

Supplementary Materials

Table S1. Descriptive analyses of students, separately for each university. Abbreviations: SD=Standard Deviation.

		Turin	Genoa	Pisa	Florence	Messina
<i>level</i>		<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>
		<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>
n		2209	2222	3256	1359	318
Age, years		22.33 (3.31)	22.79 (4.58)	23.18 (3.97)	22.82 (3.92)	23.71 (5.05)
Sex	<i>Female</i>	1648 (75.4)	1482 (67.6)	1991 (62.4)	953 (70.7)	227 (72.1)
	<i>Male</i>	538 (24.6)	709 (32.4)	1201 (37.6)	394 (29.3)	88 (27.9)
Household monthly income	<i><=1500</i>	449 (24.8)	390 (25.1)	606 (26.8)	244 (24.2)	88 (36.5)
	<i>1501-3000</i>	814 (45.0)	705 (45.3)	1039 (46.0)	445 (44.2)	94 (39.0)
	<i>>=3000</i>	544 (30.1)	460 (29.6)	614 (27.2)	318 (31.6)	59 (24.5)
No. Of Inhabitants/No. Of Rooms		0.55 (0.24)	0.52 (0.23)	0.51 (0.24)	0.53 (0.24)	0.55 (0.26)
Old or disabled cohabitants (Do you live with old or disabled people?)	<i>No</i>	1770 (84.5)	1678 (83.9)	2539 (85.4)	1070 (85.3)	238 (79.9)
	<i>Yes</i>	325 (15.5)	322 (16.1)	434 (14.6)	185 (14.7)	60 (20.1)
Cohabitants involved in activities with the public	<i>No</i>	928 (43.2)	1035 (49.5)	1899 (61.0)	632 (49.1)	154 (51.5)
	<i>Yes</i>	1220 (56.8)	1056 (50.5)	1213 (39.0)	656 (50.9)	145 (48.5)
Cohabitants working or studying from home	<i>No</i>	694 (32.4)	772 (37.0)	938 (30.4)	414 (32.2)	109 (37.7)
	<i>Yes</i>	1448 (67.6)	1314 (63.0)	2146 (69.6)	872 (67.8)	180 (62.3)
Changes in your familial economic condition	<i>Worse</i>	931 (44.0)	884 (43.2)	1432 (47.0)	597 (47.6)	116 (40.3)
	<i>The same or Better</i>	1187 (56.0)	1161 (56.8)	1618 (53.0)	658 (52.4)	172 (59.7)
Concern for the future of your family (Economic uncertainty)		2.47 (0.85)	2.54 (0.88)	2.60 (0.86)	2.54 (0.85)	2.44 (0.91)
Workload (now vs before)	<i>Less</i>	236 (11.0)	230 (10.8)	297 (9.5)	114 (8.8)	18 (6.0)
	<i>The same</i>	1073 (50.2)	1232 (57.7)	2144 (68.9)	710 (54.6)	189 (63.0)
	<i>More</i>	828 (38.7)	674 (31.6)	669 (21.5)	476 (36.6)	93 (31.0)
Home learning satisfaction compared to traditional learning	<i>Worse</i>	1334 (68.5)	1151 (57.8)	1482 (54.2)	720 (63.2)	115 (39.5)
	<i>The same</i>	274 (14.1)	372 (18.7)	611 (22.4)	157 (13.8)	49 (16.8)
	<i>Better</i>	340 (17.5)	467 (23.5)	639 (23.4)	263 (23.1)	127 (43.6)
Overload		2.95 (1.21)	2.75 (1.18)	2.53 (1.12)	2.88 (1.22)	2.78 (1.19)
Study – family conflicts		2.96 (1.45)	2.75 (1.40)	2.67 (1.38)	2.81 (1.41)	2.95 (1.43)
Concern for the future (Studying uncertainty)		4.10 (1.11)	4.08 (1.12)	4.11 (1.08)	4.04 (1.10)	3.86 (1.19)
Adequacy of equipment		1.95 (0.56)	2.02 (0.56)	1.98 (0.55)	1.97 (0.57)	1.99 (0.61)
HADS anxiety		7.59 (4.53)	6.97 (4.37)	7.08 (4.25)	7.30 (4.33)	8.33 (4.34)
HADS depression		6.06 (3.73)	6.05 (3.70)	6.10 (3.55)	6.25 (3.70)	7.00 (3.78)
HADS total		13.69 (7.58)	13.09 (7.41)	13.26 (7.12)	13.63 (7.36)	15.48 (7.43)
HADS anxiety (categorical)	<i>Normal</i>	1099 (52.9)	1200 (60.6)	1726 (59.6)	709 (57.5)	126 (46.5)

