

Additional File 4: Stratified Results

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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

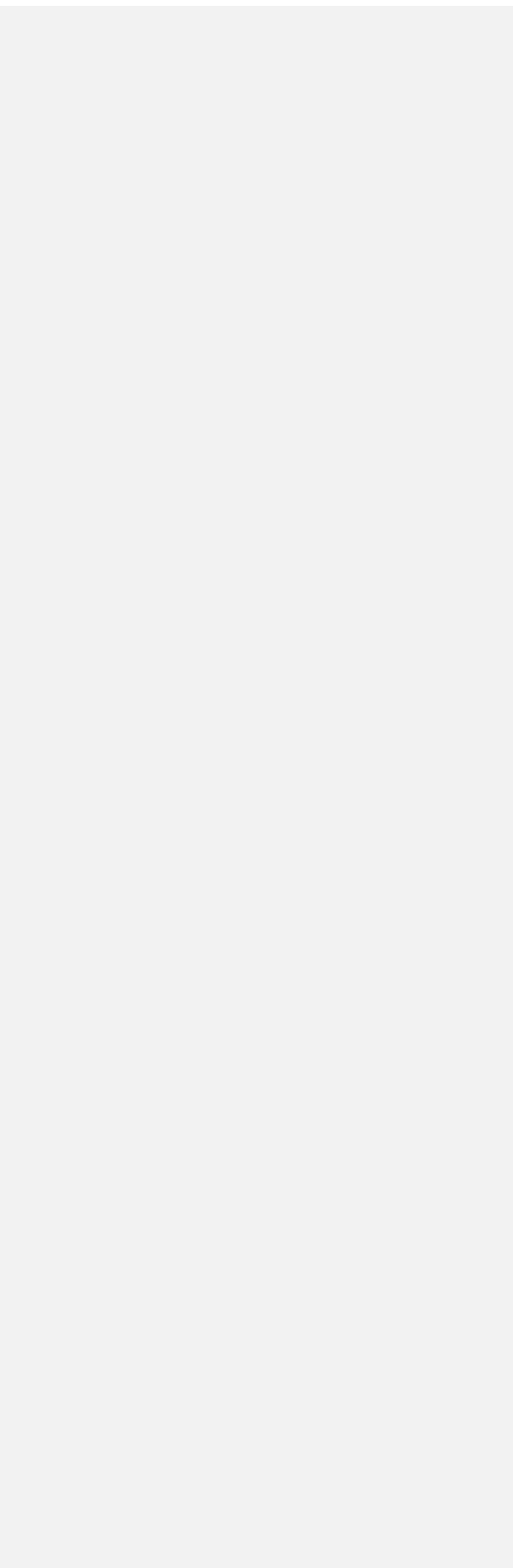
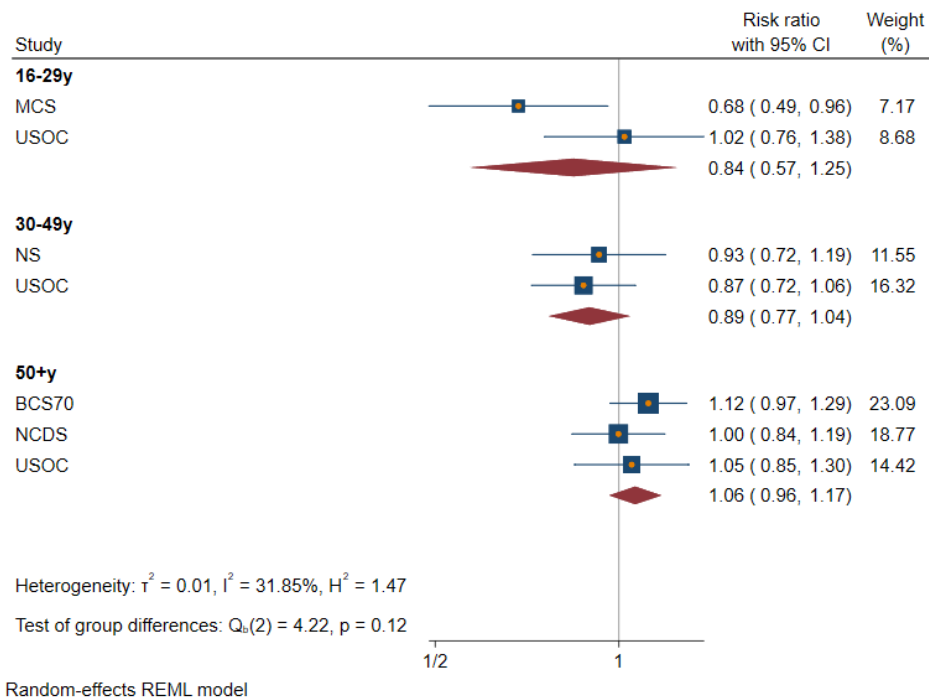
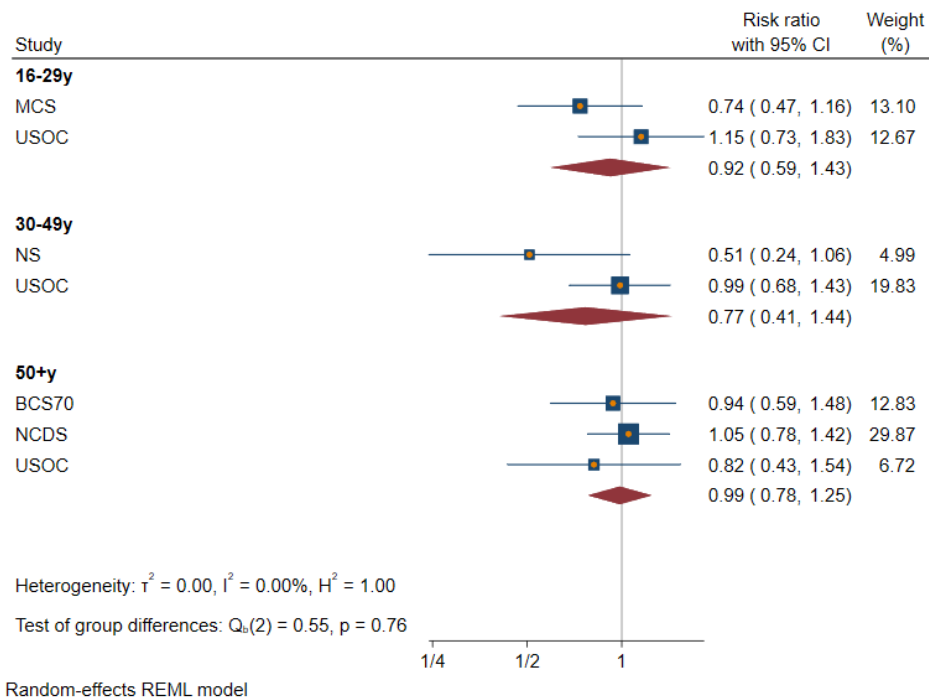


Figure set 1: Currently eats 2 or fewer fruit & veg

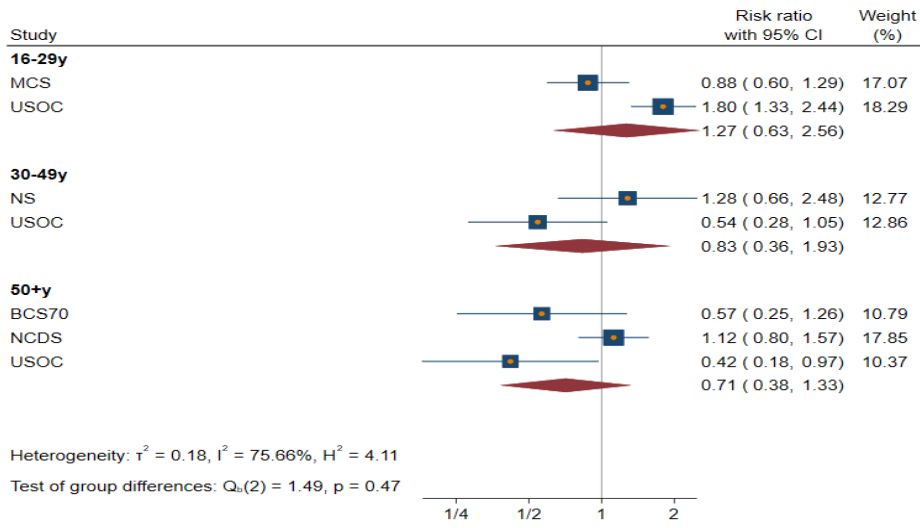
Currently eats 2 or fewer fruit & veg
Furloughed vs. Stable employed



Currently eats 2 or fewer fruit & veg
No longer employed vs. Stable employed

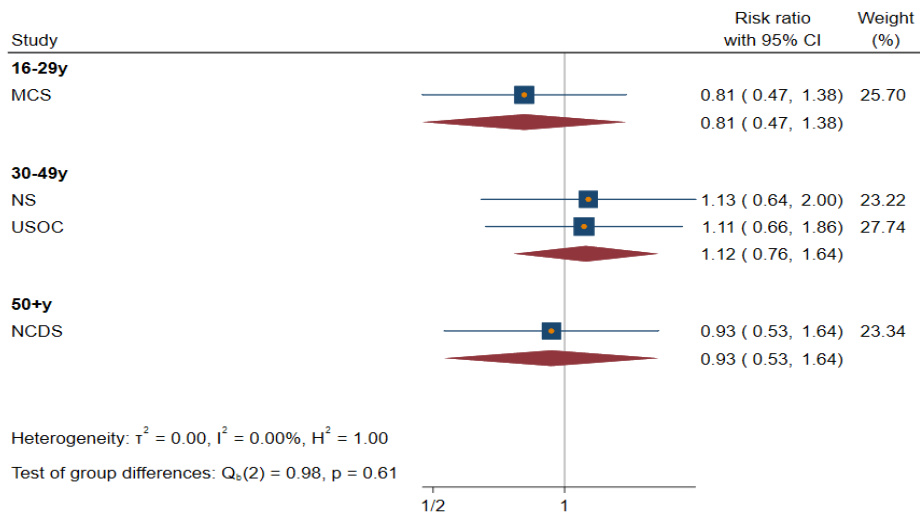


Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed



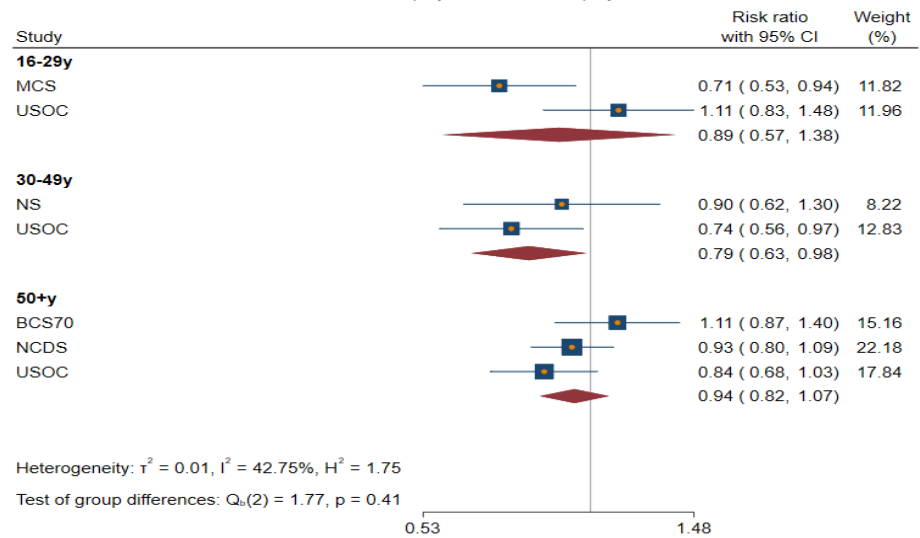
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed



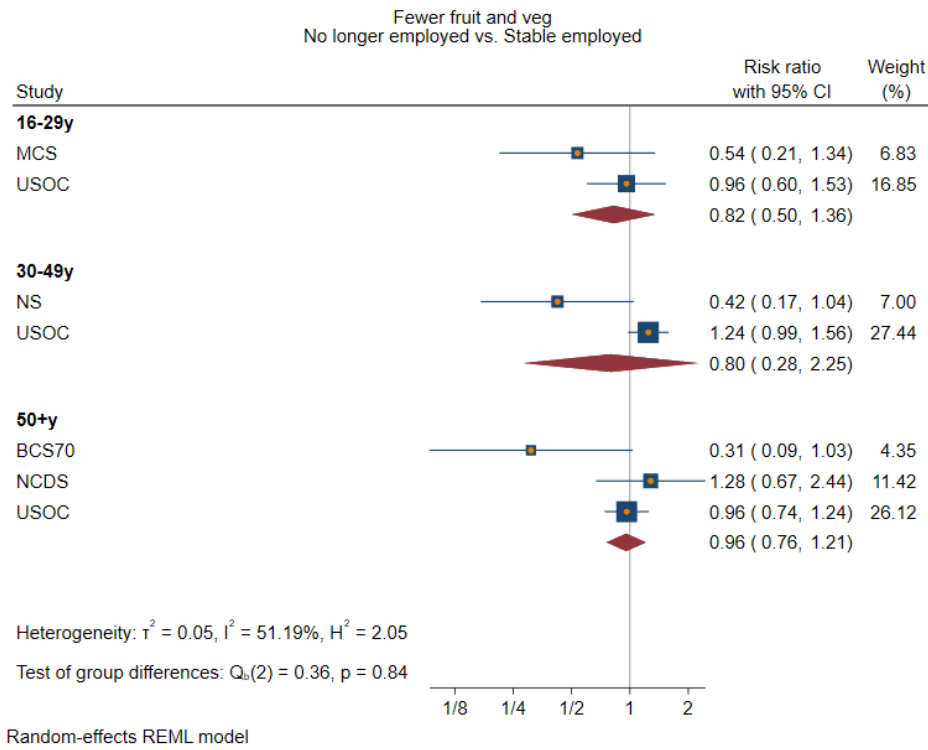
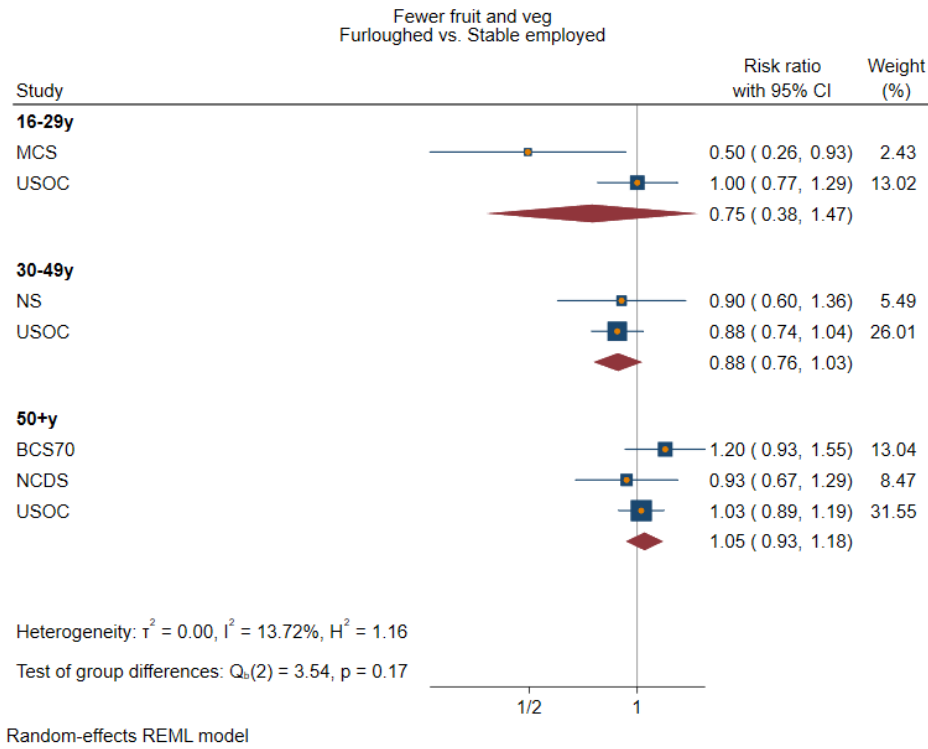
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

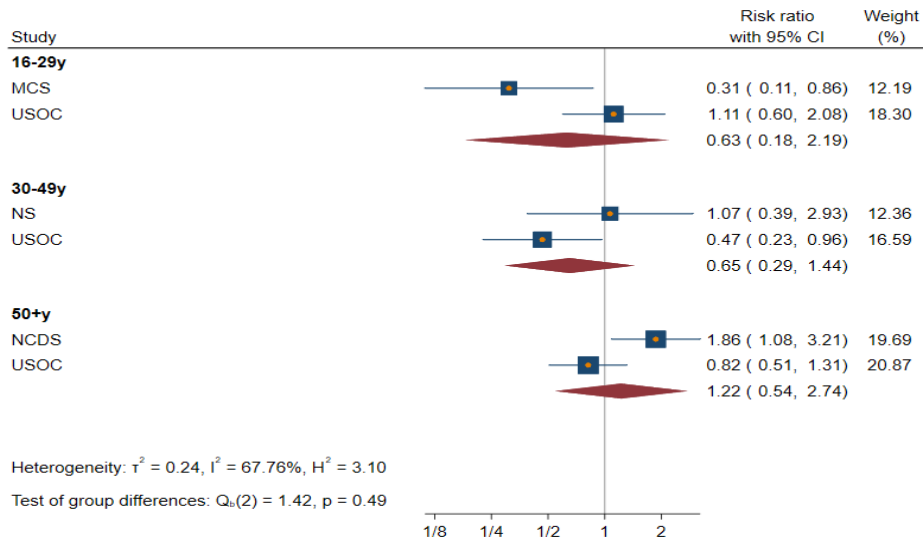


Random-effects REML model

Figure set 2: Fewer fruit & veg

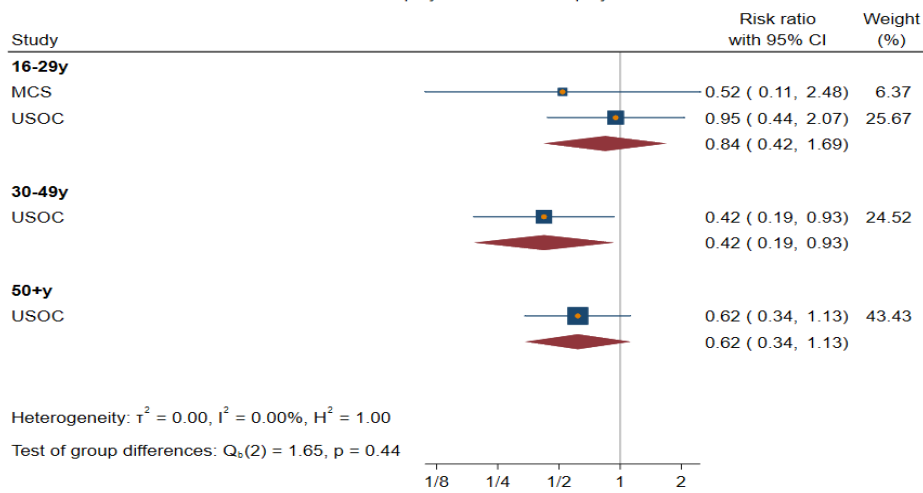


Fewer fruit and veg
Stable unemployed vs. Stable employed



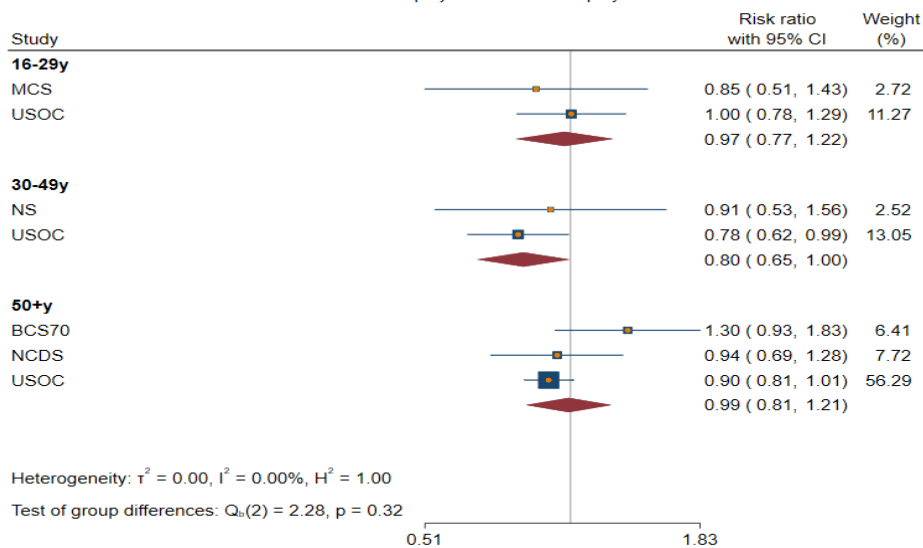
Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed



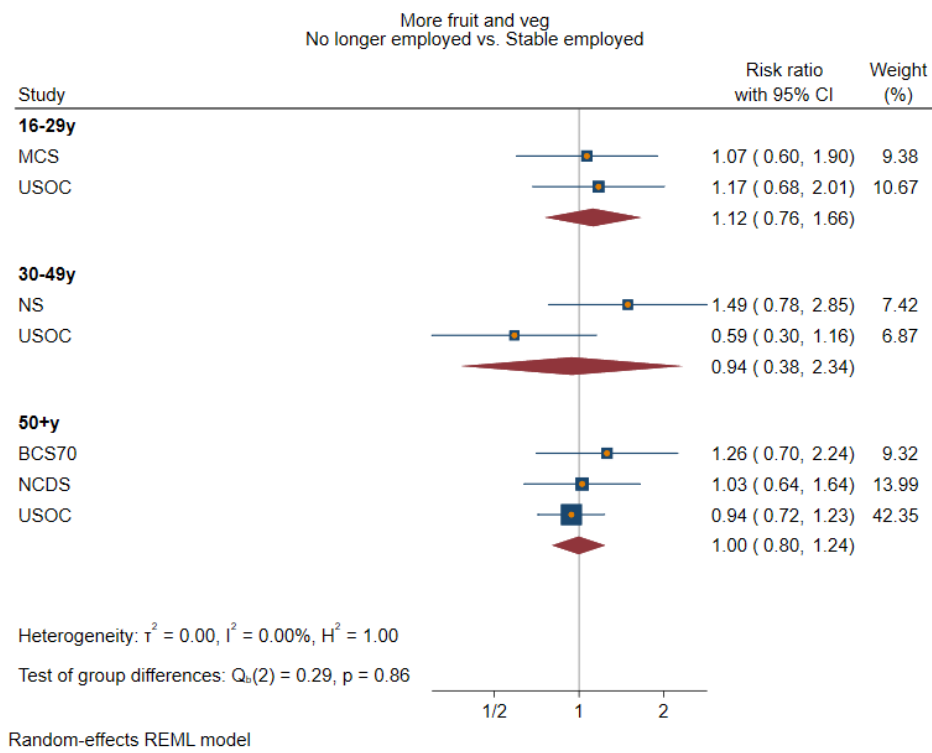
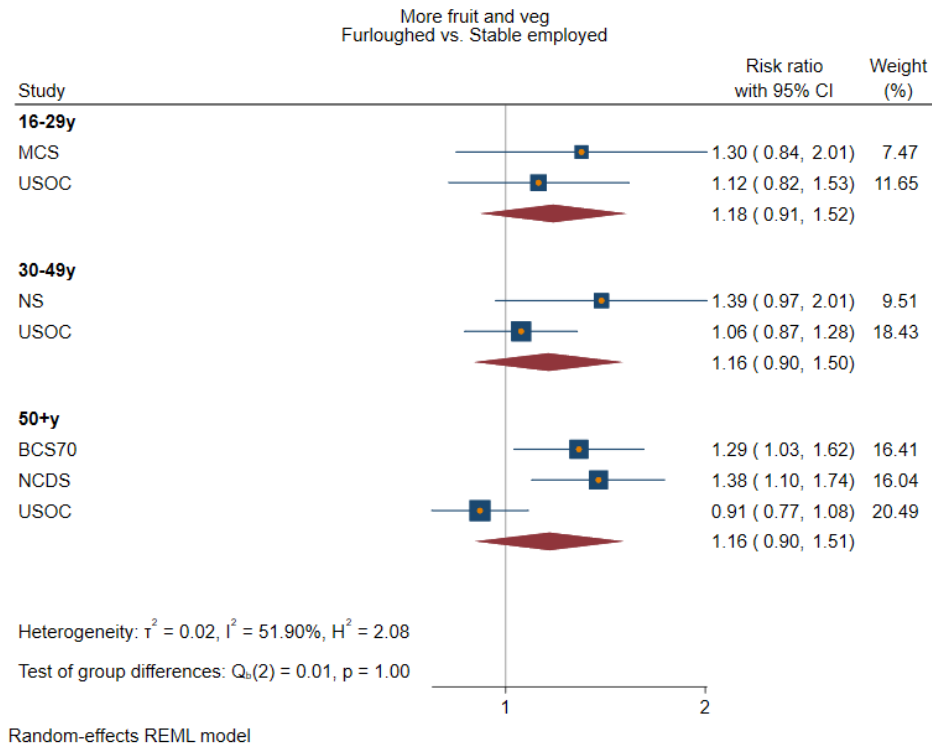
Random-effects REML model

Fewer fruit and veg
Stable non-employed vs. Stable employed

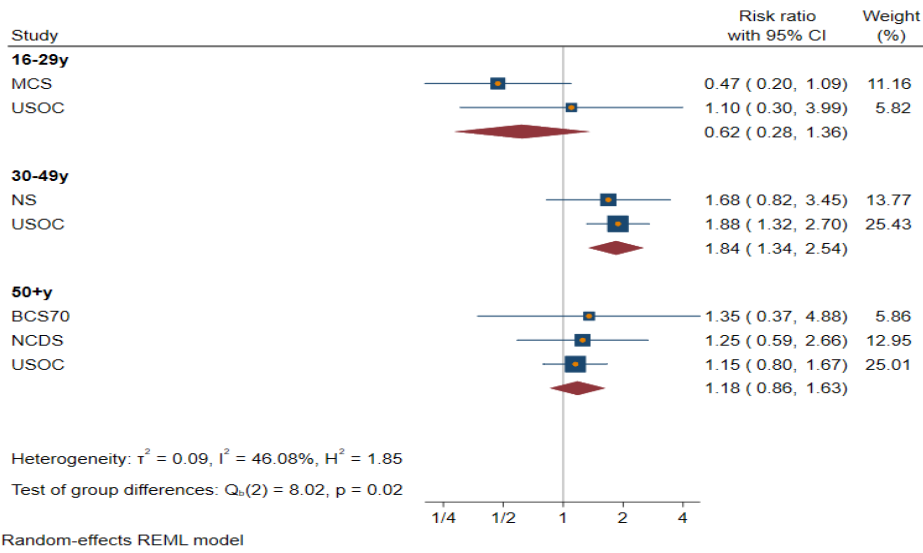


Random-effects REML model

Figure set 3: More fruit & veg

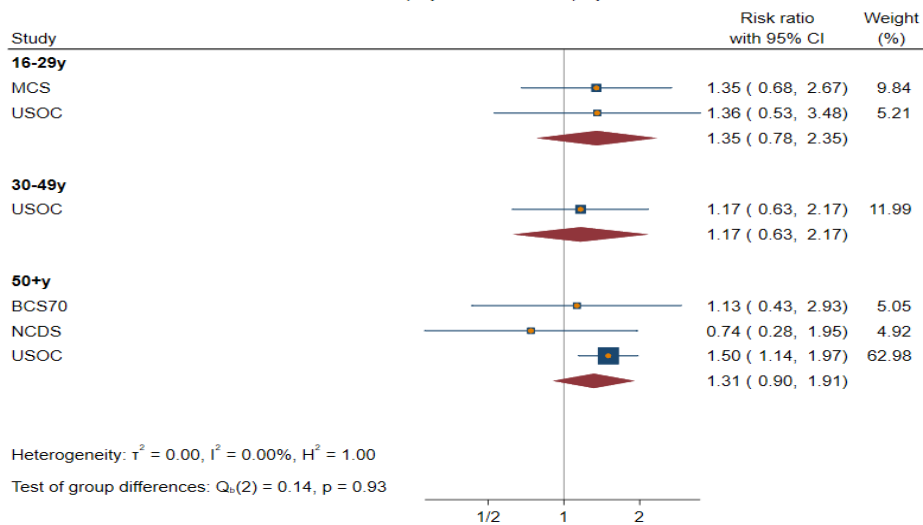


More fruit and veg
Stable unemployed vs. Stable employed



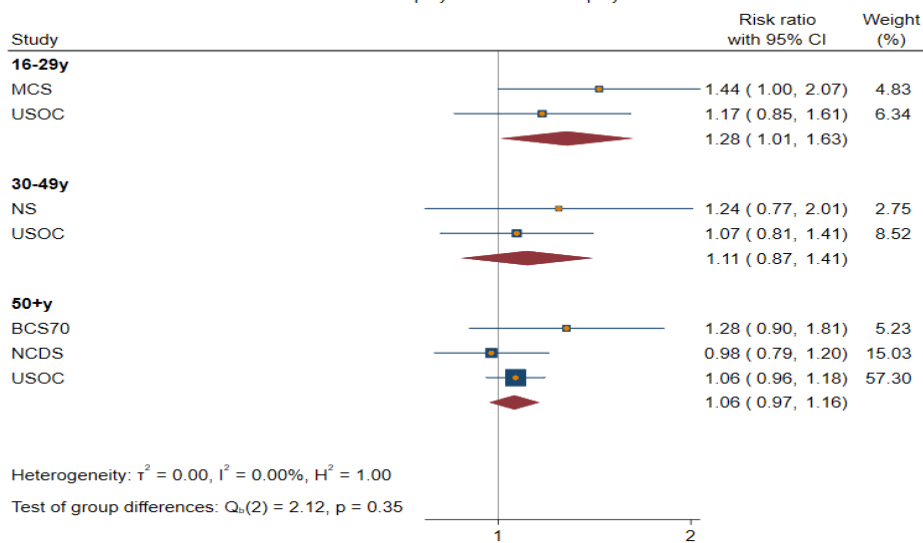
Random-effects REML model

More fruit and veg
Became employed vs. Stable employed



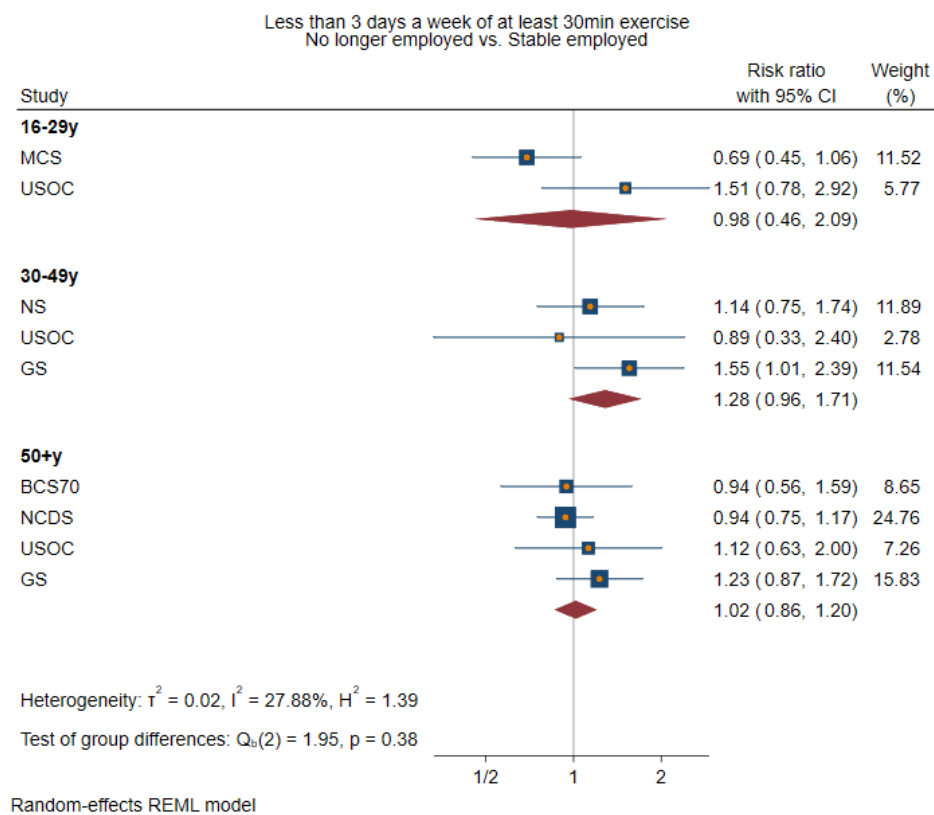
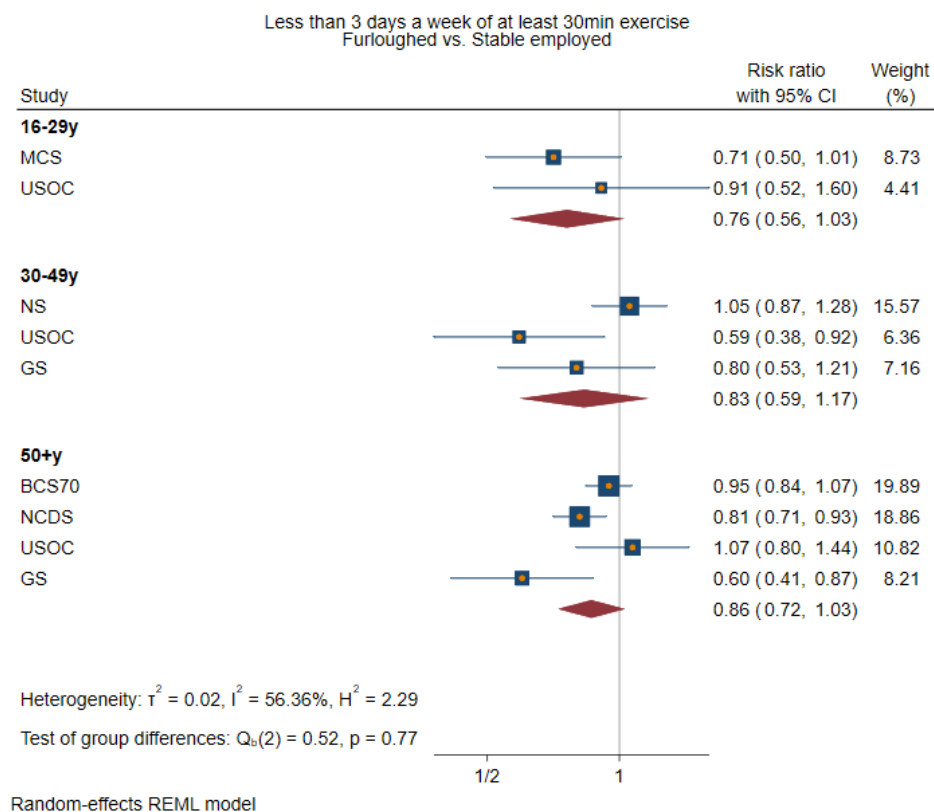
Random-effects REML model

More fruit and veg
Stable non-employed vs. Stable employed

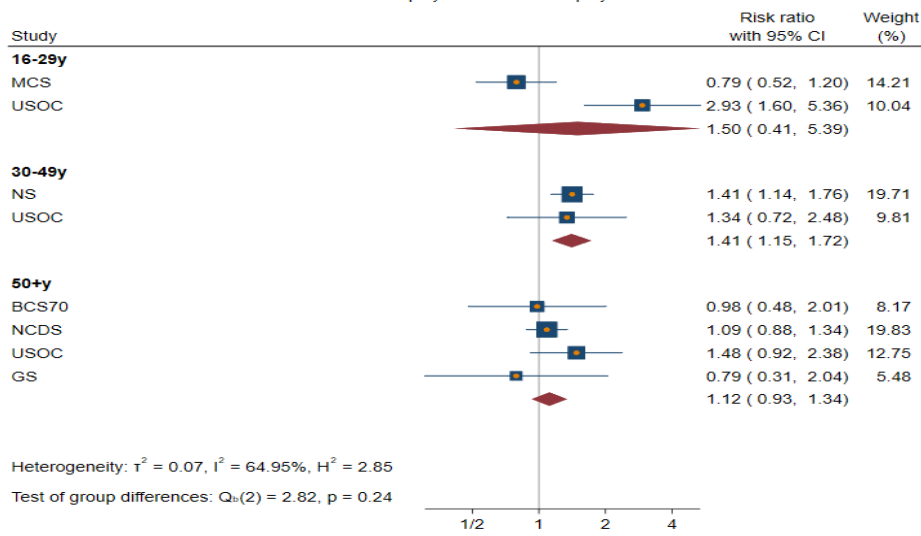


Random-effects REML model

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

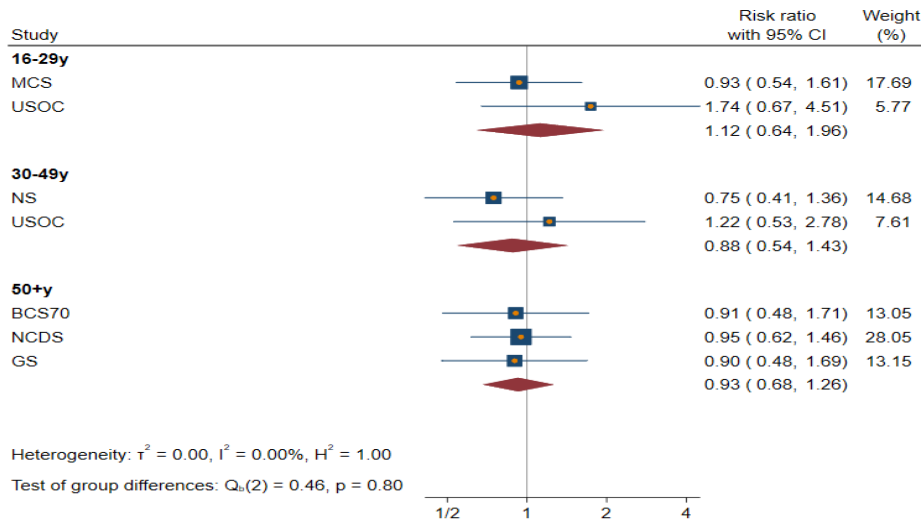


Less than 3 days a week of at least 30min exercise
Stable unemployed vs. Stable employed



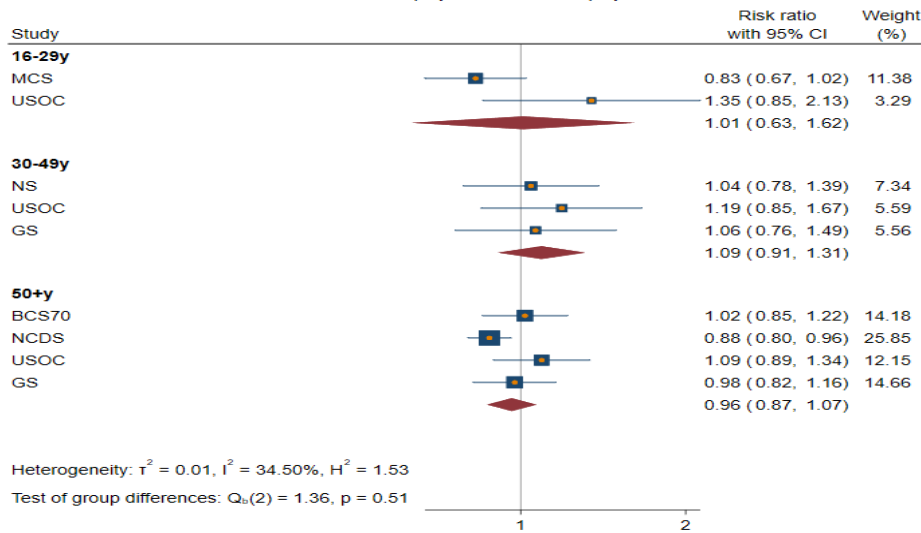
Random-effects REML model

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



Random-effects REML model

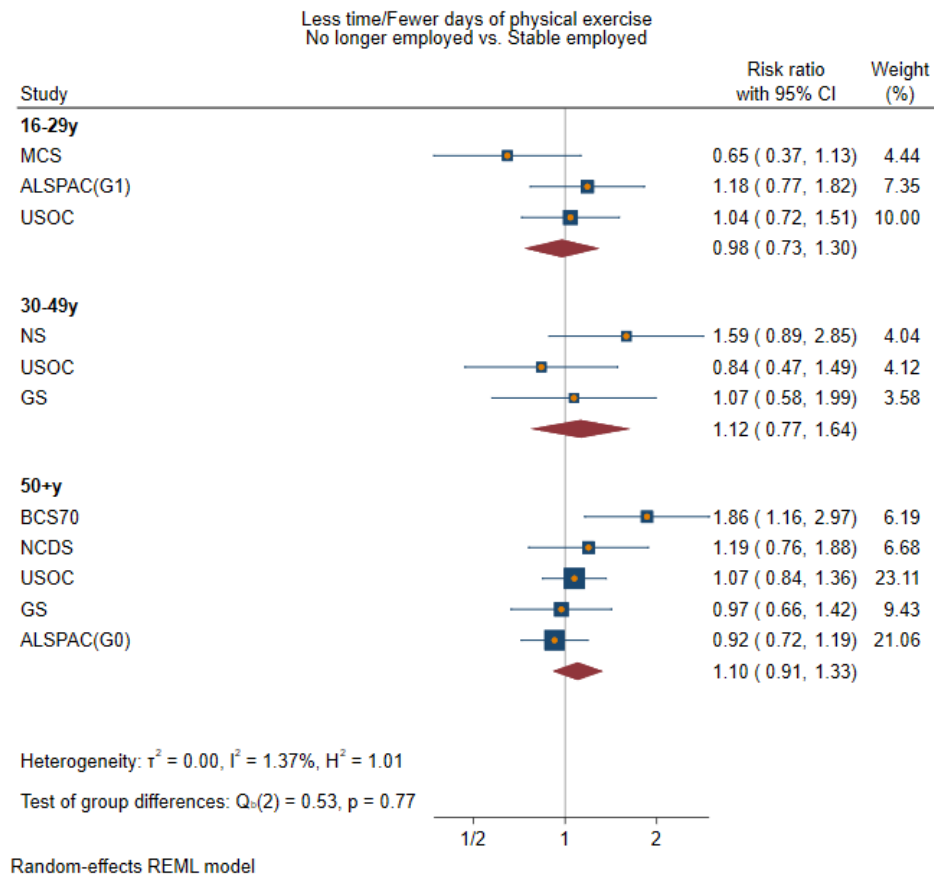
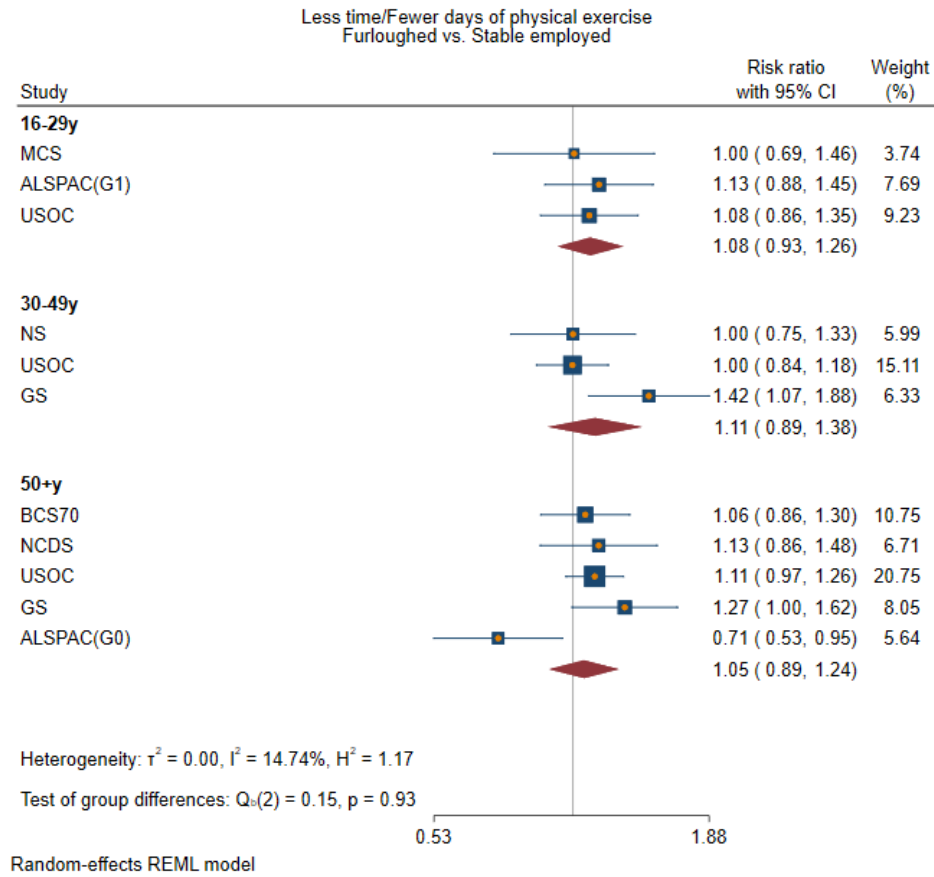
Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed



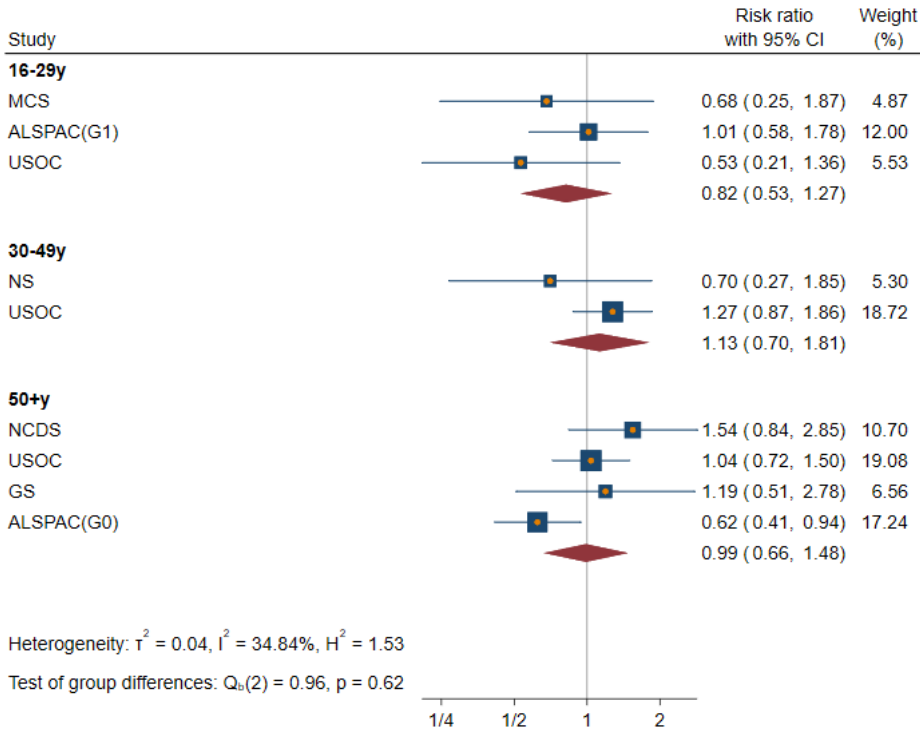
Random-effects REML model

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

Commented [MJ1]:

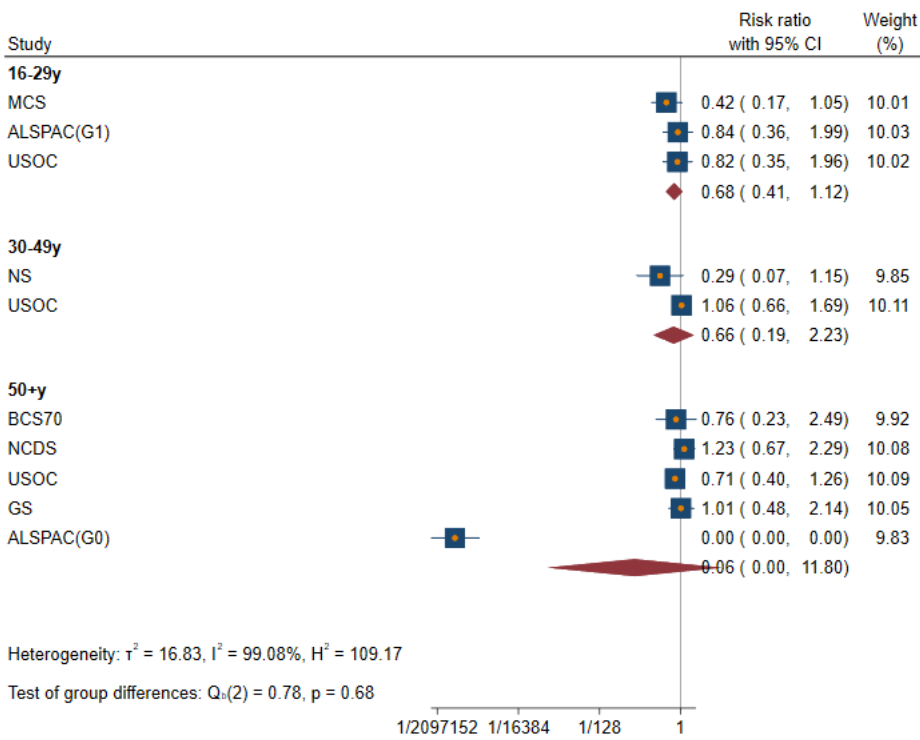


Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed



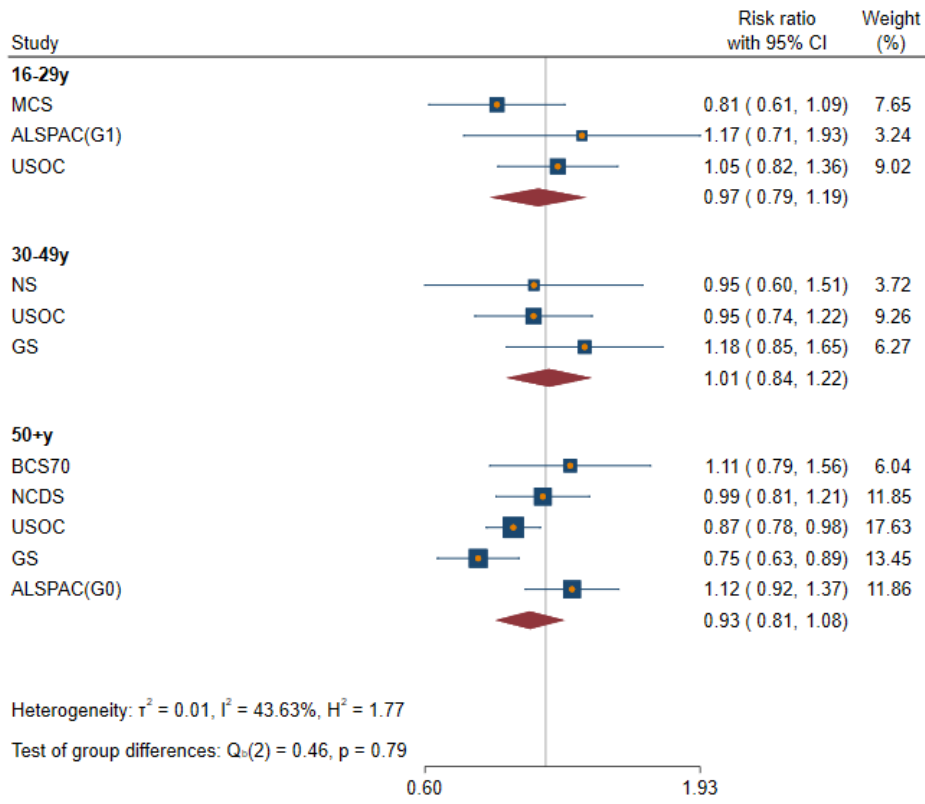
Random-effects REML model

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



Random-effects REML model

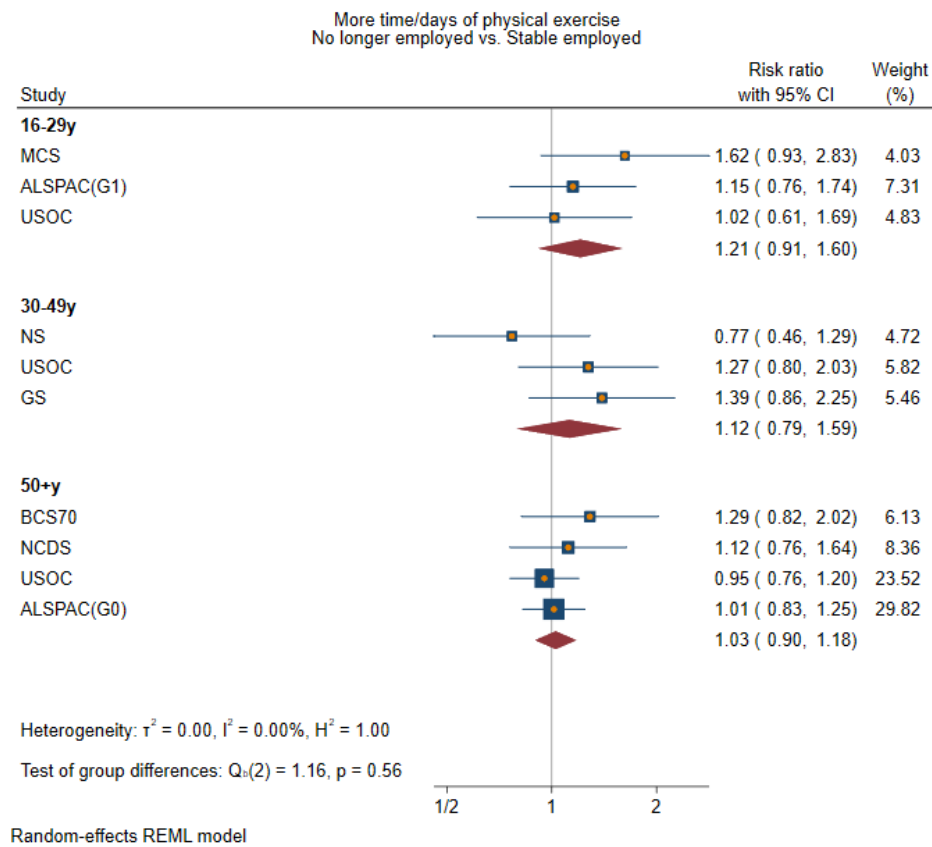
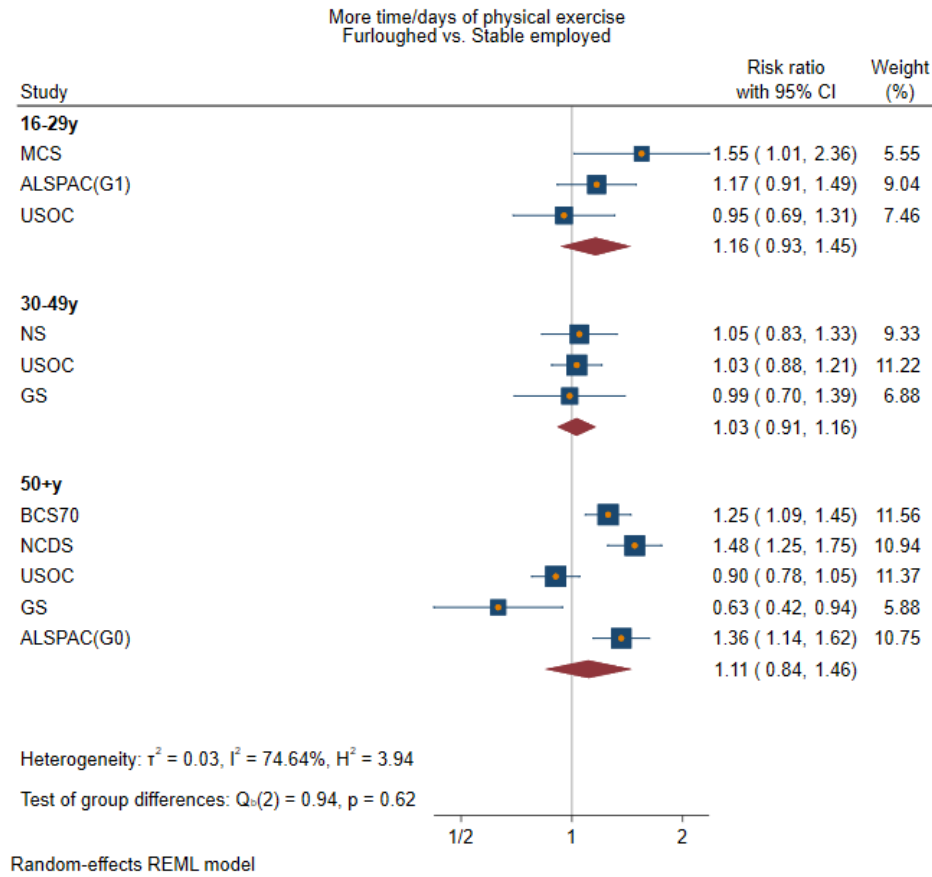
Less time/Fewer days of physical exercise
Stable non-employed vs. Stable employed



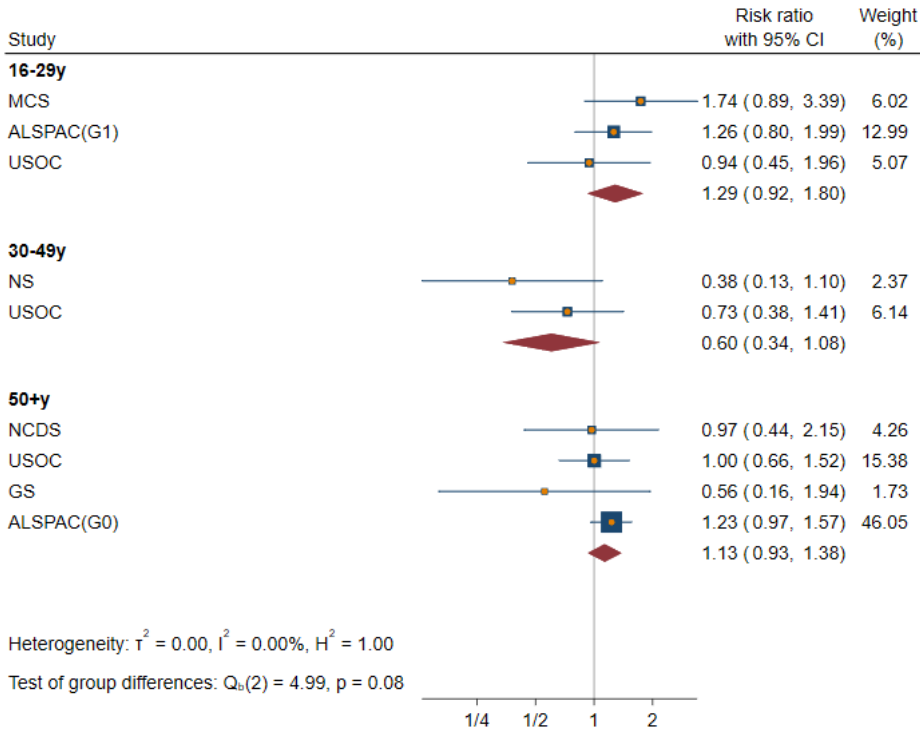
Random-effects REML model

Figure set 6: More time/ days of physical exercise

Commented [MJ2]:

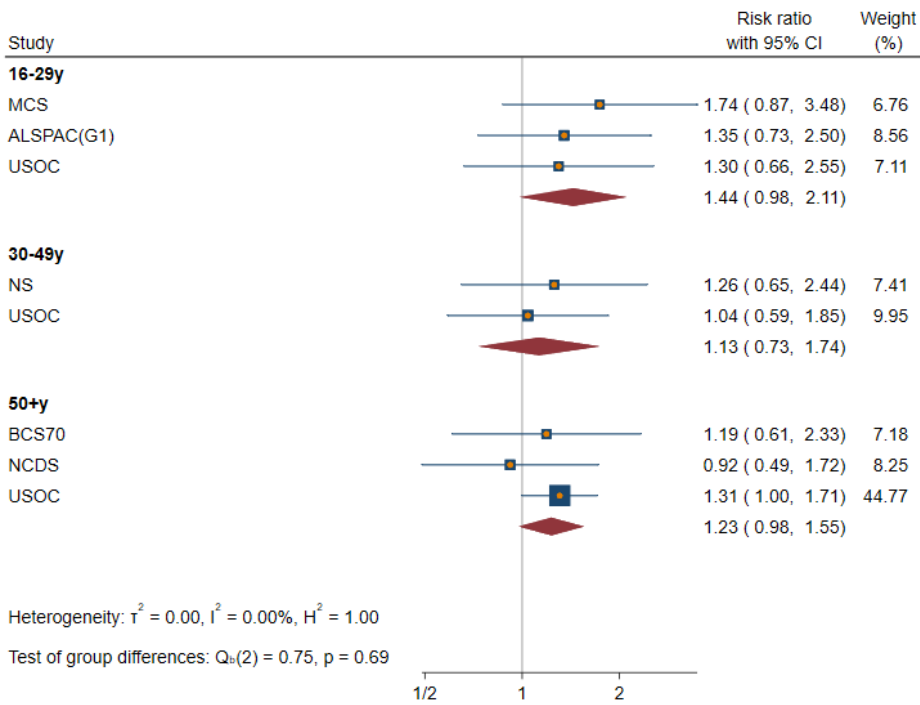


More time/days of physical exercise
Stable unemployed vs. Stable employed



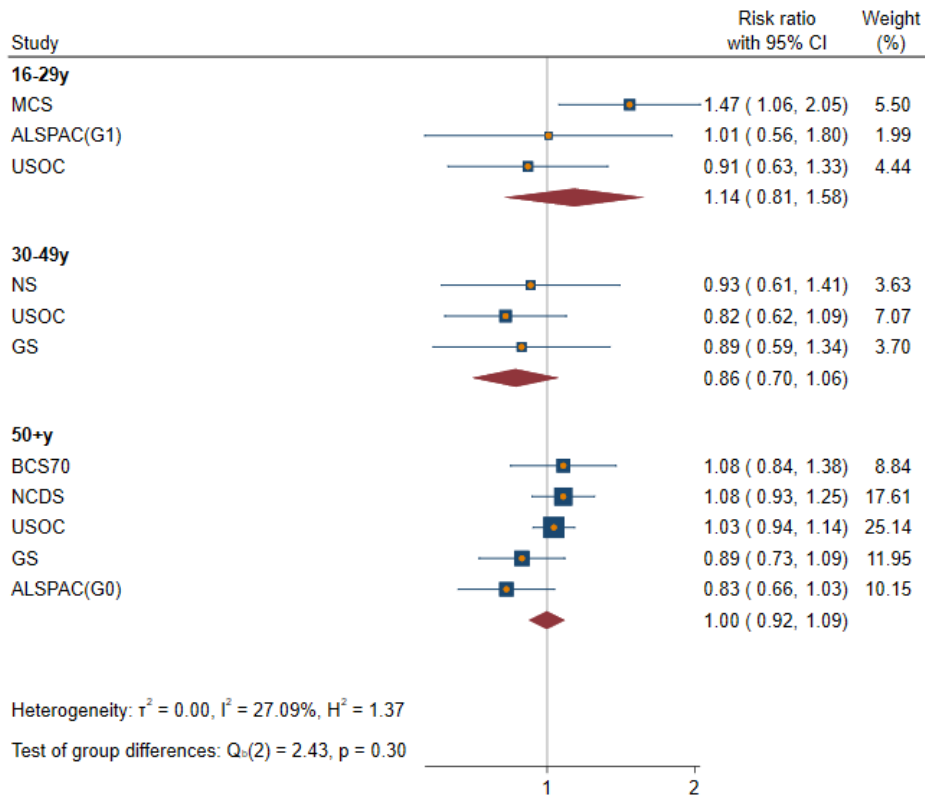
Random-effects REML model

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



Random-effects REML model

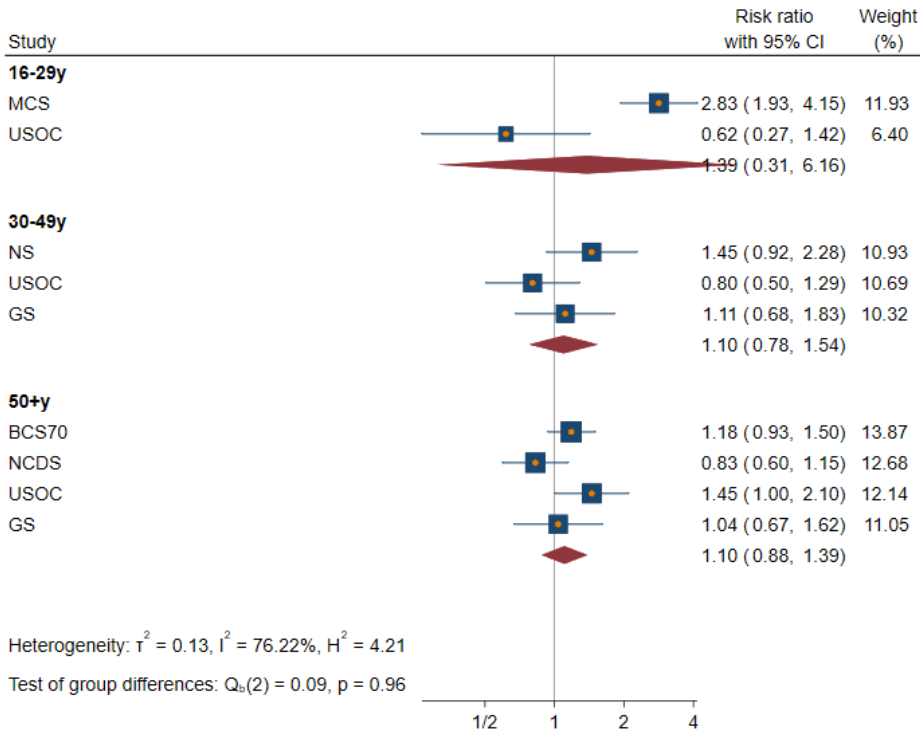
More time/days of physical exercise
Stable non-employed vs. Stable employed



Random-effects REML model

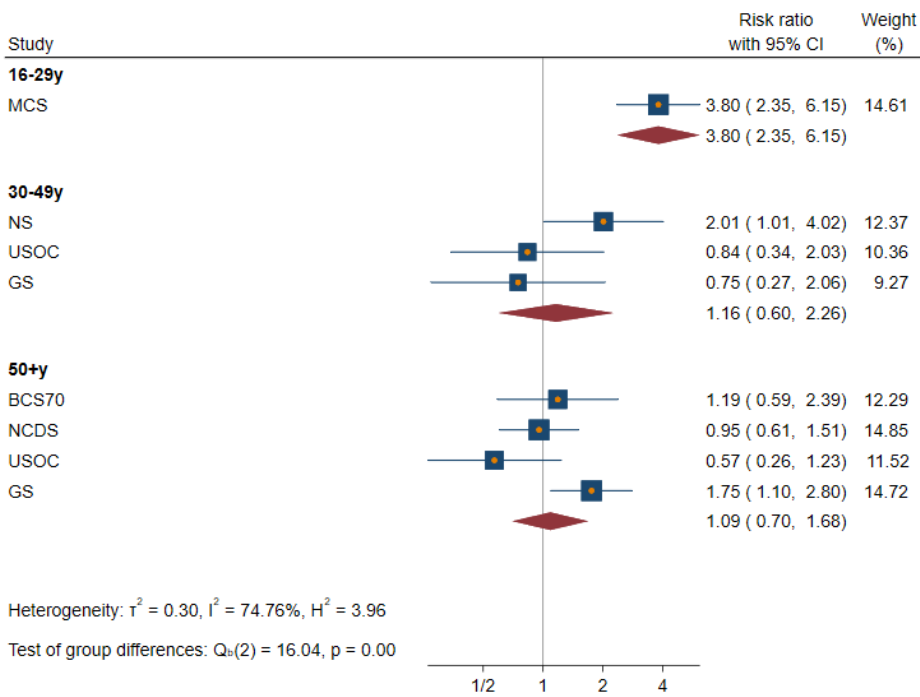
Figure set 7: Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)

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



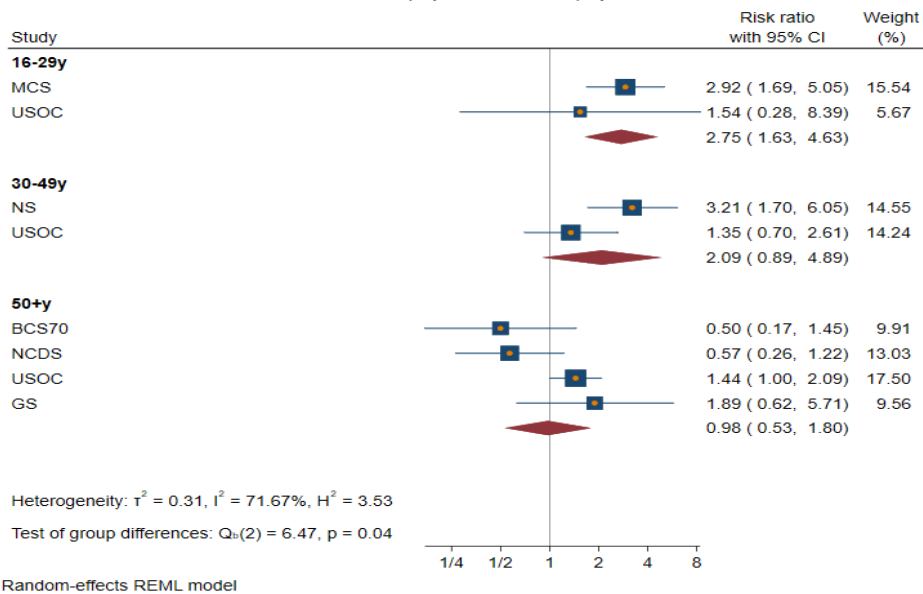
Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
No longer employed vs. Stable employed



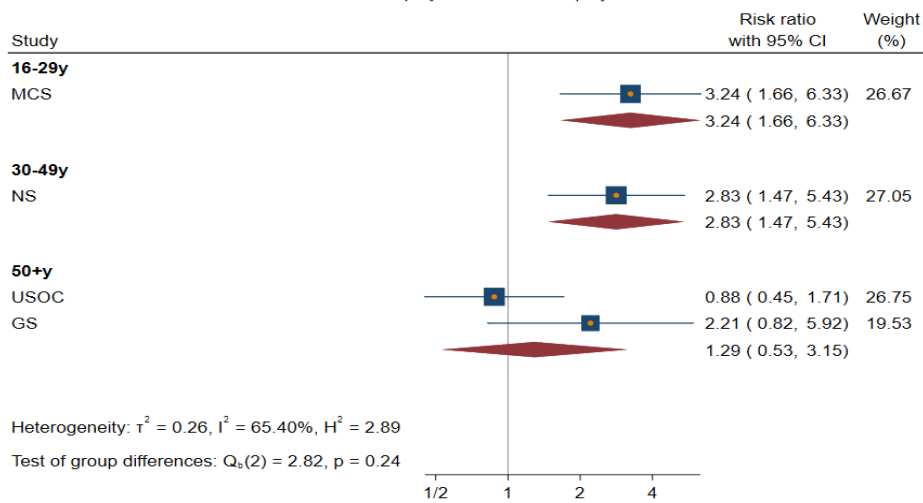
Random-effects REML model

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



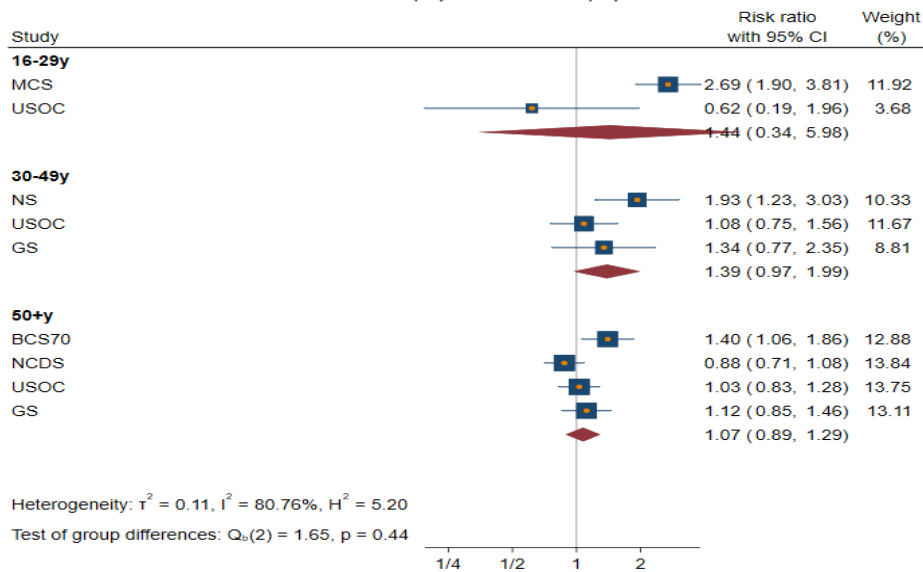
Random-effects REML model

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



Random-effects REML model

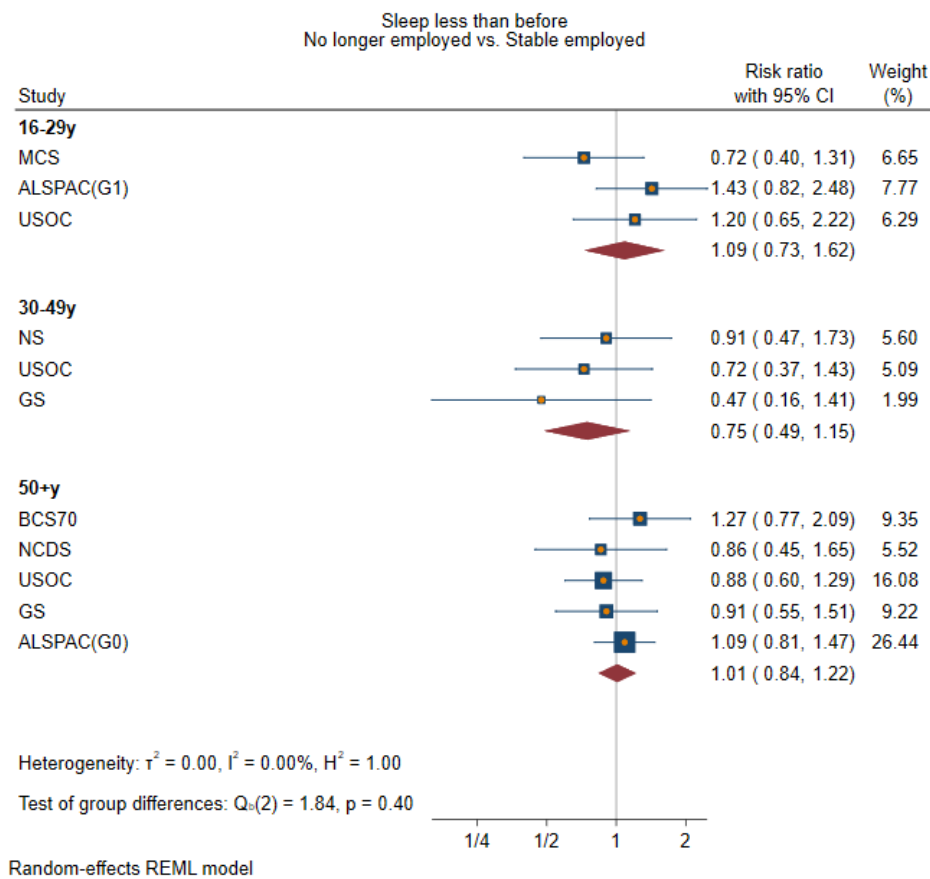
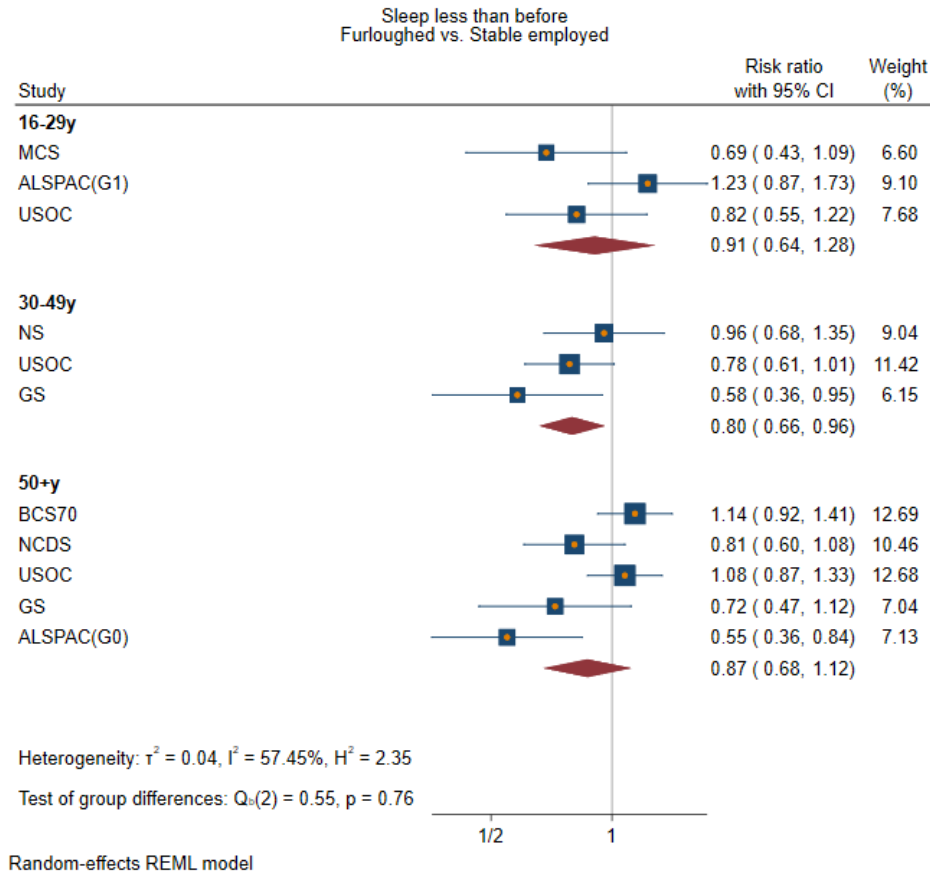
Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable non-employed vs. Stable employed



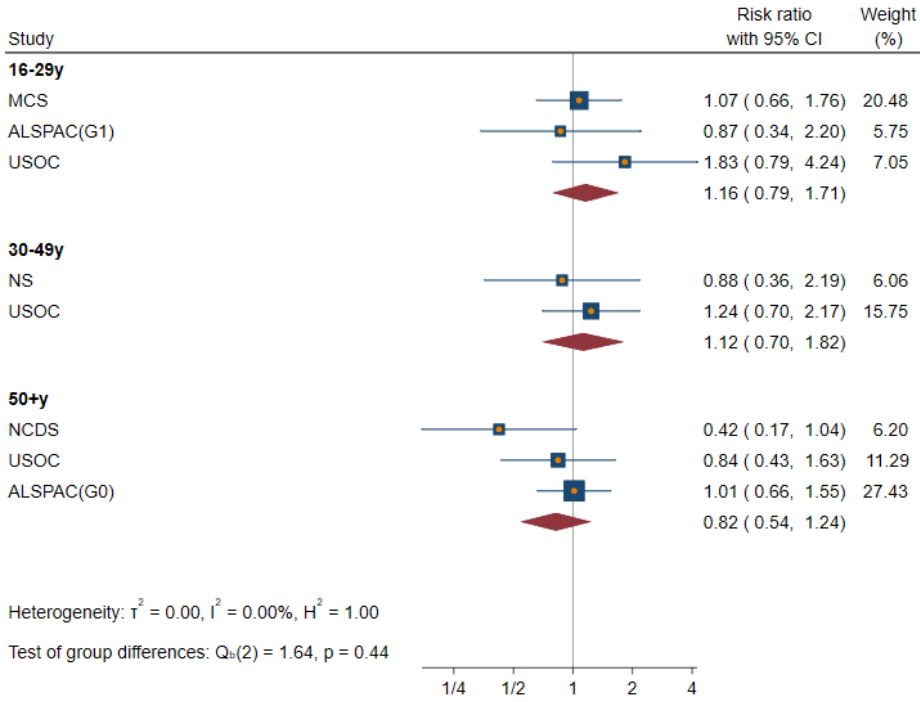
Random-effects REML model

Figure set 8: Sleeps less than before

Commented [MJ3]:

