

Table S1*Survey periods and concomitant national restrictions*

Survey	Time period	National restrictions					
		Gatherings of people outside (n)	Indoor sports activities	University lessons (n students)	Shops, restaurants, bars, pubs	Clubs	
T0	April 3-14, 2020	max 5	✓	✓	✓	✓	<i>Trend in loneliness during the COVID-19 pandemic</i>
T1	April 30-May 11, 2020	max 5	✓	✓	✓	✓	
T2	May 28-June 8, 2020	max 30	reopening	max 5	reopening	✓	
T3	November 30-December 10, 2020	max 15	open	✓	closing	✓	
T4	January 21-29, 2021	max 5	✓	✓	✓	✓	
T5	March 8-16, 2021	max 15	✓	✓	✓	✓	

Note. ✓ – restriction is enforced, indicating that related activities were closed or prohibited. More information can be found at <https://www.fedlex.admin.ch/en/cc/internal-law/81> under “818.1 Transmittable diseases”.

Table S2*Summary of research questions and variables*

Variable	Definition
COVID-19-related	The pandemic regulations can have various effects on everyday life at home. To what extent do you agree with the following statements?
Loneliness	I am lonely
More tension/conflict	I experience more tensions and conflicts
Strengthened neighborhood	I experience a strengthened neighborhood
Boredom	I am bored
Feeling locked up	I feel locked up
Enjoying family	I enjoy spending time with my family/partner
Health status	What is your current state of health?
Subjective well-being	How are you doing right now?
COVID-19 symptoms	Have you had symptoms in the past 4 weeks that would be compatible with a COVID-19 infection? For example, cough (usually dry), sore throat, shortness of breath, and fever, muscle pain.
COVID-19 test	Have you had a COVID-19 test in the past 4 weeks?
Testing positive for COVID-19	Have you tested positive for COVID-19?

Table S3*Characteristics and differences between included and excluded participants*

Variable		Included participants (<i>N</i> = 5669) <i>n</i> (%)	Excluded participants (<i>N</i> = 92) <i>n</i> (%)	χ^2 (Cramer's <i>V</i>) / <i>F</i> (η^2)	<i>p</i>
Simone Amendola, Thomas Volken, Annina Zysset, Marion Huber, Agnes von Wyl, Julia Dratva	Age (<i>M</i> \pm <i>SD</i>)	26.1 \pm 5.78	27.51 \pm 6.38	5.38 (0.00)	.020
	Gender			0.71 (0.01)	.702
	Female	3832 (67.6)	64 (69.6)		
	Male	1806 (31.9)	27 (29.3)		
	Other	31 (0.5)	1 (1.1)		
	Department			7.67 (0.04)	.362
	Health Professions	1255 (22.1)	16 (17.4)		
	Applied Linguistics	467 (8.2)	6 (6.5)		
	Applied Psychology	416 (7.3)	3 (3.3)		
	Architecture, Design and Civil Engineering	120 (2.1)	0		
	Life Sciences and Facility Management	845 (14.9)	16 (17.4)		
	Engineering	760 (13.4)	12 (13)		
	Management and Law	1278 (22.5)	24 (26.1)		
	Social Work	475 (8.4)	11 (12)		
	Missing	53 (0.9)	4 (4.3)		
	Survey			3.37 (0.02)	.643
	T0	2332 (41.1)	41 (44.6)		
	T1	723 (12.8)	7 (7.6)		
	T2	458 (8.1)	6 (6.5)		
	T3	725 (12.8)	11 (12)		
	T4	995 (17.6)	20 (21.7)		
	T5	436 (7.7)	7 (7.6)		
	More tension/conflict			40.62 (0.08)	< .001
	No	2515 (44.4)	23 (25)		
	Partly	1090 (19.2)	12 (14.1)		
	Yes	1992 (35.1)	39 (42.4)		
	Not relevant	54 (1)	6 (6.5)		
	Missing	18 (0.3)	11 (12)		
	Strengthened neighborhood			6.98 (0.03)	.073
	No	2709 (47.8)	36 (39.1)		
	Partly	1198 (21.1)	17 (18.5)		
	Yes	1371 (24.2)	16 (17.4)		
	Not relevant	368 (6.5)	11 (12)		
	Missing	23 (0.4)	12 (13)		

(Table S3 continues)

