

Supplementary Materials

Supplementary Table S1

Search strategy for each database

Database	Search strategy
PubMed	((overweight) OR (weight gain) OR (feeding) OR (food restriction) OR (undereating) OR (food avoidance) OR (appetite loss) OR (fear of weight gain) OR (feeling fat) OR (body shape concern) OR (body dissatisfaction) OR (body misperception) OR (weight loss) OR (excessive physical activity) OR (excessive exercise) OR (compulsive exercise) OR (caloric compensation) OR (compensatory behaviours) OR (vomit) OR (bingeing) OR (binge eating) OR (overeating) OR (food craving) OR (snacking) OR (night eating) OR (night feeding) OR (emotional eating)) AND ((COVID) OR (COVID) 19" OR (COVID)-2019) OR (pandemic*) OR (SARSCoV2) OR (SARS-CoV) OR (coronavirus disease) OR (coronavirus) OR (Coronavirus Infections) OR (novel coronavirus) OR (HCoV) OR (severe acute respiratory syndrome coronavirus 2)) AND ((Lockdown) OR (lock-down) OR (Confinement) OR (Home-confinement) OR (Containment) OR (Quarantine) OR (Isolation) OR (social distancing) OR (physical distancing) OR (social isolation pandemic restrictions) OR (pandemic restriction) OR (physical Inactivity) OR (physical Inactive))
Embase	(overweight OR weight gain OR feeding OR food restriction OR undereating OR food avoidance OR appetite loss OR fear of weight gain OR feeling fat OR body shape concern OR body dissatisfaction OR body misperception OR weight loss OR excessive physical activity OR excessive exercise OR compulsive exercise OR caloric compensation OR compensatory behaviours OR vomit OR bingeing OR binge eating OR overeating OR food craving OR snacking OR night eating OR night feeding OR emotional eating) AND (COVID OR COVID 19 OR COVID-2019 OR pandemic* OR SARSCoV2 OR SARS-CoV OR coronavirus disease OR coronavirus OR Coronavirus Infections OR novel coronavirus OR HCoV OR severe acute respiratory syndrome coronavirus 2) AND (Lockdown OR lock-down OR Confinement OR Home-confinement OR Containment OR Quarantine OR Isolation OR social distancing OR physical distancing OR social

	isolation pandemic restrictions OR pandemic restriction OR physical Inactivity OR physical Inactive)
Web of Science	(overweight OR weight gain OR feeding OR food restriction OR undereating OR food avoidance OR appetite loss OR fear of weight gain OR feeling fat OR body shape concern OR body dissatisfaction OR body misperception OR weight loss OR excessive physical activity OR excessive exercise OR compulsive exercise OR caloric compensation OR compensatory behaviours OR vomit OR bingeing OR binge eating OR overeating OR food craving OR snacking OR night eating OR night feeding OR emotional eating) AND (COVID OR COVID 19 OR COVID-2019 OR pandemic* OR SARSCoV2 OR SARS-CoV OR coronavirus disease OR coronavirus OR Coronavirus Infections OR novel coronavirus OR HCoV OR severe acute respiratory syndrome coronavirus 2) AND (Lockdown OR lock-down OR Confinement OR Home-confinement OR Containment OR Quarantine OR Isolation OR social distancing OR physical distancing OR social isolation pandemic restrictions OR pandemic restriction OR physical Inactivity OR physical Inactive)
Scopus	“overweight” OR “weight gain” OR “feeding” OR “food restriction” OR “undereating” OR “food avoidance” OR “appetite loss” OR “fear of weight gain” OR “feeling fat” OR “body shape concern” OR “body dissatisfaction” OR “body misperception” OR “weight loss” OR “excessive physical activity” OR “excessive exercise” OR “compulsive exercise” OR “caloric compensation” OR “compensatory behaviours” OR “vomit” OR “bingeing” OR “binge eating” OR “overeating” OR “food craving” OR “snacking” OR “night eating” OR “night feeding” OR “emotional eating” AND “COVID” OR “COVID 19” OR “COVID-2019” OR “pandemic*” OR “SARSCoV2” OR “SARS-CoV” OR “coronavirus disease” OR “coronavirus” OR “Coronavirus Infections” OR “novel coronavirus” OR “HCoV” OR “severe acute respiratory syndrome coronavirus 2” AND “Lockdown” OR “lock-down” OR “Confinement” OR “Home-confinement” OR “Containment” OR “Quarantine” OR “Isolation” OR “social distancing” OR “physical distancing” OR “social isolation pandemic restrictions” OR “pandemic restriction” OR “physical Inactivity” OR “physical Inactive”

Supplementary Materials

Supplementary Table S2

Quality assessment of included studies

author, date	study design	Representativeness of the sample	Sample size	Non-respondents	Ascertainment of the exposure	Confounders	Assessment of the outcome	Statistical analyses	Independent longitudinal assessment	Total score	Risk of bias
Abdulsalam et al., 2021	retrospective	0	0	0	1	1	0	1	1	4	High
Abed Alah et al., 2021	cross sectional	0	1	0	1	1	0	1	0	4	High
Agurto et al., 2021	cross sectional	0	0	0	1	0	1	1	0	3	High
Al Domi et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Al Musharaf, 2020	cross sectional	1	1	0	1	2	1	1	0	7	Low
Al Musharaf et al., 2021	longitudinal	0	1	0	1	2	1	1	1	7	Low
Al Saleh et al., 2021	cross sectional	1	1	0	1	1	1	1	0	6	Medium
Alafif et al., 2021	cross sectional	1	1	0	1	1	1	1	0	6	Medium
Aldhuwayhi et al., 2022	cross sectional	0	0	0	1	1	0	1	0	3	High
Alfawaz et al., 2021	retrospective	0	1	0	1	1	1	1	1	6	Medium
Ali et al., 2021	cross sectional	1	1	0	1	1	1	1	0	6	Medium
AlMughamis et al., 2020	cross sectional	0	0	0	1	1	0	1	0	3	High
AlTarrah et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Álvarez-Gómez et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Ammar et al., 2020	retrospective	0	1	0	1	1	1	1	1	6	Medium
Arriola-Torres et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High

Baceviciene & Jankauskiene, 2021	longitudinal	0	0	1	1	1	1	1	1	6	Medium
Bajpeyi et al., 2021	cross sectional	0	0	0	1	0	0	1	0	2	High
Bakhsh et al., 2021	cross sectional	1	1	0	1	1	0	1	0	5	Medium
Barcin-Güzeldere & Devrim-Lanpir, 2022	cross sectional	1	1	0	1	2	1	1	0	7	Low
Bemanian et al., 2020	cross sectional	1	1	1	1	1	0	1	0	6	Medium
Bhutani et al., 2021a	longitudinal	0	1	0	1	1	1	1	1	6	Medium
Bhutani et al., 2021b	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Bianchi et al., 2022	retrospective	1	1	0	1	1	1	1	1	7	Low
Bicer et al., 2021	retrospective	0	1	0	1	1	1	1	1	6	Medium
Bin Zara et al., 2020	cross sectional	0	1	0	1	2	1	1	0	6	Medium
Błaszczuk-Bebenek et al., 2020	retrospective	0	0	0	1	1	0	1	1	4	High
Boleslawska et al., 2021	retrospective	0	0	0	1	0	0	1	1	3	High
Boukrim et al., 2021	cross sectional	0	0	0	1	0	0	1	0	2	High
Breiner et al., 2021	retrospective	0	0	0	1	1	1	1	1	5	Medium
Brito et al., 2021	cross sectional	0	1	0	1	1	0	1	0	4	High
Buckland & Kemps, 2021	cross sectional	0	1	0	1	0	1	1	0	4	High
Buckland et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Buckley et al., 2021	cross sectional	0	0	0	1	0	1	1	0	3	High
Cardi et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Carroll et al., 2020	cross sectional	0	0	1	1	1	0	1	0	4	High
Caso et al., 2022	longitudinal	0	1	1	1	2	1	1	1	8	Low

Castellini et al., 2020	longitudinal	0	0	0	1	1	1	1	1	5	Medium
Cecchetto et al., 2021	longitudinal	0	0	0	1	1	1	1	1	5	Medium
Chan & Chiu, 2022	cross sectional	0	0	0	1	0	1	1	0	3	High
Chee et al., 2020	cross sectional	0	0	0	1	1	1	1	0	4	High
Cheikh Ismail et al., 2020	retrospective	0	1	1	1	1	1	1	1	7	Low
Cheikh Ismail, Hashim, et al., 2021a	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Cheikh Ismail, Osaili, et al., 2021b	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Chen et al., 2021	cross sectional	1	0	1	1	1	1	1	0	6	Medium
Cherick et al., 2020	cross sectional	0	1	0	1	0	0	0	0	2	High
Christensen et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Cirillo et al., 2021	retrospective	0	0	0	1	0	0	1	0	2	High
Coakley et al. 2021	cross sectional	0	1	1	1	0	1	1	0	5	Medium
Constant et al., 2020	cross sectional	1	1	1	0	1	0	0	0	4	High
Cooper et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
C. dos S. Costa et al., 2021	longitudinal	1	1	1	1	1	1	0	1	7	Low
Costa M. L. et al., 2021	cross sectional	0	0	1	1	1	1	1	0	5	Medium
Coulthard et al., 2021	cross sectional	0	0	1	1	1	1	1	0	5	Medium
Cruceanu & Georgescu, 2021	cross sectional	0	0	0	1	0	0	0	0	1	High
Cummings et al., 2021	cross sectional	1	1	1	1	1	1	1	0	7	Low
Czepezor-Bernat et al., 2021	cross sectional	0	0	1	1	1	1	1	0	5	Medium
Da Rocha et al., 2021	longitudinal	0	0	0	1	0	0	0	0	1	High

De Pasquale et al., 2021	cross sectional	0	0	0	1	1	1	1	0	4	High
Deschasaux-Tanguy et al., 2021	cross sectional	1	1	1	1	1	0	1	1	7	Low
Di Renzo et al., 2020	cross sectional	1	0	1	1	1	1	1	0	6	Medium
Dicken et al., 2021	longitudinal	0	1	1	1	1	0	1	0	5	Medium
Dobrowolski & Włodarek, 2021	cross sectional	1	0	0	0	0	0	0	0	1	High
Đogaš et al., 2020	cross sectional	1	1	1	1	0	0	1	0	5	Medium
Dores et al., 2021	cross sectional	1	1	1	1	1	1	1	0	7	Low
Dor-Haim et al., 2021	cross sectional	0	1	0	1	1	0	1	0	4	High
dos Santos Quaresma et al., 2021	cross sectional	1	1	0	1	1	1	1	0	6	Medium
Dragun et al., 2020	cross sectional	0	1	0	1	1	0	0	1	4	High
Drieskens et al., 2021	cross sectional	1	1	0	1	1	0	1	0	5	Medium
Drywień et al., 2020	cross sectional	0	1	1	1	1	0	1	0	5	Medium
Du et al., 2022	cross sectional	0	1	0	1	0	0	1	0	3	High
Dun et al., 2021	longitudinal	0	1	1	1	0	0	1	1	5	Medium
Ekpanyaskul & Padungtod, 2021	cross sectional	0	1	0	1	0	0	1	0	3	High
Elangovan et al., 2020	cross sectional	0	1	1	1	0	0	1	0	4	High
Elmacioğlu et al., 2021	cross sectional	1	1	0	1	1	1	1	0	6	Medium
Enriquez-Martinez et al., 2021	cross sectional	1	1	1	1	0	0	1	0	5	Medium
Flaudias et al., 2020	cross sectional	0	1	0	1	0	1	1	0	4	High
Freitas et al., 2021	longitudinal	0	0	1	1	0	1	1	1	5	Medium
Gao et al., 2022	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Grant et al., 2021	cross sectional	0	1	0	1	0	0	0	0	2	High

Guerrini Usubini et al., 2021	cross sectional	0	0	0	1	1	1	1	0	4	High
Jackson A. M. et al., 2022	cross sectional	0	0	0	1	1	0	1	0	3	High
Jackson A. et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Jordan et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Karakose et al., 2021	cross sectional	0	0	0	1	0	1	1	0	3	High
Kaufman-Shriqui et al., 2022	cross sectional	0	1	0	0	0	0	1	0	2	High
Kesilmi et al., 2021	cross sectional	0	0	0	0	0	1	1	0	2	High
Khubchandani et al., 2020	cross sectional	0	0	0	0	0	0	1	0	1	High
Landaeta-Díaz et al., 2021	cross sectional	1	1	1	0	1	0	1	0	5	Medium
León-Paucar et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Liboredo et al., 2021	cross sectional	0	1	1	1	1	1	1	0	6	Medium
Li et al., 2021	longitudinal	1	1	1	0	1	1	1	1	7	Low
Lofrano-Prado, et al., 2021	cross sectional	0	1	1	0	0	0	1	0	3	High
Ma et al., 2021	cross sectional	1	1	0	1	1	0	1	0	5	Medium
Madali, et al., 2021	cross sectional	0	1	0	1	0	1	1	0	4	High
Madan et al., 2021	longitudinal	0	1	0	1	1	0	1	0	4	High
Maffoni et al., 2021	cross sectional	0	1	1	0	0	0	1	0	3	High
Mahar et al., 2021	cross sectional	0	0	0	0	0	1	1	0	2	High
Malkawi et al., 2021	cross sectional	0	1	0	0	0	0	1	0	2	High
Martínez-de-Quel et al., 2021	longitudinal	0	0	0	0	1	1	1	1	4	High
Mason et al., 2021	cross sectional	0	1	1	0	1	0	1	1	5	Medium
Mazzolani et al. 2021	longitudinal	0	1	1	1	2	1	1	1	8	Low
McAtamney et al., 2021	cross sectional	0	0	1	0	1	1	1	0	4	High

Micheletti Cremasco et al., 2021	cross sectional	0	1	1	1	1	0	1	0	5	Medium
Molina-Montes et al., 2021	cross sectional	1	1	0	1	0	1	1	0	5	Medium
Mota et al., 2021	cross sectional	1	1	0	1	1	0	1	0	5	Medium
Mulugeta et al., 2021	longitudinal	0	1	1	0	1	0	1	1	5	Medium
Mumena, 2020	retrospective	1	1	1	0	0	0	1	0	4	High
Nitu et al., 2021	longitudinal	1	0	1	0	0	0	1	0	3	High
Özcan & Yeşilkaya, 2021	cross sectional	1	0	0	0	1	1	1	0	4	High
Özden & Parlar Kiliç, 2021	cross sectional	0	1	1	0	1	1	1	0	5	Medium
Özen et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Ozenoglu et al., 2021	cross sectional	0	0	0	0	1	1	1	0	3	High
Pak et al., 2022	cross sectional	0	0	0	1	1	1	1	0	4	High
Palmer et al., 2021	retrospective	0	1	1	0	1	0	1	0	4	High
Pappa et al., 2021	cross sectional	0	0	0	0	1	0	1	0	2	High
Pertuz-Cruz et al., 2021	cross sectional	0	1	0	0	1	0	1	0	3	High
Phillipou et al., 2020	cross sectional	0	1	0	0	1	1	1	0	4	High
Phillipou et al., 2021	cross sectional	0	1	0	0	0	1	1	0	3	High
Pirutinsky et al., 2021	cross sectional	0	1	0	0	0	1	1	0	3	High
Pisot et al., 2020	cross sectional	0	1	0	0	1	0	1	0	3	High
Poelman et al., 2021	cross sectional	0	1	0	0	1	1	1	0	4	High
Pompili et al., 2022	cross sectional	0	0	0	0	1	0	1	0	2	High
Pop et al., 2021	longitudinal	0	0	0	0	0	0	1	1	2	High
Prezotti et al., 2021	cross sectional	0	0	1	1	0	0	0	0	2	High
Puhl et al., 2020	longitudinal	0	0	1	1	2	1	1	1	7	Low
Queiroz et al., 2021	cross sectional	0	0	0	1	1	1	1	0	4	High
Radwan et al., 2021	cross sectional	1	1	1	1	1	0	1	0	6	Medium

