

## Legend (description of the variables in the excel file)

**Be male:** this is a dichotomous variable indicating the gender of the participant (1=male, 0=female, NA=neither male nor female).

**Age:** this is a continuous variable indicating the age of the participant.

**Risk age:** this is a dichotomous variable indicating if the participant is at risk of age (1= 60 or more than 60 years old, 0= less than 60 years old).

**Education:** this is a continuous variable indicating years of education of the participant

**Live alone:** this is a dichotomous variable indicating if the participant is living alone (1=alone; 0=with family/roommates).

**Be housewife:** this is a dichotomous variable indicating who is a housewife (1=housewife, 0=other)

**Be unemployed:** this is a dichotomous variable indicating who is unemployed (1=unemployed, 0=other working condition).

**Be private company employee:** this is a dichotomous variable indicating who is a private company employee (1=private company employee, 0=other employment condition).

**Be public employee:** this is a dichotomous variable indicating who is a public employee (1=public employee, 0=other employment condition).

**Be freelance:** this is a dichotomous variable indicating who is a freelance (1=freelance, 0=other employment condition).

**Be retired:** this is a dichotomous variable indicating who is retired (1=retired, 0=other employment condition).

**Be student:** this is a dichotomous variable indicating who is a student (1=student, 0=other employment condition).

**Not working but payed:** this is a dichotomous variable indicating participant who isn't working but payed anyway during the COVID-19 emergency (1=not working but payed anyway, 0=other current employment condition).

**Not working not payed:** this is a dichotomous variable indicating participant who isn't working and is not payed during the COVID-19 emergency (1=not working and not payed 0=other current employment condition).

**Smart working:** this is a dichotomous variable indicating participant who is smart working during the COVID-19 emergency (1=smart working, 0=other current employment condition).

**On vacation:** this is a dichotomous variable indicating who is on vacation during the COVID-19 emergency (1=on vacation, 0=other current employment condition).

**Sick leave:** this is a dichotomous variable indicating who is in sick leave during the COVID-19 emergency (1=sick leave, 0=other current employment condition).

**Work until closure:** this is a dichotomous variable indicating who is working until the company's imminent closure due to restrictive measures during the COVID-19 emergency (1=working until company closure, 0=other current employment condition).

**Basic necessity work:** this is a dichotomous variable indicating who is working for basic necessity during the COVID-19 emergency (1=working for basic necessity, 0=other actual working condition)

**Monthly income:** this is an ordinal variable indicating family/cohabitation unit monthly income. The response value ranges from 1= "less than 500 euros", 2= "from 500 to 1000 euros", 3= "from 1000 to 2000 euros", 4= "from 2000 to 3000 euros", 5= "from 3000 to 4000 euros", 6= "more than 4000 euros".

**Family members:** this continuous variable indicates the number of family/cohabitation members.

**Immunosuppression:** this is a dichotomous variable indicating if the participant suffers from immunosuppression (1=immunosuppression; 0=no immunosuppression).

**Cardiovascular diseases:** this is a dichotomous variable indicating if the participant suffers from cardiovascular diseases (1=cardiovascular diseases; 0=no cardiovascular diseases).

**Pulmonary diseases:** this is a dichotomous variable indicating if the participant suffers from pulmonary diseases (1=pulmonary diseases; 0=no pulmonary diseases).

**Cancer:** this is a dichotomous variable indicating if the participant suffers from cancer (1=cancer; 0=no cancer).

**Diabetes:** this is a dichotomous variable indicating if the participant suffers from diabetes (1=diabetes; 0=no diabetes).

**Risk pathologies:** this is a dichotomous variable indicating if the participant suffers from pathologies that enhance the COVID-19 infection risk (1=risk pathologies; 0=no risk pathologies).

**Avoid virus:** this variable indicates how much the participant feel himself/herself able to avoid the COVID-19. The response value ranges from 1= "not at all" to 5= "very much".

**Be a risk for others:** this variable indicates how much the participant feel himself/herself a risk for others (asymptomatic contagious for the COVID-19). The response value ranges from 1= "not at all" to 5= "very much".

**Having swab:** this dichotomous variable indicates if the participant has been swabbed for the COVID-19 (1=swabbed, 0=not swabbed).

**Positive swab:** this dichotomous variable indicates who have positive swabs among who have been swabbed for the COVID-19 (1=positive swab, 0=negative swab).

**Need hospitalization:** this dichotomous variable indicates who needed hospitalization among who result having positive swab for the COVID-19 (1=hospitalization, 0=no hospitalization).

**Knowing infected:** this is a dichotomous variable indicating if the participant knows someone who has been infected by the COVID-19 (1=know someone infected, 0=don't know someone infected).

**Knowing hospitalized:** this is a dichotomous variable indicating if the participant knows someone who has been hospitalized after the COVID-19 infection (1=know someone hospitalized, 0=don't know someone hospitalized).

**Knowing deceased:** this is a dichotomous variable indicating if the participant knows someone who has died after COVID-19 infection (1=know someone who died, 0=don't know someone who died).

**Information search:** this is an ordinal variable indicating participant's active search for information about the COVID-19. The response value ranges from 1= "never or almost never" to 5= "all day long".

**High sources:** this is a dichotomous variable indicating if the participant searches information about the COVID-19 from high reliability sources like WHO, Italian Ministry of Health, etc. (1=high reliability sources, 0=other sources).

