

Table S1

Unstandardized Regression Coefficients, Standard Errors, and Model Summary Information for the Parallel Multiple Mediator Model 1, considering Symptoms of Depression as the Dependent Variable.

Predictors	Dependent Variables																					
	Emotional Coping (M1)			Problem Oriented Coping (M2)			Dysfunctional Coping (M3)			Positive Affect (M4)			Negative Affect (M5)			Depression (Y)			Depression (Y)			
	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	
Self-Comp. (X)	0.14	0.01	0.00	0.07	0.01	0.00	-0.08	0.01	0.00	0.07	0.01	0.00	-0.11	0.01	0.00	-0.12	0.01	0.00	-0.05	0.01	0.00	
M1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04	0.04	0.27	
M2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-0.14	0.05	0.01	
M3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.21	0.04	0.00	
M4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-0.17	0.03	0.00	
M5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27	0.03	0.00	
Cov. 1	1.88	0.47	0.00	0.53	0.34	0.12	1.13	0.4	0.00	-0.33	0.41	0.42	0.57	0.4	0.15	0.89	0.32	0.00	0.44	0.28	0.12	
Cov. 2	-0.85	0.46	0.07	-0.07	0.33	0.83	-0.15	0.39	0.70	-0.03	0.4	0.93	1.37	0.39	0.00	-0.44	0.31	0.16	-0.76	0.27	0.01	
Cov. 3	-0.09	0.46	0.84	-0.04	0.33	0.90	0.41	0.38	0.29	0.43	0.4	0.28	0.64	0.39	0.1	0.52	0.31	0.09	0.34	0.26	0.20	
Cov. 4	0.01	0.02	0.66	-0.01	0.01	0.39	-0.02	0.02	0.32	0.00	0.02	0.94	-0.03	0.02	0.13	-0.02	0.01	0.07	-0.02	0.01	0.15	
Cov. 5	-1.67	0.52	0.00	-0.92	0.37	0.01	-1.21	0.44	0.01	0.62	0.45	0.17	-1.74	0.44	0.00	-0.82	0.35	0.02	-0.05	0.31	0.88	
Cov. 6	-0.01	0.17	0.93	0.21	0.12	0.08	-0.26	0.14	0.06	0.38	0.14	0.01	-0.09	0.14	0.54	-0.24	0.11	0.03	-0.06	0.10	0.51	
Cov. 7	-0.35	0.53	0.5	0.02	0.38	0.96	-0.46	0.45	0.31	0.05	0.46	0.91	0.99	0.45	0.03	0.71	0.36	0.05	0.56	0.31	0.07	
Constant	4.35	1.62	0.01	3.84	1.16	0.00	19.64	1.37	0.00	6.53	1.41	0.00	20.16	1.38	0.00	15.39	1.09	0.00	7.31	1.28	0.00	
$R^2 = 0.23$			$R^2 = 0.15$			$R^2 = 0.19$			$R^2 = 0.11$			$R^2 = 0.27$			$R^2 = 0.36$			$R^2 = 0.54$				
$F(8,419) = 15.79, p <.001$			$F(8,419) = 9.19, p <.001$			$F(8,419) = 12.17, p <.001$			$F(8,419) = 6.63, p <.001$			$F(8,419) = 19.60, p <.001$			$F(8,419) = 29.63, p <.001$			$F(13,414) = 37.11, p <.001$				

Note. The covariables are described as Cov. 1 to Cov. 7 and are the following: Cov.1 is ‘Psychological Conditions’ (0 = Never had psychological support, 1= Already had psychological support sometime in my life; Cov.2 is ‘Caring for dependent people during quarantine’ (0 = No; 1= Yes); Cov. 3 is ‘Being in Quarantine’ (0 = No; 1= Yes); Cov. 4 is ‘Age’; Cov. 5 is ‘Gender’ (0 = Female; 1= Male); Cov. 6 is ‘Educational Level’ (1=Primary school to 7=Doctoral Studies); Cov. 7 is ‘Problematic/Important Physical Conditions’ (0 = No; 1= Yes).