Ramalho et al., 2022	cross sectional	0	0	0	1	1	1	1	0	4	High
Reyes-Olavarria et al., 2020	cross sectional	0	1	0	1	1	0	1	0	4	High
Robertson et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Robinson et al., 2021	cross sectional	1	1	1	1	2	1	1	0	8	Low
Robinson et al., 2020	cross sectional	1	1	1	1	1	0	1	0	6	Medium
Rodriguez-Perez et al., 2020	cross sectional	0	1	1	1	1	1	1	0	6	Medium
Rogers et al., 2021	longitudinal	0	0	0	1	1	1	1	1	5	Medium
Ruiz-Zaldibar, et al., 2022	cross sectional	1	0	0	0	1	1	1	0	4	High
Ruiz et al., 2021	cross sectional	1	1	1	1	0	1	0	0	5	Medium
Sadler et al., 2021	cross sectional	1	0	1	1	1	1	1	0	6	Medium
Sánchez et al., 2021	cross sectional	1	1	1	1	0	1	1	0	6	Medium
Sánchez-Sánchez et al., 2020	cross sectional	1	1	1	1	0	1	1	1	7	Low
Sánchez-Sánchez et al., 2021	cross sectional	0	0	1	1	1	1	0	0	4	High
Santana et al., 2021	cross sectional	0	1	1	1	1	1	1	1	7	Low
Sarda et al., 2022	cross sectional	1	1	0	1	0	0	1	0	4	High
Saxena et al., 2021	cross sectional	0	0	0	1	0	0	0	0	1	High
Scacchi et al., 2021	cross sectional	1	1	1	1	0	1	1	0	6	Medium
Scarmozzino & Visioli, 2020	cross sectional	1	1	1	1	0	0	0	0	4	High
Scharmer et al., 2020	cross sectional	1	0	0	1	0	1	1	0	4	High

Schulte et al., 2022	cross sectional	0	0	1	1	0	1	1	0	4	High
Seal et al., 2022	longitudinal	1	1	0	1	1	0	1	1	6	Medium
Sebastião et al., 2022	cross sectional	0	0	0	1	1	0	1	0	3	High
Serin et al., 2020	cross sectional	0	1	0	1	0	1	1	0	4	High
Shaun et al., 2021	retrospective	0	0	0	1	1	1	1	1	5	Medium
Shibata et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Shin, 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Sidor et al., 2020	cross sectional	0	1	0	1	0	1	1	0	4	High
Silva et al., 2021	cross sectional	1	1	0	1	0	0	1	0	4	High
Silverman & Wang, 2021	cross sectional	0	0	0	1	0	1	1	1	4	High
Skotnicka et al., 2021	retrospective	0	1	0	0	2	0	1	0	4	High
Smith et al., 2021	cross sectional	0	0	1	0	1	0	1	0	3	High
Sobba et al., 2021	retrospective	0	1	1	0	1	0	1	0	4	High
Solè et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Suka et al., 2021	cross sectional	1	1	1	1	1	1	1	0	7	Low
Sulejmani et al., 202	cross sectional	0	0	0	1	1	0	1	0	3	High
Swami et al., 2021	cross sectional	0	0	0	1	1	1	1	0	4	High
Tabler et al., 2021	cross sectional	0	0	1	1	0	1	1	1	5	Medium
Tan et al., 2021	retrospective	0	1	0	1	1	1	1	0	5	Medium
Tfifha et al., 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Thahir et al., 2021	cross sectional	0	1	0	1	1	0	1	0	4	High
Trott et al., 2021	longitudinal	0	0	0	1	0	1	1	1	4	High
Turgut et al., 2020	cross sectional	0	0	0	1	0	1	1	0	3	High
Urzeala et al., 2022	longitudinal	0	1	0	1	1	1	1	1	6	Medium
Vacca et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Valencia et al., 2021	cross sectional	0	0	0	1	0	0	1	0	2	High

Vidal et al., 2021	cross sectional	0	1	0	1	0	1	1	0	4	High
Visser et al., 2020	cross sectional	1	1	1	1	1	1	1	1	8	Low
Wang et al., 2022	cross sectional	0	0	0	1	1	1	1	0	4	High
Yang et al., 2020	longitudinal	0	1	0	1	0	1	1	1	5	Medium
Yılmaz Akyüz et al., 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium
Yılmaz & Sanlier, 2021	cross sectional	0	0	0	1	1	1	1	0	4	High
Yokoro & Wakimoto, 2021	cross sectional	0	0	1	1	0	0	1	0	3	High
Zach & Fernandez, 2021	cross sectional	0	0	0	1	1	0	1	0	3	High
Zachary et al., 2020	cross sectional	0	1	0	1	1	0	1	0	4	High
Zhang & Zhang, 2020	cross sectional	0	1	1	1	1	1	1	0	6	Medium
Zhou & Wade, 2021	longitudinal	0	1	1	1	1	1	1	1	7	Low
Zhu et al., 2021	retrospective	0	0	1	1	1	0	1	0	4	High
Zielinska & Luszczycki, 2021	cross sectional	0	1	0	1	1	1	1	0	5	Medium

Supplementary Table S3

Summary of characteristics of included studies

author, date	country	recruitment time	N	Female, n (%)*	Age, n/mean*	Type of sample	BMI	data collection	Outcome definition	Outcome assessment
Abdulsalam et al., 2021	Saudi Arabia	COVID-19 curfew period	472	321 (68)	na	Adults	na	Online survey	Weight Gain; Weight Loss; Excessive physical activity; Night eating	Single item/ad hoc questionnaire
Abed Alah et al., 2021	Qatar	December, 2020 - February, 2021	1408	580 (41.2)	na	Adults	na	Online survey	Weight Gain	Single item/ad hoc questionnaire
Agurto et al., 2021	Peru	July 2020	686	569 (82.9)	na	Adults	25.97	Online survey	Weight Gain	Eating Habits Questionnaire
Al Domi et al., 2021	Jordania	March, 2020 – April, 2020	4473	3086 (70.3)	na	Adults	na	Online survey	Weight Gain; Weight Loss; Excessive physical activity; Snacking; Increase Appetite	Single item/ad hoc questionnaire
Al Musharaf, 2020	Saudi Arabia	May 18, 2020 - May 28, 2020	638	638 (100)	22.0	Women	23.2	Online survey	Emotional eating	Emotional Eating Scale
Al Musharaf et al., 2021	Saudi Arabia	T1: February, 2019 - April, 2019; T2: April, 2020 – May, 2020	297	297 (100)	20.7	Women	23.0	Phone interview	Weight Gain	Saudi Food and Drug Administration's food frequency questionnaire (SFDA-FFQ)
Al Saleh et al., 2021	Saudi Arabia	March 15, 2020 – April 30, 2020	1641	908 (55.3)	na	Adults	na	Online survey	Weight Gain; Weight Loss; Excessive physical activity	Single item/ad hoc questionnaire
Alafif et al., 2021	Saudi Arabia	March 23, 2020 - June 21, 2020.	733	577 (78.7)	21	Students	na	Online survey	Weight Gain; Snacking; Emotional eating	COVIDiet Questionnaire, Mediterranean Diet Adherence Screener (MEDAS); Three-Factor Eating Questionnaire
Aldhuwayhi et al., 2022	Saudi Arabia	na	206	63 (31)	na	Students	na	Online survey	Binge Eating	Single item/ad hoc questionnaire
Alfawaz et al., 2021	Saudi Arabia	May 11, 2020 - June 6, 2020	1965	1044 (53.0)	na	Adults	na	Online survey	Excessive physical activity; Snacking	Single item/ad hoc questionnaire
Ali et al., 2021	Pakistan	na	1956	1410 (72.1)	na	Adults	na	Online survey	Weight Gain	Single item/ad hoc questionnaire
AlMughamis et al., 2020	Kuwait	April 2, 2020 – April 12, 2020	522	380 (72.8)	11.75	Adults	na	Online Survey	Weight gain; Snacking; Excessive physical activity	Single item/ad hoc questionnaire

AlTarrah et al., 2021	Kuwait	July 28, 2020 - August 31, 2020	841	655 (77.9)	na	Adults	na	Online Survey	Overeating; Undereating; Snacking	Single item/ad hoc questionnaire
Álvarez-Gómez et al., 2021	Spain	March 15, 2021 -April 4, 2021	510	381 (74.7)	5.1	Adults	na	Online Survey	Overeating; Snacking; Physical activity; Weight gain; Weight loss	Single item/ad hoc questionnaire
Ammar et al. 2020	Asia, Africa, Europe, others	April 1, 2020 - April 6. 2020.	1047	563 (53.8)	na	Adults	na	Online Survey	Eating out of control; Snacks between meals	International Physical Activity Questionnaire Short Form (IPAQ-SF); Short Diet Behaviours Questionnaire for Lockdowns (SDBQL);
Arriola-Torres et al., 2021	Peru	July 01, 2020 – July 11, 2020	107	58 (54.6)	4.40	Health Workers	na	Online Survey	Food cravings	Single item/ad hoc questionnaire
Baceviciene & Jankauskien e, 2021	Lithuania	T1: October 2019; T2: February 2021	230	182 (79.1)	5.4	Students	22.32	Online Survey	Disordered eating; overeating; Having unhealthy snacks; Eating late at night	EDE-Q 6.0; Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4)
Bajpeyi et al., 2021	Texas	October-December 2020	58	48 (82.8)	6.8	Older adults	29.7	Telephone Interview	Weight gain; Weight loss	Single item/ad hoc questionnaire
Bakhsh et al., 2021	Saudi Arabia	June - July 2020	2255	1453 (64)	na	Adults	28.1	Online Survey	Weight gain; Weight loss; Snacking; Overeating; Physical activity	Single item/ad hoc questionnaire
Barcin-Güzeldere & Devrim-Lanpir, 2022	Turkey	June - September 2020	506	387 (76.5)	11.48	Adults	24.22	Online Survey	Emotional eating	Emotional Eater Questionnaire
Bemanian et al., 2020	Norway	April 15, 2020 - April 30, 2020	24968	13982 (56)	na	Adults	na	Online Survey	Emotional eating	Single item/ad hoc questionnaire
Bhutani et al., 2021a	USA	T0: 24 April to 4 May 2020 T1: 21 September to 13 October 2020	727	388 (53.37)	na	Adults	26.38	Online Survey	Overweight, Weight Gain; Weight Loss; Food cravings; Snacking	Control of Eating Questionnaire (CoEQ)
Bhutani et al., 2021b	USA	April 24, 2020 –May 4, 2020	1609	911 (56.62)	na	Adults	na	Online Survey	Food cravings	Control of Eating Questionnaire (CoEQ)
Bianchi et al., 2022	Italy	April 13, 2020 - May 19, 2020	1925	1384 (71.9)	2.75	Adults	na	Online Survey	Bingeing, Binge Eating	Binge Eating Disorder Screener (BEDS-7)
Bicer et al., 2021	Turkey	March 15, 2020 -May 15, 2020	2955	2805 (94.9)	10.34	Adults	23.9	Online Survey	Weight gain; Weight loss; Cognitive Restriction;	Three Factor Eating Questionnaire (TFEQ)

									Emotional eating; Uncontrolled eating	
Bin Zara et al., 2013	United States	April, 2020 – June, 2020	3133	2462 (79.4)	na	Adults	30.73	Online Survey	Overweight, Weight Gain; Weight Loss; Excessive physical activity, Excessive exercise, Compulsive exercise; Vomit	Dana-Farber’s Cancer Institute Eating Habits Questionnaire; Yale Food Addiction Scale; USDA Food Security Module
Blaszczyk-Bebenek et al., 2020	Poland	April 29, 2020- May 19, 2020	312	200 (64.1)	13.05	Adults	25.28	Online Survey	Weight gain; Weight loss	Single item/ad hoc questionnaire
Boleslawska et al., 2021	Poland	April 19, 2020 - May 19, 2020	312	200 (64.1)	na	Adults	24.78	Online Survey	Weight gain; Weight loss	Single item/ad hoc questionnaire
Boukrim et al., 2021	Morocco	April 01, 2020 - June 10, 2020	406	302 (74.40)	1.36	Adults	24.26	Online Survey	Weight gain	Guideline Score of the French National Nutrition and Health Program (PNNS-GS)
Breiner et al., 2021	USA	April 9, 2020 - May 27, 2020	159	144 (90.6)	11.68	Adults	na	Online Survey	Weight gain	Single item/ad hoc questionnaire
Brito et al., 2021	Brazil	the second half of May 2020	135	115 (85.9)	na	Adults	na	Online Survey	Weight gain	Single item/ad hoc questionnaire
Buckland & Kemps, 2021	Australia	August - September 2020	124	147 (98)	12.9	Adults	na	Online Survey	Snacking	Control of Eating Questionnaire (COEQ); Three Factor Eating Questionnaire (TFEQ)
Buckland et al., 2021	UK	May 15, 2020 - June 27, 2020	588	406 (69)	12.6	Adults	25.1	Online Survey	Snacking; Food cravings	Food Frequency Questionnaire (FFQ); Adult Eating Behaviour questionnaire (AEBQ)
Buckley et al., 2021	Australia	April 29, 2020 - May 7, 2020	204	175 (85.8)	8.1	Athletes	na	Online Survey	Body shape concern	Eating Attitudes Test-26 (EAT-26)
Cardi et al., 2021	Italy	April 6, 2020 - May 4, 2020	292	196 (67.1)	14.23	Adults	na	Online Survey	Overeating	Single item/ad hoc questionnaire
Carroll et al., 2020	Canada	April 20, 2020 - May 15, 2020	361	235 (65)	na	Parents	na	Online Survey	Snacking	Single item/ad hoc questionnaire
Caso et al., 2022	Italy	T1: April 30, 2020; T2: June 4, 2020	728	447 (61.4)	16.72	Students	na	Online Survey	Feeding/food restriction; Emotional eating; Overeating	Dutch Eating Behavior Questionnaire (DEBQ)
Castellini et al., 2020	Italy	T1: December 1, 2019; T2: January 15, 2020	97	97 (100)	10.89	Healthy Controls	na	Online Survey	Weight gain; Objective binge eating; Compensatory physical exercise	Eating Disorder Examination Questionnaire, (EDE-Q)

Cecchetto et al., 2021	Italy	May 14, 2020 - May 19, 2020	365	267 (73.1)	13.59	Adults	23.08	Online Survey	Emotional eating; Bingeing, Binge Eating	Dutch Eating Behaviour Questionnaire investigating Emotional Eating (DEBQ); Binge-Eating Disorder Screener (BEDS-7)
Chan & Chiu, 2022	China	March - April 2020	316	224 (70.9)	4.97	Young Adults	na	Online Survey	Eating Disorders	Chinese version of the SCOFF questionnaire
Chee et al., 2020	Canada	May-June 2020	680	510 (75)	14.7	Adults	25.5	Online Survey	Snacking	Beverage and Snack Questionnaire 2 (BSQ2)
Cheikh Ismail et al., 2020	Emirates	April-May 2020	1012	768 (75.9)	na	Adults	na	Online Survey	Snacking; Excessive physical activity; Weight Gain; Weight Loss; Feeding/food restriction, Undereating, Food avoidance, Appetite Loss	Single item/ad hoc questionnaire
Cheikh Ismail, Hashim, et al., 2021a	Lebanon	June 3, 2020 - June 28, 2020	2507	1830 (73)	na	Adults	na	Online Survey	Snacking; Excessive physical activity; Weight Gain; Weight Loss	Short Food Frequency Questionnaire (FFQ); International Physical Activity Questionnaire Short Form (IPAQ-SF)
Cheikh Ismail, Osaili, et al., 2021b	Middle East and North Africa region	April 15, 2020 - April 29, 2020	2970	2126 (71.6)	na	Adults	na	Online Survey	Snacking; Excessive physical activity; Weight Gain; Weight Loss	Short Food Frequency Questionnaire (FFQ); International Physical Activity Questionnaire Short Form (IPAQ-SF)
Chen et al., 2021	China	April 2020	616	375 (60.9)	16.3	Adults	na	Telephone survey	Weight Gain	Single item/ad hoc questionnaire
Cherick et al., 2020	France	na	1092	na	na	Adults	na	Online Survey	Emotional Eating	Single item/ad hoc questionnaire
Christensen et al., 2021	USA (Kansas)	2 samples: December - March 2020 / April 2020	357	279 (78.2)	4.2	Students	25.0	Online Survey	Eating disorder symptoms	Eating Disorder Diagnostic Scale (EDDS)
Cirillo et al., 2021	Italy	April-May 2020	140	140 (100)	5	Women in fertility treatment	na	Online Survey	Emotional Eating	Single item/ad hoc questionnaire
Coakley et al., 2021	U.S.	September-October 2020	1243	909 (73.1)	na	Students	na	Online Survey	Anxiety and appetitive traits	Adult Eating Behavior Questionnaire (AEBQ)
Constant et al., 2020	France	April 2020	4005	2051 (51.2)	na	Adults	na	Online Survey	Physical Activity and snacking	Single item/ad hoc questionnaire
Cooper et al., 2021	USA	April-May 2020	1607	916 (57)	12.9	Adults	26	Online Survey	Perceived caloric intake, overall PA, vigorous PA, snacking	Single item/ad hoc questionnaire
C. dos S. Costa et al., 2021	Brasil	January 2020	14259	11168 (78.3)	na	Adults	na	Online Survey	Weight gain; Weight loss	Single item/ad hoc questionnaire
Costa L. et al., 2021	Brasil	December 2020 - January 2021	598	387 (64.7)	12.32	Adults	na	Online Survey	Emotional Eating; Body dissatisfaction	Three-factor eating questionnaire subscale (TFEQ-R21)

