

Supplementary Table S1. Continuous averages of lifestyle behaviors according to categorical measures ^a.

	MVPA ^b categories		
	Decrease (n= 43)	Stable (n= 63)	Increase (n= 26)
MVPA before COVID (days/wk)	5.0 ± 1.9	2.6 ± 3.1	3.3 ± 1.9
MVPA past 7 days (days/wk)	2.0 ± 1.8	3.2 ± 4.2	6.1 ± 2.3
MVPA Difference (days/wk)	-3.0 ± 1.7	0.0 ± 0.0	2.4 ± 1.6
Sleep before COVID (min/day)	448.2 ± 61.1	465.2 ± 71.2	465.5 ± 75.7
Sleep past 7 days (min/day)	442.8 ± 103.5	465.5 ± 98.6	469.9 ± 77.3
Sleep Difference (min/day)	-5.4 ± 86.1	0.3 ± 76.7	4.4 ± 78.7
Sedentary Behavior before COVID (min/day)	346.6 ± 242.5	379.5 ± 224.8	332.8 ± 231.8
Sedentary Behavior past 7 days (min/day)	497.6 ± 245.3	442.1 ± 208.6	425.0 ± 273.8
Sedentary Behavior Difference (min/day)	151.0 ± 142.5	62.6 ± 90.5	93.1 ± 145.0
	Sedentary categories		
	Decrease (n= 12)	Stable (n= 30)	Increase (n= 90)
MVPA before COVID (days/wk)	3.7 ± 2.4	3.5 ± 2.8	3.9 ± 2.6
MVPA past 7 days (days/wk)	4.3 ± 3.7	3.3 ± 3.3	3.1 ± 3.3
MVPA Difference (days/wk)	0.3 ± 3.2	-0.5 ± 1.20	-1.1 ± 2.6
Sleep before COVID (min/day)	467.3 ± 55.8	432.9 ± 68.4	465.0 ± 67.9
Sleep past 7 days (min/day)	478.8 ± 115.2	428.1 ± 75.2	463.1 ± 100.1
Sleep Difference (min/day)	11.5 ± 102.9	-4.8 ± 40.1	-2.0 ± 87.9
Sedentary Behavior before COVID (min/day)	538.2 ± 217.1	442.6 ± 255.4	303.0 ± 207.2
Sedentary Behavior past 7 days (min/day)	449.3 ± 194.3	442.9 ± 255.2	471.4 ± 240.2
Sedentary Behavior Difference (min/day)	-88.9 ± 61.7	0.3 ± 1.6	168.4 ± 110.4
	Sleep categories		
	Decrease (n= 44)	Stable (n= 37)	Increase (n= 51)
MVPA before COVID (days/wk)	4.0 ± 2.6	3.5 ± 2.5	3.8 ± 2.8
MVPA past 7 days (days/wk)	3.3 ± 3.2	2.7 ± 2.5	3.7 ± 3.9
MVPA Difference (days/wk)	-0.9 ± 2.9	-0.8 ± 1.8	-0.7 ± 2.5
Sleep before COVID (min/day)	468.5 ± 66.9	441.3 ± 59.6	460.8 ± 73.3
Sleep past 7 days (min/day)	378.4 ± 79.5	440.9 ± 59.6	535.3 ± 69.5
Sleep Difference (min/day)	-90.1 ± 53.6	-0.4 ± 1.7	74.5 ± 42.5
Sedentary Behavior before COVID (min/day)	329.0 ± 230.1	417.5 ± 277.1	335.0 ± 193.4
Sedentary Behavior past 7 days (min/day)	460.2 ± 271.5	490.8 ± 27.0	445.0 ± 172.3
Sedentary Behavior Difference (min/day)	131.2 ± 145.2	73.3 ± 126.3	110.0 ± 120.0

Supplementary Table S2. Associations between changes in lifestyle behaviors on mental health indicators in the subsample restricted to immunosuppressed individuals ($n = 108$).

	Stress			Distress			Resilience			Anxiety Symptoms			Depressive Symptoms		
	$\hat{\beta}$	95%CI	p^a	$\hat{\beta}$	95%CI	p^a	$\hat{\beta}$	95%CI	p^a	$\hat{\beta}$	95%CI	p^a	$\hat{\beta}$	95%CI	p^a
MVPA															
Stable (n=53)	ref			ref			ref			ref			ref		
Increase (n=19)	-0.01	---0.47, 0.45	0.96	4.42	-7.89, 16.73	0.48	1.62	-1.14, 4.38	0.25	0.96	-1.49, 3.42	0.44	0.63	-2.15, 3.41	0.65
Decrease (n=36)	0.16	- -0.21, 0.54	0.38	13.04	3.08, 22.98	0.01	-0.72	-2.96, 1.51	0.52	3.13	-1.15, 5.12	0.002	3.09	0.85, 5.34	0.007
Sedentary time															
Stable (n=26)	ref			ref			ref			ref			ref		
Increase (n=71)	0.46	0.04, 0.89	0.03	15.59	4.21, 26.99	0.008	-0.49	-3.10, 2.12	0.71	2.43	0.09, 4.79	0.04	2.58	-0.05, 5.22	0.05
Decrease (n=11)	0.27	-0.35, 0.89	0.38	2.33	-14.36, 19.01	0.78	-0.39	-4.21, 3.44	0.84	0.48	-2.96, 3.92	0.78	0.28	-3.58, 4.14	0.88
Sleep duration															
Stable (n=29)	ref			ref			ref			ref			ref		
Increase (n=41)	0.54	0.12, 0.96	0.01	17.58	6.09, 29.05	0.003	-1.86	-4.48, 0.73	0.16	2.53	0.16, 4.90	0.03	3.53	0.91, 6.15	0.008
Decrease (n=38)	0.62	0.19, 1.05	0.005	13.54	1.74, 25.35	0.02	-0.62	-3.30, 2.06	0.65	2.40	-0.03, 4.85	0.05	3.24	0.55, 5.93	0.02

^a p value adjusted for age, sex, and physical illness diagnosis.

^bMVPA = Moderate-to-vigorous physical activity.

Bold indicate statistically significant results at $p < 0.05$.