

**Appendix 3. Results of Mindful Self-Care Survey (change in mean total score, from before to during lockdown) by demographic variables (n = 332)**

MSCS Domain	Mean score before lockdown		Mean score during lockdown		Healthcare worker status		Gender		Education		Previous COVID-19 test		HADS anxiety score		HADS depression score		Age* mean score before lockdown		Mean score during lockdown		Age*	
	Mean	SD	Mean	SD	F-statistic	P value	F-statistic	P value	F-statistic	P value	F-statistic	P value	F-statistic	P value	F-statistic	P value	Mean	SD	Mean	SD	F-statistic	P value
Mindful Relaxation	11.64	3.563	11.41	3.671	0.048	0.827	0.208	0.813	1.204	0.305	0.004	0.952	0.178	0.837	1.03	0.359	11.49	3.549	11.35	3.729	1.891	0.131
Physical Care	14.12	3.557	12.92	3.428	0.103	0.748	1.176	0.31	0.921	0.481	0.672	0.413	1.179	0.31	1.42	0.244	14.09	3.542	12.91	3.416	0.675	0.568
Self-Compassion and Purpose	12.58	3.534	12.52	3.796	0.806	0.370	0.978	0.378	0.582	0.745	4.468	0.035*	0.063	0.939	2.136	0.121	12.44	3.588	12.48	3.858	0.739	0.529
Supportive Relationships	16.56	3.127	15.74	3.589	0.104	0.747	0.103	0.902	0.456	0.841	0.001	0.98	5.104	0.007*	1.558	0.212	16.49	3.148	15.75	3.611	0.829	0.479
Supportive Structure	16.44	3.255	15.58	3.672	0.59	0.443	0.188	0.829	0.561	0.761	0.243	0.623	2.397	0.093	1.563	0.211	16.43	3.254	15.61	3.695	1.626	0.183
Mindful Awareness	11.15	2.661	10.73	2.885	0.009	0.926	0.279	0.757	0.471	0.83	0.725	0.396	0.364	0.696	0.244	0.784	11.18	2.701	10.82	2.912	1.154	0.328

\*Age data available for 295 participants  
 \*Mean score for self-compassion domain increased for people who had not had a previous COVID-19 test and decreased for those who had a previous test.  
 \*Mean score decreased significantly for people with abnormal HADS anxiety score.  
 HADS, Hospital Anxiety and Depression Scale; MSCS, Mindful Self-Care Survey; SD, standard deviation