<H1> **Supplemental Materials**

**Table S1**.

*Inter-Correlation Matrix of Study´s Variables* (*N* = 1,951)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 1.Age | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2.Gender | –.07\*\* | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3.Household Income | .06\*\* | –.13\*\* | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4.Living location | .04 | .03 | –.10\*\* | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 5.Loneliness | –.19\*\* | .10\*\* | –.21\*\* | .02 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 6.Living with children | –.14\*\* | –.01 | .15\*\* | –.05\* | –.05\* | 1 |  |  |  |  |  |  |  |  |  |  |
| 7.Pre-existing health conditions | .14\*\* | –.07\*\* | –.01 | .03 | .03 | .01 | 1 |  |  |  |  |  |  |  |  |  |
| 8.Pregnancy | –.09\*\* | .07\*\* | .00 | .02 | .02 | .06\* | .01 | 1 |  |  |  |  |  |  |  |  |
| 9.SARS–CoV–2 infection | –.03 | .04 | .09\*\* | –.03 | .00 | –.02 | .03 | .02 | 1 |  |  |  |  |  |  |  |
| 10.History mental health difficulties | –.00 | .13\*\* | –.04 | .01 | .21\*\* | .04 | .12\*\* | .05\* | .04 | 1 |  |  |  |  |  |  |
| 11.Economic threat COVID–19 | –.08\*\* | .01 | –.22\*\* | –.02 | .12\*\* | .09\*\* | –.01 | .03 | .01 | .02 | 1 |  |  |  |  |  |
| 12.Anxiety about COVID–19 | .02 | .16\*\* | –.03 | .03 | .14\*\* | .01\*\* | .07\*\* | .06\* | .06\*\* | .11\*\* | .24\*\* | 1 |  |  |  |  |
| 13.Increase substance abuse | –.15\*\* | .06\* | –.10\*\* | –.02 | .24\*\* | .09\*\* | .09\*\* | .08\*\* | .04 | .16\*\* | .14\*\* | .17\*\* | 1 |  |  |  |
| 14.Depression | –.19\*\* | .12\*\* | –.12\*\* | .00 | .38\*\* | .03 | .06\*\* | .03 | .05\* | .22\*\* | .15\*\* | .23\*\* | .38\*\* | 1 |  |  |
| 15.Anxiety | –.19\*\* | .19\*\* | –.12\*\* | .01 | .42\*\* | .07\*\* | .06\* | .07\*\* | .11\*\* | .23\*\* | .24\*\* | .49\*\* | .42\*\* | .58\*\* | 1 |  |
| 16.Well-being | .17\*\* | –.06\* | .19\*\* | .02 | –.54\*\* | .02 | –.01 | –.00 | .04 | –.16\*\* | –.14\*\* | –.12\*\* | –.26\*\* | –.36\*\* | –.39\*\* | 1 |

