Changes in physical activity and sedentary behaviours from before to during the COVID-19 pandemic lockdown: a systematic review

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ABSTRACT

Objective In March 2020, several countries banned unnecessary outdoor activities during COVID-19, commonly called ‘lockdowns’. These lockdowns have the potential to impact associated levels of physical activity and sedentary behaviour. Given the numerous health outcomes associated with physical activity and sedentary behaviour, the aim of this review was to summarise literature that investigated differences in physical activity and sedentary behaviour before vs during the COVID-19 lockdown.

Design, data sources and eligibility criteria Electronic databases were searched from November 2019 to October 2020 using terms and synonyms relating to physical activity, sedentary behaviour and COVID-19. The coprimary outcomes were changes in physical activity and/or sedentary behaviour captured via device-based measures or self-report tools. Risk of bias was measured using the Newcastle-Ottawa Scale.

Results Sixty six articles met the inclusion criteria and were included in the review (total n=86981). Changes in physical activity were reported in 64 studies, with the majority of studies reporting decreases in physical activity and increases in sedentary behaviours during their respective lockdowns across several populations, including children and patients with a variety of medical conditions.

Conclusion Given the numerous physical and mental benefits of increased physical activity and decreased sedentary behaviour, public health strategies should include the creation and implementation of interventions that promote safe physical activity and reduce sedentary behaviour should other lockdowns occur.

INTRODUCTION

In March 2020, WHO declared the COVID-19 outbreak a global pandemic, and as of 26 October 2020, over 42 000 000 confirmed cases have been diagnosed in more than 130 countries and territories, resulting in approximately 1 150 000 deaths.1 COVID-19 has led to over 100 countries enforcing social distancing to reduce the rate of COVID-19 transmission, commonly called ‘lockdown’.2 The severity of lockdown has varied from country to country, even region to region, with some countries limiting the distance people could travel from their homes, and some banning any unnecessary outdoor activity.2 These lockdowns have impacted people’s work, education, travel and recreation, and subsequent levels of physical activity (PA) and sedentary behaviours (SB).3

PA can be defined as any bodily movement produced by skeletal muscle that results in energy expenditure,4 and can include exercising, walking, gardening and doing household chores. Research shows that PA is positively associated with several desirable outcomes, including social contentedness,5 physical health6 and mental health.7 Specific to COVID-19, PA has been shown to improve physical and mental health and has been suggested to provide protective elements against COVID-19.9–11 Furthermore, it has been reported that the COVID-19 lockdown yielded decreases in PA,12 however, the literature has not been systematically reviewed to date.

SB can be defined as any waking behaviour with an energy expenditure of ≤1.5 Metabolic

Summary box

What is already known?

COVID-19-related lockdowns have affected people’s physical activity (PA) and sedentary behaviour (SB).

What are the new findings?

The majority of studies show that PA levels decreased during the COVID-19 lockdown across all reviewed populations, except for eating disorder patients.

The majority of studies show that SB levels increased.

Public health strategies should include the promotion of PA and effective guidance on how to decrease SB during a lockdown, especially in populations with medical conditions that are improved by PA, such as type 1 and type 2 diabetes.
Equivalents (METs) while in a sitting or reclining posture, including watching TV, video gaming and computer use. The literature has shown SB to be negatively associated with physical, mental health and social outcomes. Specific to COVID-19, it has been reported that periods of enforced quarantine can yield increases in SB, however, this has not been systematically assessed to date in the context of the COVID-19 lockdown.

Understanding the changes in PA and SB behaviours during lockdown is important not only for health outcomes associated with these behaviours, but also for aiding development of public health interventions in specific populations (such as PA promotion and interventions to decrease SB) should another lockdown be enforced, a similar pandemic scenario and/or during the return to ‘normal life’. The aim of this study, therefore, was to conduct a comprehensive systematic review on changes in all reported PA and SB behaviours during versus before the COVID-19 pandemic lockdown, stratifying between adults and children, and special populations.

METHODS
The current systematic review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Details of the full protocol for this systematic review were registered on PROSPERO (protocol number: CRD42020193065).

Search strategy
Electronic databases were searched from November 2019 to June 2020 including PubMed, EMBASE, PsycINFO, CINAHL, Social Science Citation Index, Cochrane Central Register of Controlled Trials, SPORTDiscus and Scopus. Grey literature was searched by entering terms into OpenGrey. Search terms were as follows:

- AND isolation OR lock* OR self-isolation
- AND “Physical activity” OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR “sedentary behaviour” OR activity OR “screen time” OR sitting.

Full information on database-specific search strategies can be found in online supplemental table 1.

Results of the searches were included in a bibliographic database and duplicates removed. Titles and abstracts of the retrieved studies were screened for inclusion by two reviewers independently (SS and MT), and then the full text of all potentially eligible papers was reviewed independently by the same reviewers before making a final decision on eligibility. Any discrepancies were discussed until a decision was achieved. A third senior reviewer acted as an adjudicator if a decision was not reached (LS).

Study inclusion and exclusion
Studies were included if they met the following criteria: (1) observational cross-sectional, prospective or retrospective cohort studies (2) that investigate any form of PA and/or SB (as defined by the authors) (3) in any population (healthy or with a specific disease condition) (4) before and during the COVID-19 Lockdown (5) in any setting. Published articles that had received ethical approval from an ethics committee and were written in English were included. Studies were excluded if they were not observational in design (eg, qualitative, primary randomised controlled trials, primary case series, editorials or commentaries or study protocols). Furthermore, the rapid publication of studies related to COVID-19 meant many bypassed the typical institutional ethical approval process; therefore, studies were excluded if they failed to explicitly include an explicit statement stating that institutional ethical approval was received. If no ethical approval was in the manuscript, corresponding authors were contacted to establish if institutional approval had been granted. If no reply was received, or institutional ethics was confirmed as being not obtained, these studies were excluded (see online supplemental table 2).

Primary outcomes
The coprimary outcomes were changes in PA and/or SB captured via device-based measures or self-report tools.

Data extraction
Data were extracted by two reviewers (SS and MT) independently including: first author, year, country, aims of the study, type of the study (pretest and post-test, cross-sectional, cohort), descriptions of the lockdown by the authors for the respective location of data collection, number of participants, participant characteristics (eg, age, sex), inclusion criteria, type of recruitment, type and definition of PA and SB investigated, type of measurement of PA and SB, confounding variables, acknowledged limitations by authors and authors conclusions, other notes. A third reviewer (LS) was available to resolve any discrepancies. The data was synthesised in a narrative approach.

Quality assessment
Risk of bias was assessed by two independent reviewers (SS and MT) using the Newcastle-Ottawa Scale (NOS), later adapted for cross-sectional studies. A third reviewer (LS) was available to resolve any inconsistencies. There are three parts in which studies are assessed and stars awarded: (1) selection (max. 5 stars)—representativeness of the sample, sample size, non-respondents and ascertainment of the exposure (risk factor); (2) comparability (max. 2 stars)—participants in different outcome groups are comparable; (3) outcome (max. 3 stars)—assessment of outcome, and statistical test. Scores can range from 0 to 10 stars, with higher scores indicating better quality research.
RESULTS
After initial screening, 187 studies were eligible for full-text review. From these, 66 studies were eligible for inclusion. The PRISMA flow chart is shown in online supplemental figure 1. Full study characteristics can be found in online supplemental table 3. The 66 included studies yielded a total of 86981 participants and the age ranged from 13 to 86 years old. Regarding specific populations, forty-five studies were conducted on healthy adults (four in specifically elite athletes and five in university students), and six studies in healthy children. Regarding populations with medical conditions, two studies were conducted on adult women with eating disorders, two respective studies with adult participants with type 1 and types 2 diabetes, one respective study with adult participants with ‘chronic medical conditions’, one study on heart failure patients, one study on neuromuscular disease, one study on obesity clinic patients, one study on participants with a ‘perceived risk’ of severe COVID-19 symptoms, one study on pregnant women and one study reported on children with obesity. The mean NOS score of the included studies was 4.8 (SD=1.0; range 3–7). For detailed NOS scoring, see online supplemental table 4.

PA in healthy adults
Forty-five studies examined PA changes in healthy adults, with only four studies using device-based measurement tools of PA. The remaining 41 studies used subjective questionnaires, and in 30 studies these questionnaires were not previously validated. The majority of studies (26/45) reported PA changes in the form of time (e.g. METS/ min/week, mins/day or steps/day), with the remaining studies reporting PA changes as a percentage of the respective population (see online supplemental table 5).

Of the studies that measured PA change in the form of time spent on PA, all but one study reported overall decreases in the amount of PA pre-COVID-19 versus post-COVID-19 lockdown. When stratifying across different forms of PA, two studies reported increases in time spent in ‘leisure-time PA’ and one study reported increases in time spent in ‘endurance training’ in elite cyclists, although total PA still decreased in all three studies. All other studies reported time spent in all subtypes of PA—for example, light, moderate, vigorous and walking—if specified. Of the studies that measured PA changes as a percentage of the respective populations, eight studies reported that >50% of the examined population decreased PA during lockdown, with all other studies reporting >50% of the examined population’s PA either stayed the same or decreased. For further information, see online supplemental table 5.

PA in healthy children and adolescents
Of the six studies that examined PA changes in healthy children and adolescents, all were measured using subjective questionnaires, with half using validated questionnaires. Two studies used total scores from validated questionnaires and two studies reported PA changes in the form of a time measurement, all reporting decreases in PA. Two studies reported PA changes as a percentage of the respective population and reported >50% of the population decreased their PA during lockdown.

PA in adults and children with medical conditions
Thirteen studies examined populations with medical conditions for which all but one study used subjective measurements of PA change, and in only 6/12 were these previously validated measurement tools.

Regarding the types of changes reported, nine studies reported changes in SB in adults and children with medical conditions, one study on obesity clinic patients, one study on heart failure patients, one study on neuromuscular disease, one study on obesity clinic patients, one study on participants with a ‘perceived risk’ of severe COVID-19 symptoms, one study on pregnant women and one study reported on children with obesity.

SB in healthy adults
Of the 26 studies examined changes in SBs, 18 were conducted in healthy adults. All studies used subjective questionnaires and validated questionnaires were used in six. Studies reported changes in SB as either time spent on SB or as a percentage of the sample. The majority of studies (13/18) reported SB changes in the form of time spent, with the remaining studies reporting SB changes as a percentage of the respective population. Increased SB was reported in all 26 studies. For further information, see online supplemental table 6.

SB in healthy children and adolescents
Of the five studies that measured changes in SB in children and adolescents, three studies used non-validated questionnaires and the remaining two studies used validated questionnaires. Time spent in SB was reported in 3/5 studies, with the remaining two studies reporting changes in SB as a percentage of their respective populations. All five studies reported increased SB.

SB in adults and children with medical conditions
All of the three studies in special populations used non-validated questionnaires, and reported that time spent in SB increased during the lockdown.

DISCUSSION
The current systematic review of 66 studies demonstrated that the majority of studies found that PA declined and SB increased during the COVID-19 pandemic lockdown, regardless of the subpopulation or the methodology used. In healthy adults and children, PA during lockdown decreased compared with prelockdown, despite various government organisations and health or exercise practitioners providing guidance on how to stay active during the pandemic and in self-quarantine. When stratifying between prelockdown PA levels, three studies found that people who were more active prelockdown were more likely to show larger decreases in PA.
PA has also been consistently linked with several mental health conditions, suggesting that decreases in PA may lead to increases in undesirable mental health outcomes. Indeed, studies have shown significant increases in anxiety and depression levels during the lockdown. Given that decreases in PA have been shown to yield negative affect, increases in anxiety and lower energy levels, PA promotion during lockowns should be aimed not just as people who are currently sedentary, but also for those with high PA levels outside of lockdown. Due to the likelihood of further COVID-19-related restrictions (or another similar pandemic), the promotion of digital based PA (such as PA apps, online video fitness classes or physical training) is recommended. Digital based PA yielded favourable results during the first COVID-19 lockdown, with studies showing positive associations with such digital based initiatives and overall PA during a lockdown.

Another finding of this review was that participants who had medical conditions also yielded decreases in PA levels, except for patients with an eating disorder. The decreases in PA is particularly concerning as in several of the medical conditions studied because PA can be a form of treatment or symptom alleviation. For example, levels of PA have been shown to be positively associated with quality of life outcomes in both type 1 and type 2 diabetes. Concurrently, increases in SB have been shown to yield detrimental outcomes in patients with these conditions, except for patients with eating disorder.

Given these added risks of decreasing PA and increasing SB in these special populations, PA promotion and strategies to reduce SB should be implemented should further lockdowns occur. Moreover, practitioners working with these groups should be especially mindful of the detriment that decreasing PA and increasing SB could yield during lockdowns and make the monitoring of PA levels a priority. Patients with eating disorders were found to increase their PA, specifically exercise, during lockowns. This is equally concerning as there is often pathological relationship between eating disorders and exercise and can lead to increased risks of physical complications such as stress fractures. Therefore, practitioners working with patients with eating disorders are advised to keep closely monitoring patients as much as possible during future lockdowns.

