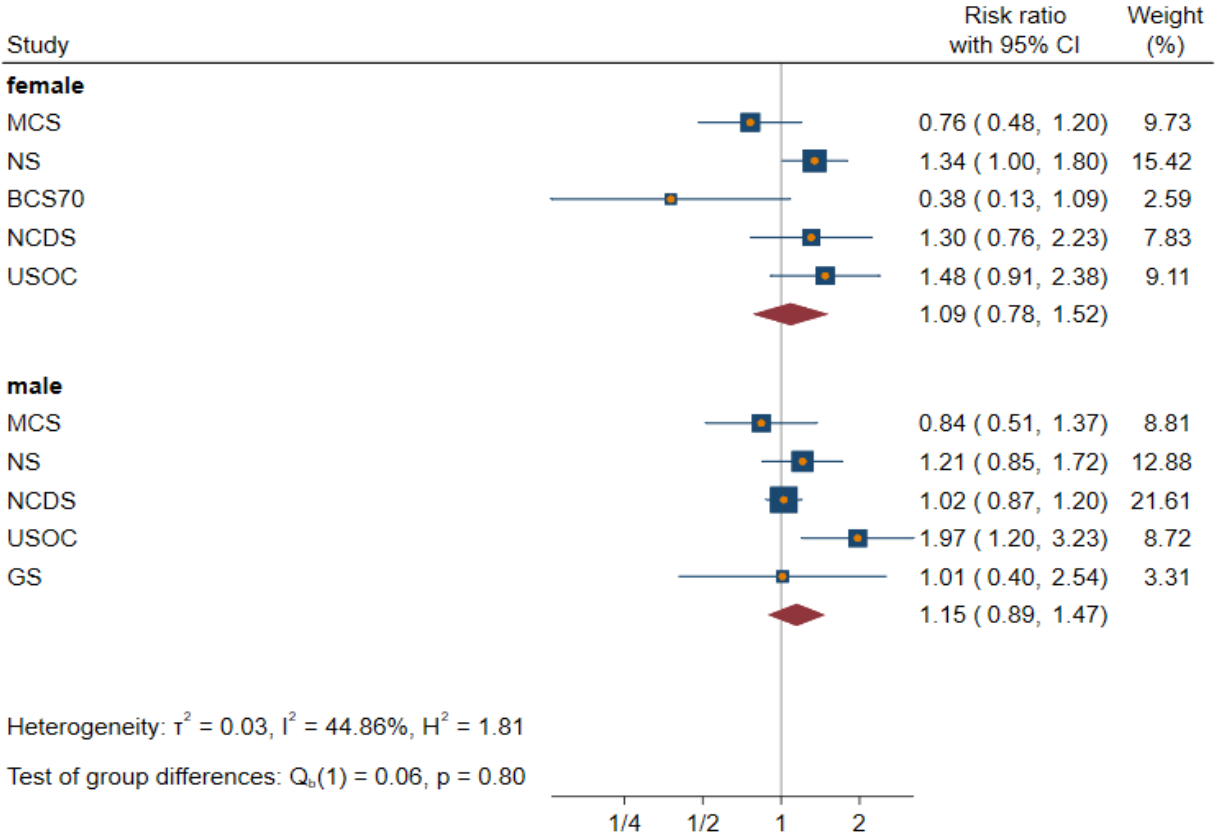


Figure set 26: Less than 3 days a week of at least 30min exercise

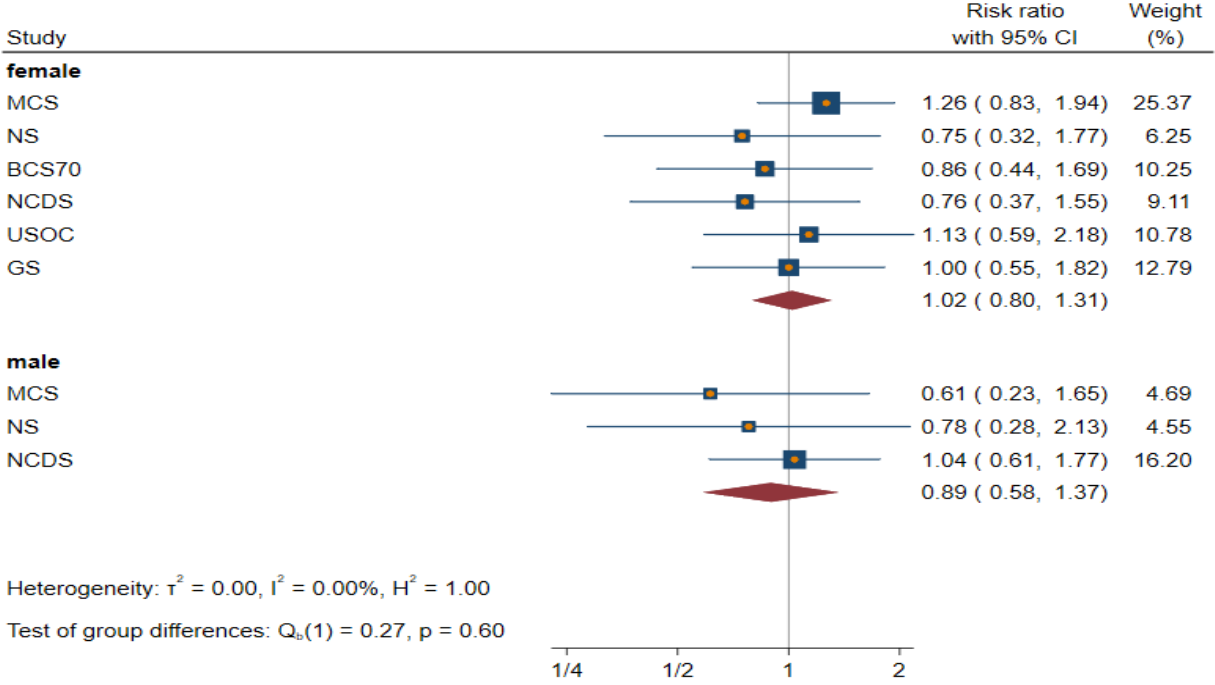


Less than 3 days a week of at least 30min exercise  
Stable unemployed vs. Stable employed



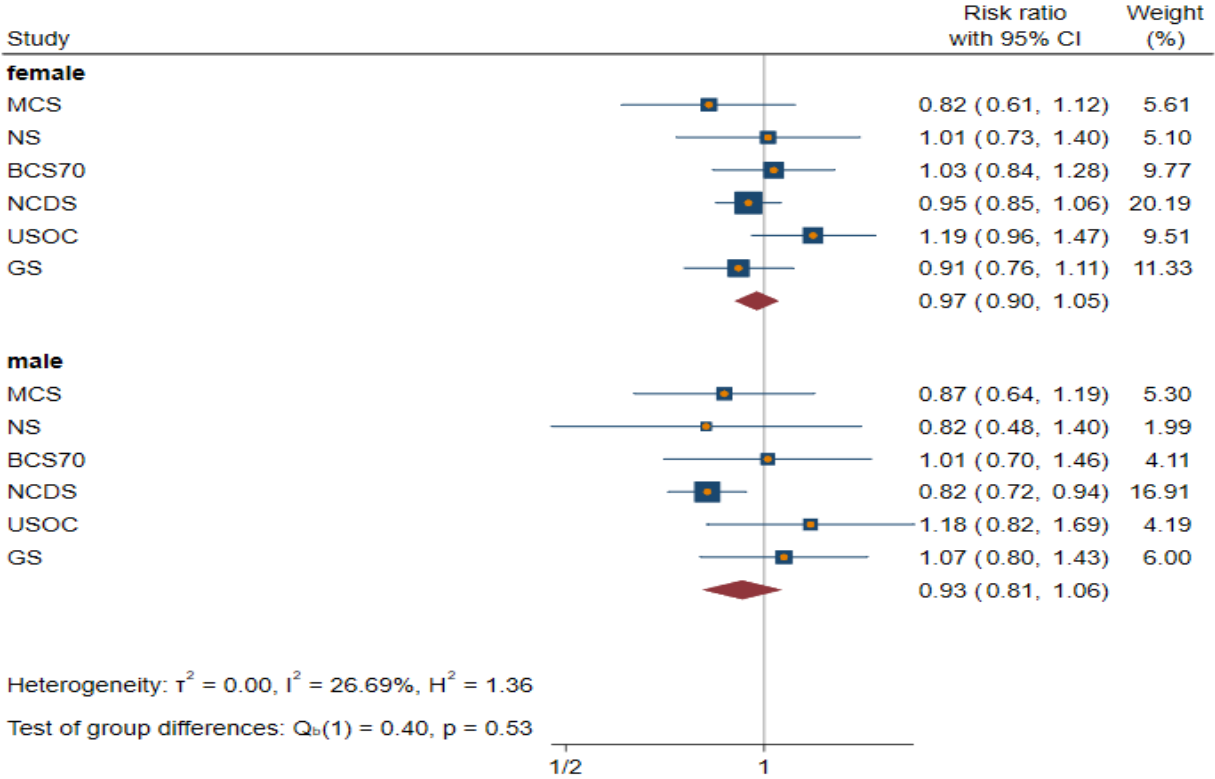
Random-effects REML model

Less than 3 days a week of at least 30min exercise  
Became employed vs. Stable employed



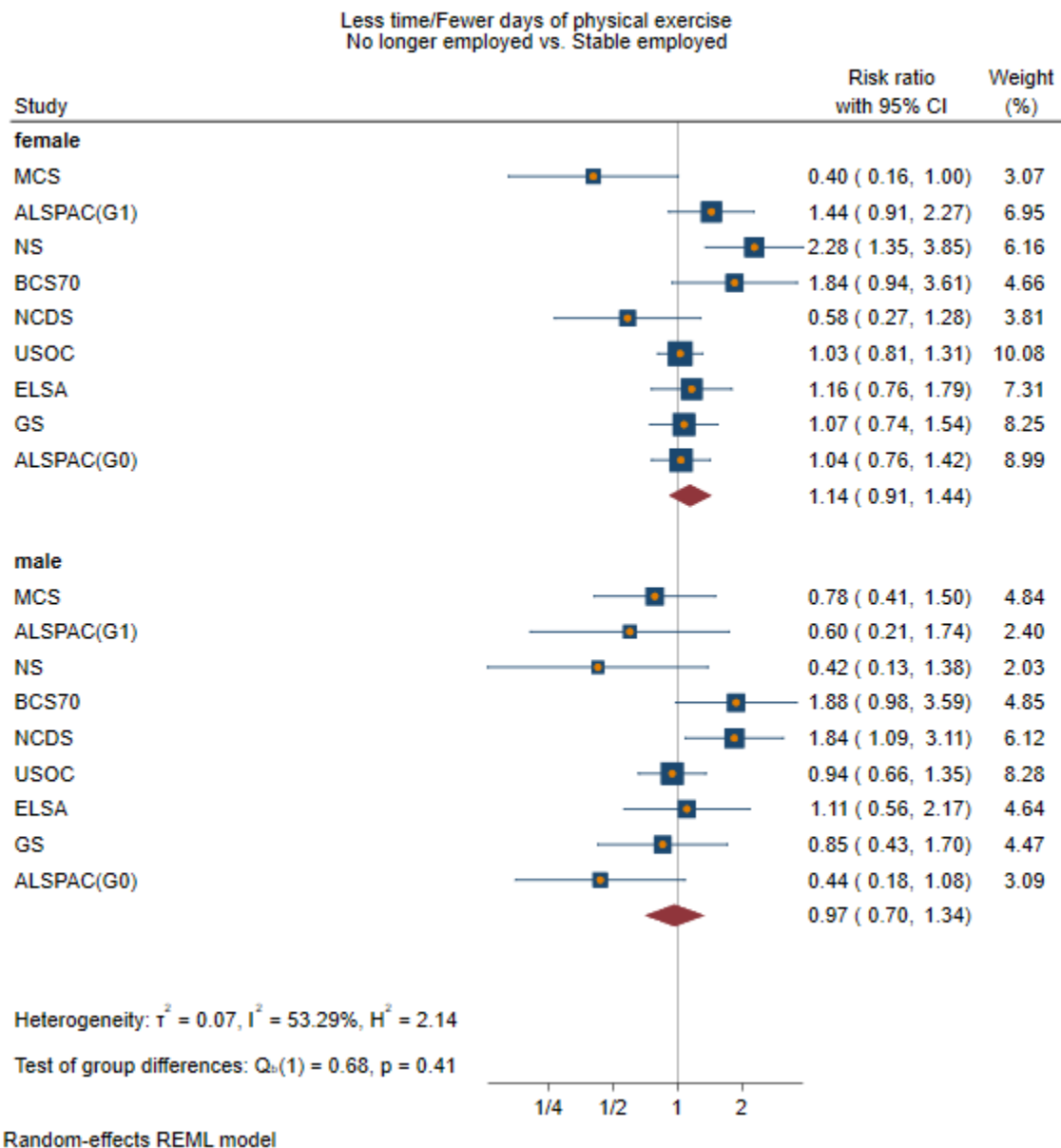
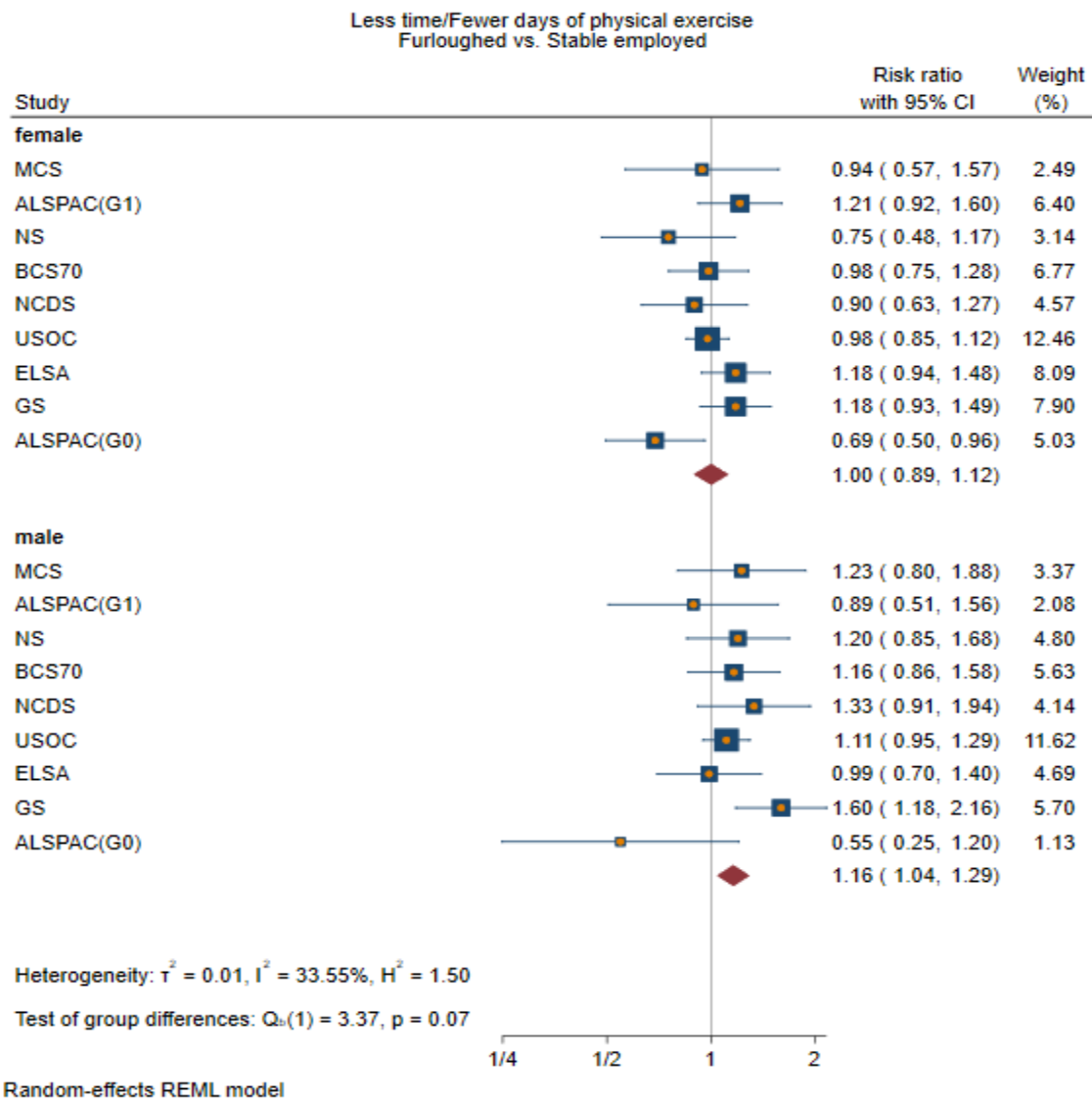
Random-effects REML model

