

Supplement 1 | Designated scores to responses provided by participants to questions intended to measure overall adherence of the Saudi population to the home-stay strategy during the COVID-19 pandemic.

| Questions | Choices [score] |
|---|---|
| Do you leave home during the home-stay period? | A. No [1] B. Yes [0] C. Yes, but I have stayed home since the application of the curfew. [0.5] |
| What is your main reason for leaving home? | A. I never left home [1] B. Purchasing necessities [0.5] C. Buying a meal [0] D. Meeting with friends [0] E. Going to work or hospital [0.5] F. Having fun and leisure time [0] G. Not taking any restrictions as there are no confirmed cases in my area [0] |
| How many days do you leave home per week during the pandemic of COVID-19? | A. I never left home [1] B. One day [0.75] C. Two to three days [0.5] D. Four to five days [0.25] E. More than six days [0] |
| Approximately, how much time per day do you spend outside during the COVID-19 pandemic? | A. I never left home [1] B. Less than one hour [0.5] C. Between one and two hours [0.25] D. More than two hours [0] E. Other [0] |
| Who joins you when you leave home? | A. I never left home [1] B. No one [0.5] C. Adult [0.25] D. Child [0] E. Whoever wants to join [0] |

Supplement 2| Demographic characteristics of the participants in this study (n = 5105).

| Demographic characteristics | | Number of participants (% of participants) |
|-----------------------------|------------------------------|---|
| Gender | Male | 2125 (41.6) |
| | Female | 2980 (58.4) |
| Age group | 18-27 years old | 1500 (29.4) |
| | 28-37 years old | 1884 (36.9) |
| | 38-47 years old | 1059 (20.7) |
| | Above 47 years | 662 (13.0) |
| Marital status | Single | 1779 (34.8) |
| | Married | 3107 (60.9) |
| | Divorced | 219 (4.3) |
| Educational level | Secondary and below | 1219 (23.9) |
| | Diploma | 525 (10.3) |
| | Bachelor | 2851 (55.8) |
| | Master and PhD | 510 (10.0) |
| Monthly income | Less than 3000 SR | 2086 (40.9) |
| | Between 3000-5999 SR | 703 (13.8) |
| | Between 6000-10000 SR | 734 (14.4) |
| | Between 11000-15000 SR | 835 (16.4) |
| | Between 16000-20000 SR | 392 (7.7) |
| | Above 20000 SR | 355 (7.0) |
| Employment | Unemployed | 1515 (29.7) |
| | Student | 695 (13.6) |
| | Employed (public or private) | 2310 (45.2) |
| | Entrepreneur | 38 (0.7) |
| | Retired | 307 (6.0) |
| | Others | 240 (4.7) |
| Geographical regions | West | 2603 (51.0) |

| | | |
|-----------------------|---------|-------------|
| | Middle | 1281 (25.1) |
| | East | 268 (5.2) |
| | North | 655 (12.8) |
| | South | 298 (5.8) |
| Do you live in | City | 4787 (93.8) |
| | Village | 318 (6.2) |