Coulthard et al., 2021	UK	na	620	546 (88)	na	Adults	na	Online Survey	Emotional Eating; Eating behaviour	Three-Factor Eating Questionnaire-Revised (TFEQ-R18)
Cruceanu & Georgescu, 2021	Romania	na	103	67 (65)	na	Adults	25	Online Survey	Physical Activity	Single item/ad hoc questionnaire
Cummings, 2021	USA	February 2019 - March 2020	868	449 (51.9)	12.86	Adults	25.99	Online Survey	Eating behaviours	Modified Yale Food Addiction Scale 2.0 (mYFAS2.0)
Czepczor-Bernat et al., 2021	Poland	December 2020 - January 2021	671	671 (100)	11.38	women	24.78	Online Survey	Eating disorder symptoms; Body image	Eating Disorder Inventory (EDI); Multidimensional Body-Self Relations Questionnaire (MBSRQ)
Da Rocha et al., 2021	Brasil	December 2019 - January 2021	29	29 (100)	5.6	Elderly Women	na	na	BMI; Body weight	Single item/ad hoc questionnaire
De Pasquale et al., 2021	Italy	March 2020 - February 2021	469	248 (52)	2.70	Students	na	Online Survey	Eating disorder symptoms; Binge eating	Eating Disorder Inventory-2 (EDI-2); Binge Eating Behaviors (BES)
Deschasaux-Tanguy et al., 2021	France	2009 - 2019	37252	19483 (52.3)	16.6	Adults	na	Online Survey	Weight change; Physical activity	Single item/ad hoc questionnaire
Di Renzo et al., 2020	Italy	April - May 2020	602	480 (79.7)	12.9	Adults	25	Online Survey	Eating disorder behaviours; Emotional Eating	Yale Food Addiction Scale
Dicken et al., 2021	UK	May - December 2020	1818	1267 (69.7)	14.3	Adults	26.2	Online Survey	Weight change; BMI	Single item/ad hoc questionnaire
Dobrowolski & Włodarek, 2021	Poland	na	183	143 (78)	11	Adults	na	Online Survey	Weight change; Physical activity	Single item/ad hoc questionnaire
Đogaš, Kalcina et al., 2020	Croatia	April - May 2020	3017	2121 (70.3)	na	Adults	24.64	Online Survey	Weight change	Single item/ad hoc questionnaire
Dores et al., 2021	Portugal/Spain	April-May 2020	3161	2046 (65.2)	12.10	Adults	na	Online Survey	Exercise addiction	Exercise Addiction Inventory (EAI)
Dor-Haim et al., 2021	Israel	March-April 2020	1202	301 (25)	15.60	Adults	na	Online Survey	Weight gain	Single item/ad hoc questionnaire
dos Santos Quaresma et al., 2021	Brasil	April-May 2020	724	585 (80.8)	na	Adults	25	Online Survey	Emotional eating; Binge eating	Three-factor eating questionnaire (TFEQ-R21)
Dragun et al., 2020	Croatia	2018- May 2020	557	372 (73)	na	Students	22.0	Online Survey	Lifestyle and dietary habits	Single item/ad hoc questionnaire
Drieskens et al., 2021	Belgium	April 2020	28029	18919 (67.5)	na	Adults	na	Online Survey	Health behaviour; Weight gain	Single item/ad hoc questionnaire
Drywień et al., 2020	Poland	April-May 2020	1769	1769 (100)	na	Women	na	Online Survey	Weight change	Single item/ad hoc questionnaire
Du et al., 2021	China, Ireland,	April-May 2020	2254	1502 (66.7)	5.5	Students	24.4	Online Survey	Dietary habits	Single item/ad hoc questionnaire

	Malaysia, South Korea, Taiwan, the Netherlands, and the United States									
Dun et al., 2021	China	December 2019 - May 2020	12889	10337 (80.2)	1	Students	na	Online Survey	Weight gain	Single item/ad hoc questionnaire
Ekpanyaskul & Padungtod, 2021	Thailand	May-June 2020	1011	617 (71)	9.82	Working-from-home workers	na	Online Survey	Dietary changes	Single item/ad hoc questionnaire
Elangovan et al., 2020	India	June-July 2020	1023	483 (47.2)	na	Workers (from home - at office)	na	Online Survey	Dietary changes	Single item/ad hoc questionnaire
Elmacioğlu et al., 2021	Turkey	April-May 2020	1036	827 (80)	12.98	Adults	23.98	Online Survey	Emotional Eating; Weight gain	Three Factor Nutrition Questionnaire (TFEQ-R18)
Enriquez-Martinez et al., 2021	Brazil (N=2,171), Argentina (N=1,111), Peru (N=1,174), Mexico (N=686), and Spain (N=1,183)	April-September 2020	6325	4306 (68)	na	Adults	na	Online Survey	Dietary changes	Single item/ad hoc questionnaire
Flaudias et al., 2020	France	March 2020	5738	4280 (74.6)	4.5	Students	22.6	Online Survey	Eating disorders symptoms	Eating Disorder Inventory (EDI-2); Sick, Control, One, Fat, Food (SCOFF); Ideal Body Stereotype Scale (IBSS)
Freitas et al., 2021	Brazil	T0: March-December 2019; T1: August 2020	71	71 (100)	0.41	Young Women (students)	22.93	T0: Paper-pencil Survey, T1: Online Survey	Food cravings; Emotional eating; Overeating	Brazilian Food Craving Inventory (FCI-Br); Three Factor Eating Questionnaire—R21 (TFEQ-R21)
Gao et al., 2021	China	February 17, 2020 - February 27, 2020	912	723 (79.3)	10.48	Adults	na ⁹	Online Survey	Emotional Eating	Adult Eating Behavior Questionnaire (AEBQ)
Grant et al., 2021	Italy	April 22, 2020 - May 10, 2020	2678	1387 (51.8)	na	Adults	na	Online Survey	Emotional Eating; Snacking; Excessive physical activity; Weight Gain	Single item/ad hoc questionnaire
Guerrini Usubini et al., 2021	Italy	December 1, 2020 - January 31, 2021	437	224 (51.3)	5.12	Young adults	21.9	Online Survey	Emotional Eating	The Emotional Eating subscale of the Dutch Eating Behavior Questionnaire (EE_DEBQ)

Jackson et al., 2022	USA	April 21, 2020 - May 06, 2020	360	184 (51.1)	16.17	Adults	na	Online Survey	Snacking	Single item/ad hoc questionnaire
Jackson et al., 2021	USA	April 21, 2020 -May 6, 2020	360	184 (51.1)	16.2	Adults	26.26	Online Survey	Weight Gain	Intuitive Eating Scale (IES-2)
Jordan et al., 2021	USA	July–September 2020	140	124 (88.6)	6.85	Adults	29.10	Online Survey	Concern about weight gain; Disordered eating; Emotional eating	Eating Disorder Examination Questionnaire-Short Form (EDE-QS); 12 items from the Emotional Eating Scale-Revised (EES-R)
Karakose et al., 2021	Turkey	2020-2021	266	35 (13.2)	na	Adults	na	Online Survey	External eating behavior; Restrained eating behavior	Fear of COVID-19 Scale; Dutch Eating Behavior Questionnaire” (DEBQ)
Kaufman-Shriqui et al., 2022	Israel	March 30, 2020 -April 25, 2020	3797	2848 (75)	na	Adults	na	Online Survey	Diet quality	Single item/ad hoc questionnaire
Kesilmi et al., 2021	Turkey		286	na (na)	4.72	Adults	71.8	Online Survey	Uncontrolled Eating; Emotional Eating	International Physical Activity Scale (IPAQ); Three-Factor Eating Questionnaire (TFEQ)
Khubchanda ni et al., 2020	USA	April 2020	838	433 (52)	0.39	Adults	na	Online Survey	Eating habits	Single item/ad hoc questionnaire
Landaeta-Díaz et al., 2021	Chile	April 1, 2020- May 8, 2020	1724	1420 (82.3)	10.3	Adults	na	Online Survey	Food consumption; Body weight	Single item/ad hoc questionnaire
León-Paucar et al., 2021	Peru	June 26, 2020 – July 27, 2020	589	292 (49.6)	9.4	Adults	na	Online Survey	Body Dissatisfaction	Food frequency questionnaire (FFQ); Body Shape Questionnaire (BSQ)
Liboredo et al. 2021	Brasil	August-September 2020	1368	1094 (80)	na	Adults	na	Online Survey	Eating disorder symptoms	Three-Factor Eating Questionnaire (TFEQ-R21)
Li et al., 2021	China	September 2019, February 2020, and April 2020	634	443 (70)	1.56	Adults	na	Online Survey	Disinhibited eating	Eating Questionnaire-R18 (TFEQ-R18)
Lofrano-Prado et al., 2021	Brazil	May 5, 2020 - May 17, 2020	1854	1085 (58.5)	13.1	Adults	25.7	Online Survey	BMI; Physical activity	Single item/ad hoc questionnaire
Ma et al., 2021	China	April 25, 2020 - May 11, 2020	10545	5940 (56.3)	9.9	Adults	na	Online Survey	Weight Changes	Single item/ad hoc questionnaire
Madah et al., 2021	Turkey	August-September 2020.	1626	1131 (69.6)	11	Adults	24.4	Online Survey	Emotional Eating	Emotional Eating Scale
Madan et al., 2021	India		1000	500 (50)	na	Adults	na	Online Survey	Weight Changes	Single item/ad hoc questionnaire
Maffoni et al., 2021	Italy	April 30, 2020- May 10, 2020	1304	973 (75)	na	Adults	23.2	Online Survey	Craving or eating between meals	Single item/ad hoc questionnaire

Mahar et al., 2021	Pakistan	April-May 2020	313	na (na)	na	Adults	na	Online Survey	Eating disorders; Binge eating	SCOFF questionnaire; BEDS-7
Malkawi et al., 2021	Jordan	March-April 2020	2103	2103 (100)	6.4	Adults	na	Online Survey	Weight Changes	Single item/ad hoc questionnaire
Martínez-de-Quel et al., 2021	Spain	March 16 and March 31, 2020 - April 30 and May 11, 2020	161	60 (37)	11.2	Adults	23.7	Online Survey	Eating disorders	Eating Attitude Test-26 (EAT-26)
Mason et al. 2021	California	October 24, 2018 and October 31, 2019 and May 18, 2020 and July 21, 2020	1820	1119 (61)	.46	Adults	na	Online Survey	Overeating; Snacking	Single item/ad hoc questionnaire
Mazzolani et al., 2021	Brazil	June - September 2020	1183	1183 (100)	0.71	Women	24.79	Online Survey	Snacking; Feeling fat, Body shape concern, Body dissatisfaction, Body misperception; Bingeing, Binge Eating	Brazilian-Portuguese version of The Eating Motivation Survey (TEMS); Binge Eating Scale (BES); Disordered Eating Attitude Scale- Short Version
McAtamney et al., 2021	United Kingdom	Mid July 2020	136	88 (64.7)	11.88	Adults	26.21	Online Survey	Emotional eating	Emotional Eating Scale (EES); Salzburg Emotional Eating Scale (SEES)
Micheletti Cremasco et al., 2021	Italy	May 14, 2020 – May 31, 2020	3666	2676 (73)	12	Adults	22.3	Online Survey	Weight changes	Single item/ad hoc questionnaire
Molina-Montes et al., 2021	Spain	March 20, 2020 - May 5, 2020	36185	28064 (77.6)	na	Adults	na	Online Survey	Snacking	Mediterranean Diet Adherence Screener (MEDAS)
Mota et al., 2021	Brazil	May - July 2020	710	574 (80.8)	na	Healthcare Professionals	na	Online Survey	Bingeing, Binge Eating; Night eating, Night feeding	Single item/ad hoc questionnaire
Mulugeta et al., 2021	Massachusetts	March 01, 2020 - May 31, 2020	11534	7681 (66.6)	na	Adults	na	Electronic Medical Records	Weight changes	Medical records
Mumena, 2020	Saudi Arabia	April 13 and 22, 2020	879	576 (65.5)	12.1	Adults	na	Online Survey	Changes in eating habits	Single item/ad hoc questionnaire
Nitu et al., 2021	Romania	January-March 2021	620	501 (80.8)	9.42	Adults	22.93	Online Survey	Weight fluctuations; Meal frequency	Single item/ad hoc questionnaire
Özcan & Yeşilkaya, 2021	Turkey	na	578	422 (73)	na	Adults	24.12	Online Survey	Emotional eating	Turkish version of Emotional Eater Questionnaire (EEQ-TR)
Özden & Parlar Kiliç, 2021	Turkey	May 15 and 29, 2020	1011	607 (60)	3.11	Adults	na	Online Survey	Weight change; Addictive eating behavior	Nutrition Exercise Behavior Scale

Özen et al., 2021	Turkey.	April-May 2020	334	162 (48.5)	3.7	Adults	22.3	na	Emotional Eating	The Emotional Eating Scale (EES)
O'zenoglu et al., 2021	Turkey.	April 2020	432	312 (72.2)	12.14	Adults	na	na	Attitude of Healthy Eating levels	Healthy Nutrition Attitude Scale (ASHN)
Pak et al., 2022	Turkey.	April 15, 2020 - May 15, 2020	362	242 (66.9)	8.22	Adults	na	Online Survey	Emotional Eating	Eating Questionnaire-R21 (TFEQ-R21)
Palmer et al., 2021	Germany	March 12, 2020 - May 3, 2020	827	622 (75.2)	na	Adults	na	Online Survey	Weight change	Single item/ad hoc questionnaire
Pappa et al., 2021	West London	June-July 2020	387	275 (71.1)	na	Adults	na	Online Survey	Overeating	Single item/ad hoc questionnaire
Pertuz-Cruz et al., 2021	Spain	April 6, 2020 - May 22, 2020	2745	2006 (73.1)	na	Adults	na	Online Survey	Snacking; Overeating; Weight gain	Single item/ad hoc questionnaire
Phillipou et al., 2020	Australia	April 20	5289	4231 (80)	13.67	Adults	na	Online Survey	Food restricting; Binge eating	Eating Disorders Examination Questionnaire (EDE-Q).
Phillipou et al., 2021	Australia	April-September 2020	4684	na (na)	14.17	Adults	na	Online Survey	Changes in eating habits	Eating Disorders Examination Questionnaire (EDE-Q).
Pirutinsky et al., 2021	New Yourk	March 30, 2020 - May 14, 2020	731	482 (66)	16.79	Adults	na	Online Survey	Weight Change	Single item/ad hoc questionnaire
Pisot et al., 2020	Slovenia	April 15, 2020 - May 3, 2020	4108	2567 (62.5)	13.2	Adults	na	Online Survey	Snacking; Weight gain	Single item/ad hoc questionnaire
Poelman et al., 2021	Netherlands	April 22, 2020–April 28, 2020	1030	520 (50.5)	17.0	Adults	26.2	Online Survey	Changes in eating habits	Single item/ad hoc questionnaire
Pompili et al., 2022	Italy	April-May, 2020	447	280 (63)	1.93	Adults	22.65	Online Survey	Food disturbance; Compensatory behaviors	Single item/ad hoc questionnaire
Pop et al., 2021	Romania	2018-2020	88	0 (0)	0.67	Adults	24.2	na	Weight gain	Single item/ad hoc questionnaire
Prezotti et al., 2021	Brazil	June 11, 2020 - June 19, 2020	275	26 (9.5)	2.74	Urology residents	na	Online Survey	Weight Gain; Weight loss	Single item/ad hoc questionnaire
Puhl et al., 2020	USA	T0: 2018 T1: Aprile - July 2020	584	375 (64.2)	2	Young Adults	28.2	Online Survey	Bingeing, Binge Eating; Emotional eating	five-item coping subscale of the Motivations to Eat Scale; two questions adapted from the adult version of the Questionnaire on Eating and Weight Patterns-Revised
Queiroz et al., 2021	Brazil	April 30, 2021 - May 31, 2021	302	232 (76.8)	na	Adults	na	Online Survey	Weight gain; Weight loss	ecSI2.0™BR questionnaire
Radwan et al., 2021	United Arab Emirates	May 5, 2020 - May 18, 2020	2060	1548 (75.1)	10.05	Adults	27.33	Online Survey	Weight Gain; Weight loss; Snacking; Overeating	Single item/ad hoc questionnaire