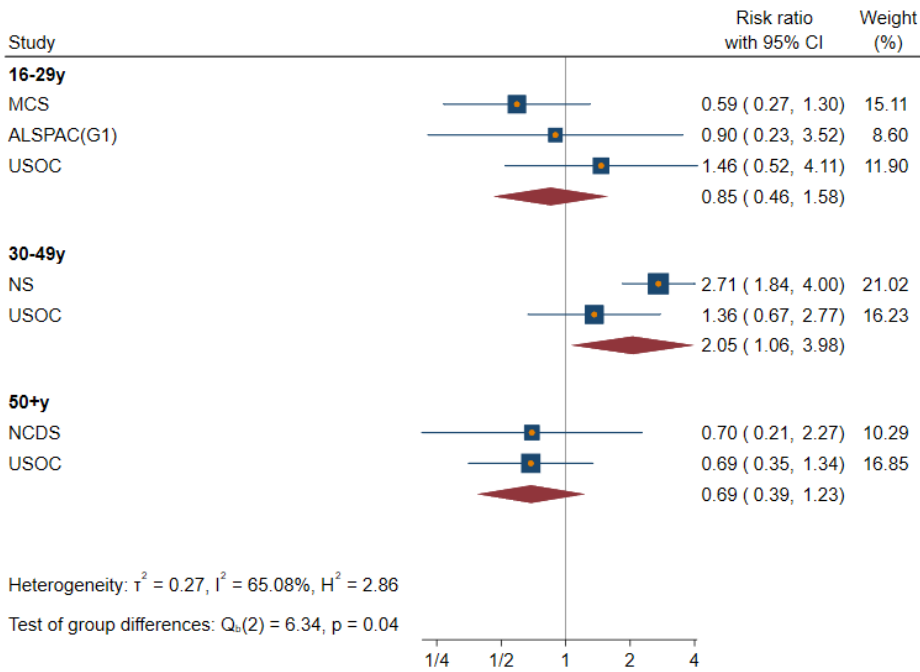


Sleep less than before
Stable unemployed vs. Stable employed



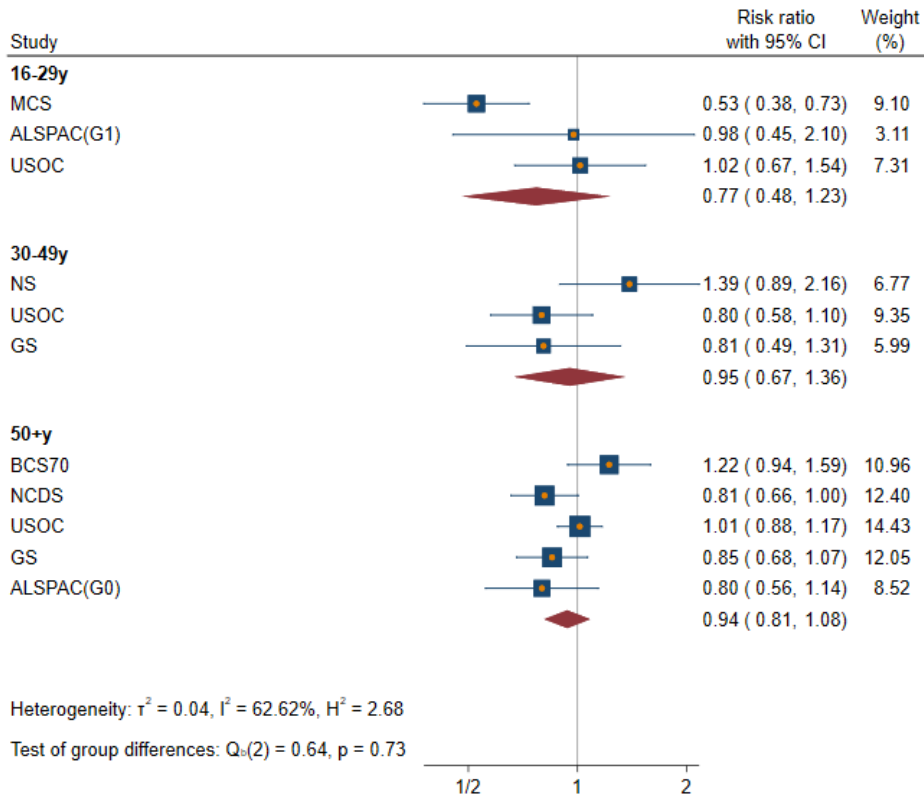
Random-effects REML model

Sleep less than before
Became employed vs. Stable employed



Random-effects REML model

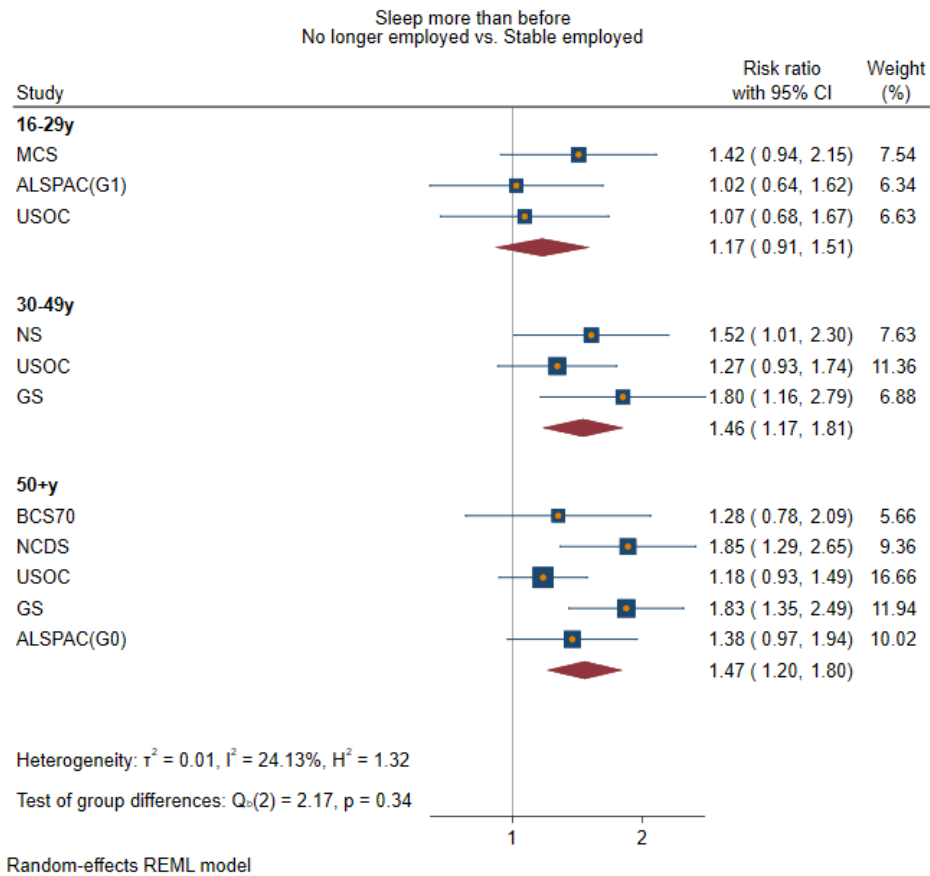
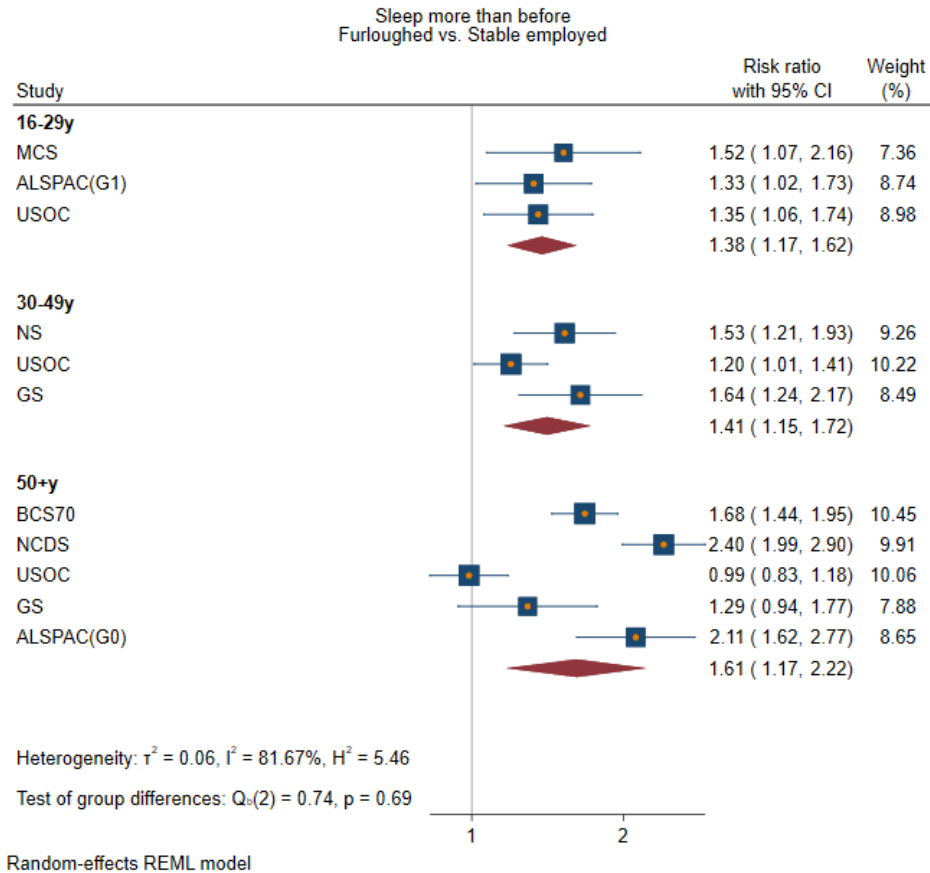
Sleep less than before
Stable non-employed vs. Stable employed



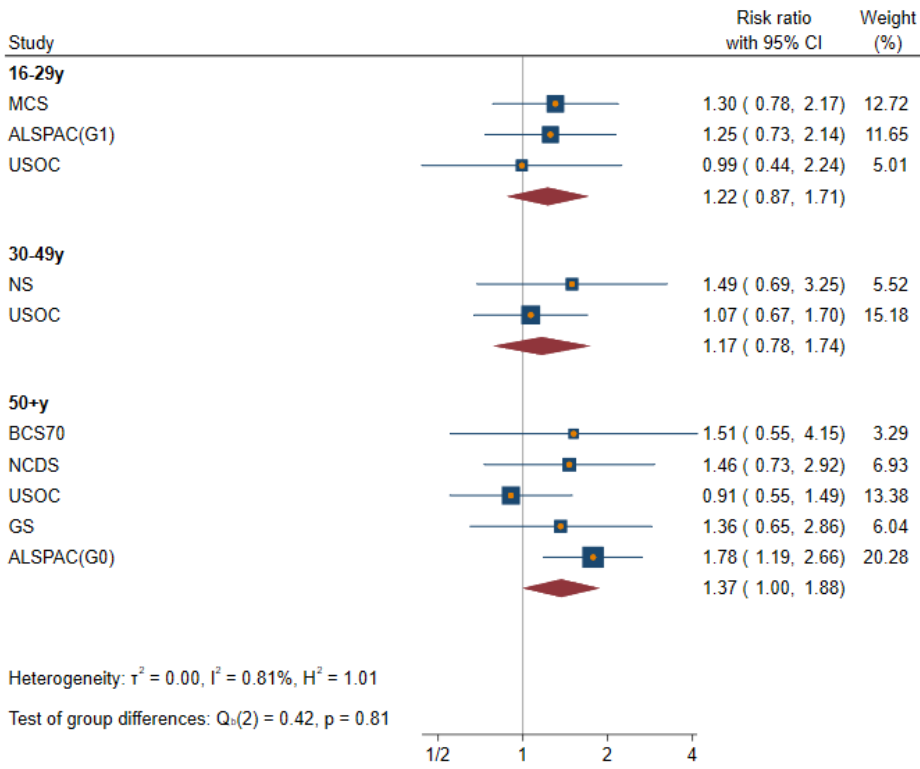
Random-effects REML model

Figure set 9: Sleeps less than before

Commented [MJ4]:

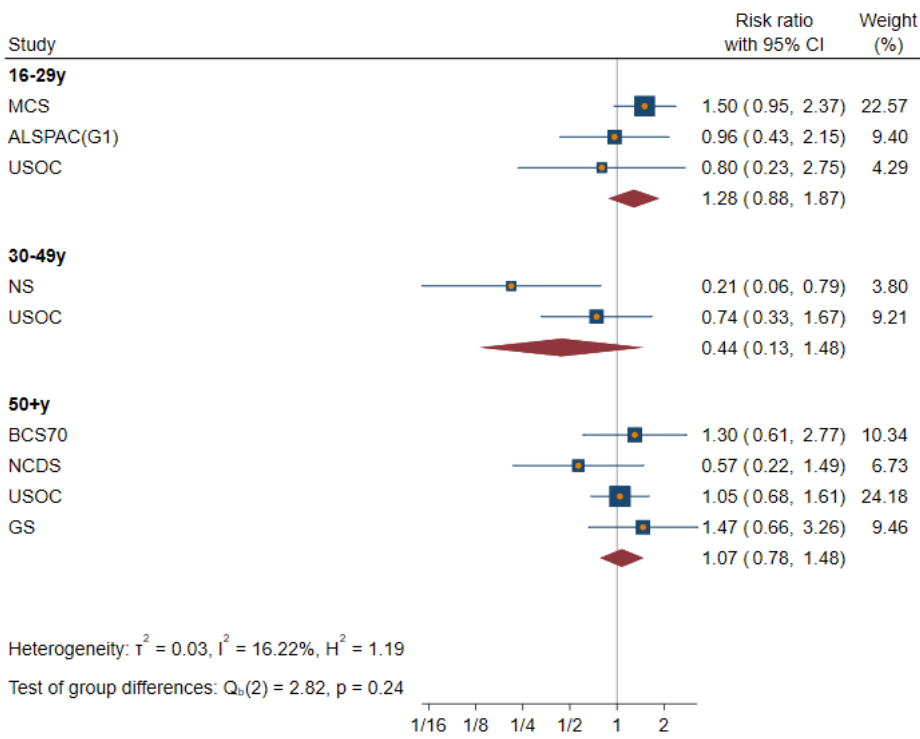


Sleep more than before
Stable unemployed vs. Stable employed



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

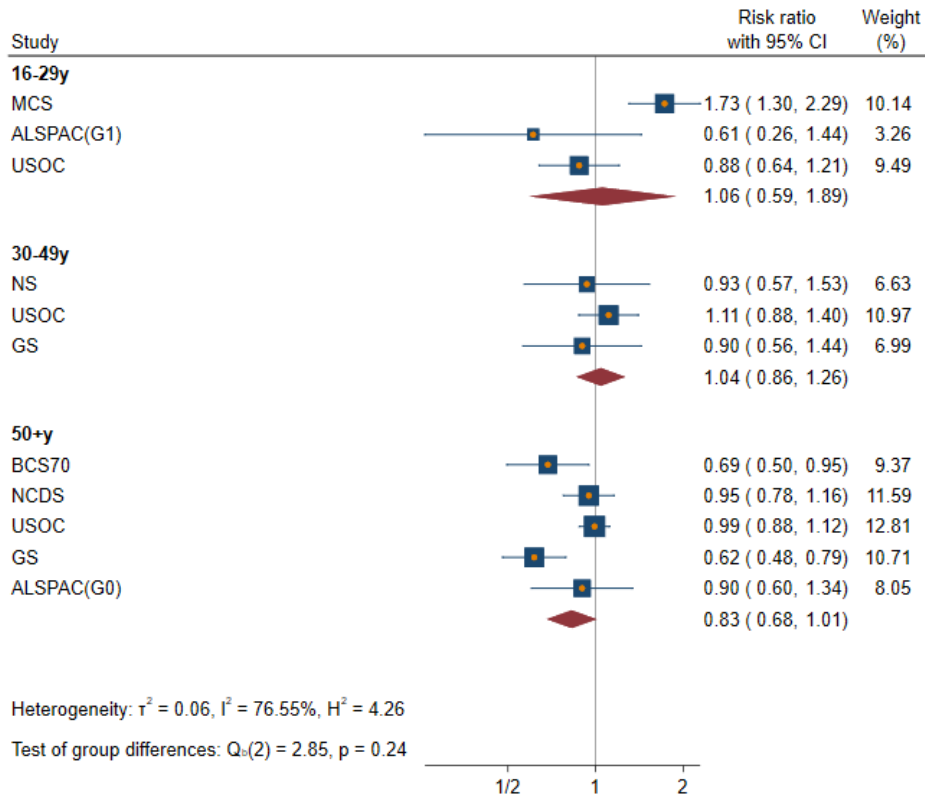
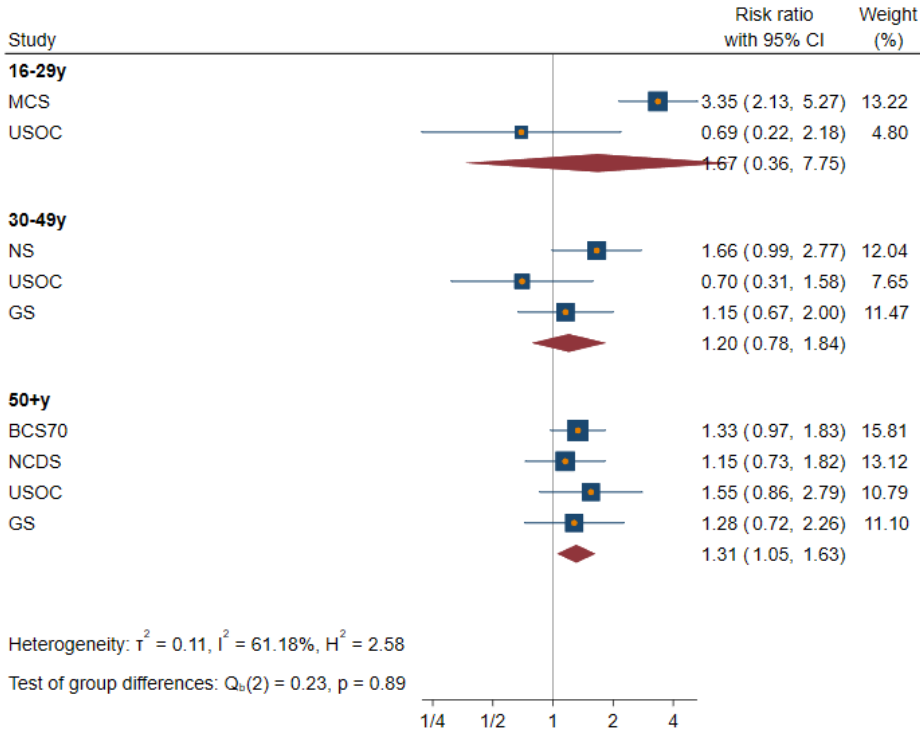
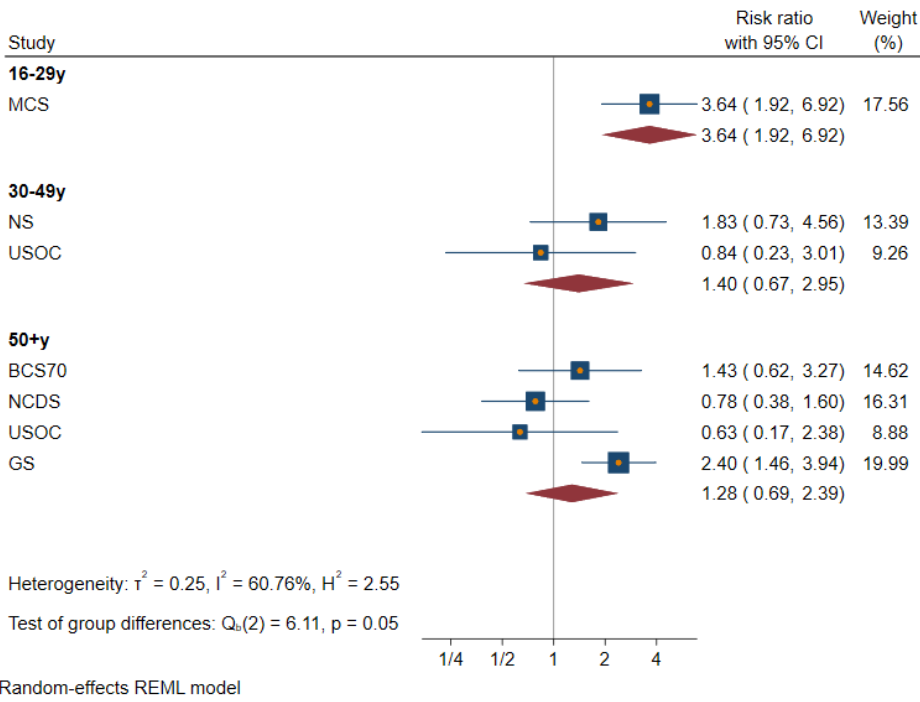


Figure set 10: From 6/9h a night to outside 'normal range'

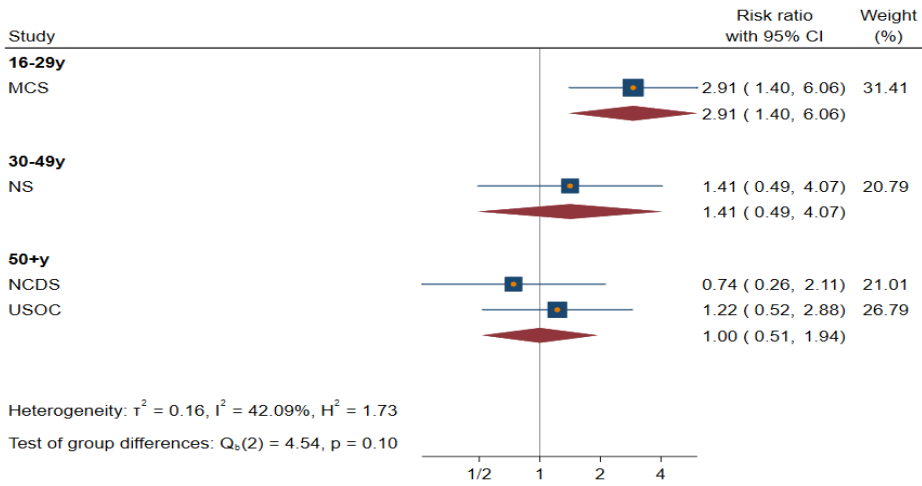
From 6/9h a night to outside 'normal range'
Furloughed vs. Stable employed



From 6/9h a night to outside 'normal range'
No longer employed vs. Stable employed

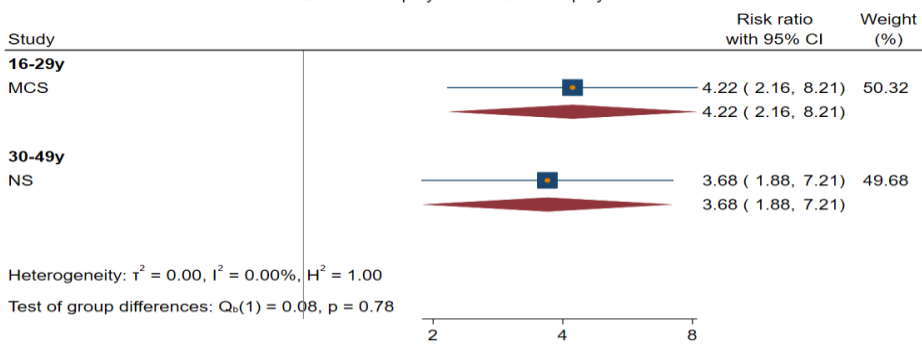


From 6/9h a night to outside 'normal range
Stable unemployed vs. Stable employed



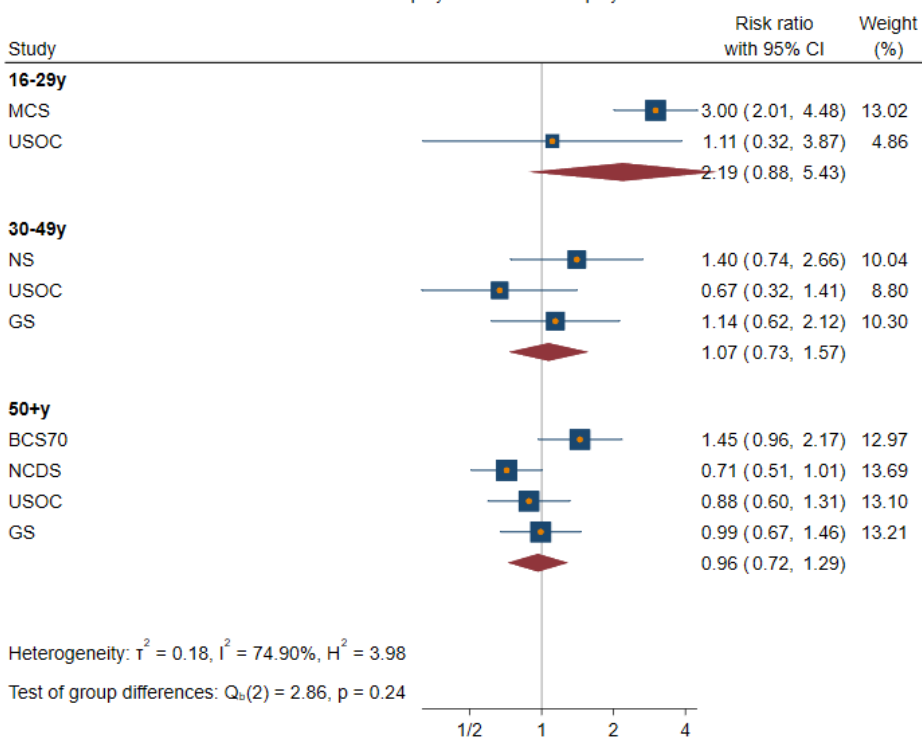
Random-effects REML model

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



Random-effects REML model

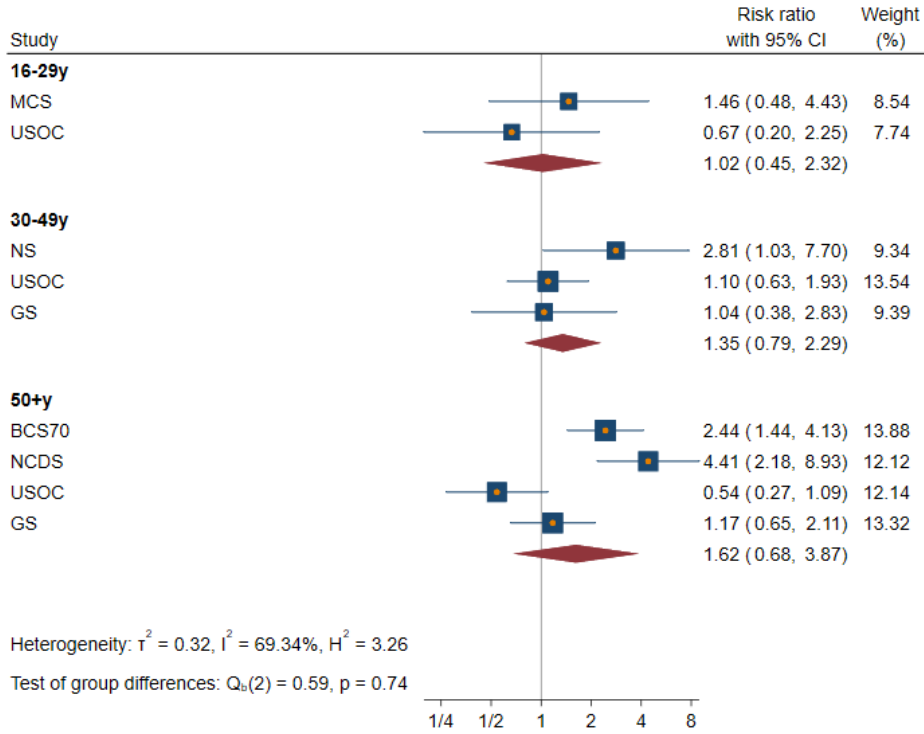
From 6/9h a night to outside 'normal range
Stable non-employed vs. Stable employed



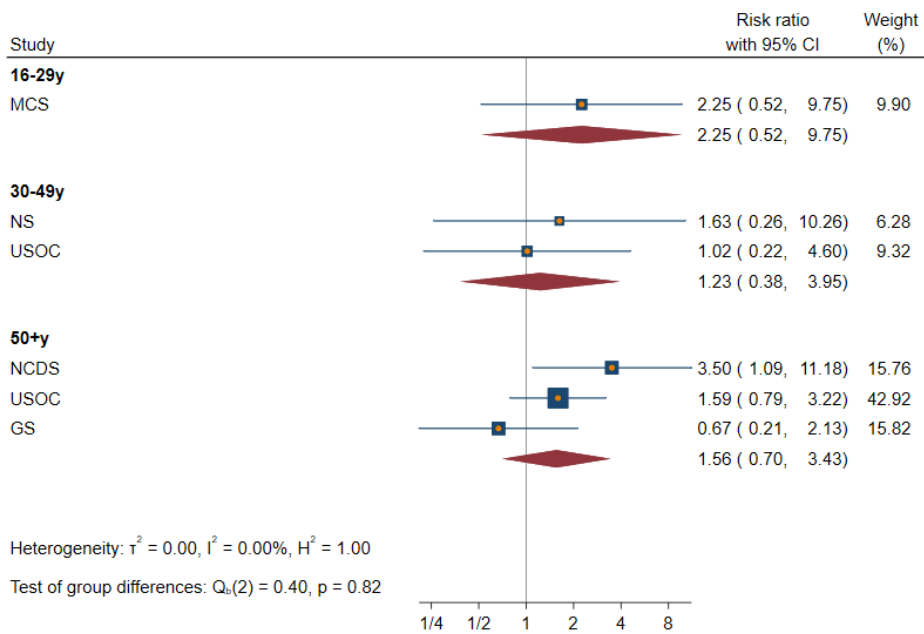
Random-effects REML model

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

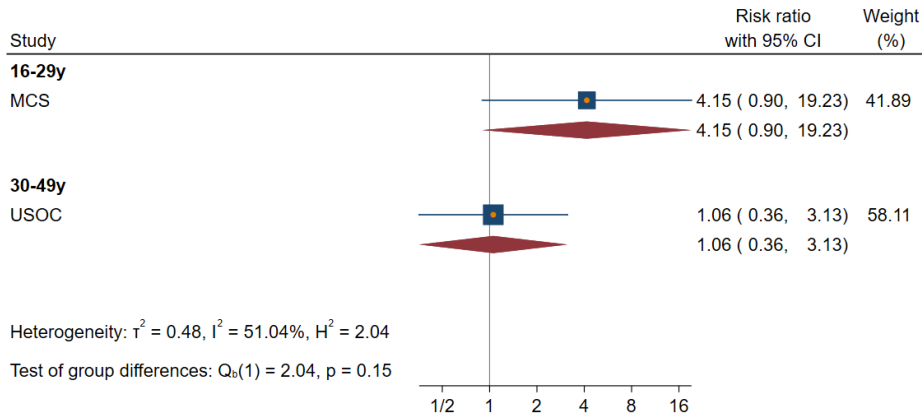
From outside 'normal range' to 6/9h a night
Furloughed vs. Stable employed



From outside 'normal range' to 6/9h a night
No longer employed vs. Stable employed

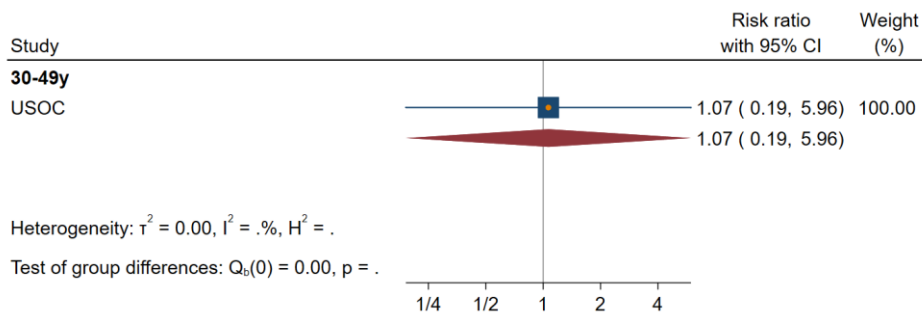


From outside 'normal range' to 6/9h a night
Stable unemployed vs. Stable employed



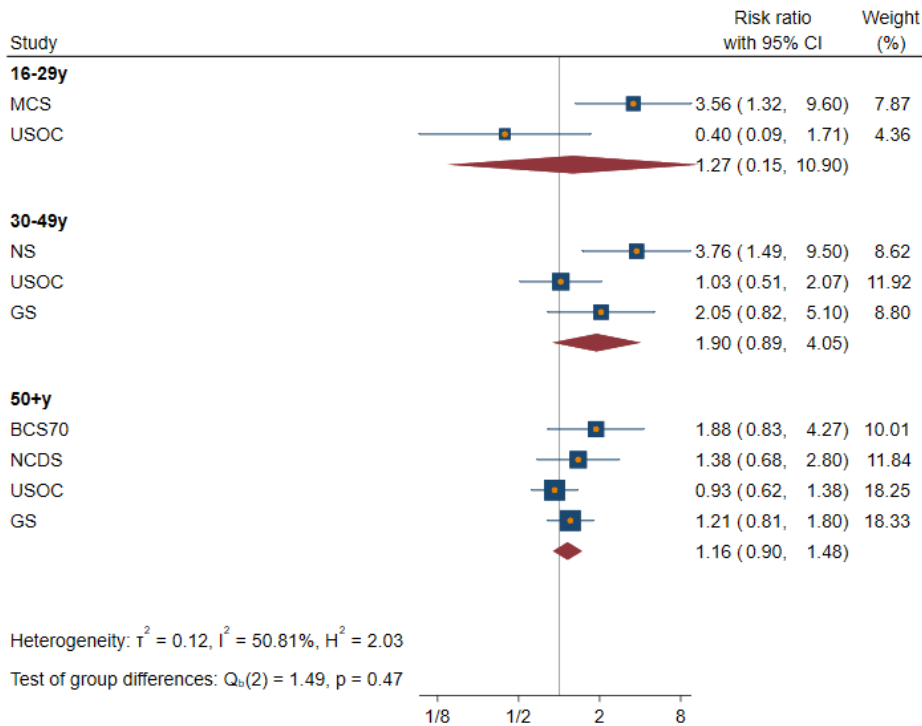
Random-effects REML model

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



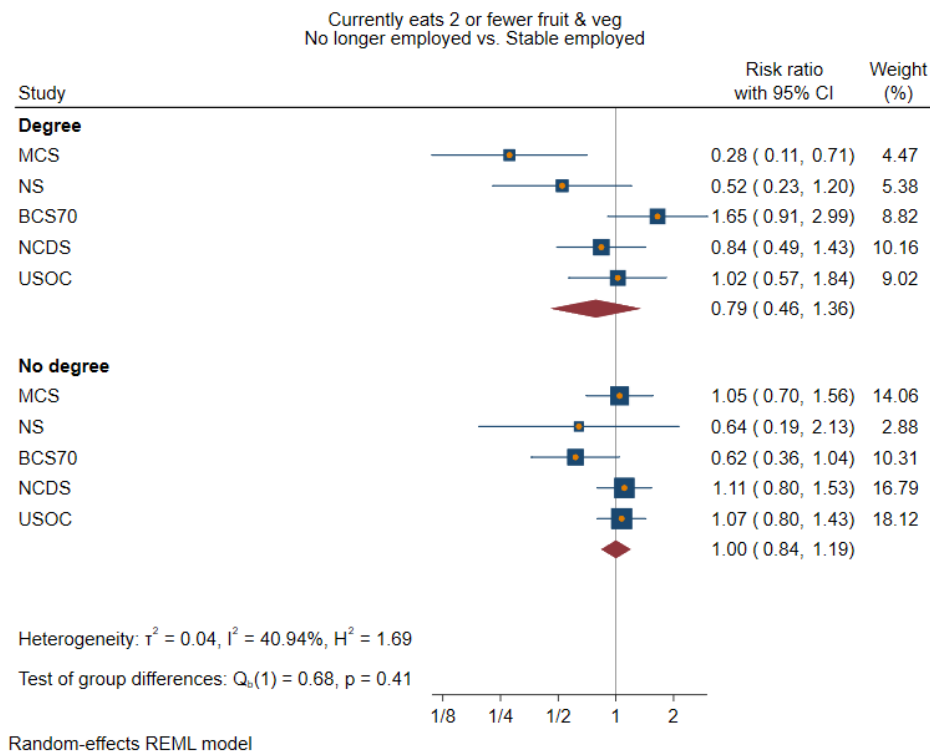
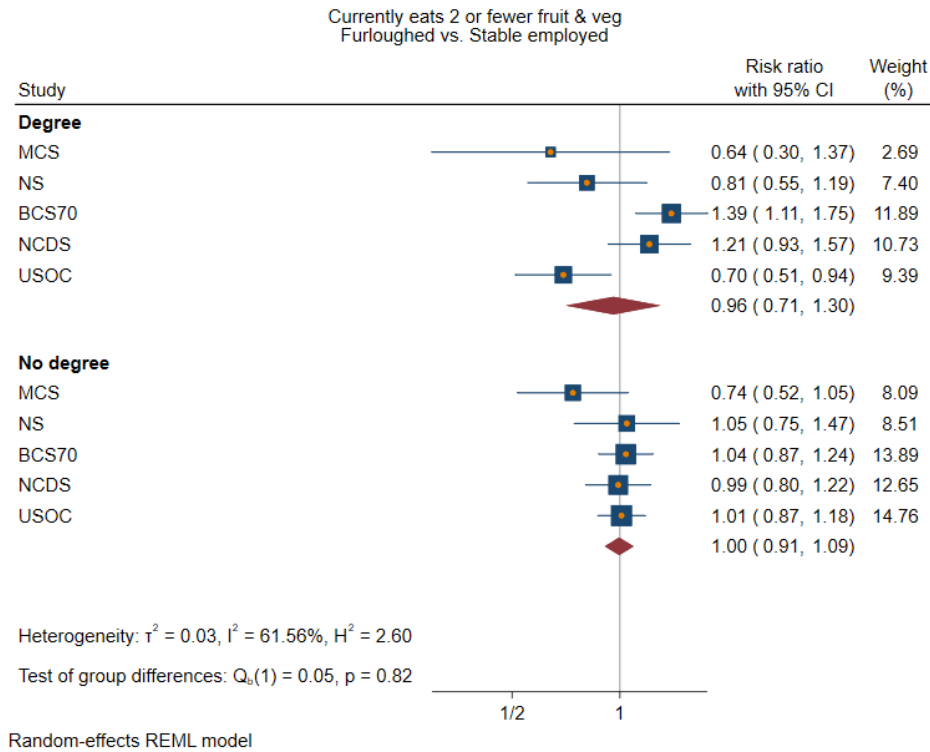
Random-effects REML model

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

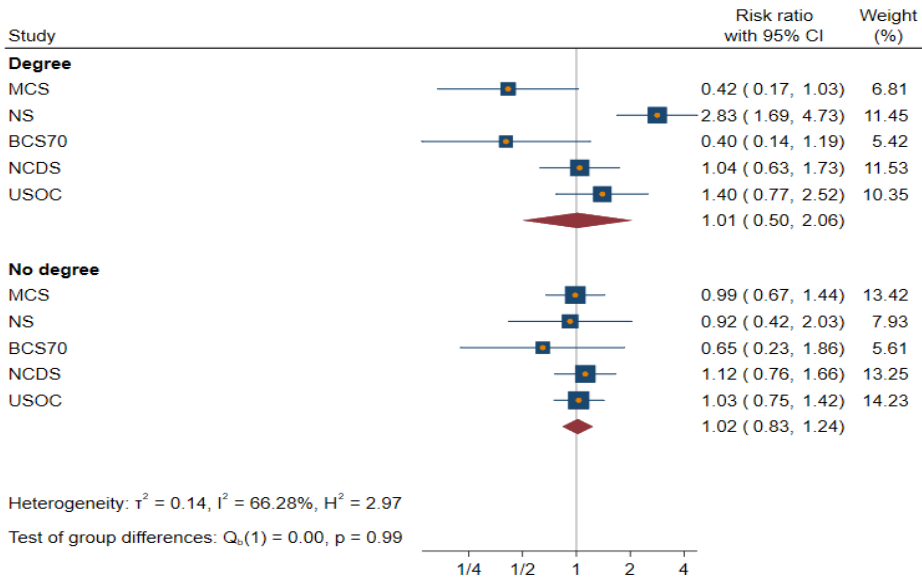


Random-effects REML model

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

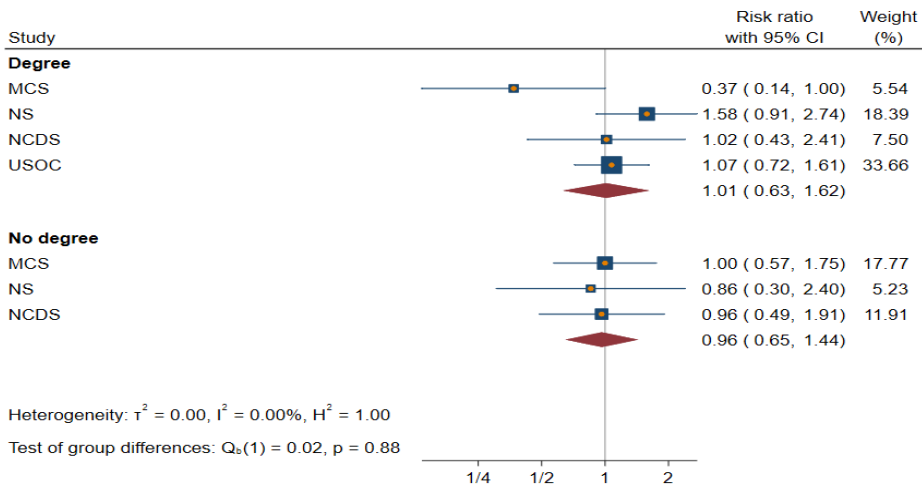


Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed



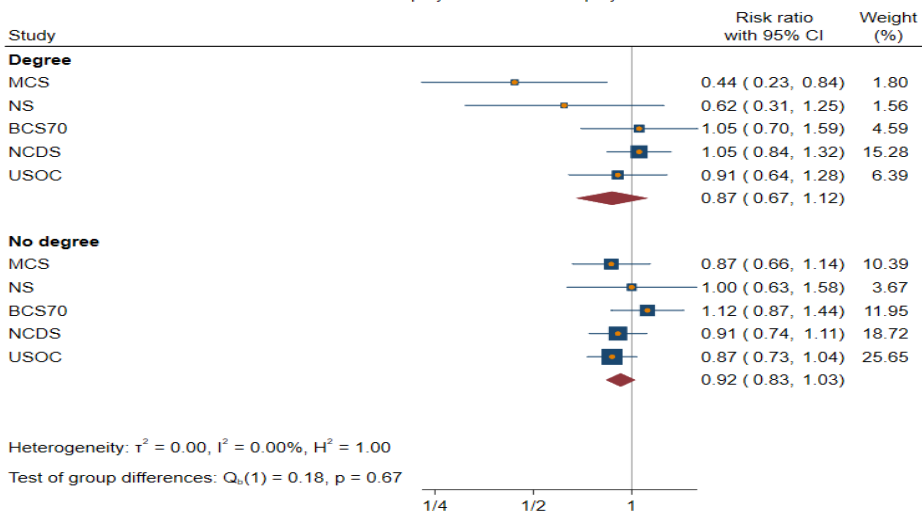
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed



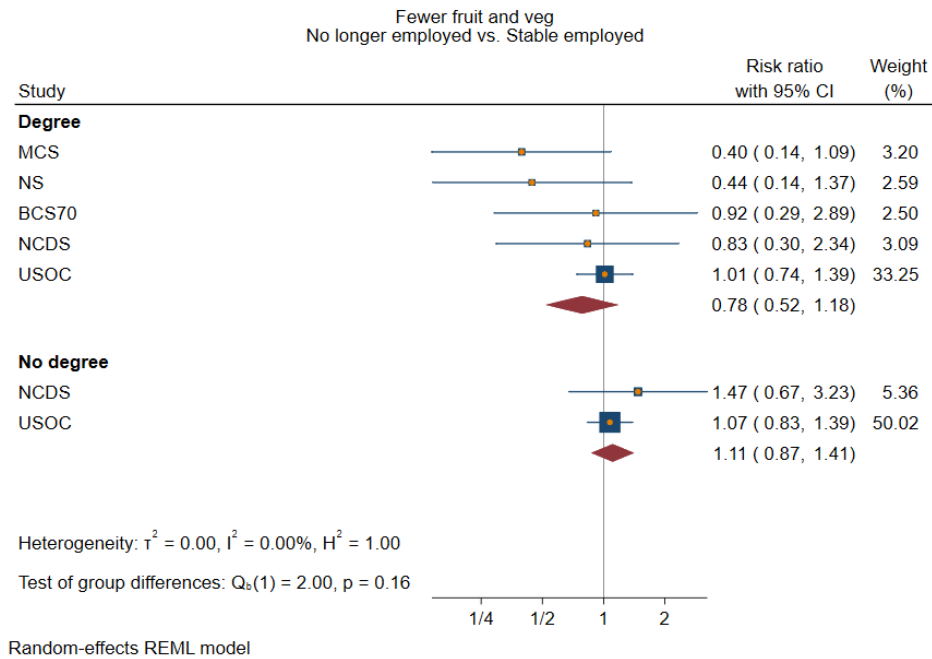
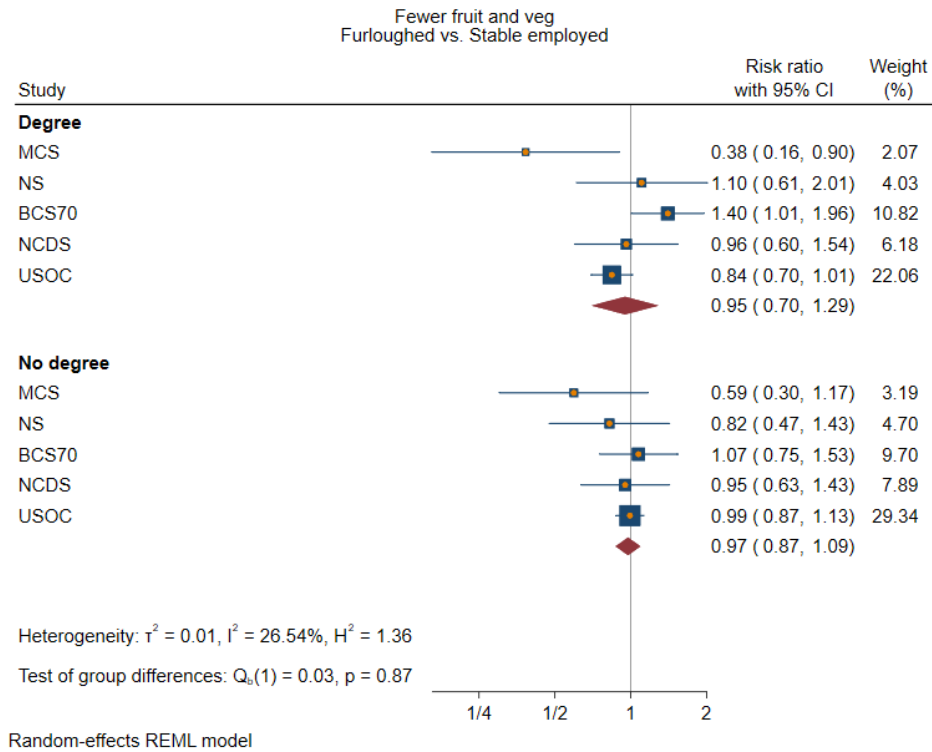
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

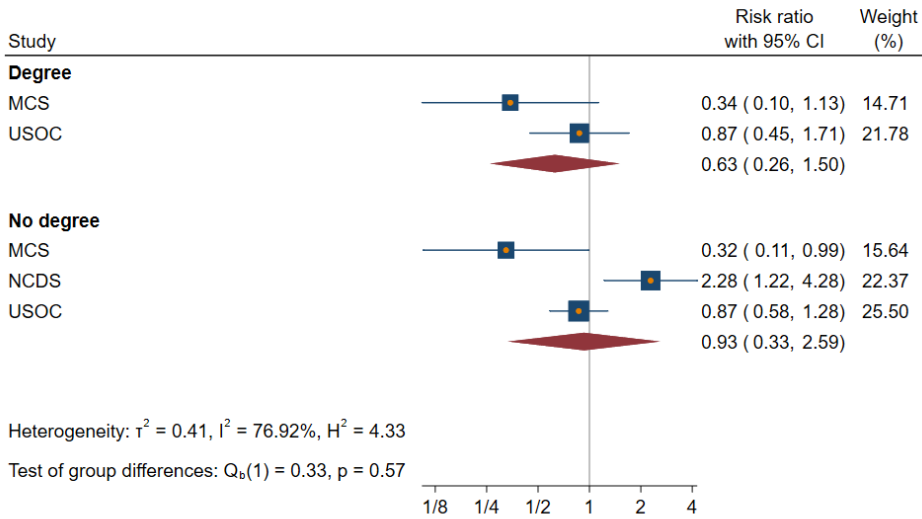


Random-effects REML model

Figure set 13: Fewer fruit and veg

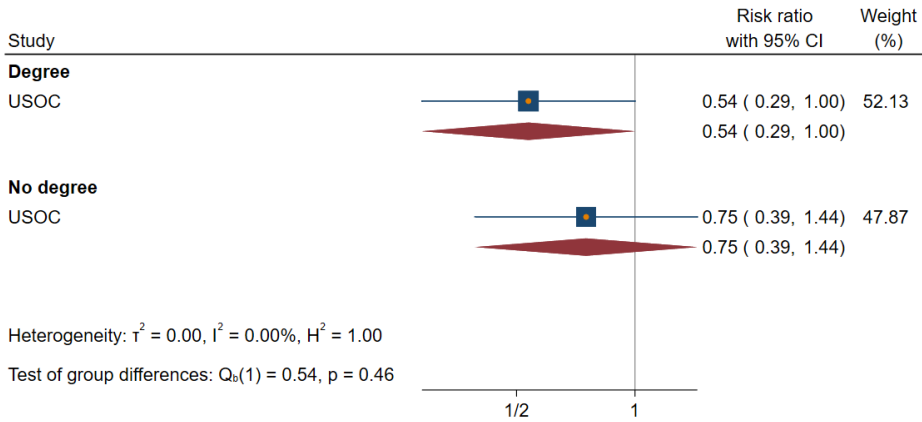


Fewer fruit and veg
Stable unemployed vs. Stable employed



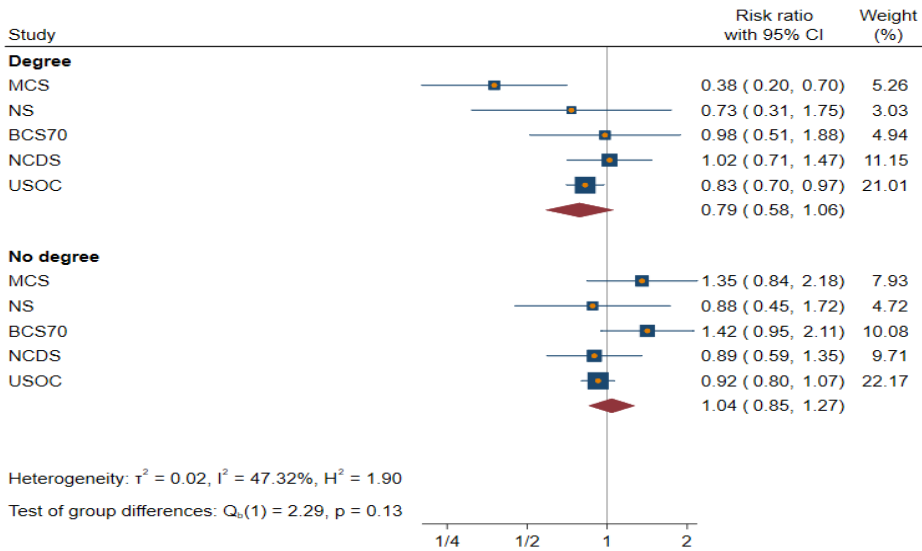
Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed



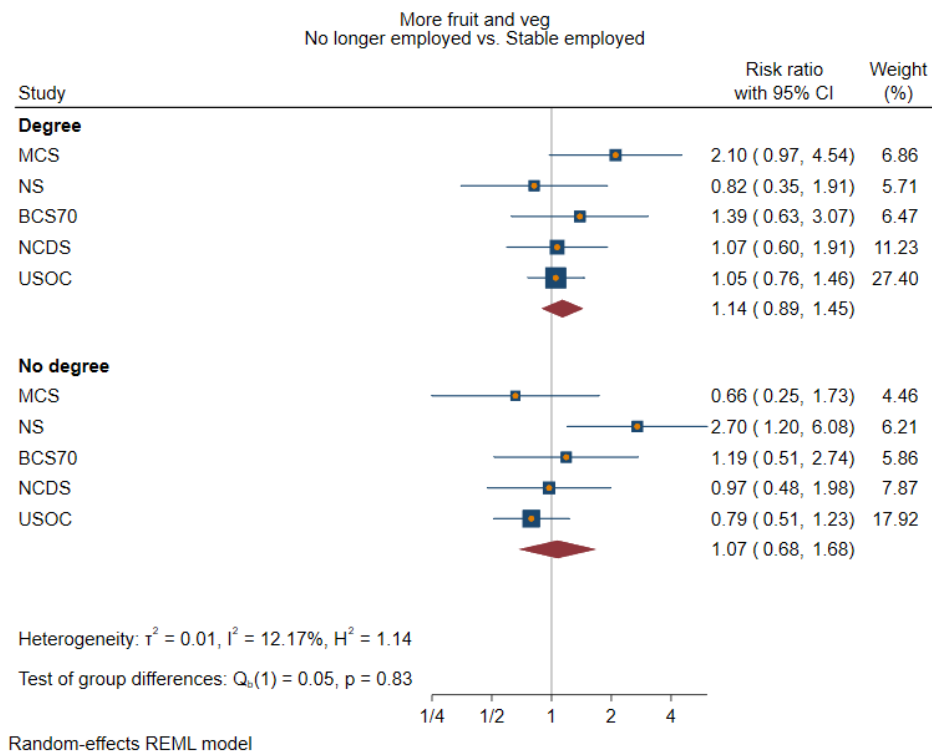
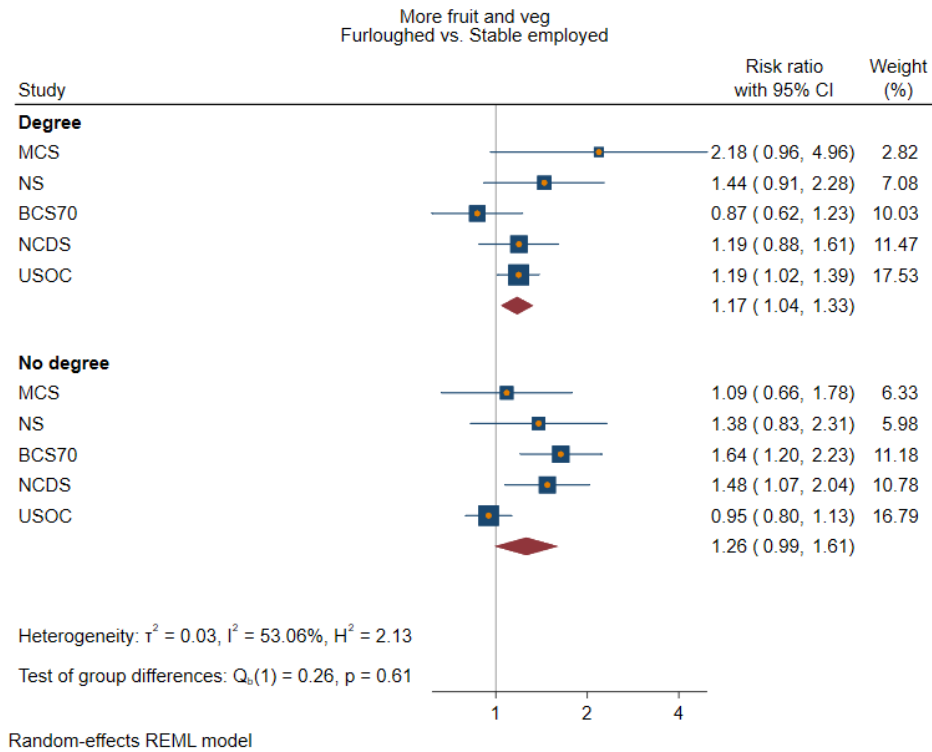
Random-effects REML model

Fewer fruit and veg
Stable non-employed vs. Stable employed

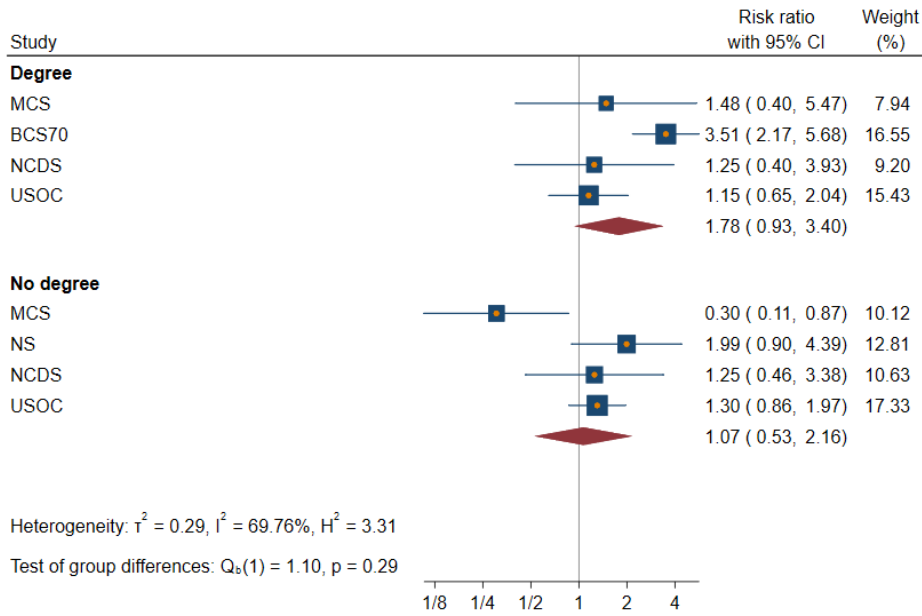


Random-effects REML model

Figure set 14: More fruit and veg

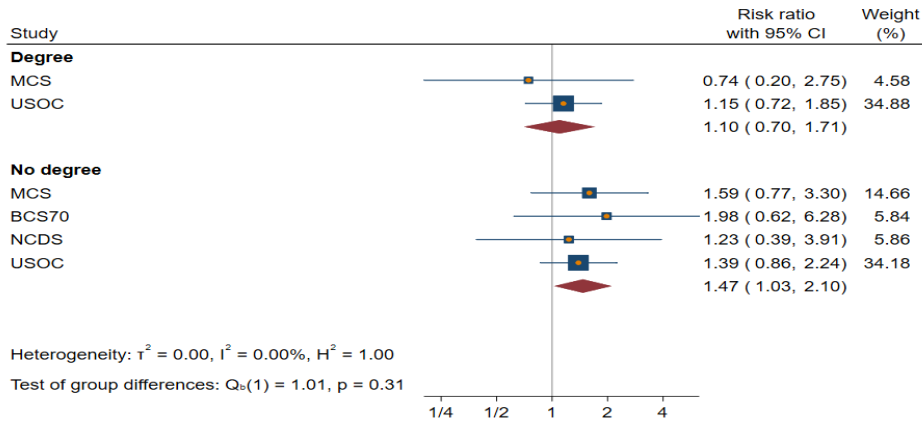


More fruit and veg
Stable unemployed vs. Stable employed



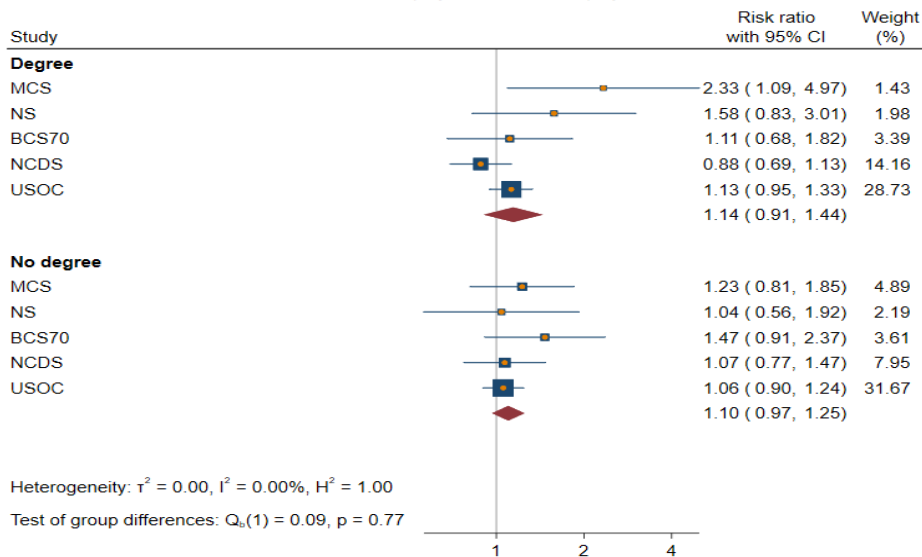
Random-effects REML model

More fruit and veg
Became employed vs. Stable employed



Random-effects REML model

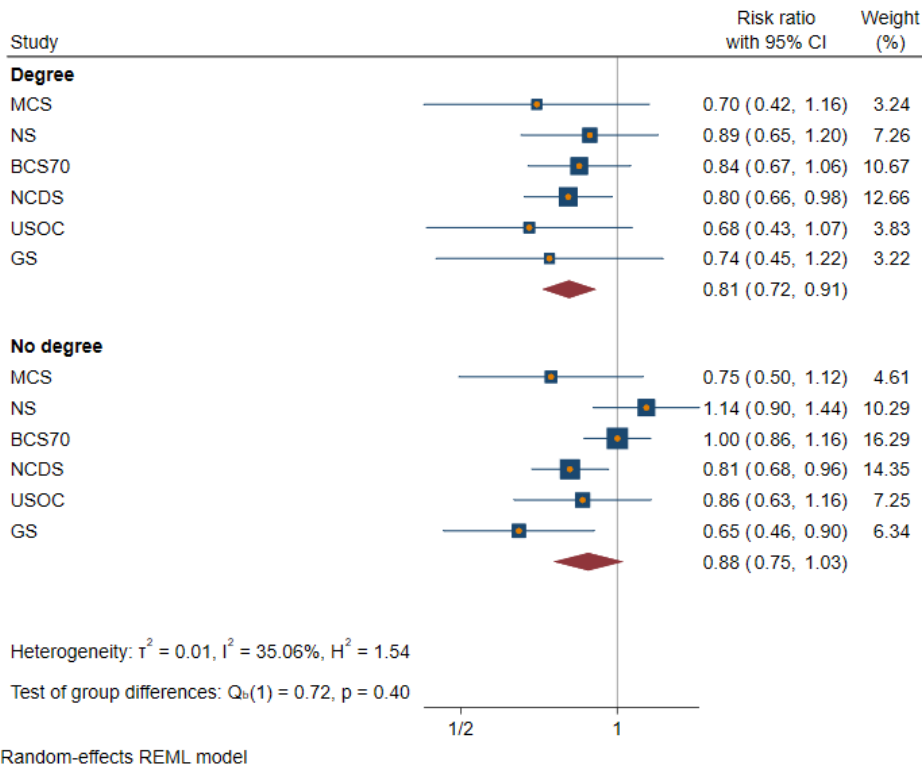
More fruit and veg
Stable non-employed vs. Stable employed



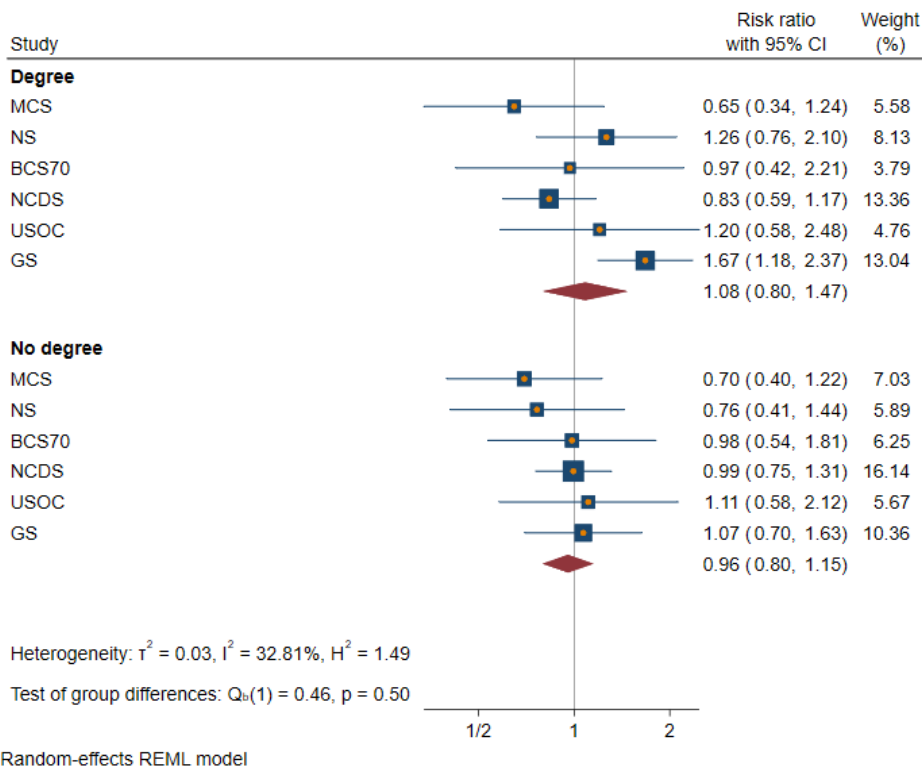
Random-effects REML model

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

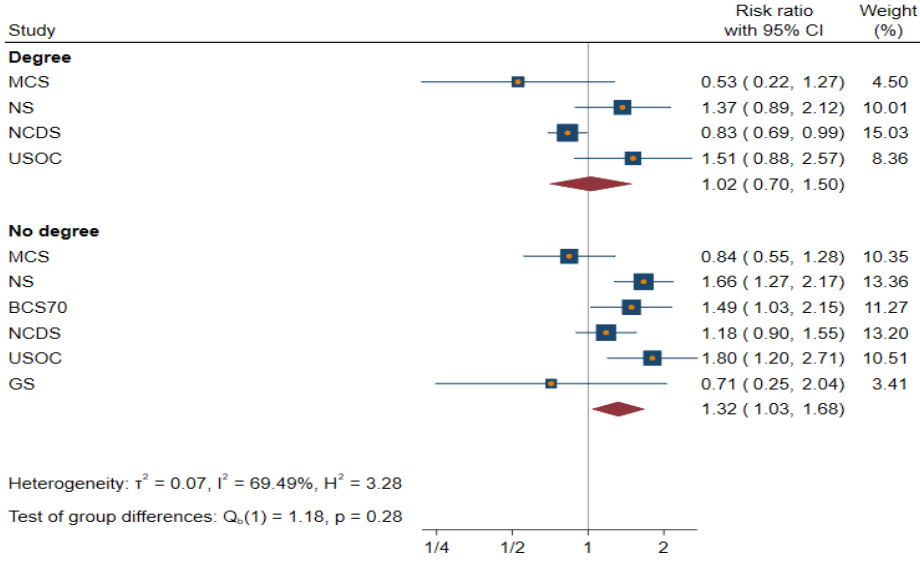
Less than 3 days a week of at least 30min exercise
Furloughed vs. Stable employed



Less than 3 days a week of at least 30min exercise
No longer employed vs. Stable employed

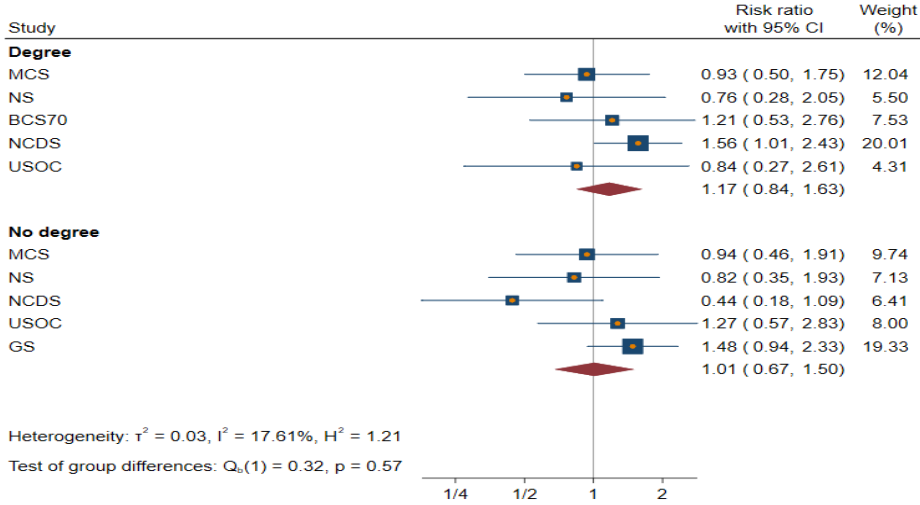


Less than 3 days a week of at least 30min exercise
Stable unemployed vs. Stable employed



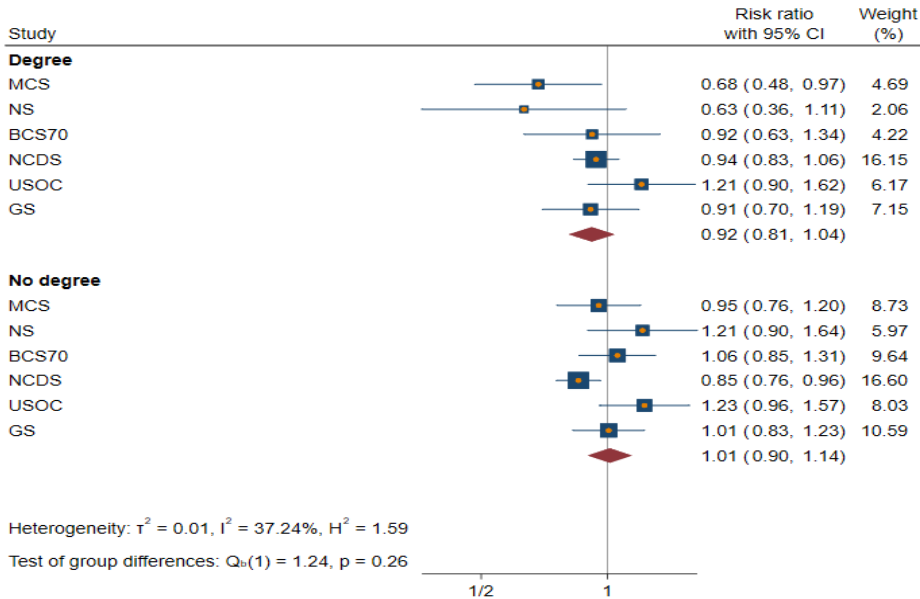
Random-effects REML model

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



Random-effects REML model

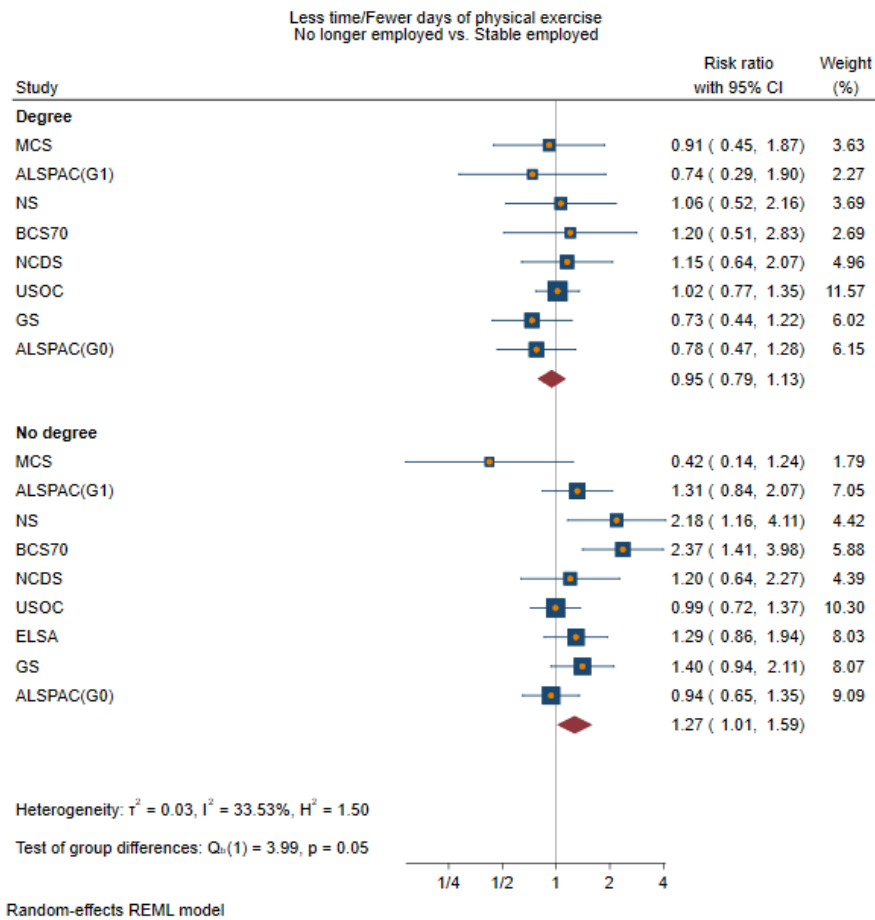
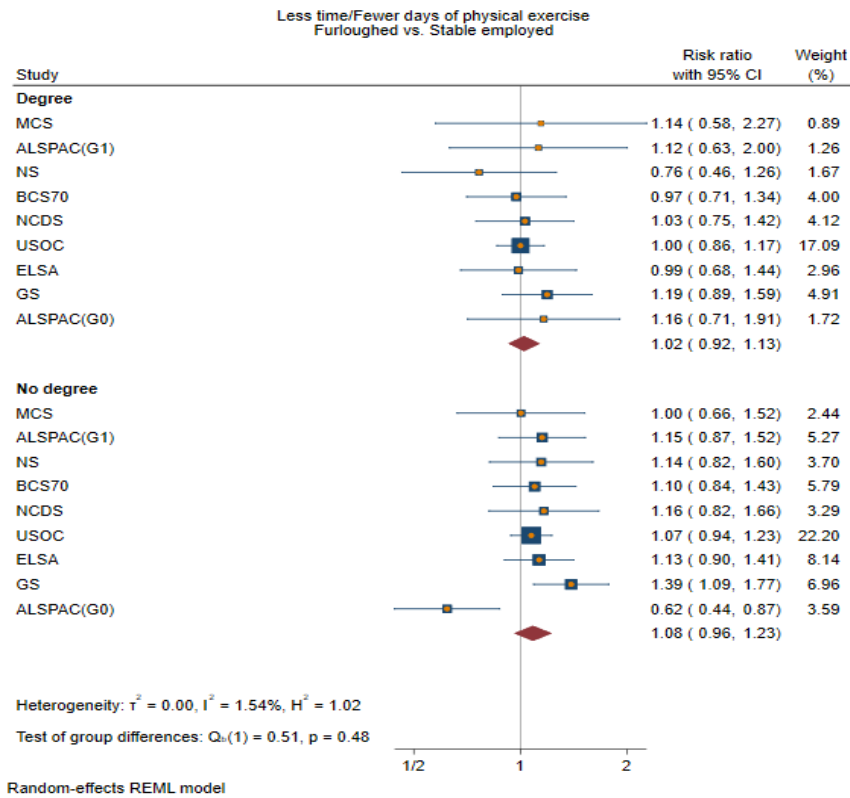
Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed



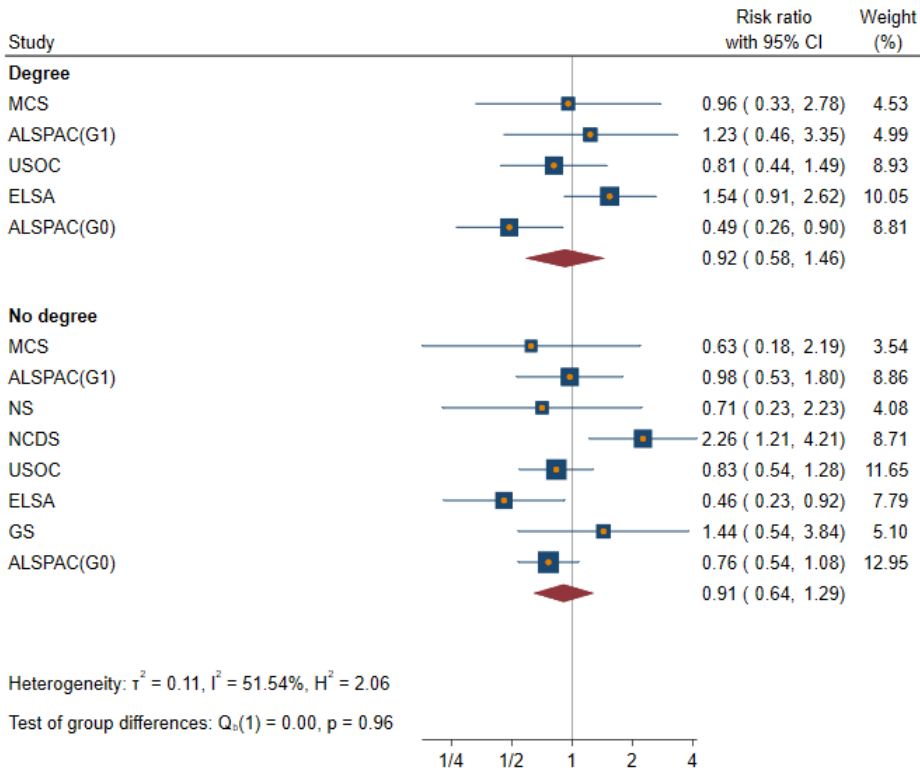
Random-effects REML model

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

Commented [MJ5]:

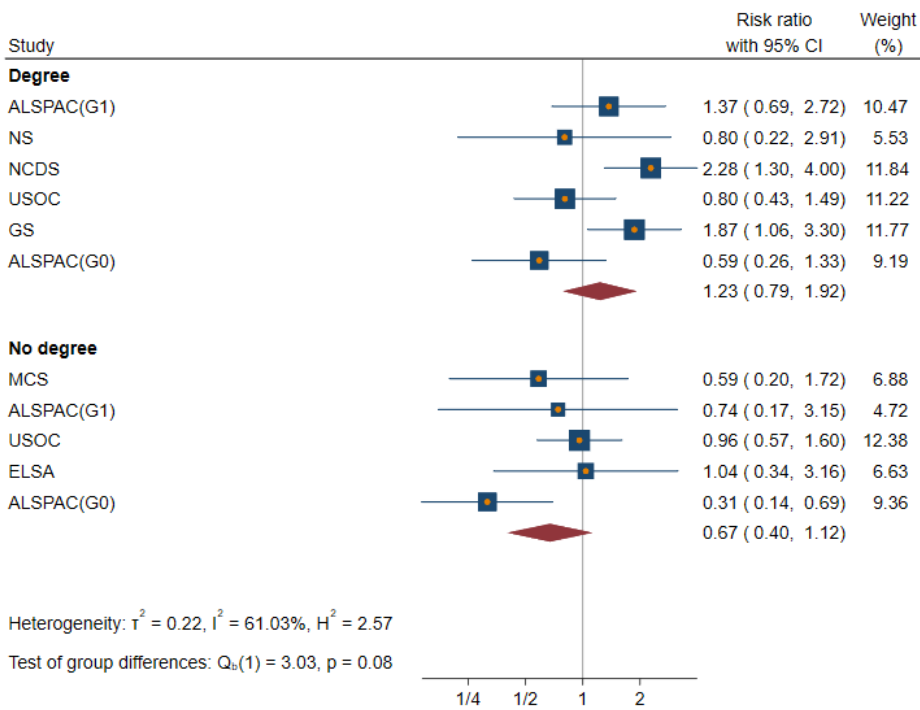


Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed



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

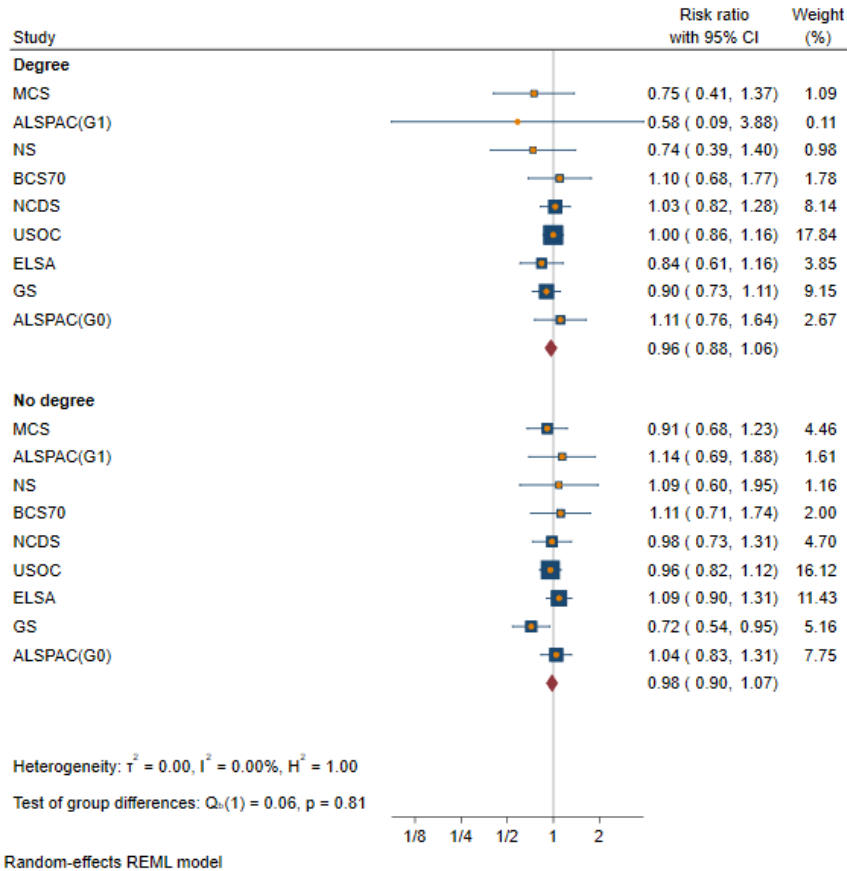
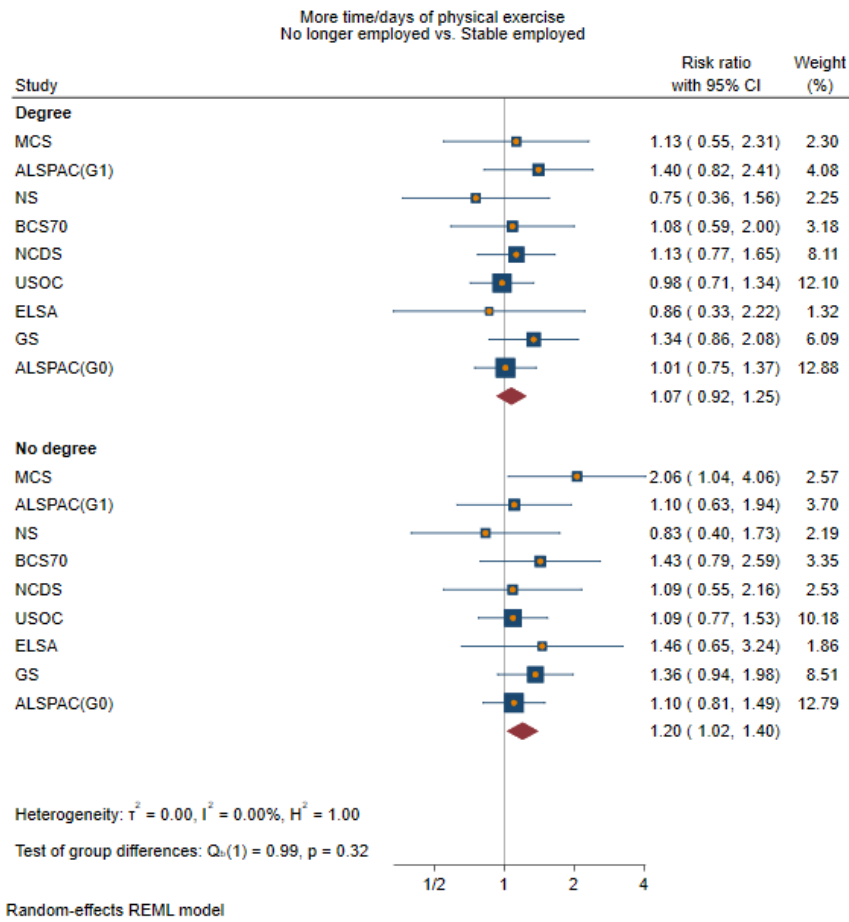
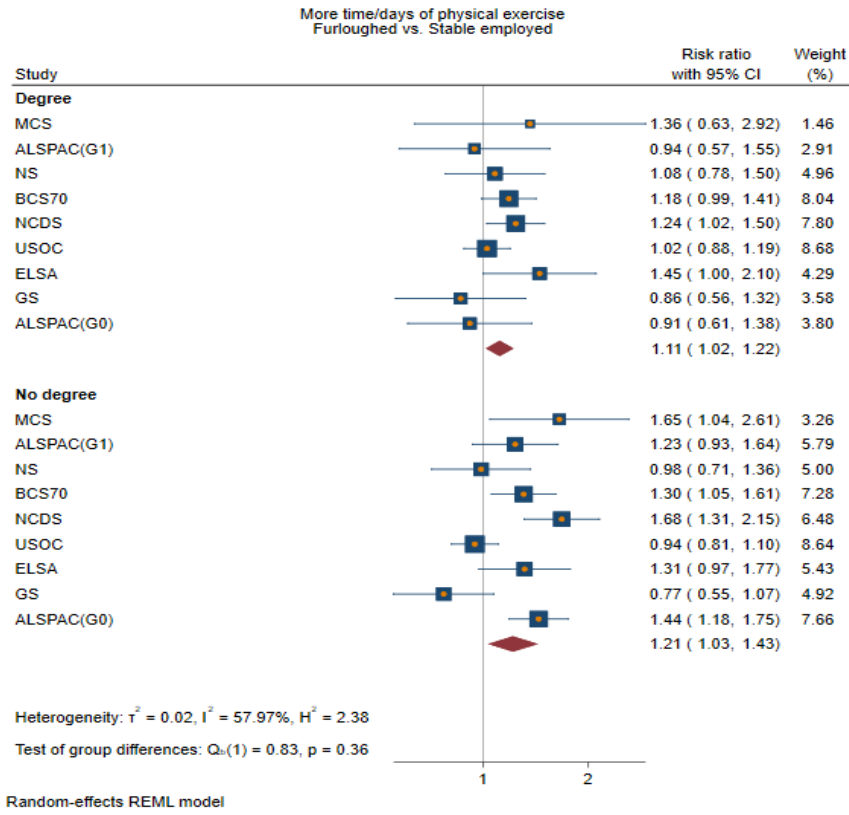
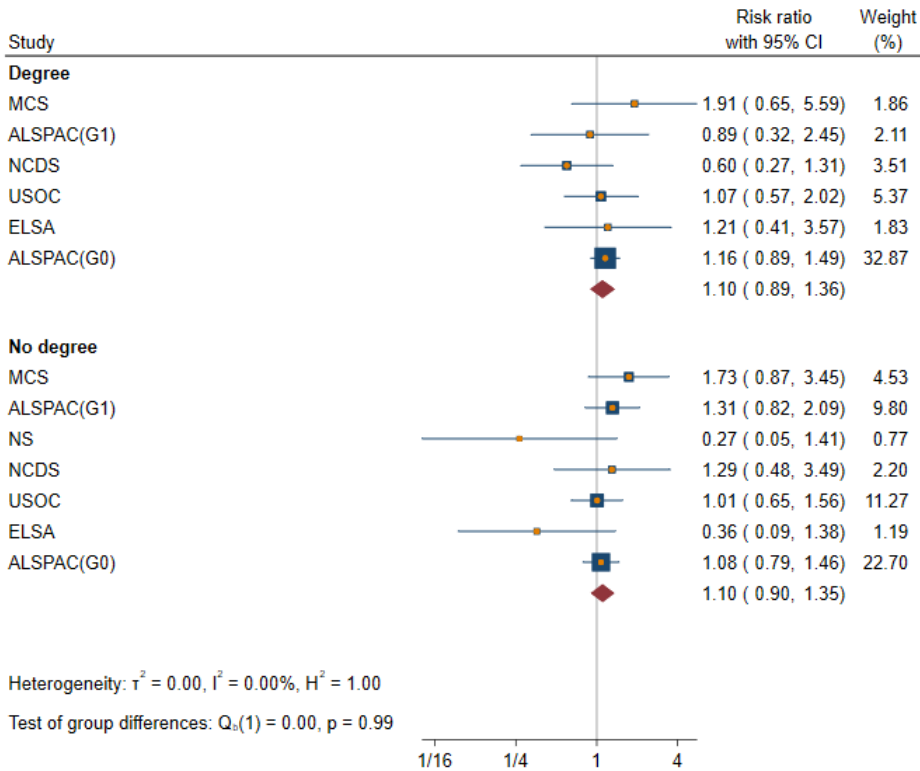