Less than 3 days a week of at least 30min exercise  
Stable non-employed vs. Stable employed

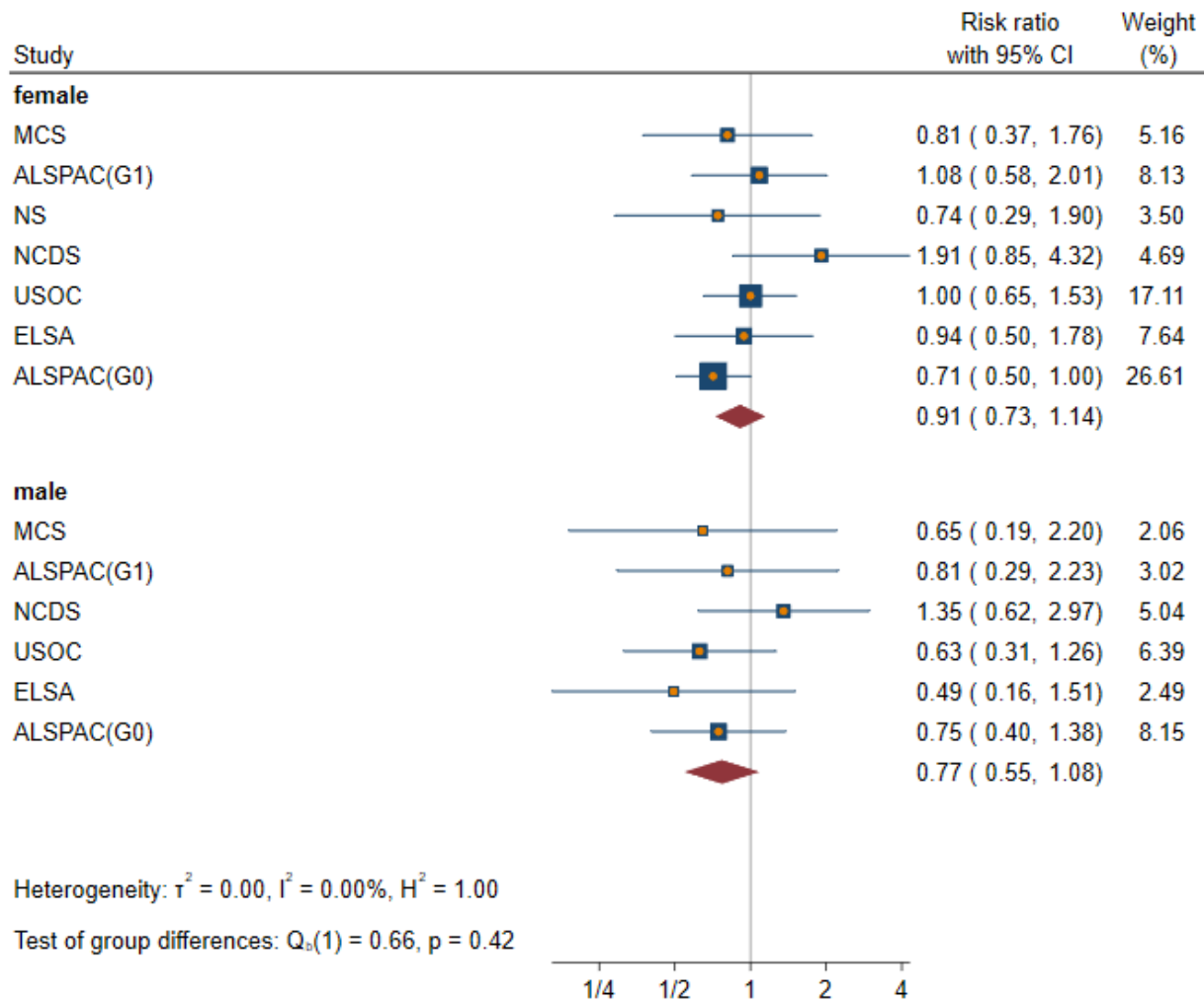


Random-effects REML model

Figure set 27: Less time/fewer days of physical exercise

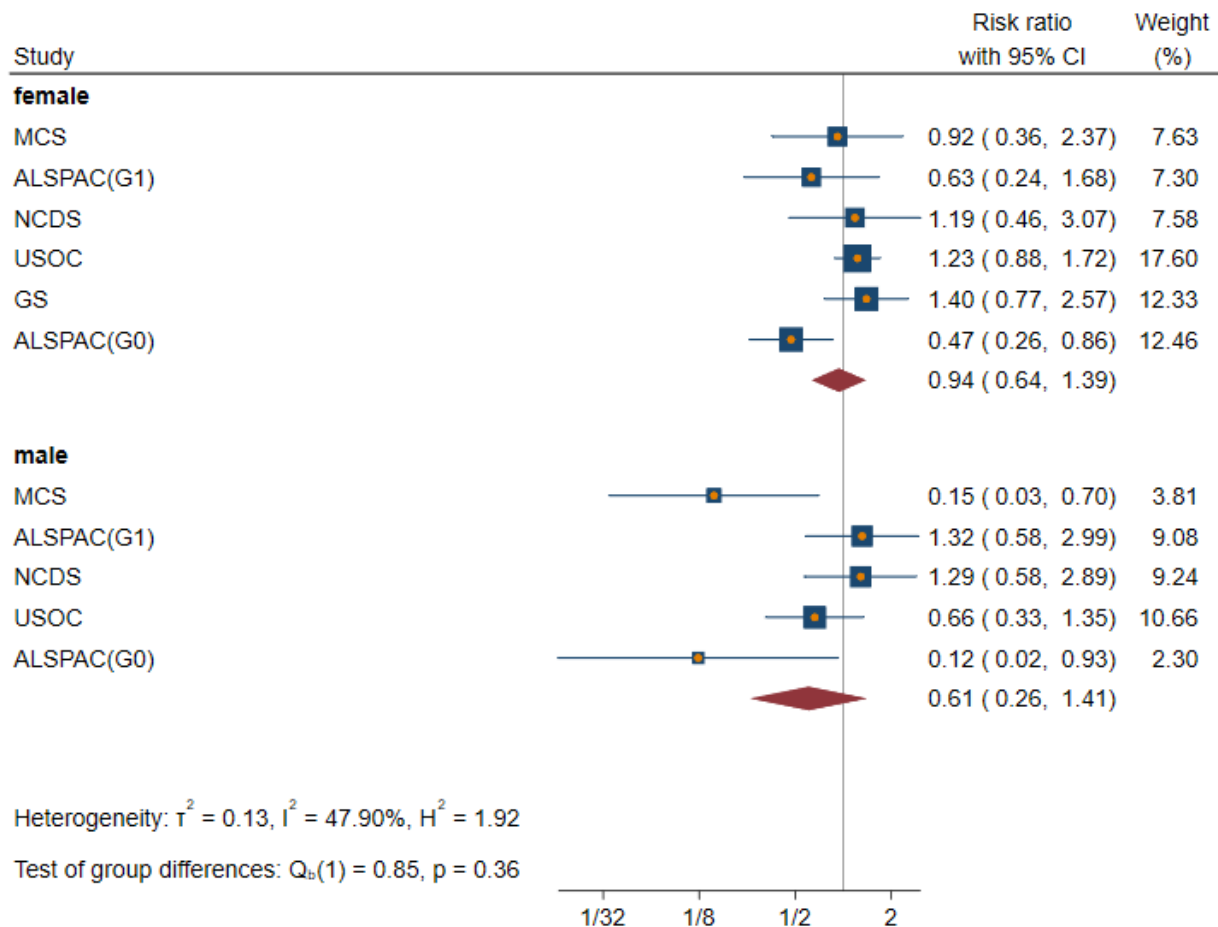


Less time/Fewer days of physical exercise  
Stable unemployed vs. Stable employed



Random-effects REML model

Less time/Fewer days of physical exercise  
Became employed vs. Stable employed



Random-effects REML model

Less time/Fewer days of physical exercise  
Stable non-employed vs. Stable employed