Table S2

Unstandardized Regression Coefficients, Standard Errors, and Model Summary Information for the Parallel Multiple Mediator Model 2, considering Anxiety as the Dependent Variable.

Predictors	Dependent Variables																					
	Emotional Coping (M1)			Problem Oriented Coping (M2)			Dysfunctional Coping (M3)			Positive Affect (M4)			Negative Affect (M5)			Anxiety (Y)			Anxiety (Y)			
	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	
Self-Comp. (X)	0.14	0.01	0.00	0.07	0.01	0.00	-0.08	0.01	0.00	0.07	0.01	0.00	-0.11	0.01	0.00	-0.09	0.01	0.00	-0.04	0.01	0.00	
M1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00	0.03	0.97	
M2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.01	0.05	0.8	
M3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.04	0.03	0.19	
M4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-0.02	0.03	0.57	
M5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.43	0.03	0.00	
Cov. 1	1.88	0.47	0.00	0.53	0.34	0.12	1.13	0.4	0.00	-0.33	0.41	0.42	0.57	0.4	0.15	1.05	0.31	0.00	0.74	0.26	0.00	
Cov. 2	-0.85	0.46	0.07	-0.07	0.33	0.83	-0.15	0.39	0.70	-0.03	0.4	0.93	1.37	0.39	0.00	0.26	0.30	0.39	-0.32	0.25	0.2	
Cov. 3	-0.09	0.46	0.84	-0.04	0.33	0.90	0.41	0.38	0.29	0.43	0.4	0.28	0.64	0.39	0.1	0.37	0.30	0.22	0.08	0.24	0.75	
Cov. 4	0.01	0.02	0.66	-0.01	0.01	0.39	-0.02	0.02	0.32	0.00	0.02	0.94	-0.03	0.02	0.13	-0.03	0.01	0.02	-0.02	0.01	0.1	
Cov. 5	-1.67	0.52	0.00	-0.92	0.37	0.01	-1.21	0.44	0.01	0.62	0.45	0.17	-1.74	0.44	0.00	-1.14	0.34	0.00	-0.31	0.29	0.28	
Cov. 6	-0.01	0.17	0.93	0.21	0.12	0.08	-0.26	0.14	0.06	0.38	0.14	0.01	-0.09	0.14	0.54	-0.30	0.11	0.00	-0.25	0.09	0.01	
Cov. 7	-0.35	0.53	0.5	0.02	0.38	0.96	-0.46	0.45	0.31	0.05	0.46	0.91	0.99	0.45	0.03	1.27	0.34	0.00	0.86	0.28	0.00	
Constant	4.35	1.62	0.01	3.84	1.16	0.00	19.64	1.37	0.00	6.53	1.41	0.00	20.16	1.38	0.00	12.53	1.05	0.00	3.02	1.18	0.01	
$R^2 = 0.23$			$R^2 = 0.15$			$R^2 = 0.19$			$R^2 = 0.11$			$R^2 = 0.27$			$R^2 = 0.32$			$R^2 = 0.56$				
$F(8,419) = 15.79, p <.001$			$F(8,419) = 9.19, p <.001$			$F(8,419) = 12.17, p <.001$			$F(8,419) = 6.63, p <.001$			$F(8,419) = 19.60, p <.001$			$F(8,419) = 25.16, p <.001$			$F(13,414) = 39.87, p <.001$				

Note. The covariables are described as Cov. 1 to Cov. 7 and are the following: Cov.1 is ‘Psychological Conditions’ (0 = Never had psychological support, 1= Already had psychological support sometime in my life; Cov.2 is ‘Caring for dependent people during quarantine’ (0 = No; 1= Yes); Cov. 3 is ‘Being in Quarantine’ (0 = No; 1= Yes); Cov. 4 is ‘Age’; Cov. 5 is ‘Gender’ (0 = Female; 1= Male); Cov. 6 is ‘Educational Level’ (1=Primary school to 7=Doctoral Studies); Cov. 7 is ‘Problematic/Important Physical Conditions’ (0 = No; 1= Yes).