**Medium sources:** this is a dichotomous variable indicating if the participant searches information about the COVID-19 from medium reliability sources e.g. traditional media like newspaper, television, etc. (1=medium reliability sources, 0=other sources).

**Low sources:** this is a dichotomous variable indicating if the participant searches information about the COVID-19 from low reliability sources like social networks, friends, etc. (1=low reliability sources, 0=other sources).

**Feeling in danger:** this variable indicates how much the participant feels himself/herself in danger for the COVID-19. The response value ranges from 1= "not at all" to 5= "very much".

**Concern for loved ones:** this variable indicates how much the participant feels worried for his/her loved ones because of the COVID-19. The response value ranges from 1= "not at all" to 5= "very much".

**Attention to symptoms:** this variable indicates how much the participant pays more attention than usual to his/her physical symptoms during the COVID-19 emergency. The response value ranges from 1= "not at all" to 5= "very much".

**Respecting ordinances:** this is a dichotomous variable indicating if the participant respects governmental restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no)

**Out despite ban:** this is a dichotomous variable indicating if the participant goes out despite restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no).

**Out when necessary:** this is a dichotomous variable indicating if the participant goes out only when necessary respecting restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no).

**Walk despite ban:** this is a dichotomous variable indicating if the participant takes a walk despite restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no).

**Grocery not for necessity:** this is a dichotomous variable indicating if the participant goes to the grocery stores without real necessity despite restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no).

**Trickery to bypass ordinances:** this is a dichotomous variable indicating if the participant searches for trickery to bypass restrictive ordinances to face the COVID-19 emergency (1=yes, 0=no).

**Attitudes to future:** this is an ordinal variable indicating participant's attitudes to the future COVID-19 emergency's resolution. The response value was coded as follows: the emergency 1= "will finish in 15 days", 2= "will finish in one month", 3= "it will be last several months", 4= "it will not resolve until a vaccine is discovered"

**Freedom limitation:** this variable indicates how much the participant perceives his/her freedom limited by restrictive ordinances to face the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**Work life change:** this variable indicates how much the participant perceives his/her working life changed during the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**Emotional life change:** this variable indicates how much the participant perceives his/her emotional life (e.g., married life) changed during the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**Family life change:** this variable indicates how much the participant perceives his/her familiar life changed during the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**Social life change:** this variable indicates how much the participant perceives his/her social life changed during the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**General life change:** this variable indicates how much the participant perceives his/her general daily life changed during the COVID-19 emergency. The response value ranges from 1= “not at all” to 10= “very much”.

**Need support:** this variable indicates how much the participant perceives he/she needs a psychological support during the COVID-19 emergency. The response value ranges from 1= “strongly disagree” to 5= “strongly agree”.

**Growth opportunity:** this variable indicates how much the participant perceives the COVID-19 emergency as an opportunity for growth. The response value ranges from 1= “strongly disagree” to 5= “strongly agree”.

**COPE avoidance:** this is a continuous variable indicating the participant’s mean score in the COPE-NVI-25 avoidance strategies scale.

**COPE religion:** this is a continuous variable indicating the participant’s mean score in the COPE-NVI-25 turning to religion scale.

**COPE positive:** this is a continuous variable indicating the participant’s mean score in the COPE-NVI-25 positive attitude scale.

**COPE support:** this is a continuous variable indicating the participant’s mean score in the COPE-NVI-25 social support scale.

**COPE problem:** this is a continuous variable indicating the participant’s mean score in the COPE-NVI-25 problem solving scale.

**COPE functional:** this is a continuous variable indicating the participant’s sum of the mean scores in the COPE-NVI-25 problem solving and positive attitude scales.

**COPE dysfunctional:** this is a continuous variable indicating the participant’s sum of the mean scores in the COPE-NVI-25 avoidance strategies, turning to religion and social support scales.

**CFC score:** this is a continuous variable indicating the participant's total score in the Consideration of future consequences (CFC) scale.

**BSCS total score:** this is a continuous variable indicating the participant's total score in the Brief Self-Control Scale (BSCS).

**BSCS GSD:** this is a continuous variable indicating the participant's score in the BSCS General self-discipline (GSD) factor.

**BSCS IC:** this is a continuous variable indicating the participant's score in the BSCS Impulse control (IC) factor.

**BFI-10 Agreeableness:** this is a continuous variable indicating the participant's score in the 10 item Big Five Inventory (BFI-10) Agreeableness scale.

**BFI-10 Conscientiousness:** this is a continuous variable indicating the participant's score in the BFI-10 Conscientiousness scale.

**BFI-10 Emotional stability:** this is a continuous variable indicating the participant's score in the BFI-10 Emotional stability scale.

**BFI-10 Extraversion:** this is a continuous variable indicating the participant's score in the BFI-10 Extraversion scale.

**BFI-10 Openness:** this is a continuous variable indicating the participant's score in the BFI-10 Openness scale.

**Internal LOC:** this is a continuous variable indicating the participant's score in the Internal subscale of the Short Version of the Locus of Control Scale.

**PSS-10 score:** this is the score obtained by the subjects in the PSS-10 scale.

**Low vs high stress:** this dichotomous categorical variable indicates the participant having a low- or high-stress level in accordance with the cut-off of 1,5 SD above the Italian mean in the PSS-10 (low=low stress, high=high stress).