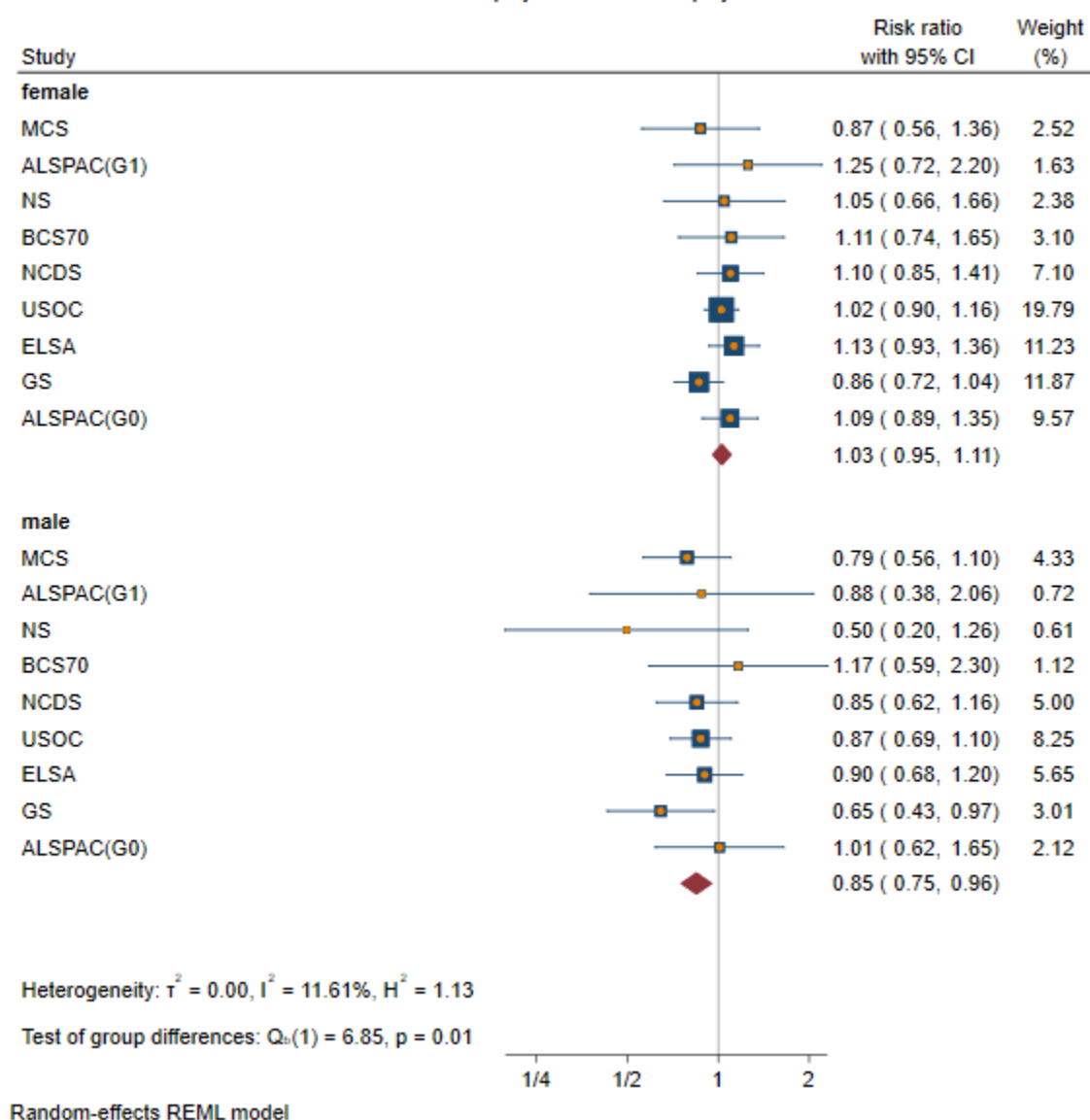
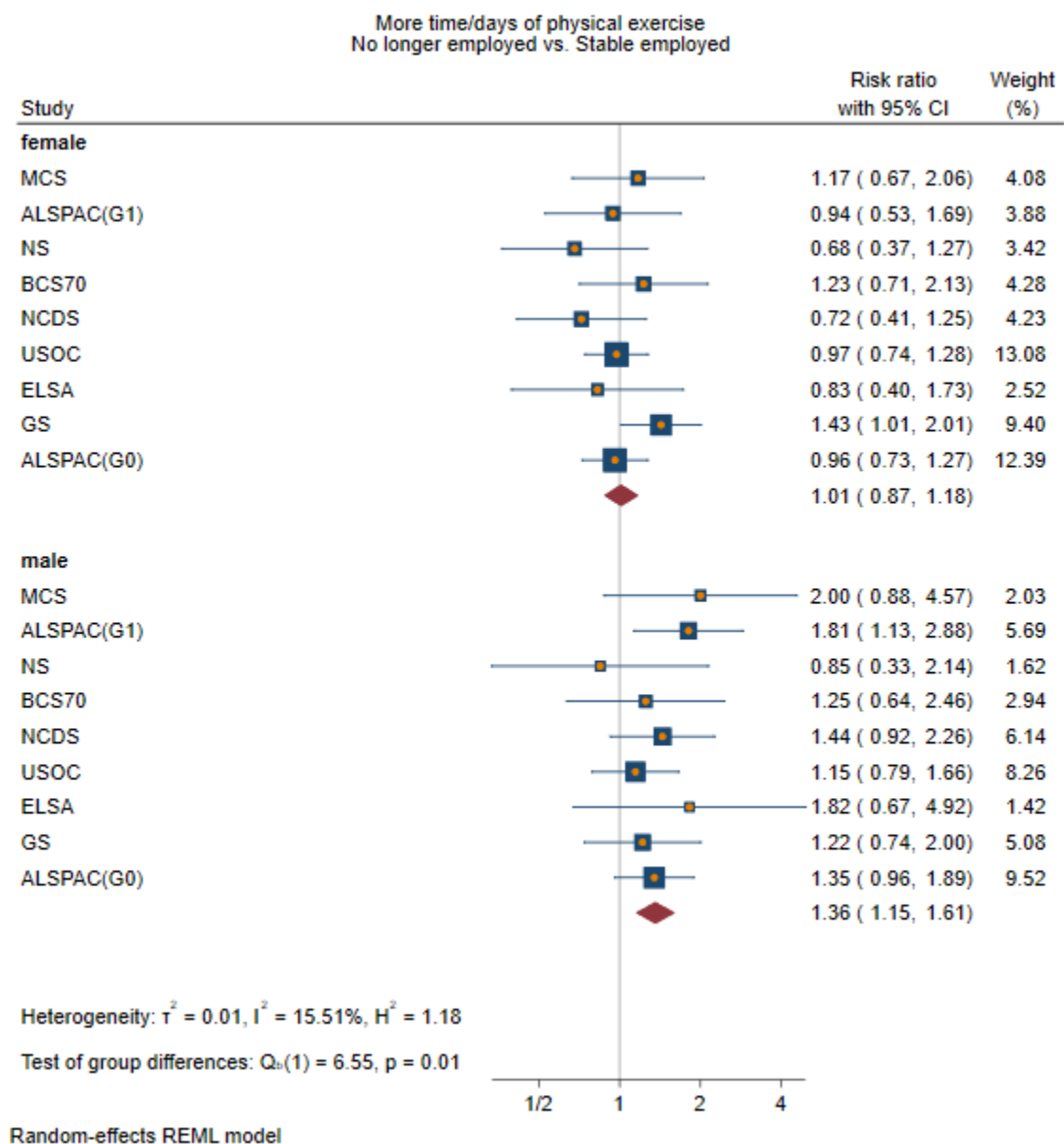
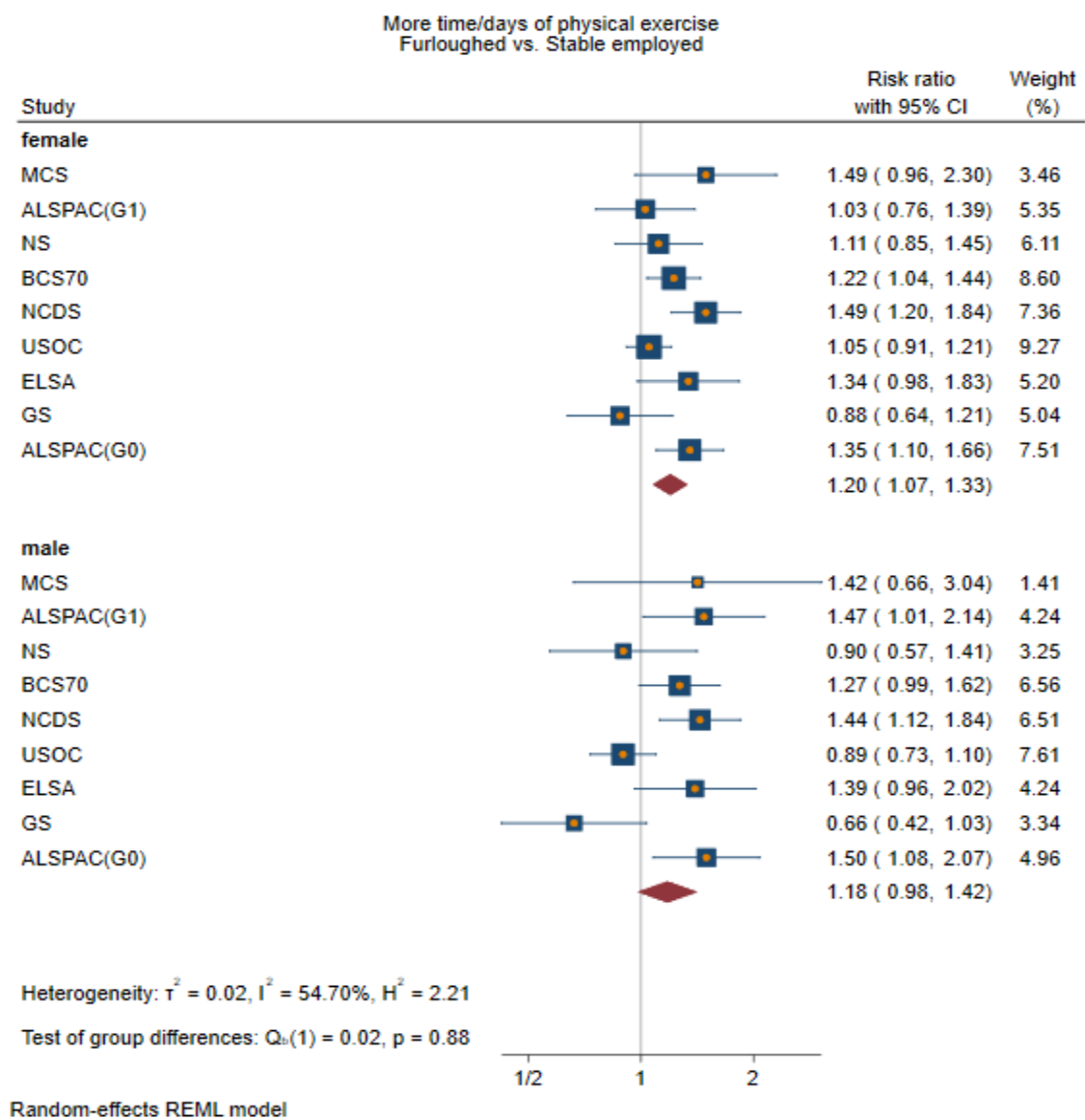
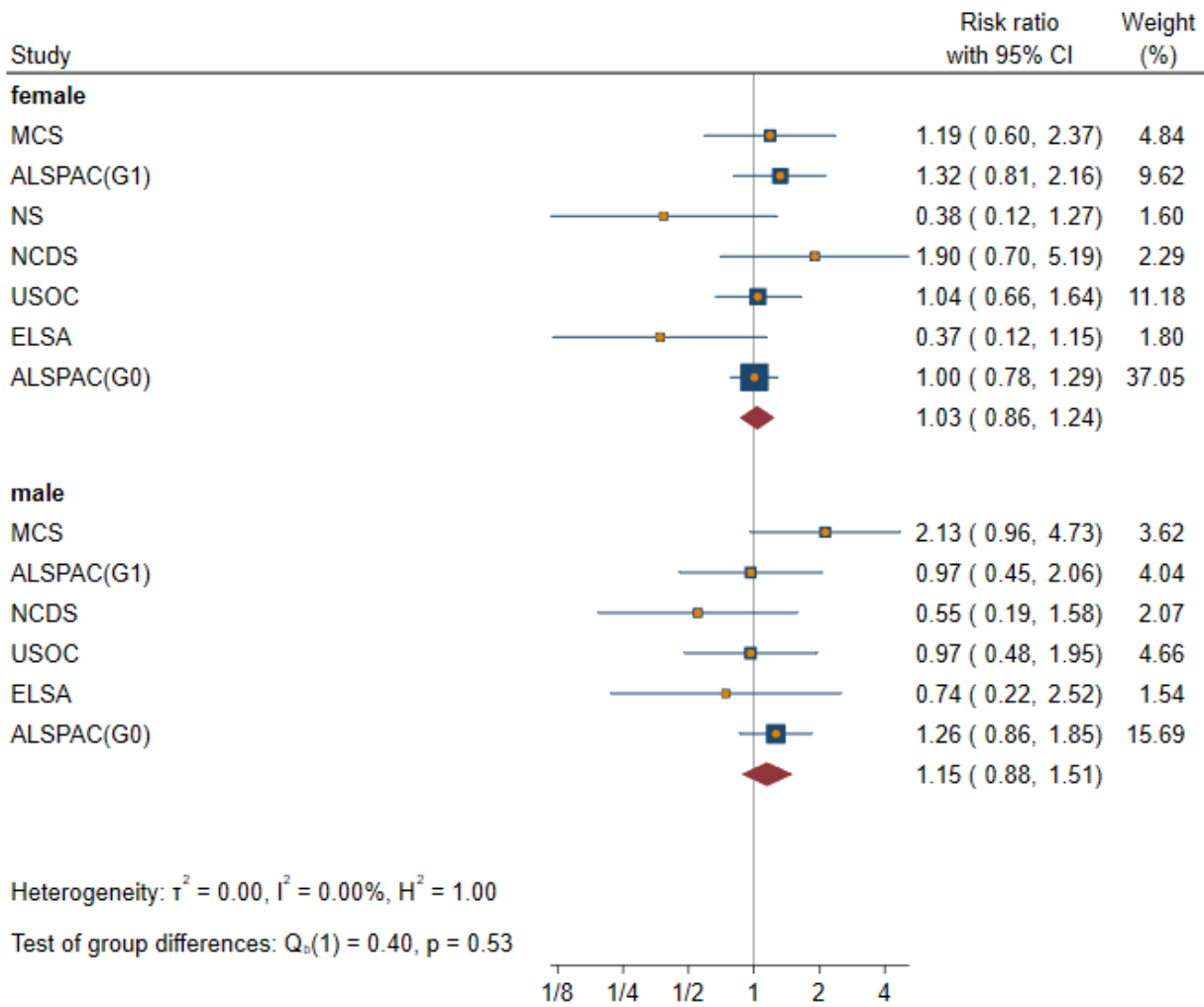


