

Table S1. Prevalence ratios for healthcare avoidance, adjusted for sex, age group, region, education, health status and pandemic period.

	Crude		Adjusted	
	PR	95% CI	PR	95% CI
Sex (ref. Male)	1.26	(1.19; 1.34)	1.27	(1.20; 1.35)
Age (ref. 26-65)				
18-25	0.86	(0.76; 0.98)	0.86	(0.75; 0.98)
>65	0.97	(0.91; 1.04)	0.98	(0.92; 1.05)
Region (ref. Lisbon and Tagus Valey)				
North	0.93	(0.87; 0.98)	0.92	(0.87; 0.98)
Center	0.93	(0.86; 0.99)	0.92	(0.86; 0.98)
Alentejo	1.06	(0.95; 1.18)	1.07	(0.96; 1.19)
Algarve	1.06	(0.95; 1.18)	1.06	(0.95; 1.18)
Azores	0.67	(0.50; 0.90)	0.66	(0.49; 0.89)
Madeira	0.71	(0.49; 1.03)	0.72	(0.50; 1.03)
Education (ref. University)				
Basic/None	0.95	(0.86; 1.05)	0.95	(0.86; 1.05)
Secondary	0.96	(0.90; 1.01)	0.95	(0.90; 1.00)
Occupation (ref. Worker)				
Student	0.93	(0.82; 1.06)	1.06	(0.88; 1.26)
Retired	1.02	(0.96; 1.09)	1.08	(0.98; 1.19)
Unemployed	1.01	(0.91; 1.13)	1.02	(0.92; 1.14)
Other	1.08	(0.99; 1.18)	1.06	(0.97; 1.17)
Confidence in the capacity of health services to respond to COVID-19 (ref. High)				
Low	1.21	(1.15; 1.27)	1.19	(1.13; 1.25)
Confidence in the capacity of health services to respond to non-COVID-19 (ref. High)				
Low	1.26	(1.20; 1.32)	1.24	(1.18; 1.30)
Monthly household income (ref. >2501€)				
<650€	0.99	(0.89; 1.11)	0.98	(0.87; 1.11)
651-1000€	1.08	(1.00; 1.17)	1.07	(0.98; 1.16)
1001-1500€	1.06	(0.98; 1.14)	1.02	(0.95; 1.10)
1501-2000€	1.02	(0.95; 1.11)	1.02	(0.94; 1.10)
2001-2500€	1.07	(0.99; 1.16)	1.04	(0.97; 1.13)
Lost of income due to the pandemic (ref. No)	1.09	(1.04; 1.15)	1.10	(1.04; 1.15)
Perception of the health status (ref. Very good/Good)				
Reasonable	1.26	(1.20; 1.32)	1.25	(1.19; 1.31)
Bad/Very bad	1.37	(1.23; 1.52)	1.38	(1.23; 1.54)
Number of comorbidities (ref. 0)				
1	1.12	(1.06; 1.18)	1.06	(1.01; 1.12)
≥2	1.11	(1.04; 1.18)	1.02	(0.96; 1.10)
Frequency of agitation, sadness or anxiety due to the physical distance measures (ref. Never)				
Some days	1.34	(1.24; 1.43)	1.24	(1.15; 1.33)

	Crude		Adjusted	
	PR	95% CI	PR	95% CI
Almost every day	1.71	(1.58; 1.85)	1.54	(1.42; 1.67)
Every day	1.77	(1.61; 1.94)	1.57	(1.42; 1.72)
Pandemic period (ref. P6)				
P2	1.18	(1.09; 1.27)	1.20	(1.11; 1.30)
P3	1.09	(1.01; 1.18)	1.13	(1.04; 1.22)
P4	1.23	(1.16; 1.31)	1.25	(1.18; 1.33)
P5	1.09	(1.02; 1.16)	1.08	(1.01; 1.16)
Self-Perceived Risk to get COVID-19 Infection (ref. High)				
Moderate	0.94	(0.88; 1.01)	0.98	(0.91; 1.05)
Low/No risk	0.81	(0.76; 0.88)	0.88	(0.82; 0.95)
Unsure	0.91	(0.82; 1.01)	0.94	(0.84; 1.04)
Self-Perceived Risk to Develop Severe Disease Following COVID-19 Infection (ref. High)				
Moderate	0.92	(0.87; 0.98)	0.98	(0.92; 1.04)
Low/No risk	0.74	(0.69; 0.79)	0.82	(0.77; 0.88)
Unsure	0.86	(0.80; 0.93)	0.91	(0.84; 0.99)
Self-perceived risk to get infected in a health institution (ref. High)				
Moderate	0.75	(0.70; 0.79)	0.74	(0.70; 0.79)
Low/No risk	0.44	(0.41; 0.48)	0.44	(0.40; 0.48)
Unsure	0.73	(0.63; 0.86)	0.73	(0.63; 0.85)
Perception of the adequacy of the measures implemented by the Government (ref. Positive)				
Negative	1.06	(1.01; 1.11)	1.07	(1.02; 1.12)
View on the information provided by the health authorities (ref. Clear and understandable)				
Unclear and confusing	1.12	(1.03; 1.21)	1.11	(1.03; 1.21)
Inconsistent and contradictory	0.90	(0.82; 0.98)	0.92	(0.83; 1.01)

PR: prevalence ratio, CI: confidence interval.