

Table S1. Multinomial logistic regression of predictors for trajectory class membership of perceived accessibility to DMHSs.

Factors	Odds ratio [95%CI] for lowest-great increase vs. moderate low- slight increase	Odds ratio [95%CI] for lowest-great increase vs. moderate high- slight decrease	Odds ratio [95%CI] for lowest-great increase vs. highest- great decrease	Odds ratio [95%CI] for moderate low- slight increase vs. moderate high-slight decrease	Odds ratio [95%CI] for moderate low- slight increase vs. highest-great decrease	Odds ratio [95%CI] for moderate high- slight decrease vs. highest-great decrease
Gender: male (vs. female)	1.05 [0.93-1.18]	1.18 [1.03-1.34] *	1.15 [1.02 - 1.31] *	1.19 [1.07-1.32] *	1.10 [1.03-1.18] *	0.98 [0.90-1.07]
Age group (years): 18-39 (vs. ≥ 40)	0.96 [0.85-1.10]	1.04 [0.90-1.20]	1.32 [1.15-1.50] *	1.08 [0.99-1.18]	1.37 [1.27-1.47] *	1.27 [1.16-1.38] *
Living area: urban (vs. rural)	0.92 [0.73-1.17]	0.86 [0.67-1.12]	0.80 [0.63-1.03]	0.93 [0.79-1.10]	0.87 [0.76 -1.00] *	0.93 [0.78-1.11]
Educational level: college school or higher (vs. lower than college school)	0.71 [0.61-0.82] *	0.66 [0.56-0.77] *	0.85 [0.73-0.99] *	0.93 [0.83-1.04]	1.21 [1.11-1.32] *	1.30 [1.16-1.46] *
Marital status: married (vs. unmarried)	1.13 [0.97-1.32]	1.18 [1.00-1.38]	1.06 [0.90-1.23]	1.04 [0.94-1.14]	0.93 [0.86-1.01]	0.90 [0.81-1.00] *
Income level (yuan): 0-4999 (vs. ≥ 5000)	1.12 [0.97-1.29]	1.28 [1.10-1.50] *	1.16 [1.00-1.34]	1.15 [1.04-1.26] *	1.03 [0.95 - 1.12]	0.90 [0.81-1.00] *
COVID-19 patients or close contacts: yes (vs. no)	0.75 [0.44-1.29]	1.10 [0.61-2.00]	0.91 [0.52-1.59]	1.46 [1.02-2.09] *	1.21 [0.92-1.59]	0.83 [0.56-1.21]
Engaged in work related to COVID-19: yes (vs. no)	1.11 [0.98-1.25]	1.17 [1.02-1.34] *	1.18 [1.04-1.34] *	1.06 [0.97-1.15]	1.07 [1.00-1.14]	1.01 [0.93-1.10]
Quarantine: yes (vs. no)	1.29 [1.14-1.46] *	1.31 [1.15-1.50] *	1.65 [1.45-1.88] *	1.02 [0.93-1.10]	1.28 [0.19-1.38] *	1.26 [1.15-1.38] *
Living in places severely affected by COVID-19: yes (vs. no)	0.92 [0.81-1.05]	1.09 [0.94-1.26]	1.10 [0.96-1.26]	1.18 [1.08-1.29] *	1.19 [1.11-1.28] *	1.01 [0.92-1.11]
Increases in workload due to COVID-19: yes (vs. no)	1.00 [0.89-1.13]	1.30 [1.14-1.49] *	1.57 [1.38-1.78] *	1.30 [1.20-1.41] *	1.57 [1.47 – 1.68] *	1.20 [1.10-1.31] *
Unemployment due to COVID-19: yes (vs. no)	1.23 [1.05-1.45] *	1.76 [1.47-2.11] *	1.63 [1.38-1.93] *	1.43 [1.26-1.61] *	1.32 [1.20-1.46] *	0.93 [0.81-1.06]
Seeking psychological consultation: yes (vs. no)	1.52 [1.31-1.76] *	2.08 [1.76-2.47] *	2.80 [2.38-3.28] *	1.37 [1.22-1.54] *	1.84 [1.66-2.05] *	1.34 [1.18-1.54] *

* $P < 0.05$ for odds ratio from multinomial logistic regression.