*Note.*\**p* < .05. \*\**p* < .001.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table S2.**  *Statistical Differences between Sociodemographic and Negative Mental Health* | | | | | | | | | | | | |
|  |  | PHQ–9  Mean(*SD*) | *t/F*(*p*) | | GAD–7  *M* (*SD*) | | | | | *t/F*(*p*) | | |
| Gender |  |
| Female |  | 7.55(5.88) |  | | 6.93(5.57) | | | | |  | | |
| Male |  | 5.56(5.27) | 7.83(.01\*\*) | | 4.90(4.72) | | | | | 8.62(.01\*\*) | | |
| Age |  |
| 18–24 |  | 9.98(6.14) |  | | 7.83(5.8) | | | | |  | | |
| 25–34 |  | 8.20(6.12) |  | | 6.82(5.60) | | | | |  | | |
| 35–44 |  | 7.05(5.58) |  | | 6.44(5.30) | | | | |  | | |
| 45–54 |  | 5.79(4.95) |  | | 5.43(4.78) | | | | |  | | |
| 55–64 |  | 5.10(5.28) |  | | 4.94(4.94) | | | | |  | | |
| 65+ |  | 3.76(4.75) | 31.84(.01\*\*) | | 3.78(4.75) | | | | | 14.55(.01\*\*) | | |
| Household Income | | | | | | |
| 12,450–20,200 |  | 7.67(6.00) |  | | 6.51(5.47) | | | | |  | | |
| 20,200–35,200 |  | 6.44(5.46) |  | | 5.98(5.24) | | | | |  | | |
| 35,200–60,000 |  | 5.31(5.13) |  | | 5.01(4.66) | | | | |  | | |
| Over 60,000 |  | 4.73(5.09) | 21.51(.01\*\*) | | 4.77(5.37) | | | | | 9.53(.01\*\*) | | |
| Living location | | | |
| Rural |  | 6.48(5.75) |  | | 5.93(5.39) | | | | |  | | |
| Urban |  | 6.51(5.63) | –0.07(.94) | | 5.85(5.21) | | | | | 0.24(.807) | | |
| Loneliness |  |  |  | |  | | | | |  | | |
| Low |  | 4.42(4.35) |  | | 4.27(4.42) | | | | |  | | |
| High |  | 9.47(5.97) | –21.60(.01\*\*) | | 8.14(5.48) | | | | | –17.20(.01\*\*) | | |
| Living with Children | | | | | | | | | |
| No |  | 6.27(5.59) |  | | 5.54(5.05) | | | | |  | | |
| Yes |  | 6.85(5.76) | –2.21(.02) | | 6.34(5.47) | | | | | –3.28(.01\*\*) | | |
| Pre-existing health condition. Self &/or someone close | | | | | | | | | | |  | |  |
| No |  | 5.96(5.42) |  | | 5.29(5.07) | | | | |  | | |
| Yes |  | 7.14(5.85) | –4.62(.01\*\*) | | 6.53(5.36) | | | | | –5.22(.01\*\*) | | |
| Pregnant; Self &/or someone close | | | | | | | | | | | |
| No |  | 6.41(5.06) |  | | 5.75(5.19) | | | | |  | | |
| Yes |  | 7.62(6.13) | –2.54(.01\*) | | 7.15(5.64) | | | | | –3.18(.01\*\*) | | |
| COVID–19 infection; Self &/or someone close | | | | | | | | |
| No |  | 6.17(5.55) |  | | 5.48(5.23) | | | | |  | | |
| Yes |  | 7.24(5.82) | –3.84(.01\*\*) | | 6.71(5.17) | | | | | –4.83(.01\*\*) | | |
| History of mental health difficulties | | | | | | | | | | | |
| No |  | 5.76(5.11) |  | | 5.27(4.88) | | | | |  | | |
| Yes |  | 9.51(6.67) | –12.06(.01\*\*) | | 8.26(5.93) | | | | | –10.25(.01\*\*) | | |
| Economic threat due to COVID–19 | | | | | | | | | | | |
| 0 |  | 4.81(4.75) |  | | 4.25(4.80) | | | | |  | | |
| 1 |  | 5.58(5.09) |  | | 4.77(4.57) | | | | |  | | |
| 2 |  | 5.25(4.89) |  | | 4.77(4.47) | | | | |  | | |
| 3 |  | 6.60(5.43) |  | | 5.62(4.93) | | | | |  | | |
| 4 |  | 8.23(6.40) | 24.25(.01\*\*) | | 7.90(5.85) | | | | | 34.05(.01\*\*) | | |
| Anxiety about the COVID–19 pandemic | | | | | | | |
| 0 |  | 3.58(4.11) |  | | 2.04(2.96) | | | | |  | | |
| 1 |  | 4.87(4.75) |  | | 3.59(3.85) | | | | |  | | |
| 2 |  | 5.19(4.82) |  | | 4.31(4.08) | | | | |  | | |
| 3 |  | 7.10(5.29) |  | | 6.58(4.64) | | | | |  | | |
| 4 |  | 9.58(6.52) | 68.89(.01\*\*) | | 9.94(5.81) | | | | | 160.82(.01\*\*) | | |
| Increased substance used during confinement | | | | | |  | | | | | | |  |
| Low |  | 4.40(4.41) |  | | 4.21(4.36) | | | | |  | | |
| High |  | 9.47(5.89) | 21.73(.01\*\*) | | 8.19(5.50) | | | | | –17.78(.01\*\*) | | |