Figure set 17: More time/ days of physical exercise

Commented [MJ6]:

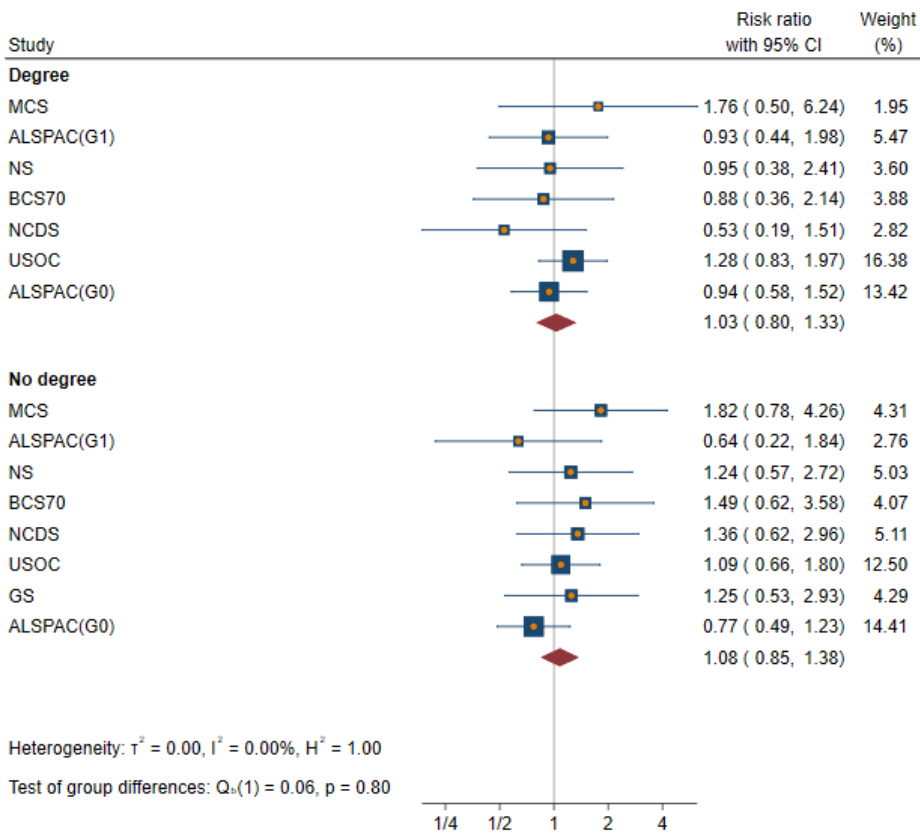


More time/days of physical exercise
Stable unemployed vs. Stable employed



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

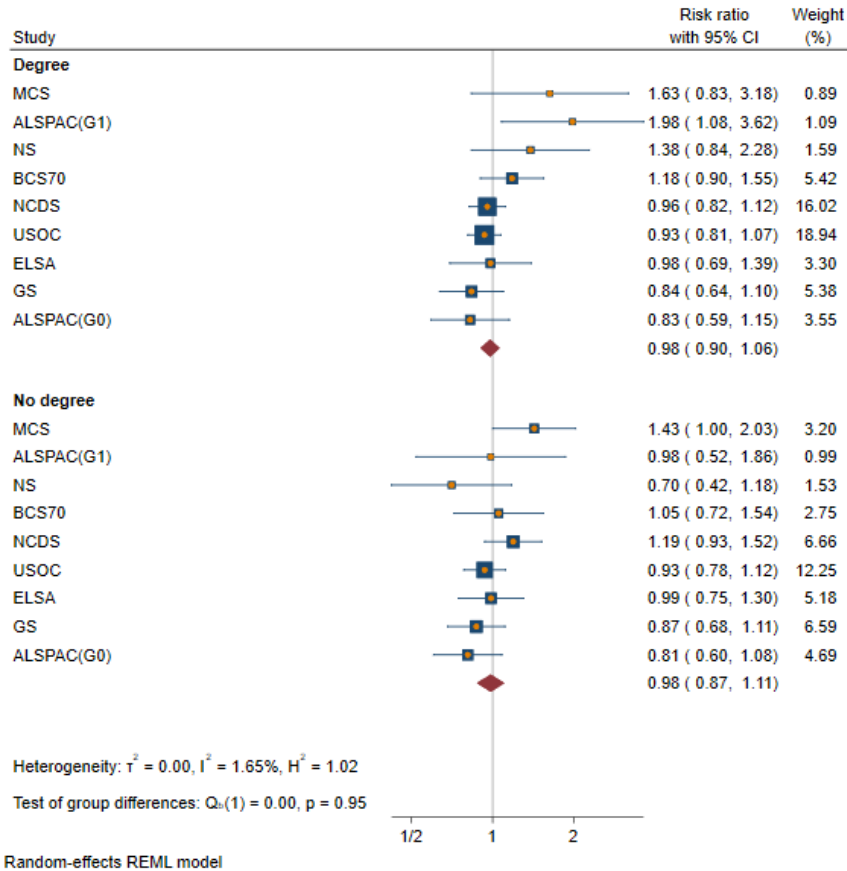
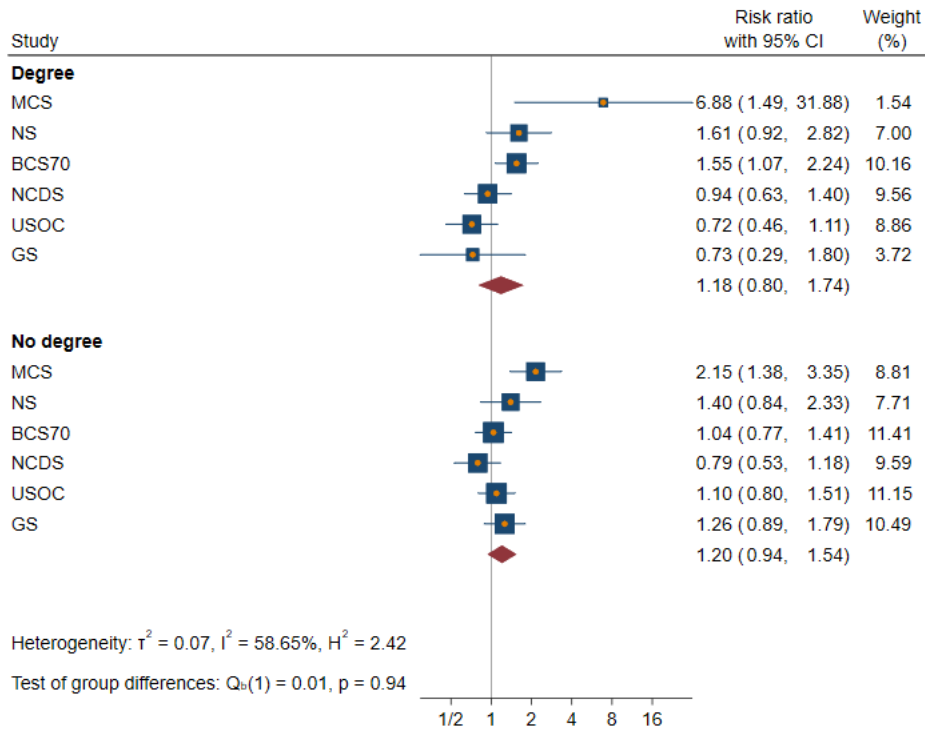
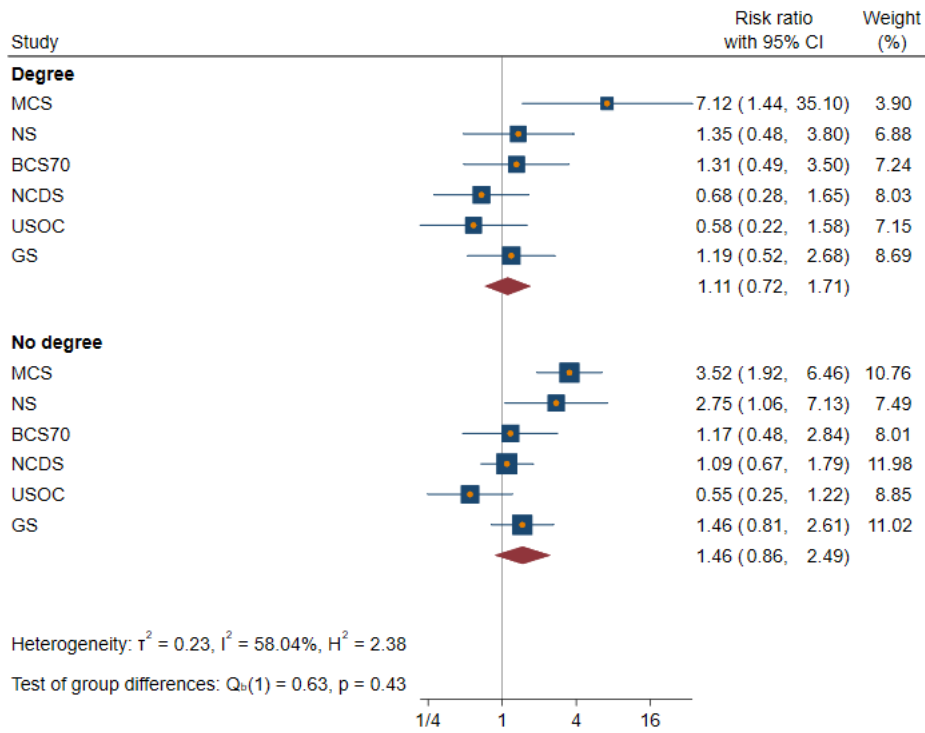


Figure set 18: Sleeps outside 'normal range' (i.e. <6 or 9+ hours)

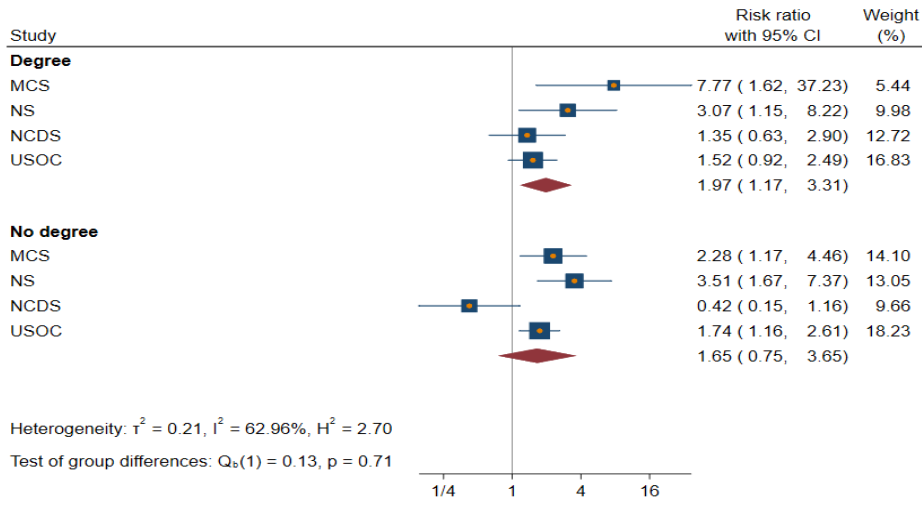
Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Furloughed vs. Stable employed



Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
No longer employed vs. Stable employed

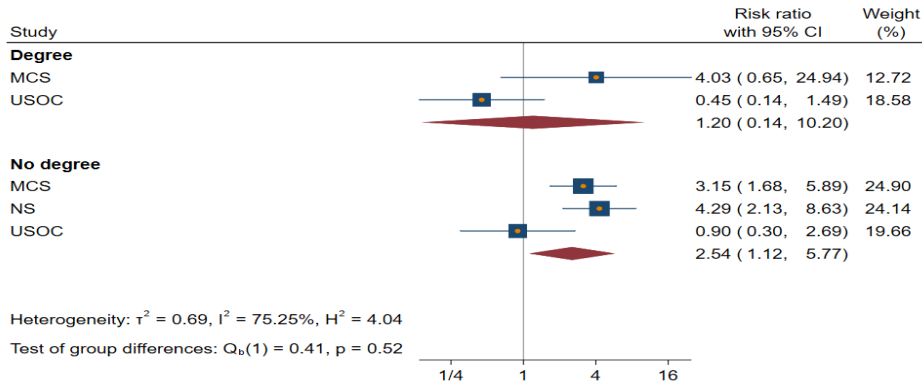


Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable unemployed vs. Stable employed



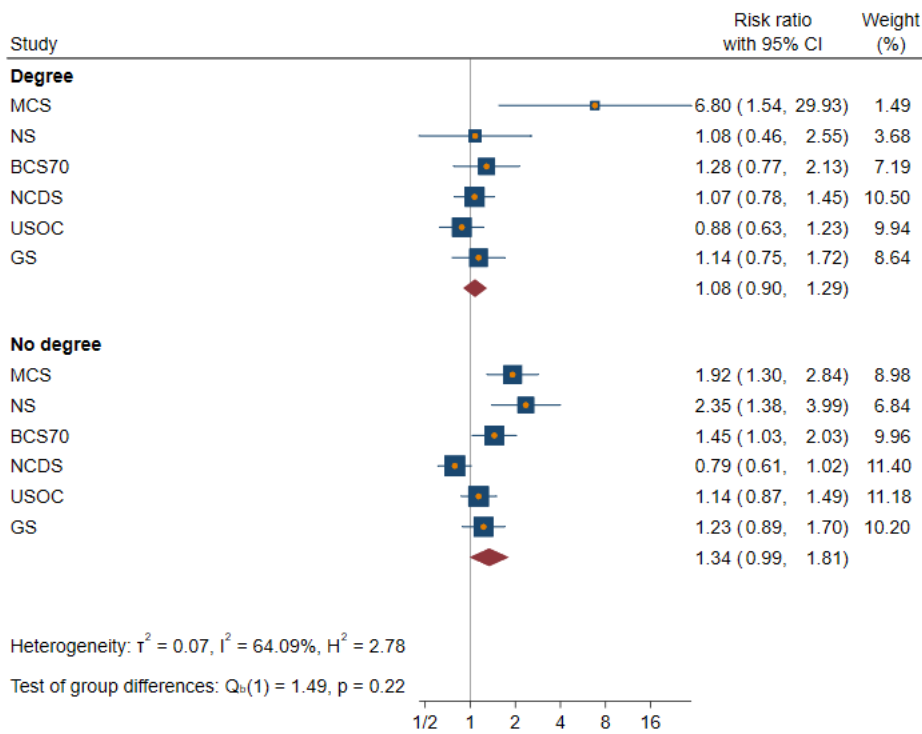
Random-effects REML model

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



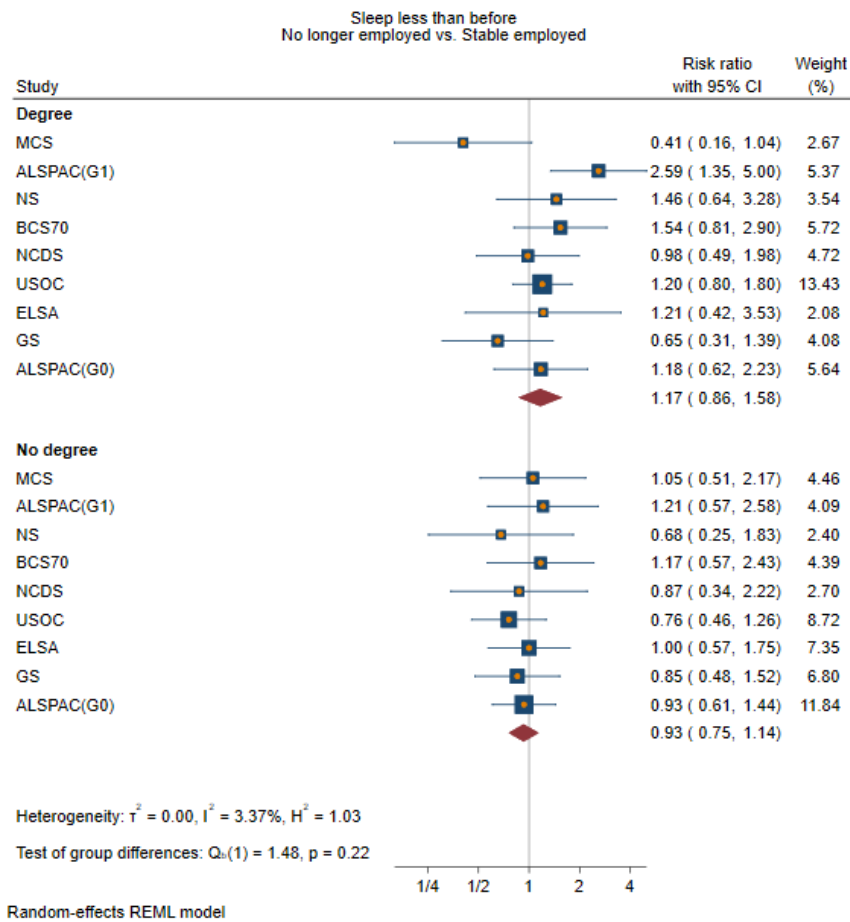
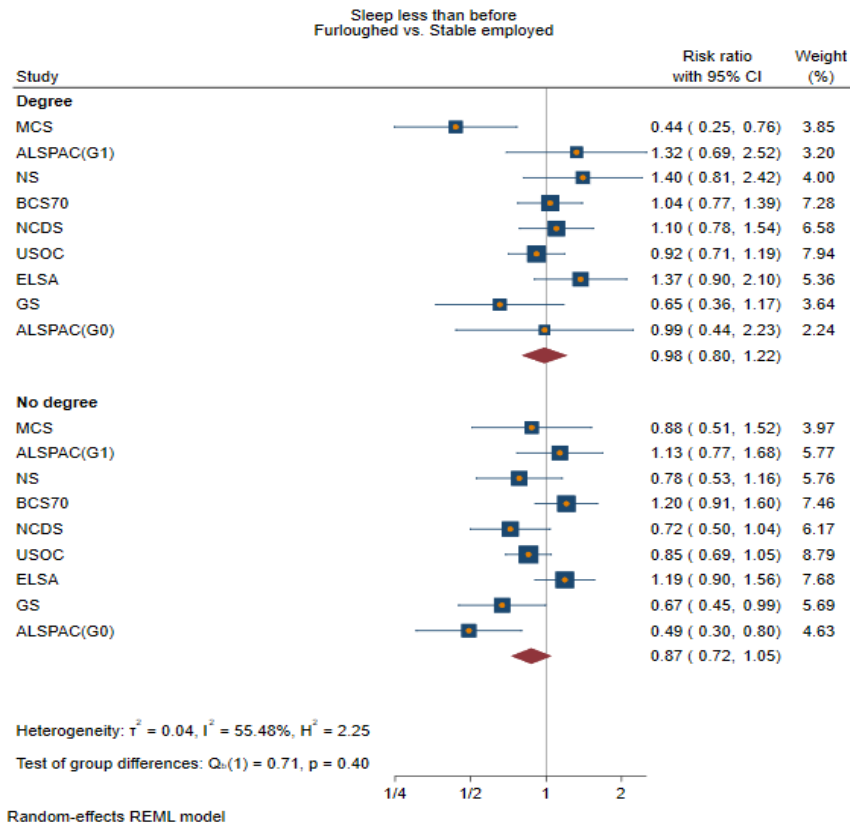
Random-effects REML model

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

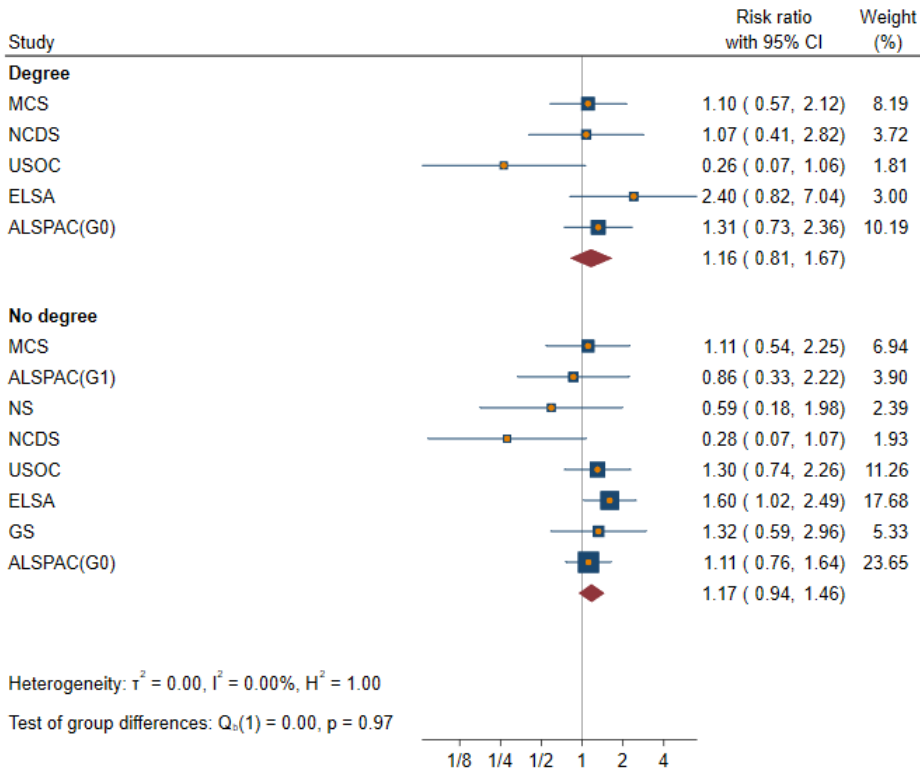


Random-effects REML model

Figure set 19: Sleeps less than before

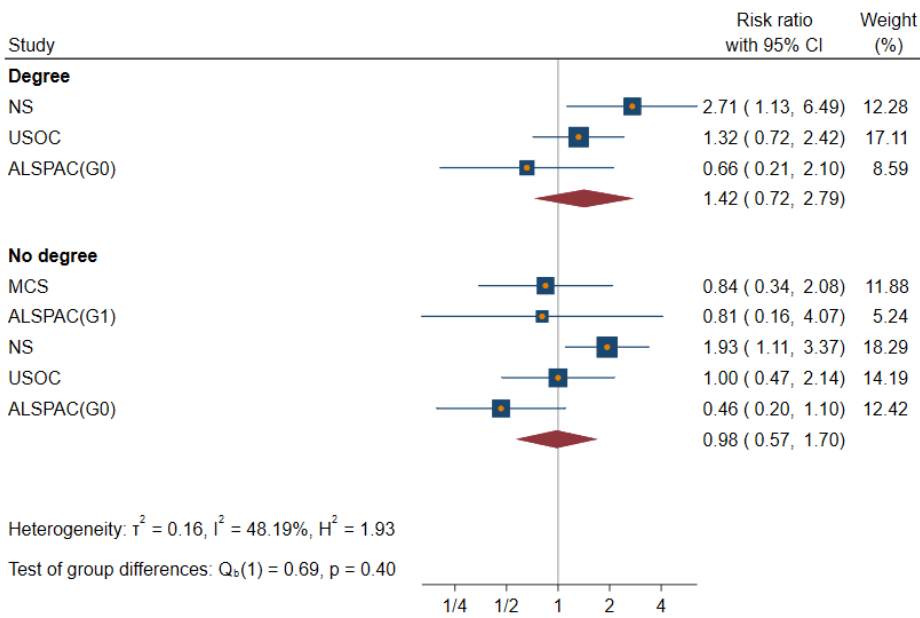


Sleep less than before
Stable unemployed vs. Stable employed



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

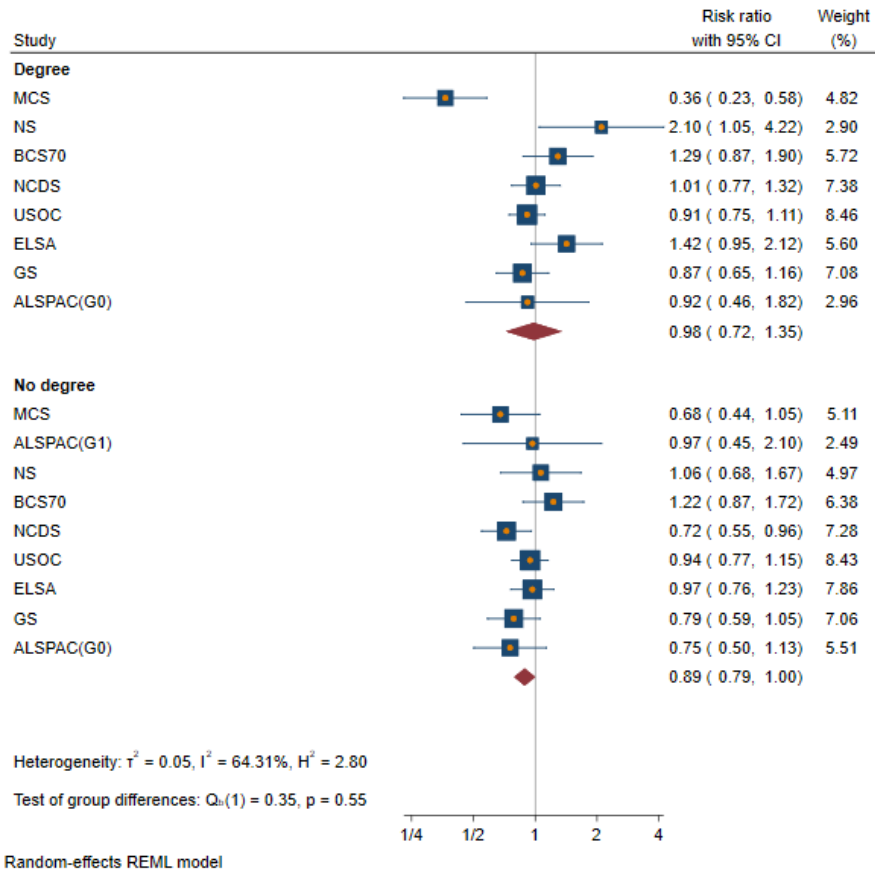
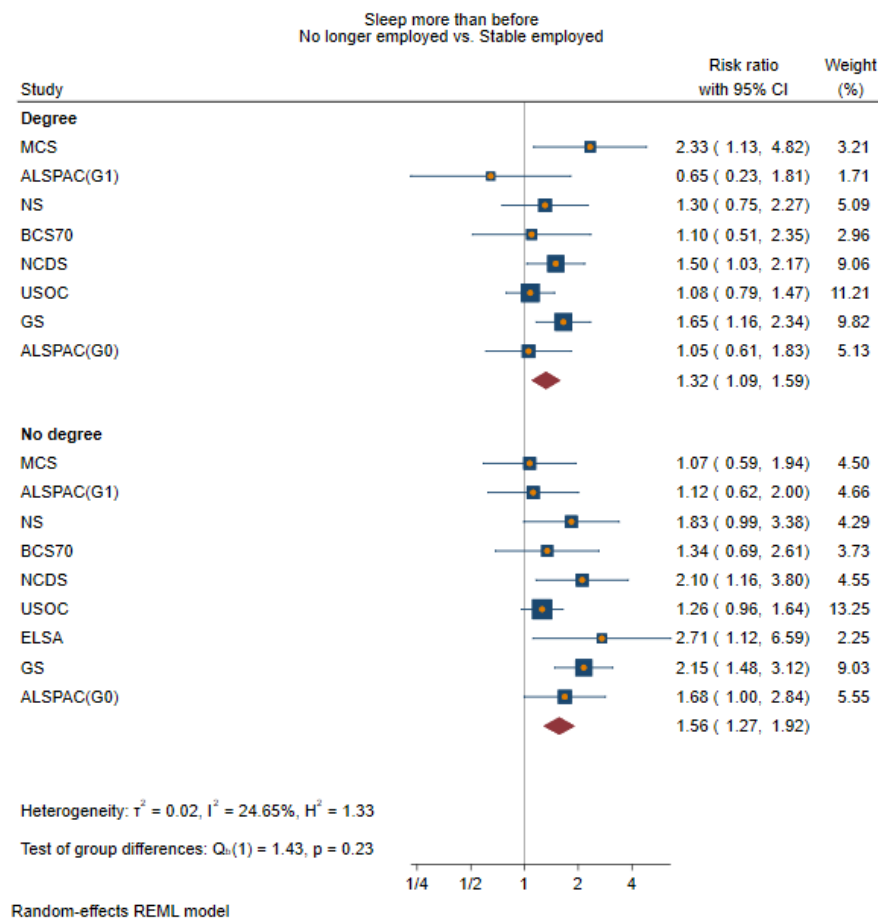
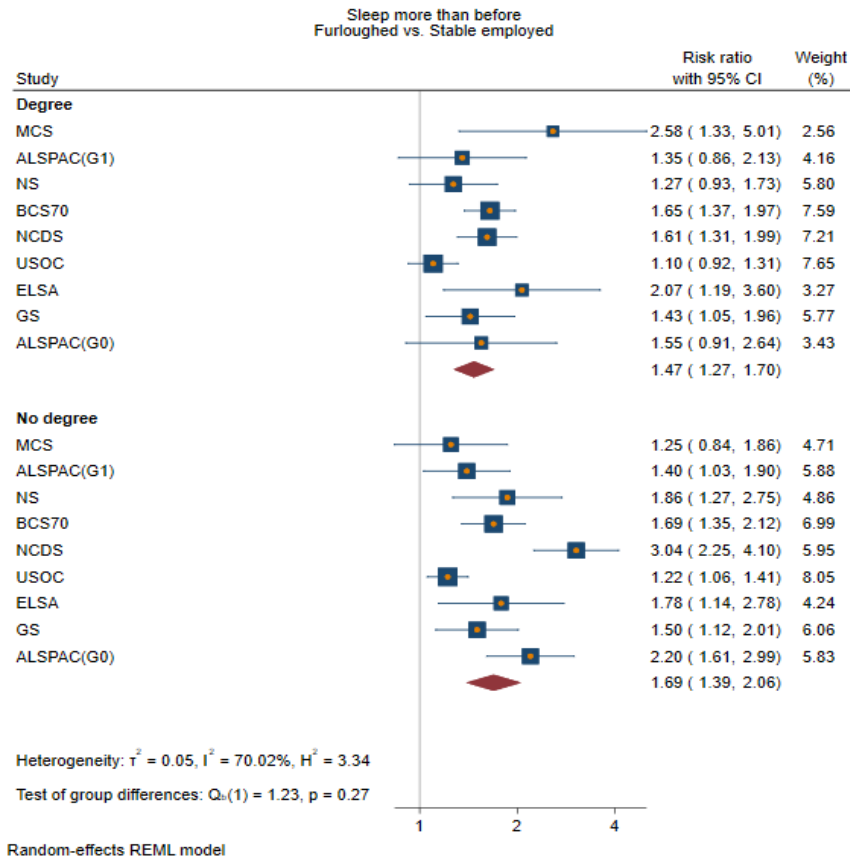
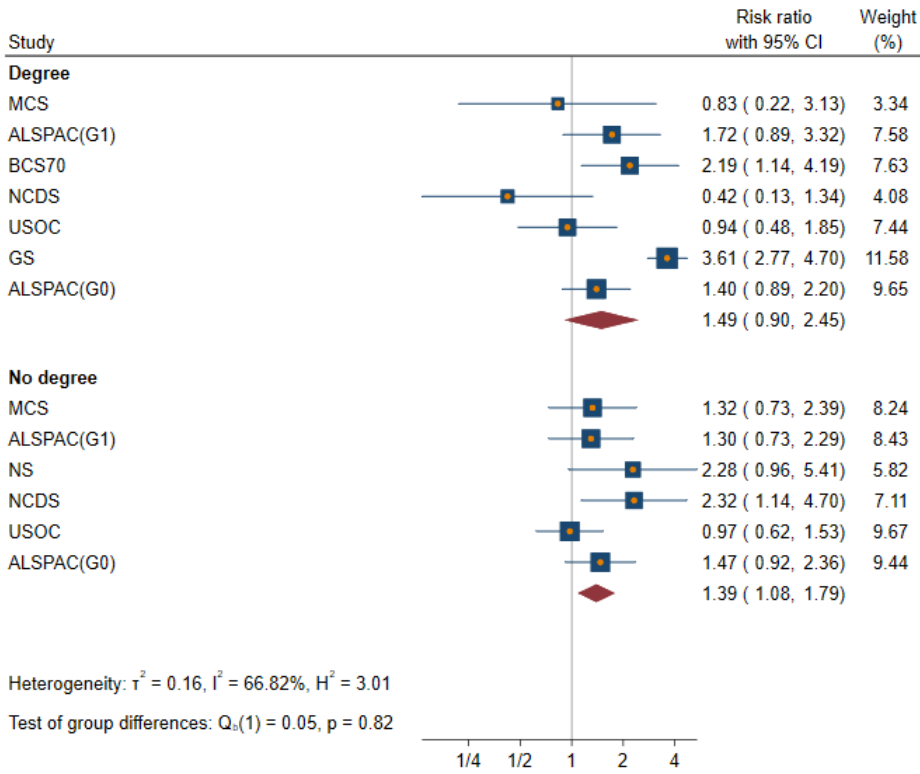


Figure set 20: Sleeps more than before

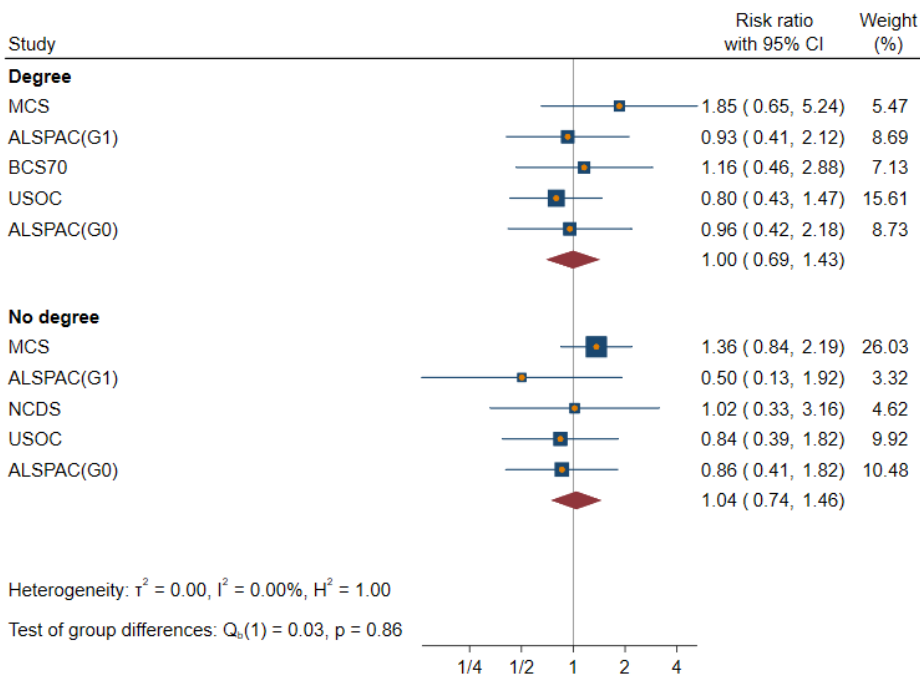


Sleep more than before
Stable unemployed vs. Stable employed



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

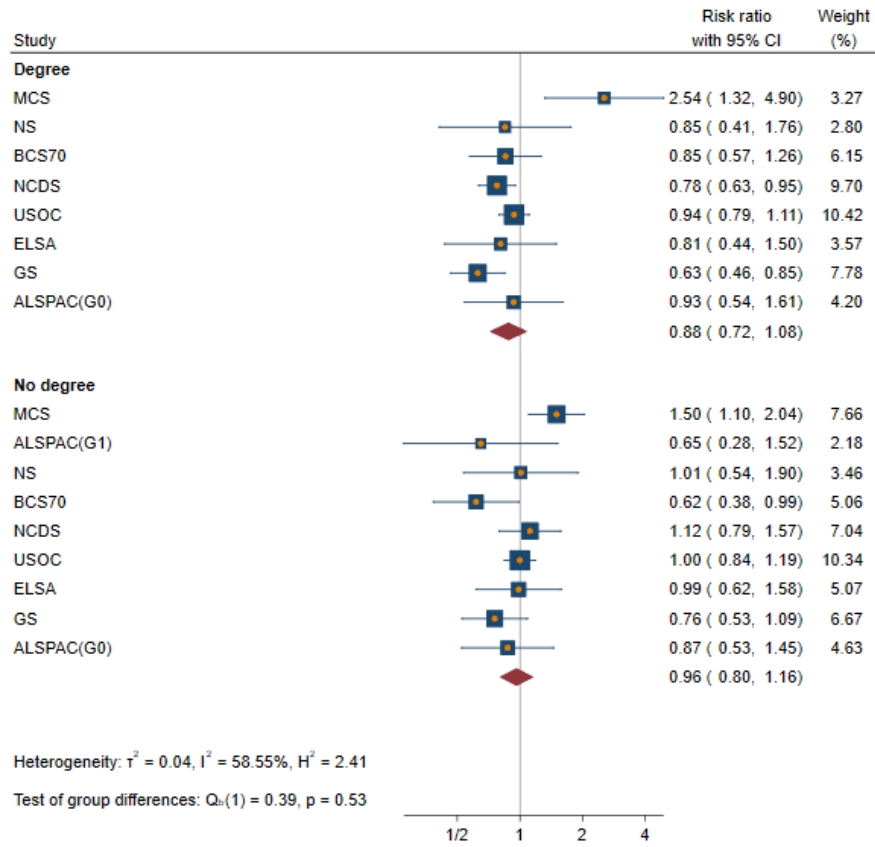
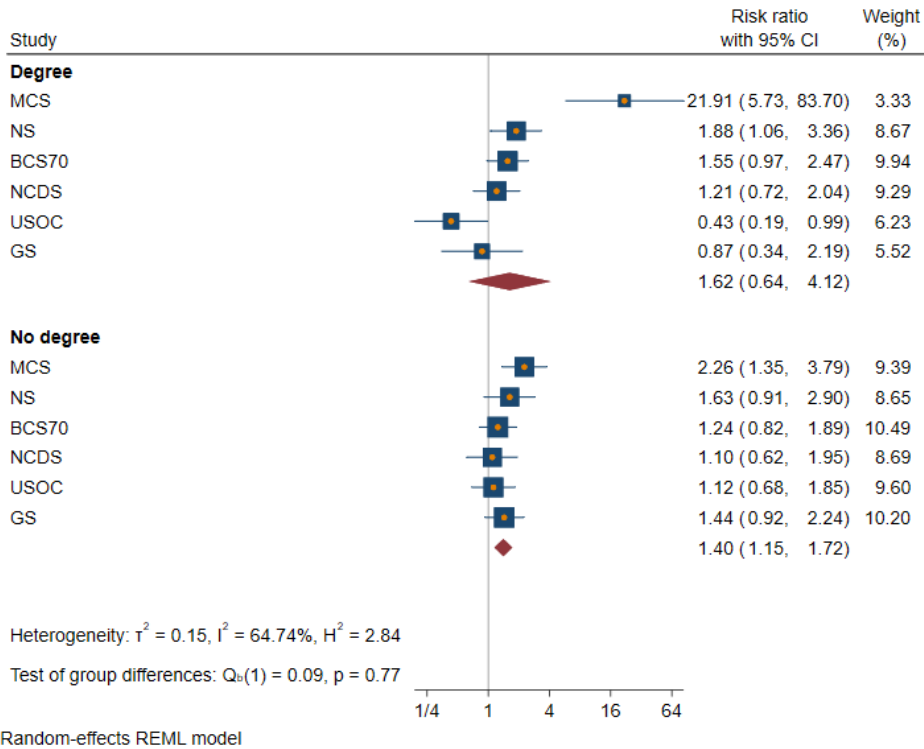
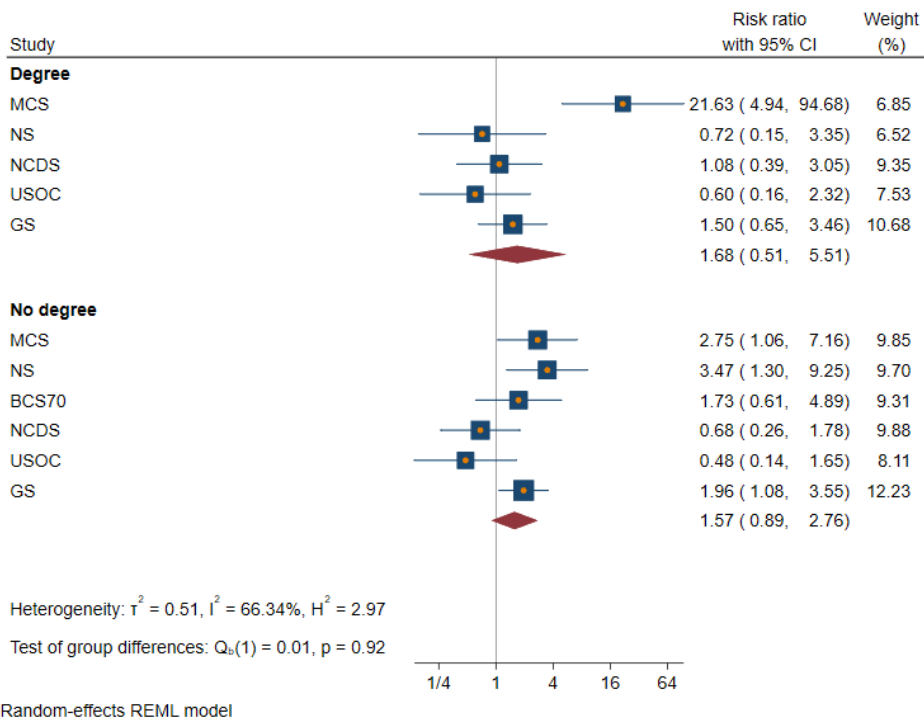