Table S3

Unstandardized Regression Coefficients, Standard Errors, and Model Summary Information for the Parallel Multiple Mediator Model 3, considering Stress as the Dependent Variable.

Predictors	Dependent Variables																					
	Emotional Coping (M1)			Problem Oriented Coping (M2)			Dysfunctional Coping (M3)			Positive Affect (M4)			Negative Affect (M5)			Stress (Y)			Stress (Y)			
	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	
Self-Comp. (X)	0.14	0.01	0.00	0.07	0.01	0.00	-0.08	0.01	0.00	0.07	0.01	0.00	-0.11	0.01	0.00	-0.13	0.01	0.00	-0.08	0.01	0.00	
M1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-0.05	0.04	0.23	
M2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.17	0.06	0.00	
M3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.08	0.04	0.07	
M4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00	0.04	0.99	
M5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.48	0.04	0.00	
Cov. 1	1.88	0.47	0.00	0.53	0.34	0.12	1.13	0.4	0.00	-0.33	0.41	0.42	0.57	0.4	0.15	1.95	0.38	0.00	1.59	0.32	0.00	
Cov. 2	-0.85	0.46	0.07	-0.07	0.33	0.83	-0.15	0.39	0.70	-0.03	0.4	0.93	1.37	0.39	0.00	0.92	0.37	0.01	0.25	0.31	0.43	
Cov. 3	-0.09	0.46	0.84	-0.04	0.33	0.90	0.41	0.38	0.29	0.43	0.4	0.28	0.64	0.39	0.1	0.63	0.37	0.09	0.29	0.31	0.34	
Cov. 4	0.01	0.02	0.66	-0.01	0.01	0.39	-0.02	0.02	0.32	0.00	0.02	0.94	-0.03	0.02	0.13	-0.04	0.02	0.02	-0.02	0.01	0.12	
Cov. 5	-1.67	0.52	0.00	-0.92	0.37	0.01	-1.21	0.44	0.01	0.62	0.45	0.17	-1.74	0.44	0.00	-1.83	0.42	0.00	-0.83	0.36	0.02	
Cov. 6	-0.01	0.17	0.93	0.21	0.12	0.08	-0.26	0.14	0.06	0.38	0.14	0.01	-0.09	0.14	0.54	-0.09	0.13	0.5	-0.07	0.11	0.56	
Cov. 7	-0.35	0.53	0.5	0.02	0.38	0.96	-0.46	0.45	0.31	0.05	0.46	0.91	0.99	0.45	0.03	0.83	0.43	0.05	0.37	0.36	0.3	
Constant	4.35	1.62	0.01	3.84	1.16	0.00	19.64	1.37	0.00	6.53	1.41	0.00	20.16	1.38	0.00	18.16	1.31	0.00	6.55	1.49	0.00	
$R^2 = 0.23$			$R^2 = 0.15$			$R^2 = 0.19$			$R^2 = 0.11$			$R^2 = 0.27$			$R^2 = 0.40$			$R^2 = 0.59$				
$F(8,419) = 15.79, p <.001$			$F(8,419) = 9.19, p <.001$			$F(8,419) = 12.17, p <.001$			$F(8,419) = 6.63, p <.001$			$F(8,419) = 19.60, p <.001$			$F(8,419) = 34.66, p <.001$			$F(13,414) = 46.01, p <.001$				

Note. The covariables are described as Cov. 1 to Cov. 7 and are the following: Cov.1 is 'Psychological Conditions' (0 = Never had psychological support, 1= Already had psychological support sometime in my life; Cov.2 is 'Caring for dependent people during quarantine' (0 = No; 1= Yes); Cov. 3 is 'Being in Quarantine' (0 = No; 1= Yes); Cov. 4 is 'Age'; Cov. 5 is 'Gender' (0 = Female; 1= Male); Cov. 6 is 'Educational Level' (1=Primary school to 7=Doctoral Studies); Cov. 7 is 'Problematic/Important Physical Conditions' (0 = No; 1= Yes).