There were also large decreases in both the training volume and training intensity of elite athletes while in lockdown, which has led to relative decreases in sport-specific physical performance tests post-lockdown. This decrease in athletic readiness for competition should be noted and considered by practitioners who are working with elite athletes, especially regarding training loads and competition scheduling postlockdown.

According to the behavioural change wheel, for a behaviour—for example, PA or SB—to occur, there are three components that are required: capability (psychological and physical), opportunity (physical and social) and motivation (reflective and automatic). Despite information on safe exercise during lockdown being available from exercise professionals and some governments (psychological capability), it is not clear from the included studies the reasons why people did or did not engage in PA; however, we can speculate potential reasons for these findings. A reduction in PA is expected as lockdowns required that governments closed sport and leisure facilities, group activities were suspended, and in many countries limits were in place for time spent outdoors. This potentially meant people’s regular PA routines were difficult to continue with during lockdown, as indicated by the evidence stating that people considerably changed their modes of PA during lockdown. For example, one study found that all types of PA decreased except for ‘moderate intensity leisure-time PA’ (such as housework and gardening) increased, another found that ‘yard work’ increased, and another found that ‘housework’ increased during lockdown.

However, despite these mode-specific increases, total PA levels in these respective populations still decreased. This suggests that promoting increases in house-related PA may not be sufficient to increase total PA during lockdowns.

There was also an increase in the number of people working from home during lockdown, consequently, PA ordinarily accumulated during commuting will have substantially decreased. A previous study found that adults in the UK (mean age 50.5 years) accumulated 195 min/week (±188.6) of active travel. Those who actively commute report significantly greater total PA than those who do not, despite no significant differences in recreational PA shown. In addition, with schools closed, many parents were balancing home schooling, while working from home themselves; in the UK, this was the case for 85% of employees with school-aged children. A decrease in opportunities to be active and additional responsibilities may have led to a decrease in PA.

The majority of the studies in this review showed increases in SB during lockdown. This is unsurprising as many people worked from home, leading to extended sedentary periods and increased screen time. For instance, de Haas et al reported that 44% of Dutch workers had either started to work from home or increased their home working hours, with 30% reporting increases in remote meetings (eg, via videoconferencing). In addition, with most gyms, leisure and sporting facilities closed, time allowed outdoors limited or not allowed, some people may have found it difficult to be active during the lockdown. With increased ‘free’ time, many may resort to engaging in pastimes such as reading, playing video games and watching television, many of which are sedentary.

Given that the majority of studies reported a decrease in PA with a concurrent increase in SB during the lockdown, and the impact of these on physical and mental health, it is recommended that interventions or policies are implemented to increase PA (eg, body weight home-workouts, using online exercise classes, walking, running and cycling outdoors) and decrease SB (eg, by using a standing desk and taking regular breaks from sitting).
should further lockdowns be enforced in the future. In addition, interventions for PA and/or SB postlockdown should consider that individuals may suffer deconditioning as a result of the lockdowns.

Many of the included studies used surveys to gather information about ‘exercise’, ‘PA’, ‘sport’ and ‘training’ but failed to report on how these terms were defined to participants. Future studies should report these definitions for clarity and comparison to be made more easily between studies. This lack of definition may mean that despite ‘exercise’ and ‘training’ decreasing, changes in daily PA may be different in these studies. Monbiot106 reports volunteers providing food packages, collecting medical supplies for the elderly, providing childcare for those in need, meaning they potentially accumulate similar or more ‘activity’ than they realise as it is not prescribed ‘exercise’ or ‘training’.

It is important to note different degrees of lockdown in different countries, even regions within a country, across different dates occurred, making it difficult to quantify the severity of a lockdown and therefore challenging to objectively assess how this impacted behaviours. For instance, those in countries that were able to exercise outdoors following social distancing guidelines may have engaged differently in PA/SB behaviours to those who were not able to leave home, despite both countries being in ‘lockdown’. Although the authors have presented the lockdown descriptions for each included study as reported by the authors, these description vary greatly in detail, making it challenging to categorise them into ‘levels’ of lockdown. The creation of a scale to indicate lockdown severity would be highly beneficial for comparisons to be made between countries when investigating different behaviours, or at the very least it is recommended that this type of information is reported in all future studies. Moreover, within countries some people are given specific guidance (eg, shielding) which requires more intensive lockdown than the general population—none of the included studies recorded this information. It may be beneficial to know participants adherence to lockdown guidelines to provide an indication of potential opportunity to engage in PA. Most studies also report PA without investigating in detail the types, intensities and durations of PA engaged in before and during lockdown, thus, it would be beneficial to investigate these as the magnitude of changes will impact the effects on health.

Limitations

While this systematic review is the first to our knowledge to assess changes in the frequency and modes of PA and SB prelockdown versus during the COVID-19 lockdown, the findings should be considered within the limitations of the study. First, the tools used to measure PA and SB were highly heterogeneous, making direct comparison of respective results difficult. Second, demographic information was largely limited, meaning that we were unable to assess any further changes according to demographics further than the discussed topics, which would have given more insight into the review. In addition, the vast majority of studies were based on subjective questionnaires, which carry with them inherent limitations.107 Moreover, many studies asked participants retrospectively about their prelockdown behaviour and their current behaviours during lockdown, thus, the accuracy of participants abilities to accurately recall their behaviours may be questionable. Lastly, most of the studies included were not designed to be nationally representative, making the generalisation of these results difficult.

Future research in this area should focus on yielding directly comparable data using validated PA and SB questionnaires or using objective accelerometer data where possible. In addition, it would be beneficial to have more detailed demographic information, information on the severity of lockdown and participant adherence to lockdown guidelines, and more detailed information on PA behaviours, for instance, the types, intensities and duration of PA before and during lockdown. Future research should also consider investigating the magnitude of the decrease in PA and increases in SB across different populations during the lockdown to aid the identification of populations most in need of targeted interventions. Lastly, future research should consider investigating the reasons why people are showing changes in PA and/or SB. Using behavioural change theory to assess barriers and facilitators to PA/SB during lockdowns would be highly beneficial in the creation of future interventions and policies should lockdowns occur in the future.

CONCLUSION

During the COVID-19 lockdown, PA levels have significantly reduced with concurrent increases in SB. Considering the evidence of favourable outcomes of higher levels of PA and lower levels of SB in both physical and mental health outcomes, and the emerging evidence that exercise can yield favourable COVID-19 outcomes, it is recommended that public health officials promote ways of increasing PA and reducing SB should further lockdowns occur, especially in populations with medical conditions that are improved by PA, such as type 1 and type 2 diabetes. Interventions designed for postlockdown should also consider that individuals may suffer from deconditioning during the lockdown period, especially in athletic populations and people with medical conditions.

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28 Bourdas D, Zacharakis ED. Evolution of changes in physical activity over lockdown time: physical activity datasets of four independent adult groups corresponding to each of the last four of the six COVID-19 lockdown weeks in Greece. Data Brief 2020;32:106301.
38 Constant A, Conserve DF, Gallopet-Gorcan K, et al. Socio-Cognitive factors associated with lifestyle changes in response to...


**Supplementary Table 1: Database search strategy**

<table>
<thead>
<tr>
<th>Database</th>
<th>Search terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>CINAHL, PSYCinfo and SPORTdiscus (searched via EBSCOHOST)</td>
<td>Title and abstract: ((COVID-19 OR &quot;Novel Coronavirus&quot; OR &quot;2019 novel coronavirus&quot; OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (&quot;Physical activity&quot; OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR &quot;sedentary behaviour&quot; OR activity OR “screen time” OR sitting))</td>
</tr>
<tr>
<td>Embase (searched via OVID)</td>
<td>Title and abstract: ((COVID-19 OR Novel Coronavirus OR 2019 novel coronavirus OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (Physical activity OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR sedentary behaviour OR activity OR screen time OR sitting))</td>
</tr>
<tr>
<td>Social Sciences Citation Index</td>
<td>Topic (title, abstract, keyword, and keyword plus) ((COVID-19 OR &quot;Novel Coronavirus&quot; OR &quot;2019 novel coronavirus&quot; OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (&quot;Physical activity&quot; OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR &quot;sedentary behaviour&quot; OR activity OR “screen time” OR sitting))</td>
</tr>
<tr>
<td>Cochrane</td>
<td>Title, abstract and keyword ((COVID-19 OR &quot;Novel Coronavirus&quot; OR &quot;2019 novel coronavirus&quot; OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (&quot;Physical activity&quot; OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR &quot;sedentary behaviour&quot; OR activity OR “screen time” OR sitting))</td>
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<tr>
<td>Scopus</td>
<td>Title, abstract and keyword ((COVID-19 OR &quot;Novel Coronavirus&quot; OR &quot;2019 novel coronavirus&quot; OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (&quot;Physical activity&quot; OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR &quot;sedentary behaviour&quot; OR activity OR “screen time” OR sitting))</td>
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<tr>
<td>Opengrey</td>
<td>((COVID-19 OR &quot;Novel Coronavirus&quot; OR &quot;2019 novel coronavirus&quot; OR 2019-nCoV OR SARS-CoV-2) AND (isolation OR lock* OR self-isolation) AND (&quot;Physical activity&quot; OR exercise OR walking OR running OR cycling OR swimming OR sports OR sedentary OR &quot;sedentary behaviour&quot; OR activity OR “screen time” OR sitting))</td>
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### Supplementary Table 2: Details of excluded studies based on ethical approval

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<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>Study Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barchetta, et al. (2020)</td>
<td>Effects of work status changes and perceived stress on glycaemic control in individuals with type 1 diabetes during COVID-19 lockdown in Italy.</td>
<td>Italy</td>
</tr>
<tr>
<td>Barone et al. (2020)</td>
<td>The impact of COVID-19 on people with diabetes in Brazil</td>
<td>Brazil</td>
</tr>
<tr>
<td>Barrea et al (2020)</td>
<td>Does Sars-Cov-2 threaten our dreams? Effect of quarantine on sleep quality and body mass index.</td>
<td>Italy</td>
</tr>
<tr>
<td>Brand, Timme, and Nosrat, Sanaz (2020)</td>
<td>When Pandemic Hits: Exercise Frequency and Subjective Well-Being During COVID-19 Pandemic</td>
<td>Global - Austria, Brazil, China, Finland, Germany, Greexe, Iceland, Iran, Italy, Malaysia, Philippines, Russia, Spain, Switzerland, Taiwan, Turkey, UK, USA</td>
</tr>
<tr>
<td>Capaldo et al (2020)</td>
<td>Blood Glucose Control During Lockdown for COVID-19: CGM Metrics in Italian Adults With Type 1 Diabetes.</td>
<td>Italy</td>
</tr>
<tr>
<td>de Haas, Faber, and Hamersma (2020)</td>
<td>How COVID-19 and the Dutch 'intelligent lockdown' change activities, work and travel behaviour: Evidence from longitudinal data in the Netherlands</td>
<td>The Netherlands</td>
</tr>
<tr>
<td>Khader and Jabeen (2020)</td>
<td>A cross sectional study reveals severe disruption in glycemc control in people with diabetes during and after lockdown in India</td>
<td>India</td>
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<tr>
<td>Pepin et al (2020)</td>
<td>Wearable Activity Trackers for Monitoring Adherence to Home Confinement During the COVID-19 Pandemic Worldwide: Data Aggregation and Analysis.</td>
<td>Global - Australia, Canada, China, France, Germany, Ireland, Italy, Japan, Netherlands, Singapore, Spain, Sweden, Switzerland, UK, USA</td>
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<tr>
<td>Radtke et al (2020)</td>
<td>Recommended shielding against COVID-19 impacts physical activity levels in adults with cystic fibrosis</td>
<td>Switzerland</td>
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<tr>
<td>Author(s)</td>
<td>Study Title</td>
<td>Location</td>
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<td>Rastogi and Hiteshi (2020)</td>
<td>Improved glycemic control amongst people with long-standing diabetes during COVID-19 lockdown: a prospective, observational, nested cohort study</td>
<td>India</td>
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<tr>
<td>Zhang et al (2020)</td>
<td>Emotional eating in pregnant women during the covid-19 pandemic and its association with dietary intake and gestational weight gain</td>
<td>China</td>
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## Supplementary Table 3: Characteristics of included studies

