

## Appendices

<b>Appendix 1. Demographic variables of participants</b>	
<b>Variables</b>	<b>Categories</b>
Age (years)	<ul style="list-style-type: none"> <li>• 18–24</li> <li>• 25–34</li> <li>• 35–44</li> <li>• 45–54</li> <li>• 55–64</li> <li>• 65+</li> </ul>
Gender	Man/woman/other <sup>A</sup>
Chronic illness/es	Yes/No
High-risk worker <sup>B</sup>	Yes/No
Education	<ul style="list-style-type: none"> <li>• High school and less</li> <li>• TAFE or trade certificate/undergraduate/postgraduate</li> </ul>
Residence location	<ul style="list-style-type: none"> <li>• Metro</li> <li>• Region</li> </ul>
Employment status	<ul style="list-style-type: none"> <li>• Full time</li> <li>• Part time</li> <li>• Casual</li> <li>• Self-employed</li> <li>• Full-time carer or home responsibilities</li> <li>• Retired</li> <li>• Not employed</li> </ul>
Yearly household income	<ul style="list-style-type: none"> <li>• \$1–\$49,999</li> <li>• \$50,000–\$99,999</li> <li>• \$100,000–\$149,999</li> <li>• \$150,000 or more</li> <li>• No income</li> </ul>
Main language spoken at home	<ul style="list-style-type: none"> <li>• English</li> <li>• LOTE</li> </ul>
<p><sup>A</sup>Non-binary/genderfluid, trans men and trans women were grouped together because of small numbers.</p> <p><sup>B</sup>High-risk workers include aged care workers, hotel quarantine or COVID-19 border control workers, and healthcare workers.</p> <p>LOTE, language other than English; TAFE, Technical and Further Education.</p>	

## Appendix 2. Further details on secondary outcomes.

1. The number of times accessing healthcare services in 2019 was measured by asking 'How many times did you access a health service or a practitioner for any health condition in 2019?'
2. The number of times accessing healthcare services in the three months prior to the baseline survey was measured by asking 'How many times did you access a health service or a practitioner for any health condition in the past three months?'
3. Changes experienced in healthcare were measured by asking participants whether COVID-19 had changed their access to or utilisation of healthcare with participants being able to select all that applied: 'My elective surgery/procedure was delayed or cancelled'; 'I ran out of medication'; 'My face-to-face appointments were rescheduled to telehealth appointments'; 'I couldn't access my usual healthcare'; 'My appointment(s) were cancelled/postponed by the clinic'; 'I couldn't contact my usual healthcare provider'. Furthermore, for participants who accessed healthcare in the past three months and experienced changes in access or utilisation of healthcare, we asked 'Were you offered any alternatives to your usual medical appointments or prescription services?' (yes/no). If yes, then asked 'What were you offered?' with options (selected all that apply) of 'Telehealth consultation(s)'; 'Online prescription services'; 'In-home services'; and 'Repeat prescriptions/multi-month medication'. Participants who chose telehealth were also asked 'How satisfied were you with telehealth consultation(s)?' with levels of 'very satisfied'; 'somewhat satisfied'; 'neutral'; 'somewhat dissatisfied'; and 'very dissatisfied'.
4. Concerns about usual healthcare in the past three months were measured by providing options (selected all that apply) of 'I delayed or avoided seeking care'; 'I couldn't access telehealth consultation(s)'; 'I couldn't afford to access my usual healthcare'; 'I felt anxious about attending due to COVID-19' and 'No concerns in relation to my usual healthcare'.