Figure set 21: From 6/9h a night to 'normal range'

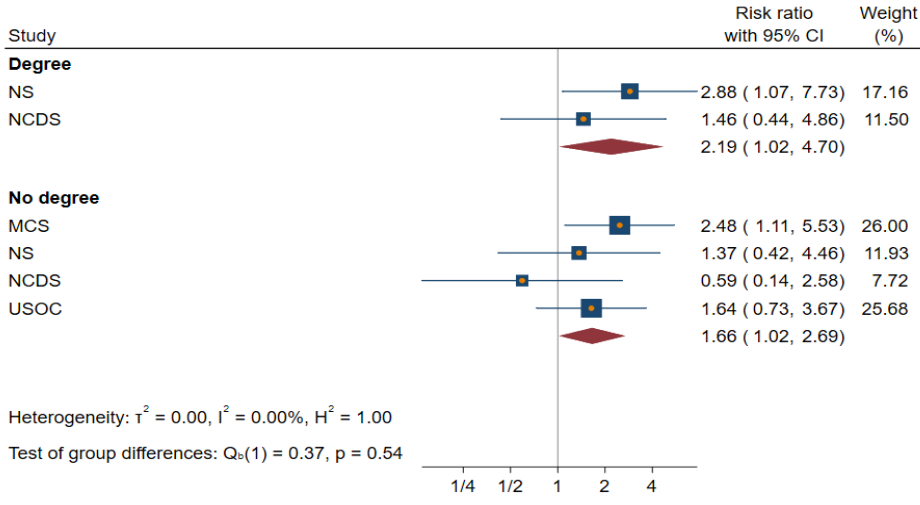
From 6/9h a night to outside 'normal range'
Furloughed vs. Stable employed



From 6/9h a night to outside 'normal range'
No longer employed vs. Stable employed

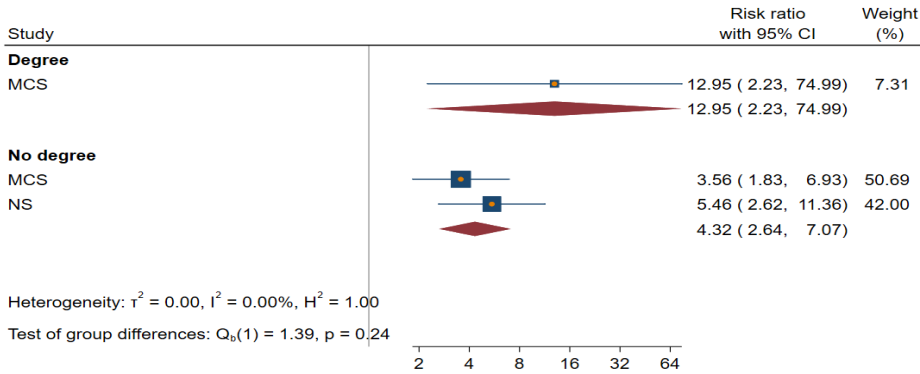


From 6/9h a night to outside 'normal range
Stable unemployed vs. Stable employed



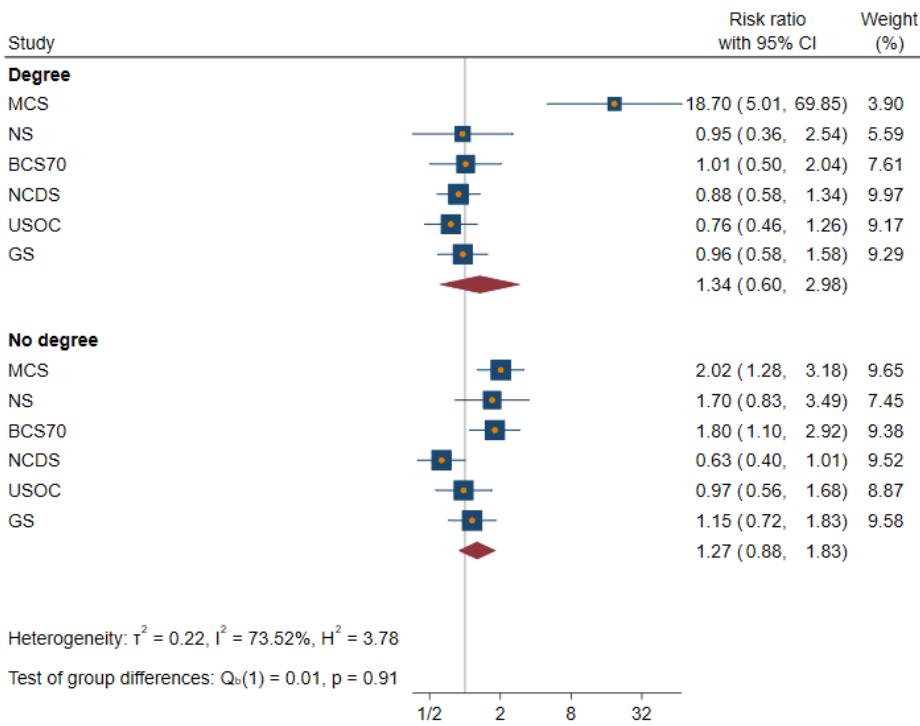
Random-effects REML model

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



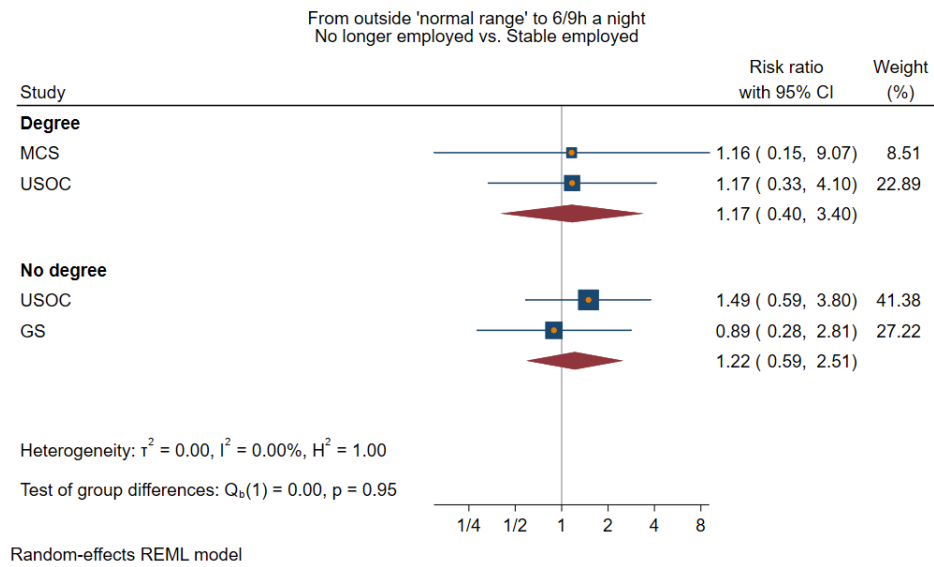
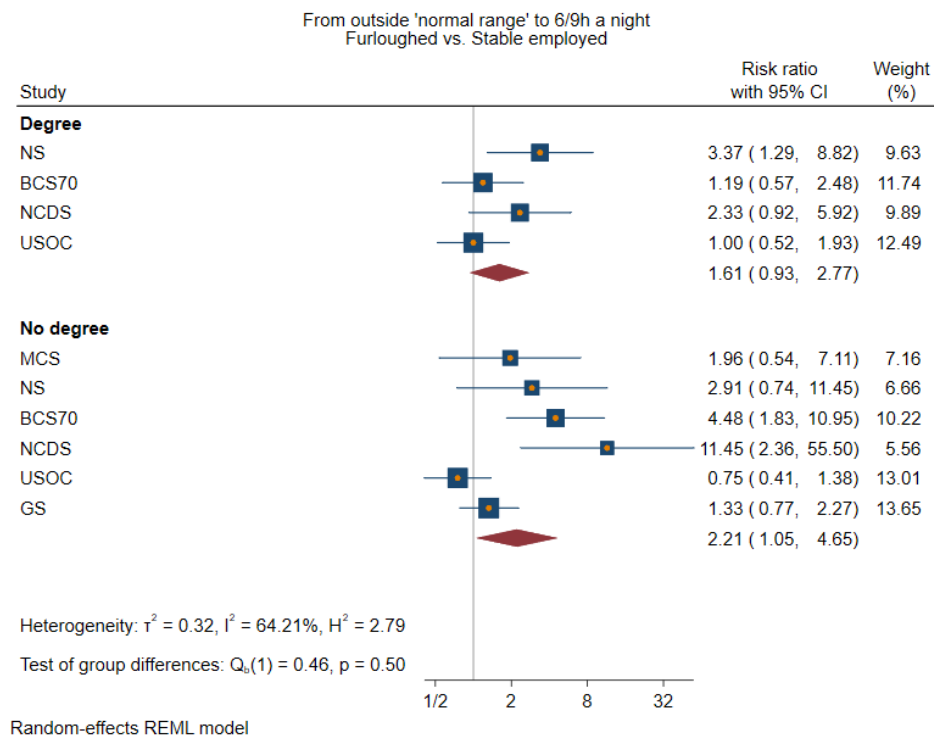
Random-effects REML model

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

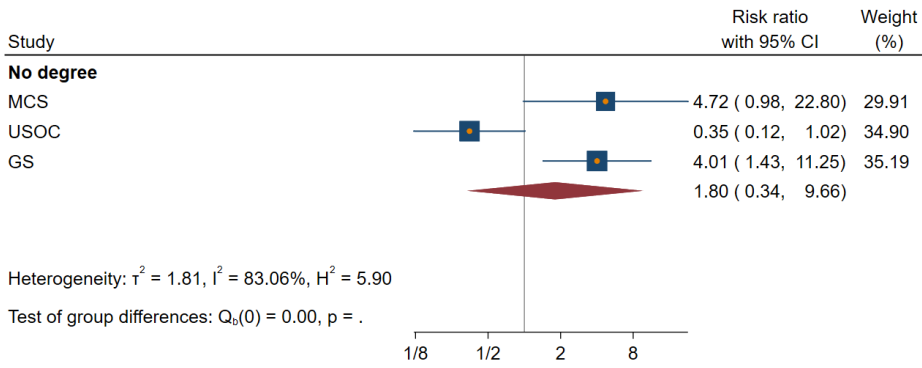


Random-effects REML model

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

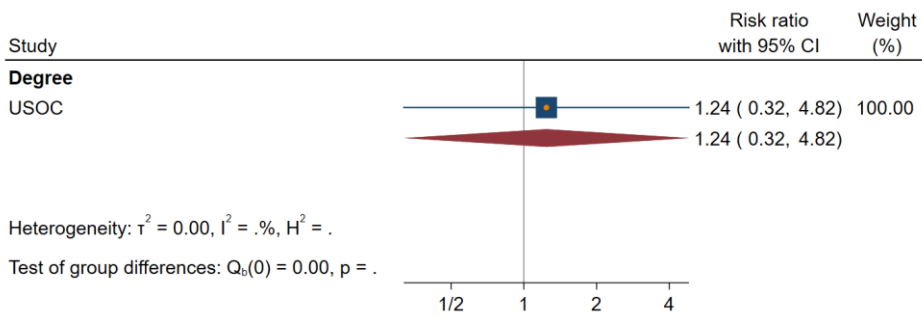


From outside 'normal range' to 6/9h a night
Stable unemployed vs. Stable employed



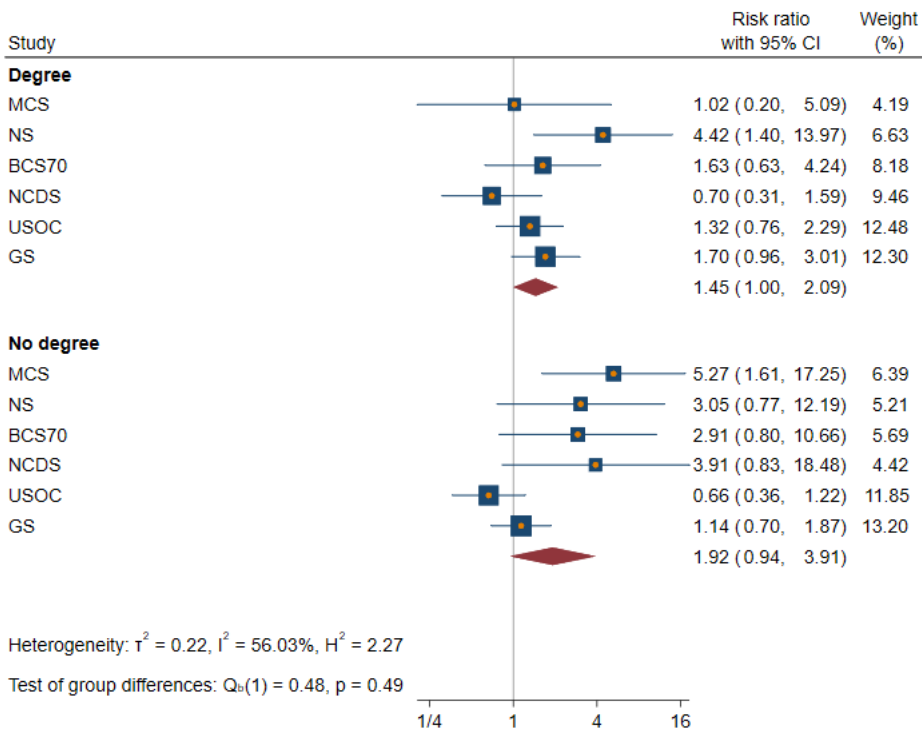
Random-effects REML model

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



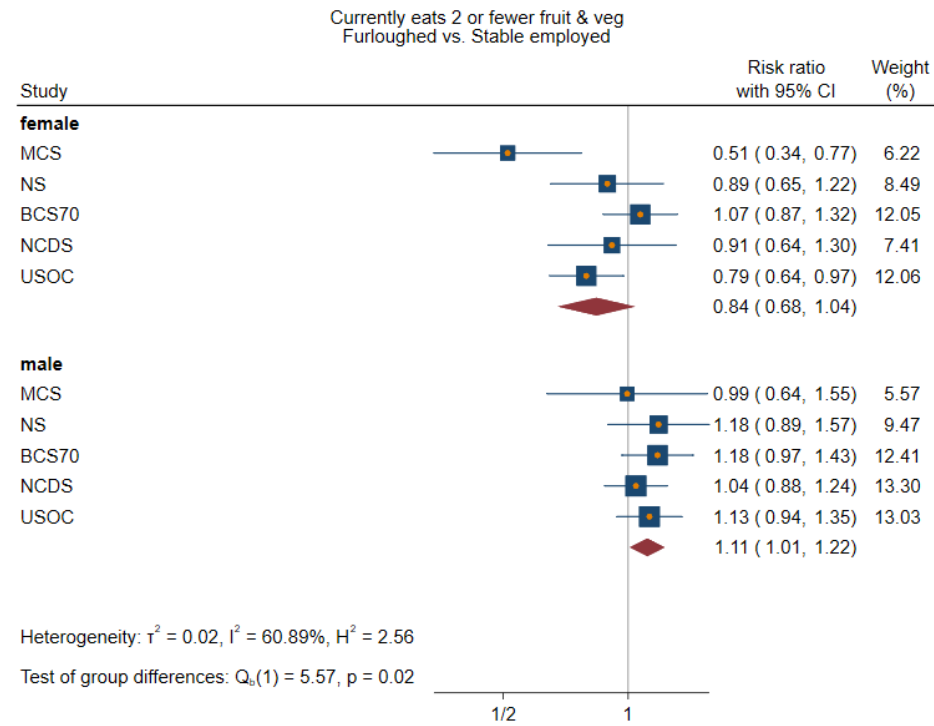
Random-effects REML model

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

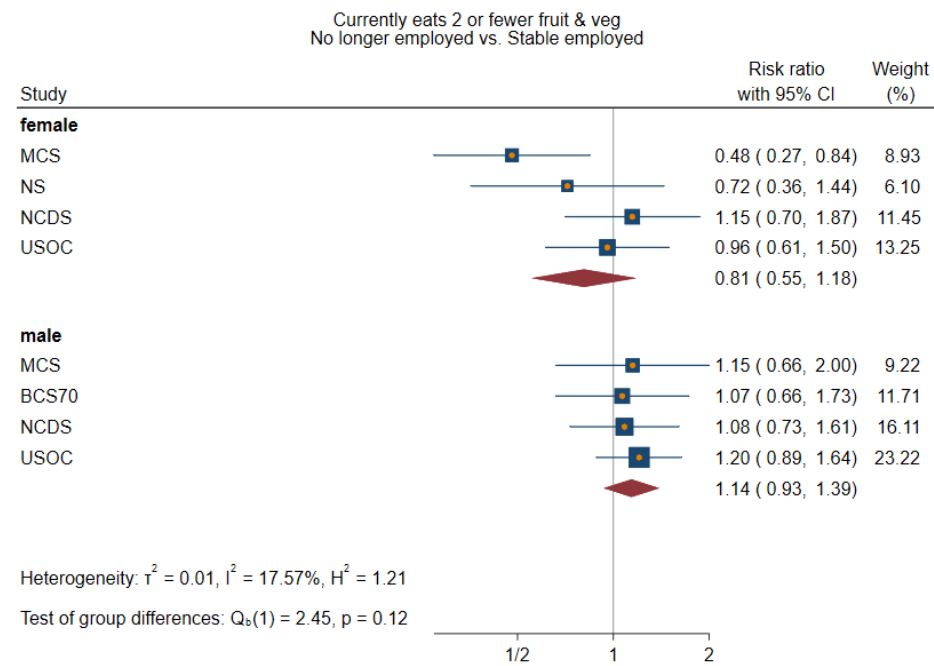


Random-effects REML model

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

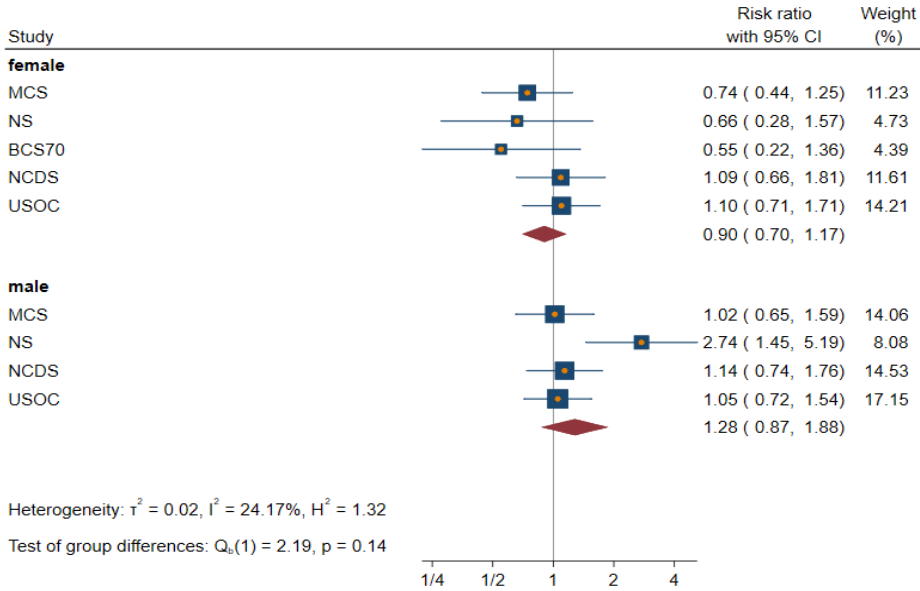


Random-effects REML model



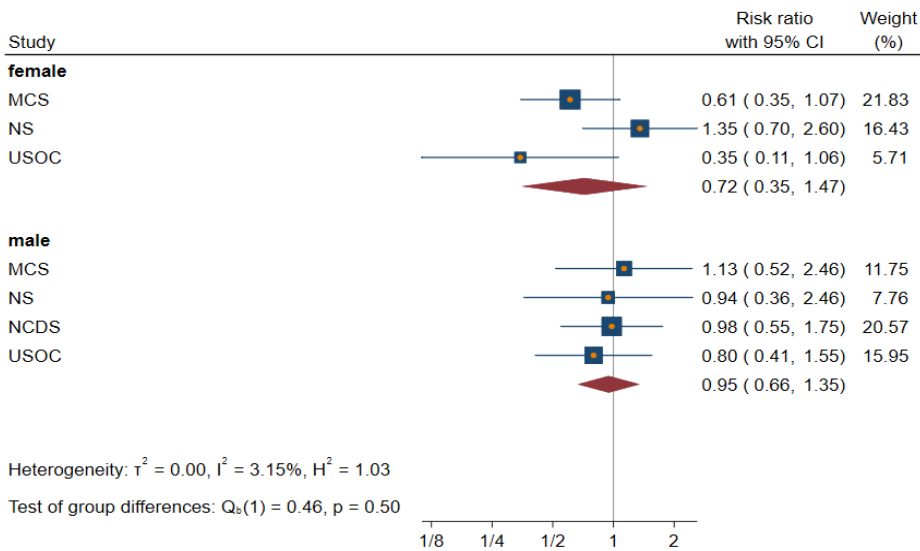
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed



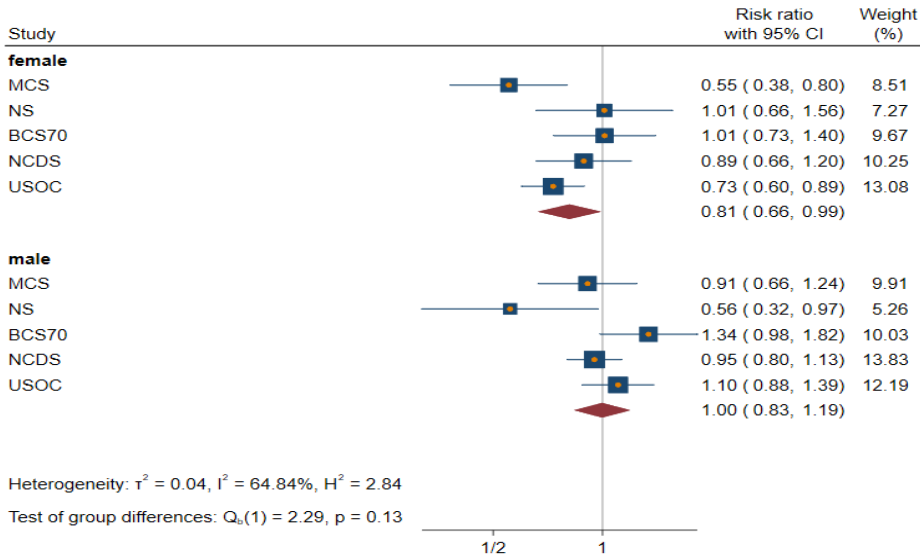
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed



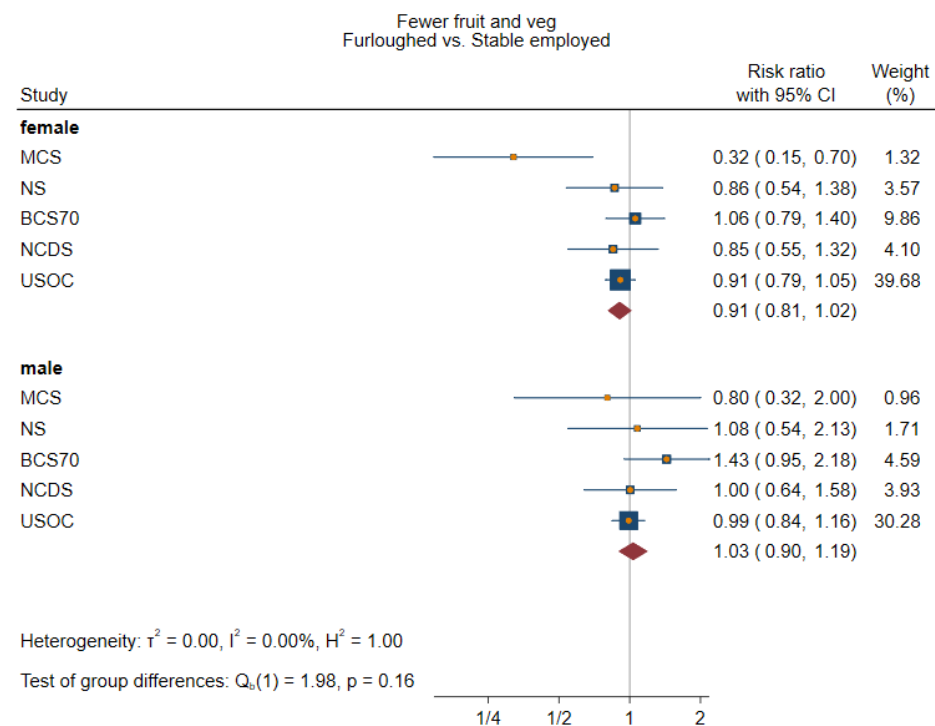
Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

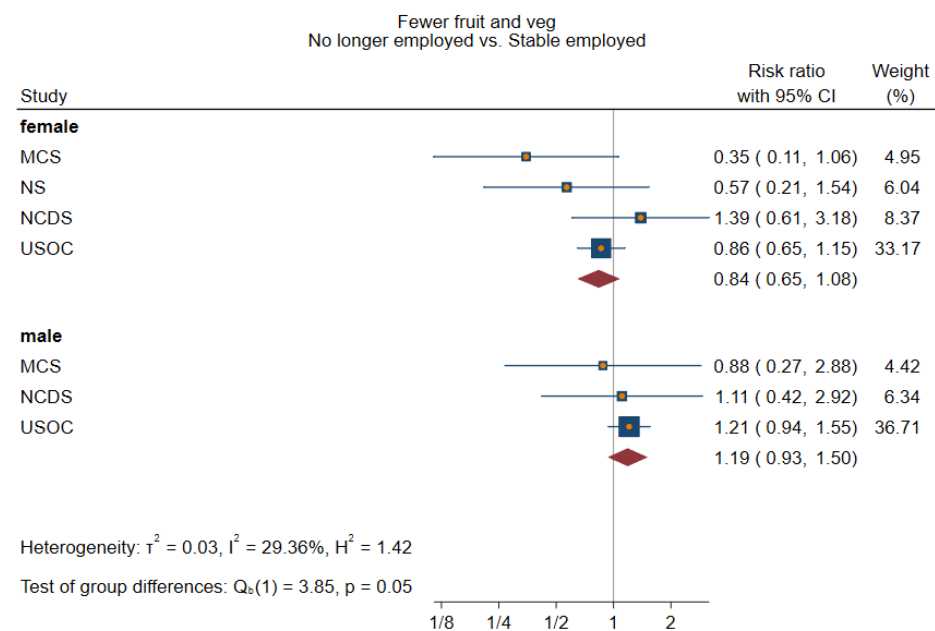


Random-effects REML model

Figure set 24: Fewer fruit and veg

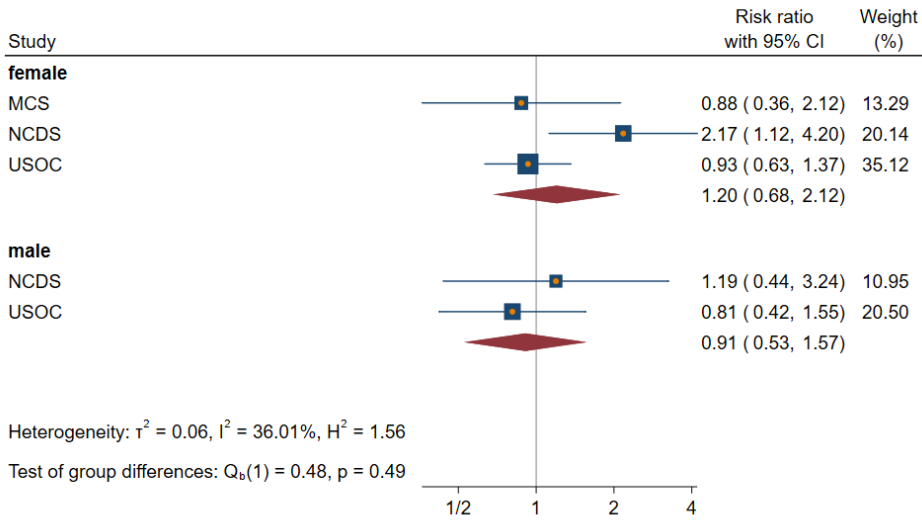


Random-effects REML model



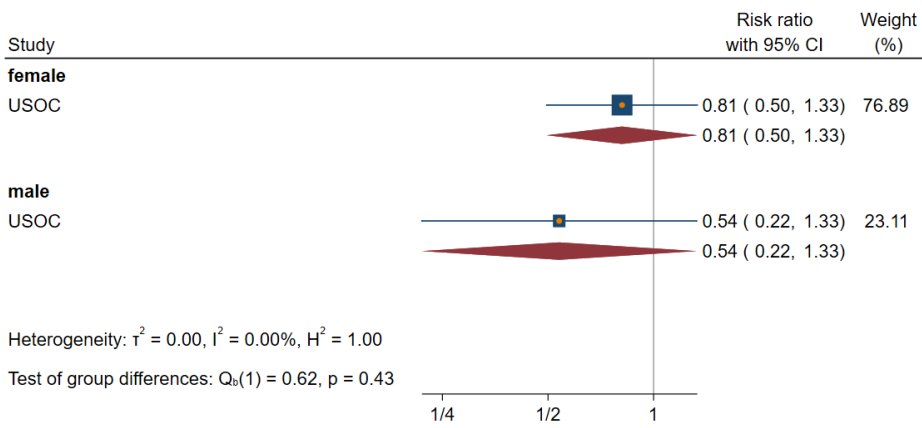
Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed



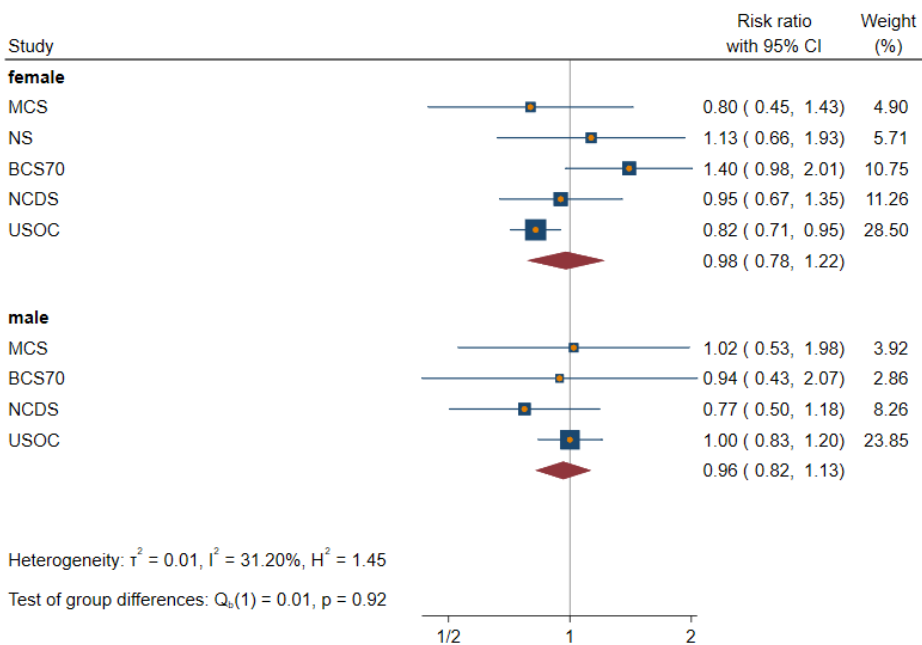
Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed



Random-effects REML model

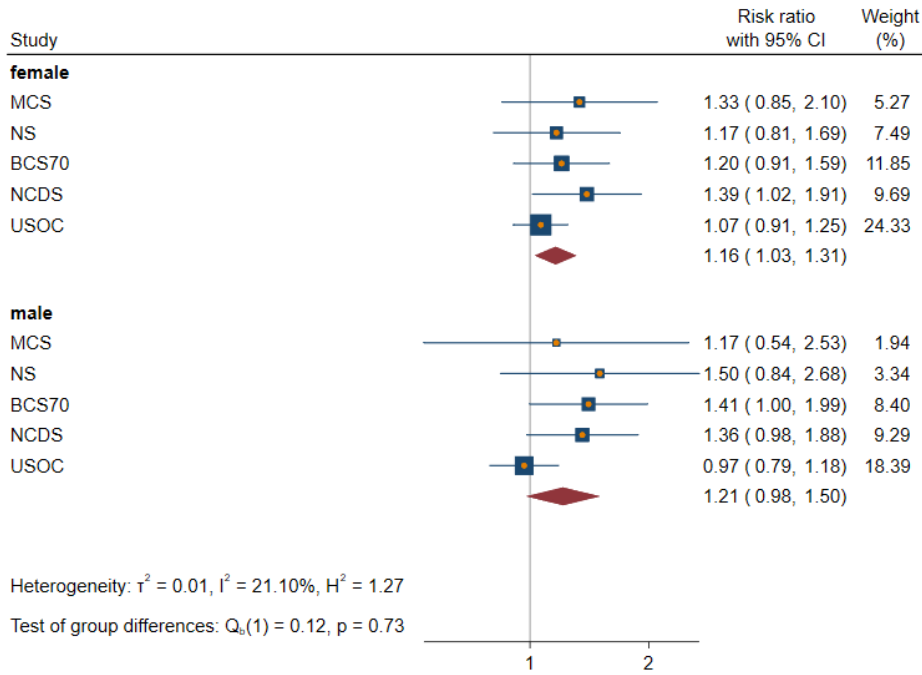
Fewer fruit and veg
Stable non-employed vs. Stable employed



Random-effects REML model

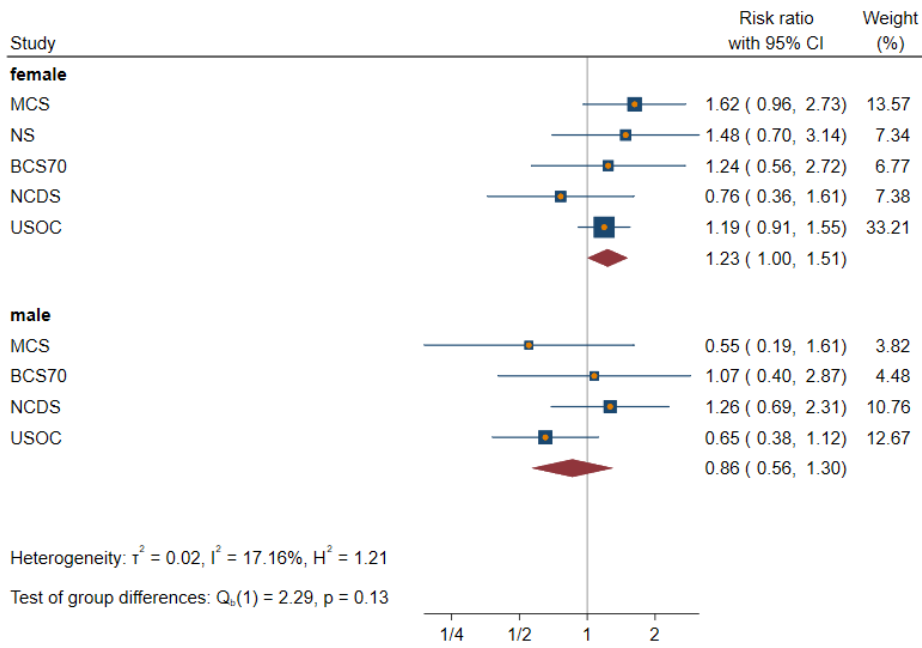
Figure set 25: More fruit and veg

More fruit and veg
Furloughed vs. Stable employed



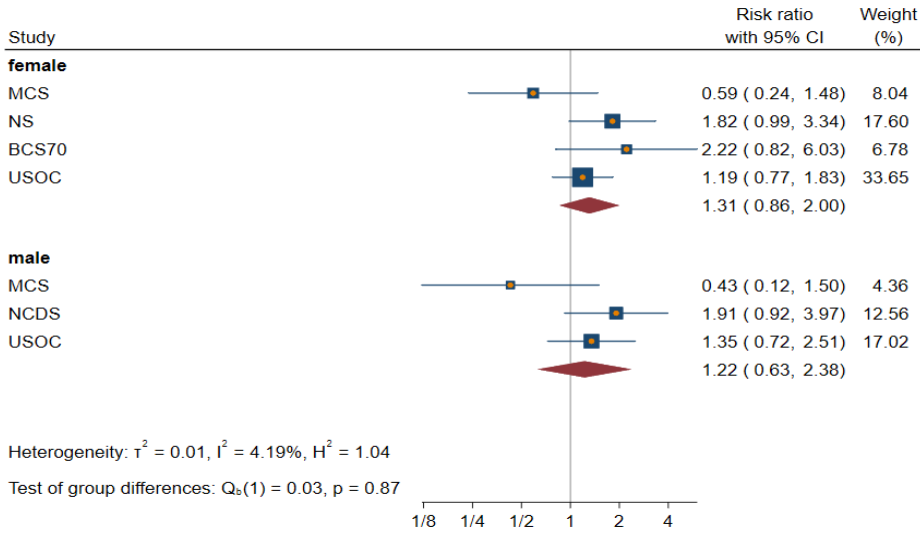
Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed



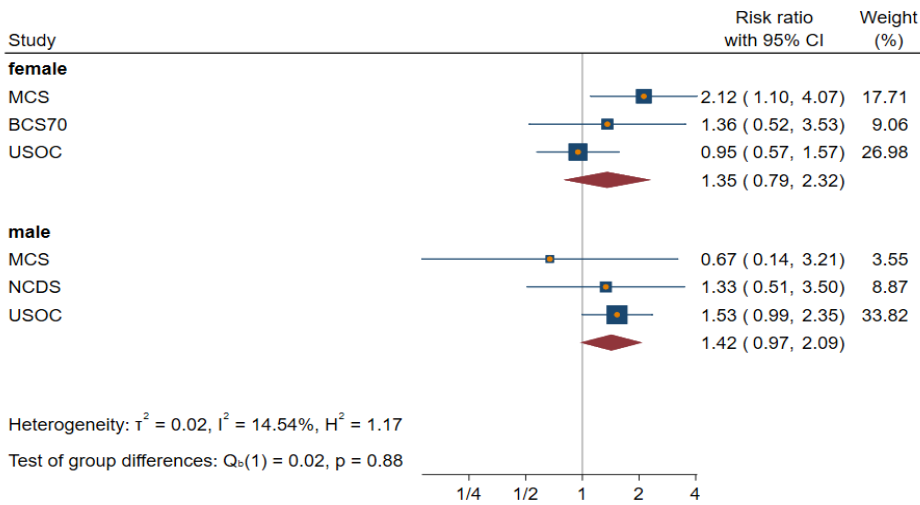
Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed



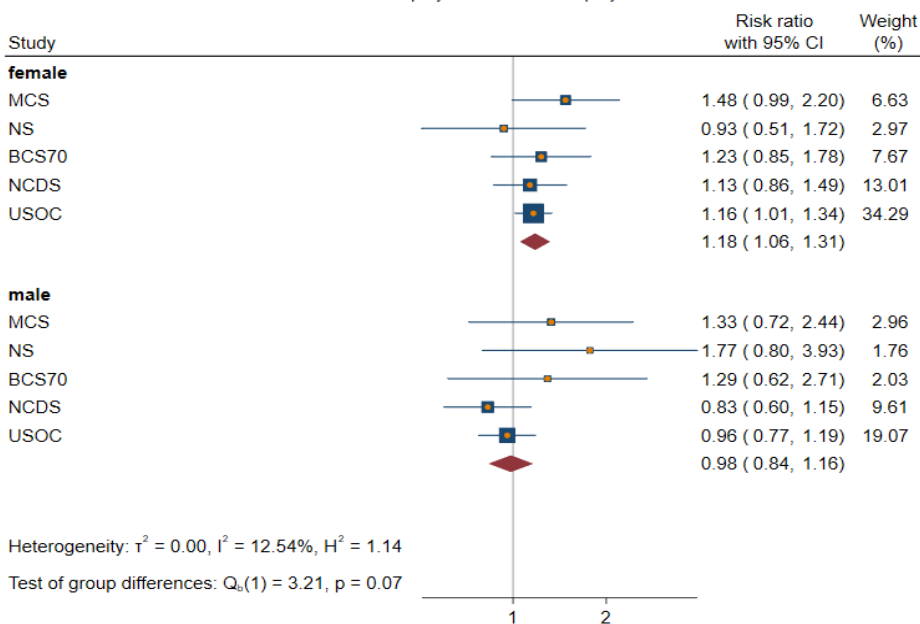
Random-effects REML model

More fruit and veg
Became employed vs. Stable employed



Random-effects REML model

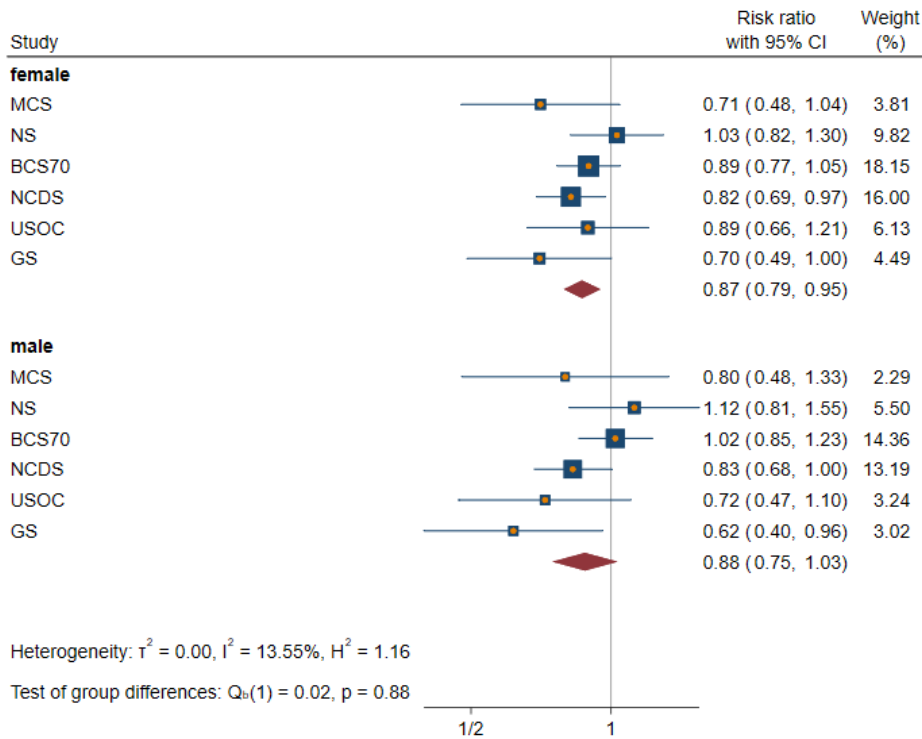
More fruit and veg
Stable non-employed vs. Stable employed



Random-effects REML model

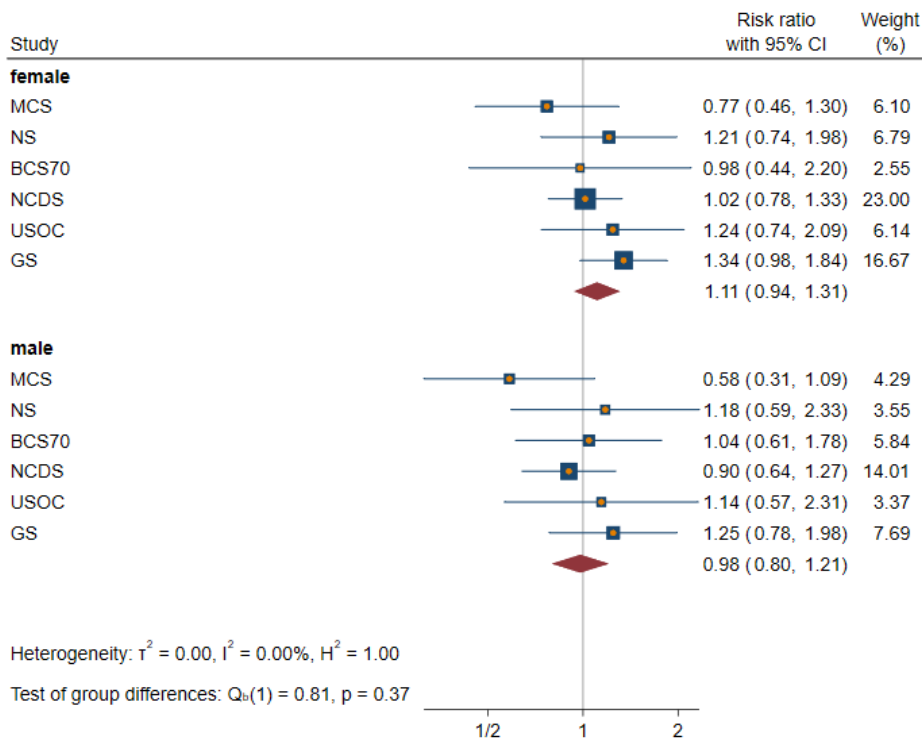
Figure set 26: Less than 3 days a week of at least 30min exercise

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



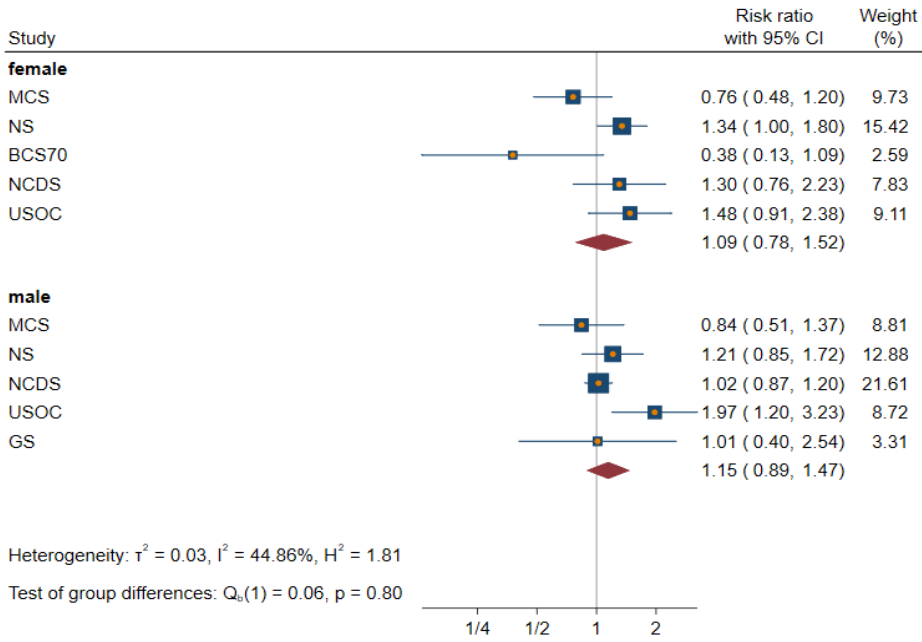
Random-effects REML model

Less than 3 days a week of at least 30min exercise
No longer employed vs. Stable employed



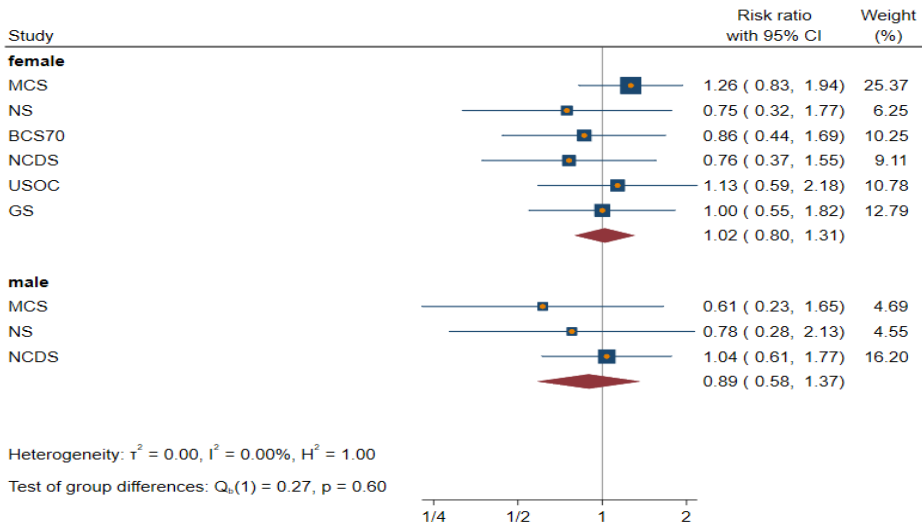
Random-effects REML model

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



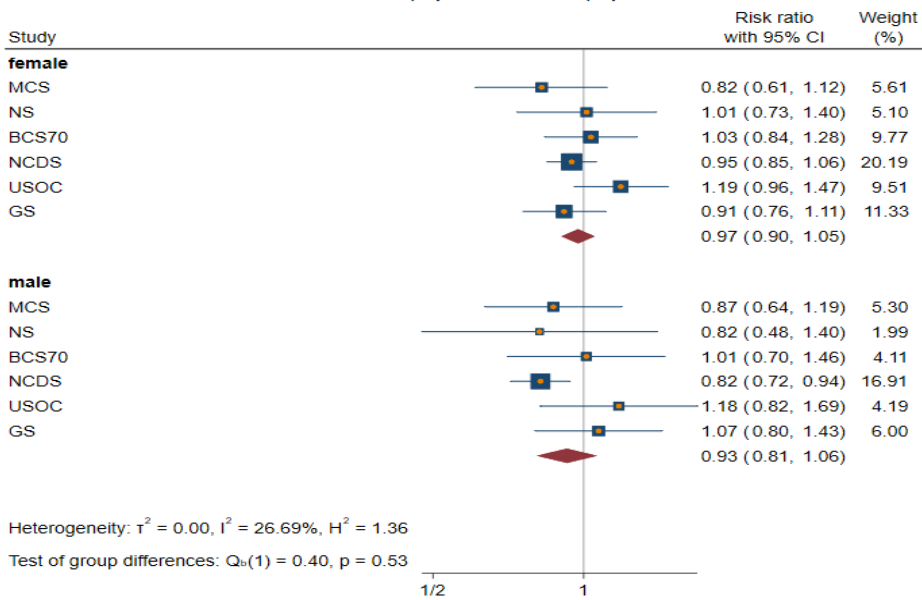
Random-effects REML model

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



Random-effects REML model

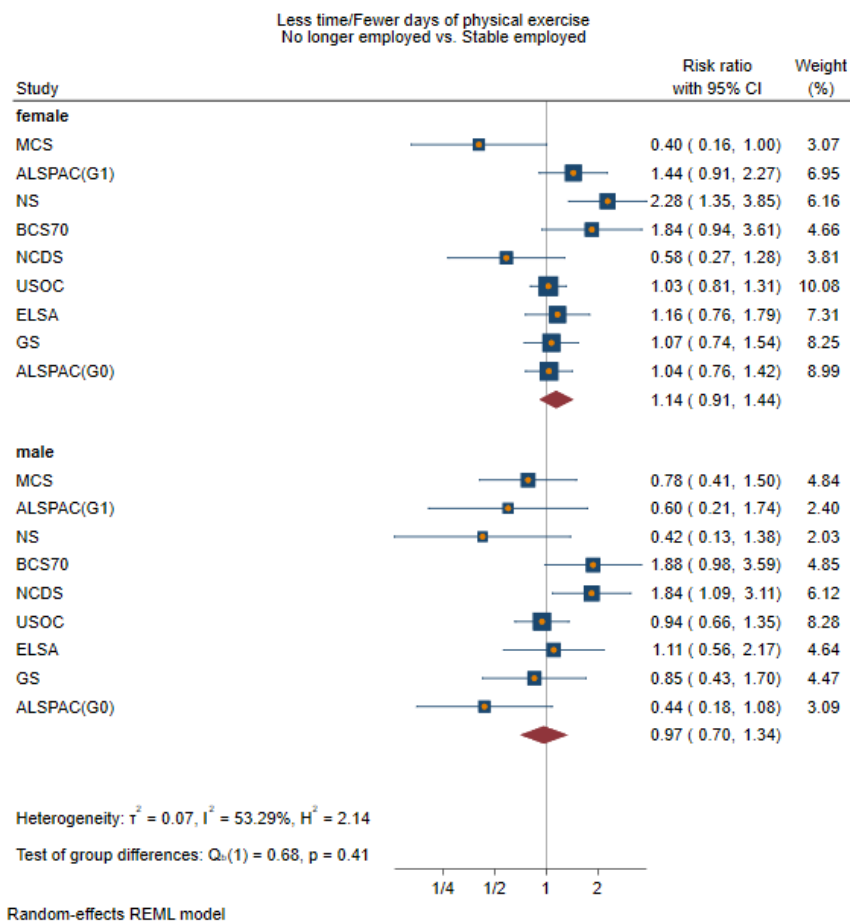
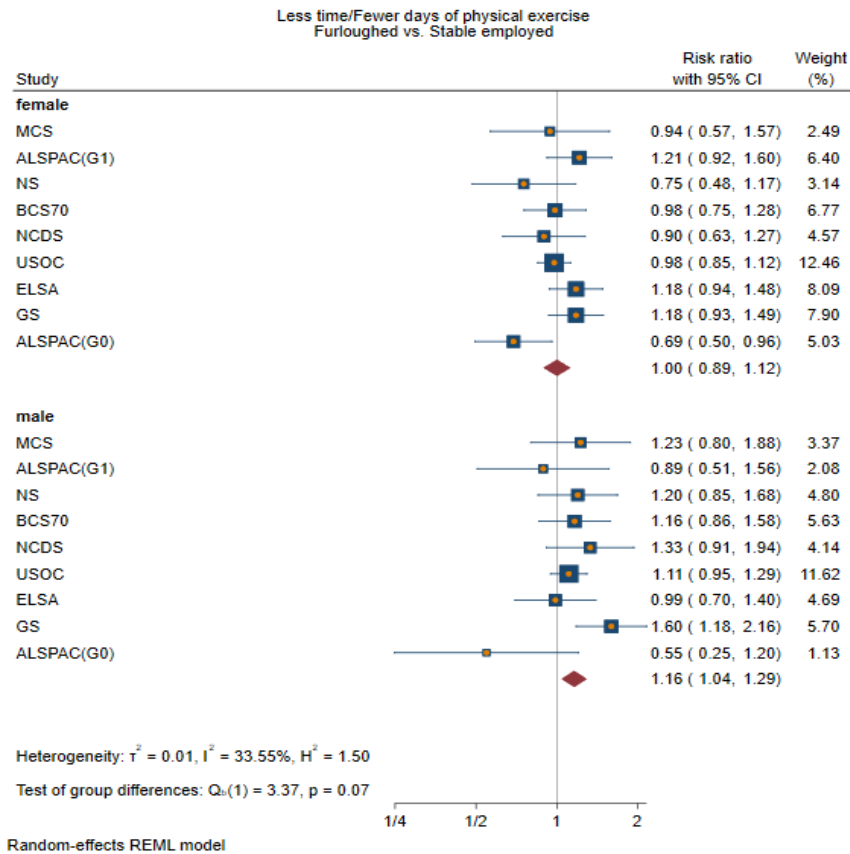
Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed



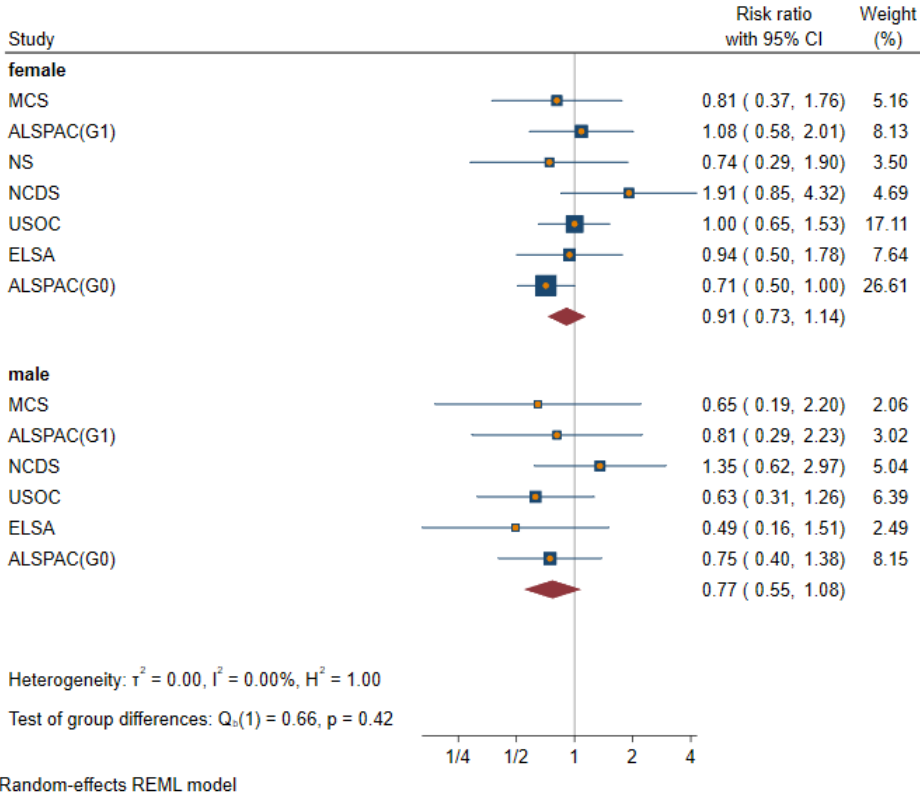
Random-effects REML model

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

Commented [MJ7]:

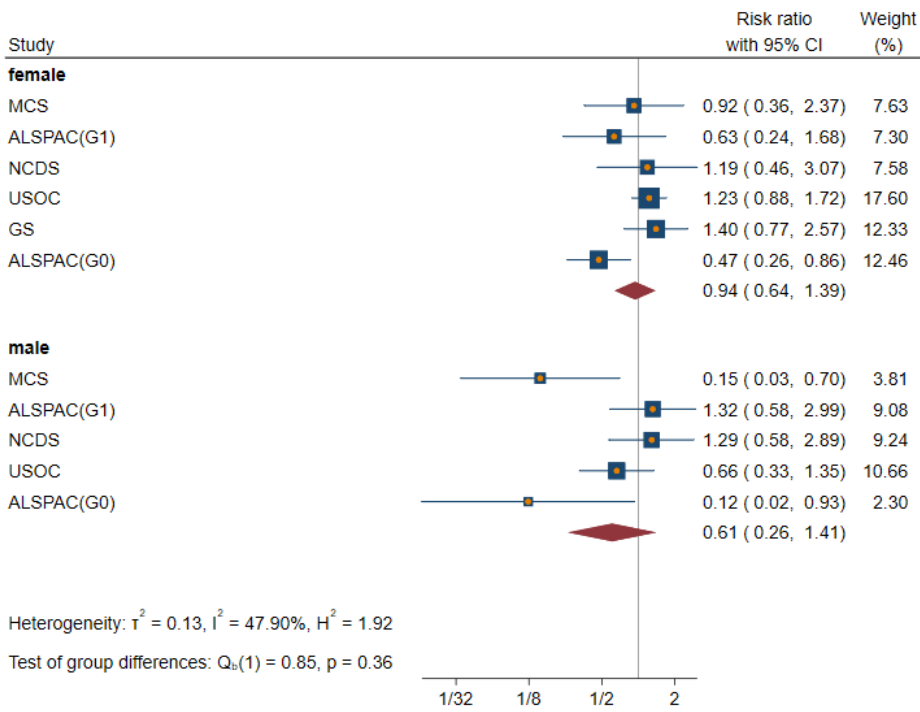


Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed



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

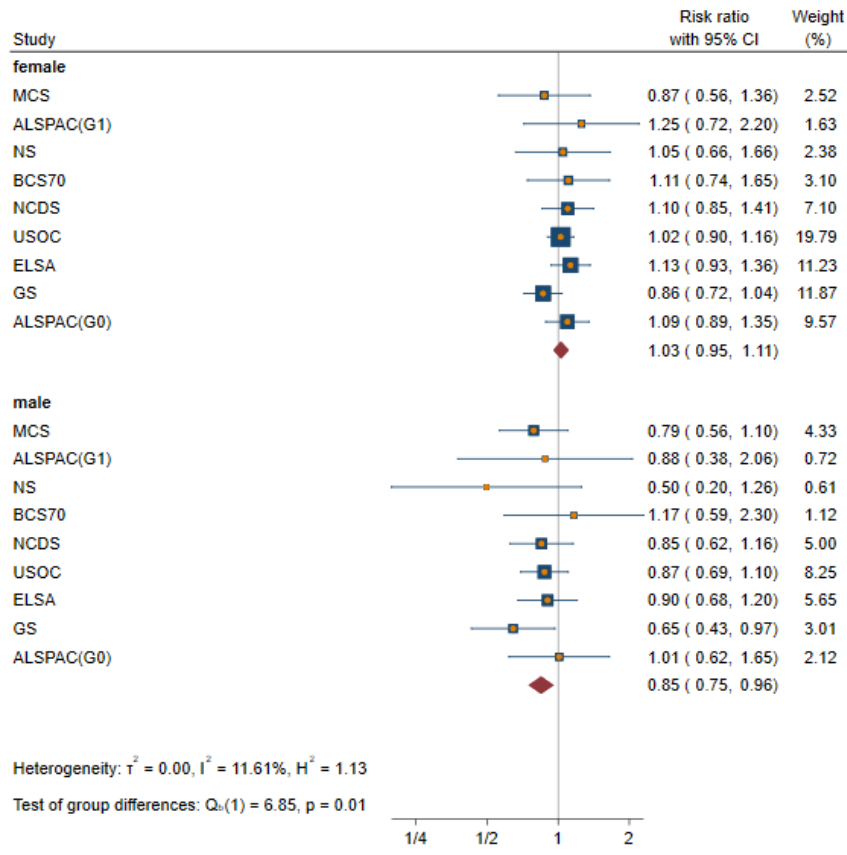
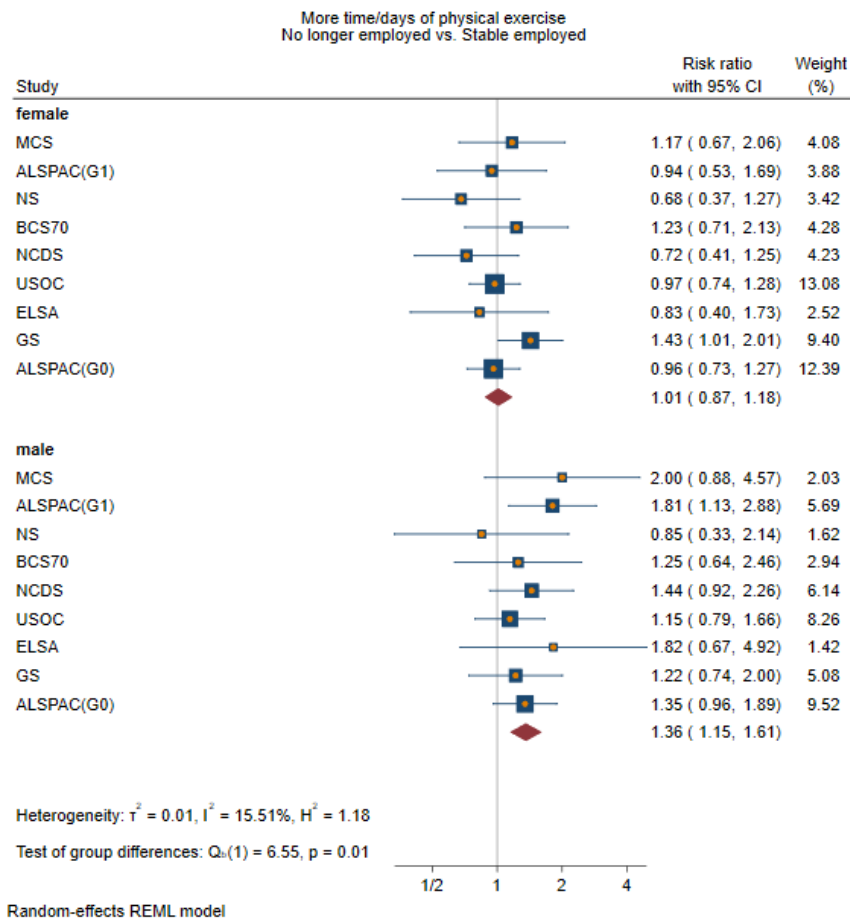
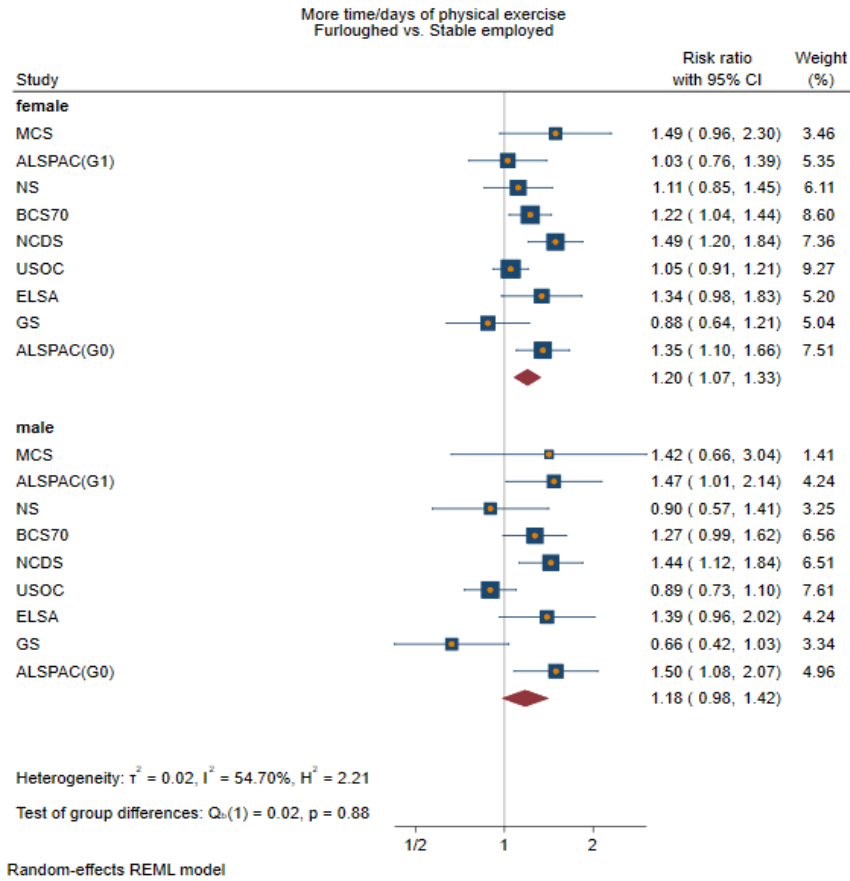
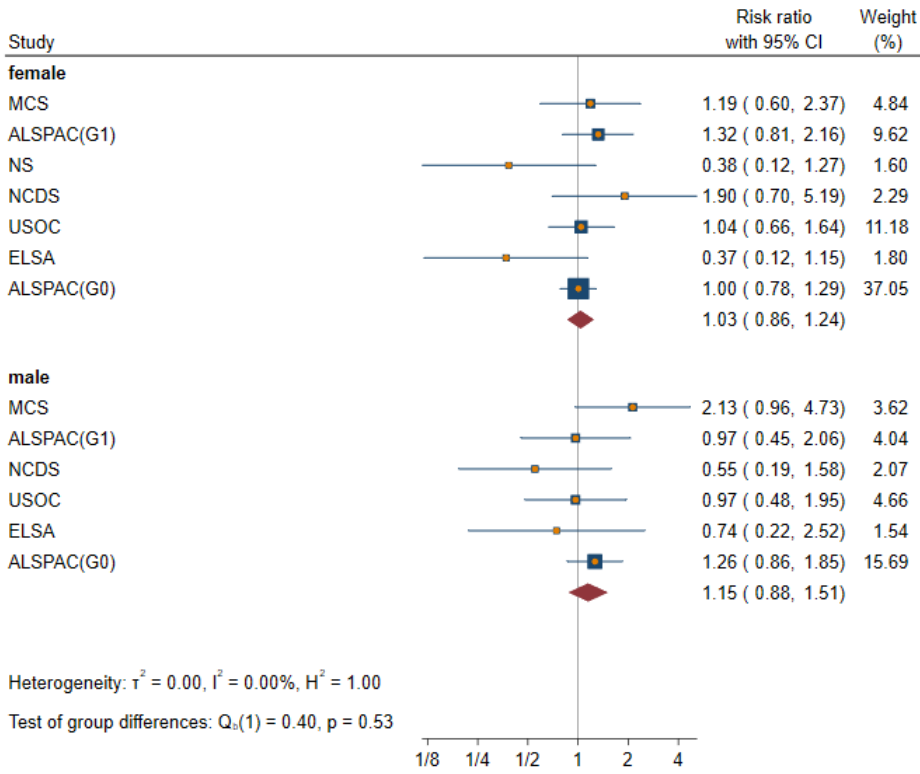


Figure set 28: More time/ days of physical exercise

Commented [MJ8]:

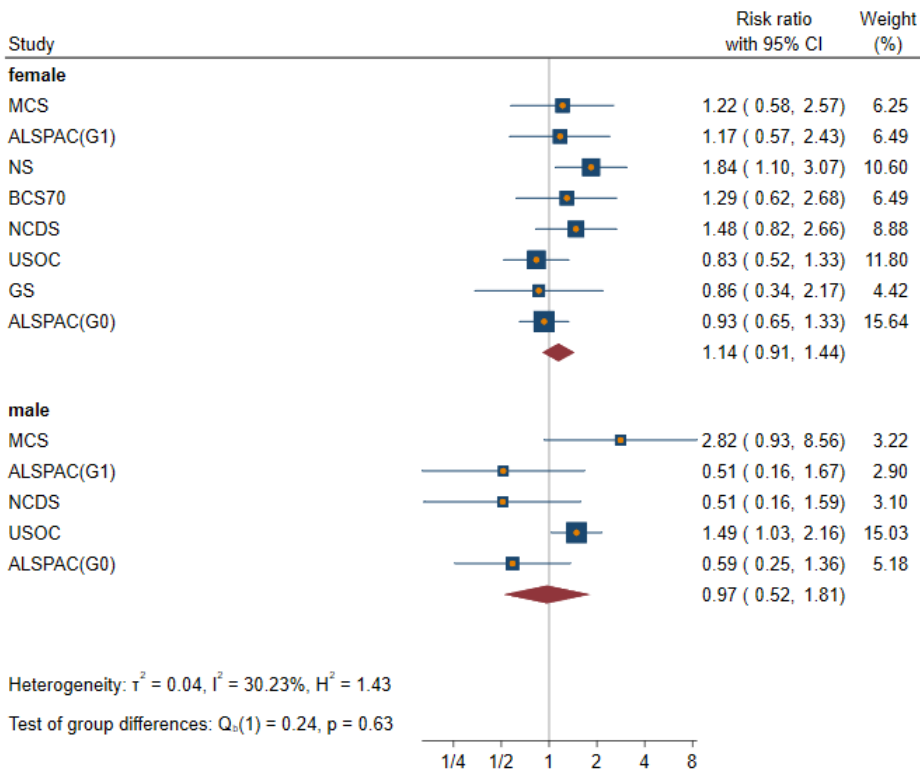


More time/days of physical exercise
Stable unemployed vs. Stable employed



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

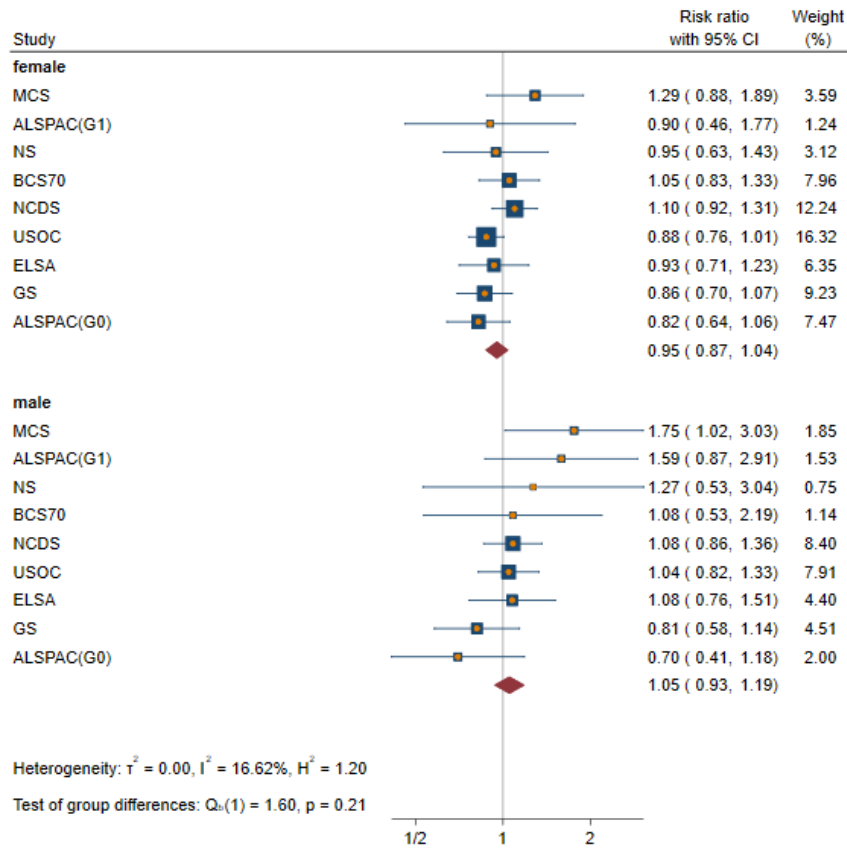
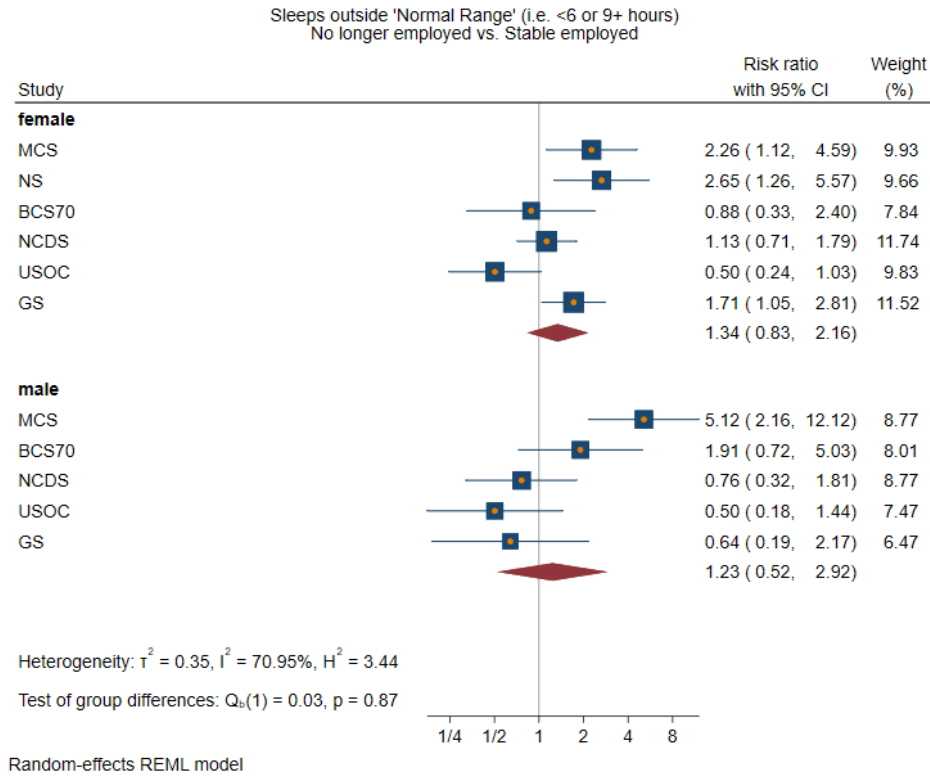
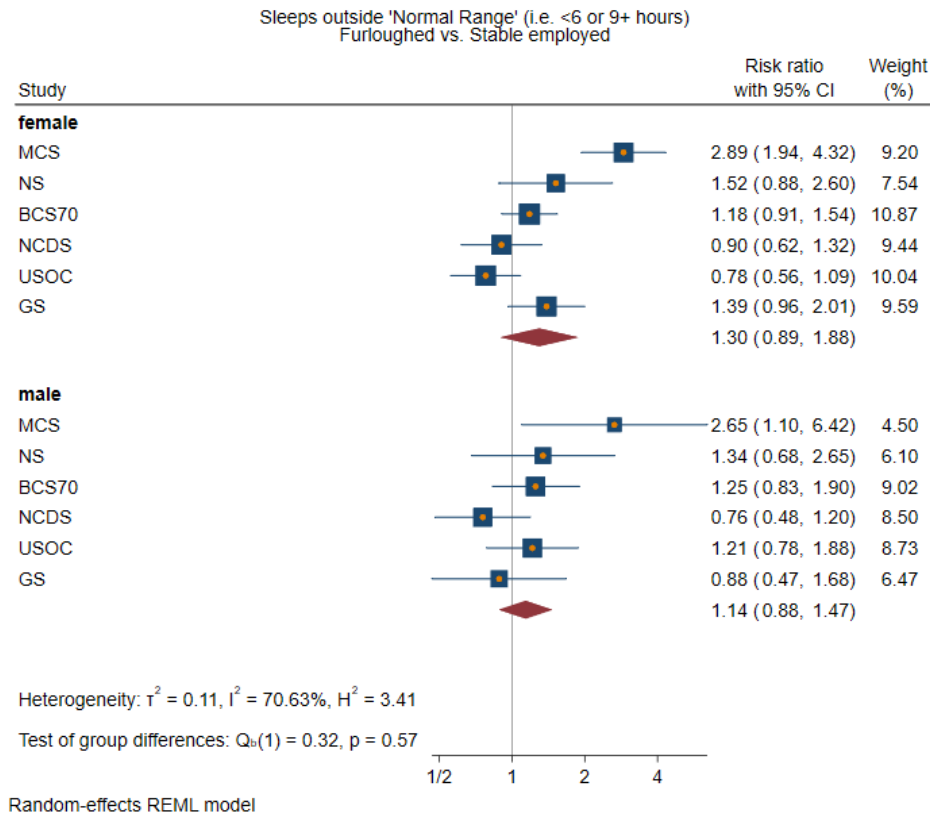
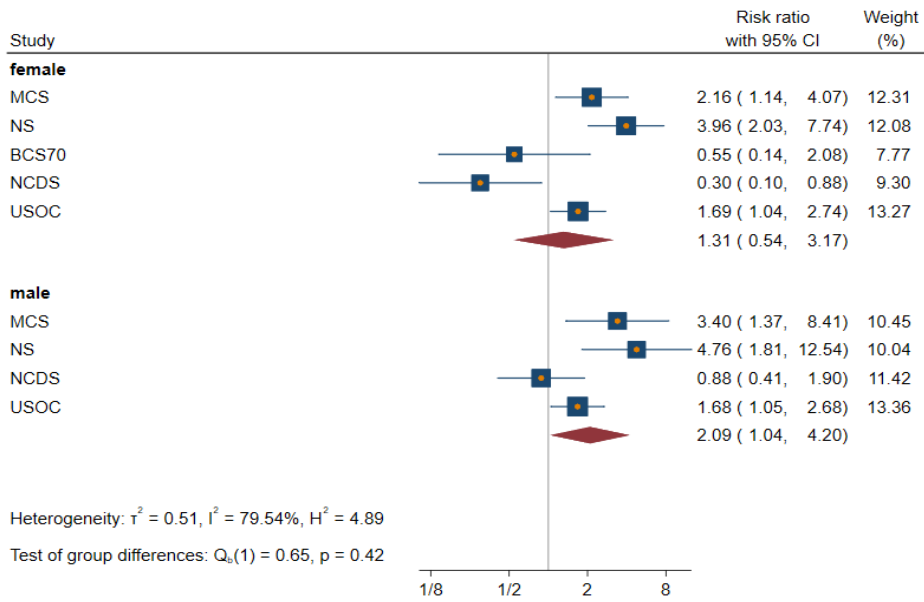


Figure set 29: Sleeps outside 'normal range' (i.e. <6 or 9+ hours)

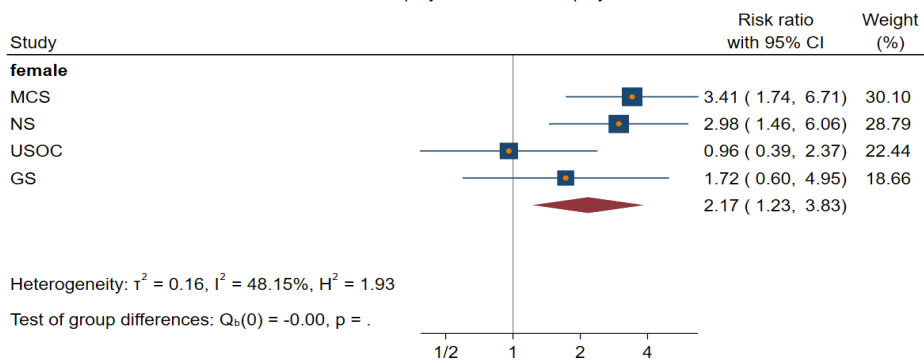


Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable unemployed vs. Stable employed