Figure set 28: More time/ days of physical exercise



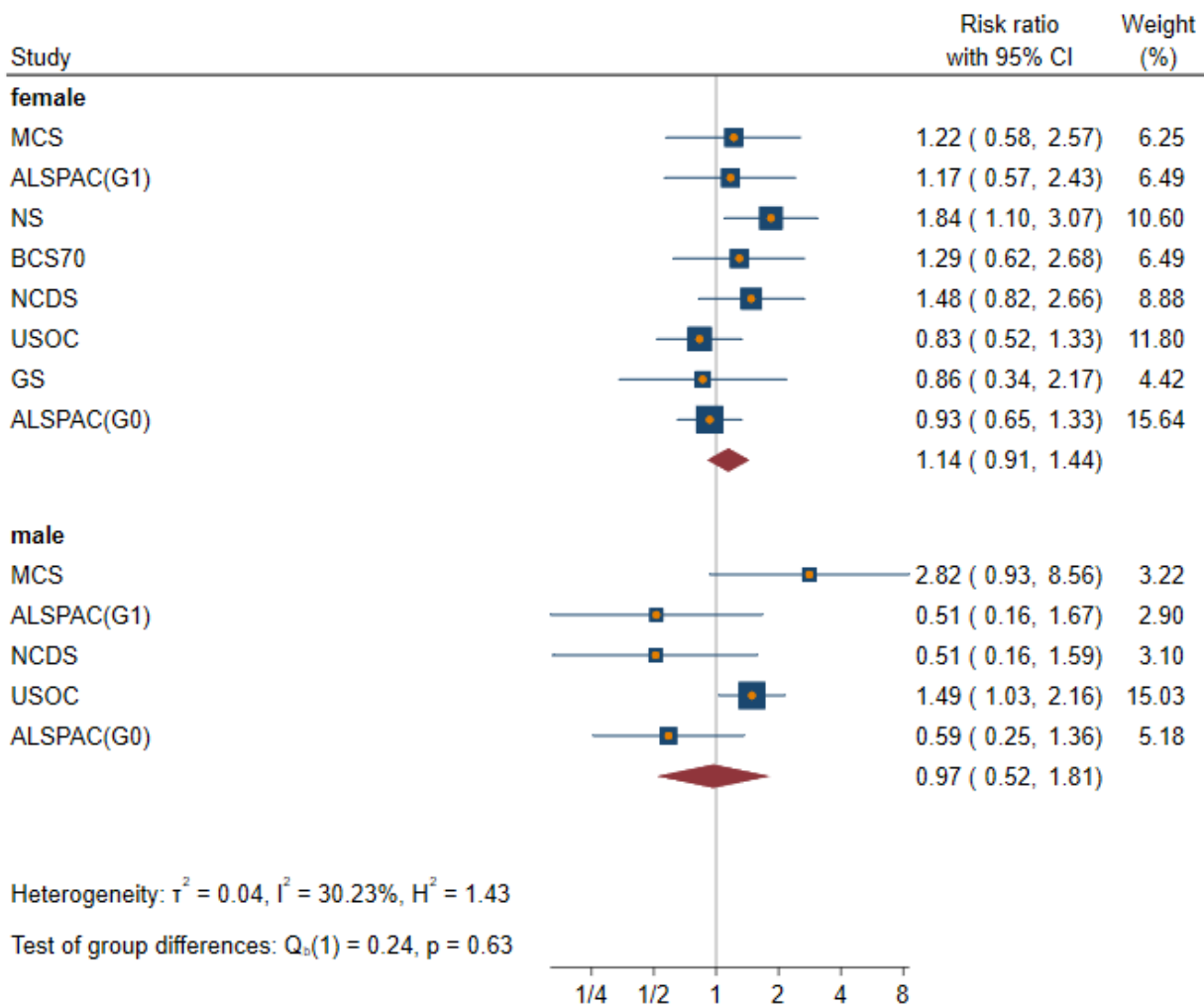


More time/days of physical exercise  
Stable unemployed vs. Stable employed



Random-effects REML model

More time/days of physical exercise  
Became employed vs. Stable employed



Random-effects REML model



More time/days of physical exercise  
Stable non-employed vs. Stable employed

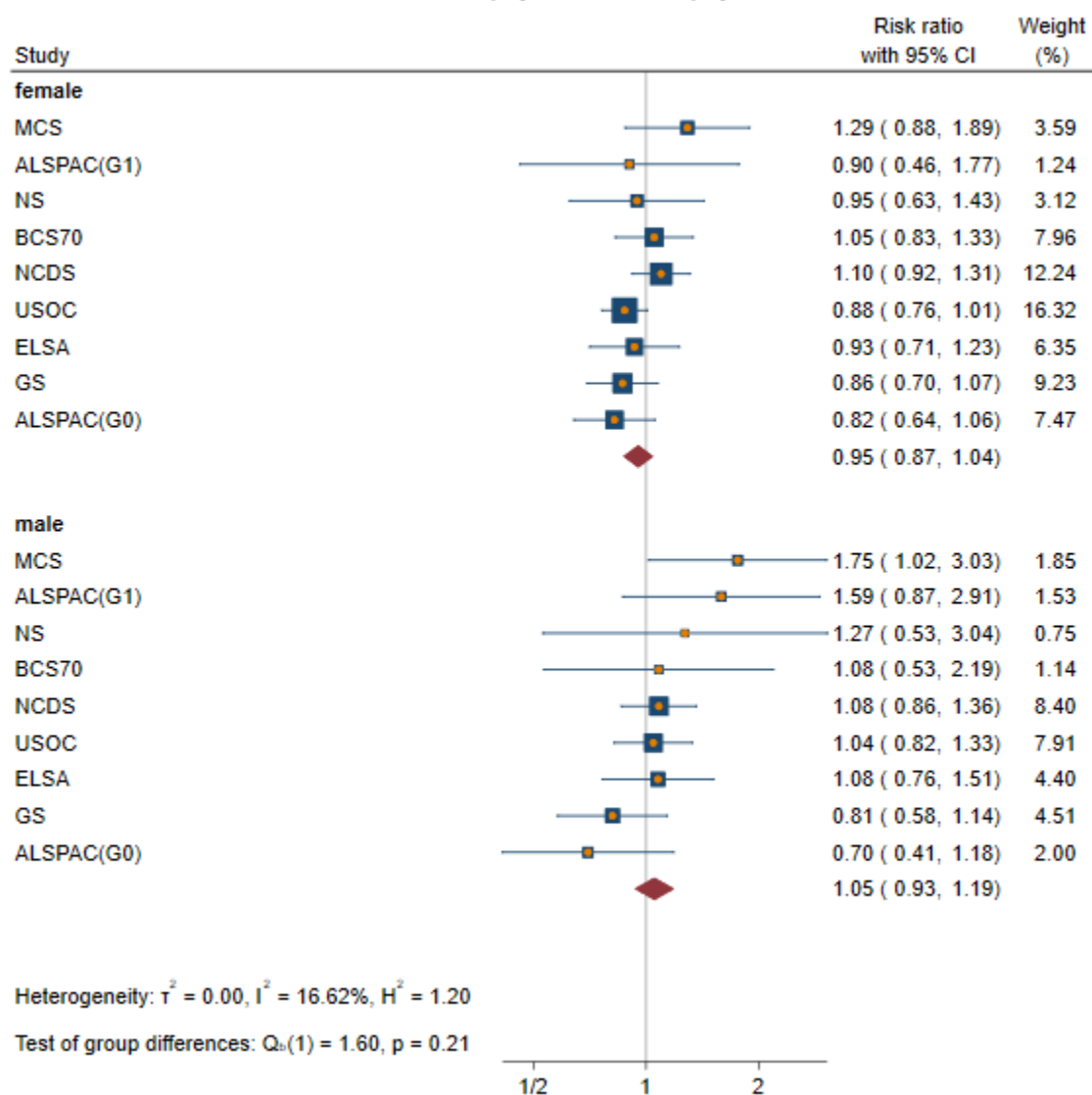
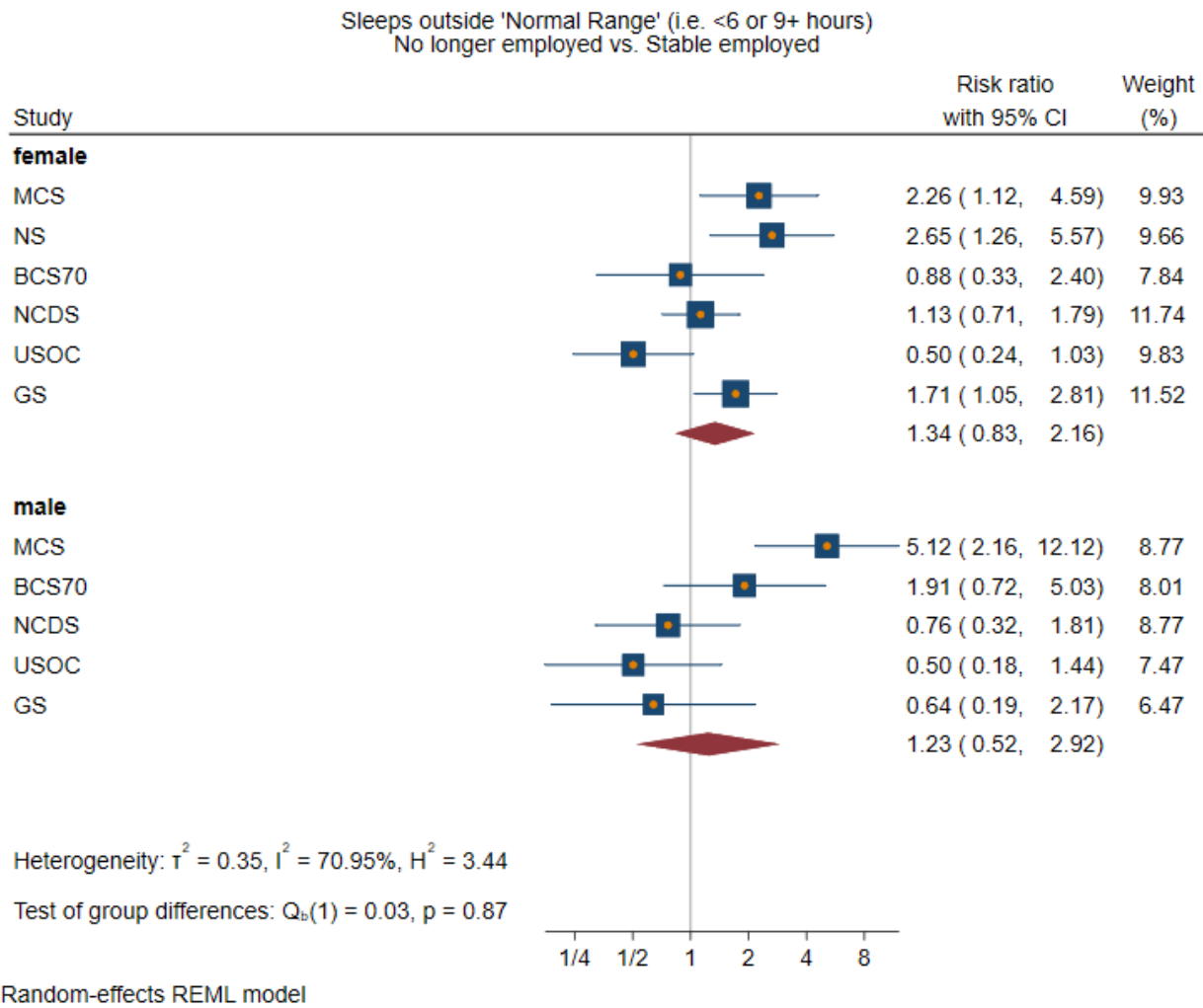
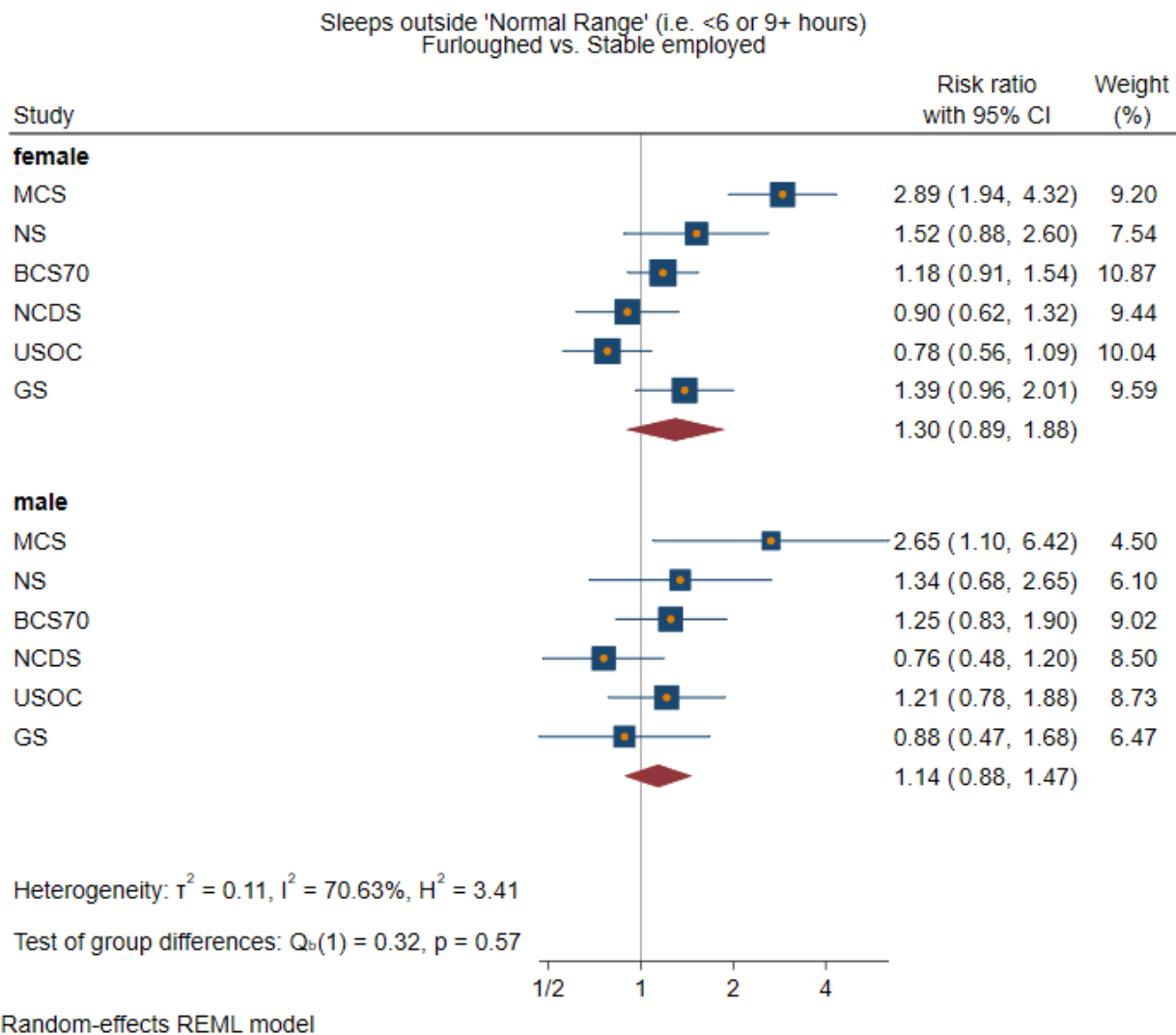
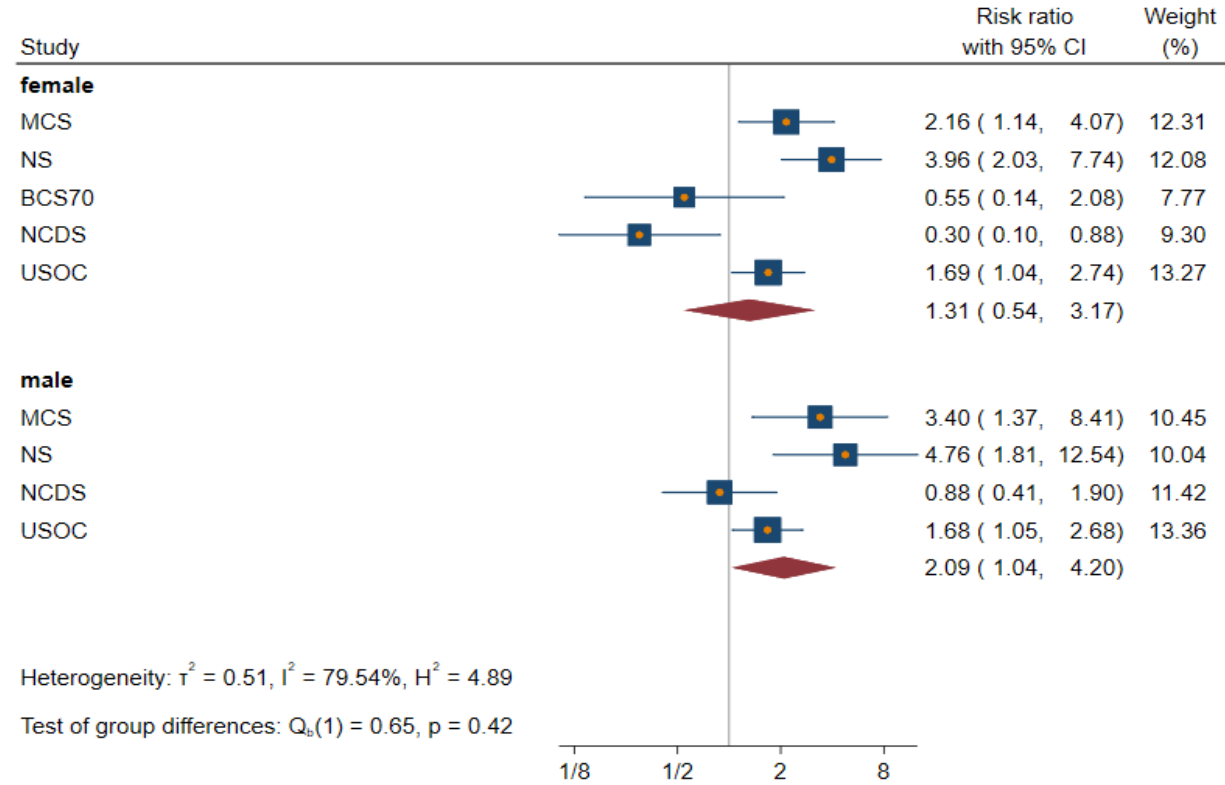


Figure set 29: Sleeps outside ‘normal range’ (i.e. <6 or 9+ hours)

