

**Table 1** Descriptive characteristics of participants

| Characteristics  | N (520)         | %    |
|--|-----------------|------|
| Age, mean (SD)   | 34.48 (6.39) yr |      |
| No. of children, median (range)                              | 1 (0-4)         |      |
| <b>Educational level</b>                                     |                 |      |
| Primary school   | 26              | 5.0  |
| Middle school  | 35              | 6.7  |
| High school  | 138             | 26.5 |
| University   | 321             | 61.7 |
| <b>Employment status</b>                                     |                 |      |
| Yes  | 397             | 76.3 |
| No   | 123             | 23.7 |
| <b>Working in healthcare</b>                                 |                 |      |
| Yes  | 245             | 61.1 |
| No   | 156             | 38.9 |
| <b>Chronic medical conditions</b>                            |                 |      |
| None   | 88              | 16.9 |
| ≥ 1  | 432             | 83.1 |
| <b>Mental health issue before the pandemic</b>               |                 |      |
| Yes - depression treatment                                   | 42              | 8.1  |
| Yes - anxiety treatment                                      | 17              | 3.3  |
| Treatment for other psychiatric illnesses                    | 9               | 1.7  |
| No   | 452             | 86.9 |
| <b>Working pattern in the pandemic</b>                       |                 |      |
| Part time  | 66              | 15.9 |
| Online   | 32              | 7.7  |
| Old working order  | 298             | 71.8 |
| I quit my job  | 19              | 4.6  |
| <b>Monthly household income</b>                              |                 |      |
| < 3000 tl  | 59              | 11.3 |
| 3000-5000 tl   | 179             | 34.4 |
| > 5000 tl  | 282             | 54.3 |
| <b>Reduction of monthly household income during pandemic</b> |                 |      |
| Unchanged  | 370             | 71.2 |
| Increased  | 28              | 5.4  |
| 30% decreased  | 61              | 11.7 |
| 50% decreased  | 28              | 5.4  |
| 70% decreased  | 21              | 4.0  |
| 100% decreased   | 12              | 2.3  |
| <b>Time spent with the partner at home (hours)</b>           |                 |      |
| 0-6  | 233             | 44.8 |
| 7-12   | 173             | 33.3 |
| 13-18  | 69              | 13.3 |
| 19-24  | 45              | 8.7  |
| <b>Participants' experiences with COVID-19</b>               |                 |      |
| Asymptomatic   | 36              | 6.9  |
| Mild disease   | 88              | 16.9 |
| Moderate /severe disease                                     | 3               | 0.6  |
| None   | 393             | 75.6 |
| <b>Experiences of participants' spouses with COVID-19</b>    |                 |      |
| Asymptomatic   | 27              | 5.2  |
| Mild disease   | 82              | 15.8 |
| Moderate/severe disease                                      | 5               | 1.0  |
| None   | 406             | 78.1 |
| <b>Death of friend/relation from COVID-19</b>                |                 |      |
| Yes  | 220             | 42.3 |
| No   | 300             | 57.6 |