<table>
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<tr>
<th>Author</th>
<th>Study design</th>
<th>Country</th>
<th>Population</th>
<th>Total participants</th>
<th>Age Range</th>
<th>Age Mean (SD)</th>
<th>Sex % Female</th>
<th>Physical activity measurement tool</th>
<th>Sedentary behaviour measurement tool</th>
<th>Total NOS score</th>
<th>Description of lockdown*</th>
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</thead>
<tbody>
<tr>
<td>Ammar et al (2020)</td>
<td>Cross-sectional</td>
<td>Global</td>
<td>Adults - general</td>
<td>1047</td>
<td>18+</td>
<td>NR</td>
<td>53.8</td>
<td>IPAQ</td>
<td>IPAQ</td>
<td>6</td>
<td>Unspecified ‘confinement conditions’</td>
</tr>
<tr>
<td>Asiamah et al (2020)</td>
<td>Cross-sectional</td>
<td>Ghana</td>
<td>Adults - General</td>
<td>621</td>
<td>18-64</td>
<td>NR</td>
<td>35</td>
<td>Questionnaire - not validated</td>
<td>Questionnaire - not validated</td>
<td>5</td>
<td>‘The enforcement of social distancing protocols in affected regions’</td>
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<tr>
<td>Assaloni et al (2020)</td>
<td>Observational</td>
<td>NR</td>
<td>Adults - Type 1 diabetes</td>
<td>154</td>
<td>NR</td>
<td>44.8 (12.5)</td>
<td>45.50</td>
<td>Godin-Leisure Time Exercise questionnaire</td>
<td>None</td>
<td>5</td>
<td>‘National Quarantine’</td>
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<tr>
<td>Barwais (2020)</td>
<td>Cross-sectional</td>
<td>Saudi Arabia</td>
<td>Adults - General</td>
<td>244</td>
<td>18-50</td>
<td>33.8 (7.7)</td>
<td>36.90</td>
<td>IPAQ-SF</td>
<td>None</td>
<td>5</td>
<td>‘Imposed a 24-hour curfew on the cities of Mecca and Medina, with limited exceptions for safety and life. All schools and universities were also closed, international and domestic flights were suspended, and attendance at workplaces in all government and private sector businesses was prohibited. In addition, all malls, markets, restaurants, and gatherings on beaches were forbidden [5]. The KSA also suspended sporting activities, events, and competitions, including those at private sports halls and centres’</td>
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<tr>
<td>Bivi-Roig et al (2020)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults - Pregnant women</td>
<td>90</td>
<td>NR</td>
<td>33.1 (4.8)</td>
<td>100</td>
<td>Questionnaire - not validated</td>
<td>Questionnaire - not validated</td>
<td>5</td>
<td>‘Strict confinement’</td>
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<tr>
<td>Bourdas et al (2020a)</td>
<td>Cross-sectional</td>
<td>Greece</td>
<td>Adults - General</td>
<td>8495</td>
<td>NR</td>
<td>37.2 (0.2)</td>
<td>61.7</td>
<td>Active-Q</td>
<td>None</td>
<td>4</td>
<td>‘Movement outside of the house was permitted only for specific reasons, that including moving to or from the workplace, shopping for food or medicine, visiting a doctor or assisting a person in need for’</td>
</tr>
<tr>
<td>Study</td>
<td>Design</td>
<td>Region</td>
<td>Population</td>
<td>Sample Size</td>
<td>Age (Mean±SD)</td>
<td>% Active</td>
<td>Data Collection Method</td>
<td>Notes</td>
<td></td>
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<tr>
<td>Bourdas et al (2020b)</td>
<td>Longitudinal</td>
<td>Greece</td>
<td>Adults - General</td>
<td>1015</td>
<td>NR</td>
<td>40.33 (0.41)</td>
<td>Active-Q</td>
<td>Help, and exercising outside individually or in pairs.</td>
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<tr>
<td>Bowes et al (2020)</td>
<td>Cross-sectional</td>
<td>Global - (UK94%)</td>
<td>Adults - Elite Sport</td>
<td>95</td>
<td>18-34</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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<td>Branley-Bell et al (2020)</td>
<td>Cross-sectional</td>
<td>UK</td>
<td>Over 16 years of age with experience of an eating disorder</td>
<td>129</td>
<td>16-65</td>
<td>29.27 (38.99)</td>
<td>Questionnaire - not validated</td>
<td>NR</td>
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<tr>
<td>Buolte Stella et al (2020)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - General</td>
<td>400</td>
<td>NR</td>
<td>35 (15)</td>
<td>IPAQ-SF and Smartphone accelerometer or consumer activity tracker</td>
<td>None</td>
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<tr>
<td>Callow et al (2020)</td>
<td>Cross-sectional</td>
<td>USA and Canada</td>
<td>Adults - General</td>
<td>1046</td>
<td>50+</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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<tr>
<td>Cancello et al (2020)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - General</td>
<td>492</td>
<td>18+</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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<tr>
<td>Caruso et al (2020)</td>
<td>Observational</td>
<td>Italy</td>
<td>Adults - Type 1 diabetes</td>
<td>48</td>
<td>NR</td>
<td>42.4 (15.9)</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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<tr>
<td>Study</td>
<td>Design</td>
<td>Country</td>
<td>Group Type</td>
<td>N</td>
<td>Age (Mean, SD)</td>
<td>IPAQ-SF</td>
<td>Questionnaire Type</td>
<td>Comments</td>
<td></td>
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<tr>
<td>Castaneda-Babarro Coca et al (2020)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults - General</td>
<td>3800</td>
<td>18-65</td>
<td>42.7 (10.4)</td>
<td>IPAQ-SF</td>
<td>Being either put on furlough or home working.</td>
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<tr>
<td>Castellini et al (2020)</td>
<td>Longitudinal observational</td>
<td>Italy</td>
<td>Adults - FEMALE with Anorexia Nervosa (AN) and Bulimia Nervosa (BN)</td>
<td>171</td>
<td>NR</td>
<td>31.74 (12.76)</td>
<td>EDE-Q</td>
<td>A lockdown to restrict travel and cancel non-essential services in order to stop the spread of coronavirus disease.</td>
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<tr>
<td>Constandt et al (2020a)</td>
<td>Cross-sectional</td>
<td>Belgium</td>
<td>Adults - General</td>
<td>11763</td>
<td>18-74</td>
<td>NR</td>
<td>47.4</td>
<td>Ordinal question: exercising more, exercising the same, exercising less</td>
<td></td>
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<tr>
<td>Constant et al (2020b)</td>
<td>Cross-sectional</td>
<td>France</td>
<td>Adults - General</td>
<td>4005</td>
<td>NR</td>
<td>NR</td>
<td>55.4</td>
<td>Questionnaire - not validated</td>
<td></td>
<td></td>
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<tr>
<td>Di Corrado et al (2020)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - General</td>
<td>367</td>
<td>17-73</td>
<td>33.35 (12.8)</td>
<td>Questionnaire - not validated</td>
<td>Nationwide confinement, the restriction of individuals to their homes, was one of the measures enforced in many countries, including France on March 17, 2020.</td>
<td></td>
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<tr>
<td>Di Stefano et al (2020)</td>
<td>Cross-sectional</td>
<td>Sicily</td>
<td>Adults - Neuromuscular Disease</td>
<td>149</td>
<td>NR</td>
<td>57.3 (13.7)</td>
<td>IPAQ-SF</td>
<td>&quot;It is well-known that in this period, due to the restrictive measures adopted by the government, all sports facilities were closed and the practice of outdoor PA in public parks and gardens was forbidden.&quot;</td>
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<tr>
<td>Study</td>
<td>Design</td>
<td>Country</td>
<td>Group</td>
<td>N</td>
<td>Age</td>
<td>Median (IQR)</td>
<td>T-score</td>
<td>Method</td>
<td>Length</td>
<td>Description</td>
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<tr>
<td>Dogas et al (2020)</td>
<td>Cross-sectional</td>
<td>Croatia</td>
<td>Adults - General</td>
<td>3027</td>
<td>NR</td>
<td>40 (30-50)</td>
<td>79.7</td>
<td>Online survey - not validated</td>
<td>None</td>
<td>'Long-term home confinement and quarantine'</td>
<td></td>
</tr>
<tr>
<td>Dutta et al (2020)</td>
<td>Observational</td>
<td>India</td>
<td>Children - General</td>
<td>153</td>
<td>8-16</td>
<td>NR</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>4</td>
<td>'Restrictions on various social practices and behaviour. People had to spend time mostly confined at their homes. School, college, and offices were initially closed and later were partially or fully resumed in virtual platform with the help of electronic devices and Internet facility.'</td>
<td></td>
</tr>
<tr>
<td>Elran-Barak and Mozeikov (2020)</td>
<td>Cross-sectional</td>
<td>Israel</td>
<td>Adults - Chronic Medical Conditions</td>
<td>315</td>
<td>NR</td>
<td>NR</td>
<td>60</td>
<td>Questionnaire - not validated</td>
<td>3</td>
<td>'Israelis were not allowed to leave their homes unless absolutely necessary, putting a near-lockdown into effect. Essential services—including grocery stores, pharmacies, and banks—remained open, but people were prohibited from venturing more than 100m from their homes, apart from under certain circumstances (e.g., stocking up on food and medicine). Non-essential stores were required to close, and parks were to remain shut. People were required not to participate in any social gatherings and to limit face-to-face interactions with individuals outside the immediate household.'</td>
<td></td>
</tr>
<tr>
<td>Endstrasser et al (2020)</td>
<td>Prospective cohort</td>
<td>Austria</td>
<td>Adults - with end stage osteo arthritis</td>
<td>63</td>
<td>26-86</td>
<td>62.4 (11.84)</td>
<td>44</td>
<td>Tegner activity scale</td>
<td>NR</td>
<td></td>
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<tr>
<td>Ernsmosen et al (2020)</td>
<td>Cross-sectional</td>
<td>Norway</td>
<td>Adults - General</td>
<td>1281</td>
<td>18-81</td>
<td>48.9 (11.4)</td>
<td>31</td>
<td>Questionnaire - not validated</td>
<td>None</td>
<td>'Organized sports activities were to be dis-continued and several businesses were closed, including stadiums, gyms and swimming pools'</td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>Study Design</td>
<td>Country</td>
<td>Age Group</td>
<td>Sample Size</td>
<td>Age Mean (SD)</td>
<td>Questionnaire Used</td>
<td>Data Validation</td>
<td>Notes</td>
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<tr>
<td>Galle et al (2020a)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - students</td>
<td>2125</td>
<td>22.5 (0.08)</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>NR</td>
<td>limits the movement of individuals in the whole Italian national territory unless strictly motivated (in written form) by reasons of work or health. Shops must stay closed but those selling essentials, such as supermarkets or pharmacies need to ensure a distance of at least 1 m between customers. Schools, museums, cinemas, theatres, and any other social, recreational, or cultural centre must stay closed. Any gathering in public spaces is forbidden, including sporting events and funerals. At the same time, in order to minimize the possible side effects of the lockdown on health, the Italian Ministry of Health issued a series of recommendations targeted at four rules for maintaining a healthy lifestyle: correct diet, daily physical activity (PA), reduce alcohol consumption and no smoking’</td>
<td></td>
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<tr>
<td>Galle et al (2020b)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - General</td>
<td>1430</td>
<td>22.9 (3.5)</td>
<td>NR</td>
<td>IPAQ ASBQ</td>
<td>NR</td>
<td>‘People were allowed to move only for work or health reasons or to buy essentials. Therefore, the great part of the Italian population was forced to live in home-confinement for weeks’</td>
<td></td>
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<tr>
<td>Gallo et al (2020)</td>
<td>Longitudinal</td>
<td>Australia</td>
<td>Adults - undergraduate students</td>
<td>149</td>
<td>NR</td>
<td>NR</td>
<td>Active Australia survey</td>
<td>NR</td>
<td>‘All but essential services were shut down and universities transitioned all undergraduate learning online. By 30 March 2020, people were only allowed to leave their homes for work (in an essential service), or to purchase food, receive or’</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>Design</td>
<td>Country</td>
<td>Population</td>
<td>Age</td>
<td>BMI Mean (SD)</td>
<td>Measure(s)</td>
<td>Score</td>
<td>Details</td>
<td></td>
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</tbody>
</table>
| Gilic et al (2020)     | Prospective cohort | Bosnia and Herzegovina | Adolescents | 15-18 | 17 | 46.8 | PAQ-A | None | 4  
|                        |              |                  |            |     |               |            |       | 'measures of social distancing had been imposed, including the closing of schools, sports clubs, fitness centres, and shopping malls, and public gatherings were restricted.' |
| Giustino et al (2020)  | Cross-sectional | Italy            | Adults - General | NR | 32.27 (12.81) | IPAQ | NR | 4  
|                        |              |                  |            |     |               |            |       | 'Chinese New Year celebrations were cancelled, collective activities, bus and railway service was suspended, and factories and restaurants were closed. Curfew and quarantine measures were implemented in many mainland cities. The flow of people was controlled by allowing only 1 person from each household to go out to buy necessities every 2-3 d.' |
| He et al (2020)        | NR           | China            | Adults - General | 339 | 36.4 (11.9) | Questionnaire - not validated | None | 5  
|                        |              |                  |            |     |               |            |       | 'Kuwait imposed a partial nationwide curfew on the 22nd of March 2020 until further notice. The government then imposed a total lockdown from the 10th to the 31st of May 2020.' |
| Husain and Ashkanani (2020) | Cross-sectional | Kuwait          | Adults - General | 415 | 38.47 (12.73) | Questionnaire - not validated | Questionnaire - not validated | 5  
|                        |              |                  |            |     |               |            |       | 'Scotland was under strict lockdown conditions where leaving the house was allowed for necessary work, to shop for essentials, and for unrestricted exercise.' |
| Ingram et al (2020)   | Cross-sectional | Scotland        | Adults - General | 399 | 32.4 (11.4) | Questionnaire - not validated | None | 4  
|                        |              |                  |            |     |               |            |       | 'the Croatian Government adopted measures to restrict gathering in public places and parks.' |
| Karuc et al (2020)     | Cross-sectional | Croatia          | Adults - General | 59 | 21.6 (0.4) | SHAPES | None | 5  
|                        |              |                  |            |     |               |            |       | 'the Croatian Government adopted measures to restrict gatherings in public places and parks.' |
suspend public transportation, and close institutions. Besides all social gatherings, work in retail and services including sports activities were prohibited’