	<i>Borderline</i>	455 (21.9)	353 (17.8)	571 (19.7)	248 (20.1)	68 (25.1)
	<i>Severe</i>	523 (25.2)	428 (21.6)	601 (20.7)	275 (22.3)	77 (28.4)
HADS depression (categorical)	<i>Normal</i>	1356 (69.1)	1219 (68.9)	1821 (69.5)	774 (67.3)	152 (61.5)
	<i>Borderline</i>	343 (17.5)	331 (18.7)	471 (18.0)	209 (18.2)	48 (19.4)
	<i>Severe</i>	264 (13.4)	218 (12.3)	330 (12.6)	167 (14.5)	47 (19.0)
HADS total (categorical)	<i>Normal</i>	1341 (68.9)	1258 (71.4)	1836 (71.4)	788 (70.0)	150 (61.0)
	<i>Severe</i>	606 (31.1)	503 (28.6)	736 (28.6)	337 (30.0)	96 (39.0)

Table S2. Descriptive analyses of academic workers, separately for each university. Abbreviations: SD=Standard Deviation.

		Turin	Genoa	Pisa	Florence	Messina
<i>level</i>		<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>	<i>N (%)</i>
		<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>	<i>Mean (SD)</i>
n		416	609	608	328	198
Age, years		46.13 (10.38)	49.67 (10.63)	48.65 (10.30)	50.32 (9.99)	50.46 (8.11)
Sex	<i>Female</i>	283 (69.5)	363 (60.2)	378 (63.3)	195 (61.5)	112 (57.4)
	<i>Male</i>	124 (30.5)	240 (39.8)	219 (36.7)	122 (38.5)	83 (42.6)
Household monthly income	<i><=1500</i>	72 (18.1)	88 (15.5)	82 (14.1)	43 (14.1)	34 (18.0)
	<i>1501-3000</i>	156 (39.3)	228 (40.3)	243 (41.8)	126 (41.2)	76 (40.2)
	<i>>=3000</i>	169 (42.6)	250 (44.2)	257 (44.2)	137 (44.8)	79 (41.8)
Sons or Daughters	<i>No</i>	209 (50.2)	230 (38)	227 (37.7)	107 (32.8)	62 (31.6)
	<i>Yes</i>	207 (49.8)	375 (62.0)	375 (62.3)	219 (67.2)	134 (68.4)
No. Of Inhabitants/No. Of Rooms		0.43 (0.28)	0.40 (0.26)	0.42 (0.25)	0.47 (0.24)	0.44 (0.28)
Old or disabled cohabitants (Do you live with old or disabled people?)	<i>No</i>	350 (88.6)	478 (85.7)	495 (87.9)	269 (87.6)	134 (76.1)
	<i>Yes</i>	45 (11.4)	80 (14.3)	68 (12.1)	38 (12.4)	42 (23.9)
Cohabitants involved in activities with the public	<i>No</i>	305 (76.8)	425 (74.4)	454 (77.3)	230 (73.5)	150 (82)
	<i>Yes</i>	92 (23.2)	146 (25.6)	133 (22.7)	83 (26.5)	33 (18.0)
Cohabitants working or studying from home	<i>No</i>	145 (36.7)	211 (36.5)	205 (34.7)	104 (33)	74 (39.6)
	<i>Yes</i>	250 (63.3)	367 (63.5)	385 (65.3)	211 (67.0)	113 (60.4)
Changes in your familial economic condition	<i>Worse</i>	115 (28.2)	156 (26.4)	146 (24.6)	80 (24.8)	41 (21.1)
	<i>The same or Better</i>	293 (71.8)	435 (73.6)	448 (75.4)	243 (75.2)	153 (78.9)
Concern for the future of your family (Economic uncertainty)		2.36 (0.82)	2.34 (0.80)	2.33 (0.79)	2.30 (0.76)	2.11 (0.78)
Role	<i>Professor or Researcher</i>	195 (46.9)	326 (53.5)	294 (48.4)	138 (42.1)	72 (36.4)
	<i>Administrative Staff</i>	221 (53.1)	283 (46.5)	314 (51.6)	190 (57.9)	126 (63.6)
Workload (now vs before)	<i>Less</i>	87 (21.7)	118 (19.9)	129 (21.8)	42 (13.1)	18 (9.4)
	<i>The same</i>	176 (43.9)	290 (49.0)	313 (52.9)	154 (48.1)	93 (48.7)
	<i>More</i>	138 (34.4)	184 (31.1)	150 (25.3)	124 (38.8)	80 (41.9)
	<i>Worse</i>	187 (51.2)	287 (55.8)	294 (57.9)	142 (50.7)	61 (36.1)