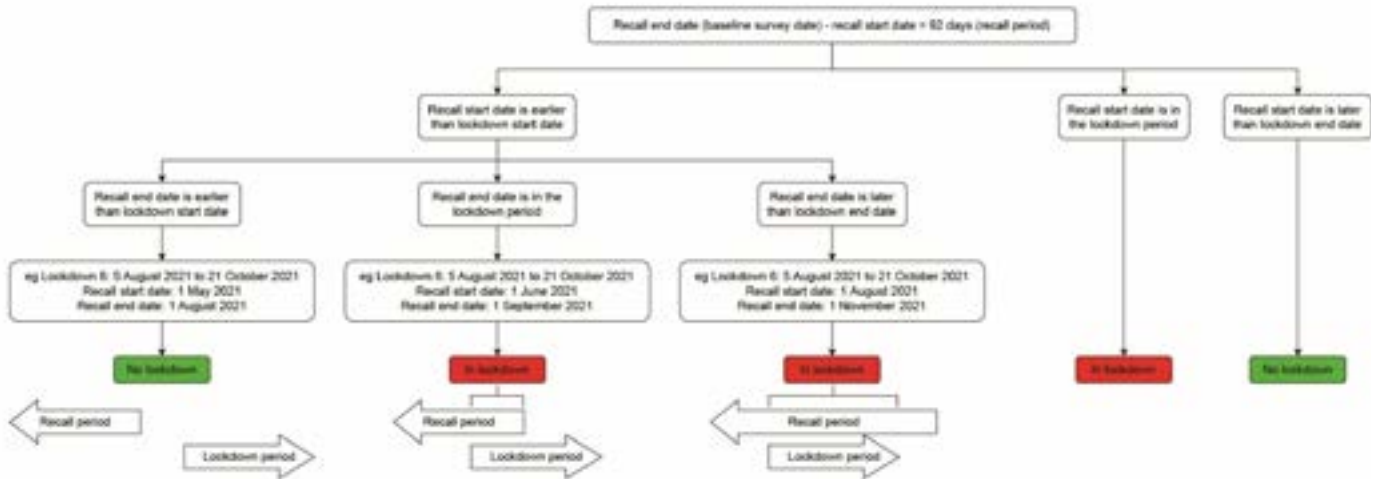
## Appendix 3. Time periods of five lockdowns in Victoria, Australia<sup>A,B</sup>

Lockdowns	Time periods	Calendar days
Lockdown 2	9 July 2020–27 October 2020	111
Lockdown 3	13 February 2021–17 February 2021	5
Lockdown 4	28 May 2021–10 June 2021	14
Lockdown 5	16 July 2021–27 July 2021	12
Lockdown 6	5 August 2021–21 October 2021	77

<sup>A</sup>Lockdown 1 (31 March 2020–12 May 2020) was not included as it was outside the recall period.

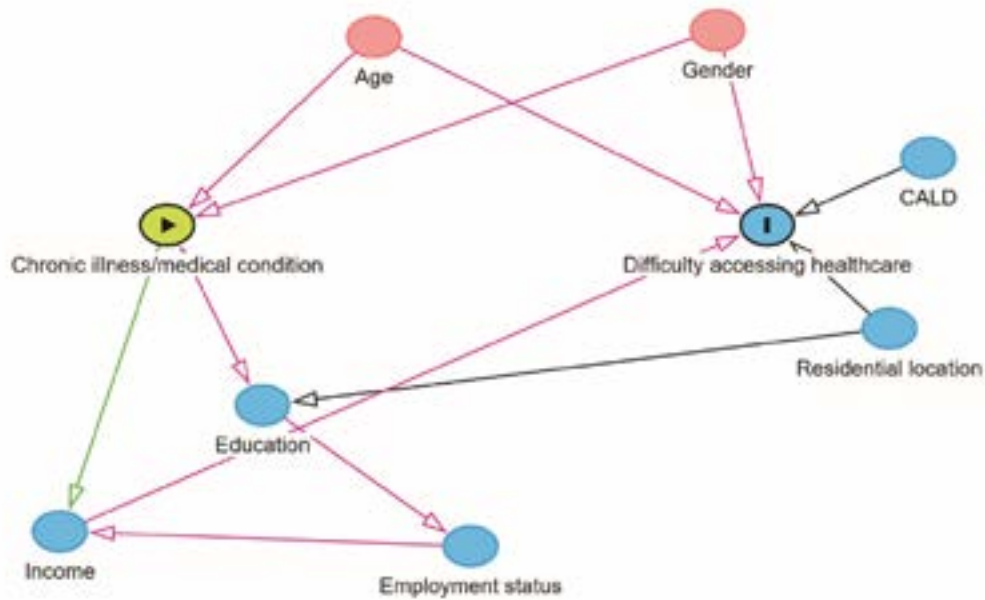
<sup>B</sup>We also created categories of lockdown 4 and 5 and 5 and 6 because the 3-month recall period was possible to cross more than one lockdown.

