

## Supplementary Materials

S1 Table. Economic and livelihood data and food-related issues for respondents psychosocial and food security-related impacts of COVID-19, Nigeria.

Variable	Category (n)	Mean $\pm$ SD (Naira)	Minimum (Naira)	Maximum (Naira)	Cl <sub>95%</sub> (Naira)
Income level	Low (287)	55,010.45 $\pm$ 25,718.55	5,000	100,000	52,022.35 – 57,998.55
	Medium (82)	196,280.49 $\pm$ 86,919.04	110,000	400,000	177,182.28 – 215,378.70
	High (16)	740,375.00 $\pm$ 274,546.14	500,000	1,600,000	594,079.62 – 886,670.38
Family monthly transport cost	Low (287)	10,579.37 $\pm$ 7,643.57	500	50,000	9,689.74 – 11,469.00
	Medium (82)	30,262.20 $\pm$ 18,291.40	2000	100,000	26,243.13 – 34,281.26
	High (16)	73,375.00 $\pm$ 51,401.52	20,000	200,000	45,985.05 – 100,764.95
Other non-monetary parameters		Number (%)	Cl <sub>95%</sub>	Comments	
Other income sources (406)	Yes	125 (30.79)	26.50 – 35.44		
	No	281 (69.21)	64.56 – 73.50		
Belong to cooperatives (406)	Yes	64 (15.76)	12.54 – 19.63	Other sources of financial assistance were from churches, friends, and relatives, and outside cooperative groups.	
	No	342 (84.24)	80.37 – 87.46		
Have food items that can last for 14 days during the COVID-19 period (407)	Yes	230 (56.51)	51.66 – 61.24		
	No	177 (43.49)	38.76 – 48.34		
Ran out of food during the COVID-19 pandemic (409)	Yes	173 (42.30)	37.60 – 47.14	150 of the 173 (86.71%) households have ran out of food more than one times during the COVID-19 pandemic	
	No	236 (57.70)	52.86 – 62.40		
Received some assistance from the government (407)	Yes	19 (4.67)	3.01 – 7.18	The assistance were in forms of food palliatives, relief packs, financial assistance, and Nigeria Incentive-based Risk Sharing System for Agricultural Lending (NIRSAL)	
	No	388 (95.33)	92.82 – 96.99		

Family monthly transport cost is 19.23% (18.90 – 19.56) of total incomes for low-income earners, 15.42% (15.26 – 15.58) for middle-income and 9.91% (9.84 – 9.98) for the high-income earners. Family monthly feeding cost is 39.89% (37.62 – 42.16) of total incomes for low-income earners, 37.06% (33.42 – 40.69) for middle-income and 37.44% (27.69 – 47.19) for the high-income earners. As of the time of conducting the survey (26 February 2021), 1 US\$ = 380.58 Naira. It should be noted that the figures presented here are based on the responses from respondents during the study and may not be representative of the whole population of Nigeria.

S2 Table. Psychological stress and self-rated quality of life of respondents per socioeconomic earning category due to impact of COVID-19

