Supplementary Material

# Supplementary Table

Table 1: Coding scheme for the quantitative content analysis of the narratives

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| **Negative Emotions** | |
| **Sub codes** | **Examples** |
| worry | e.g.: ‘I have more time to think, which makes me doubt about everything’; ‘Brooding has become a habit’ |
| stress | e.g.: ‘I notice that the stress makes me isolate myself even more’; ‘I study all day long because there is nothing else to do. This makes me very stressed’ |
| missing | e.g.: ‘I really miss my friends and family’; ‘I miss my normal life’ |
| anxiety | e.g.: ‘I'm afraid she will take the virus home and make our family sick’; ‘I am terrified of losing people’; ‘I fear for my exams’ |
| generally not feeling good | e.g.: ‘I feel like I've already lost two months of my life’; ‘Sometimes I think I'm going to relapse into my depression, because some feelings are coming back to the surface now’ |
| **Negative Emotions** | |
| **Sub codes** | **Examples** |
| hope | e.g.: ‘But in spite of all the fear and uncertainty, I am also hopeful’; ‘I hope this quarantine will be over soon’; ‘All my friends and family are still healthy and I hope they will stay that way’ |
| gratitude | e.g.: ‘I am grateful that my friends and family are still okay’; ‘I consider myself very happy, because I live in a beautiful village with a lot of nature’ |
| generally feeling good or better | e.g.: ‘I feel 10 x better in my skin’; ‘Actually, I feel great’ |
| no negative emotion | e.g.: ‘I don’t really panic’; ‘I don't really feel lonely’ |
| **Negative Aspects** | |
| **Sub codes** | **Examples** |
| lack of social contact | e.g.: ‘I really miss my friends and family’; ‘I can't go to him, although I would like nothing more’ |
| disadvantages of homeschooling | e.g.:‘I have the feeling that everything is taking much more time than usual’; ‘I find it much harder to get up the courage to take my online classes than it was to just go to class’; ‘For me it has always been difficult to plan and now this is even worse because I have too much freedom’ |
| physical and/or mental disadvantages | e.g.: **‘**I experience that my battery runs out very quickly. I eat, sleep, work and repeat... It's not really relaxing’; **‘**I had less motivation to get up every day, I got unexplained crying fits, had no appetite and couldn't concentrate.’**; ‘**These questions can sometimes haunt me in my sleep.’ |
| missing out on experiences and activities | e.g.: **‘**I am turning 18 this month and it's not going to be a party like we are used to’; **‘**I play volleyball, when this disappeared I was quite sad’**;** ‘Everything I was looking forward to has been cancelled’ |
| divers disadvantages | e.g.: **‘**I had to choose between my parents, because they are divorced, this was hard for me’; ‘I would like to be more outdoors, but this is difficult since I don’t have a garden’; ‘Now that my parents are at home a lot, we get into a discussion every now and then’ |
| **Positive aspects** | |
| **Sub codes** | **Examples** |
| more time for yourself | e.g.: ‘This is an excellent time to come to yourself. Think about what you want in life and who you are’; ‘I can finally work on myself’ |
| more time for fun | e.g.:‘Because I didn't have to move to and from school anymore, I suddenly had more time for sports and recreation’; ‘I think this crisis is a good time to find new or old hobbies’ |
| advantages of homeschooling | e.g.: ‘Digital education is also a plus for me: everything at my own pace.’; ‘I find the online learning equipment of our university very well organized.’; ‘On a positive note, I experience much less pressure for school now.’ |
| divers advantages | e.g.: ‘We talk much more in our family now and I notice that this has brought us closer together.’; ‘I also find it very beneficial that I can sleep longer now’; ‘My commitment to exercise has improved a lot since the lockdown.’ |
| **Ineffective coping strategies** | |
| **Sub codes** | **Examples** |
| ineffective coping strategies | e.g.: ‘I walk a lot hoping to clear my head, but unfortunately this is not enough to calm down.’; ‘I try so hard to make a distinction between work and private life, but it is difficult.’; ‘When I feel bad, I eat. I notice that this is not good.’ |
| general distrust in one’s coping abilities | e.g.: ‘I want to find peace, but that is very difficult.’; ‘I am not resilient enough to get it all done.’; ‘I am angry with myself because I did not handle this situation better.’ |
| Lack of coping strategies | e.g.: ‘Normally I still have my friends, school and hobby’s to hold on to, but that is all gone now. So it is difficult to get through the day sometimes.’; ‘I need something to look forward to, but the end is not yet in sight.’; ‘I have not yet been able to seek help for my mental health.’ |
| **Effective coping strategies** | |
| **Sub codes** | **Examples** |
| effective strategies | e.g.: ‘Social media contact with friends helps enormously.’; ‘Walking helps to keep me in a good mood.’; ‘Creative projects help me to calm down and keep myself busy.’; ‘What really helps me is to maintain a fixed routine’; ‘I have learned that writing and talking about feelings really helps.’; ‘My religion makes me believe that we are not alone.’; ‘I don't give up, because I know this will pass and because I am not alone in this situation.’; |
| general trust in one’s coping abilities | e.g.: ‘I got mental strength to come up with and live up to solutions for the negative emotional spiral in which I was.’; ‘Overall, I handle the situation reasonably well and I see the positive side of it.’; ‘The first weeks were the hardest, but I've found my peace again.’ |