

Table E2. Longitudinal European studies including pre-pandemic and pandemic data identified in the selective review.

First author	Publication date	Sample*	State	Design**	Main results***
Alivernini et al.	Jan 2021	Adolescents (N = 347), mean age = 16.3 (range: 14-19)	Italy	April 2019 vs. May 2020, Longitudinal online survey	Increased negative affect; decreased positive affect; no influence on distancing; no effect sizes given
Bu et al. (a)	Sep 2020	General population (N = 31064 vs. 60341), age ≥ 18; age groups given	UK	January 2017 to June 2019 (UK Household Longitudinal study) vs. March to May 2020 (UCL COVID-19 Social Study)	Loneliness RF: young adults, living alone, lower education or income, economically inactive, women, ethnic minorities, urban residents; regression coefficients given
Castellini et al.	Feb 2021	General population (N = 130), mean age = 34.0 (range: 18-60)	Italy	December 2019 to January 2020 vs. April to May 2020 Longitudinal Study	Increase of depressive (T0: 0.57 ± 0.48 ; T1: 0.73 ± 0.65 ; $p = 0.003$) and phobic anxiety symptoms (T0: 0.26 ± 0.43 ; T1: 0.48 ± 0.63 ; $p < 0.001$) RF: pre-pandemic psychopathology (OR = 2.3 to 4.29)
Ehrler et al.	Apr 2021	Families with children (N = 200), mean age of children = 10.8 and 12.4	Switzerland	July 2017 to March 2020 vs. April to May 2020 Prospective cohort study	Child well-being decreased ($B = -5.05$; $R^2_B = 0.066$), family function decreased ($B = -1.11$; $R^2_B = 0.084$)
Elmer et al.	Feb 2020	Undergraduate students (N = 212) no age reported	Switzerland	2018 vs. April to May 2020 Longitudinal study	Fewer interaction partners and fewer study partners or no study partner; more depressed ($d = .34$), more anxious ($d = .34$), stressed ($d = .23$), lonely ($d = .07$)
Evans et al.	Apr 2021	Undergraduate students (N = 254) mean age = 19.76 (range: 18-31)	UK	October 2019 vs. April to May 2020 Longitudinal online survey	Increase in depression ($\eta^2 = .25$), decrease in well-being ($\eta^2 = .12$) and alcohol use ($\eta^2 = .1$)

					No significant changes in anxiety, loneliness, or sleep quality
Ezpeleta et al.	Oct 2020	General population, parents (N = 226), children (N = 226), mean age of children = 13.9	Spain	March to May 2020 Longitudinal online survey	Unhealthier activities, worsening of the relationships with others, and dysfunctional parenting style, no change in hyperactivity–inattention problems, increase in emotional, conduct and total problems ($f^2 = 0.14–0.27$), peer and prosocial behavior problems ($f^2 = 0.61–0.79$).
Giebel et al.	Jan 2021	Older adults and caregivers (N = 377) age ≥ 18 and ≥ 65	UK	May 2020 + 2 time points (+6, +12 weeks), Longitudinal online or telephone survey	Social support service usage dropped (27 % to 6 %), anxiety decreased, depression increased, access to paid care was least affected by COVID-19, well-being increased significantly for older adults over time (no effect sizes given)
Janssen et al.	Oct 2020	Parents (N = 67), adolescents (N = 34) mean age of parents = 58.2, mean age of adolescents = 16.0 (range: 11-17)	Netherlands	2018 to 2019 vs. April 2020, Dutch multi-method two-generation longitudinal study	No change in levels of depressive symptoms, more negative affect among parents ($B = 0.096$, $SE = .025$, $df = 5982$, $t = 3.900$, $p < .001$), no significant change of negative affect among adolescent ($B = 0.016$, $SE = .027$, $df = 2618$, $t = 0.595$, $p = .552$)
Kivi et al.	Feb 2021	Older adults (N = 1071) mean age = 63.12 (in 2015)	Sweden	2015 to 2020, Longitudinal Health, Aging and Retirement Transitions in Sweden (HEARTS) project	perceived health comparable, financial satisfaction stable across time ($\beta = 0.002$, $p = .79$), higher in 2020 compared to all previous years ($\beta = 0.09$, $p < .001$), life satisfaction stable over time (life