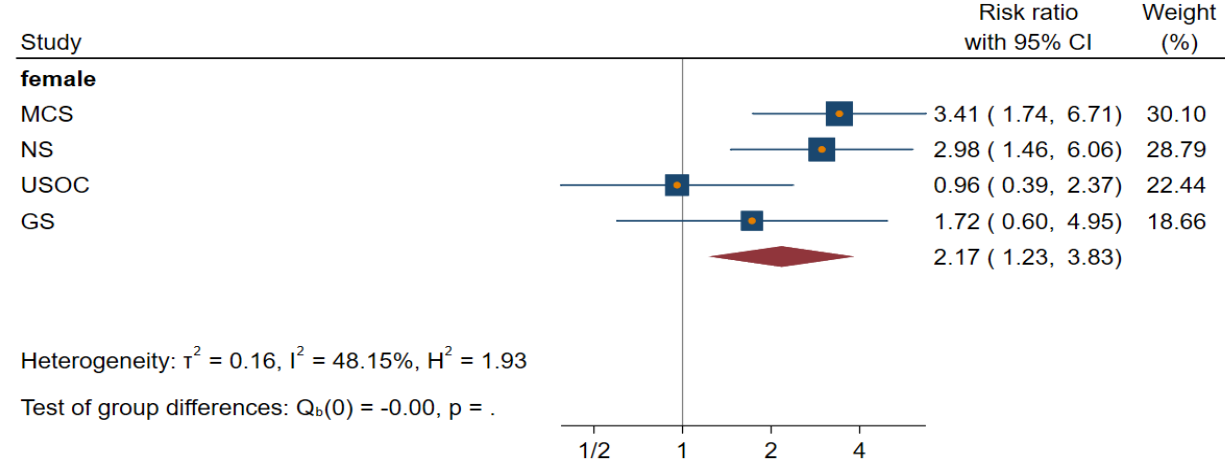


Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Stable unemployed vs. Stable employed



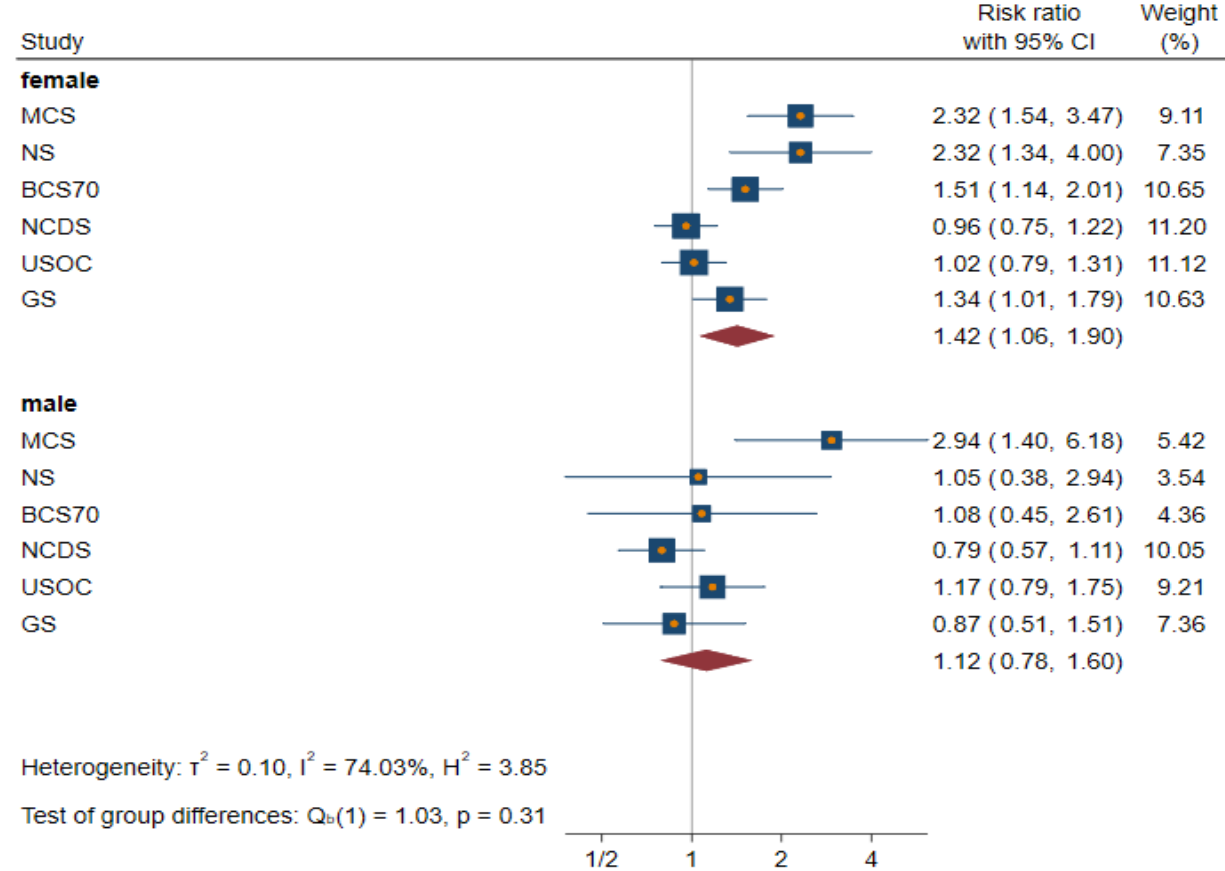
Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Became employed vs. Stable employed



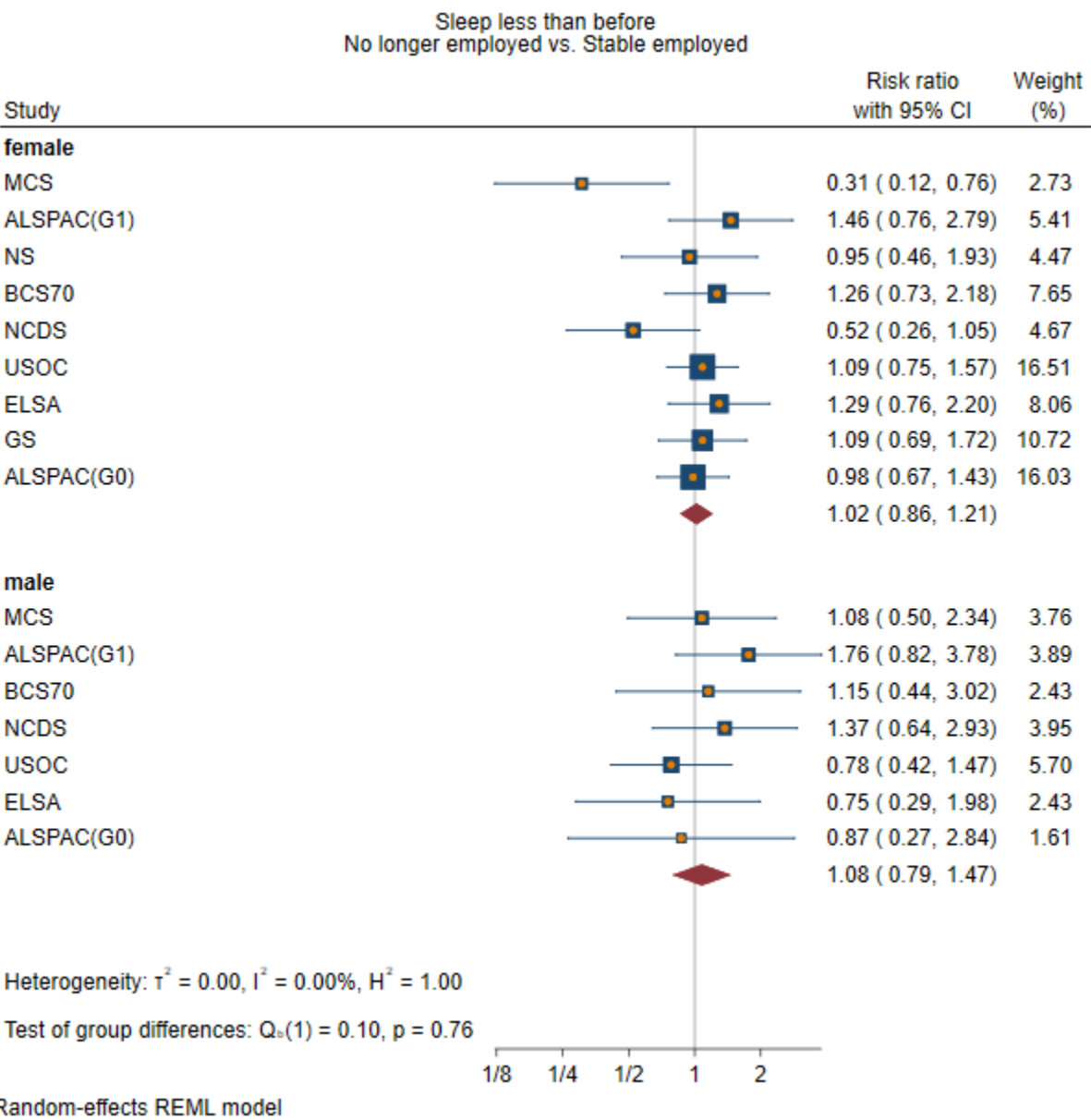
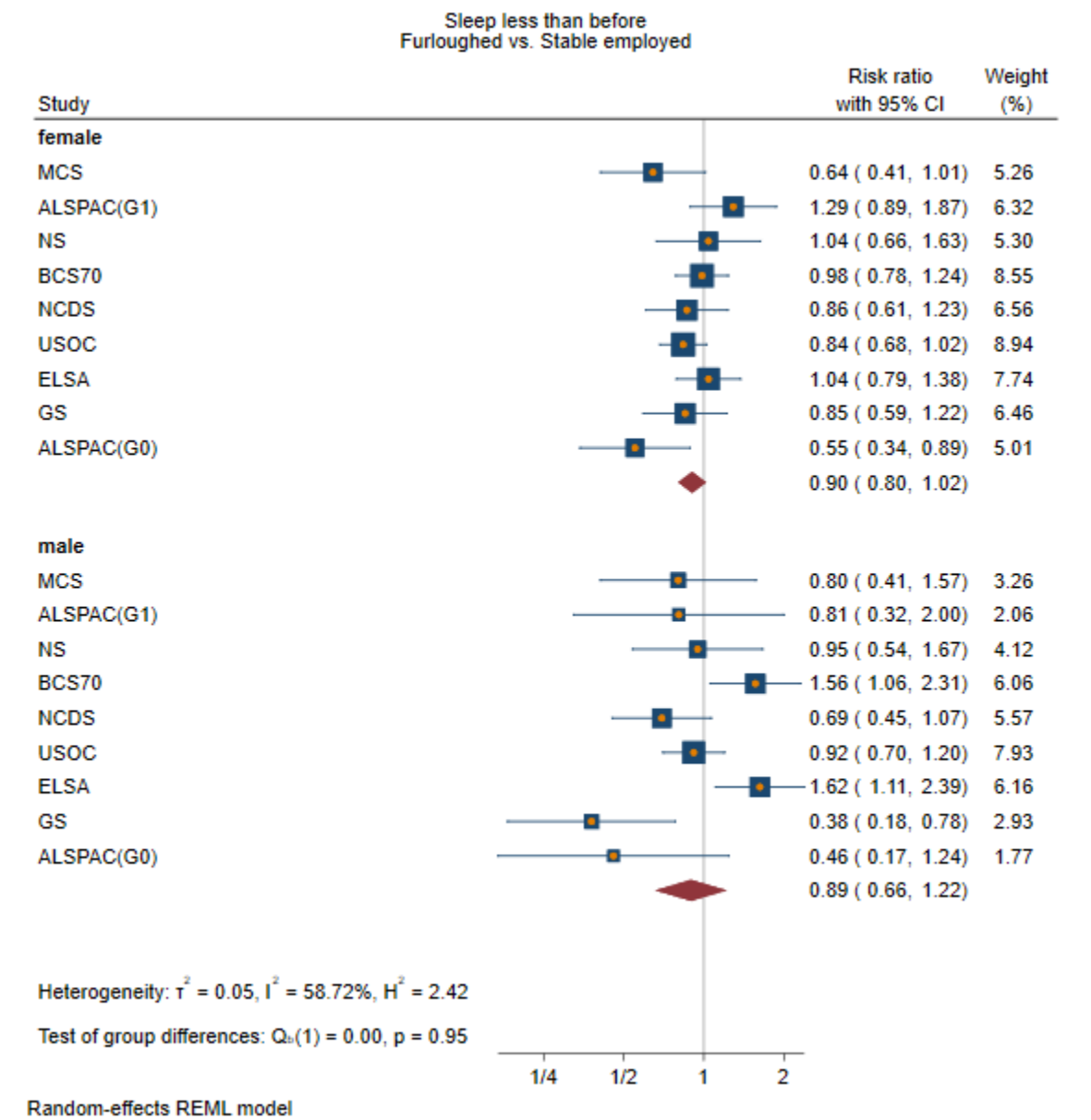
Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)  
Stable non-employed vs. Stable employed