Teleworking satisfaction compared to traditional learning	<i>The same</i>	64 (17.5)	96 (18.7)	103 (20.3)	58 (20.7)	40 (23.7)
	<i>Better</i>	114 (31.2)	131 (25.5)	111 (21.9)	80 (28.6)	68 (40.2)
Clarity of work objectives		2.27 (0.63)	2.52 (0.51)	2.46 (0.57)	2.42 (0.54)	2.60 (0.49)
Overload		2.54 (1.26)	2.38 (1.11)	2.29 (1.05)	2.69 (1.22)	2.88 (1.34)
Work – family conflicts		2.70 (1.41)	2.45 (1.32)	2.44 (1.31)	2.72 (1.36)	2.77 (1.40)
Concern for the future (Working uncertainty)		3.58 (1.22)	3.47 (1.16)	3.50 (1.22)	3.44 (1.21)	3.10 (1.23)
Adequacy of work equipment		1.97 (0.59)	2.07 (0.54)	2.11 (0.52)	1.99 (0.54)	2.11 (0.56)
HADS anxiety		6.39 (3.77)	5.66 (3.32)	5.39 (3.23)	5.68 (3.49)	6.70 (3.97)
HADS depression		5.30 (3.32)	4.92 (3.20)	4.51 (2.90)	4.77 (3.21)	5.65 (3.17)
HADS total		11.71 (6.54)	10.46 (5.88)	9.82 (5.56)	10.33 (6.09)	12.13 (6.45)
HADS anxiety (categorical)	<i>Normal</i>	262 (67.2)	422 (76.2)	433 (77.7)	226 (74.1)	114 (64.8)
	<i>Borderline</i>	73 (18.7)	85 (15.3)	84 (15.1)	53 (17.4)	30 (17.0)
	<i>Severe</i>	55 (14.1)	47 (8.5)	40 (7.2)	26 (8.5)	32 (18.2)
HADS depression (categorical)	<i>Normal</i>	301 (77.0)	396 (79.7)	462 (86.2)	245 (81.7)	108 (69.2)
	<i>Borderline</i>	54 (13.8)	65 (13.1)	52 (9.7)	35 (11.7)	39 (25.0)
	<i>Severe</i>	36 (9.2)	36 (7.2)	22 (4.1)	20 (6.7)	9 (5.8)
HADS total (categorical)	<i>Normal</i>	310 (81.8)	416 (86.3)	464 (89.9)	256 (87.7)	122 (77.7)
	<i>Severe</i>	69 (18.2)	66 (13.7)	52 (10.1)	36 (12.3)	35 (22.3)

Table S3. Linear regressions for students considering the anxiety and depression HADS as outcomes, separately. Confounders included for adjustment are: age, gender, household monthly income, elderly or disabled members, ratio between number of inhabitants and number of rooms, presence of cohabitants working or studying from home or involved in in-person professional work with the public, changes in the economic situation and concern for the future due to economic uncertainty related to the pandemic. Abbreviations: CI=Confidence Interval, *pvalue<0.05.