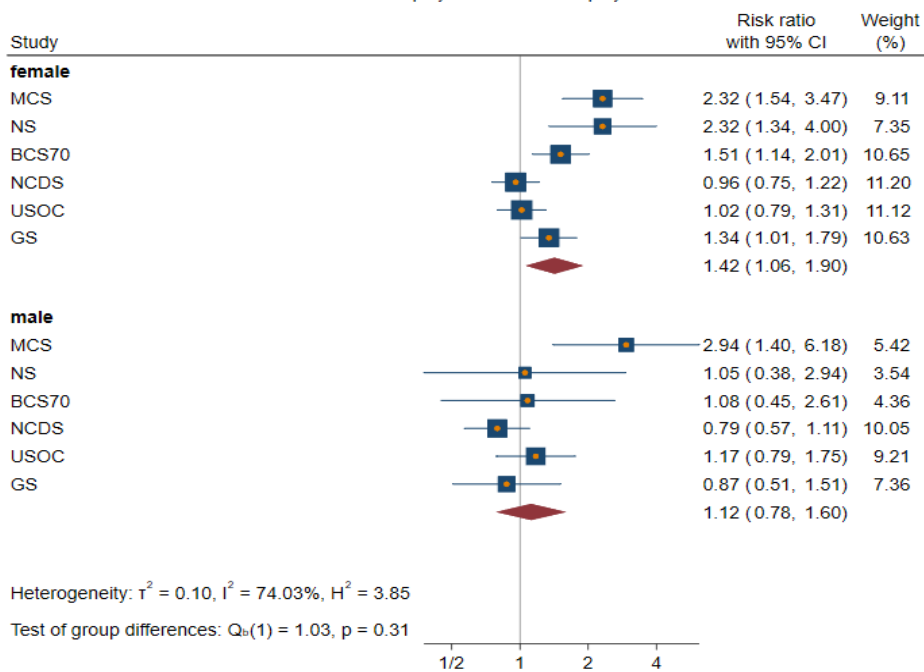
Random-effects REML model

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



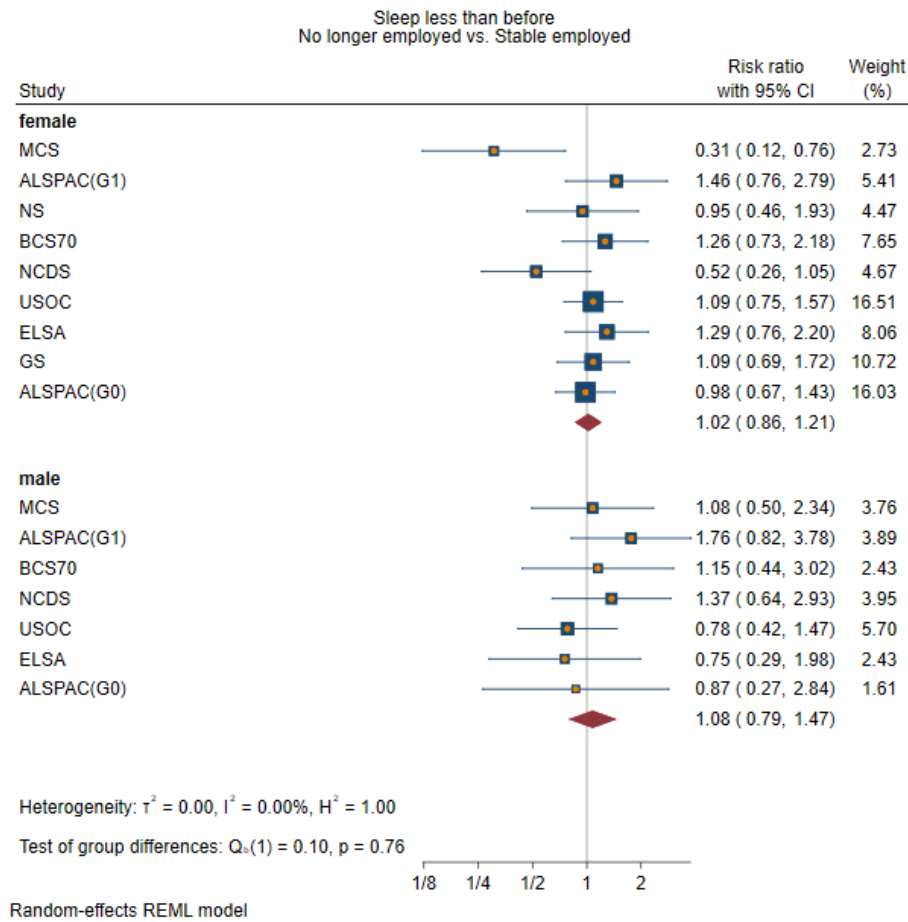
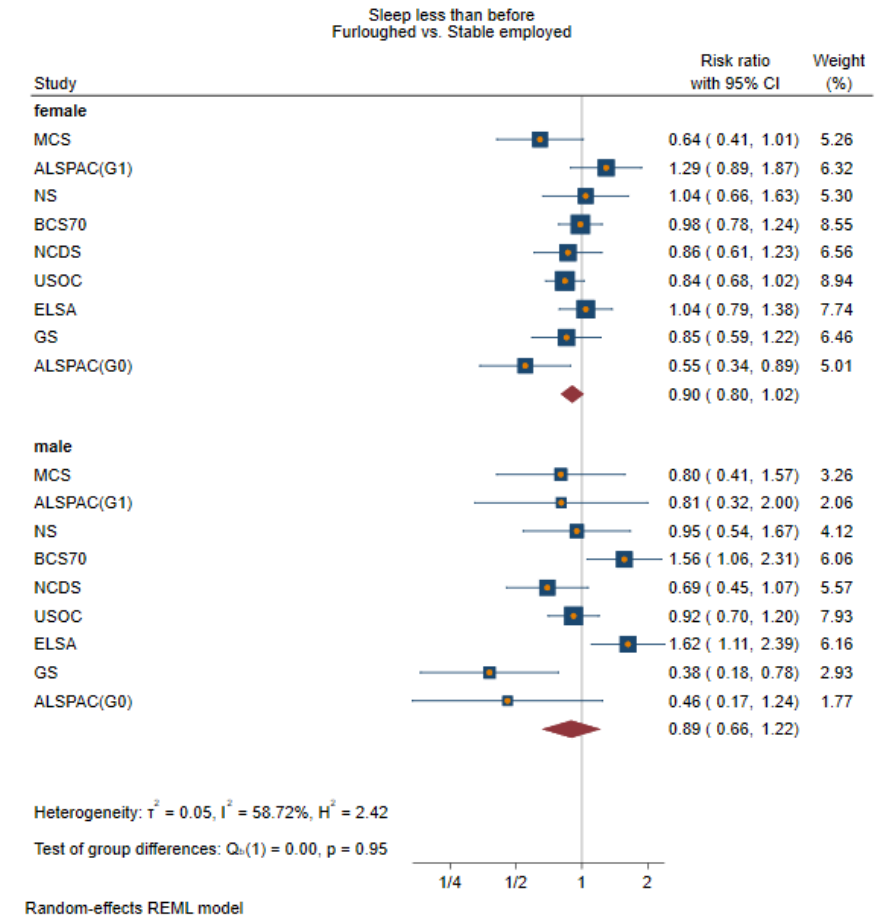
Random-effects REML model

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

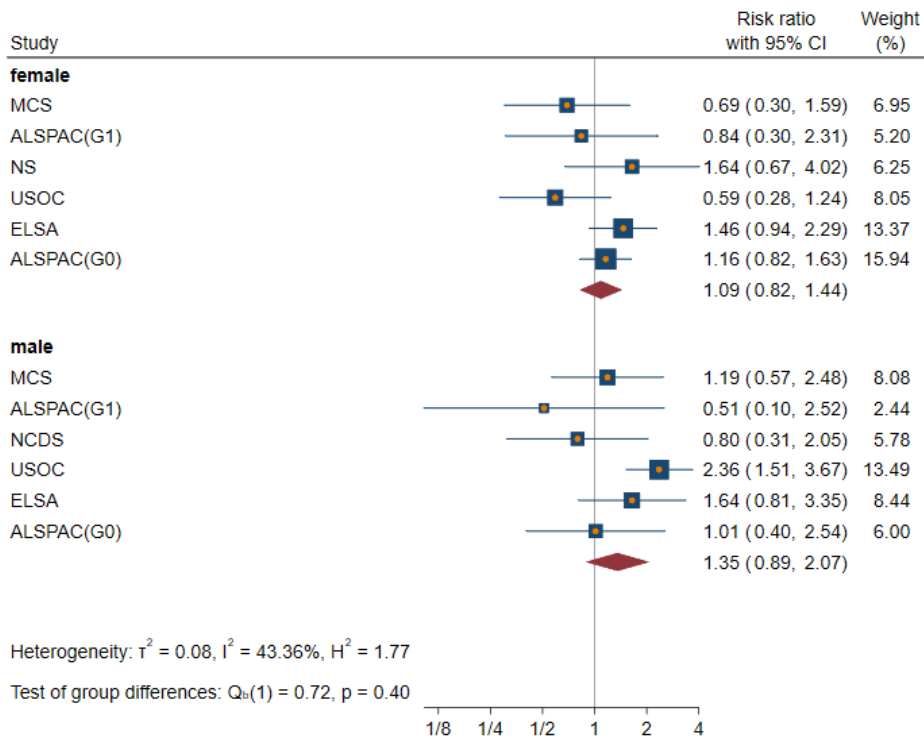


Random-effects REML model

Figure set 30: Sleeps less than before

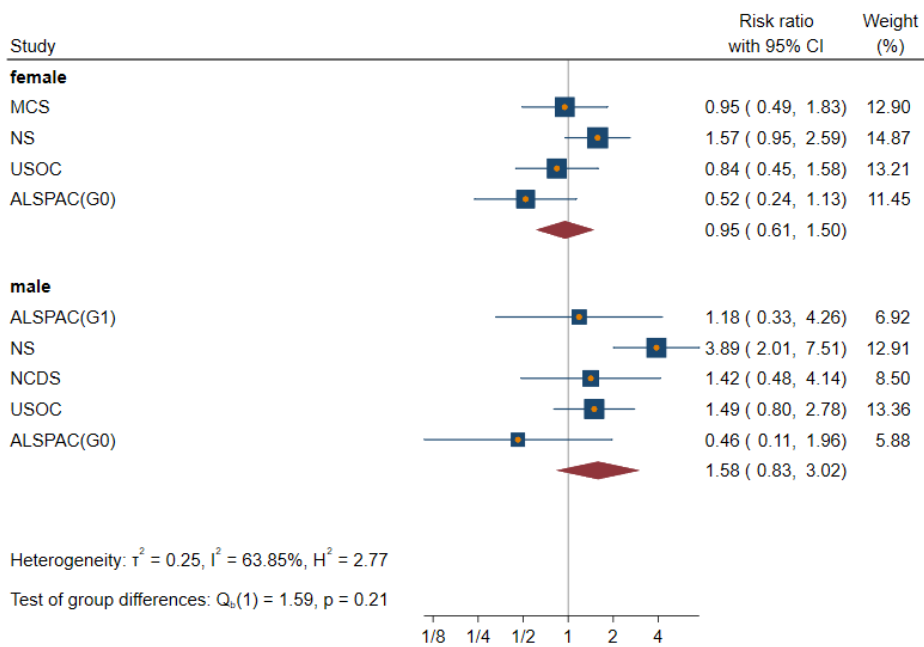


Sleep less than before
Stable unemployed vs. Stable employed



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

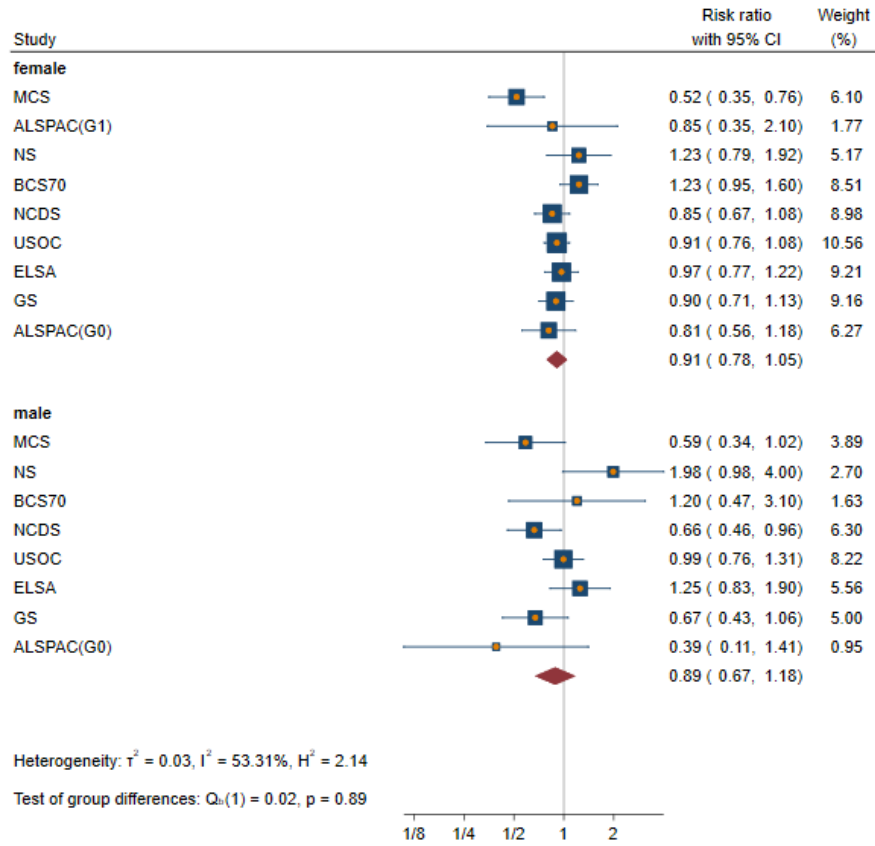
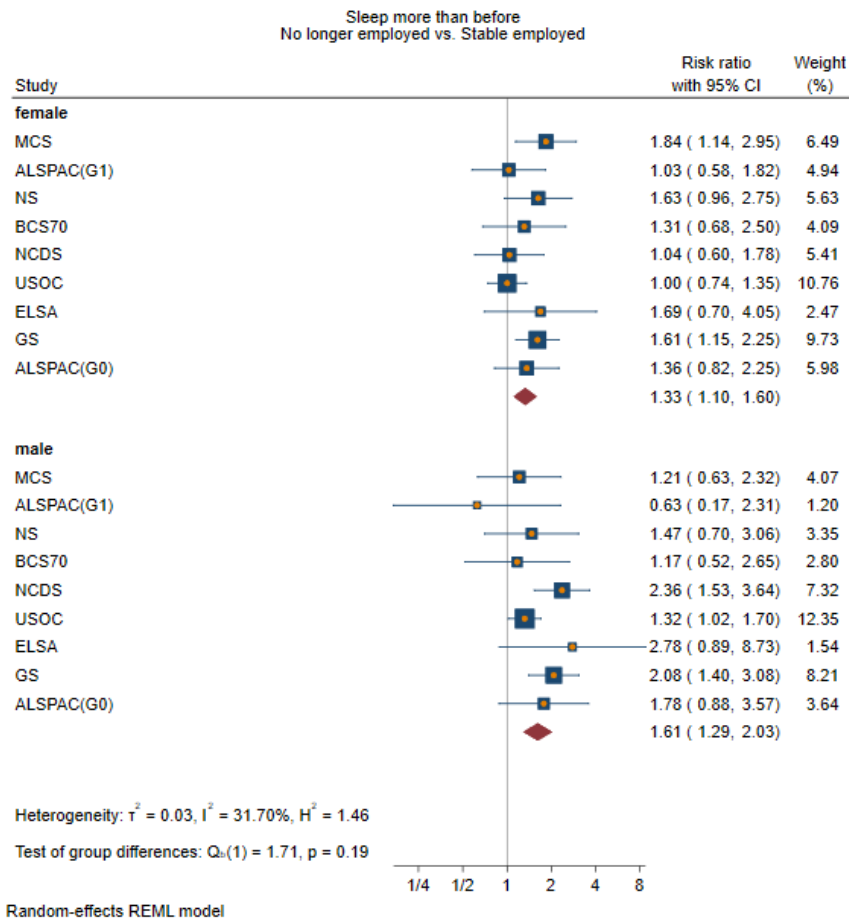
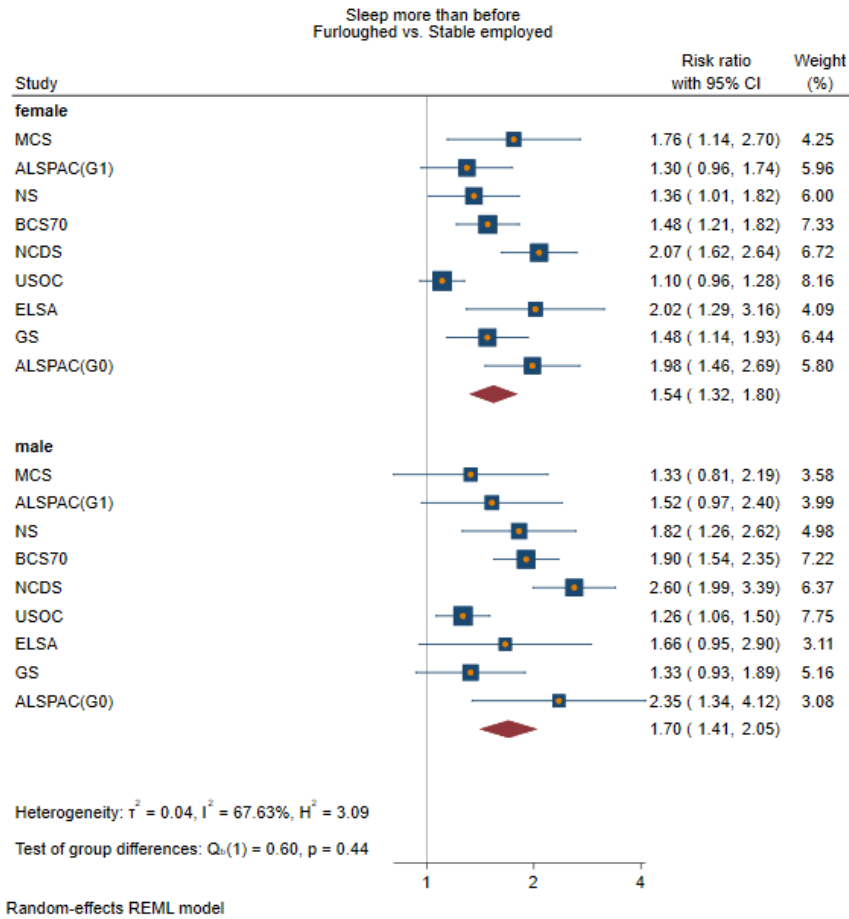
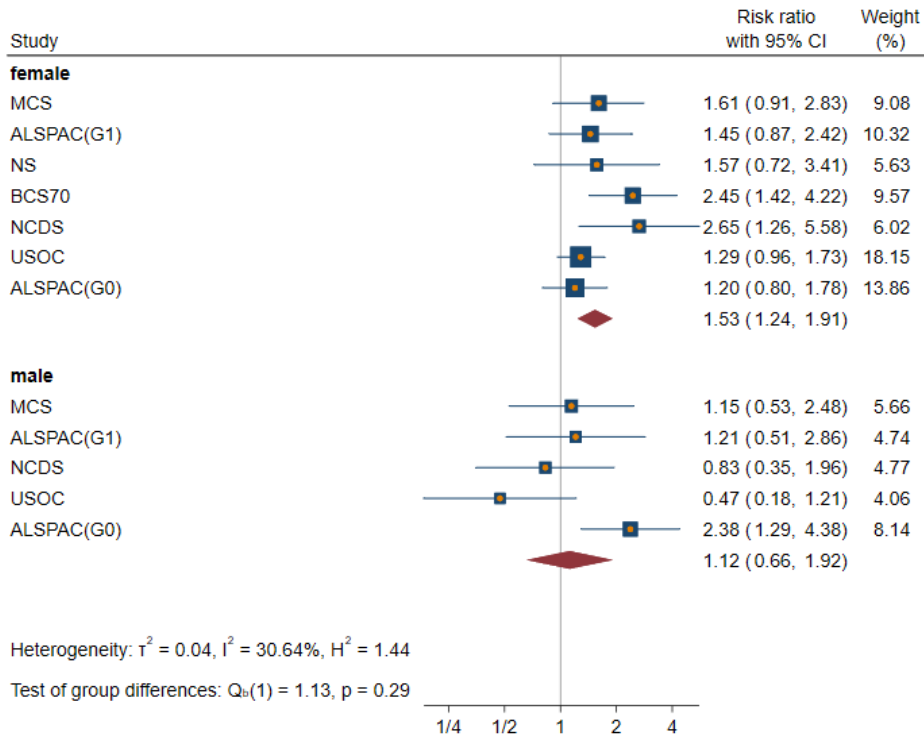


Figure set 31: Sleeps more than before

Commented [MJ9]:

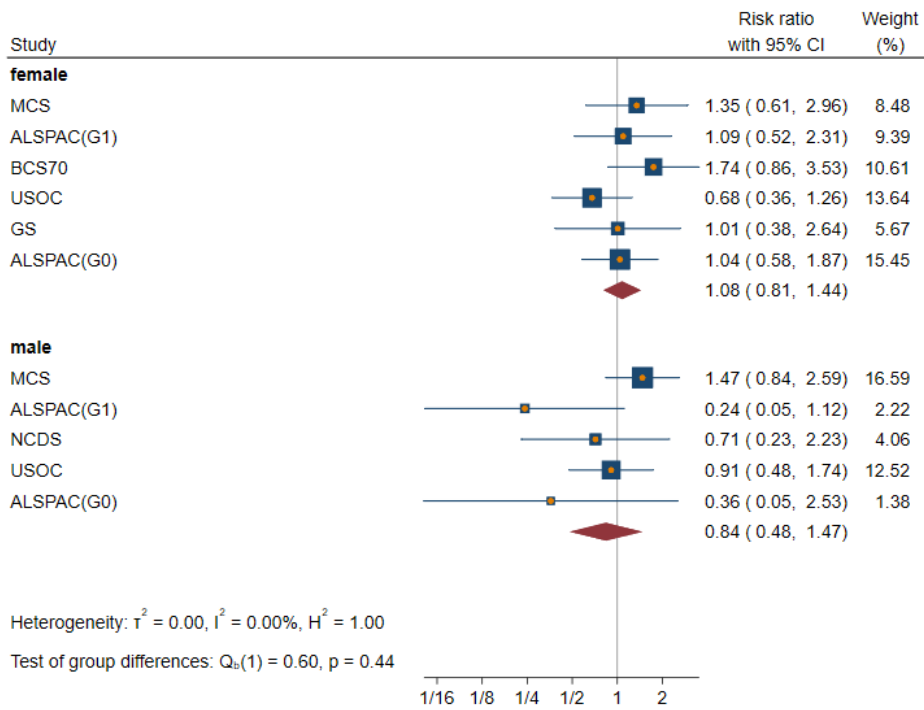


Sleep more than before
Stable unemployed vs. Stable employed



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

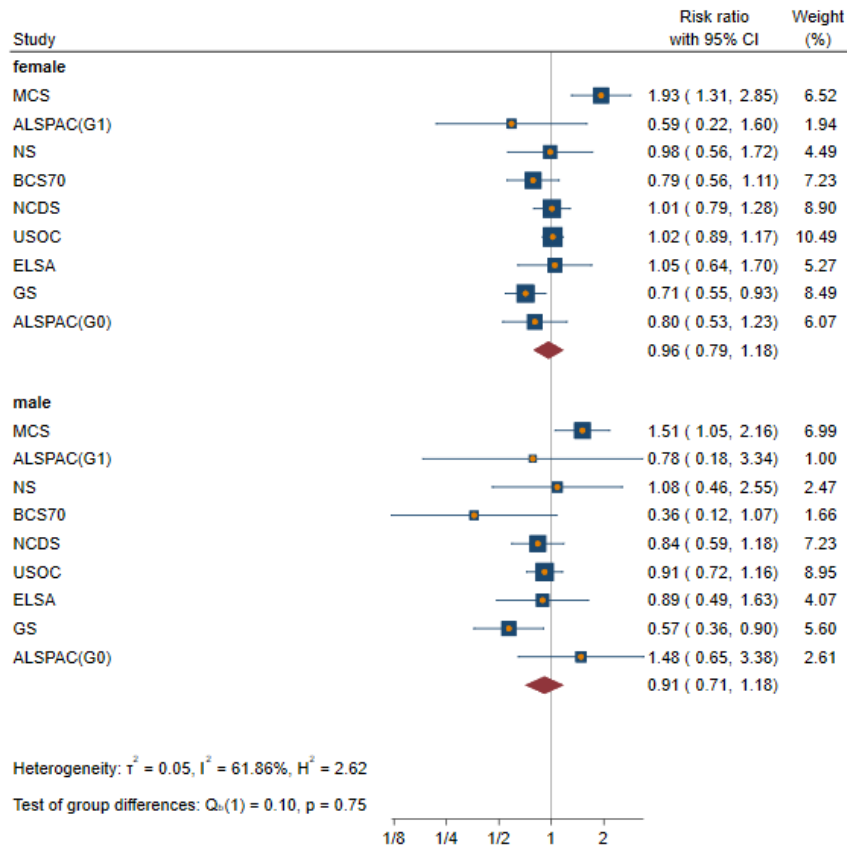
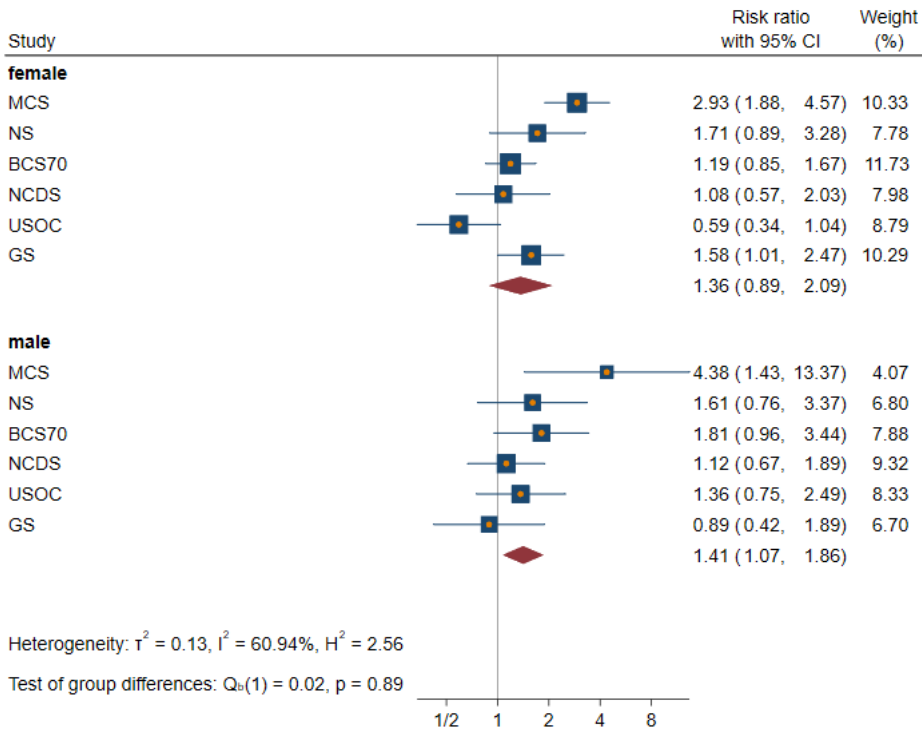


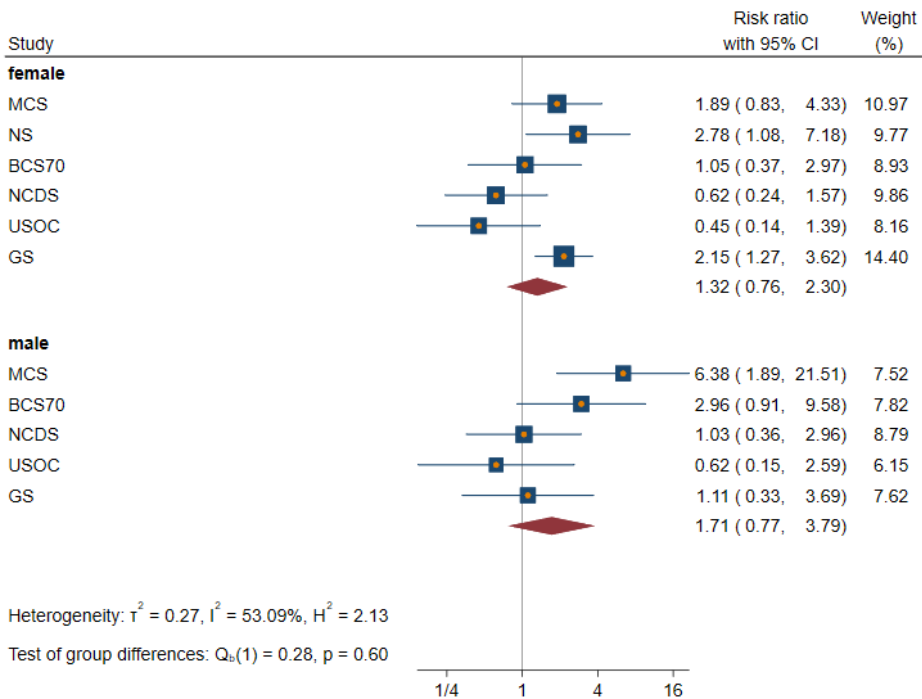
Figure set 32: From 6/9h a night to outside 'normal range'

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



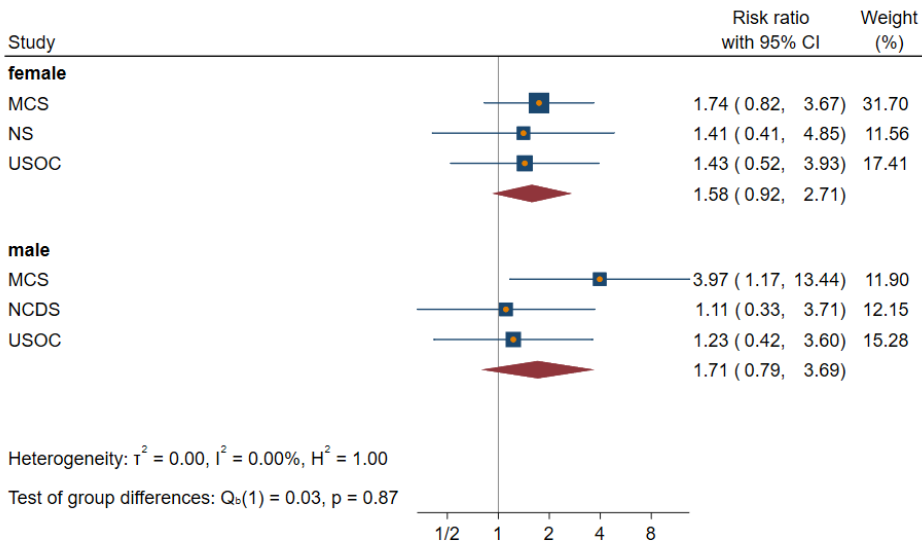
Random-effects REML model

From 6/9h a night to outside 'normal range'
No longer employed vs. Stable employed



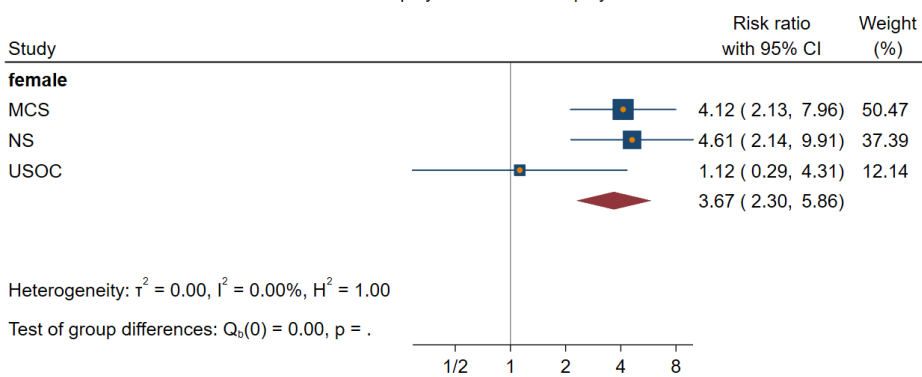
Random-effects REML model

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



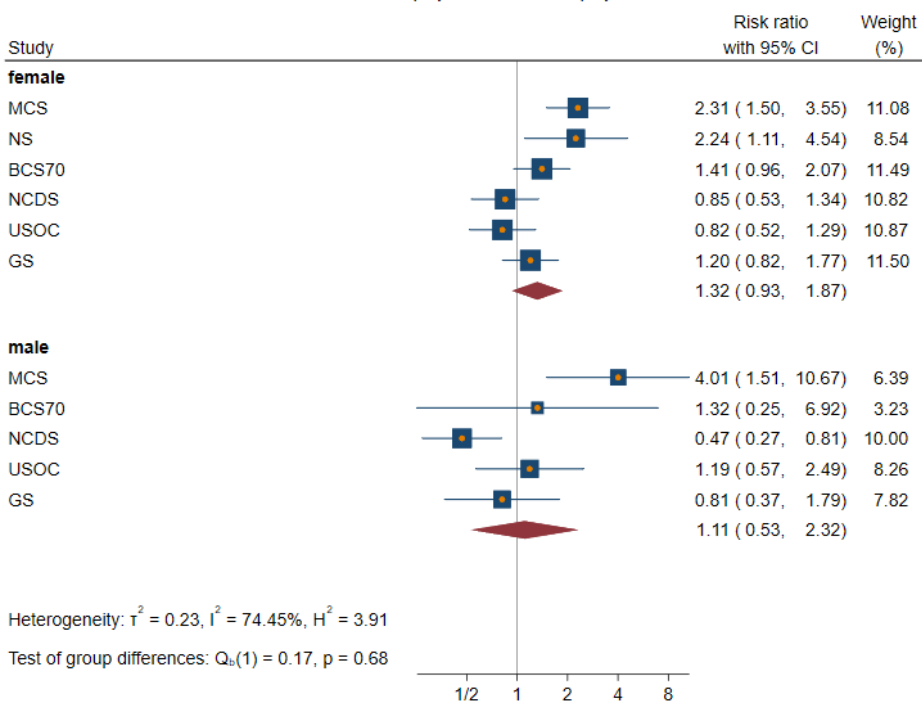
Random-effects REML model

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



Random-effects REML model

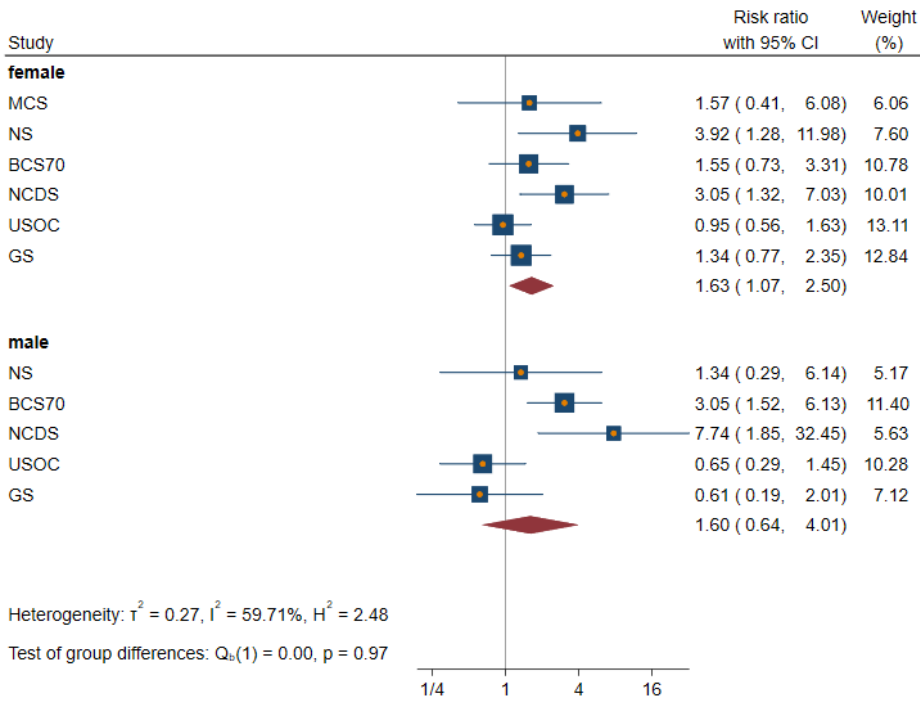
From 6/9h a night to outside 'normal range
Stable non-employed vs. Stable employed



Random-effects REML model

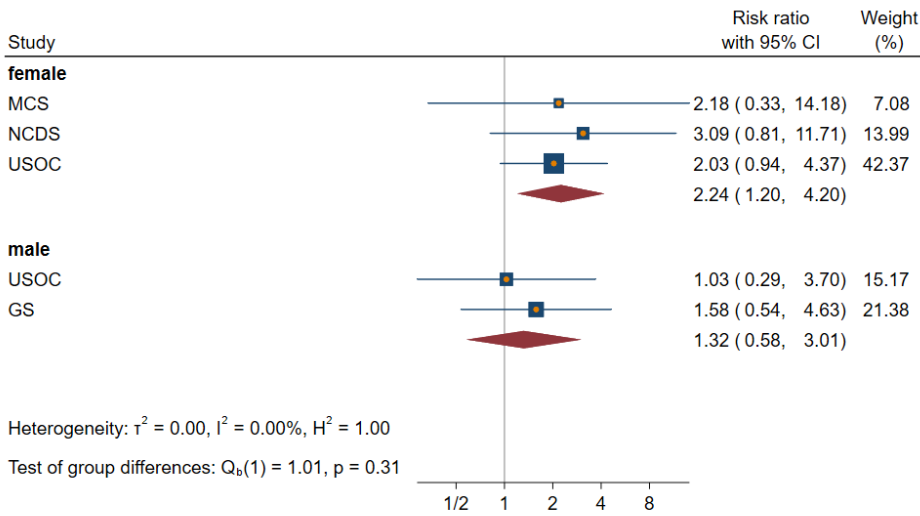
Figure set 33: From outside 'normal range' to 6/9h a night

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



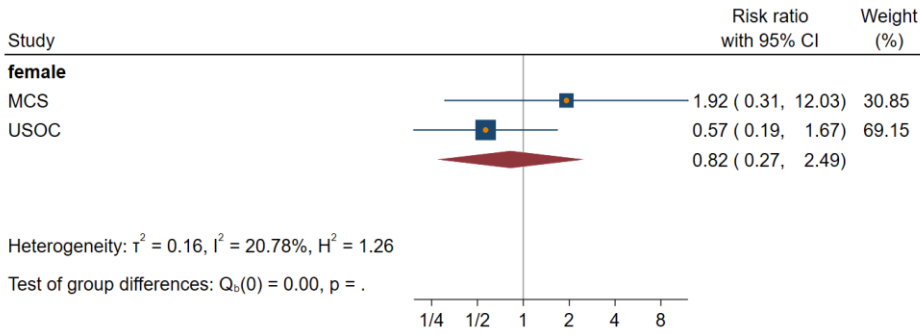
Random-effects REML model

From outside 'normal range' to 6/9h a night
No longer employed vs. Stable employed



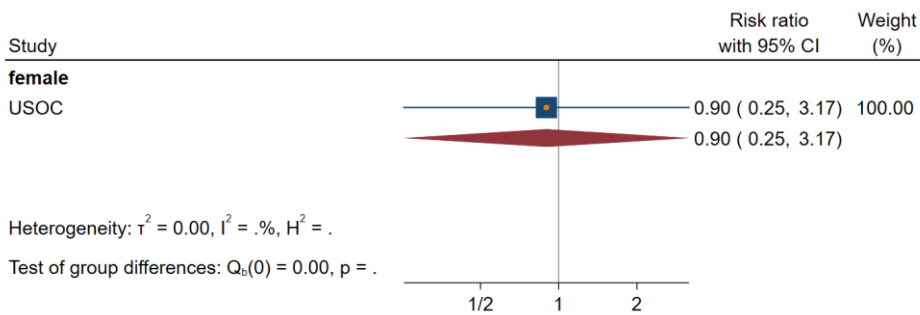
Random-effects REML model

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



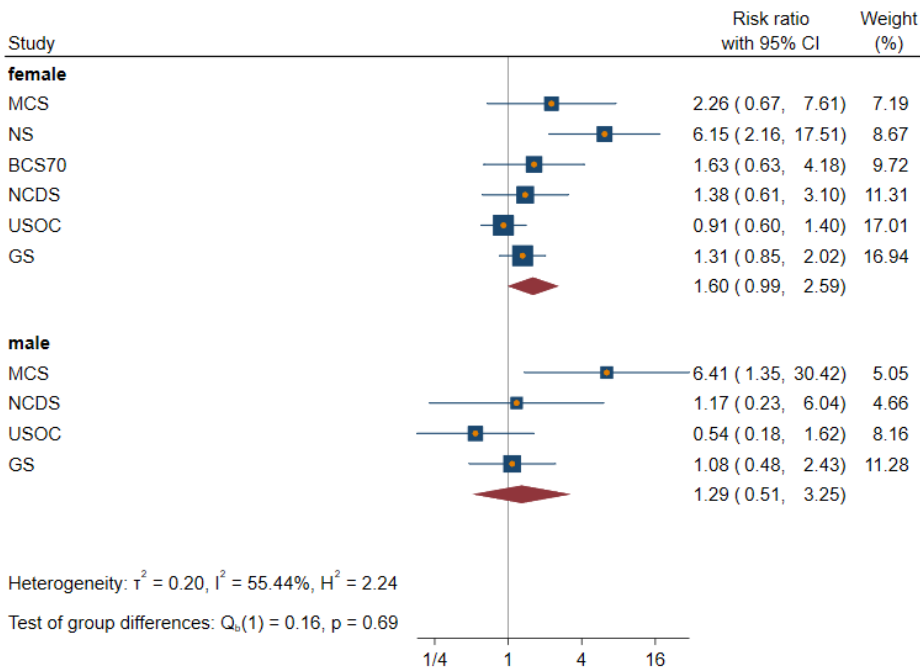
Random-effects REML model

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



Random-effects REML model

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



Random-effects REML model