**Proportion of
DMHSs usage (%)**

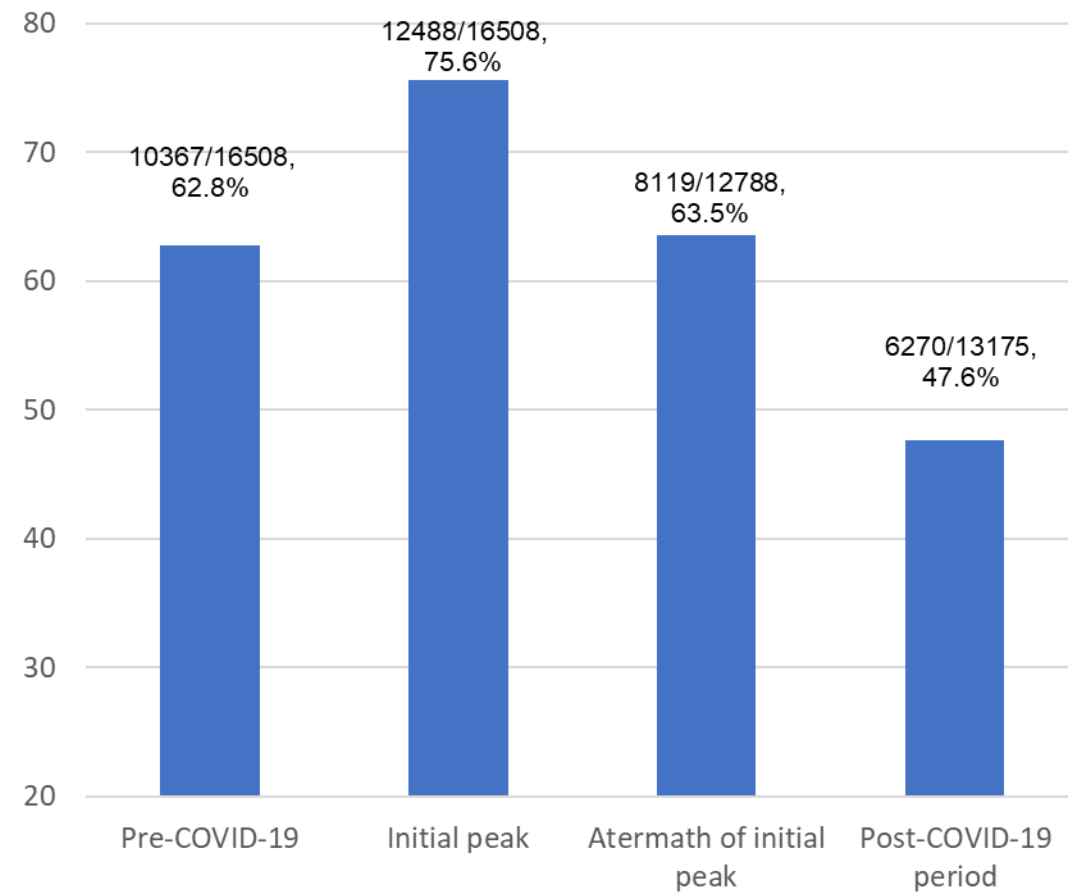


Figure S1. Changes in proportion of actual DMHSs usage from before to one year after COVID-19 outbreak.

Table S2. Demographic characteristics of full baseline sample and longitudinal sample.

Factors	Full baseline sample (n=56679)	Longitudinal sample (n = 18804)
Gender		
Male	27149(47.9)	8558(45.5)
Female	29530(52.1)	10246(54.5)
Age group (years)		
18-39	39468(69.6)	12364(65.8)
≥40	17211(30.4)	6440(34.2)
Living area		
Urban	52839(93.2)	17599(93.6)
Rural	3840(6.8)	1205(6.4)
Educational level		
College school or higher	47139(83.2)	15489(82.4)
Lower than college school	9540(16.8)	3315(17.6)
Marital status		
Married	43763(77.2)	14783(78.6)
Unmarried	12916(22.8)	4021(21.4)
Family monthly income (yuan)		
0-4999	13016(23.0)	4186(22.3)
≥5000	43663(77.0)	14618(77.7)
History of chronic diseases		
Yes	3274(5.8)	1201(6.4)
No or unknown	53405(94.2)	17603(93.6)
History of psychiatric disorders		
Yes	161(0.3)	122(0.6)
No or unknown	56518(99.7)	18682(99.4)
Family history of psychiatric disorders		
Yes	396(0.7)	235(1.2)
No or unknown	56283(99.3)	18569(98.8)