	β	95% CI	
Model with confounders and all the predictors for HADS anxiety			
<i>Workload (now vs before)</i>			
<i>The same vs Less</i>	-0.545	(-1.205 ; 0.115)	
<i>More vs Less</i>	-0.295	(-0.815 ; 0.224)	
<i>Home learning satisfaction compared to traditional learning</i>			
<i>The same vs Worse</i>	-0.025	(-0.374 ; 0.325)	
<i>Better vs Worse</i>	0.331	(0.004 ; 0.659)	*
<i>Overload</i>	0.331	(0.195 ; 0.466)	*
<i>Study – family conflicts</i>	0.647	(0.545 ; 0.749)	*
<i>Concern for the future (Studying uncertainty)</i>	0.761	(0.614 ; 0.908)	*
<i>Adequacy of equipment</i>	-1.000	(-1.468 ; -0.532)	*
Model with confounders and all the predictors for HADS depression			
<i>Workload (now vs before)</i>			
<i>The same vs Less</i>	-0.430	(-1.362 ; 0.502)	
<i>More vs Less</i>	-0.223	(-1.139 ; 0.693)	

Home learning satisfaction compared to traditional learning			
<i>The same vs Worse</i>	-0.046	(-0.533 ; 0.440)	
<i>Better vs Worse</i>	-0.023	(-0.319 ; 0.272)	
Overload	0.272	(0.149 ; 0.396)	*
Study – family conflicts	0.488	(0.361 ; 0.615)	*
Concern for the future (Studying uncertainty)	0.496	(0.386 ; 0.606)	*
Adequacy of equipment	-1.276	(-1.812 ; -0.741)	*

Table S4. Linear regressions for employees (professors, researchers, and administrative staff) considering the anxiety and depression HADS as outcomes, separately. Confounders included for adjustment are: age, gender, household monthly income, elderly or disabled members, children, ratio between number of inhabitants and number of rooms, presence of cohabitants working or studying from home or involved in in-person professional work with the public, changes in the economic situation, concern for the future due to economic uncertainty related to the pandemic, and role (professors and researchers or administrative staff). Abbreviations: CI=Confidence Interval, *pvalue<0.05.

	β	95% CI	
Model with confounders and all the predictors for HADS anxiety			
Workload (now vs before)			
<i>The same vs Less</i>	-0.290	(-0.820 ; 0.239)	
<i>More vs Less</i>	-0.158	(-0.703 ; 0.386)	
Teleworking satisfaction compared to traditional working			
<i>The same vs Worse</i>	-0.129	(-0.677 ; 0.418)	
<i>Better vs Worse</i>	-0.195	(-0.785 ; 0.395)	
Clarity of work objectives	-0.624	(-1.029 ; -0.219)	*
Overload	0.094	(-0.183 ; 0.371)	
Study – family conflicts	0.319	(0.118 ; 0.520)	*
Concern for the future (Working uncertainty)	0.676	(0.358 ; 0.993)	*
Adequacy of equipment	-0.402	(-0.814 ; 0.010)	
Model with confounders and all the predictors for HADS depression			
Workload (now vs before)			
<i>The same vs Less</i>	0.233	(-0.405 ; 0.871)	
<i>More vs Less</i>	-0.046	(-0.578 ; 0.486)	
Home learning satisfaction compared to traditional learning			
<i>The same vs Worse</i>	0.072	(-0.666 ; 0.810)	
<i>Better vs Worse</i>	0.010	(-0.554 ; 0.575)	
Clarity of work objectives	-0.325	(-0.681 ; -0.031)	*
Overload	0.109	(-0.094 ; 0.313)	
Study – family conflicts	0.282	(0.024 ; 0.539)	*
Concern for the future (Working uncertainty)	0.516	(0.261 ; 0.771)	*
Adequacy of equipment	-0.831	(-1.226 ; -0.437)	*