<table>
<thead>
<tr>
<th>Study (2020)</th>
<th>Design</th>
<th>Country</th>
<th>Age Group</th>
<th>Sample Size</th>
<th>BMI</th>
<th>Body Activity</th>
<th>Questionnaire</th>
<th>Methodology</th>
<th>Duration</th>
<th>Description</th>
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<tbody>
<tr>
<td>Knell et al</td>
<td>Cross-sectional</td>
<td>USA</td>
<td>Adults-General</td>
<td>1809</td>
<td>NR</td>
<td>NR</td>
<td>IPAQ</td>
<td>None</td>
<td>4</td>
<td>‘The specific of these initiatives varied by state, but they generally included advisories to stay home, bans on large gatherings, restricted access to parks and community resources, closure of schools and non-essential businesses, and quarantine orders’</td>
</tr>
<tr>
<td>Kriaucioniene et al</td>
<td>Cross-sectional</td>
<td>Lithuania</td>
<td>Adults-General</td>
<td>2447</td>
<td>NR</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>None</td>
<td>5</td>
<td>‘The Lithuanian Government decided to declare quarantine from 16 to 30 March [2]. This was extended several times and ended on 16 June. All public indoor and outdoor gatherings were prohibited. Educational institutions began to work remotely. Shops excluding grocery shops and pharmacies were closed. Restaurants and bars were also closed, leaving the option for food takeaway’</td>
</tr>
<tr>
<td>Lopez-Bueno et al (2020a)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults-General</td>
<td>2042</td>
<td>NR</td>
<td>35.9 (13.6)</td>
<td>PAVIS short form</td>
<td>None</td>
<td>4</td>
<td>‘Government-enacted national confinement - During the confinement period, the Spanish population had to stay at home’</td>
</tr>
<tr>
<td>Lopez-Bueno et al (2020b)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults-General</td>
<td>1591</td>
<td>NR</td>
<td>34.2 (13)</td>
<td>Questionnaire - not validated</td>
<td>Questionnaire - not validated</td>
<td>5</td>
<td>‘Confinement measures to minimize the propagation of the virus’</td>
</tr>
<tr>
<td>Majumdar et al (2020)</td>
<td>Cross-sectional</td>
<td>India</td>
<td>Adults - office workers</td>
<td>203</td>
<td>NR</td>
<td>33.1 (7.11)</td>
<td>None</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>Study Authors (Year)</th>
<th>Study Design</th>
<th>Country</th>
<th>Population</th>
<th>Sample Size</th>
<th>Age</th>
<th>Sex</th>
<th>Measurement Tool</th>
<th>Physical Activity</th>
<th>Notes</th>
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</thead>
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<tr>
<td>Mandelkorn et al (2020)</td>
<td>Cross-sectional</td>
<td>Various (49 countries)</td>
<td>Adults - undergraduate students</td>
<td>325</td>
<td>NR</td>
<td>22.1 (1.66)</td>
<td>60.92</td>
<td>None</td>
<td>Questionnaire - not validated</td>
</tr>
<tr>
<td>Maugeri et al (2020)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Adults - General</td>
<td>2524</td>
<td>NR</td>
<td>45.18 (14.46)</td>
<td>68.18</td>
<td>Questionnaire - not validated</td>
<td>None</td>
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<tr>
<td>Meyer et al (2020)</td>
<td>Cross-sectional</td>
<td>USA</td>
<td>Adults - General</td>
<td>3052</td>
<td>18-75+</td>
<td>NR</td>
<td>62</td>
<td>Questionnaire - not validated</td>
<td>Questionnaire - not validated</td>
</tr>
<tr>
<td>Mitra et al (2020)</td>
<td>Retrospective cohort</td>
<td>Canada</td>
<td>Children 5-17</td>
<td>1472</td>
<td>5-17</td>
<td>NR</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>Questionnaire - not validated</td>
</tr>
<tr>
<td>Mon-Lopez et al (2020a)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults - professional handball players</td>
<td>187</td>
<td>NR</td>
<td>NR</td>
<td>35.3</td>
<td>Questionnaire - not validated</td>
<td>NR</td>
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<td>Study</td>
<td>Study Design</td>
<td>Country</td>
<td>Population</td>
<td>Sample Size</td>
<td>Age</td>
<td>Body Mass Index</td>
<td>BMI Category</td>
<td>Questionnaire</td>
<td>Notes</td>
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<tr>
<td>Mon-Lopez et al (2020b)</td>
<td>Cross-sectional</td>
<td>Spain</td>
<td>Adults - General</td>
<td>120</td>
<td>NR</td>
<td>36.65 (13.61)</td>
<td>50</td>
<td>IPAQ</td>
<td>‘Home confinement as a measure to mitigate disease outbreak’</td>
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<tr>
<td>Munasinghe et al (2020)</td>
<td>Longitudinal observational</td>
<td>Australia</td>
<td>Adolescents</td>
<td>464</td>
<td>13-19</td>
<td>NR</td>
<td>NR</td>
<td>Questionnaire - not validated</td>
<td>‘One of the key strategies to reduce the rate of infection has been physical distancing and, for school-aged children, a move to the online delivery of schooling. Authorities requested that people remain in their homes wherever possible and limit their travel to obtaining essential goods and services.’</td>
</tr>
<tr>
<td>Muriel et al (2020)</td>
<td>Longitudinal observational</td>
<td>Spain</td>
<td>Adults - professional cyclists</td>
<td>18</td>
<td>NR</td>
<td>24.9 (2.8)</td>
<td>0</td>
<td>Objective data collection - specialist software</td>
<td>‘People had to stay at home and were only allowed to go out to buy food or for health reasons; all working activities were suspended or turned into smart working at home, except for essential activities (health workers, food supply and sale, cleaning of cities, and police, etc.).’</td>
</tr>
<tr>
<td>Pellegrini et al (2020)</td>
<td>Retrospective observational</td>
<td>Italy</td>
<td>Adults - patients from obesity clinic</td>
<td>150</td>
<td>NR</td>
<td>47.9 (18)</td>
<td>77.3</td>
<td>Questionnaire - not validated</td>
<td>‘In Italy who by mandate had to remain in their homes during the “lockdown”. Lockdown confinement’</td>
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<tr>
<td>Pietrobelli et al. (2020)</td>
<td>Cross-sectional</td>
<td>Italy</td>
<td>Children with obesity</td>
<td>41</td>
<td>Jun-18</td>
<td>13 (3.1)</td>
<td>46.3</td>
<td>Subjective answers from telephone interview</td>
<td>‘In Italy who by mandate had to remain in their homes during the “lockdown”. Lockdown confinement’</td>
</tr>
<tr>
<td>Pillay, L et al (2020)</td>
<td>Cross-sectional</td>
<td>South Africa</td>
<td>Adults - elite athletes</td>
<td>692</td>
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<td>NR</td>
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**Supplementary Table 4: NOS Scores for all included studies** (range: 0-10 stars, with higher scores indicating better quality research)

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## Supplementary Table 5. Physical activity pre and during lockdown

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<th>Author</th>
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<th>PA Pre-Lockdown</th>
<th>PA During Lockdown</th>
<th>Change in PA</th>
<th>P value (if applicable)</th>
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<td>Mean (SD)</td>
<td>Mean (SD)</td>
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<td>Ammar et al (2020)</td>
<td>All PA</td>
<td>5.0 (2.5)</td>
<td>3.8 (2.8)</td>
<td>- 24.0%</td>
<td>&lt; 0.001</td>
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<tr>
<td></td>
<td>Days/Week</td>
<td>108.0 (114.2)</td>
<td>71.8 (88.2)</td>
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<td>Min/Week</td>
<td>2192.6 (3300.7)</td>
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<td>Vigorous PA</td>
<td>2.0 (2.1)</td>
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<td>- 22.7%</td>
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<td>Days/Week</td>
<td>38.7 (57.1)</td>
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<td>- 33.1%</td>
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<td>Min/Week</td>
<td>1168 (2468.7)</td>
<td>737.2 (1844.5)</td>
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<td>Moderate PA</td>
<td>1.8 (2.1)</td>
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<td>&lt; 0.001</td>
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<td>Days/Week</td>
<td>32.1 (49.0)</td>
<td>21.4 (37.3)</td>
<td>- 33.4%</td>
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<td>Min/Week</td>
<td>446.4 (920.2)</td>
<td>291.5 (772.7)</td>
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<td>Walking</td>
<td>3.6 (2.6)</td>
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<td>&lt; 0.001</td>
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<td></td>
<td>Days/Week</td>
<td>37.2 (46.8)</td>
<td>24.6 (34.1)</td>
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<td>&lt; 0.001</td>
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<tr>
<td></td>
<td>Min/Week</td>
<td>578.3 (917.1)</td>
<td>331.4 (640.2)</td>
<td>- 42.7%</td>
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<td>NR</td>
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<td>No time lost/week</td>
<td>NR</td>
<td>7.2%</td>
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<td>1-30 min lost/week</td>
<td>NR</td>
<td>11.8%</td>
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<td>30-59 min lost/week</td>
<td>NR</td>
<td>28.0%</td>
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<td>1-3hrs lost/week</td>
<td>NR</td>
<td>12.1%</td>
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<td>4-6hrs lost/week</td>
<td>NR</td>
<td>20.9%</td>
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<tr>
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<td>&gt;6hrs lost/week</td>
<td>NR</td>
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<tr>
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<td>Vigorous PA - % participants</td>
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<tr>
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<td>No time lost/week</td>
<td>NR</td>
<td>10.5%</td>
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<tr>
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<td>1-30 min lost/week</td>
<td>NR</td>
<td>23.2%</td>
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<td>30-59 min lost/week</td>
<td>NR</td>
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<td>1-3hrs lost/week</td>
<td>NR</td>
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<td>4-6hrs lost/week</td>
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<td>&gt;6hrs lost/week</td>
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<td>Assaloni et al (2020)</td>
<td>Exercise</td>
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<td>Godin Scale score</td>
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<tr>
<td>% participants</td>
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<td>Exercise alone</td>
<td>36.4%</td>
<td>82.5%</td>
<td>+ 46.1%</td>
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<td>No exercise</td>
<td>9.1%</td>
<td>17.5%</td>
<td>+ 8.4%</td>
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**Barwais (2020)**

**Physical Activity – MET-min/week**

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<td>Males</td>
<td>903 (755.6) - 951 (740.5) - 818 (77.5)</td>
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<tr>
<td>Females</td>
<td>387 (397.8) - 398 (413.1) - 368 (369.9)</td>
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<td>Days/week</td>
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<td>Min/day</td>
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<td>Walking</td>
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<td>Min/day</td>
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<td>PA phase 1 lockdown – MET-min/week</td>
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<td>(All participants)</td>
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<tr>
<td>Daily occupation PA</td>
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<tr>
<td>Transportation PA</td>
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<tr>
<td>Leisure time activities PA</td>
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<tr>
<td>Sporting activities PA</td>
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<tr>
<td>Overall PA</td>
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<tr>
<td>(Males)</td>
</tr>
<tr>
<td>Daily occupation PA</td>
</tr>
<tr>
<td>Transportation PA</td>
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<tr>
<td>Leisure time activities PA</td>
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<td>Sporting activities PA</td>
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<td>Overall PA</td>
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<tr>
<td>(Females)</td>
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<tr>
<td>Daily occupation PA</td>
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<tr>
<td>Transportation PA</td>
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<tr>
<td>Leisure time activities PA</td>
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<td>Sporting activities PA</td>
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<tr>
<td>Overall PA</td>
</tr>
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</table>

**PA phase 2 lockdown – MET-min/week**

- **(All participants):**
  - Daily occupation PA: 4215.07 (78.41)
  - Transportation PA: 6097.88 (127.67)
  - Leisure time activities PA: 2763.87 (151.89)
  - Sporting activities PA: 14,295.02 (248.35)
  - Overall PA: 6097.88 (127.67)

- **(Males):**
  - Daily occupation PA: 5177.27 (182.93)
  - Transportation PA: 1314.24 (50.73)
  - Leisure time activities PA: 6062.08 (289.05)
  - Sporting activities PA: 3849.72 (529.94)
  - Overall PA: 16,403.31 (695.56)

