**Supplementary Material 1:**

SANRA—a scale for the quality assessment of narrative review articles

1. Justification of the article’s importance of the readership – Pages 4-5
2. Statement of concrete aims or formulation of questions – Pages 4-5
3. Description of the literature search – Pages 5-7
4. Referencing – Pages 4-27
5. Scientific reasoning – Pages 7-27
6. Appropriate presentation of data – Pages 7-21

**Supplementary Material 2:**

**Search results**

COVID-19 AND (lifestyle OR dietary habits OR physical activity OR sleep OR tobacco OR alcohol OR substance OR stress OR relationships) AND (lockdown OR quarantine OR isolation).

|  |  |  |
| --- | --- | --- |
| Database | Date | Number of articles retrieved |
| PubMed | 30 September 2020 | 1,857 |
| 31 January 2021 | 2,322 |
| WHO Global COVID-19 database | 30 September 2020 | 2,191 |

Total articles included: 649

**Supplementary Material 3: Included Studies**

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