Table S4

Unstandardized Regression Coefficients, Standard Errors, and Model Summary Information for the Parallel Multiple Mediator Model 4, considering Stress as the Dependent Variable and the Problem Oriented Coping Strategies and Negative Affect as Mediators.

Predictors	Dependent Variables																	
	Active Coping (M1)			Planning (M2)			Use of instrumental support (M3)			Negative Affect (M4)			Stress (Y)			Stress (Y)		
	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p	Coeff.	SE	p
Self-Comp. (X)	0.04	0.00	0.00	0.02	0.00	0.00	0.02	0.01	0.00	-0.11	0.01	0.00	-0.13	0.01	0.00	-0.09	0.01	0.00
M1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-0.03	0.16	0.87
M2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.47	0.15	0.00
M3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.05	0.1	0.61
M4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.49	0.04	0.00
Cov. 1	0.14	0.12	0.24	0.11	0.13	0.41	0.28	0.17	0.11	0.56	0.40	0.16	1.95	0.38	0.00	1.62	0.32	0.00
Cov. 2	-0.01	0.12	0.95	0.07	0.13	0.58	-0.14	0.17	0.42	1.38	0.39	0.00	0.92	0.37	0.01	0.21	0.31	0.51
Cov. 3	0.05	0.12	0.65	-0.01	0.13	0.91	-0.08	0.17	0.64	0.63	0.39	0.11	0.63	0.37	0.09	0.33	0.31	0.28
Cov. 4	0.00	0.01	0.65	0.00	0.01	0.94	-0.01	0.01	0.04	-0.03	0.02	0.13	-0.04	0.02	0.02	-0.02	0.01	0.08
Cov. 5	-0.18	0.14	0.19	-0.14	0.15	0.35	-0.61	0.19	0.00	-1.74	0.44	0.00	-1.83	0.42	0.00	-0.89	0.36	0.01
Cov. 6	0.10	0.04	0.03	0.09	0.05	0.06	0.03	0.06	0.68	-0.09	0.14	0.55	-0.09	0.13	0.5	-0.09	0.11	0.42
Cov. 7	0.04	0.14	0.75	-0.10	0.15	0.50	0.07	0.20	0.71	1.01	0.45	0.03	0.83	0.42	0.05	0.38	0.35	0.29
Constant	0.44	0.43	0.30	1.53	0.46	0.00	1.88	0.60	0.00	20.12	1.38	0.00	18.17	1.31	0.00	7.46	1.33	0.00
$R^2 = 0.21$			$R^2 = 0.10$			$R^2 = 0.06$			$R^2 = 0.27$			$R^2 = 0.40$			$R^2 = 0.59$			
$F(8,420) = 13.97, p < .001$			$F(8,420) = 5.92, p < .001$			$F(8,420) = 3.45, p = .001$			$F(8,420) = 19.55, p < .001$			$F(8,420) = 34.86, p < .001$			$F(12,416) = 50.24, p < .001$			

Note. The covariables are described as Cov. 1 to Cov. 7 and are the following: Cov.1 is 'Psychological Conditions' (0 = Never had psychological support, 1= Already had psychological support sometime in my life; Cov.2 is 'Caring for dependent people during quarantine' (0 = No; 1= Yes); Cov. 3 is 'Being in Quarantine' (0 = No; 1= Yes); Cov. 4 is 'Age'; Cov. 5 is 'Gender' (0 = Female; 1= Male); Cov. 6 is 'Educational Level' (1=Primary school to 7=Doctoral Studies); Cov. 7 is 'Problematic/Important Physical Conditions' (0 = No; 1= Yes).