

Supplementary

1. Please answer this question if you are employed now.			
• During first state of emergency for the coronavirus disease 2019 (COVID-19) pandemic, your work style was ...			
Work from home (WFH)	WFH and commuting	Commuting	Unemployed
2. Please answer this question for all respondents.			
• How has your life changed during the COVID-19 pandemic?			
	Decreased	Unchanged	Increased
① Exercise			
② Amount of food			
③ Alcohol consumption			
④ Sleep time			
⑤ Subjective stress			

Figure S1 The lifestyle questionnaire.