



Article

The psychological impact of strict and prolonged confinement on business students during the COVID-19 pandemic at a Spanish university

Supplementary Material:

Table S1. Association between GAD-7 and being affected negatively by the state of alarm by Covid-19 (confinement)

Anxiety level	Affected negatively by confinement				Total
	Yes, a lot	Yes, somewhat	Yes, but only in a small way	No	
Normal	5	5	6	6	22
Mild	18	29	17	3	67
Moderate	21	45	5	1	72
Severe	19	16	0	2	37
Total	63	95	28	12	198

Table S2. Association between GAD-7 and immediate family income affected negatively

Anxiety level	Affected	Not affected	Total
Normal	11	11	22
Mild	37	30	67
Moderate	49	23	72
Severe	27	10	37
Total	124	74	198

Table S3. Association between GAD-7 and feeling fear

Anxiety level	Feeling fear				Total
	Always	More than 50% of the time	Less than 50% of the time	Never	
Normal	0	1	8	13	22
Mild	0	17	38	11	67
Moderate	1	28	40	3	72

Severe	3	19	11	1	37
Total	4	65	97	28	198*

*Four values lost

Table S4. Association between GAD-7 and negatively affected sleep patterns

Anxiety level	Negatively affected sleep patterns						Total
	Always	Most of the time	More than 50% of the time	Less than 50% of the time	Some-times	Never	
Normal	1	3	1	0	8	9	22
Mild	9	20	7	10	12	9	67
Moderate	20	21	10	4	10	6	72
Severe	20	10	4	3	0	0	37
Total	50	54	22	17	30	24	198*

*One value lost

Table S5. Association between GAD-7 and relationship with family

Anxiety level	Level of satisfaction with family relationship						Total
	Completely satisfied	Very satisfied	Somewhat satisfied	Neither satisfied or nor dissatisfied	Not very satisfied	Not satisfied at all	
Normal	12	5	3	0	2	0	22
Mild	27	29	9	0	1	0	67
Moderate	20	27	14	4	6	1	72
Severe	7	13	3	4	9	0	37
Total	66	74	29	8	18	1	198*

*Two values lost

Table S6. Association between GAD-7 and if their habits help them during this period

Anxiety level	Habits help them during this period								Total
	Extremely true	True most ways	al-most true	Somewhat true	Neither true nor false	Somewhat false	False in most all contexts	Com-pletely false	
Normal	6	10	4	2	0	0	0	0	22
Mild	17	21	18	6	3	1	1	1	67
Moderate	9	19	25	7	6	5	1	1	72
Severe	2	9	13	5	5	1	2	2	37
Total	34	59	60	20	14	7	4	4	198

Table S7. Association between GAD-7 and feel calm and relaxed

Anxiety level	Feel calm and relaxed						
	All the time	Most of the time	More than 50% of the time	Less than 50% of the time	Sometimes	Never	Total
Normal	3	10	4	4	1	0	22
Mild	1	9	14	20	21	2	67
Moderate	0	3	10	21	33	5	72
Severe	0	0	1	4	17	15	37
Total	4	22	29	49	72	22	198

Table S8. Association between GAD-7 with the death of a relative or a friend.

Anxiety level	Death of a relative or a friend.					
	Relative			Friend		
	Affected	Not affected	Total	Affected	Not affected	Total
Normal	1	21	22	2	20	22
Mild	5	62	67	5	62	67
Moderate	8	64	72	5	67	72
Severe	3	34	37	1	36	37
Total	17	181	198	13	185	198