Ramalho et al., 2022	Portugal	May 11, 2020 - May 25, 2020	254	210 (82.7)	11.82	Adults	24.08	Online Survey	Overweight, Weight Gain; Weight loss; Bingeing, Binge Eating; Emotional eating; Feeling fat, Body shape concern, Body dissatisfaction, Body misperception; Overeating; Feeding/food restriction, Undereating, Food avoidance, Appetite Loss	Three-factor eating questionnaire (TFEQ-R21)
Reyes-Olavarria et al., 2020	Chile	May-June 2020	700	528 (75.4)	na	Adults	na	Online Survey	Overweight, Weight Gain; Overeating; Undereating	Single item/ad hoc questionnaire
Robertson et al., 2021	UK	May 11, 2020 - June 26, 2020	264	206 (78)	14.16	Adults	na	Online Survey	Body shape concern; Excessive physical activity, excessive exercise, compulsive exercise	Single item/ad hoc questionnaire
Robinson et al., 2021	UK	April 28, 2020 - May 2, 2020	2002	1236 (61.7)	12.3	Adults	27.8	Online Survey	Weight changes;,Physical Activity, Diet quality; Binge eating	IPAQ; SFFQ; ALEBS
Robinson et al., 2020	UK	April 19-22, 2020	723	488 (67)	9.6	Adults	na	Online Survey	Bingeing; Physical activity	IPAQ; SFFQ; ALEBS
Rodriguez-Perez et al., 2020	Spain	March 20, 2020 -Mid April 2020	7514	5305 (70.6)	na	Adults	na	Online Survey	Changes in dietary habits	Single item/ad hoc questionnaire
Rogers et al., 2021	USA	T0: March 30, 2020 - April 7, 2020 T1: November 2-21, 2020	619	342 (55)	na	Adults	na	Online Survey	Changes in dietary habits; Changes in exercise habits; Risk for food insecurity	Diet Behavior and Nutrition questionnaire of the National Health and Nutrition Examination Survey (NHANES); PROMIS-29 (PROPr);
Ruiz-Zaldibar et al., 2022	Spain	May 28, 2020 – June 21, 2020	675	472 (69.9)	12.9	Adults	24.2	Online Survey	Emotional eating	Emotional eater questionnaire (EEQ)
Ruiz et al., 2021	Cross-cultural: United Kingdom, South Korea, Finland, Philippines, Latin America, Spain, North America, Italy	May-August 2020	1131	745 (65)	12.88	Adults	na	Online Survey	Changes in eating habits; Weight change	Single item/ad hoc questionnaire
Sadler et al., 2021	USA	May-June 2020	428	270 (63.1)	8.25	Adults	27.9	Online Survey	Food intake	Emotional overeating subscale from the Adult Eating Behavior Questionnaire
Sánchez et al., 2021	Spain	May 26, 2020-June 10, 2020	1000	515 (51.5)	18	Adults	25.3	Computer-assisted telephone	Weight change	CATI

								interviews (CATI)		
Sánchez-Sánchez et al., 2020	Spain	May 2020	1065	775 (72.8)	12.4	Young Adults	na	Online Survey	Physical activity; Weight change	Single item/ad hoc questionnaire
Sánchez-Sánchez et al., 2021	Spain	January 10, 2021 - February 10, 2021	637	477 (74.9)	na	Adults	na	Online Survey	Increase in food consumption	Single item/ad hoc questionnaire
Santana et al., 2021	Brazil	April-May 2020	955	735 (77)	8.07	Students	na	Online Survey	Changes in dietary habits	Food Frequency Questionnaire
Sarda et al., 2022	France	June 2020	2422	1269 (52.4)	na	Adults	na	Online Survey	Changes in cooking habits	Single item/ad hoc questionnaire
Saxena et al., 2021	India	June-July 2020	60	30 (50)	1.35	Students	23.06	Online Survey	Food intake	Single item/ad hoc questionnaire
Scacchi et al., 2021	Italy	May 2020	1865	1304 (69.9)	16	Adults	na	Online Survey	Changes in food choice and intake	Emotional Overeating Questionnaire-5 (EOQ-5)
Scarmozzino & Visioli, 2020	Italy	April 2020	1929	1319 (67)	na	Adults	na	Online Survey	Changes in dietary habits	Single item/ad hoc questionnaire
Scharmer et al., 2020	USA	March-April 2020	295	192 (65.1)	2.0	Students	na	Online Survey	Eating disorder symptoms	Eating Disorder Examination-Questionnaire (EDE-Q); Compulsive exercise test (CET)
Schulte et al., 2022	USA	February 2021	243	na (na)	13.19	Adults	25.85	Online Survey	Changes in weight and eating behaviours	Modified Yale Food Addiction Scale 2.0 (mYFAS2.0)
Seal et al., 2022	USA	T0: March 2020, T1: August 2020	1516	1193 (78.8)	17.6	Adults	27.1	Online Survey	Overweight, Weight Gain	Single item/ad hoc questionnaire
Sebastião et al., 2022	USA & Brazil	September-October 2020	277	186 (67.1)	13.6	Adults	27.1	Online Survey	Weight Gain	Single item/ad hoc questionnaire
Serin et al., 2020	Turkey	na	1064	624 (58.6)	na	Students	na	Online Survey	Feeding/food restriction, Undereating, Food avoidance, Appetite Loss; Emotional eating	Dutch Eating Behaviour Questionnaire (DEBQ)
Shaun et al., 2021	Bangladesh	February 3-13, 2021	394	175 (44.42)	na	Students	na	Online Survey	Weight Gain; Undereating; Excessive physical activity; Snacking	International Physical Activity Questionnaire Short Form (IPAQ-SF)
Shibata et al., 2021	Brazil, Italy, Spain, Lithuania, Portugal, UK, Japan, Hungary	April - June 2020	2295	1607 (70)	11.40	Adults	na	Online Survey	Feeling fat, Body shape concern, Body dissatisfaction, Body misperception; Excessive physical activity	Appearance Anxiety Inventory; Excessive Addiction Inventory (EAI)
Shin, 2021	USA	na	515	306 (59.4)	12.5	Overweight and Obese (BMI>25)	31.2	Online Survey	Weight Gain	Single item/ad hoc questionnaire

Sidor et al., 2020	Poland	April 2020	1097	1043 (95.1)	9	Adults, non working on regular basis	23.5	Online Survey	Weight Gain; Weight loss; Overeating; Snacking	Single item/ad hoc questionnaire
Silva et al., 2021	Portugal	April 2020	5856	2495 (42.6)	na	Adults	na	Telephone Survey	Weight Gain; Snacking	Single item/ad hoc questionnaire
Silverman & Wang, 2021	US	June-July 2020	129	116 (90)	na	School teachers	na	Online Survey	Weight gain	Dutch Eating Behavioral Questionnaire; Food Frequency Questionnaire short-form
Skotnicka et al., 2021	Poland, Austria and the United Kingdom	October 1-30, 2020	1831	604 (56.4)	na	Adults	na	Online Survey	Weight change	Single item/ad hoc questionnaire
Smith et al., 2021	USA	May - June 2020	429	272 (63.4)	na	Adults	na	Online Survey	Physical Activity	Single item/ad hoc questionnaire
Sobba et al., 2021	USA	August 26, 2020 - October 21, 2020	589	435 (73.9)	na	Adults	27.36	Online Survey	Snacking; Physical Activity; Weight change	Single item/ad hoc questionnaire
Solè et al., 2021	Spain	May 14, 2020 - June 8, 2020	413	306 (75.7)	14.04	Adults (community controls)	na	Online Survey	Weight Gain; Weight loss	Single item/ad hoc questionnaire
Suka et al., 2021	Japan	November 2020	8000	na (na)	na	Adults	na	Online Survey	Excessive physical activity; Weight Gain; Weight Loss; Night eating	National Health and Nutrition Survey
Sulejmani et al., 2021	Kosovo	May- June 2020	689	488 (71)	na	Adults	na	Online Survey	Weight Gain; Snacking; Overeating	Single item/ad hoc questionnaire
Swami et al., 2021	UK	May 21, 2020	506	255 (50.4)	11.36	Adults	26.35	Online Survey	Feeling fat, Body shape concern, Body dissatisfaction, Body misperception	Women: Body Dissatisfaction Subscale (EDI-3-BD) and Drive for Thinness subscale (EDI-3-DT) of EDI-3; Men: Low Body Fat subscale and Muscularity subscale of Male Body Attitude Scale (MBAS)
Tabler et al., 2021	USA (Oklahoma, Wyoming, Texas)	October 2020 - January 2021	411	304 (74)	11.4	Adults	26.7	Online Survey	Weight Gain; Weight loss; Eating disorder symptoms	Eating Disorder Examination—Questionnaire Short (EDE-QS)
Tan et al., 2021	Malaysia	June 4-11, 2021-	1013	652 (64.4)	2.46	Young Adults	22.78	Online Survey	Overweight, Weight Gain; Weight loss	Food Choice Questionnaire (FCQ)
Tffifha et al., 2021	Tunisia	April 19, 2020 - May 5, 2020	180	126 (70.2)	na	Young doctors	na	Online Survey	Bingeing, Binge Eating	Single item/ad hoc questionnaire
Thahir et al., 2021	Indonesia	April 4, 2020 - April 18, 2020	1044	862 (82.6)	2.42	Students	21.94	Online Survey	Overweight, Weight Gain	Single item/ad hoc questionnaire
Trott et al., 2021	UK	T0: April 08, 2019 - 31 July 2019 T1:	319	268 (84)	11.75	Adults (health club users)	24.02	Online Survey	Excessive physical activity, excessive exercise, compulsive exercise; Feeling fat, Body shape concern, Body	Exercise Addiction Inventory (EAI) - Eating Attitudes Test 26 (EAT-26) - Body

		August 26, 2020 - Septembe r 11, 2020							dissatisfaction, Body misperception	Dysmorphic Disorder Questionnaire (BDDQ)
Turgut et al., 2020	Turkey	na	278	111 (39.93)	5.74	Athletes	22.52	na	Night eating, Night feeding	Night Eating Questionnaire (NE)
Urzeala et al., 2022	France, Australia, Austria, Canada, Chile, China, Denmark, Indonesia, Italy, Iran, Norway, Portugal, Tunisia, Taiwan, Scotland, Switzerland, Romania and United States	March - June 2020	10121	5603 (55.36)	na	Adults	24.78	Online Survey	Weight Gain	COVISTRESS Questionnaire
Vacca et al., 2021	Italy - Spain	April 2020	817	536 (65.61)	na	Adults	na	Online Survey	Emotional eating; Overeating; Food restriction	Three-factor eating questionnaire (TFEQ)-R21
Valencia et al., 2021	Arizona	na	155	na	na	Adults	na	na	Overeating	Single item/ad hoc questionnaire
Vidal et al., 2021	Uruguay	May 2020	891	659 (74)	na	Adults	na	Online Survey	Snacking	Single item/ad hoc questionnaire
Visser et al., 2020	The Netherlands	June- October 2020	1119	591 (52.8)	7	Elders	na	Online Survey	Weight Gain, Increased Physical activity, Snacking	Single item/ad hoc questionnaire
Wang et al., 2022	US	May-June 2020	197	197 (100)	6.87	Mothers	28.34	Online Survey	Emotional Eating	TFEQ-R18, FPSQ
Yang et al., 2020	China	May 2020	10082	7230 (71.7)	2.3	Adults	21.8	Online Survey	Weight Gain	Single item/ad hoc questionnaire
Yilmaz Akyüz et al., 2021	Turkey	April - May 2020	2019	1589 (78.2)	na	Adults	na	Online Survey	Emotional Eating; Overweight, Weight Gain; Weight Loss	Three-Factor Eating Scale (TFEQTr21)
Yilmaz & Sanlier, 2021	Turkey	April-May 2020	529	529 (100)	8	Women	na	Online Survey	Night eating	Night Eating Syndrome Questionnaire
Yokoro & Wakimoto, 2021	Japan	May 2020	164	164 (100)	0.7	Students	20.8	Online Survey	Weight change; Snacking	Single item/ad hoc questionnaire
Zach & Fernandez, 2021	Israeli	April 2020	1855	1289 (69.49)	14.5	Adults	25.46	Online Survey	Weight change	Single item/ad hoc questionnaire
Zachary et al., 2020	USA	2020	173	96 (55.49)	12.5	Adults	27.0	Online Survey	Weight gain	Single item/ad hoc questionnaire
Zhang & Zhang, 2020	China	April-May 2020	640	100 (100)	4.5	Pregnant Women	na	Online Survey	Emotional eating	Dutch Eating Behavior Questionnaire

Zhou & Wade, 2021	USA	September 2021	100	100 (100)	2.01	Students at risk for disordered eating	25.52	Online Survey	Eating Disorder	EDE-Q
Zhu et al., 2021	China	March-April 2020	889	542 (61)	11.4	Adults	na	Online Survey	Snacking; Physical Activity; Weight change	Single item/ad hoc questionnaire
Zielinska & Luszczki, 2021	Poland	January-June 2021	1022	958 (93.7)	11.86	Adults	25.20	Online Survey	Weight gain; Weight loss; Food addiction	Yale Food Addiction Scale (YFAS-2)

Note: na: not applicable

Supplementary Table S4

Meta-regression of factor affecting prevalence of Weight Gain

Weight Gain	EST.	SE	95% CI	p
Risk of bias				
High risk (ref) (k=8)				
Medium risk (k=31)	0.0004	0.026	-0.051; 0.052	0.988
Low risk (k=45)	-0.067	0.043	-0.151; 0.018	0.122
Recruitment time				
First wave (ref) (k=66)				
Second wave (k=8)	-0.012	0.044	-0.097; 0.074	0.787
Third wave (k=8)	-0.014	0.043	-0.098; 0.071	0.750
Country				
Asia (ref) (k=35)				
Africa (k=3)	0.082	0.066	-0.047; 0.211	0.214
Europa (k=28)	-0.048	0.028	-0.102; 0.006	0.082
South America (k=11)	0.057	0.038	-0.017; 0.131	0.133
North America (k=7)	0.032	0.046	-0.058; 0.122	0.491
Type of sample				
General adult population (ref) (k=69)				
Women (k=3)	-0.007	0.069	-0.142; 0.128	0.920
Athletes (k=8)	0.106	0.119	-0.126; 0.338	0.371
Older adults (k<3)	na	na	na	na
Overweight & Obese (k<3)	na	na	na	na
Students (k=8)	0.004	0.044	-0.082; 0.090	0.927
% Female (k=79)	0.0002	0.0007	-0.001; 0.002	0.715
Age (k=53)	-0.0008	0.001	-0.003; 0.002	0.474
BMI (k=38)	0.003	0.007	-0.012; 0.017	0.704
Outcome assessment				
Single item (ref) (k=52)				
Standardized questionnaire (k=31)	-0.025	0.026	-0.075; 0.026	0.338

