

Table S1. MEDAS Mean Score by Personality Types Before and During COVID-19 Lockdown.

MEDAS mean score	Agreeableness	Extraversion	Conscientiousness	Neuroticism	Openness
Before Lockdown	5.9	6.8	6.6	5.5	6.1
During Lockdown	5.9	6.2	6.4	5.5	5.8
Change in Score	-0.1	-0.6	-0.2	0.1	-0.3

Table S2: Physical Activity Characteristics by Personality Traits before and During the COVID-19 Lockdown

Personality Type										
PA (MET values)		Agreeableness	Extraversion		Conscientiousness		Neuroticism		Openness	
			Model 1	Model 2 ^a	Model 1	Model 2 ^a	Model 1	Model 2 ^a	Model 1	Model 2 ^a
Vigorous Activity	Before Lockdown	Ref (732.4)	667.6 (-139.8, 1474.9)	572.2 (-297.6, 1442.0)	246.2 (-143.5, 635.9)	146.9 (-266.9, 560.7)	-74.0 (-758.0, 610.1)	-127.3 (-805.3,550.8)	159.4 (-156.2, 474.9)	175.1 (-148.8,499)
	P-value		0.105	0.197	0.215	0.486	0.832	0.712	0.321	0.288
	During Lockdown	Ref (626.9)	389.8 (-120.9, 900.4)	314.8 (-205.0, 834.7)	129.9 (1-87.1, 446.9)	128.8 (-233.5, 491.0)	-11.5 (-496.8,473.8)	-54.1 (-573.8,465.7)	110.2 (-171.6,392.0)	153.9 (-147.8,455.5)
	P-value		0.134	0.234	0.421	0.485	0.963	0.838	0.442	0.316
Moderate activity	Before Lockdown	Ref (249.9)	45.1 (-213.9,304.0)	23.3 (-244.1,290.7)	-8.0 (-158.5,142.4)	-25.7 (-184.1,132.7)	39.3 (-498.3,577.0)	33.0 (-508.4,574.4)	116.5 (-49.6,282.6)	145.4 (-20.4,311.3)
	P-value		0.732	0.864	0.916	0.750	0.886	0.905	0.169	0.085
	During Lockdown	Ref (176.3)	30.4 (-118.7,179.5)	-5.8 (-148.0,136.3)	19.7 (-106.2,145.6)	-16.0 (-148.7,116.8)	189.9 (-442.8,822.5)	167.9 (-469.4,805.2)	48.2 (-63.3,159.6)	55.8 (-56.2,167.8)
	P-value		0.689	0.936	0.758	0.813	0.555	0.605	0.396	0.328

Model 1: Unadjusted

Model 2: Adjusted for gender, age, nationality, education, marital status, work status, BMI, smoking

Mean difference (95% CI) between each personality type and agreeableness (reference category)

* indicates statistical significance at the 5% significance level using linear regression, ^a indicates means of reference category (agreeableness)

Table S3. Physical Activity Mean MET Values by Personality Traits before and During COVID-19 Lockdown.

	PA mean values (MET)	Agreeableness	Extraversion	Conscientiousness	Neuroticism	Openness
All PA	Before Lockdown	1566.4	2121.3	1839.2	1343.7	2047.5
	After Lockdown	1114.5	1674.3	1410.2	1307.7	1426.3
Moderate	Before Lockdown	249.9	295.0	241.9	289.2	366.4
	After Lockdown	176.3	206.7	196.0	366.2	224.5
Vigorous	Before Lockdown	732.4	1400.0	978.7	658.5	891.8
	After Lockdown	626.9	1016.7	756.8	615.4	737.1
Walking	Before Lockdown	426.3	426.3	618.6	396.0	789.3
	After Lockdown	451.0	451.0	457.4	326.2	464.7
Sitting	Before Lockdown	2730.0	2730.0	3066.0	2520.0	2774.3
	After Lockdown	3570.0	3570.0	3939.6	3343.8	3791.4