**Psychological Well-being during Covid-19 Lockdown: Insights from a Saudi State University’s Academic Community**

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**Supplementary table 2**. Information about self-reported mental wellness status among study participants

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Constantly** | **Occasionally** | **No** | **Constantly** | **Occasionally** | **No** | **Constantly** | **Occasionally** | **No** | **p** |
| **Students (443) (28.7%)** | | | | | | | | | |
| **All (443)** | | | **Males (214)** | | | **Females (229)** | | |  |
| **I suffered from anxiety during lockdown** | | | | | | | | | |
| 105 (23.7) | 171 (38.6) | 167 (37.7) | 56 (26.2) | 84 (39.3) | 74 (34.6) | 49 (21.4) | 87 (38.0) | 93 (40.6) | 0.34 |
| **I suffered from depression during lockdown** | | | | | | | | | |
| 116 (26.2) | 152 (34.3) | 175 (39.5) | 53 (24.8) | 78 (36.4) | 83 (38.8) | 63 (27.5) | 74 (32.3) | 92 (40.2) | 0.63 |
| **I suffered from insomnia during lockdown** | | | | | | | | | |
| 62 (14.0) | 82 (18.5) | 299 (67.5) | 33 (15.4) | 39 (18.2) | 142 (66.4) | 29 (12.7) | 43 (18.8) | 157 (68.6) | 0.71 |
| **Employees (1099) (71.3%)** | | | | | | | | | |
| **All (1099)** | | | **Males (512)** | | | **Females (507)** | | |  |
| **I suffered from anxiety during lockdown** | | | | | | | | | |
| 244 (22.2) | 376 (34.2) | 479 (43.6) | 106 (20.7) | 170 (33.2) | 236 (46.1) | 138 (23.5) | 206 (35.1) | 243 (41.4) | 0.27 |
| **I suffered from depression during lockdown** | | | | | | | | | |
| 144 (13.1) | 361 (32.8) | 594 (54.0) | 69 (13.5) | 161 (31.4) | 282 (55.1) | 75 (12.8) | 200 (34.1) | 312 (53.2) | 0.65 |
| **I suffered from insomnia during lockdown** | | | | | | | | | |
| 171 (15.6) | 181 (16.5) | 747 (68.0) | 78 (15.2) | 88 (17.2) | 346 (67.6) | 93 (15.8) | 93 (15.8) | 401 (68.3) | 0.82 |

**Note:** Data represented as N (%). P calculated by chi-square test to check the differences between males and females. P<0.05 is considered as significant.