Variable (n)	Income category	Not at all (%)	Only a little (%)	Somewhat much (%)	A great deal (%)
It takes a long time to fall asleep	Low (294)	159 (54.08)	77 (26.19)	47 (15.99)	11 (3.74)
	Medium (96)	62 (64.58)	21 (21.88)	9 (9.38)	4 (4.17)
	High (19)	12 (63.16)	4 (21.05)	3 (15.79)	0 (0.00)
Restless sleep	Low (294)	152 (51.70)	77 (26.19)	53 (18.03)	12 (4.08)
	Medium (96)	64 (66.67)	26 (27.08)	3 (3.13)	3 (3.13)
	High (19)	16 (84.21)	2 (10.53)	0 (0.00)	1 (5.26)
Waking too early and not being able to fall asleep again	Low (294)	146 (49.66)	83 (28.23)	42 (14.29)	23 (7.82)
	Medium (96)	54 (56.25)	27 (28.13)	7 (7.29)	8 (8.33)
	High (19)	15 (78.95)	1 (5.26)	1 (5.26)	2 (10.53)
Feeling tired on waking up	Low (294)	168 (57.14)	81 (27.55)	33 (11.22)	12 (4.08)
	Medium (96)	45 (46.88)	40 (41.67)	8 (8.33)	3 (3.13)
	High (19)	16 (84.21)	0 (0.00)	2 (10.53)	1 (5.26)
Chest, stomach or abdominal pain	Low (294)	220 (74.83)	54 (18.37)	17 (5.78)	3 (1.02)
	Medium (96)	81 (84.38)	11 (11.46)	3 (3.13)	1 (1.04)
	High (19)	18 (94.74)	1 (5.26)	0 (0.00)	0 (0.00)
Heart beating quickly or strongly (palpitation) without a reason like exercise	Low (294)	243 (82.65)	36 (12.24)	13 (4.42)	2 (0.68)
	Medium (96)	78 (81.25)	10 (10.42)	5 (5.21)	3 (3.13)
	High (19)	15 (78.95)	3 (15.79)	0 (0.00)	1 (5.26)
Feeling dizzy or like fainting	Low (293)	240 (81.91)	36 (12.29)	16 (5.46)	1 (0.34)
	Medium (95)	86 (90.53)	6 (6.32)	2 (2.11)	1 (1.05)
	High (19)	15 (78.95)	2 (10.53)	2 (10.53)	0 (0.00)
Feeling pressure or tightness in the head or body	Low (292)	215 (73.63)	61 (20.89)	13 (4.45)	3 (1.03)
	Medium (96)	75 (78.13)	16 (16.67)	4 (4.17)	1 (1.04)
	High (19)	16 (84.21)	1 (5.26)	0 (0.00)	2 (10.53)
Breathing difficulties or feeling of not having enough air	Low (292)	243 (83.22)	29 (9.93)	17 (5.82)	3 (1.03)
	Medium (96)	83 (86.65)	8 (8.33)	5 (5.21)	0 (0.00)
	High (19)	16 (84.21)	2 (10.53)	0 (0.00)	1 (5.26)
Feeling tired or lack of energy	Low (294)	190 (64.63)	55 (18.71)	28 (9.52)	21 (7.14)
	Medium (96)	61 (63.54)	26 (27.08)	7 (7.29)	2 (2.08)
	High (19)	16 (84.21)	2 (10.53)	1 (5.26)	0 (0.00)
Irritable	Low (294)	192 (65.31)	73 (24.83)	24 (8.16)	5 (1.70)
	Medium (96)	73 (76.04)	16 (16.67)	7 (7.29)	0 (0.00)
	High (19)	14 (73.70)	4 (21.05)	0 (0.00)	1 (5.26)
Sad or depressed	Low (293)	175 (59.73)	87 (29.69)	21 (7.17)	10 (3.41)
	Medium (96)	65 (67.71)	23 (23.96)	5 (5.21)	3 (3.13)
	High (19)	14 (73.70)	3 (15.79)	2 (10.52)	0 (0.00)
Feeling tensed or 'wound up'	Low (293)	188 (63.95)	56 (19.05)	41 (13.95)	8 (13.95)
	Medium (97)	67 (69.07)	21 (21.65)	7 (7.22)	2 (2.06)
	High (19)	16 (84.21)	2 (10.52)	0 (0.00)	1 (5.26)
Lost interest in most things	Low (293)	201 (68.60)	60 (20.48)	22 (7.51)	10 (3.41)
	Medium (97)	67 (69.07)	21 (21.65)	6 (6.19)	3 (3.09)
	High (19)	16 (84.21)	2 (10.52)	1 (5.26)	0 (0.00)
Attack or panic	Low (294)	232 (78.91)	38 (12.92)	22 (7.48)	2 (0.68)
	Medium (97)	85 (87.63)	8 (8.25)	4 (4.12)	0 (0.00)
	High (19)	18 (94.73)	1 (5.26)	0 (0.00)	0 (0.00)
Perception of having a physical COVID-19 related problem wrongly diagnosed	Low (293)	256 (87.37)	27 (9.21)	9 (3.07)	1 (0.34)
	Medium (97)	88 (90.72)	7 (7.22)	2 (2.06)	0 (0.00)
	High (19)	19 (100.00)	0 (0.00)	0 (0.00)	0 (0.00)
After reading or hearing about COVID-19, feeling of having similar symptoms	Low (293)	251 (85.67)	22 (7.50)	19 (6.48)	1 (0.34)
	Medium (97)	83 (85.57)	10 (10.31)	2 (2.06)	2 (2.06)
	High (19)	18 (94.73)	1 (5.26)	0 (0.00)	0 (0.00)

When I noticed a sensation in your nose, nostrils, trachea or chest, or I coughed, I find it difficult to think of something else	Low (293)	240 (81.91)	31(10.58)	13 (4.44)	9 (3.07)
	Medium (97)	75 (77.32)	13 (13.40)	4 (4.12)	5 (5.15)
	High (19)	15 (78.95)	2 (10.52)	1 (5.26)	1 (5.26)

*Of the total 403 respondents, following the advent of COVID-19, a total of 4 (1.0 %) felt awful/terrible, 41 (10.2 %) felt poor, 152 (37.7 %) felt fair, 145 (36.0 %) felt good and 61 (15.1 %) reported to be with excellent feelings.*