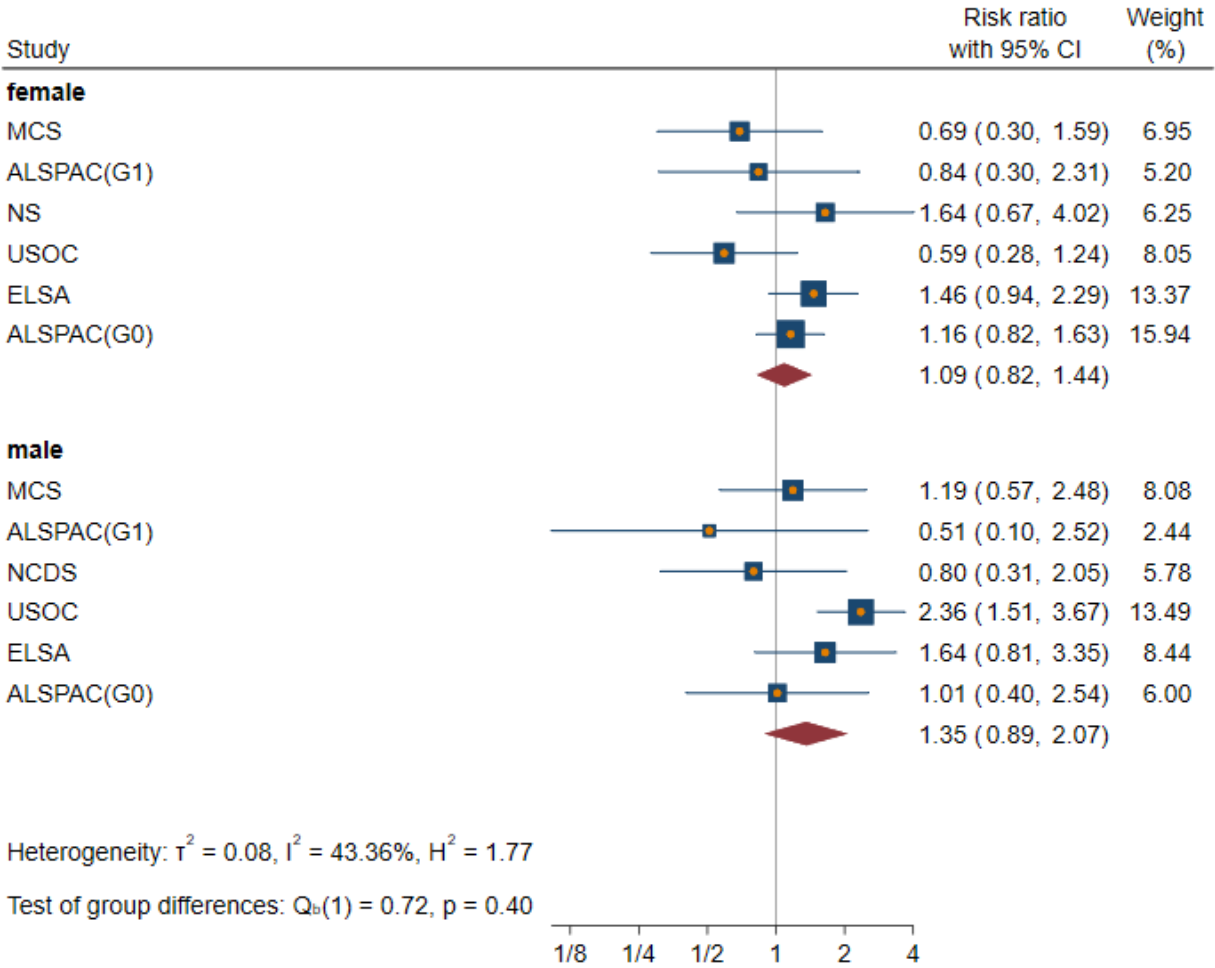


Random-effects REML model

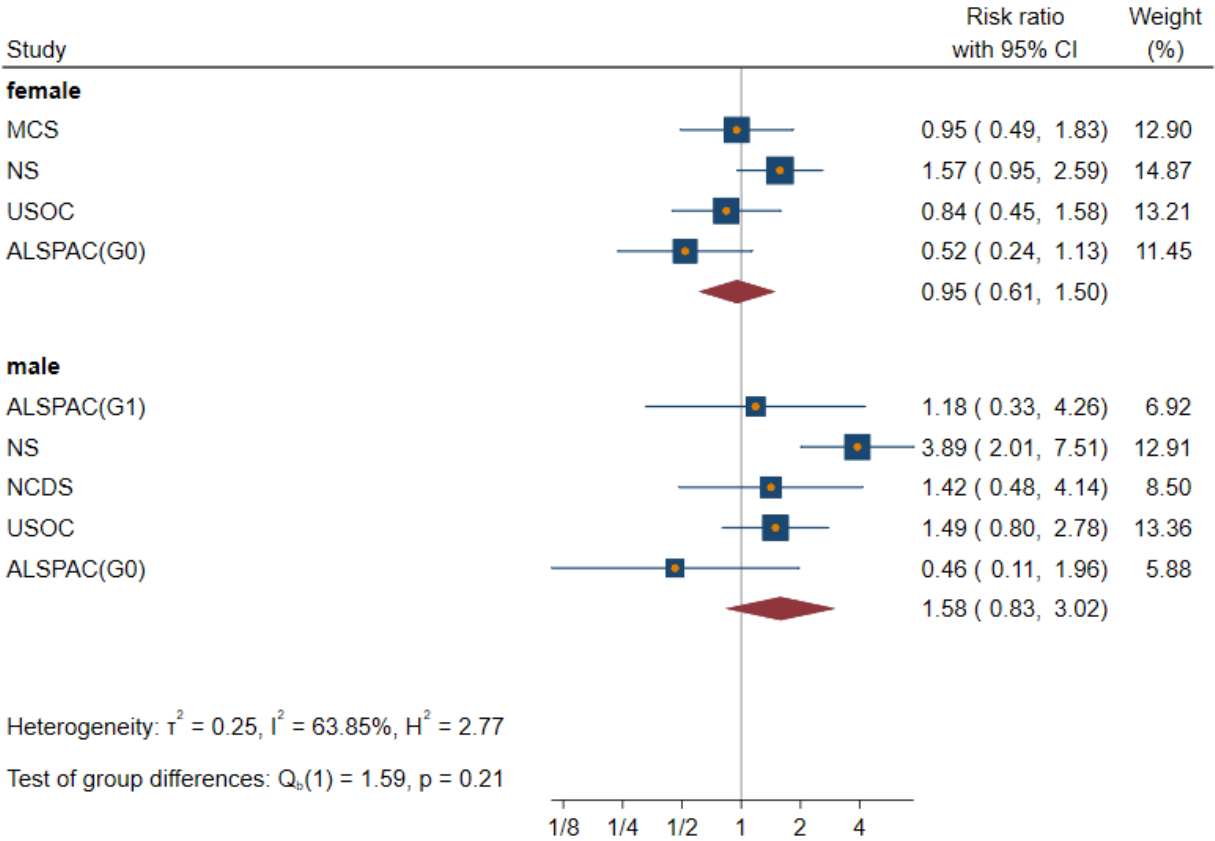
Figure set 30: Sleeps less than before



Sleep less than before  
Stable unemployed vs. Stable employed



Sleep less than before  
Became employed vs. Stable employed



Sleep less than before  
Stable non-employed vs. Stable employed

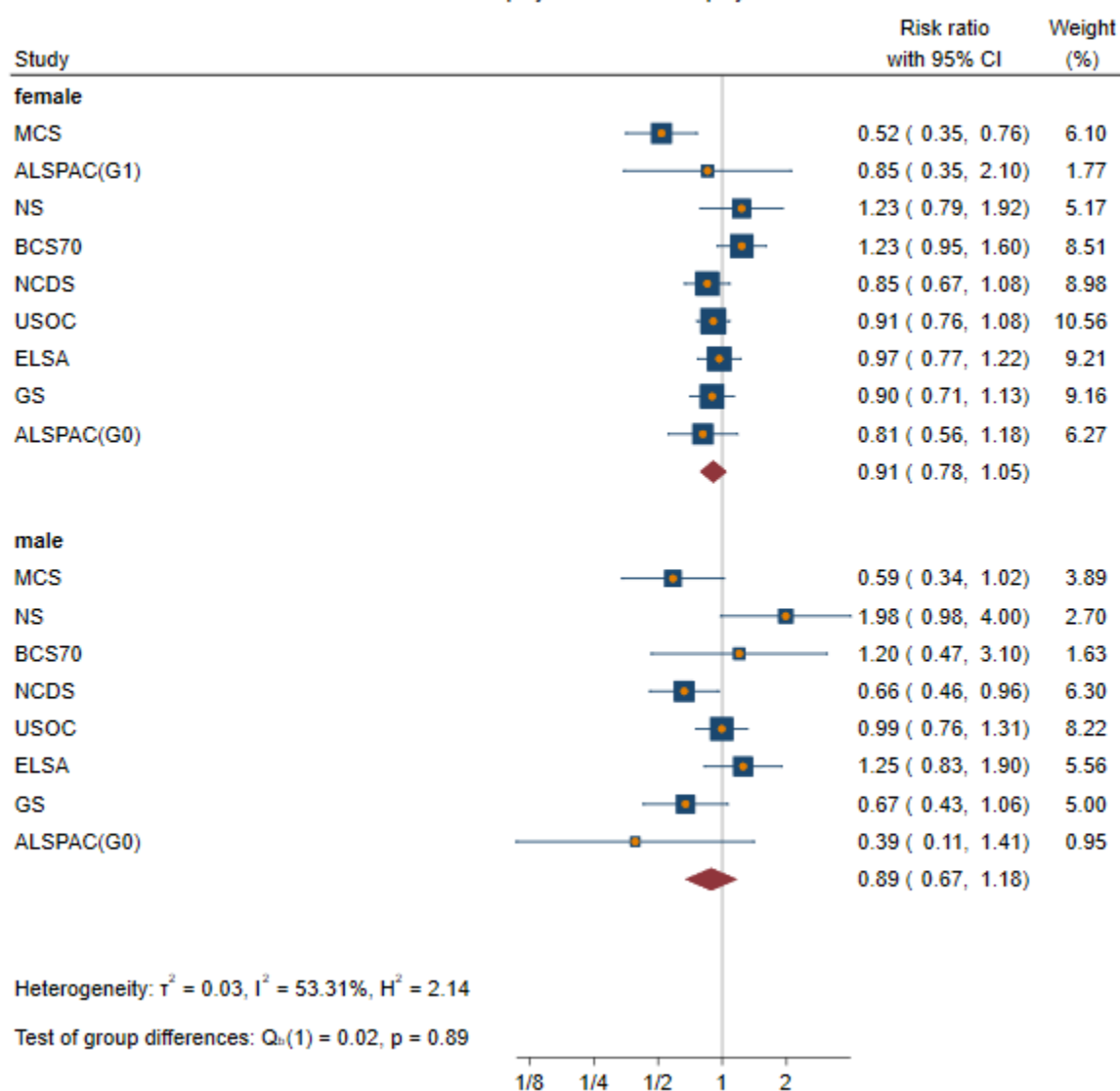
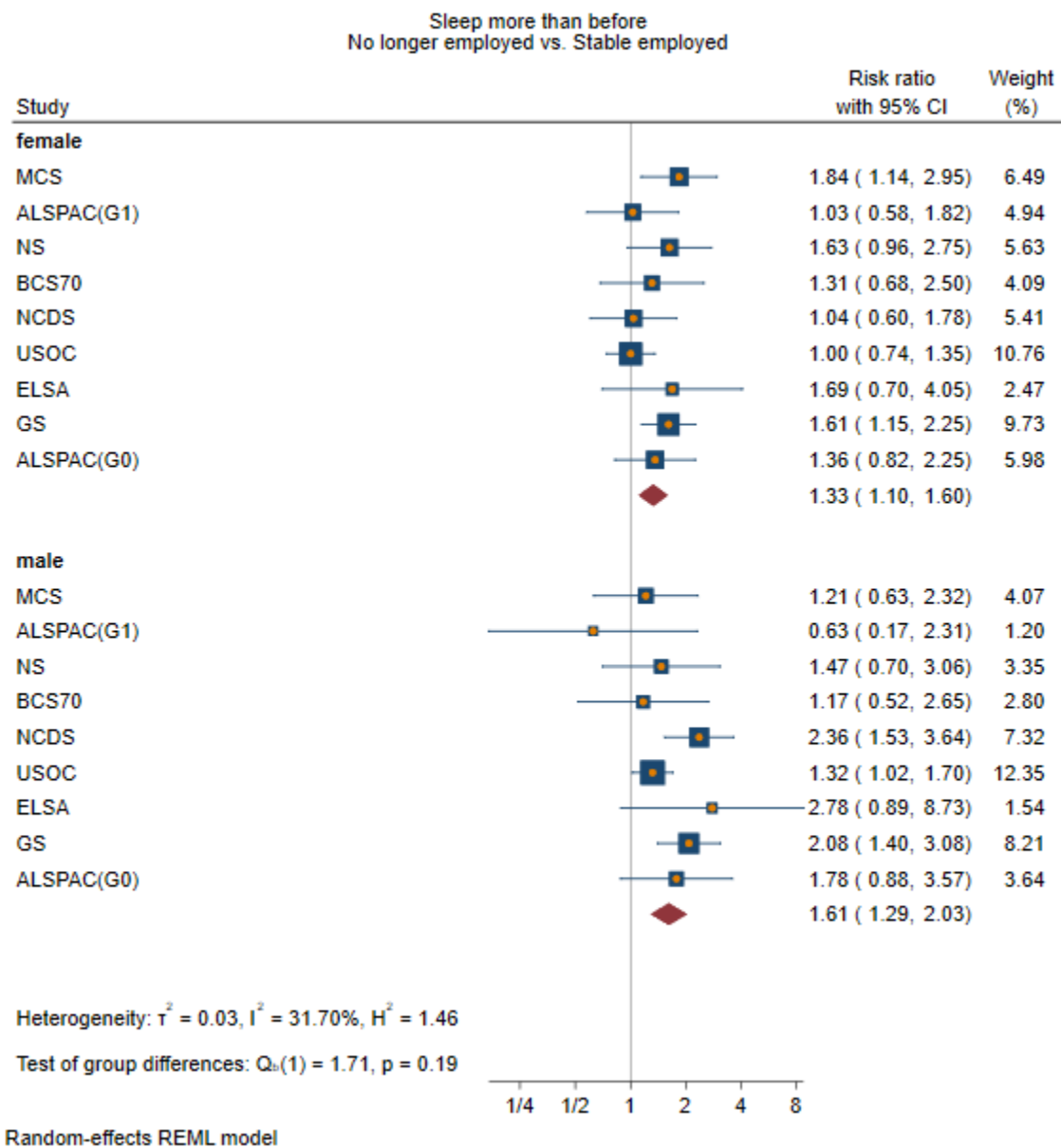
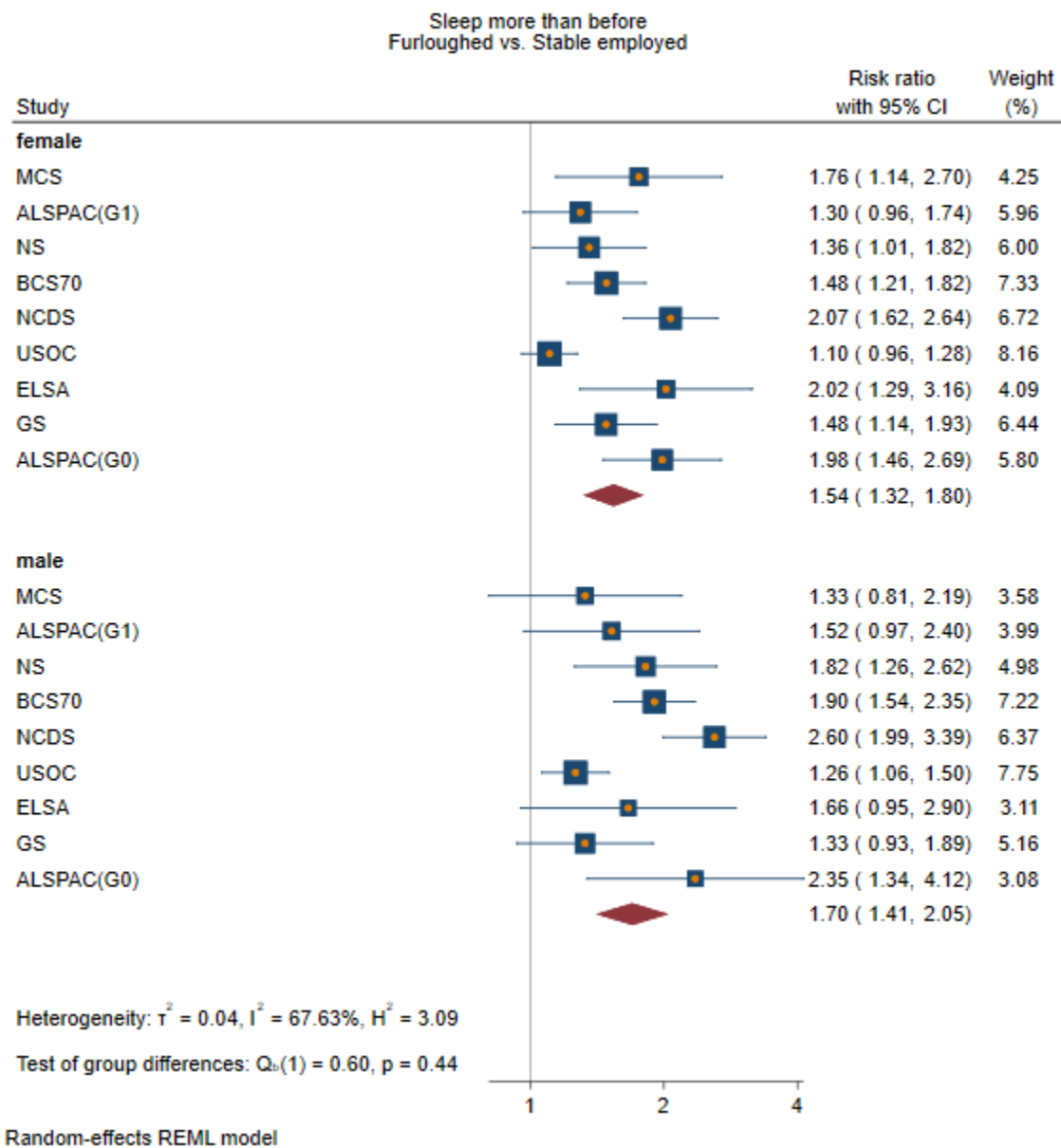
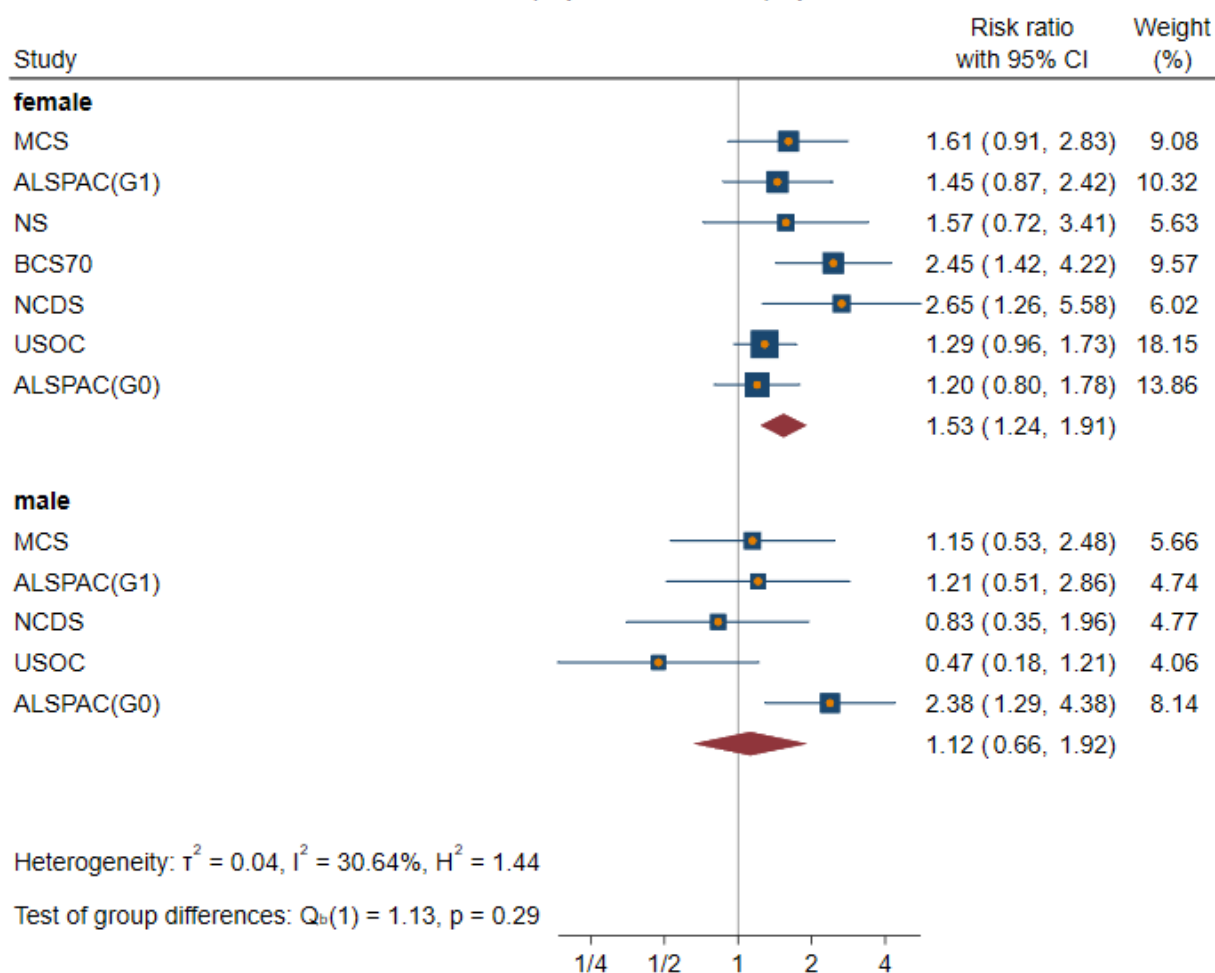