- **(Females):**
  - Daily occupation PA: 3933.68 (84.90)
  - Transportation PA: 1190.11 (26.79)
  - Leisure time activities PA: 6108.35 (141.75)
  - Sporting activities PA: 2446.32 (119.58)
  - Overall PA: 13,678.46 (234.23)

**PA phase 3 lockdown – MET-min/week**

- **(All participants):**
  - Daily occupation PA: 4284.91 (106.59)
  - Transportation PA: 1254.93 (34.68)
  - Leisure time activities PA: 7007.06 (458.93)
  - Sporting activities PA: 3404.49 (278.21)
  - Overall PA: 16,763.82 (722.40)

- **(Males):**
  - Daily occupation PA: 4806.32 (217.88)
  - Transportation PA: 1477.38 (77.31)
  - Leisure time activities PA: 7075.62 (458.93)
  - Sporting activities PA: 3404.49 (278.21)
  - Overall PA: 16,763.82 (722.40)
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<th>(Females)</th>
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<th>(Males)</th>
<th></th>
<th>(All participants)</th>
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<td>Daily occupation PA</td>
<td>4086.56 (120.91)</td>
<td>2225.13 (107.11)</td>
<td>-1861.4</td>
<td>&lt; 0.05</td>
<td>4328.27 (123.68)</td>
<td>2174.39 (98.25)</td>
<td>-2153.9</td>
<td>&lt; 0.05</td>
<td>5477.33 (294.99)</td>
<td>2699.65 (227.52)</td>
<td>2777.7</td>
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<td>Transportation PA</td>
<td>1170.31 (37.37)</td>
<td>797.79 (34.23)</td>
<td>-372.52</td>
<td>&lt; 0.05</td>
<td>1149.50 (36.35)</td>
<td>812.57 (34.21)</td>
<td>-336.93</td>
<td>&lt; 0.05</td>
<td>1370.91 (84.69)</td>
<td>1008.81 (79.34)</td>
<td>362.1</td>
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<tr>
<td>Leisure time activities PA</td>
<td>6980.94 (236.44)</td>
<td>8470.21 (235.12)</td>
<td>* 1489.27</td>
<td>&lt; 0.05</td>
<td>6767.79 (206.00)</td>
<td>8622.59 (212.36)</td>
<td>* 1864.8</td>
<td>&lt; 0.05</td>
<td>7248.37 (511.78)</td>
<td>8009.67 (479.28)</td>
<td>761.3</td>
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<tr>
<td>Sporting activities PA</td>
<td>1918.87 (167.14)</td>
<td>1550.79 (97.97)</td>
<td>-368.08</td>
<td>&lt; 0.05</td>
<td>1820.42 (141.94)</td>
<td>1749.32 (171.66)</td>
<td>71.1</td>
<td>&gt; 0.05</td>
<td>2437.01 (350.79)</td>
<td>2561.05 (338.68)</td>
<td>*124.04</td>
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<tr>
<td>Overall PA</td>
<td>14,156.68 (357.50)</td>
<td>13,043.91 (310.87)</td>
<td>-112.8</td>
<td>&lt; 0.05</td>
<td>14,065.98 (335.14)</td>
<td>13,358.87 (326.99)</td>
<td>-707.11</td>
<td>&lt; 0.05</td>
<td>13,358.91 (192.29)</td>
<td>14,279.18 (756.51)</td>
<td>-2254.4</td>
</tr>
</tbody>
</table>

**PA phase 4 lockdown – MET-min/week**

|                  | Daily occupation PA |                 | Transportation PA | Leisure time activities PA | Sporting activities PA | Overall PA | Leisure time PA – MET-min/week |
|------------------|------------------|-----------------|-----------------|-----------------|-----------------|---------|-----------------|-----------------|
| (All participants) | 4086.56 (120.91) | 2225.13 (107.11) | -1861.4 | < 0.05          | 4328.27 (123.68) | 2174.39 (98.25) | -2153.9 | < 0.05          |
| (Males) | 1170.31 (37.37)  | 797.79 (34.23)  | -372.52 | < 0.05          | 1149.50 (36.35)  | 812.57 (34.21)  | -336.93 | < 0.05          |
| (Females) | 6980.94 (236.44) | 8470.21 (235.12) | * 1489.27 | < 0.05          | 6767.79 (206.00) | 8622.59 (212.36) | * 1864.8 | < 0.05          |
| Bourdas et al (2020b) | 4502.7 (41.5)  | 2119.4 (32.1)  | -2383.3 | < 0.05          | 5232.3 (72.8)  | 2552.2 (58.8)  | -2680.1 | < 0.05          |
| Daily occupational PA – MET-min/week | 4086.56 (120.91) | 2225.13 (107.11) | -1861.4 | < 0.05          | 4328.27 (123.68) | 2174.39 (98.25) | -2153.9 | < 0.05          |
| Transportation PA – MET-min/week | 1170.31 (37.37) | 797.79 (34.23) | -372.52 | < 0.05          | 1149.50 (36.35) | 812.57 (34.21) | -336.93 | < 0.05          |
| Leisure time activities PA – MET-min/week | 6980.94 (236.44) | 8470.21 (235.12) | * 1489.27 | < 0.05          | 6767.79 (206.00) | 8622.59 (212.36) | * 1864.8 | < 0.05          |

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### Table 1: PA Levels among Participants by Age and BMI Class

<table>
<thead>
<tr>
<th>Category</th>
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<th>Females</th>
<th>Sporting PA – MET-min/week</th>
<th>All participants</th>
<th>Males</th>
<th>Females</th>
<th>Total PA – MET-min/week</th>
<th>All participants</th>
<th>Males</th>
<th>Females</th>
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<tr>
<td>18-29 years old</td>
<td>15160.6 (128.6)</td>
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<td>12685.7 (120.0)</td>
<td>2175.3 &lt; 0.05</td>
<td>15160.6 (128.6)</td>
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<td>12685.7 (120.0)</td>
<td>2175.3 &lt; 0.05</td>
<td>15160.6 (128.6)</td>
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<td>12685.7 (120.0)</td>
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<tr>
<td>30-49 years old</td>
<td>14406.2 (212.3)</td>
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<td>12230.7 (226.3)</td>
<td>2720.4 &lt; 0.05</td>
<td>14406.2 (212.3)</td>
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<td>12230.7 (226.3)</td>
<td>2720.4 &lt; 0.05</td>
<td>14406.2 (212.3)</td>
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<td>12230.7 (226.3)</td>
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<td>50-59 years old</td>
<td>15833.7 (284.0)</td>
<td></td>
<td>13449.1 (248.4)</td>
<td>2364.6 &lt; 0.05</td>
<td>15833.7 (284.0)</td>
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<td>13449.1 (248.4)</td>
<td>2364.6 &lt; 0.05</td>
<td>15833.7 (284.0)</td>
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<td>60-69 years old</td>
<td>14402.3 (647.4)</td>
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<td>11682.2 (596.0)</td>
<td>1270.1 &lt; 0.05</td>
<td>14402.3 (647.4)</td>
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<td>11682.2 (596.0)</td>
<td>1270.1 &lt; 0.05</td>
<td>14402.3 (647.4)</td>
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<td>11682.2 (596.0)</td>
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<tr>
<td>70+ years old</td>
<td>12364.3 (1535.2)</td>
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<td>8472.6 (949.4)</td>
<td>3891.7 &lt; 0.05</td>
<td>12364.3 (1535.2)</td>
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<td>8472.6 (949.4)</td>
<td>3891.7 &lt; 0.05</td>
<td>12364.3 (1535.2)</td>
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<td>8472.6 (949.4)</td>
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<td><strong>BMI class</strong></td>
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<tr>
<td>Underweight (BMI &lt;18.5)</td>
<td>16626.9 (946.2)</td>
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<td>14106.3 (1053.3)</td>
<td>2520.6 &lt; 0.05</td>
<td>16626.9 (946.2)</td>
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<td>14106.3 (1053.3)</td>
<td>2520.6 &lt; 0.05</td>
<td>16626.9 (946.2)</td>
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<td>14106.3 (1053.3)</td>
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<tr>
<td>Acceptable weight (BMI = 18.5-24.9)</td>
<td>15288.2 (174.0)</td>
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<td>12720.7 (165.5)</td>
<td>2567.5 &lt; 0.05</td>
<td>15288.2 (174.0)</td>
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<td>12720.7 (165.5)</td>
<td>2567.5 &lt; 0.05</td>
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<td>12720.7 (165.5)</td>
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<td>Overweight (BMI = 25.0-29.9)</td>
<td>15022.1 (208.9)</td>
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<td>12552.6 (196.4)</td>
<td>2469.5 &lt; 0.05</td>
<td>15022.1 (208.9)</td>
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<td>Obese (BMI ≥ 30.0)</td>
<td>14389.2 (412.7)</td>
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<td>12381.8 (284.9)</td>
<td>2607.4 &lt; 0.05</td>
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<tr>
<td>Inactive (0 MET-min/week)</td>
<td>10792.0 (170.7)</td>
<td></td>
<td>10477.3 (175.8)</td>
<td>314.7 &gt; 0.05</td>
<td>10792.0 (170.7)</td>
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<td>10477.3 (175.8)</td>
<td>314.7 &gt; 0.05</td>
<td>10792.0 (170.7)</td>
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<td>10477.3 (175.8)</td>
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<td>Low PA (0-499 MET-min/week)</td>
<td>10204.5 (179.0)</td>
<td></td>
<td>10446.0 (224.8)</td>
<td>241.5 &gt; 0.05</td>
<td>10204.5 (179.0)</td>
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<td>10446.0 (224.8)</td>
<td>241.5 &gt; 0.05</td>
<td>10204.5 (179.0)</td>
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<td>10446.0 (224.8)</td>
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<td>Moderate PA (500-1000 MET-min/week)</td>
<td>10993.4 (184.2)</td>
<td></td>
<td>10691.1 (203.8)</td>
<td>302.3 &gt; 0.05</td>
<td>10993.4 (184.2)</td>
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<td>10691.1 (203.8)</td>
<td>302.3 &gt; 0.05</td>
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<td>10691.1 (203.8)</td>
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<td>High PA (&gt;1000 MET-min/week)</td>
<td>18876.3 (202.9)</td>
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<td>14472.9 (193.3)</td>
<td>4403.4 &gt; 0.05</td>
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<td>14472.9 (193.3)</td>
<td>4403.4 &gt; 0.05</td>
<td>18876.3 (202.9)</td>
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<td>14472.9 (193.3)</td>
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### Quantity of Training - % participants

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<th>Bowes et al (2020)</th>
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<tbody>
<tr>
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<td></td>
<td><strong>Decreased volume</strong></td>
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<tr>
<td></td>
<td><strong>Same volume</strong></td>
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<td>17.1%</td>
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<tr>
<td></td>
<td><strong>Other</strong></td>
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<td>1.4%</td>
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### Change in PA - % participants

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<th>Branley-Bell et al (2020)</th>
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<tr>
<td></td>
<td><strong>Much less PA</strong></td>
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<td>27.9%</td>
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<tr>
<td></td>
<td><strong>Moderately less PA</strong></td>
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<td>11.6%</td>
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<tr>
<td></td>
<td><strong>Slightly less PA</strong></td>
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<td>10.1%</td>
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<th>IPAQ-SF (MET)</th>
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<tr>
<td>People working as usual</td>
<td>8284 (4390)</td>
<td>3294 (3994)</td>
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<tr>
<td>People at home</td>
<td>11045 (5710)</td>
<td>5043 (3289)</td>
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<tr>
<td>People involved in structured PA</td>
<td>7700 (3382)</td>
<td>2924 (4040)</td>
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<tr>
<td>People not involved in structured PA</td>
<td>8520 (4565)</td>
<td>3139 (3237)</td>
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<td><strong>IPAQ-SF (MET)</strong></td>
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<tr>
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<td>3101 (3815)</td>
<td>1839 (2254)</td>
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<tr>
<td>People working as usual</td>
<td>2763 (2906)</td>
<td>1732 (2099)</td>
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<tr>
<td>People at home</td>
<td>3170 (3975)</td>
<td>1861 (2287)</td>
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<tr>
<td>People involved in structured PA</td>
<td>3478 (3661)</td>
<td>1767 (2041)</td>
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<tr>
<td>People not involved in structured PA</td>
<td>2674 (3949)</td>
<td>1920 (2477)</td>
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<tr>
<td><strong>PA - % participants</strong></td>
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<tr>
<td>Much lower</td>
<td>NR</td>
<td>14.2%</td>
</tr>
<tr>
<td>Somewhat lower</td>
<td>NR</td>
<td>23.4%</td>
</tr>
<tr>
<td>About the same</td>
<td>NR</td>
<td>35.7%</td>
</tr>
<tr>
<td>Somewhat greater</td>
<td>NR</td>
<td>15.3%</td>
</tr>
<tr>
<td>Much greater</td>
<td>NR</td>
<td>9.0%</td>
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<tbody>
<tr>
<td><strong>PA - % participants</strong></td>
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<tr>
<td>More than usual</td>
<td>NR</td>
<td>15.0%</td>
</tr>
<tr>
<td>No activity</td>
<td>NR</td>
<td>22.0%</td>
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<tr>
<td>Less than usual</td>
<td>NR</td>
<td>28.0%</td>
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<td>35.0%</td>
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<tr>
<td>(Active before lockdown)</td>
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<tr>
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<td>50.0%</td>
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<td>14.0%</td>
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<tr>
<td>Sedentary</td>
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<td>18.0%</td>
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<tr>
<td>(Inactive before lockdown)</td>
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<td>Caruso et al (2020)</td>
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<td>PA - % participants</td>
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<td>Increased</td>
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<table>
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<th>Vigorous PA – time (min/day)</th>
<th>Moderate PA – time (min/day)</th>
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<td>219 (196)</td>
<td>149 (174)</td>
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<td>175 (176)</td>
<td>144 (159)</td>
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<td>256 (204)</td>
<td>145 (179)</td>
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<td>144.2 (170.6)</td>
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<td>295.5 (221.0)</td>
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<td>223.6 (196.8)</td>
<td>144.1 (160.6)</td>
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<td>213.9 (228.4)</td>
<td>148.6 (190.4)</td>
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<td>140 (173.5)</td>
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**Table Notes:**
- **Moderate PA categories:**
  - 0-150 min/week
  - 150-300 min/week
  - 300-450 min/week
  - >450 min/week

