

Supplementary Table SI. Longitudinal effects on mental health in patients hospitalized with COVID-19 (n=120)

	Possible range	All patients 3 months n=120*	All patients 12 months n=118** (n=1 did not fill in, n=1 case deletion)	p-Value	Men 3 months n=78	Men 12 months n=76	p-Value	Women 3 months n=42	Women 12 months n=42	p-Value
HADS Anxiety, total score	0–21	4.0 [1.0, 8.0]	4.0 [2.0, 8.2]	0.57	4.0 [1.0, 8.0]	4.0 [1.0, 8.7]	0.81	3.5 [1.0, 7.0]	4.0 [3.0, 8.2]	0.16
Normal, yes	0–7	89 (74.2)	83 (69.2)	0.48	56 (71.8)	52 (66.7)	0.88	33 (78.6)	31 (73.8)	0.16
≥8 p (indicates anxiety), yes	8–10	14 (11.7)	17 (14.2)		10 (12.8)	14 (17.9)		4 (9.5)	3 (7.1)	
≥11 p, yes	11–21	17 (14.2)	17 (14.2)		12 (15.4)	10 (12.8)		5 (11.9)	7 (16.7)	
HADS Depression, total score	0–21	3.0 [1.0, 6.0]	4.0 [1.0, 7.2]	0.007	3.0 [1.0, 5.0]	3.0 [1.0, 7.0]	0.002	2.5 [1.0, 7.2]	4.0 [1.0, 8.2]	0.48
Normal, yes	0–7	98 (81.7)	89 (74.2)	0.037	66 (84.6)	58 (74.4)	0.013	32 (76.2)	31 (73.8)	0.61
≥8 p (indicates depression), yes	8–10	14 (11.7)	16 (13.3)		8 (10.3)	10 (12.8)		6 (14.3)	6 (14.3)	
≥11 p, yes	11–21	8 (6.7)	13 (10.8)		4 (5.1)	8 (10.3)		4 (9.5)	5 (11.9)	
IES-R		n=118	n=118‡‡ (n=2 case deletion)		n=78	n=77		n=40	n=41	
Intrusion	0–32	8.0 [4.0, 15.0]	9.0 [4.0, 15.0]	0.82	8.0 [3.7, 15.0]	9.0 [3.5, 14.0]	0.93	8.0 [4.0, 16.7]	10.0 [4.5, 16.0]	0.51
Avoidance	0–32	6.5 [2.0, 14.0]	6.0 [2.0, 13.0]	0.27	6.0 [1.7, 14.0]	6.0 [1.5, 13.0]	0.32	7.0 [2.0, 15.5]	7.0 [3.0, 12.7]	0.53
Hyper arousal	0–24	5.0 [1.0, 11.0]	5.0 [2.0, 10.0]	0.53	5.0 [1.0, 11.0]	5.0 [1.0, 9.5]	0.20	3.0 [1.0, 11.0]	5.0 [2.0, 12.0]	0.50
Total score, IES-R	0–88	19.0 [8.0, 38.9]	21.1 [8.0, 38.1]	0.46	20.0 [8.0, 38.1]	21.0 [8.0, 37.5]	0.23	17.0 [10.0, 41.7]	21.4 [13.0, 38.7]	0.84
Normal, p, yes	0–23	68 (56.7)	63 (52.5)	0.75	44 (56.4)	41 (52.6)	0.76	24 (57.1)	22 (52.4)	0.87
PTSD of clinical concern, p, yes	≥24	10 (8.3)	15 (12.5)		9 (11.5)	11 (14.1)		1 (2.4)	4 (9.5)	
Cut off PTSD diagnosis, p, yes	≥33	8 (6.7)	7 (5.8)		4 (5.1)	5 (6.4)		4 (9.5)	2 (4.8)	

Impacts immune system 10 years after stressful event, p, yes	≥37	32 (26.7)	33 (27.5)		21 (26.9)	20 (25.6)		11 (26.2)	13 (31.0)	
MFI-20		n=118 (n=1 did not fill in, n=1 case deletion)	n=118† (n=2 did not fill in)		n=77	n=77		n=41	n=41	
General fatigue, p	4–20	15.0 [11.0, 18.0]	14.0 [11.0, 16.0]	0.33	14.0 [11.0, 18.0]	13.0 [11.0, 16.0]	0.11	15.0 [11.5, 18.0]	14.5 [12.0, 18.0]	0.55
Physical fatigue, p	4–20	15.0 [11.0, 18.2]	14.0 [11.0, 17.0]	0.04	14.0 [11.0, 18.0]	13.0 [10.0, 17.0]	0.03	16.0 [10.0, 19.0]	15.5 [12.0, 18.2]	0.78
Mental fatigue, p	4–20	10.0 [6.0, 14.0]	10.0 [7.0, 14.0]	0.68	10.0 [6.0, 13.5]	10.0 [6.2, 13.0]	0.81	11.0 [6.5, 15.5]	10.5 [7.7, 14.2]	0.77
Reduced activity, p	4–20	14.0 [10.7, 17.0]	13.0 [10.0, 16.0]	0.01	13.0 [10.0, 17.0]	12.0 [9.0, 16.0]	0.02	15.0 [11.0, 18.0]	15.0 [11.0, 17.0]	0.24
Reduced motivation, p	4–20	9.0 [7.0, 12.0]	9.0 [7.0, 12.0]	0.65	9.0 [6.5, 12.0]	9.5 [7.0, 12.0]	0.56	9.0 [7.0, 13.5]	9.6 [7.0, 12.0]	0.98

Data are n (%) or median [Interquartile range, IQR]. Higher values are indicative of greater/more problems. Bold figures denote statistical significance.

Abbreviations: n=number, p=points, PTSD=posttraumatic stress disorder, HADS=Hospital Anxiety and Depression Scale, IES-R=Impact of Event Scale-Revised, MFI-20=Multidimensional Fatigue Inventory.

*n=1 imputed variable

**n=3 imputed variables

‡n=3 imputed variables

‡‡n=16 imputed variables

†n=7 imputed variables