**Appendix 4.** The definition of whether the 3-month recall period (June 2020–December 2021) was in/out of lockdown. If a lockdown period coincided with any dates in the recall period, that period was defined as being in lockdown.



**Appendix 5. Directed acyclic graphs for chronic illness and difficulty accessing healthcare.**

CALD, culturally and linguistically diverse.

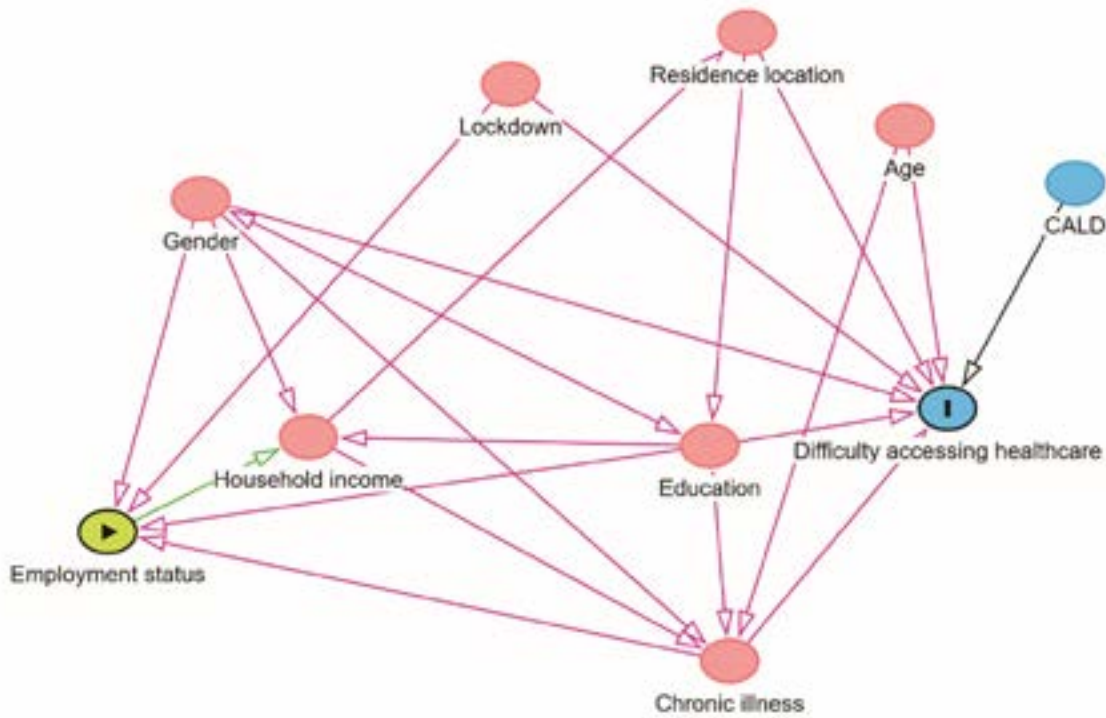


- exposure
- outcome
- ancestor of exposure
- ancestor of outcome
- ancestor of exposure and outcome
- adjusted variable
- unobserved (latent)
- other variable
- causal path
- biasing path



**Appendix 7. Directed acyclic graphs for employment status and difficulty accessing healthcare.**

CALD, culturally and linguistically diverse.