Figure set 31: Sleeps more than before

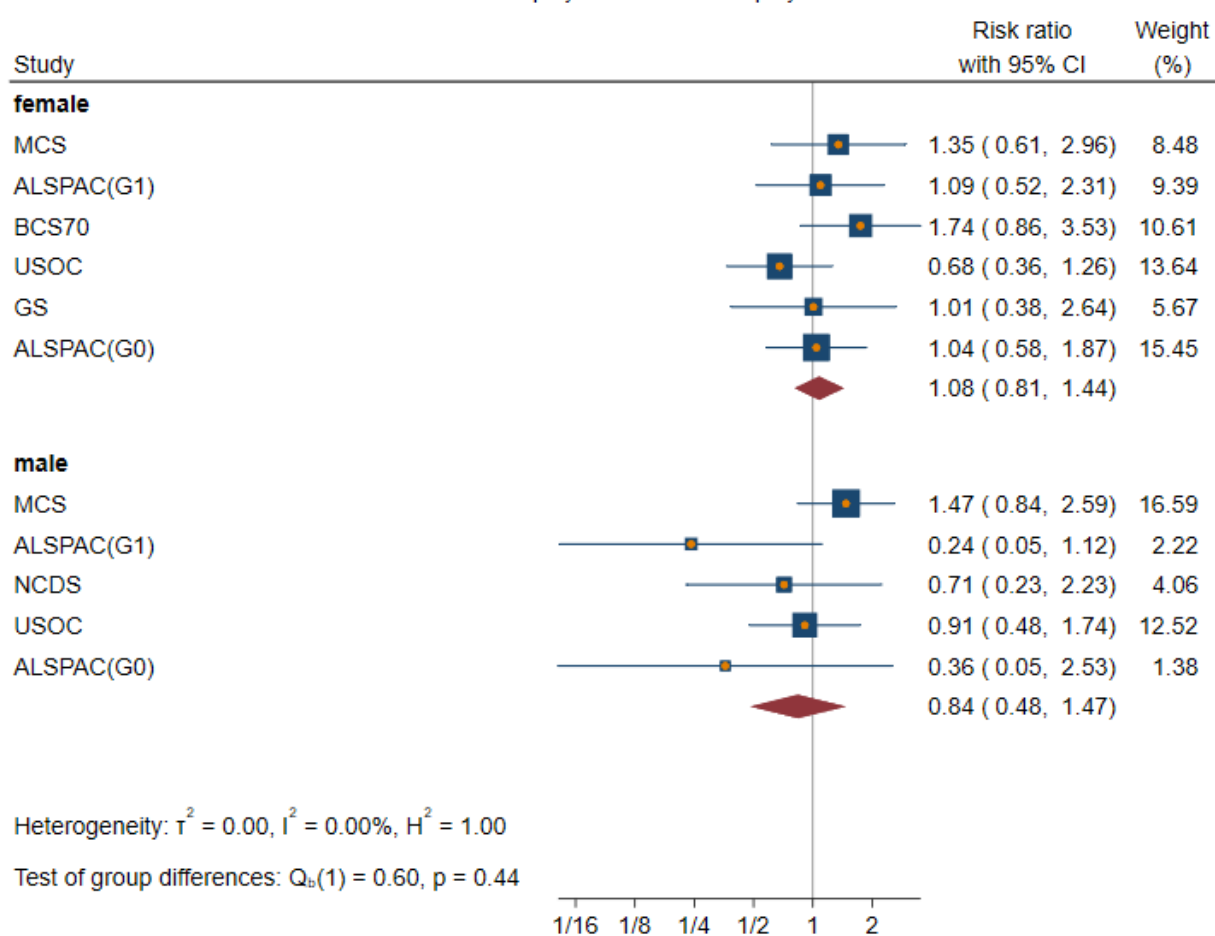


Sleep more than before  
Stable unemployed vs. Stable employed



Random-effects REML model

Sleep more than before  
Became employed vs. Stable employed



Random-effects REML model



Sleep more than before  
Stable non-employed vs. Stable employed

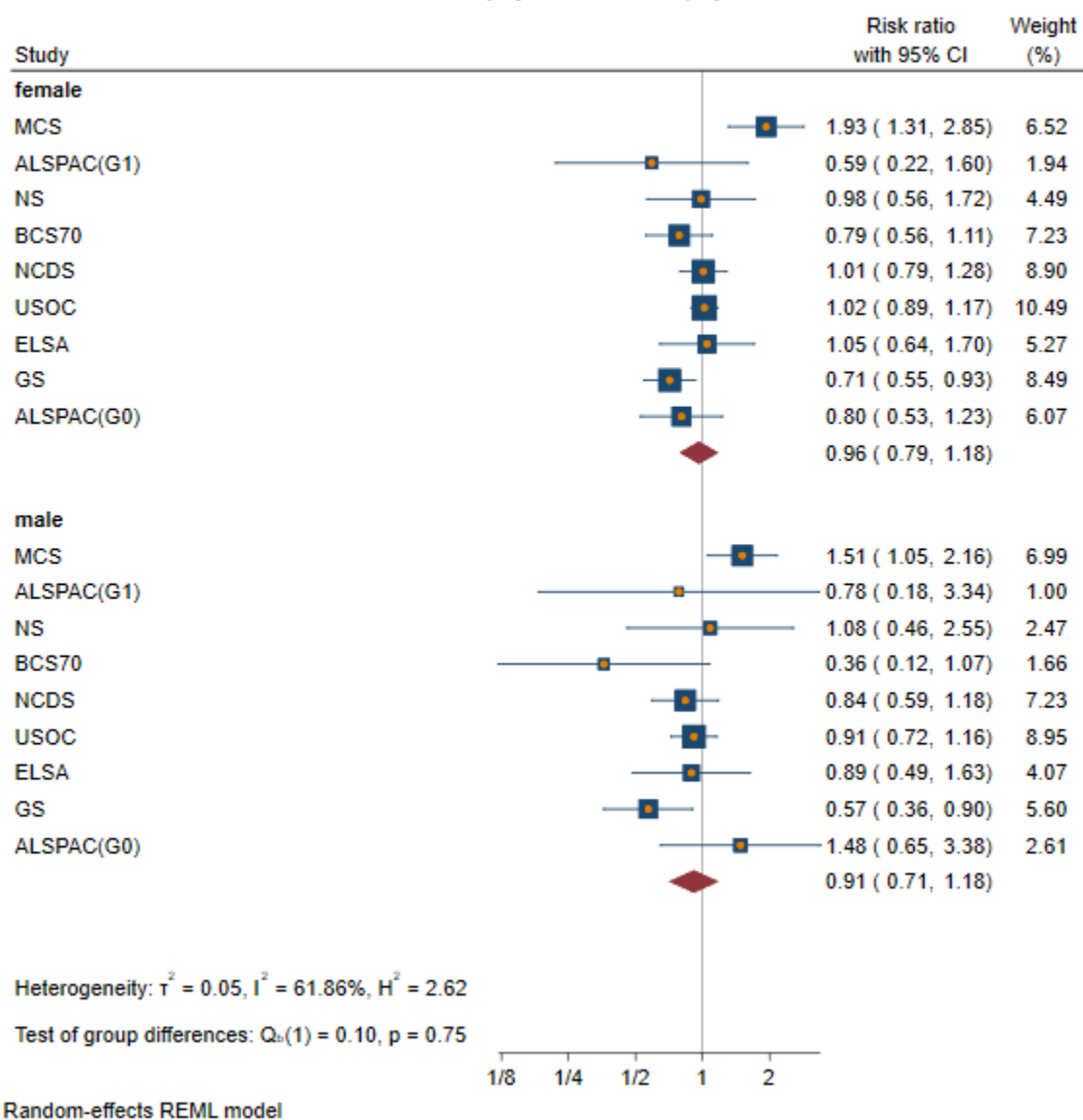
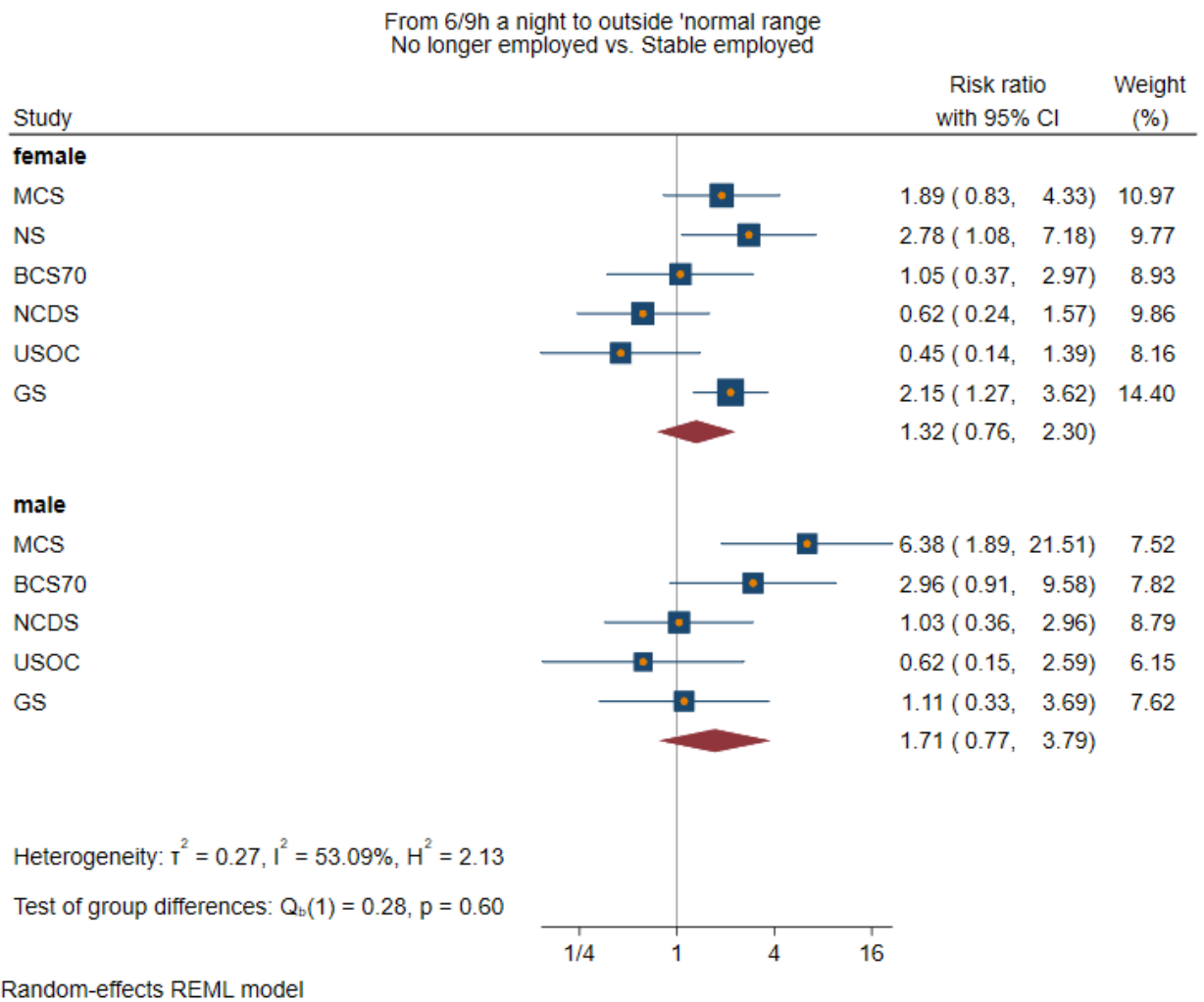
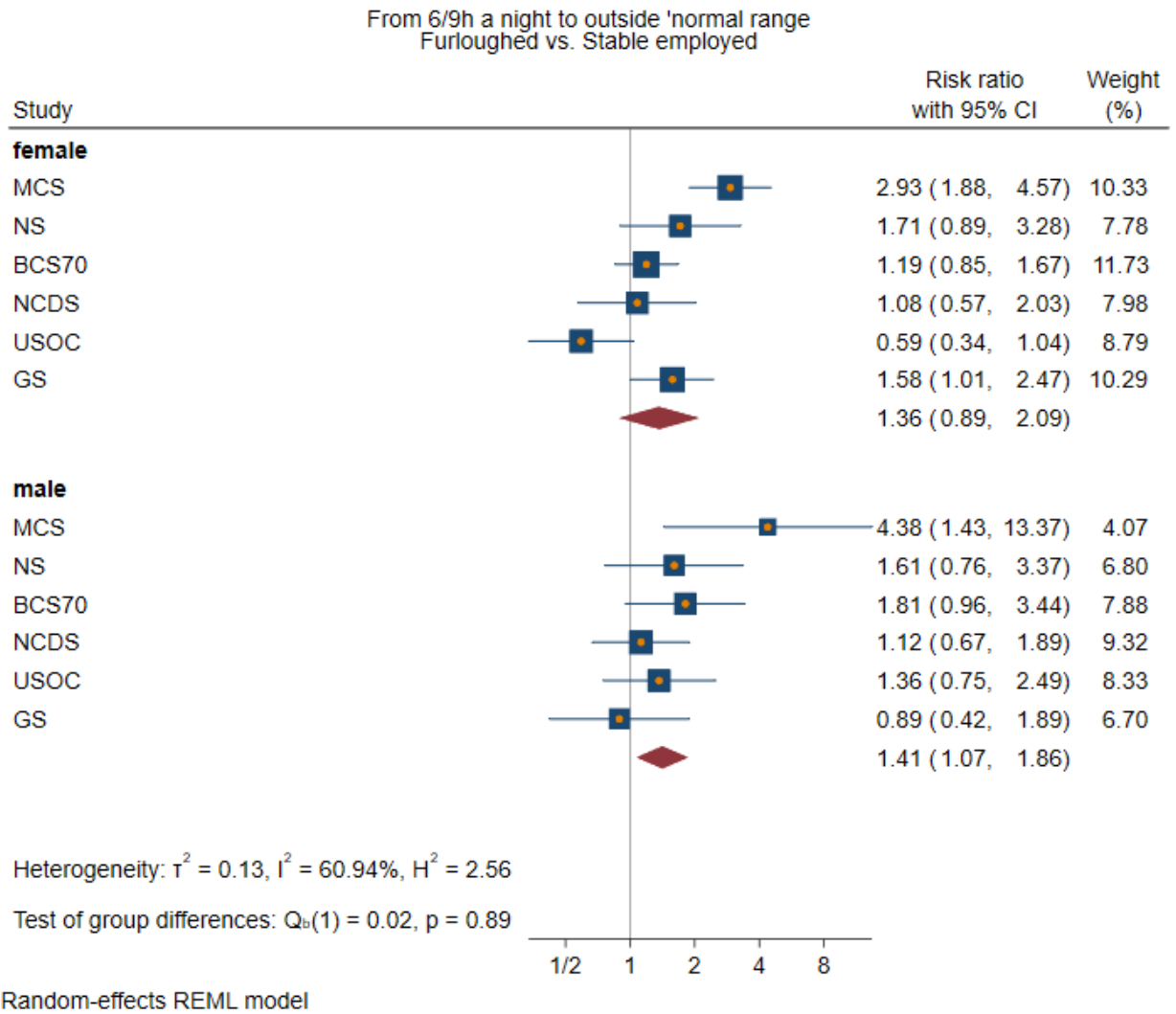
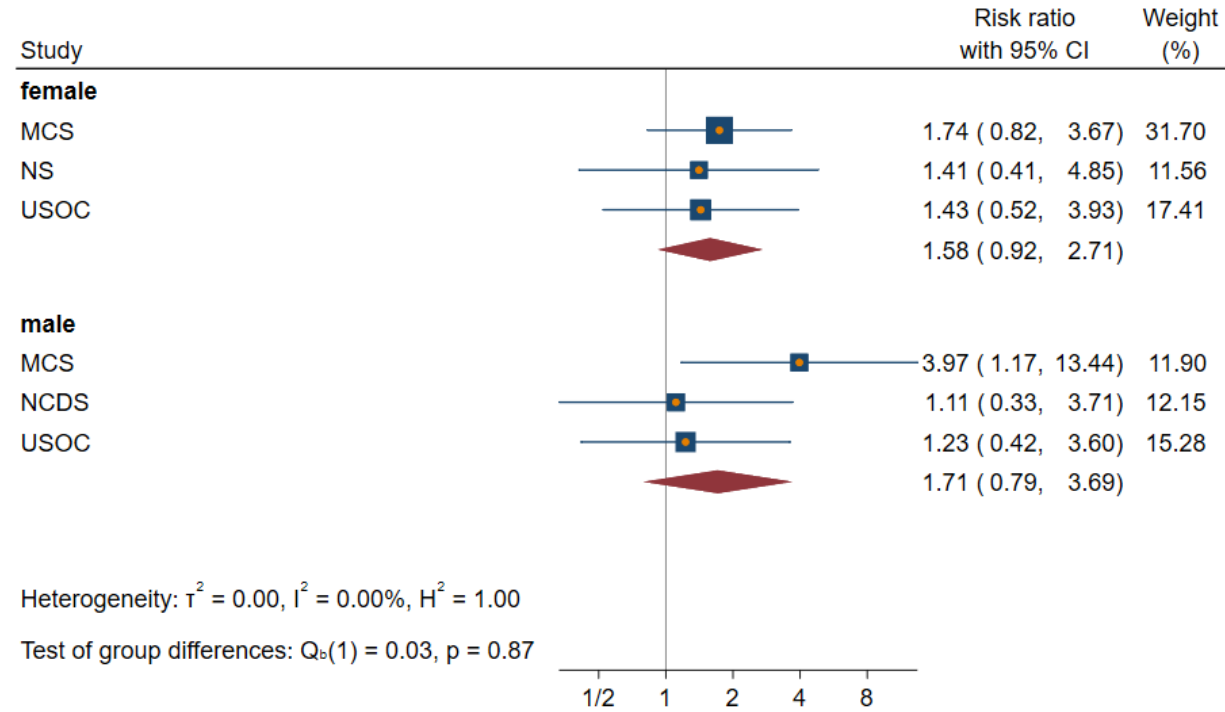


