

Additional Materials

Table S1 The percentage distribution of the meal intake of the students during the COVID-19 pandemic, based on certain background characteristics; statistically significant differences were determined by performing Chi-square tests.

Background characteristics	Meals during COVID-19		Chi-square (p-value)
	<= 2 meals n (%)	>2 meals n (%)	
Age group			
<13 years	39 (21.3)	144 (78.7)	4.9 (p = 0.027)
13 years and above	100 (30.4)	229 (69.6)	
Gender			
Female	60 (24.8)	182 (75.2)	1.3 (p = 0.257)
Male	79 (29.3)	191 (70.7)	
Highest education attained by mother			
<=HSC (primary/secondary/higher)	83 (36.4)	145 (63.6)	17.8 (p = 0.000)
Graduate	39 (19.9)	157 (80.1)	
Advanced/professional degree	17 (19.3)	71 (80.7)	
Highest education attained by father			
<=HSC (primary/secondary/higher)	74 (41.8)	103 (58.2)	29.6 (p = 0.000)
Graduate	47 (20.2)	186 (79.8)	
Advanced/professional degree	18 (17.6)	84 (82.4)	
Occupation of mother			
Homemaker	67 (25.0)	201 (75.0)	14.3 (p = 0.002)
Skilled	7 (25.9)	20 (74.1)	
Professional	14 (16.5)	71 (83.5)	
Other (freelancer/part-time)	51 (38.6)	81 (61.4)	
Occupation of father			
Unemployed	5 (45.5)	6 (54.6)	21.7 (p = 0.000)
Skilled	15 (20.8)	57 (79.2)	
Professional	41 (19.0)	183 (81.0)	
Other (freelancer, part-time)	76 (37.4)	127 (62.6)	
Perception on weight during COVID-19			
Gained weight	42 (20.9)	159 (79.1)	14.3 (p = 0.001)
Lost weight	24 (47.1)	27 (52.9)	
Maintained weight	73(28.1)	187 (71.9)	
Total	139 (27.2)	373 (72.8)	

Table S2 The percentage distribution of the physical activity of the students during the COVID-19 pandemic, based on certain background characteristics; statistically significant differences were determined by performing Chi-square tests.

Background characteristics	Physical activity status		Chi-square (p-value)
	not active n (%)	active n (%)	
Age group			
<13 years	63 (34.4)	120 (65.6)	1.1 (p = 0.284)
13 years and above	129 (39.2)	200 (60.8)	
Gender			
Female	76 (31.4)	166 (68.6)	7.3 (p = 0.007)
Male	116 (43.0)	154 (57.0)	
Highest education attained by mother			
<=HSC (primary/secondary/higher)	103 (45.2)	125 (54.8)	11.8 (p = 0.003)
Graduate	66 (33.7)	130 (66.3)	
Advanced/professional degree	23 (26.1)	65 (73.9)	
Highest education attained by father			
<=HSC (primary/secondary/higher)	80 (45.2)	97 (54.8)	7.4 (p = 0.025)
Graduate	81 (34.8)	152 (65.2)	
Advanced/professional degree	31 (30.4)	71 (69.6)	
Occupation of mother			
Homemaker	111 (41.4)	157 (58.6)	5.4 (p = 0.146)
Skilled	11 (40.7)	16 (59.3)	
Professional	24 (28.2)	61 (71.8)	
Other (freelancer/part-time)	46 (34.9)	86 (65.1)	
Occupation of father			
Unemployed	7 (63.6)	4 (36.4)	6.4 (p = 0.093)
Skilled	30 (41.7)	42 (58.3)	
Professional	74 (32.7)	152 (67.3)	
Other (freelancer/part-time)	81 (39.9)	122 (60.1)	
Total	192 (37.5)	320 (62.5)	