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S5

Metaregression of factor affecting prevalence of Food restriction

Food restriction	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k<3)				
Medium risk (k<3)	na	na	na	na
Low risk (k=9)	0.225	0.188	-0.143; 0.594	0.231
<i>Recruitment time</i>				
First wave (ref) (k=12)				
Second wave (k<3)	na	na	na	na
<i>Country</i>				
Asia (ref) (k=5)				
Europa (k<3)	na	na	na	na
South America (k<3)	na	na	na	na
North America (k=5)	0.120	0.163	-0.200; 0.439	0.463
<i>Type of sample</i>				
General adult population (ref) (k=12)				
Students (k<3)	na	na	na	na
% Female (k=13)	0.014	0.004	0.005; 0.022	0.001
Age (k=9)	-0.007	0.016	-0.039; 0.025	0.682
BMI (k=6)	0.017	0.071	-0.123; 0.156	0.815
<i>Outcome assessment</i>				
Single item (ref) (k=7)				
Standardized questionnaire (k=6)	0.128	0.130	-0.127; 0.382	0.325

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S6

Metaregression of factor affecting prevalence of Body shape concerns

Body shape concerns	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k= 4)				
Medium risk (k= 3)	0.097	0.175	-0.246; 0.439	0.580
Low risk (k=<<3)	na	na	na	na
<i>Recruitment time</i>				
First wave (ref) (k=6)				
Second wave (k=<<3)	na	na	na	na
<i>Country</i>				
Australia (ref) (k=<<3)				
Asia (k=<<3)	na	na	na	na
Europa (k=<<3)	na	na	na	na
South America (k=<<3)	na	na	na	na
North America (k= 3)	0.240	0.300	-0.834; 0.792	0.496
<i>Type of sample</i>				
General adult population (ref) (k=6)				
Women (k=>3)	na	na	na	na
Athletes (k=>3)	na	na	na	na
% Female (k=8)	-0.003	.004	-0.011; 0.006	0.515
Age (k=7)	0.009	0.008	-0.008; 0.025	0.305
BMI (k=3)	-0.035	0.057	-0.146; 0.076	0.537
<i>Outcome assessment</i>				
Single item (ref) (k=3)				
Standardized questionnaire (k=5)	-0.244	0.122	-0.483; -0.006	0.044

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S7

Metaregression of factor affecting prevalence of Weight loss

Weight loss	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k=24)				
Medium risk (k= 18)	-0.086	0.041	-0.167; -0.005	0.037
Low risk (k=3)	-0.040	0.021	-0.081; 0.001	0.058
<i>Recruitment time</i>				
First wave (ref) (k=35)				
Second wave (k=4)	-0.030	0.037	-0.103; 0.043	0.417
Third wave (k=5)	0.048	0.034	-0.018; 0.114	0.157
<i>Country</i>				
Asia (ref) (k=19)				
Africa (k=3)	0.022	0.045	-0.066; 0.109	0.627
Europa (k=12)	0.037	0.026	-0.014; 0.089	0.158
South America (k=6)	-0.013	0.033	-0.078; 0.053	0.705
North America (k=5)	0.007	0.036	-0.064; 0.079	0.837
<i>Type of sample</i>				
General adult population (ref) (k=41)				
Healthcare professionals (k<3)	na	na	na	na
Students (k=3)	0.063	0.043	-0.021; 0.147	0.142
% Female (k=43)	0.000	0.000	0.000; 0.000	0.031
Age (k=27)	-0.003	0.001	-0.006; -<0.001	0.017
BMI (k=22)	-0.006	0.007	-0.020; 0.007	0.448
<i>Outcome assessment</i>				
Single item (ref) (k=26)				
Standardized questionnaire (k=19)	0.009	0.021	-0.033; 0.051	0.684

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S8

Metaregression of factor affecting prevalence of Excessive physical activity

Excessive physical activity	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k=13)				
Medium risk (k=16)	0.003	0.063	-0.120; 0.126	0.959
Low risk (k=5)	0.112	0.089	-0.062; 0.286	0.208
<i>Recruitment time</i>				
First wave (ref) (k=26)				
Second wave (k=3)	0.304	0.093	0.123; 0.486	<0.001
Third wave (k=<3)	na	na	na	na
<i>Country</i>				
Asia (ref) (k=13)				
Europa (k=11)	0.007	0.048	-0.086; 0.101	0.876
South America (k<3)	na	na	na	na
North America (k= 8)	0.290	0.053	0.187; 0.393	<.001
<i>Type of sample</i>				
General adult population (ref) (k=31)				
Healthcare professionals (k<3)	na	na	na	na
Students (k<3)	na	na	na	na
% Female (k=32)	0.006	0.003	.000; 0.011	0.034
Age (k=15)	-0.004	0.005	-0.013; -0.006	0.439
BMI (k=8)	0.029	0.030	-0.030; 0.088	0.335
<i>Outcome assessment</i>				
Single item (ref) (k=20)				
Standardized questionnaire (k=14)	0.031	0.059	-0.085; 0.146	0.602

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S9

Metaregression of factor affecting prevalence of Bingeing

Bingeing	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k=5)				
Medium risk (k=3)	0.035	0.198	-0.352; 0.422	0.858
Low risk (k<3)	na	na	na	na
<i>Recruitment time</i>				
First wave (ref) (k=7)				
Second wave (k<3)	na	na	na	na
<i>Country</i>				
Asia (ref) (k=2)				
Africa (k<3)	na	na	na	na
Europa (k<3)	na	na	na	na
South America (k<3)	na	na	na	na
North America (k=3)	0.210	0.152	-0.088; 0.507	0.168
<i>Type of sample</i>				
General adult population (ref) (k=6)				
Healthcare professionals (k=3)	-0.155	0.166	-0.481; 0.171	0.352
Students (k<3)	na	na	na	na
% Female (k=10)	-0.003	0.004	-0.012; 0.005	0.485
Age (k=7)	<0.000	0.014	-0.026; 0.027	0.995
BMI (k<3)	na	na	na	na
<i>Outcome assessment</i>				
Single item (ref) (k= 6)				
Standardized questionnaire (k=4)	-0.006	0.165	-0.328; 0.317	0.973

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S10

Metaregression of factor affecting prevalence of Overeating

Overeating	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k=16)				
Medium risk (k=10)	-0.039	0.086	-0.208; 0.130	0.652
Low risk (k<3)	na	na	na	na
<i>Recruitment time</i>				
First wave (ref) (k=27)				
Third wave (k<3)	na	na	na	na
<i>Country</i>				
Asia (ref) (k= 9)				
Europa (k=11)	0.071	0.096	-0.117; 0.258	0.461
South America (k=3)	0.172	0.142	-0.106; 0.450	0.225
North America (k=5)	0.015	0.119	-0.218; 0.248	0.899
<i>Type of sample</i>				
General adult population (ref) (k=26)				
Students (k<3)	na	na	na	na
% Female (k=28)	<0.000	<0.000	-0.000; 0.001	0.734
Age (k=16)	-0.004	0.007	-0.018; 0.011	0.632
BMI (k=10)	-0.040	0.048	-0.135; 0.054	0.405
<i>Outcome assessment</i>				
Single item (ref) (k=18)				
Standardized questionnaire (k=10)	0.191	0.074	0.045; 0.337	0.010

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S11

Metaregression of factor affecting prevalence of Food craving

Food craving	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k= 1)				
Medium risk (k= 3)	-0.422	0.172	-0.760; -0.084	0.014
<i>Recruitment time</i>				
First wave (ref) (k=3)				
Third wave (k<3)	na	na	na	na
<i>Country</i>				
Europa (k=3)				
South America (k<3)	na	na	na	na
<i>Type of sample</i>				
General adult population (ref) (k=3)				
Healthcare professionals (k<3)	na	na	na	na
% Female (k=4)	-0.010	0.005	-0.020; <0.000	0.063
Age (k=4)	0.003	0.019	-0.034; 0.040	0.873
BMI (k=3)	1.009	1.038	-1.025; 3.042	0.331
<i>Outcome assessment</i>				
Single item (ref) (k=3)				
Standardized questionnaire (k=1)	na	na	na	na

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S12

Metaregression of factor affecting prevalence of Snacking

Snacking	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k= 5)				
Medium risk (k= 3)	0.060	0.055	-0.048; 0.168	0.277
Low risk (k<3)	na	na	na	na
<i>Recruitment time</i>				
First wave (ref) (k=7)				
Second wave (k<3)	na	na	na	na
<i>Country</i>				
Australia (ref) (k<3)				
Asia (k=14)	-0.278	0.186	-0.642; 0.086	0.134
Europa (k= 18)	-0.252	0.184	-0.614; 0.109	0.171
South America (k=3)	-0.180	0.206	-0.584; 0.224	0.384
North America (k=8)	-0.175	0.190	-0.547; 0.198	0.358
<i>Type of sample</i>				
General adult population (ref) (k=40)				
Older adults (k<3)	na	na	na	na
Students (k=3)	-0.012	0.108	-0.223; 0.199	0.913
% Female (k=43)	<0.000	0.002	-0.003; 0.004	0.843
Age (k=23)	-<0.000	0.002	-0.005; 0.004	0.929
BMI (k=15)	0.010	0.014	-0.017; 0.036	0.482
<i>Outcome assessment</i>				
Single item (ref) (k= 27)				
Standardized questionnaire (k=16)	-0.013	0.056	-0.123; 0.098	0.821

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Table S13

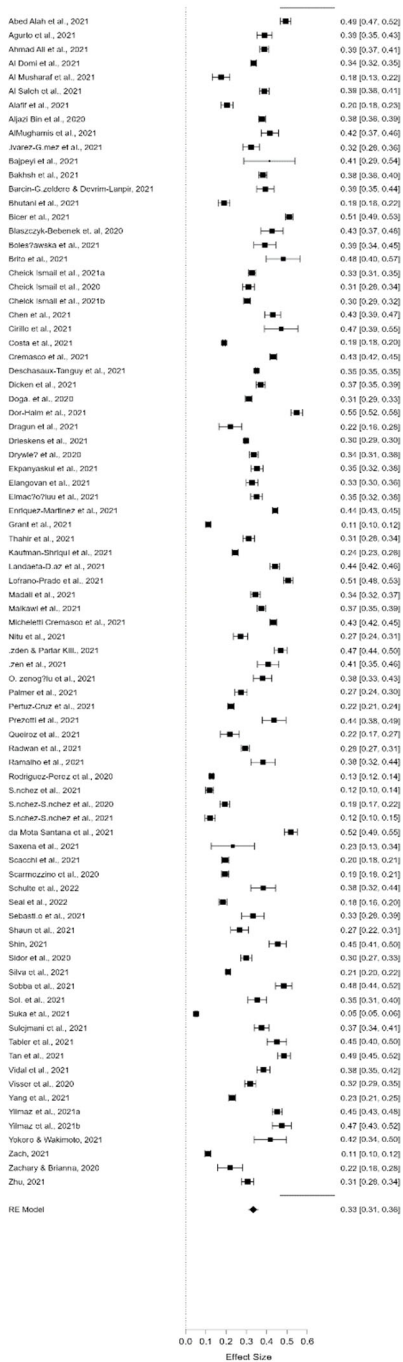
Metaregression of factor affecting prevalence of Emotional eating

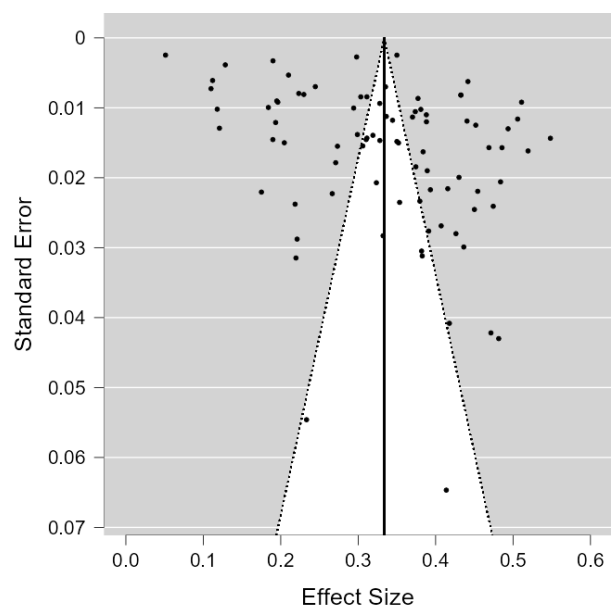
Emotional eating	EST.	S.E.	95% CI of Est.	P value
<i>Risk of bias</i>				
High risk (ref) (k=9)				
Medium risk (k=7)	-0.085	0.006	-0.214; 0.044	0.196
Low risk (k<3)	na	na	na	na
<i>Recruitment time</i>				
First wave (ref) (k=14)				
Second wave (k<3)	na	na	na	na
<i>Country</i>				
Asia (ref) (k= 6)				
Africa (k<3)	na	na	na	na
Europa (k=5)	0.100	0.102	-0.100; 0.301	0.327
North America (k=5)	0.044	0.102	-0.157; 0.244	0.670
<i>Type of sample</i>				
General adult population (ref) (k=14)				
Women (k=<3)	na	na	na	na
Students (k=<3)	na	na	na	na
% Female (k= 15)	-0.002	0.004	-0.010; 0.005	0.494
Age (k=14)	0.009	0.006	-0.002; 0.021	0.114
BMI (k=8)	0.031	0.043	-0.053; 0.116	0.468
<i>Outcome assessment</i>				
Single item (ref) (k=7)				
Standardized questionnaire (k=10)	0.024	0.080	-0.133; 0.180	0.768

Note: na: not applicable, SE: standard error, 95% CI: 95% confidence interval; ref: reference category; the reference category was defined as the most numerous category; significant predictors in bold.

Supplementary Figure S1

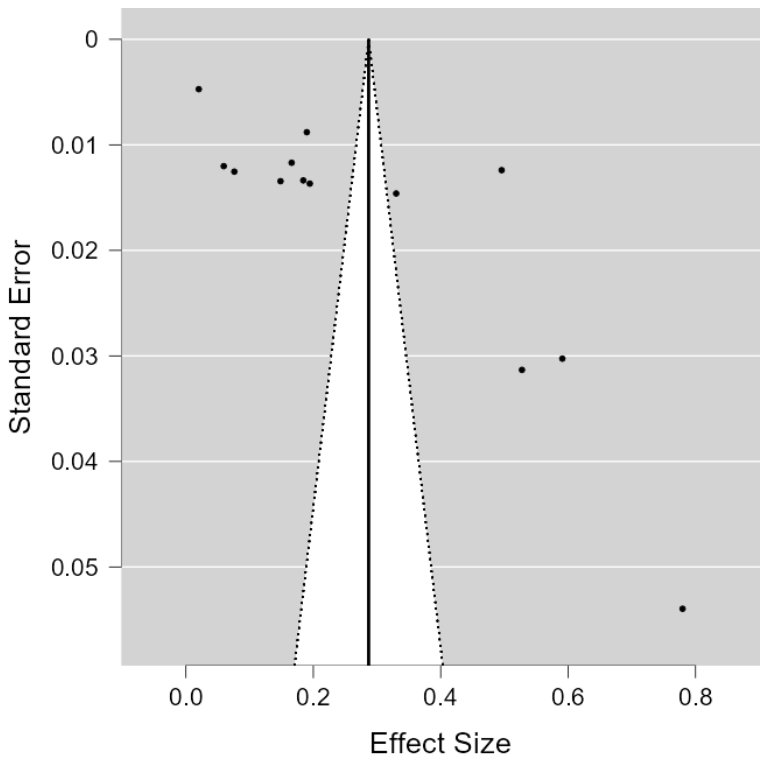
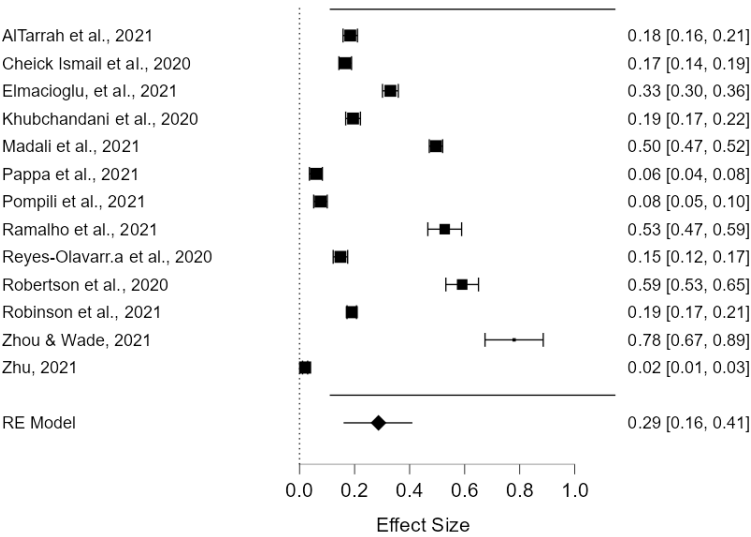
Forrest and Funnel Plot of weight gain in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size