- **Vigorous PA categories:**
  - 0-75 min/week
  - 75-150 min/week
  - 150-225 min/week
  - >225 min/week

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<tr>
<th>Age Categories</th>
<th>Moderate PA Categories</th>
<th>Vigorous PA Categories</th>
<th>Walking – time (min/day)</th>
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<td>0-150 min/week</td>
<td>150-300 min/week</td>
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<td>49 (50.5)</td>
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<tr>
<td></td>
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<td>A little less</td>
<td>NR</td>
<td>NR</td>
<td>16.8%</td>
<td>23.6%</td>
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<tr>
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<td></td>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>12.3%</td>
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<tr>
<td></td>
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<td>A little more</td>
<td>NR</td>
<td>NR</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>A lot more</td>
<td>NR</td>
<td>NR</td>
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</tr>
<tr>
<td>Karuc et al (2020)</td>
<td>MVPA – min/day</td>
<td>Females</td>
<td>120 (227.1)</td>
<td>64.3 (75)</td>
<td>- 55.7</td>
<td>- 49.3</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Males</td>
<td>135 (127.5)</td>
<td>85.7 (56.8)</td>
<td></td>
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<tr>
<td>Knell et al (2020)</td>
<td>Change in PA - % participants</td>
<td>Increase</td>
<td>NR</td>
<td>25.2%</td>
<td></td>
<td>NR</td>
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<tr>
<td></td>
<td></td>
<td>Decrease</td>
<td>NR</td>
<td>39.0%</td>
<td></td>
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<td></td>
<td></td>
<td>Stay the same</td>
<td>NR</td>
<td>35.8%</td>
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<td>NR</td>
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<tr>
<td>Kriaucioniene et al (2020)</td>
<td>Change in PA - % participants</td>
<td>Increase</td>
<td>NR</td>
<td>14.3%</td>
<td></td>
<td>NR</td>
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<td></td>
<td></td>
<td>Decrease</td>
<td>NR</td>
<td>60.6%</td>
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<tr>
<td>Study</td>
<td>Group</td>
<td>Participants</td>
<td>Age  &lt; 43 years old</td>
<td>Age  &gt; 43 years old</td>
<td>Married</td>
<td>Not married</td>
<td>University degree</td>
<td>Employed</td>
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<td>------------------------------</td>
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<td>Lopez-Bueno et al (2020a)</td>
<td>PA – min/week</td>
<td>All participants</td>
<td>221.9 (193.6)</td>
<td>176.7 (178.9)</td>
<td>- 45.2</td>
<td>&lt; 0.001</td>
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<td></td>
<td>Males</td>
<td>268.8 (207.1)</td>
<td>196.0 (185.0)</td>
<td>- 72.8</td>
<td>&lt; 0.001</td>
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<td></td>
<td>Females</td>
<td>182.0 (171.7)</td>
<td>160.4 (171.2)</td>
<td>- 21.6</td>
<td>&lt; 0.001</td>
<td></td>
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<tr>
<td></td>
<td>Age &lt; 43 years old</td>
<td>238.4 (201.4)</td>
<td>196.4 (181.9)</td>
<td>- 42.0</td>
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<tr>
<td></td>
<td>Age &gt; 43 years old</td>
<td>182.4 (167.3)</td>
<td>129.6 (162.4)</td>
<td>- 52.6</td>
<td>&lt; 0.001</td>
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<tr>
<td></td>
<td>Married</td>
<td>210.1 (187.6)</td>
<td>161.4 (170.6)</td>
<td>- 48.7</td>
<td>&lt; 0.001</td>
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<td></td>
<td>Not married</td>
<td>233.2 (198.8)</td>
<td>191.4 (185.5)</td>
<td>- 41.8</td>
<td>&lt; 0.001</td>
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<tr>
<td>Lopez-Bueno et al (2020b)</td>
<td>PA &lt; 150min/week - % participants</td>
<td>1 week of lockdown</td>
<td>35.1%</td>
<td>52.2%</td>
<td>+ 17.1%</td>
<td>&lt; 0.001*</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>2 weeks of lockdown</td>
<td>35.1%</td>
<td>40.3%</td>
<td>+ 5.2%</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td>3 weeks of lockdown</td>
<td>35.1%</td>
<td>26.2%</td>
<td>- 8.9%</td>
<td></td>
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<td></td>
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<tr>
<td>Mandelkorn et al (2020)</td>
<td>Change in PA - % population</td>
<td>(All Countries)</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td>No Change</td>
<td>20.41%</td>
<td>17.84%</td>
<td>61.75%</td>
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<tr>
<td></td>
<td></td>
<td>More</td>
<td>61.75%</td>
<td>29.76%</td>
<td>47.68%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Less</td>
<td>17.84%</td>
<td>22.55%</td>
<td>47.68%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maugeri et al (2020)</td>
<td>PA – MET-min/week</td>
<td>Total PA</td>
<td>2429</td>
<td>- 852</td>
<td>- 52.8</td>
<td>&lt; 0.001</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Vigorous PA</td>
<td>1109</td>
<td>- 342.4</td>
<td>- 52.8</td>
<td>&lt; 0.001</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Moderate PA</td>
<td>574</td>
<td>- 50.7</td>
<td>- 458.4</td>
<td>&lt; 0.001</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Walking</td>
<td>746</td>
<td>- 458.4</td>
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<tr>
<td></td>
<td>Total PA – MET-min/week</td>
<td>Males</td>
<td>2998</td>
<td>- 1244</td>
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<td>&lt; 0.001</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>1994</td>
<td>- 551</td>
<td></td>
<td>&lt; 0.001</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Young (&lt; 21 years old)</td>
<td>2726</td>
<td>- 874</td>
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<td>&lt; 0.001</td>
<td></td>
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<tr>
<td>------------------------------</td>
<td>------------------------------------------------------------</td>
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</tr>
<tr>
<td></td>
<td>Previously active</td>
<td>Previously inactive</td>
<td>Decrease</td>
<td>Same</td>
<td>Increase</td>
<td>Decrease</td>
<td>Same</td>
<td>Increase</td>
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<tr>
<td>Young adults (21-40 years old)</td>
<td>NR</td>
<td>-32.3%</td>
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<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
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</tr>
<tr>
<td>Adults (41-60 years old)</td>
<td>NR</td>
<td>+2.3%</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
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</tr>
<tr>
<td>Adults (≥ 60 years old)</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
<td>NR</td>
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**PA or sport inside - % participants**

<table>
<thead>
<tr>
<th></th>
<th>Decrease</th>
<th>Same</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>(All participants)</td>
<td>34.0%</td>
<td>40.5%</td>
<td>25.5%</td>
</tr>
<tr>
<td>(Children aged 5-11)</td>
<td>27.1%</td>
<td>41.7%</td>
<td>31.2%</td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
<td>40.1%</td>
<td>39.4%</td>
<td>20.5%</td>
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</table>

**PA or sport outside - % participants**

<table>
<thead>
<tr>
<th></th>
<th>Decrease</th>
</tr>
</thead>
<tbody>
<tr>
<td>(All participants)</td>
<td>63.8%</td>
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<thead>
<tr>
<th></th>
<th>Same (%)</th>
<th>Increase (%)</th>
</tr>
</thead>
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<tr>
<td>(Children aged 5-11)</td>
<td>22.2%</td>
<td>14.0%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>29.0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>22.7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>68.0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>21.8%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.1%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Playing outside - % participants</th>
<th>Same (%)</th>
<th>Increase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(All participants)</td>
<td>51.2%</td>
<td>30.9%</td>
</tr>
<tr>
<td></td>
<td>17.9%</td>
<td></td>
</tr>
<tr>
<td>(Children aged 5-11)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>47.5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>26.3%</td>
<td></td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>54.6%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>35.0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.4%</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Household chores - % participants</th>
<th>Same (%)</th>
<th>Increase (%)</th>
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<tbody>
<tr>
<td>(All participants)</td>
<td>8.2%</td>
<td>53.9%</td>
</tr>
<tr>
<td></td>
<td>37.9%</td>
<td></td>
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<tr>
<td>(Children aged 5-11)</td>
<td></td>
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<tr>
<td></td>
<td>7.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>53.2%</td>
<td></td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
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<tr>
<td></td>
<td>9.1%</td>
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</tr>
<tr>
<td>Mon-Lopez et al (2020a)</td>
<td>Training days per week – frequency</td>
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</tr>
<tr>
<td>------------------------</td>
<td>----------------------------------</td>
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<tr>
<td>All participants</td>
<td>Training – hours/week</td>
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</tr>
<tr>
<td>Males</td>
<td>4.84 (1.15)</td>
<td>4.23 (1.69)</td>
</tr>
<tr>
<td>Females</td>
<td>5.12 (1.0)</td>
<td>4.68 (1.61)</td>
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<td></td>
<td></td>
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<tr>
<td></td>
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<td>- 0.71</td>
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<td>- 0.44</td>
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<tr>
<td>Mon-Lopez et al (2020b)</td>
<td>PA – METs</td>
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<tr>
<td>High intensity PA</td>
<td>1660 (2714.55)</td>
<td>884.67 (1200.3)</td>
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<tr>
<td>Moderate intensity PA</td>
<td>683.67 (130.95)</td>
<td>464.33 (602.03)</td>
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<td>Low intensity PA</td>
<td>1427.53 (1852.27)</td>
<td>1852.27 (274.73)</td>
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<td>Total PA</td>
<td>3771.19 (400.53)</td>
<td>1623.73 (1658.85)</td>
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<td>Munasinghe et al (2020)</td>
<td>PA - (Yes-no)</td>
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<td>51.4%</td>
<td>43.6%</td>
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<tr>
<td>Muriel et al (2020)</td>
<td>PA – hours/week</td>
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<td>Total training</td>
<td>17.7 (3.6)</td>
<td>11.7 (3.9)</td>
</tr>
<tr>
<td>Z1. Recovery</td>
<td>5.0 (1.9)</td>
<td>2.4 (1.7)</td>
</tr>
<tr>
<td>Z2. Endurance</td>
<td>3.1 (1.0)</td>
<td>3.5 (1.9)</td>
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<td>Z3. Tempo</td>
<td>3.1 (1.0)</td>
<td>2.3 (1.1)</td>
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<td>Z4. Threshold</td>
<td>2.5 (0.7)</td>
<td>1.4 (0.7)</td>
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<tr>
<td>Z5. VO2 max</td>
<td>1.7 (0.6)</td>
<td>1.0 (0.5)</td>
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<tr>
<td>Z6. Anaerobic</td>
<td>2.3 (1.1)</td>
<td>1.1 (0.8)</td>
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<tr>
<td>Pellegrini et al (2020)</td>
<td>Exercise - % participants</td>
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<td>Exercise is the same as before quarantine</td>
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<td>10.7%</td>
</tr>
<tr>
<td>Exercise is more than before quarantine</td>
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<td>NR</td>
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<td>Pietrobelli et al. (2020)</td>
<td>Sports time</td>
<td></td>
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<tr>
<td>Hours/week</td>
<td>3.6 (4.3)</td>
<td>1.3 (1.4)</td>
</tr>
<tr>
<td>Pillay, L et al (2020)</td>
<td>Training load and intensity decreased - % sample</td>
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<td>75%</td>
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<td>25%</td>
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</tr>
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<td>------------------------------</td>
<td>-----------------------------------------------------------</td>
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<tr>
<td>Robinson et al (2020)</td>
<td>Exercise - % participants</td>
<td>A lot less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A little less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Same</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A little more</td>
</tr>
<tr>
<td></td>
<td></td>
<td>More</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A lot more</td>
</tr>
<tr>
<td></td>
<td>PA (e.g. gardening) - % participants</td>
<td>A lot less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A little less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Same</td>
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<tr>
<td></td>
<td></td>
<td>A little more</td>
</tr>
<tr>
<td></td>
<td></td>
<td>More</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A lot more</td>
</tr>
<tr>
<td>Rogers et al (2020)</td>
<td>PA Change during lockdown - % participants</td>
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<tr>
<td></td>
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<td>Less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>More</td>
</tr>
<tr>
<td>Romero-Blanco et al (2020)</td>
<td>PA – days/week</td>
<td>Vigorous PA</td>
</tr>
<tr>
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<td>Moderate</td>
</tr>
<tr>
<td></td>
<td>PA – min/week</td>
<td>Vigorous PA</td>
</tr>
<tr>
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<td></td>
<td>Moderate PA</td>
</tr>
<tr>
<td></td>
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<td>Total PA</td>
</tr>
<tr>
<td>Ruiz-Ruso et al (2020a)</td>
<td>Change in weekly PA</td>
<td>NR</td>
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Walking, we observed a significant decrease during lockdown compared to the period before.