*Note.*PHQ–9 = Patient Health Questionnaire–9; GAD–7 = Generalized Anxiety Disorder Scale.

\**p* < .05. \*\**p* < .001.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TableS3.**  *Statistical Differences between Sociodemographic Characteristics and Well-being* | | | | | | | | | | | | | |
|  | PHI-R  Mean(*SD*) | | | | *t/F(p*) | | | PHI-PE  Mean(*SD*) | | | *t/F*(*p*) | PHI-NE  Mean(*SD*) | *t/F*(*p*) |
| Gender |  | | | | | | | | | | |  |  |
| Female | 7.03(1.69) | | | |  | | | 3.42(1.38) | | |  | 3.60(1.38) |  |
| Male | 7.02(1.50) | | | | –2.38(.01\*) | | | 3.41(1.35) | | | 0.09(.92) | 3.82(1.27) | –3.70(.01\*\*) |
| Age |  | | | | | | | | | | |  |  |
| 18–24 | 6.56(1.76) | | | |  | | | 3.28(1.27) | | |  | 3.08(1.47) |  |
| 25–34 | 6.81(1.56) | | | |  | | | 3.36(1.27) | | |  | 3.45(1.33) |  |
| 35–44 | 7.13(1.58) | | | |  | | | 3.37(1.33) | | |  | 3.64(1.37) |  |
| 45–54 | 7.14(1.59) | | | |  | | | 3.55(1.39) | | |  | 3.79(128) |  |
| 55–64 | 7.39(1.53) | | | |  | | | 3.37(1.43) | | |  | 3.99(1.23) |  |
| 65+ | 7.56(1.36) | | | | 10.04(.01\*\*) | | | 3.40(1.47) | | | 1.64(.14) | 4.21(1.09) | 17.31(.01\*\*) |
| Household Income | |  |  | | | | | | | | | | |
| 12,450–20,200 | 6.79(1.67) | | | |  | | | 3.31(1.43) | | |  | 3.54(1.42) |  |
| 20,200–35,200 | 7.10(1.57) | | | |  | | | 3.36(1.37) | | |  | 3.72(1.33) |  |
| 35,200–60,000 | 7.51(1.40) | | | |  | | | 3.53(1.24) | | |  | 3.91(1.15) |  |
| Over 60,000 | 7.60(1.52) | | | | 23.62(.01\*\*) | | | 3.83(1.24) | | | 6.78(.01\*\*) | 3.94(1.28) | 8.67(.01\*\*) |
| Living location | | | |  | | | | | | | |  |  |
| Rural | 7.18(1.59) | | | |  | | | 3.37(1.42) | | |  | 3.71(1.34) |  |
| Urban | 7.11(1.59) | | | | 0.74(.45) | | | 3.42(1.35) | | | –0.64(.52) | 3.72(1.33) | –1.58(.87) |
| Loneliness |  | | | |  | | |  | | |  |  |  |
| Low | 7.72(1.22) | | | |  | | | 3.65(1.24) | | |  | 4.11(1.09) |  |
| High | 6.27(1.67) | | | | 22.09(.01\*\*) | | | 3.07(1.46) | | | 9.16(.01\*\*) | 3.16(1.44) | 15.75(.01\*\*) |
| Living with Children | | | | |  | | | | | | |  |  |
| No | 7.09(1.60) | | | |  | | | 3.36(1.39) | | |  | 3.77(1.32) |  |
| Yes | 7.16(1.59) | | | | –0.90(.36) | | | 3.50(1.33) | | | –2.20(.02\*) | 3.64(1.35) | 2.11(.03\*) |
| Pre-existing health condition. Self &/or someone close | | | | | | | | | |  | |  |  |