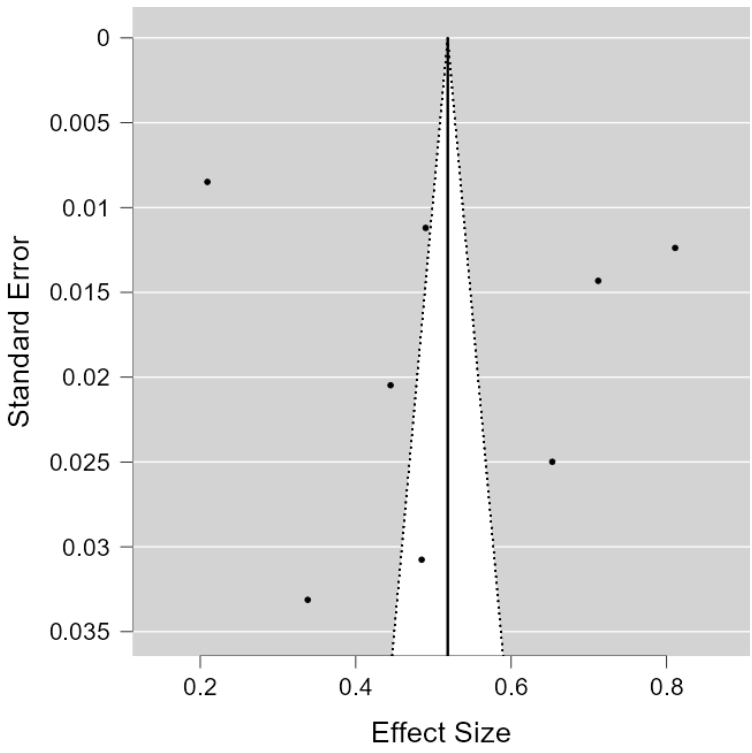
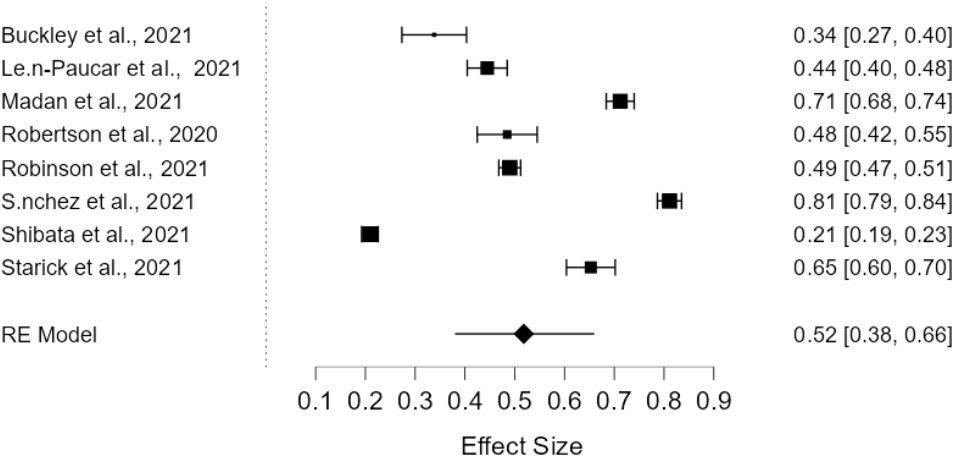
Supplementary Figure S2

Forrest and Funnel Plot of food restriction in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



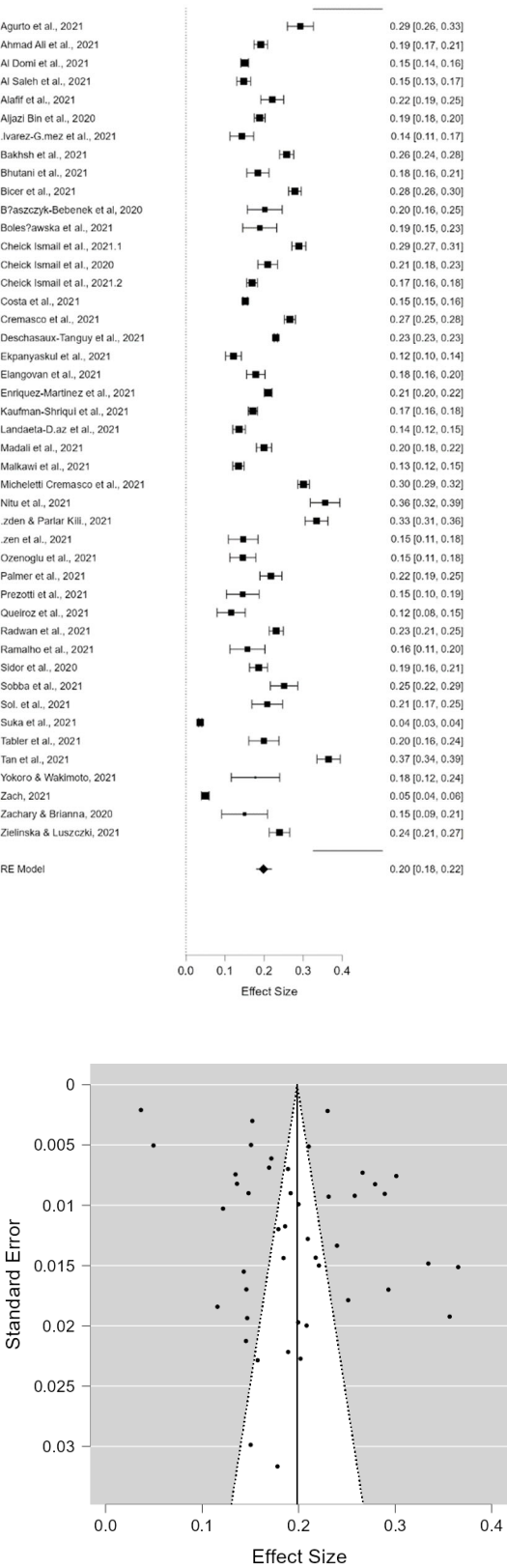
Supplementary Figure S3

Forrest and Funnel Plot of Body shape concerns in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



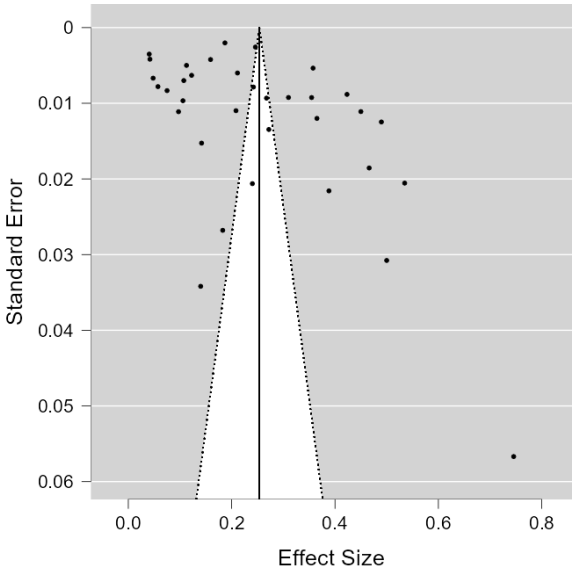
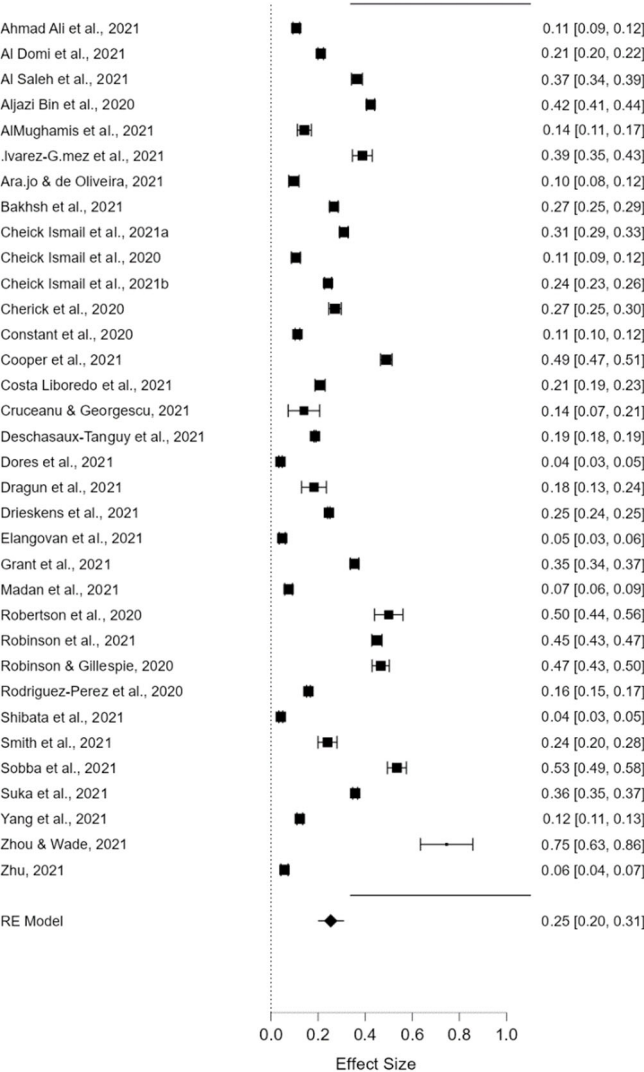
Supplementary Figure S4

Forrest and Funnel Plot of weight loss in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



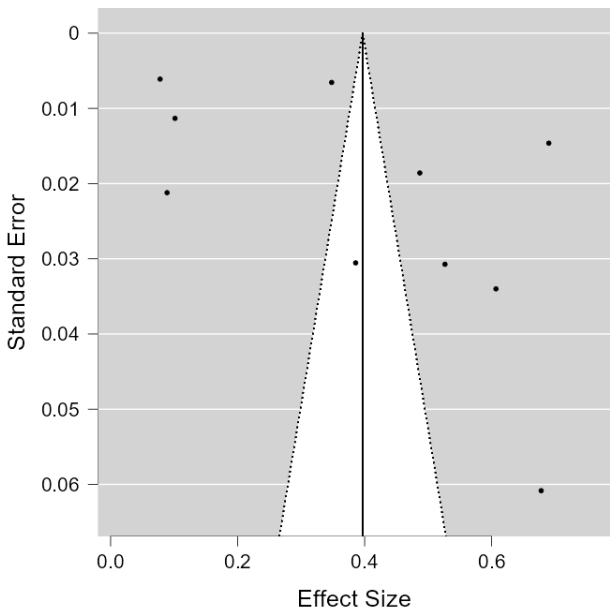
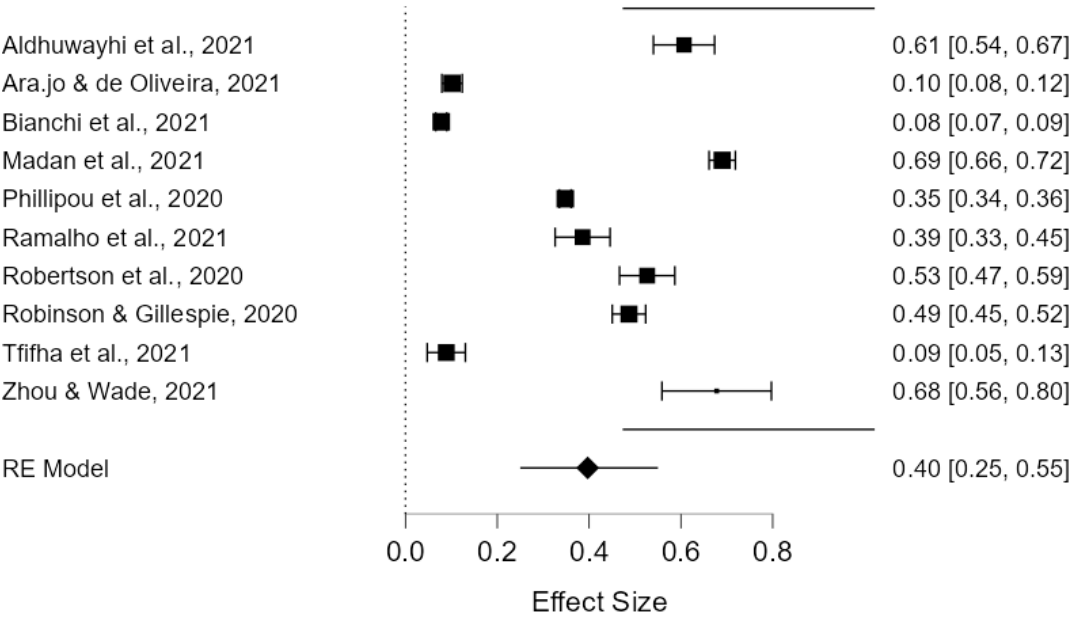
Supplementary Figure S5

Forrest and Funnel Plot of excessive physical activity in general population during the pandemic.
95% CI = 95% confidence interval; ES = effect size



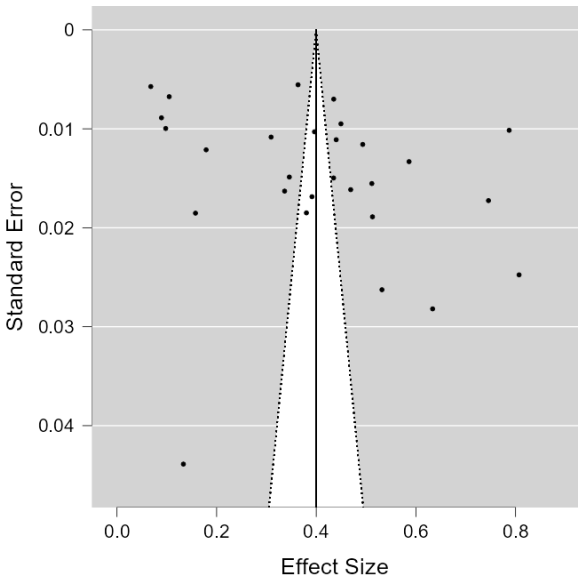
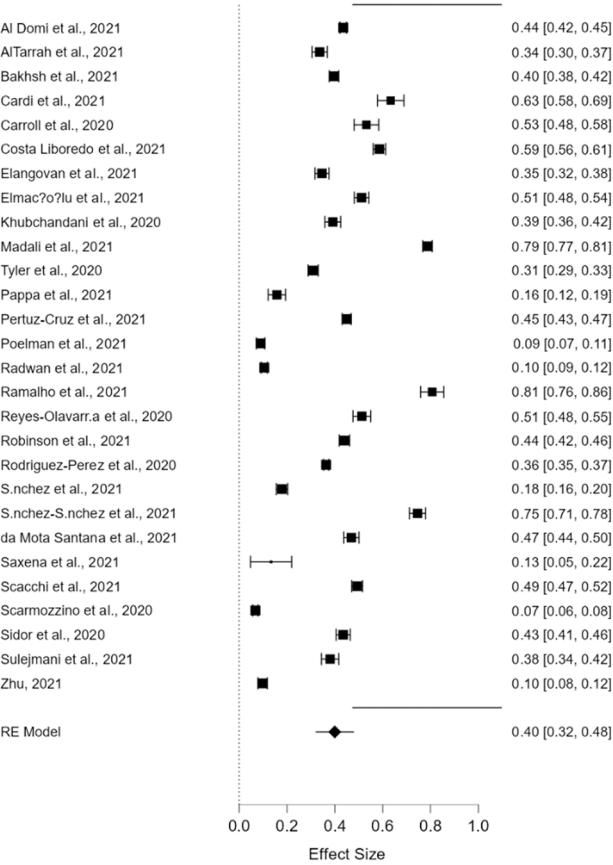
Supplementary Figure S6

Forrest and Funnel Plot of bingeing in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



