Table S1. Sample Characteristics (n = 260).

	n	%	Min.	Max.	Mean (SD)
Age			10	19	14.07 (1.96)
Sex					
Female	145	55.8			
Male	115	44.2			
Year of School					
5th	28	10.8			
6th	7	2.7			
7th	42	16.2			
8th	50	19.2			
9th	62	24.2			
10th	27	10.4			
11th	28	10.8			
12th	15	5.8			
Employed Father					
Yes	249	95.8			
No	11	4.2			
Employed Mother					
Yes	236	90.8			
No	24	9.2			
MH problem					
Yes	4	1.5			
No	256	98.5			
Recourse to a Health Service due to MH problem (last 3 months)					
Yes	6	2.3			
No	254	97.7			
Psychologist or psychiatrist monitoring	79	30.4			
Yes	181	69.6			
No					
Contact with someone with a MH problem					
Yes	126	48.5			
No	134	51.5			
Hours of sleep/day					8.46 (1.19)
Taking medication for MH					
Yes	5	1.9			
No	255	98.1			
Regular exercise					
Yes	190	73.1			
No	70	26.9			
No. of meals/day					4.33 (0.94)
Daily fruit/vegetable intake					
Yes	219	84.2			
No	41	15.8			
Hours online/day					5.60 (4.50)
Hours in front of a screen/day					5.75 (3.63)
Victim of violence					
Yes	47	18.1			
No	213	81.9			
Friends at school					
Yes	259	99.6			
No	1	0.4			

Table S1. (cont.)

	n	%	Min.	Max.	Mean (SD)
Friends out of school					
Yes	258	99.2			
No	2	0.8			
Consumption of alcoholic drinks					
Yes	24	9.2			
No	236	90.8			
Tobacco consumption					
Yes	9	3.5			
No	251	96.5			
MH self-perception			1	5	4.25 (0.89)
PH self-perception			1	5	4.13 (0.82)
Body image self-perception			1	5	3.73 (0.96)
PH self-perception during confinement			1	5	2.95 (0.87)
MH self-perception during confinement			1	5	3.07 (0.67)

Abbreviations: Max., maximum; Min., minimum; MH, mental health; *n*, number of cases; No., number; PH, physical health; %, percent; SD, standard deviation.