					satisfaction: $\beta = 0.02$, $p = .32$; loneliness: $\beta = -0.01$, $p = .84$)
Kok et al.	Mar 2021	ICU professionals (N = 252 vs. 233) mean age = 42.6	Netherlands	October to December 2019 vs. May to June 2020, Longitudinal open cohort design	Increased prevalence of burnout symptoms (23 vs. 36.1%); RF: ICU professionals (nurses: OR = 1.77; with COVID-19 care: OR = 1.87, physicians = 3.56), working overtime (OR = 2.11)
Naurin et al.	Feb 2021	Pregnant women with their partners (N = 6941) age ≥ 16	Sweden	September 2019 to August 2020, longitudinal survey	Worry increased (health); partners similar but less dramatic
Niedzwiedz et al.	Mar 2021	General population (N = 9748) age >18, age groups with percentages given	UK	2015 to 2020 UK Household Longitudinal Study	Psychological distress increased (17.6 to 30.6%; RR: 1.3); Loneliness remained stable; Smoking declined; drinking four or more times per week increased; increased binge drinking; Smoking declined RF: < 45 years, women, Asian minority, high education
Okely et al.	Okt 2020	Older adults (N = 137), mean age = 84	UK	2018 vs. 2020 Lothian birth cohort 1936	levels of physical activity were reduced (10 to 19% minimal activity); perceived social support increased during lockdown ($d =$.178)
Pan et al.	Feb 2021	Patients with obsessive- compulsive disorder, depression, anxiety (N = 1181), healthy participants (N = 336) age ≥ 18	Netherlands	2006-2016 vs. April 1 to May 13 2020 Netherlands studies of Depression and Anxiety, of Depression in Older Persons, and Obsessive Compulsive Disorder Association Study	depression ($\beta = .26$), worry ($\beta =$.66), and loneliness ($\beta = .22$) increased, no greater level of emotional reactivity in clinical population
Pierce et al.	Oct 2020	General population (N = 17452), age >16, age groups given	UK	2018-19 vs. April 2020 Online Survey UK Household Longitudinal Study (UKHLS)	mental distress rose from 18.9% (95% CI 17.8-20.0) in 2018-19 to 27.3% (26.3-28.2), GHQ-12 increased from 11.5 (95% CI 11.3-

					11.6) in 2018-19, to 12.6 (12.5-12.8) in April 2020; 0.48 (95% CI 0.07-0.90) points higher than expected when accounting for previous upward trends between 2014 and 2018
Proto & Quintana-Domeque	Jan 2021	General population (N = 14523)	UK	2017 to 2019 vs. April 2020 UK Household Longitudinal Study (UKHLS)	average mental distress (GHQ-12: 0-36) increased from 11.44 [95% CI: 11.36, 11.52] in 2017-2019 to 12.52 [95% CI: 12.40, 12.65] in April 2020, RF: women; Black, Asian and minority ethnic men
Ramiz et al.	Mar 2021	General population (N = 1237), mean age = 62 (range: 23-93)	France	November 2014 to December 2019 vs. March to May 2020 Longitudinal study, online Survey	Levels increased for physical health and decreased for mental health; no change for depression; anxiety increased (17.3 to 20.1%); RF: women, the elderly and the youngest, > 2h social media (OR = 2.14), COVID-19 diagnosis (OR = 2.18), living alone (OR = 1.78)
Savage et al.	Mar 2021	University students (N = 255) age ≥ 18, age groups given	UK	October 2019 vs. October 2020	Mental wellbeing and physical activity decreased (45.2 to 42.3 (p < 0.001); 223 to 173 min/week (p < 0.001), perceived stress and time spent sedentary increased (19.8 to 22.8 (p < 0.001); 66.0 to 71.2 h/week (p = 0.036))
Savolainen et al.	Jan 2021	Workers (N = 1044) mean age = 45.0 (range: 18-66)	Finland	September to October 2019 vs. September to October 2020 Longitudinal Study	Perceived loneliness ($\beta = 0.11, p = 0.005$), psychological distress ($\beta = 0.17, p < 0.001$), technostress technostress ($\beta = 0.17, p < 0.001$), neuroticism neuroticism ($\beta = 0.17,$

					$p < 0.001$) identified as robust psychological predictors of COVID-19 anxiety; RF: women
Step toe & Di Gessa	Jun 2021	People with and without physical disabilities (N = 4887), mean age = 60.3 and 70.9	England	2018-2019 vs. June to July 2020 English Longitudinal Study of Aging	Consistent associations of physical disability with greater depression (OR = 1.78) and loneliness (OR = 1.52); lower well-being, quality of life, and sleep quality (OR = 1.44)
Stolz et al.	Feb 2021	Older adults, age > 60	Austria	2013 to 2017 vs. May 2020 and March 2020 to June 2020 Comparison to pre- and pandemic data, cross sectional correlation, longitudinal analysis of weekly changes	Increase in Loneliness with restrictions (unadjusted effect size = 0.36); “effects seem to be short-lived, and thus no strong negative consequences for older adults' mental health”
Thombs et al.	Dec 2020	Scleroderma patients (N = 159 in France and 50 in UK) mean age = 53.8 and 59.2	France and UK (Canada and US)	July 1 2019 to December 31 2019 vs. April 9 to 27 2020 Scleroderma Patient-centered Intervention Network Cohort data	Anxiety increased for France and UK, no changes in depression (no effect sizes given)
Van der Velden et al.	Oct 2020	General population (N = 3983) age categories given	Netherlands	March 2019 vs. March 2020 Dutch longitudinal population-based LISS panel	No significant differences in Anxiety and Depression Symptoms and Emotional Support levels
Van der Velden et al.	Jan 2021	General Population (N = 4084) age categories given	Netherlands	October 2019 (T1) and June 2020 (T4), and anxiety and depression symptoms in November 2019 (T2), March 2020 (T3) and June 2020 (T4), Dutch longitudinal population-based LISS panel	Lower anxiety and depression symptoms at T4 in comparison with T1; emotional loneliness increased (OR = 1.61); symptoms increased significantly among those who became lonely during the pandemic (OR = 1.10 to 1.63)

RF = Risk factor; PF = Protective Factor

* Description of the sample with sample size, age (minimum age and/or average age and range) - if reported in the manuscript;

** Description of the designs with information on the measurement time points and type of study - if reported in the manuscript.

*** Description of the main results, indicating the main statistical parameters, if reported.