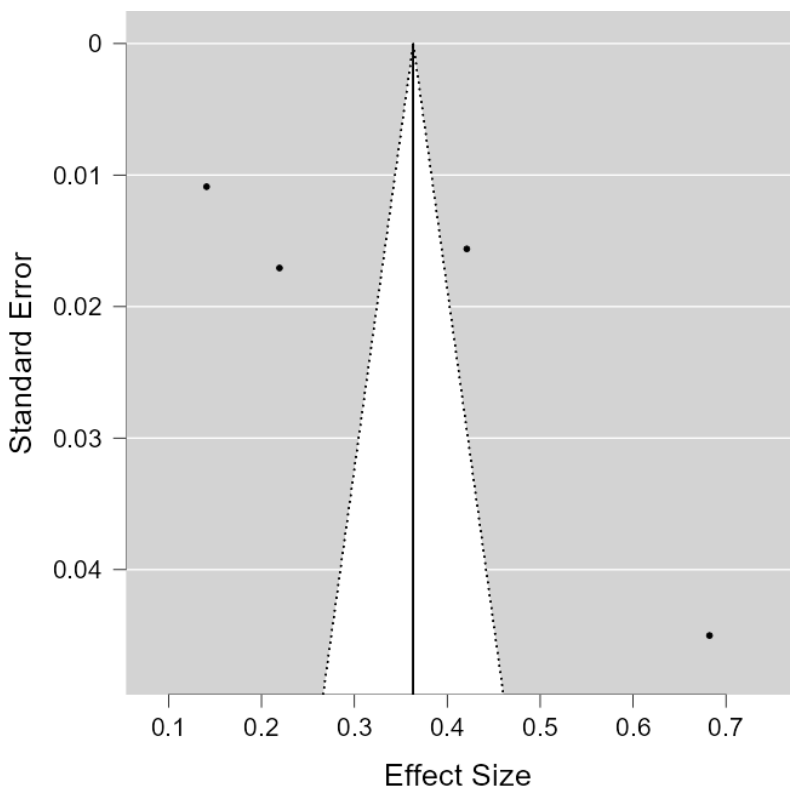
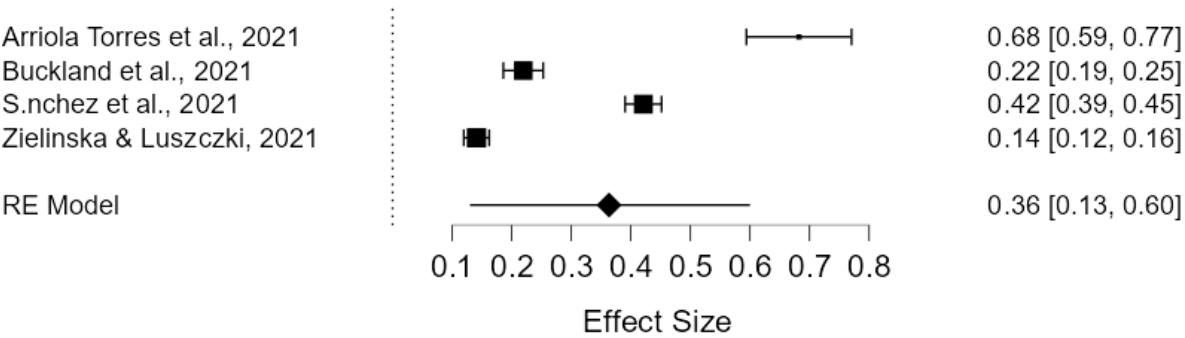
Supplementary Figure S7

Forrest and Funnel Plot of overeating in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



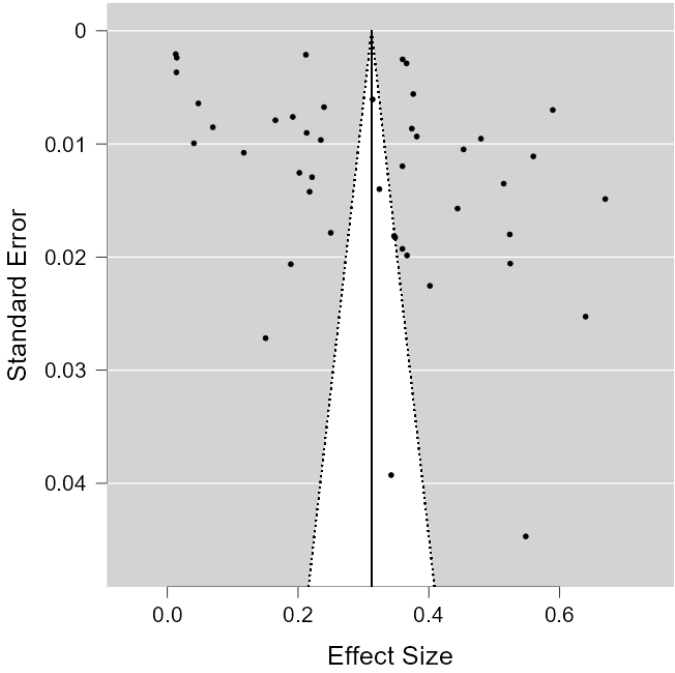
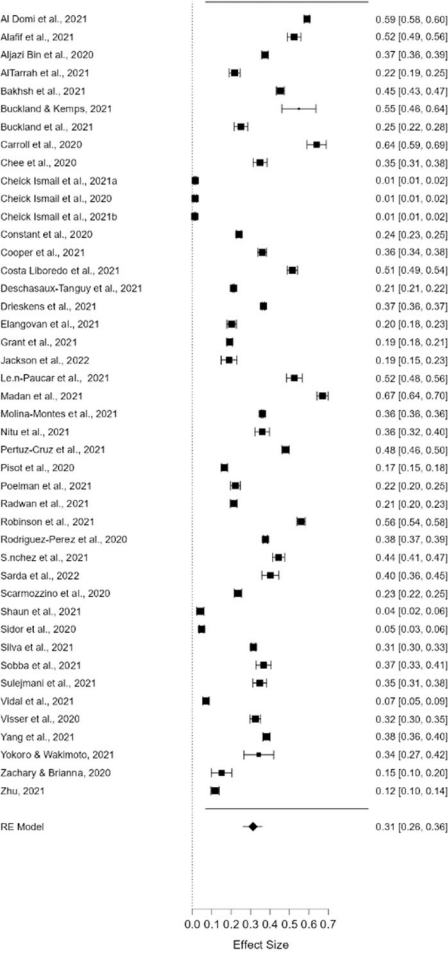
Supplementary Figure S8

Forrest and Funnel Plot of food craving in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



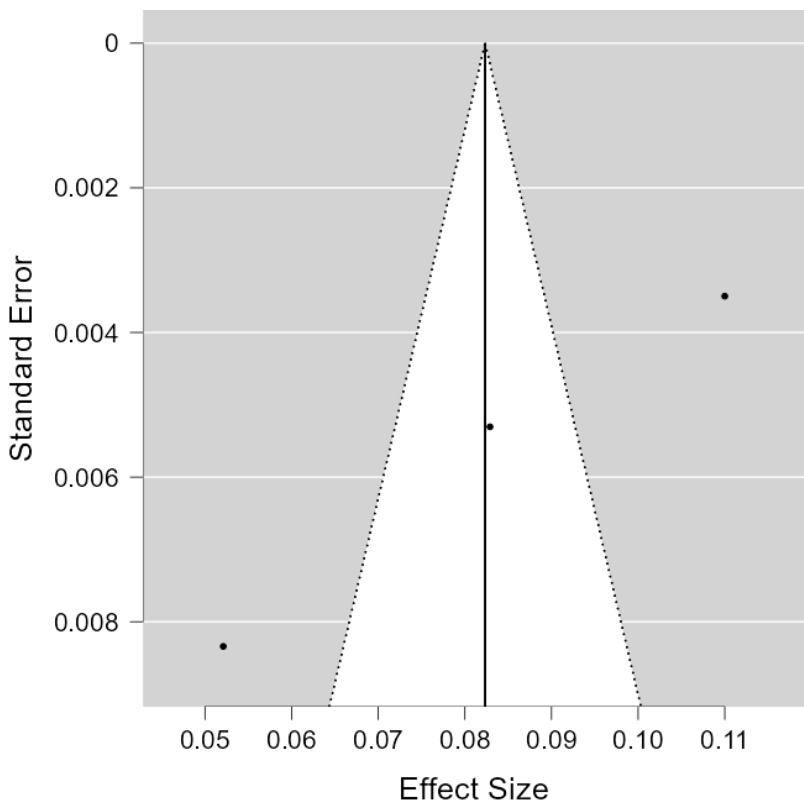
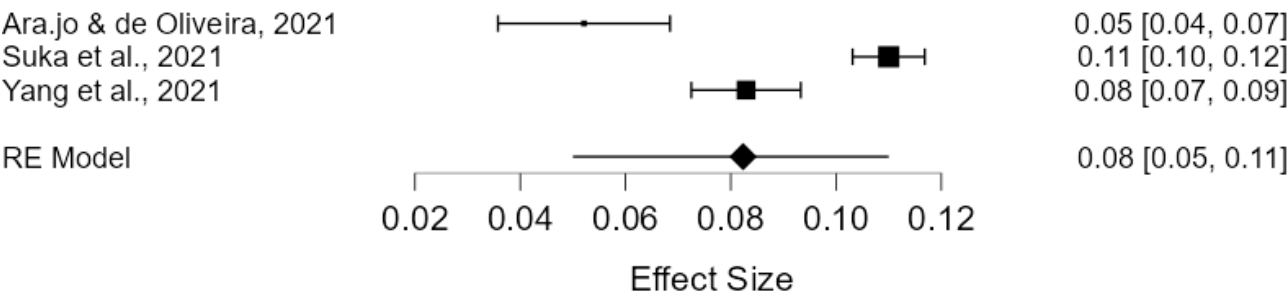
Supplementary Figure S9

Forrest and Funnel Plot of snacking in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



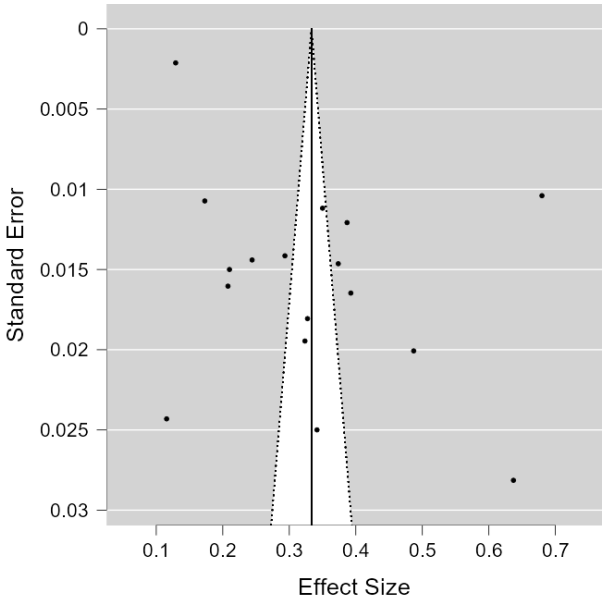
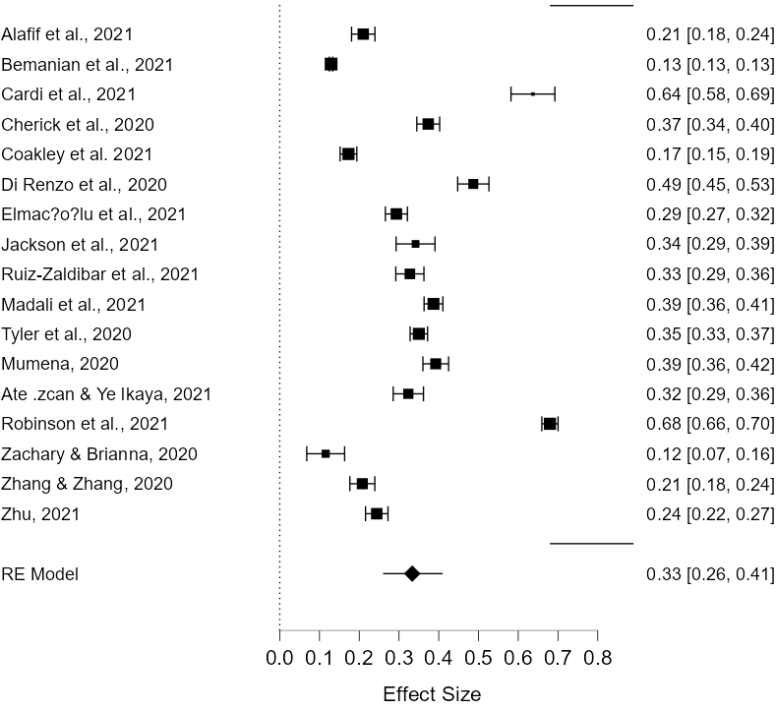
Supplementary Figure S10

Forrest and Funnel Plot of night eating in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



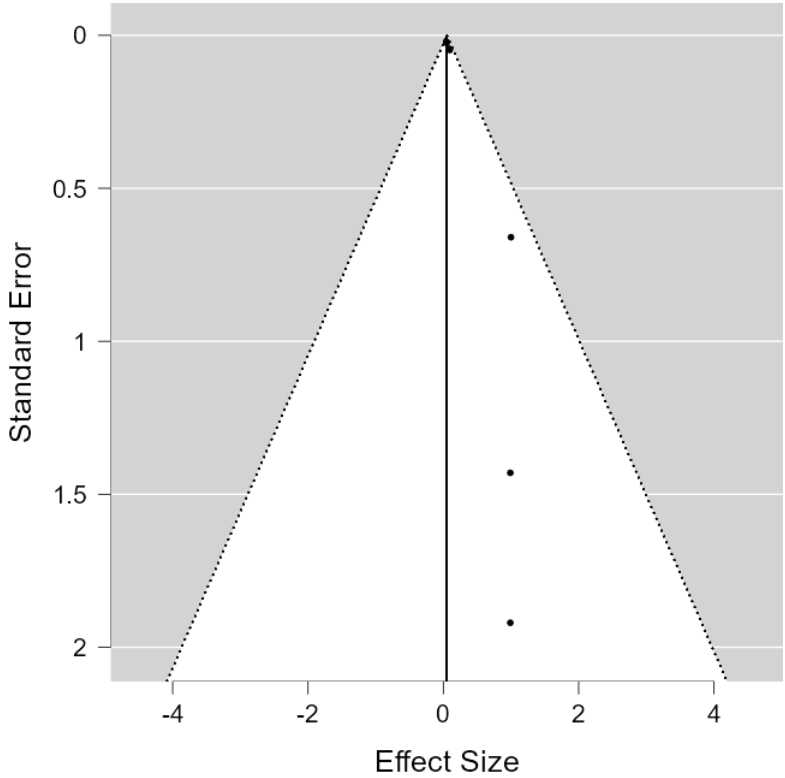
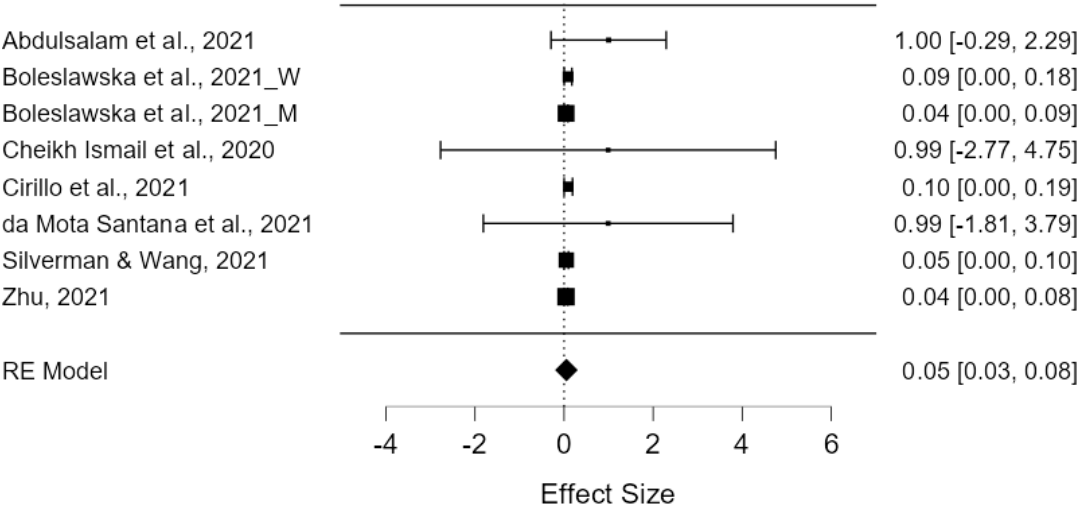
Supplementary Figure S11