| No | 7.19(1.51) | | | |  | | | 3.38(1.39) | | |  | 3.80(1.30) |  |
| Yes | 7.04(1.68) | | | | 2.08(.03\*) | | | 3.45(1.33) | | | –1.02(.30) | 3.62(1.36) | 2.89(.01\*) |
| Pregnant; Self &/or someone close | | | | | | | |  | | | |  |  |
| No | 7.12(1.57) | | | |  | | | 3.40(1.37) | | |  | 3.73(1.33) |  |
| Yes | 7.11(1.83) | | | | 0.12(.90) | | | 3.54(1.25) | | | –1.18(.23) | 3.59(1.29) | 1.22(.22) |
| COVID–19 infection; Self &/or someone close | | | | | | | | | | |  |  |  |
| No | 7.08(1.59) | | | |  | | | 3.37(1.38) | | |  | 3.73(1.36) |  |
| Yes | 7.22(1.61) | | | | –1.78(.07) | | | 3.51(1.32) | | | –2.17(.03\*) | 3.68(1.25) | 0.94(.34) |
| History of mental health difficulties | | | | | | | |  | | | |  |  |
| No | 7.24(1.50) | | | |  | | | 3.43(1.36) | | |  | 3.81(1.27) |  |
| Yes | 6.62(1.86) | | | | 6.93(.01\*\*) | | | 3.35(1.38) | | | 1.00(.31) | 3.34(1.49) | 5.72(.01\*\*) |
| Economic threat due toCOVID–19 | | | | | |  | | | | | |  |  |
| 0 | 7.71(1.58) | | | |  | | | 3.43(1.37) | | |  | 4.14(1.16) |  |
| 1 | 7.31(1.50) | | | |  | | | 3.37(1.30) | | |  | 3.94(1.20) |  |
| 2 | 7.05(1.58) | | | |  | | | 3.42(1.36) | | |  | 3.87(1.26) |  |
| 3 | 7.12(1.47) | | | |  | | | 3.41(1.38) | | |  | 3.75(1.30) |  |
| 4 | 6.91(1.72) | | | | 9.68(.01\*\*) | | | 3.42(1.37) | | | 0.06(.99) | 3.34(1.43) | 18.99(.01\*\*) |
| Anxiety about the COVID–19 pandemic | | | | | |  | | | | | |  |  |
| 0 | 7.47(1.55) | | | |  | | | 3.60(1.31) | | |  | 4.22(1.08) |  |
| 1 | 7.14(1.72) | | | |  | | | 3.57(1.26) | | |  | 4.05(1.20) |  |
| 2 | 7.25(1.48) | | | |  | | | 3.52(1.32) | | |  | 3.87(1.27) |  |
| 3 | 7.03(1.48) | | | |  | | | 3.34(1.36) | | |  | 3.62(1.28) |  |
| 4 | 6.92(1.74) | | | | 5.98(.01\*\*) | | | 3.20(1.46) | | | 5.79(.01\*\*) | 3.21(1.48) | 32.62(.01\*\*) |
| Increased substance used during confinement | | | | | | |  | |  | | |  |  |
| Low | 7.38(1.48) | | | |  | | | 3.45(1.36) | | |  | 3.99(1.19) |  |
| High | 6.76(1.68) | | | | 8.52(.01\*\*) | | | 3.36(1.36) | | | 1.34(.17) | 3.33(1.43) | 10.6(.01\*\*) |

*Note*. PHI-R = Pemberton Happiness Index-Remember subscale; PHI-PE = Pemberton Happiness Index-Positive Experiences subscale; PHI-NE = Pemberton Happiness Index-Negative Experiences subscale.

*\*p* < .05. \*\**p* < .001.