

Appendix 2. Results of Mindful Self-Care Scale individual items, comparison before/during lockdown*								
	Before lockdown		During lockdown		Analysis			Interpretation
	Mean	SD	Mean	SD	Mean change <sup>†</sup>	t	P value	
<b>Mindful Relaxation</b>								
Creative activity	2.83	1.26	2.82	1.19	0.02	0.323	0.75	No significant change
Listening to relax	3.46	1.19	3.35	1.25	0.11	2.464	0.01	Significant decrease in activity
Sought images to relax	3.01	1.22	2.87	1.24	0.14	2.98	0.003	Significant decrease in activity
Sought smells to relax	2.33	1.13	2.37	1.17	-0.04	-1.074	0.28	No significant change
<b>Physical Care</b>								
Nutritious eating	3.97	0.972	3.85	1.03	0.13	2.946	0.003	Significant decrease in activity
Exercise (30–60 min)	3.46	1.2	3.19	1.232	0.28	4.501	<0.001	Significant decrease in activity
Sports/other physical activities	2.59	1.446	1.92	1.248	0.68	10.27	<0.001	Significant decrease in activity
Sedentary activities (eg watching television)	2.22	0.958	2.2	1.052	0.03	0.481	0.631	No significant change
Yoga or mind-body activity	1.86	1.101	1.78	1.12	0.087	1.996	0.047	Significant decrease in activity
<b>Self-Compassion and Purpose</b>								
Acknowledging challenges/difficulties	3.23	1.074	3.23	1.162	0.01	0.13	0.897	No significant change
Supportive and comforting self-talk	2.74	1.175	2.87	1.223	-0.13	-3.006	0.003	Significant increase in activity
Permission to feel feelings	3.11	1.139	3.17	1.162	-0.05	-1.329	0.185	No significant change
Purpose in work/school life	3.48	1.154	3.25	1.184	0.238	5.069	<0.001	Significant decrease in activity
<b>Supportive Relationships</b>								
Spent time with supportive people	4.18	0.897	3.68	1.172	0.50	8.559	<0.001	Significant decrease in activity
Felt supported	4.18	0.886	4.02	0.983	0.17	4.213	<0.001	Significant decrease in activity
Felt confident saying 'no'	4.1	0.881	4.05	0.982	0.04	1.219	0.224	No significant change
Felt listened to	4.1	1.026	3.99	1.063	0.114	3.041	0.003	Significant decrease in activity
<b>Supportive Structure</b>								
Maintained manageable schedule	4.11	0.928	3.61	1.173	0.50	8.582	<0.001	Significant decrease in activity
Work/schoolwork area organised	4.15	0.868	3.98	0.985	0.17	4.894	<0.001	Significant decrease in activity
Balanced demands	4.07	0.912	4.02	0.054	0.05	1.476	0.141	No significant change
Maintained comfortable living environment	4.11	0.965	3.96	1.048	0.145	4.094	<0.001	Significant decrease in activity
<b>Mindful Awareness</b>								
Calm awareness of thoughts	3.7	0.933	3.58	0.997	0.11	3.282	0.001	Significant decrease in activity
Calm awareness of feeling	3.74	0.916	3.57	0.985	0.17	4.557	<0.001	Significant decrease in activity
Calm awareness of body	3.72	0.964	3.58	1.024	0.142	3.99	<0.001	Significant decrease in activity

\*A higher score indicates more frequent participation in the specified activity.

<sup>†</sup>Mean change: 'Before lockdown' mean minus 'after lockdown' mean

SD, standard deviation