Forrest and Funnel Plot of emotional eating in general population during the pandemic. 95% CI = 95% confidence interval; ES = effect size



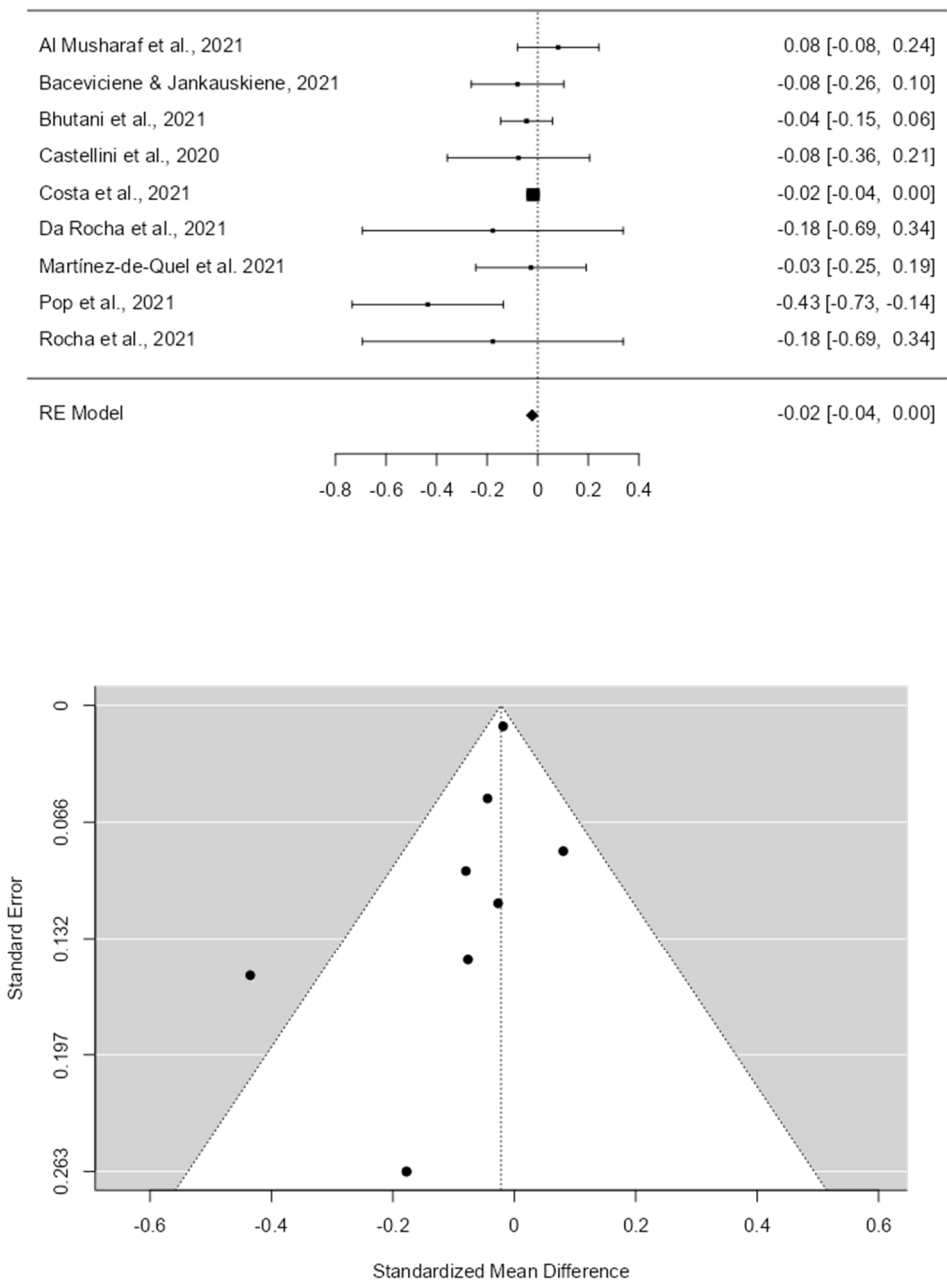
Supplementary Figures S12

Forrest and Funnel Plot of change in weight gain from pre-pandemic to pandemic time.



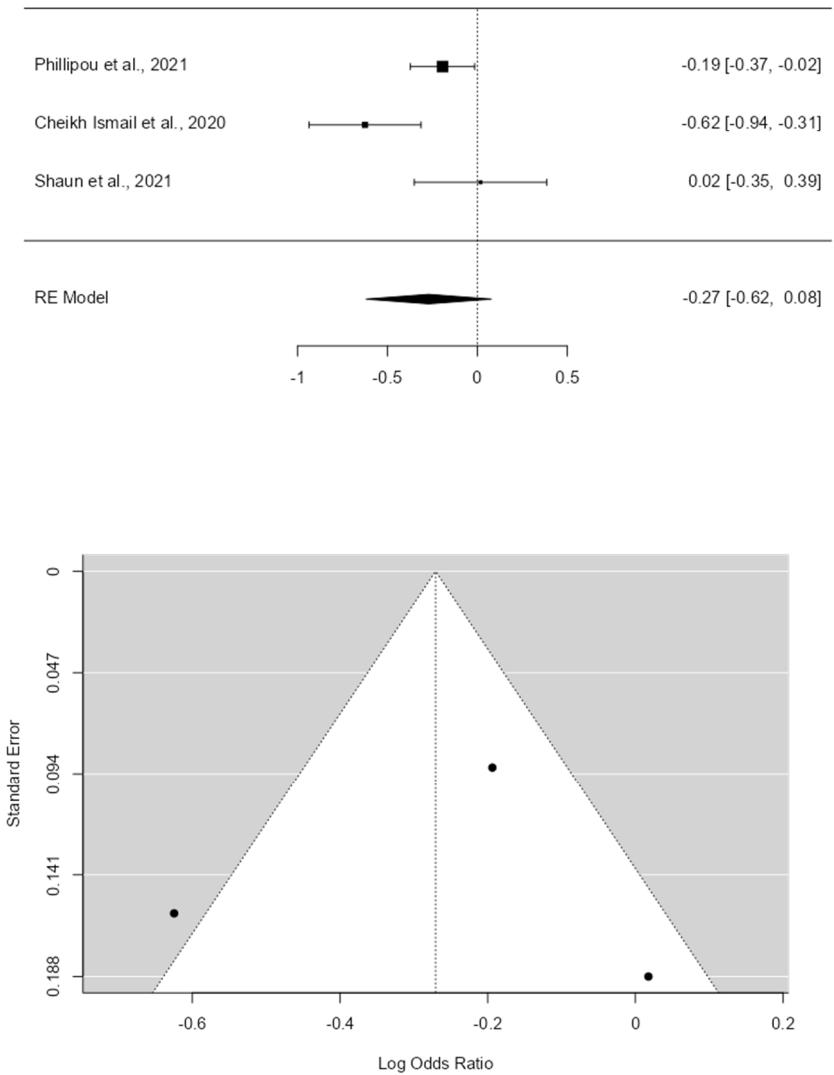
Supplementary Figure S13

Forrest and Funnel Plot of change in weight gain during the pandemic.



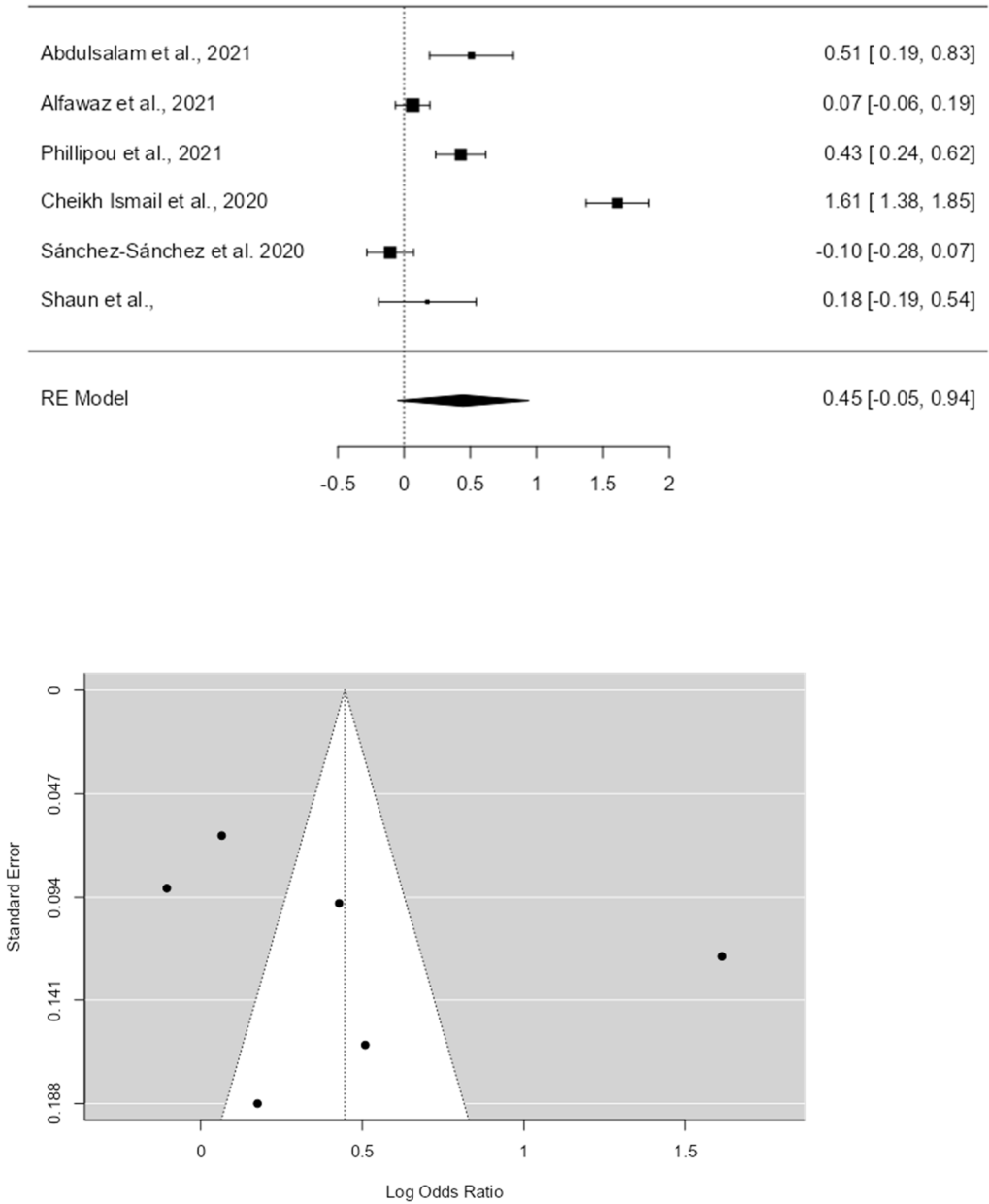
Supplementary Figure S14

Forrest and Funnel Plot of change in food restriction from pre-pandemic to pandemic time.



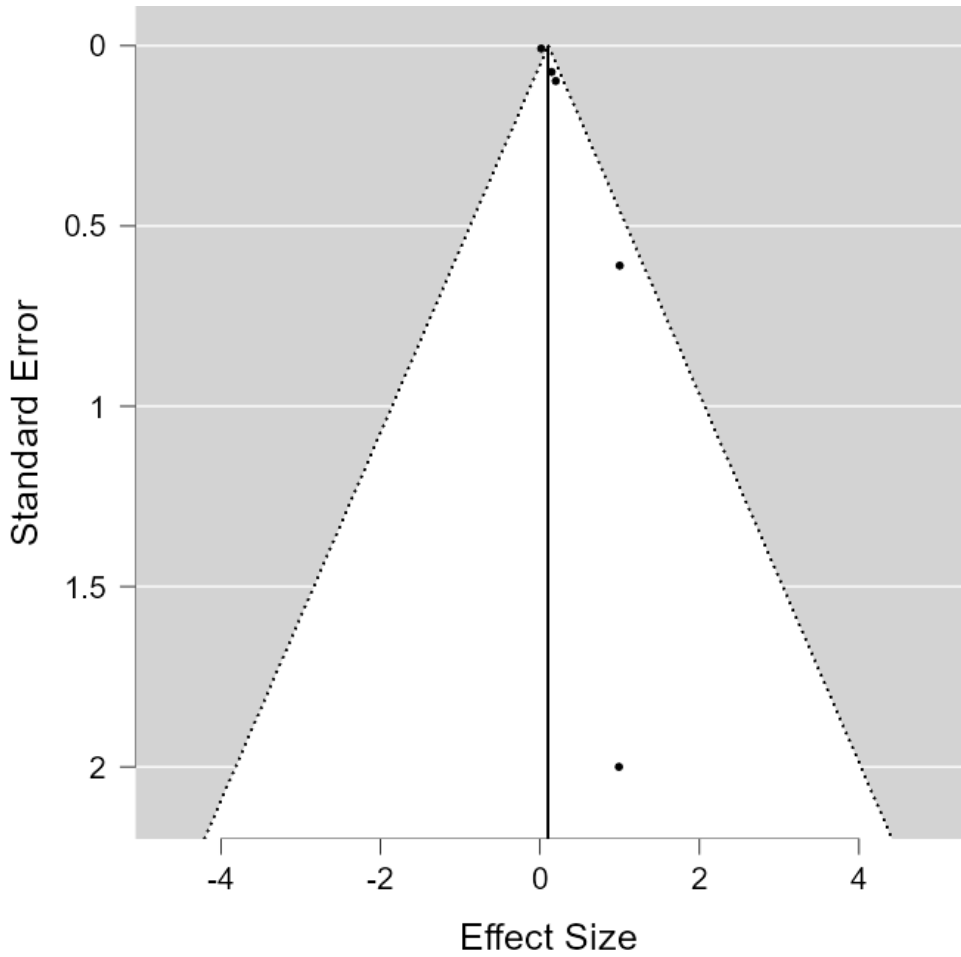
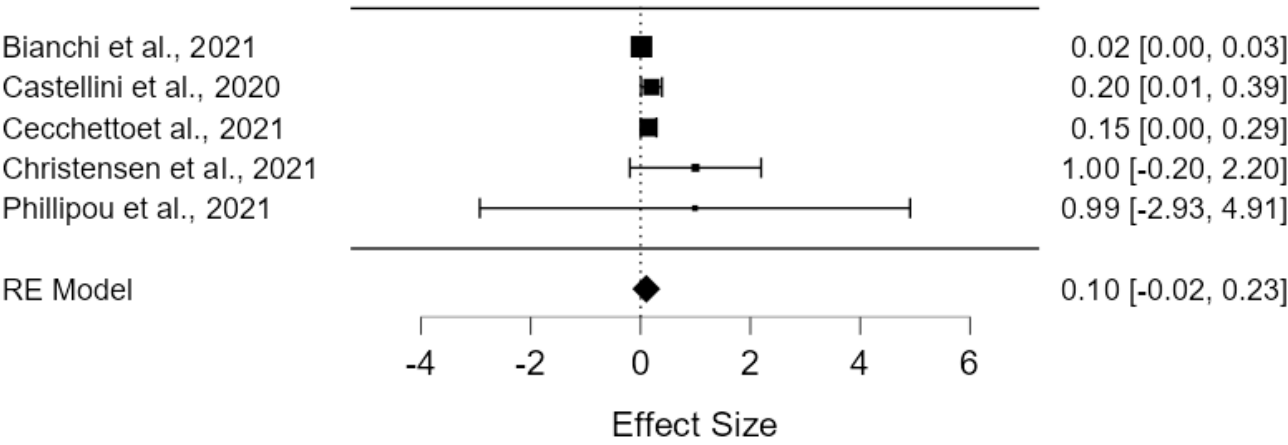
Supplementary Figure S15

Forrest and Funnel Plot of change in excessive physical exercise from pre-pandemic to pandemic time.



Supplementary Figure S16

Forrest and Funnel Plot of change in excessive binge eating from pre-pandemic to pandemic time.



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