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| **Supplementary Material 3.** Socio-demographic, lifestyle, and health-related characteristics of the study population during COVID 19 lockdown comparing the participants who had completed the 2nd assessment and those lost to follow-up. |
|  | **Whole group** |
|  | **Completed** (n=1092) | **Lost** (n=385) |
| **Socio-demographic variables** |  |  |
| **Age, years**;mean (SD) | 80.3 | (5.6) | 81.2 | (6.3)\* |
| **Female**; % | 66.5 | 65.7 |
| **Education**; % |  |  |
| Illiterate | 14.7 | 14.5 |
| Primary | 55.9 | 51.2 |
| Secondary | 13.3 | 7.8 |
| University | 8.2 | 7.5 |
| **Marital status**; % |  |  |
| Single | 4.0 | 4.2 |
| Married  | 57.9 | 53.5 |
| Divorced | 2.3 | 2.9 |
| Widowed | 35.7 | 39.5 |
| **Income**; % |  |  |
| ≤600€ per month | 22.6 | 20.5 |
| >600≤900€ per month | 29.2 | 28.1 |
| >900€ per month | 31.7 | 26.5 |
| **Living alone; %** | 27.7 | 28.1 |
| **Daily socialization; %** | 90.8 | 90.4 |
| **Lifestyle-behaviours** |  |  |
| **Smokers; %**  | 2.7 | 2.3 |
| **Alcohol intake; %**  |  |  |
| Daily | 19.5 | 17.1 |
| 3-5 days per week | 3.9 | 1.8 |
| 1-2 days per week | 3.2 | 2.3 |
| Less than 1 day per week  | 8.8 | 8.6 |
| Non-drinker | 59.0 | 63.4 |
| Stopped recently | 5.6 | 6.8 |
| **MEDAS index; mean (SD)** | 7.0  | (1.8) | 6.9  | (1.7) |
| **PASE score; mean (SD)** | 72.2 | (45.2) | 58.9  | (41.8) |
| **Weight, kg; mean (SD)** | 70.6  | (12.1) | 69.8  | (11.8) |
| **Height, m; mean (SD)** | 1.6 | (0.2) | 1.6 | (0.1) |
| **Total ST, min/d; mean (SD)** | 423.3  | (182.7) | 383.5  | (207.1)\* |
| **Sleep characteristics** |  |  |
| **Hours of night-time sleep**; % |  |  |
| Short sleep (≤6 h) | 31.5 | 29.6 |
| Normal sleep | 50.6 | 46.8 |
| Long sleep (≥9 h) | 17.1 | 20.8 |
| **Overall sleep quality; %** |  |  |
| Very good | 6.3 | 5.5 |
| Good | 54.0 | 50.9 |
| Fair | 20.1 | 19.2 |
| Poor | 4.0 | 4.7 |
| Very poor | 1.3 | 0.5 |
| **Health-related variables** |  |  |
| SF-12, PCS | 47.1  | (10.4) | 45.1 | (11.5)\* |
| SF-12, MCS | 53.5  | (9.3) | 45.7  | (6.9)\* |
| GHQ score | 9.2 | (3.8) | 8.9 | (4.2) |
| Variables are presented as mean (standard deviation) or as prevalence (%) of participants in that category. \*Statistical significance (p-value<0.05) in the paired sample t-test for changes between groups. Abbreviations: SD, standard deviation; MEDAS, Mediterranean Diet Assessment Score; PASE, Physical Activity Scale for the Elderly; ST, sedentary time; SF-12, 12-Item Short-Form Health Survey; PCS, Physical Component Score of the SF-12; MCS, Mental Component Score of the SF-12; GHQ, General Health Questionnaire; Higher scores in the MCS and PCS of the SF-12, PASE, as well as on the MEDAS, and lower scores in the GHQ are indicative of better health. |