

Supplementary File
Changes in work and life patterns associated with depressive symptoms during the COVID-19 pandemic: An observational study of health app (*CALO mama*) users

eTable 1. Comparison between analytical and excluded sample, 2020, Japan

Variables	Analytical sample (n = 2,846)				Excluded sample (n = 2,554)				P-value†
	n	%	Mean	SD	n	%	Mean	SD	
Female	1,696	59.6			1,864	73.0			<0.001
Age			46.0	11.9			42.0	13.5	<0.001
Full-time worker									
Pre-declaration period	2,519	88.5			2,232	87.4			0.21
Declaration period	2,165	76.1			1,744	68.3			<0.001
Lifestyle changes									
Suspension of work or loss of employment	281	9.9			339	13.3			<0.001
Increased working hours	243	8.5			182	7.1			0.06
Shift to working from home	769	27.0			651	25.5			0.20
Increased time on childcare	277	9.7			306	12.0			0.01
Depressive symptoms	1,140	40.1			1,058	41.4			0.32

† P-values of t-test and chi-square test for differences between analytical and excluded sample.

Abbreviations: SD, standard deviation.

eTable 2. Comparison between analytical sample and national surveys, 2020, Japan

Variables	Analytical sample (n = 2,846)				National survey			
	n	%	Mean	SD	n	%	Mean	SD
Women†	1,696	59.6			2,914	44.0		
Age†								
<20	56	2.0			104	1.6		
20-29	254	8.9			962	14.5		
30-39	518	18.2			1,250	18.9		
40-49	777	27.3			1,616	24.4		
50-59	902	31.7			1,306	19.7		
≥60	339	11.9			1,383	20.9		
Full-time work†								
Men	1,112	96.7			3,075	82.9		
Women	1,407	83.0			1,747	59.9		
Average steps‡								
Men	1,076		8,171	4,526	1,546		7,644	4,627
Women	1,617		6,142	3,550	1,736		6,705	3,514
Suspension of work or loss of employment*								
Men	43	3.7			181	4.9		
Women	238	14.0			250	8.4		

† The analytical sample was compared with the number of employed persons (10,000 persons) from the Employment Status Survey, 2017 (the Statistics Bureau, Ministry of Internal Affairs and Communications). The national total number of employed persons was 66,213,000 persons. The number of full-time workers for the analytical sample was in the pre-declaration period.

‡ The average steps in the pre-declaration period for our analytical sample was compared with data of 20-64 year old persons from the National Health and Nutrition Survey, 2018 (Ministry of Health, Labour and Welfare). To compare with the national survey, we limited the analytical sample to 20-64 year old participants and included their data from holidays.

* The number of those who experienced suspension of work or loss of employment in the national survey was from the Labour Force Survey (the Statistics Bureau, Ministry of Internal Affairs and Communications). The number was calculated by subtracting the number of those who were absent from work or unemployed in February from the number in April, 2020 (10,000 persons). The denominator of the percentage was the total number of employed persons in February, 2020 (66,910,000 persons).

Abbreviations: SD, standard deviation.