<table>
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<tr>
<th>Study</th>
<th>Change in PA levels - % participants</th>
<th>Change in weekly PA - % participants</th>
<th>Change in PA - % participants</th>
<th>Change in PA - min/week</th>
<th>Moderate and vigorous PA</th>
<th>Change in PA - % participants</th>
<th>PA – MET hours/week</th>
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<tbody>
<tr>
<td>Ruiz-Ruso et al (2020b)</td>
<td>Active 27.0% 20.5% -6.5% NR</td>
<td>1-3 times/week 35.4% 27.9% 7.9% 28.8%</td>
<td>NR 2.7% 14.5% 82.7%</td>
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<td>NR</td>
<td>NR</td>
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<tr>
<td>Sanchez-Sanchez et al (2020)</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
<td>≥ 6 times/week 35.4% 27.9% 7.9% 28.8%</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
<td>4-5 times/week 32.3% 23.7% 14.5% 29.4%</td>
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<tr>
<td>Sanchez-Sanchez et al (2020)</td>
<td>No PA NR</td>
<td>No PA NR</td>
<td>No PA NR</td>
<td>No PA NR</td>
<td>No PA NR</td>
<td>No PA NR</td>
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<tr>
<td>Sankar et al (2020)</td>
<td>Increased NR</td>
<td>Increased NR</td>
<td>Same 2.7% 14.5% 82.7%</td>
<td>Increased NR</td>
<td>Increased NR</td>
<td>Increased NR</td>
<td>Increased NR</td>
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<tr>
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<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
<td>Decreased 35.4% 27.9% 7.9% 28.8%</td>
</tr>
<tr>
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<td>1-3 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>4-5 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>≥ 6 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>4-5 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>4-5 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>4-5 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
<td>4-5 times/week 362 (262) 411 (487) 256 (381) 797 (822)</td>
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<tr>
<td>Sanudo et al (2020)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
<td>Steps – per day 8525 (3597) 2754 (1724)</td>
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<td>Constant PA NR</td>
<td>Increased PA NR</td>
<td>Reduced PA NR</td>
<td>Constant PA NR</td>
<td>Increased PA NR</td>
<td>Reduced PA NR</td>
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<tr>
<td>Savage et al (2020)</td>
<td>Moderate PA VH 27.0% 20.5% -6.5% NR</td>
<td>Moderate PA VH 27.0% 20.5% -6.5% NR</td>
<td>Moderate PA VH 27.0% 20.5% -6.5% NR</td>
<td>Moderate PA VH 27.0% 20.5% -6.5% NR</td>
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<td>Moderate PA VH 27.0% 20.5% -6.5% NR</td>
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<tr>
<td>Schlichtiger et al (2020a)</td>
<td>Reduced PA NR</td>
<td>Constant PA NR</td>
<td>Increased PA NR</td>
<td>Reduced PA NR</td>
<td>Constant PA NR</td>
<td>Increased PA NR</td>
<td>Reduced PA NR</td>
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<tr>
<td>Schlichtiger et al (2020a)</td>
<td>NR 44.1% 22.6% 19.8%</td>
<td>NR 44.1% 22.6% 19.8%</td>
<td>NR 44.1% 22.6% 19.8%</td>
<td>NR 44.1% 22.6% 19.8%</td>
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<td>NR 44.1% 22.6% 19.8%</td>
<td>NR 44.1% 22.6% 19.8%</td>
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<td>Schlichtiger et al (2020b)</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
<td>Household PA VH 27.0% 20.5% -6.5% NR</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
<td>Total PA 168.8 (91.0) 144.1 (84.8) 24.7</td>
</tr>
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<td>Schlichtiger et al (2020b)</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
<td>Yard work 52.2 (33.6) 50.5 (31.8) 1.7 1.9</td>
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<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
<td>Leisure activities 14.5 (20.4) 16.4 (22.3) 3.6 0.001</td>
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<tr>
<td>Schlichtiger et al (2020b)</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
<td>Sports 40.6 (54.7) 27.6 (35.7) 8.5</td>
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<td>Schlichtiger et al (2020b)</td>
<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
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<td>Work/volunteering 41.6 (53.0) 33.1 (52.1)</td>
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<tr>
<td>Study</td>
<td>PA – MET-min/week</td>
<td>Vigorous PA</td>
<td>Moderate PA</td>
<td>Walking</td>
<td>Total PA</td>
<td>Total PA without sitting</td>
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<tr>
<td>--------------------------------------------</td>
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<tr>
<td>Srivastav et al (2020)</td>
<td></td>
<td>2727.3</td>
<td>1994.3</td>
<td>3088.3</td>
<td>8142.7</td>
<td>7809.7</td>
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<tr>
<td>Vetrovsky et al (2020)</td>
<td>Changes in steps - % participants</td>
<td>NR</td>
<td>NR</td>
<td>-15.2</td>
<td>NR</td>
<td>NR</td>
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<tr>
<td>Wang et al (2020)</td>
<td>Exercise - % participants</td>
<td>NR</td>
<td>52%</td>
<td>17%</td>
<td>NR</td>
<td>NR</td>
<td></td>
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<tr>
<td>Yang et al (2020a)</td>
<td>Active transport – hours/day</td>
<td>1.5</td>
<td>1.0</td>
<td>0.5</td>
<td>&lt; 0.05</td>
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<tr>
<td></td>
<td>Housework activity – hours/day</td>
<td>2.0</td>
<td>2.3</td>
<td>+0.3</td>
<td>&lt; 0.001</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>MVPA – hours/day</td>
<td>1.5</td>
<td>1.5</td>
<td>0</td>
<td>&lt; 0.05</td>
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<tr>
<td></td>
<td>Walking for leisure – hours/day</td>
<td>1.0</td>
<td>1.0</td>
<td>0</td>
<td>&lt; 0.01</td>
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<tr>
<td>Yang et al (2020b)</td>
<td>PA – MET-min/week</td>
<td>2727.3</td>
<td>1994.3</td>
<td>3088.3</td>
<td>8142.7</td>
<td>7809.7</td>
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<tr>
<td>Total PA</td>
<td>3323 (2451)</td>
<td>2718 (2205)</td>
<td>- 605</td>
<td>&lt; 0.001</td>
<td></td>
<td></td>
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<tr>
<td>PA – min/day</td>
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<tr>
<td>Moderate PA</td>
<td>57.15 (42.67)</td>
<td>46.77 (41.37)</td>
<td>- 10.38</td>
<td>&lt; 0.01</td>
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<tr>
<td>Vigorous PA</td>
<td>47.94 (41.91)</td>
<td>39.47 (40.0)</td>
<td>- 8.47</td>
<td>&lt; 0.001</td>
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<tr>
<td>Active PA</td>
<td>157.8 (92.73)</td>
<td>134.45 (90.89)</td>
<td>- 23.35</td>
<td>0.003</td>
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<tr>
<td>Walking</td>
<td>52.71 (47.7)</td>
<td>48.21 (44.41)</td>
<td>- 4.5</td>
<td>0.067</td>
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<tr>
<td>Zinic et al (2020)</td>
<td>Change in PA – PAQ-A Score</td>
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<tr>
<td>All participants</td>
<td>2.97 (0.61)</td>
<td>2.63 (0.68)</td>
<td>- 0.34</td>
<td>&lt; 0.01</td>
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</table>

NR, Not reported; MVPA, moderate-to-vigorous physical activity; METs, Metabolic Equivalent Tasks

a Numeric data provided by authors via email, from figure 2 in original manuscript.
b Data reported as median (interquartile range)
c Data reported as mean (standard error)
d * between groups
Supplementary Table 6. Sedentary behaviour pre- and during lockdown

<table>
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<tr>
<th>Author</th>
<th>SB type and units of measurement</th>
<th>SB Pre-lockdown Mean (SD)</th>
<th>SB During lockdown Mean (SD)</th>
<th>Change</th>
<th>P value (if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ammar et al. (2020)</td>
<td>Sitting time Hours/Day</td>
<td>5.3 (3.65)</td>
<td>8.41 (5.11)</td>
<td>+ 28.6%</td>
<td>p &lt; 0.001</td>
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<tr>
<td>Asiamah et al (2020)</td>
<td>Sedentary behaviour - % participants</td>
<td>NR</td>
<td>18.4%</td>
<td>NR</td>
<td>NR</td>
</tr>
<tr>
<td></td>
<td>No time added/week</td>
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<tr>
<td></td>
<td>1-30 min added/week</td>
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<tr>
<td></td>
<td>30-59 min added/week</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>1-3hrs added/week</td>
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<tr>
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<td>4-6hrs added/week</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>&gt;6hrs added/week</td>
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<tr>
<td>Bivi-Roig et al (2020)</td>
<td>Sitting time Hours/Day</td>
<td>4 (4)</td>
<td>8 (5)</td>
<td>+ 4</td>
<td>p &lt; 0.001</td>
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<tr>
<td>Castaneda-Babarro Coca et al (2020)</td>
<td>Sitting time (hours/day)</td>
<td>6.1 (3.6)</td>
<td>8 (5.1)</td>
<td>+ 1.9</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>All participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men</td>
<td>6.0 (3.1)</td>
<td>8.1 (5.9)</td>
<td>+ 2.1</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>6.3 (3.9)</td>
<td>7.9 (3.9)</td>
<td>+ 1.6</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Workers</td>
<td>6.2 (3.5)</td>
<td>8.0 (5.4)</td>
<td>+ 1.8</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Students</td>
<td>6.4 (2.4)</td>
<td>8.8 (3.2)</td>
<td>+ 2.4</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Study-work</td>
<td>6.3 (4.1)</td>
<td>8.3 (3.4)</td>
<td>+ 2.0</td>
<td>&lt; 0.001</td>
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<tr>
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<td>Nothing</td>
<td>4.4 (2.4)</td>
<td>6.5 (3.5)</td>
<td>+ 2.1</td>
<td>&lt; 0.001</td>
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<td>(age categories)</td>
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<tr>
<td></td>
<td>18-24 years old</td>
<td>6.6 (4.2)</td>
<td>9 (3.5)</td>
<td>+ 2.4</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>25-34 years old</td>
<td>6.4 (3.1)</td>
<td>8.6 (3.6)</td>
<td>+ 2.2</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>35-44 years old</td>
<td>6.0 (3.9)</td>
<td>7.7 (3.9)</td>
<td>+ 1.7</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>45-54 years old</td>
<td>6.1 (3.1)</td>
<td>7.9 (7.2)</td>
<td>+ 1.8</td>
<td>&lt; 0.001</td>
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<tr>
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<td>55-65 years old</td>
<td>5.7 (3.0)</td>
<td>7.5 (3.5)</td>
<td>+ 1.8</td>
<td>&lt; 0.001</td>
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<tr>
<td></td>
<td>(Moderate PA categories)</td>
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<tr>
<td></td>
<td>0-150 min/week</td>
<td>5.7 (3.4)</td>
<td>8.1 (7.3)</td>
<td>+ 2.4</td>
<td>&lt; 0.001</td>
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<tr>
<td>Category</td>
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<td>300-450 min/week</td>
<td>&gt;450 min/week</td>
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<td>0-75 min/week</td>
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<td>4.8 (2.9)</td>
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<td>&lt; 0.001</td>
<td>6.4 (3.2)</td>
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<td>6.5 (4.3)</td>
<td>8.0 (3.5)</td>
<td>+ 1.5</td>
<td>&lt; 0.001</td>
<td>6.2 (3.1)</td>
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<tr>
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<td>5.7 (3.3)</td>
<td>8.0 (6.5)</td>
<td>+2.3</td>
<td>&lt; 0.001</td>
<td></td>
</tr>
</tbody>
</table>