Table S3

Table S3 continued

Variable	Included participants (<i>N</i> = 5669) <i>n</i> (%)	Excluded participants (<i>N</i> = 92) <i>n</i> (%)	χ^2 (Cramer's <i>V</i>) / <i>F</i> (η^2)	<i>p</i>	
Boredom			37.00 (0.08)	< .001	
No	2798 (49.4)	40 (43.5)			<i>Trend in loneliness during the COVID-19 pandemic</i>
Partly	1082 (19.1)	16 (17.4)			
Yes	1740 (30.7)	21 (22.8)			
Not relevant	22 (0.4)	4 (4.3)			
Missing	27 (0.5)	11 (12)			
Feeling locked up			13.05 (0.05)	.005	
No	2146 (37.9)	30 (32.6)			
Partly	1206 (21.3)	11 (12)			
Yes	2282 (40.3)	38 (41.3)			
Not relevant	19 (0.3)	2 (2.2)			
Missing	16 (0.3)	11 (12)			
Enjoying family			9.04 (0.04)	.029	
No	665 (11.7)	13 (14.1)			
Partly	1273 (22.5)	26 (28.3)			
Yes	3410 (60.2)	35 (38)			
Not relevant	307 (5.4)	6 (6.5)			
Missing	14 (0.2)	12 (13)			
Subjective well-being			12.36 (0.05)	.002	
Poor	819 (14.4)	24 (26.1)			
Average	1821 (32.1)	25 (27.2)			
Good	3018 (53.2)	37 (40.2)			
Missing	11 (0.2)	6 (6.5)			
Health status			0.95 (0.01)	.623	
Poor	169 (3)	3 (3.3)			
Average	997 (17.6)	18 (19.6)			
Good	4063 (71.7)	57 (62)			
Missing	440 (7.8)	14 (15.2)			
COVID-19 symptoms (past 4 weeks)			0.50 (0.01)	.480	
No	4372 (77.1)	62 (67.4)			
Yes	862 (15.2)	15 (16.3)			
Missing	435 (7.7)	15 (16.3)			

(Table S3 continues)

Table S3*Table S3 continued*

Variable		Included participants (<i>N</i> = 5669) <i>n</i> (%)	Excluded participants (<i>N</i> = 92) <i>n</i> (%)	χ^2 (Cramer's <i>V</i>) / <i>F</i> (η^2)	<i>p</i>
Simone Amendola, Thomas Volken, Annina Zysset, Marion Huber, Agnes von Wyl, Julia Dratva	COVID-19 test (past 4 weeks)			0.32 (0.01)	.572
	No	4854 (85.6)	71 (77.2)		
	Yes	382 (6.7)	7 (7.6)		
	Missing	433 (7.6)	14 (15.2)		
	Testing positive for COVID-19 (past 4 weeks) ^a			0.04 (0.01)	.842
	No	314 (82.2)	6 (85.7)		
	Yes	65 (17)	1 (14.3)		
	Missing	3 (0.8)	0		

Note. ^apercentages are reported according to the number of students who had a COVID-19 test in the past 4 weeks; T0 – April 2020, T1 – May 2020, T2 – June 2020, T3 – December 2020, T4 – January 2021, T5 – March 2021.

Table S4*Results of the ordinal regression models of loneliness during COVID-19 pandemic using ordinal response variables*

Variable	Loneliness		
	Unadjusted model ^a B (SE)	Adjusted model 1 ^b B (SE)	Adjusted model 2 ^c B (SE)
Age	-.03 (.00)***	–	-.02 (.01)**
Likelihood ratio (<i>df</i>)	61.78 (1)***	–	–
Gender (Ref = female)			
Male	.09 (.05)	–	-.12 (.07)
Other	.99 (.35)**	–	.40 (.38)
Likelihood ratio (<i>df</i>)	10.84 (2)**	–	–
Department (Ref = Health Professions)			
Applied Linguistics	.20 (.10)*	–	-.11 (.10)
Applied Psychology	-.05 (.10)	–	-.09 (.12)
Architecture, Design and Civil Engineering	.45 (.17)**	–	.60 (.19)**
Life Sciences and Facility Management	.22 (.08)**	–	.04 (.09)
Engineering	.35 (.08)***	–	.14 (.10)
Management and Law	.12 (.07)	–	-.31 (.08)***
Social Work	-.19 (.10)	–	-.38 (.11)***
Likelihood ratio (<i>df</i>)	43.69 (7)***	–	–

(Table S4 continues)