Figure set 32: From 6/9h a night to outside ‘normal range’

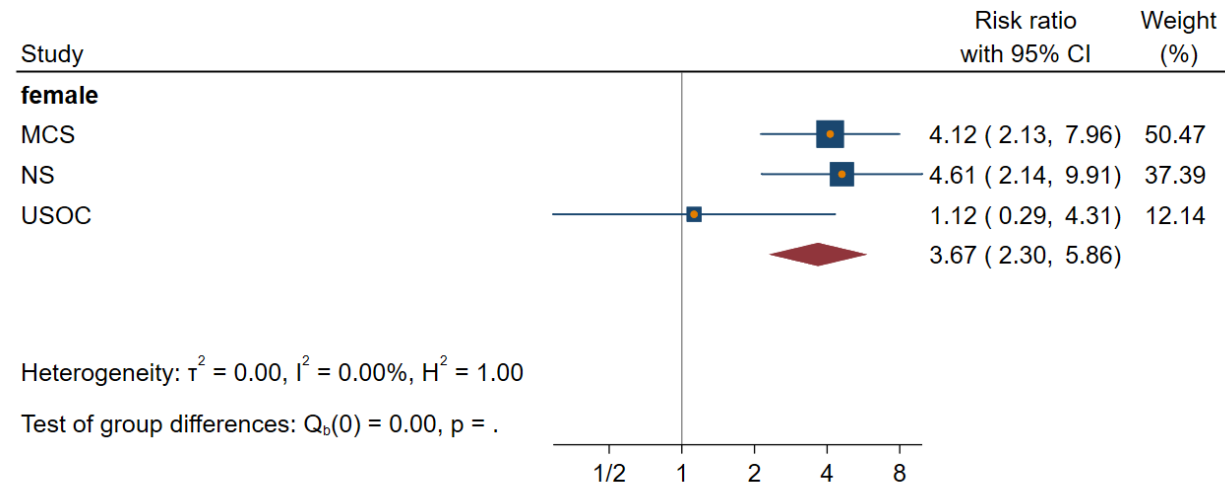


From 6/9h a night to outside 'normal range  
Stable unemployed vs. Stable employed



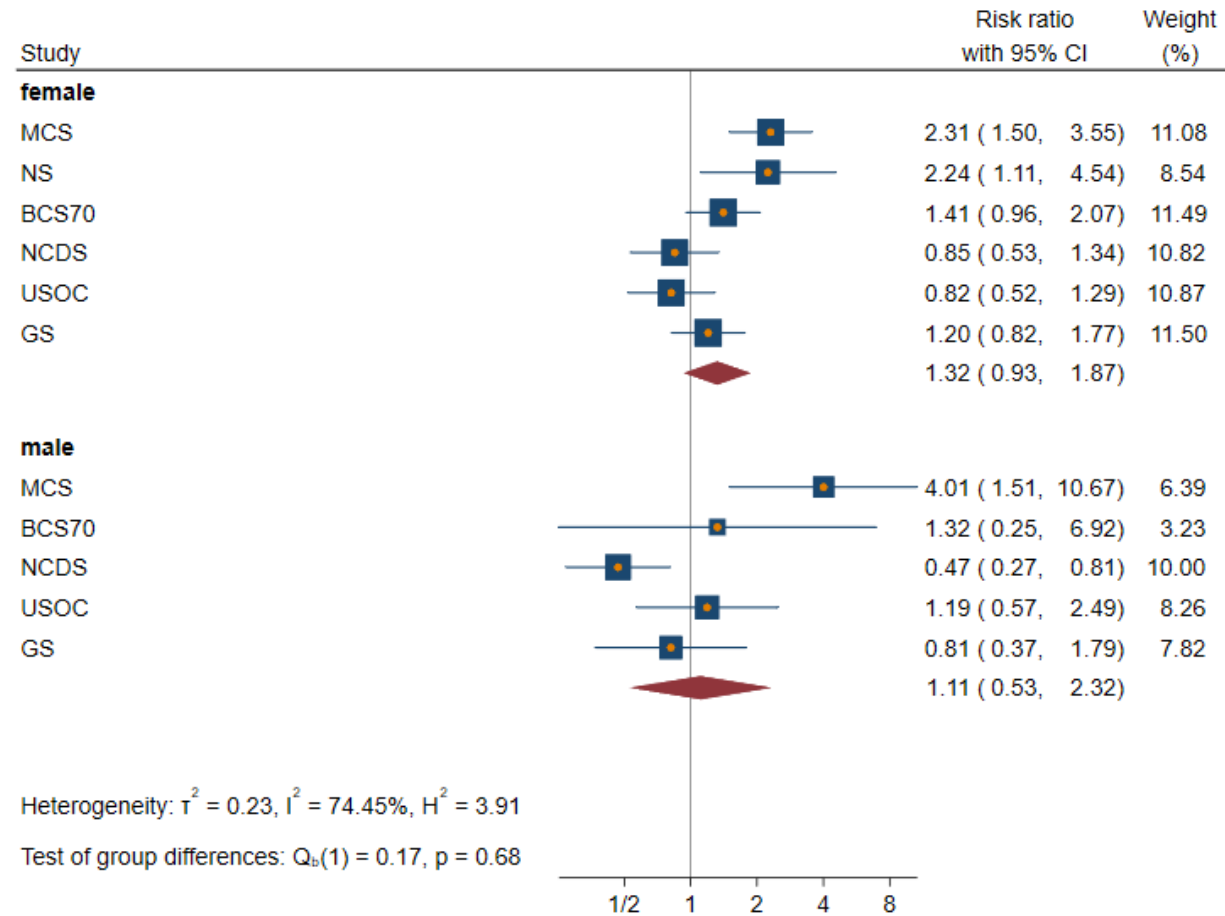
Random-effects REML model

From 6/9h a night to outside 'normal range  
Became employed vs. Stable employed



Random-effects REML model

From 6/9h a night to outside 'normal range  
Stable non-employed vs. Stable employed



Random-effects REML model

Figure set 33: From outside ‘normal range’ to 6/9h a night