**Constandt et al. (2020a)**

**Screen watching - % participants**
- Decreased: NR
- Unchanged: NR
- Increased: 3.6%

**Constandt et al. (2020b)**

**Sitting time - % of participants (active group)**
- Increased: 46%
- Stayed the same: 39%
- Decreased: 15%

**Sitting time - % of participants (inactive group)**
- Increased: 40%
- Stayed the same: 36%
- Decreased: 24%

**Dutta et al. (2020)**

**Phone screen time weekday - % participants**
- < 1 hour per day: 28.6%
- 1-2 hours per day: 25.7%
- 2-4 hours per day: 11.4%
- 4-8 hours per day: 5.7%
- Not applicable: 28.6%

**Phone screen time weekend day - % participants**
- < 1 hour per day: 31.4%
- 1-2 hours per day: 20.0%
- 2-4 hours per day: 17.1%
- 4-8 hours per day: 2.9%
- Not applicable: 28.6%

**Laptop screen time weekday - % participants**
- < 1 hour per day: 25.7%
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<thead>
<tr>
<th></th>
<th>&lt; 1 hour per day</th>
<th>1-2 hours per day</th>
<th>2-4 hours per day</th>
<th>4-8 hours per day</th>
<th>Not applicable</th>
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<tbody>
<tr>
<td>Laptop screen time weekend day - % participants</td>
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<td>17.1%</td>
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<td></td>
<td>14.3%</td>
<td>17.1%</td>
<td>+ 2.8</td>
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<td></td>
<td>2.9%</td>
<td>8.6%</td>
<td>+ 5.7</td>
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<tr>
<td></td>
<td>2.9%</td>
<td>8.6%</td>
<td>+ 5.7</td>
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<td></td>
<td>62.9%</td>
<td>48.6%</td>
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<td>TV screen time weekday - % participants</td>
<td>34.3%</td>
<td>20.0%</td>
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<tr>
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<td>31.4%</td>
<td>25.8%</td>
<td>- 5.3</td>
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<tr>
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<td>0%</td>
<td>20.0%</td>
<td>+ 20</td>
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<tr>
<td></td>
<td>2.9%</td>
<td>8.6%</td>
<td>+ 5.7</td>
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<tr>
<td></td>
<td>31.4%</td>
<td>25.7%</td>
<td>- 5.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV screen time weekend day - % participants</td>
<td>22.9%</td>
<td>20.0%</td>
<td>- 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>40.0%</td>
<td>25.8%</td>
<td>- 14.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5.7%</td>
<td>20.0%</td>
<td>+ 14.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.9%</td>
<td>8.6%</td>
<td>+ 5.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>28.6%</td>
<td>25.7%</td>
<td>- 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tablet screen time weekday - % participants</td>
<td>25.7%</td>
<td>22.9%</td>
<td>- 2.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>2.9%</td>
<td>+ 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>0%</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.9%</td>
<td>2.9%</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>71.4%</td>
<td>71.4%</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tablet screen time weekend day - % participants</td>
<td>20.0%</td>
<td>22.9%</td>
<td>+ 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5.7%</td>
<td>2.9%</td>
<td>- 2.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>0%</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.9%</td>
<td>2.9%</td>
<td>+ 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>74.3%</td>
<td>71.4%</td>
<td>- 2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>Measure</td>
<td>1-2h per day</td>
<td>3-4h per day</td>
<td>5-6h per day</td>
<td>&gt;6h per day</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------------------------------</td>
<td>--------------</td>
<td>--------------</td>
<td>--------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Elran-Barak and Mozeikov (2020)</td>
<td>Social media – hours/day</td>
<td>3.2 (1.1)</td>
<td>3.9 (1.2)</td>
<td>+ 0.7</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Online health communities – hours/day</td>
<td>2 (0.7)</td>
<td>2.2 (0.9)</td>
<td>+ 0.2</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td></td>
<td>Sedeantary time – min/day</td>
<td>Total*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>240 (240)</td>
<td>480 (300)</td>
<td>+ 240</td>
<td>NR</td>
</tr>
<tr>
<td></td>
<td>Sedentary leisure activities</td>
<td>38.7</td>
<td>66.6</td>
<td>+ 27.9</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td></td>
<td>Using electronic devices</td>
<td>65.3</td>
<td>177.7</td>
<td>+ 52.4</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td></td>
<td>Watching TV/DVD</td>
<td>71.7</td>
<td>119.3</td>
<td>+ 47.6</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td></td>
<td>Eating</td>
<td>82.3</td>
<td>106.5</td>
<td>+ 24.2</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td></td>
<td>Studying/working</td>
<td>173.9</td>
<td>210.7</td>
<td>+ 36.8</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td>Husain and Ashkanani (2020)</td>
<td>Hours per day spent on computer/TV/mobile - % participants</td>
<td>1-2h per day</td>
<td>30.4%</td>
<td>12.0%</td>
<td>- 18.4%</td>
</tr>
<tr>
<td></td>
<td>3-4h per day</td>
<td>33.3%</td>
<td>19.0%</td>
<td>- 14.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5-6h per day</td>
<td>30.2%</td>
<td>25.3%</td>
<td>+ 5.1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;6h per day</td>
<td>16.1%</td>
<td>43.6%</td>
<td>+ 27.5%</td>
<td></td>
</tr>
<tr>
<td>Lopez-Bueno et al (2020b)</td>
<td>Screen time ≥2h/day - % participants</td>
<td>1 week of lockdown</td>
<td>83.3%</td>
<td>97.7%</td>
<td>+ 14.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 weeks of lockdown</td>
<td>83.3%</td>
<td>96.9%</td>
<td>+ 13.9%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 weeks of lockdown</td>
<td>83.3%</td>
<td>98.7%</td>
<td>+ 15.7%</td>
</tr>
<tr>
<td>Majumdar et al (2020)</td>
<td>Change in screen time on cell phone – hours/day</td>
<td>Office workers</td>
<td>3 (1.59)</td>
<td>4 (2.24)</td>
<td>+ 1.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Students</td>
<td>3 (1.36)</td>
<td>5.2 (1.73)</td>
<td>+ 2.2</td>
</tr>
<tr>
<td></td>
<td>Change in screen time on computer – hours/day</td>
<td>Office workers</td>
<td>6.4 (2.9)</td>
<td>8.2 (3.36)</td>
<td>+ 1.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Students</td>
<td>1.3 (0.95)</td>
<td>1.6 (1.75)</td>
<td>+ 0.3</td>
</tr>
<tr>
<td></td>
<td>Change in screen time TV – hours/day</td>
<td>Office workers</td>
<td>0.7 (0.09)</td>
<td>1.5 (1.32)</td>
<td>+ 0.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Students</td>
<td>1.1 (0.35)</td>
<td>1.3 (1.02)</td>
<td>+ 0.2</td>
</tr>
<tr>
<td>Meyer et al. (2020)</td>
<td>Sitting time - % of population</td>
<td>Previously active</td>
<td>NR</td>
<td>NR</td>
<td>+26.4%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Previously inactive</td>
<td>NR</td>
<td>NR</td>
<td>+16.0%</td>
</tr>
<tr>
<td></td>
<td>Screen time - % of population</td>
<td>NR</td>
<td>NR</td>
<td>+26.4%</td>
<td>NR</td>
</tr>
<tr>
<td>Study</td>
<td>Screen time - % participants</td>
<td>Non-screen sedentary time - % participants</td>
<td>Screen time – min/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------------------------------</td>
<td>------------------------------------------</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Mitra et al (2020)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Previously active</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Previously inactive</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Screen time - % participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(All participants)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+37.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+25.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Children aged 5-11)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+3.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+17.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td>+78.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+3.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+18.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td>+77.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-screen sedentary time - % participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(All participants)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+3.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+16.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td>+79.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Children aged 5-11)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+6.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+35.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td>+57.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Youth aged 12-17)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease</td>
<td>NR</td>
<td>NR</td>
<td>+7.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same</td>
<td>NR</td>
<td>NR</td>
<td>+51.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase</td>
<td>NR</td>
<td>NR</td>
<td>+40.6%</td>
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<td></td>
</tr>
<tr>
<td>Mon-Lopez et al (2020b)</td>
<td>Screen time – min/day</td>
<td>Screen time – % participants</td>
<td>Screen time – % participants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV time</td>
<td>79.54 (68.11)</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC time</td>
<td>206.69 (170.33)</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone time</td>
<td>149.41 (123.29)</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total screen time</td>
<td>433.29 (225.66)</td>
<td>NR</td>
<td>NR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>Measurement</td>
<td>Count 1</td>
<td>Count 2</td>
<td>Difference</td>
<td>p-value</td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------------------------</td>
<td>-----------</td>
<td>-----------</td>
<td>------------</td>
<td>---------</td>
</tr>
<tr>
<td>Munasinghe et al (2020)</td>
<td>Watching TV - Yes/No</td>
<td>55.4%</td>
<td>52.1%</td>
<td>- 3.3%</td>
<td>NR</td>
</tr>
<tr>
<td>Pietrobelli et al. (2020)</td>
<td>Screen time Hours/day</td>
<td>2.76 (1.64)</td>
<td>7.61 (2.13)</td>
<td>+ 4.85 (2.40)</td>
<td>p &lt; 0.001</td>
</tr>
<tr>
<td>Robinson et al (2020)</td>
<td>Time spent sitting down - % participants</td>
<td>NR</td>
<td>NR</td>
<td>1.0%</td>
<td>NR</td>
</tr>
<tr>
<td>Romero-Blanco et al (2020)</td>
<td>Daily sitting time Min/day</td>
<td>418.59 (201.58)</td>
<td>525.35 (194.57)</td>
<td>+ 106.76</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Ruiz-Roso et al (2020a)</td>
<td>Sitting time</td>
<td>NR</td>
<td>NR</td>
<td>In text - &quot;During the COVID-19 lockdown, we noticed a significant increase in the daily hours that the participants of the study were sitting without doing any physical activity at all (Figure 5). Regarding the average minutes per week spent walking, we observed a significant decrease during lockdown compared to the period before.&quot;</td>
<td>NR</td>
</tr>
<tr>
<td>Sanudo et al (2020)</td>
<td>Sitting time Hours/day</td>
<td>6.4 (2.6)</td>
<td>9.7 (2.9)</td>
<td>+ 3.3</td>
<td>0.002</td>
</tr>
<tr>
<td>Study</td>
<td>Sedentary behaviour</td>
<td>In-text - Sedentary behaviour was greater at T4 compared to T1, T2 and T3 (Bonferroni post hoc test, ( P &lt; .0001 )), and was greater at T3 compared to T1 (( P &lt; .0001 )).</td>
<td>NR</td>
<td>NR</td>
<td></td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>----</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Savage et al (2020)</td>
<td>NR</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Srivastav et al (2020)</td>
<td>SB – MET-min/week</td>
<td>Sitting</td>
<td>332.9</td>
<td>1255.3</td>
<td>+ 922.4</td>
</tr>
<tr>
<td>Yang et al (2020a)</td>
<td>Screen time – hours/day</td>
<td>High School Students (&lt; 18 years old)</td>
<td>4.0</td>
<td>5.0</td>
<td>+ 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Undergraduate Students</td>
<td>4.0</td>
<td>5.0</td>
<td>+ 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Graduate students</td>
<td>5.0</td>
<td>5.0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All participants</td>
<td>4.0</td>
<td>5.0</td>
<td>+ 1</td>
</tr>
<tr>
<td></td>
<td>Sedentary time on weekdays – hours/day</td>
<td>High School Students (&lt; 18 years old)</td>
<td>3.3</td>
<td>4.0</td>
<td>+ 0.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Undergraduate Students</td>
<td>4.0</td>
<td>5.0</td>
<td>+ 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Graduate students</td>
<td>6.0</td>
<td>6.0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All participants</td>
<td>4.0</td>
<td>4.5</td>
<td>+ 0.5</td>
</tr>
<tr>
<td></td>
<td>Sedentary time on weekend days – hours/day</td>
<td>High School Students (&lt; 18 years old)</td>
<td>3.4</td>
<td>4.0</td>
<td>+ 0.6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Undergraduate Students</td>
<td>4.0</td>
<td>5.0</td>
<td>+ 1.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Graduate students</td>
<td>5.0</td>
<td>6.0</td>
<td>+ 1.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All participants</td>
<td>4.0</td>
<td>4.5</td>
<td>+ 0.5</td>
</tr>
<tr>
<td>Yang et al (2020b)</td>
<td>Sedentary time</td>
<td>Min/day</td>
<td>367.99 (167.01)</td>
<td>369.55 (152.85)</td>
<td>+ 1.56</td>
</tr>
<tr>
<td>Wang et al (2020)</td>
<td>Sitting time increased</td>
<td>% participants</td>
<td>NR</td>
<td>NR</td>
<td>67%</td>
</tr>
<tr>
<td></td>
<td>Lying down time increased</td>
<td>% participants</td>
<td>NR</td>
<td>NR</td>
<td>61%</td>
</tr>
</tbody>
</table>

NR, Not reported; TV, television; DVD, digital video disc;

* Data reported as median (interquartile range)
* between groups