- exposure
- outcome
- ancestor of exposure
- ancestor of outcome
- ancestor of exposure and outcome
- adjusted variable
- unobserved (latent)
- other variable
- causal path
- biasing path

<b>Appendix 8. Number of times participants accessed healthcare services by sociodemographic groups</b>		
	<b>In 2019 (N=699<sup>A</sup>)</b>	<b>In the 3 months prior to baseline survey (June 2020–December 2021)<sup>B</sup> (N=766<sup>C</sup>)</b>
<i>Overall</i>	8.3 (10.7)	3.3 (4.2)
<i>Age group (years)</i>		
18–24	7.5 (10.6)	3.1 (4.9)
25–34	6.9 (7.9)	2.8 (3.5)
35–44	7.5 (8.6)	3.0 (3.8)
45–54	7.8 (8.2)	3.6 (4.9)
55–64	9.7 (13.4)	3.6 (3.6)
65+	11.5 (14.9)	4.1 (4.3)
<i>Gender</i>		
Man	6.6 (10.0)	2.2 (3.3)
Woman	8.8 (10.7)	3.8 (4.5)
Non-binary/genderfluid/trans man/trans woman <sup>D</sup>	15.8 (13.4)	4.2 (1.6)
<i>Chronic illness</i>		
Yes	14.3 (13.7)	6.0 (6.0)
No	6.1 (8.5)	2.3 (2.6)
<i>High-risk worker<sup>E</sup></i>		
Yes	7.0 (7.7)	3.3 (4.1)
No	8.6 (11.2)	3.3 (4.2)
<i>Education</i>		
High school and less	8.2 (10.0)	3.7 (5.2)
Tertiary education – TAFE/trade certificate	8.7 (9.4)	3.2 (3.6)
Tertiary education – undergraduate	8.0(11.2)	3.1 (3.8)
Tertiary education – postgraduate	8.6 (11.1)	3.3 (3.8)
<i>Residential location</i>		
Metro	8.1 (10.4)	3.3 (4.4)
Region	9.2 (12.0)	3.5 (3.2)
<i>Employment</i>		
Full time	7.1 (11.1)	2.4 (2.7)
Part time	8.3 (8.5)	3.7 (4.4)
Casual	7.6 (9.1)	3.3 (4.2)
Self-employed	8.8 (8.9)	3.3 (5.3)
Full-time carer/home responsibilities	9.2 (9.0)	3.4 (3.9)
Retired	11.2 (14.6)	4.3 (4.7)
Not employed	8.6 (11.1)	3.3 (3.4)

<i>Household income (per year)</i>		
\$1–\$49,999	9.3 (11.1)	4.2 (5.0)
\$50,000–\$99,999	8.3 (11.3)	2.9 (3.4)
\$100,000–\$149,999	9.8 (14.3)	3.5 (4.5)
\$150,000 or more	7.4 (7.8)	3.3 (4.7)
No income	5.4 (5.4)	2.2 (3.0)
<i>Main language spoken at home</i>		
English	9.3 (11.4)	3.7 (4.5)
LOTE	3.8 (4.1)	1.8 (2.1)

Data are presented as mean (SD).

<sup>A</sup>80 participants responded 'Prefer not to say' and were excluded from the analysis.

<sup>B</sup>This study included participants completing baseline surveys between September 2020 and December 2021 hence 'past 3 months' included dates from June 2020 to December 2021.

<sup>C</sup>Thirty-three participants responded 'Prefer not to say' and were excluded from the analysis.

<sup>D</sup>Non-binary/genderfluid, trans men and trans women were grouped together because of small numbers.

<sup>E</sup>High-risk workers include aged care workers, hotel quarantine or COVID-19 border control workers and healthcare workers.

LOTE, language other than English; SD, standard deviation; TAFE, Technical and Further Education.

**Appendix 9. Overall proportion of respondents (A) experiencing difficulty accessing healthcare (n=771); (B) access or utilisation of healthcare changed (n=630); and (C) changes experienced (n=543).**

