**Table S1:** Source of information and beliefs about COVID-19.

|  |  |
| --- | --- |
| **Variable** | **Frequency (%)** |
| **Source of information about COVID-19 disease** (more than one answer could be chosen) | |
| Social media | 283 (64.3) |
| World Health Organization | 241 (54.8) |
| Ministry of Health | 239 (54.3) |
| Internet website | 229 (52.0) |
| Television | 187 (42.5) |
| Friends and family | 92 (20.9) |
| **What is your belief about COVID-19 disease?** | |
| A dangerous virus and a cause for concern | 201 (45.7) |
| A dangerous virus, but not worrisome | 172 (39.1) |
| An ordinary disease that has been amplified by the media | 57 (13.0) |
| Not a dangerous virus | 10 (2.3) |
| **If you answered that coronavirus is dangerous, why do you think so?** (more than one answer could be chosen) | |
| Because it spreads quickly among people. | 205 (46.6) |
| Because there is no treatment for it. | 94 (21.4) |
| Because it causes severe symptoms such as shortness of breath. | 80 (18.2) |
| Because the number of infections is high worldwide. | 35 (8.0) |
| Because the number of deaths globally is relatively high. | 15 (3.4) |
| I do not know. | 11 (2.5) |

**Table S2:** Mental well-being during COVID-19 pandemic.

|  |  |
| --- | --- |
| **Variable** | **Frequency (%)** |
| **Do you feel anxious during the day because of COVID-19?** | |
| Extremely worried | 40 (9.1) |
| Relatively worried | 70 (15.9) |
| Worried within the natural limit | 230 (52.3) |
| Relatively not worried | 55 (12.5) |
| Not worried at all | 45 (10.2) |
| **Do you feel anxious at night due to COVID-19?** | |
| Extremely worried | 12 (2.7) |
| Relatively worried | 39 (8.9) |
| Worried within the natural limit | 99 (22.5) |
| Relatively not worried | 102 (23.2) |
| Not worried at all | 188 (42.7) |
| **Do you feel depressed during the day (so that it affects your interactions with those around you) due to COVID-19?** | |
| Extremely depressed | 21 (4.8) |
| Relatively depressed | 58 (13.2) |
| Depressed within the natural limit | 102 (23.2) |
| Relatively not depressed | 122 (27.7) |
| Not depressed at all | 137 (31.1) |
| **Do you feel fear during the day due to COVID-19?** | |
| Extremely afraid | 24 (5.5) |
| Relatively afraid | 52 (11.8) |
| Afraid within the natural limit | 170 (38.6) |
| Relatively not afraid | 93 (21.1) |
| Not afraid at all | 101 (23.0) |
| **If you have experienced any of the previous feelings, what was/were the reason(s) for your anxiety, depression, or fear?** (more than one answer could be chosen) | |
| Rapid spread of the disease | 283 (64.3) |
| Fear of people around me | 72 (16.4) |
| Number of cases | 50 (11.4) |
| Number of deaths | 35 (8.0) |

**Table S3:** Impact of COVID-19 on employment status and social life.

|  |  |
| --- | --- |
| **Variable** | **Frequency (%)** |
| **Has your employment status been affected by the COVID-19 pandemic?** | |
| Completely affected; I stopped working and currently do not work. | 87 (19.8) |
| Relatively affected; I do not work from my home, but I will continue my work when the lockdown is over. | 45 (10.2) |
| I stopped temporarily, but I have a job and I work from home. | 106 (24.1) |
| Comparatively, the pandemic has not affected my work. | 95 (21.6) |
| The pandemic has not affected my work at all. | 107 (24.3) |
| **Has your social life been affected by the COVID-19 pandemic?** | |
| Completely affected (I do not visit or talk to people surrounding me and I do not use social media). | 34 (7.7) |
| Relatively affected (I communicate with my family members at home, but I do not use social media). | 50 (11.4) |
| Affected to a normal level. | 98 (22.3) |
| Comparatively, the pandemic has not affected my social life. | 62 (14.1) |
| The pandemic has not affected my social life at all (I communicate with my family at home and using social media). | 196 (44.5) |
| **What are the negative consequences of the spread of COVID-19?** | |
| Weight gain | 248 (56.4) |
| Increase in marriage cases | 39 (8.9) |
| Increase in divorce cases | 18 (4.1) |
| Weight loss | 11 (2.5) |
| Increase in childbearing cases | 5 (1.1) |
| There are no negative consequences | 119 (27.0) |
| Others |  |
| **How do you describe your interaction with others?** | |
| Normal | 254 (57.7) |
| Unstable | 105 (23.9) |
| Nervous | 68 (15.5) |
| Isolated | 13 (3.0) |
| **What do you do to avoid the state of anxiety or fear due to the COVID-19 pandemic?** (more than one answer could be chosen) | |
| Pray | 323 (73.4) |
| Wash my hands with soap and water properly | 308 (70.0) |
| Play sports | 181 (41.1) |
| Commitment to quarantine | 170 (38.6) |
| Eat healthy food | 160 (36.4) |