Table S4

Table S4 continued

Variable	Loneliness			
	Unadjusted model ^a B (SE)	Adjusted model 1 ^b B (SE)	Adjusted model 2 ^c B (SE)	
Survey (Ref = T0)				
T1	-.11 (.08)	-.13 (.08)	.10 (.08)	<i>Trend in loneliness during the COVID-19 pandemic</i>
T2	-.26 (.09)**	-.27 (.09)**	.08 (.10)	
T3	.41 (.08)***	.38 (.08)***	.27 (.09)**	
T4	.45 (.07)***	.39 (.07)***	.16 (.08)*	
T5	.53 (.09)***	.51 (.10)***	.28 (.11)*	
Likelihood ratio (df)	117.29 (5)***	201.21 (15)***	–	
More tension/conflict (Ref = Do not agree at all)				
Tend to disagree	.67 (.08)***	.65 (.08)***	.23 (.08)**	
Partly agree	1.05 (.08)***	1.05 (.08)***	.23 (.09)*	
Tend to agree	1.38 (.08)***	1.38 (.08)***	.31 (.09)**	
Completely agree	1.99 (.10)***	1.99 (.10)***	.42 (.12)***	
Not relevant	1.50 (.26)***	1.55 (.01)***	.79 (.30)**	
Likelihood ratio (df)	528.31 (5)***	622.76 (15)***	–	
Strengthened neighborhood (Ref = Do not agree at all)				
Tend to disagree	.09 (.07)	.14 (.07)	.18 (.08)*	
Partly agree	-.30 (.08)***	-.20 (.08)**	.03 (.09)	
Tend to agree	-.48 (.08)***	-.38 (.08)***	.03 (.09)	
Completely agree	-.75 (.12)***	-.59 (.12)***	.02 (.13)	
Not relevant	-.44 (.11)***	-.42 (.11)***	-.16 (.12)	
Likelihood ratio (df)	121.58 (5)***	196.61 (15)***	–	
Boredom (Ref = Do not agree at all)				
Tend to disagree	.88 (.07)***	.88 (.07)***	.59 (.08)***	
Partly agree	1.17 (.08)***	1.18 (.08)***	.76 (.09)***	
Tend to agree	1.71 (.08)***	1.72 (.08)***	1.08 (.09)***	
Completely agree	2.62 (.10)***	2.62 (.39)***	1.46 (.12)***	
Not relevant	1.64 (.39)***	1.59 (.39)***	.24 (.46)	
Likelihood ratio (df)	954.72 (5)***	987.56 (15)***	–	

(Table S4 continues)

Table S4

Table S4 continued

Variable	Loneliness		
	Unadjusted model ^a B (SE)	Adjusted model 1 ^b B (SE)	Adjusted model 2 ^c B (SE)
Feeling locked up (Ref = Do not agree at all)			
Tend to disagree	1.08 (.08)***	1.09 (.08)***	.77 (.09)***
Partly agree	1.65 (.09)***	1.66 (.09)***	1.07 (.10)***
Tend to agree	2.15 (.08)***	2.17 (.08)***	1.29 (.10)***
Completely agree	3.34 (.10)***	3.33 (.10)***	1.94 (.12)***
Not relevant	1.87 (.43)***	1.82 (.43)***	1.26 (.56)*
Likelihood ratio (df)	1384.46 (5)***	1449.9 (15)***	–
Enjoying family (Ref = Do not agree at all)			
Tend to disagree	–.44 (.16)**	–.42 (.17)*	–.35 (.18)*
Partly agree	–.99 (.15)***	–.99 (.15)***	–.78 (.16)***
Tend to agree	–1.71 (.15)***	–1.71 (.15)***	–1.18 (.16)***
Completely agree	–2.60 (.15)***	–2.60 (.15)***	–1.68 (.16)***
Not relevant	–1.21 (.17)***	–1.08 (.18)***	–.43 (.19)*
Likelihood ratio (df)	908.95 (5)***	989.05 (15)***	–
Subjective well-being (Ref = very good)			
Good	.10 (.09)***	1.01 (.09)***	.46 (.10)***
Average	1.98 (.09)***	2.01 (.09)***	1.04 (.11)***
Bad	2.93 (.11)***	2.94 (.11)***	1.63 (.14)***
Very bad	4.00 (.22)***	3.92 (.22)***	1.98 (.28)***
Likelihood ratio (df)	1184.58 (4)***	1264.33 (14)***	–
Health status (Ref = very good)			
Good	.62 (.06)***	.63 (.06)***	.12 (.07)
Average	1.37 (.08)***	1.39 (.08)***	.16 (.09)
Bad	2.16 (.17)***	2.19 (.17)***	.17 (.20)
Very bad	3.19 (.41)***	3.32 (.42)***	1.199 (.498)*
Likelihood ratio (df)	459.01 (4)***	564.68 (14)***	–
COVID-19 symptoms (past 4 weeks) (Ref = no)			
Yes	.09 (.07)	.12 (.07)	–.04 (.08)
Likelihood ratio (df)	1.75 (1)	104.12 (11)***	–
COVID-19 test (past 4 weeks) (Ref = no)			
Yes	.27 (.10)**	.30 (.10)**	.04 (.11)
Likelihood ratio (df)	7.89 (1)**	110.77 (11)***	2492.02 (50)***
Sample (N)	5228–5669		5078

Note. Ref – reference category; ^abivariate associations; ^bcontrolling for the effects of age, gender and department; ^call variables fitted jointly; B – unstandardized regression coefficient; SE – standard error; df – degree of freedom; T0 – April 2020, T1 – May 2020, T2 – June 2020, T3 – December 2020, T4 – January 2021, T5 – March 2021. * $p < .05$, ** $p < .01$, *** $p < .001$.