

Supplementary Material

Supplementary Table 1. Impact of Covid-19 Pandemic Questionnaire detailed score information.

Section (score range)	Question	Response options and scores
Living arrangements (0-2)	<i>'How many people live with you?'</i>	I live alone = 2 I live with one person = 1 I live with two people or more = 0
Physical health (Increased risk of infection severity) (0-1)	<i>'So far we know that there is a risk group for more serious forms of COVID-19. Indicate if you are part of one or more of the groups.: Asthma or other respiratory illnesses, Cardiovascular diseases (including hypertension), Obesity, Diabetes, kidney diseases, liver diseases, Cancer, or any Immune or Rheumatologic Diseases.'</i>	No to all risk groups = 0 Yes to any of the risk groups = 1
Information about the pandemic (0-4)	<i>'How often do you usually inform yourself about the COVID-19 pandemic?'</i>	Many times a day = 4 At least once a day = 3 At least once a week = 2 At least once a month = 1 I don't usually inform myself = 0
Adopted behaviors in the face of pandemic-related restrictions (0-15)	<i>'Have you followed the guidelines of the Ministry of Health to prevent the spread of Coronavirus?'</i> <i>'If yes, what guidelines did you follow?'</i> <i>'How long have you been without leaving home?'</i> <i>'During isolation, have you had/do you have virtual or remote contact with other people or have you sought to do so?'</i>	No = 0; A little = 1; Yes, totally = 2 Options: I don't follow any social isolation guidelines = 0 I wear masks if I have to leave the house = 1 I do the correct hygiene of the items that arrive at my house = 1 If both the guidelines above were followed = 2 I don't leave the house under any circumstances = 3 I recently left home = 0 about a week ago = 1 about two weeks = 2 about a month = 3 about two months = 4 I haven't left the house since the beginning of the Pandemic = 5 Yes, two or more times a day = 0 Yes, once a day = 1 Yes, twice or more a week = 2 Yes, once a week = 3 Yes, less than once a week = 4 No = 5
Pandemic impact on the financial situation (0-4)	<i>'On a scale of 0 to 10, How significantly has your income been reduced?'</i> <i>'I'm worried that the money I have won't last'</i>	0-10 scale: 0-1 = 0 2-5 = 1 5-8 = 2 8-10 = 3 No = 0 Yes = 1
Pandemic impact on mental health (0-13)	<i>'Have you had any episodes of anxiety or panic during social isolation?'</i>	No = 0 Yes = 1

'If yes, what symptoms did you experience? Please report each symptom that has bothered you on this period'

0-3 scale summing up symptoms related to:

Anxiety:

Restlessness or a feeling of being on edge
Derealization (feelings of unreality) or
depersonalization (feeling of being detached
from oneself)

Fear of losing control or going crazy

Fear to die

None of the above symptoms = 0

Any of the above symptoms = 1

Behavioral:

Irritability

Sleep disturbance (difficulty falling asleep or
staying asleep, unsatisfactory or restless
sleep)

Difficulty concentrating or feeling 'white on
the mind'

None of the above symptoms = 0

Any of the above symptoms = 1

Corporal:

Fatigue

Muscle tension

Palpitations, racing heart, tachycardia

Sweating

tremors or tremors

Feelings of shortness of breath or
suffocation

choking sensations

Chest pain or discomfort

Nausea or abdominal discomfort

Feeling dizzy, unsteady, lightheaded, or
fainting

Chills or hot flashes

Paresthesias (anesthesia or tingling
sensation)

None of the above symptoms = 0

Any of the above symptoms = 1

'During the pandemic, has your consumption of alcoholic beverages changed?'

I don't consume alcoholic beverages=0

there was no change = 0

Decrease consumption of alcoholic beverages =
0

I slightly increased the consumption of
alcoholic beverages = 1

I significantly increased the consumption of
alcoholic beverages = 2

I greatly increased the consumption of alcoholic
beverages = 3

'During the pandemic, has the use of tranquilizers changed (benzodiazepines)?'

Decrease consumption = 0

there was no change = 0

I increased consumption a little = 1

I significantly increased consumption = 2

I greatly increased consumption = 3

I do not use/did not use tranquilizers = 0

I don't have this feeling = 0

'How often you were bothered by any of the problems No more than usual = 0

below. Select the statement that best describes how you feel in this period of isolation, including today:

Feeling sad

Feeling discouraged about the future

Being dissatisfied or bored with everything

Feeling like you are being punished

Feel worse than anyone else

Get more irritated than usual

Feeling more difficult to make decisions

worry about health

loss of sexual interest

A little more than I used to = 1

Most of the time = 2

All the time = 3

(The highest score of any of the symptoms was the final score)

Pandemic impact on life activities (0-3)

'Did you have to suspend any medical follow-up or health service that you were doing previously?'

No = 0

Yes = 1

'Have you stopped performing any activity because of isolation?'

No = 0

Yes = 1

'Did you start any new activities during quarantine?'

No = 1

Yes = 0

Supplementary Table 2. Familiarity with Technology Questionnaire detailed score information.

<i>Question</i>	<i>Response options and scores</i>
1. <i>'Do you have a computer, tablet, or cell phone at home?'</i>	0-3, where 'no'= 0, computer, tablet or cell phone= 1 point each
2. <i>'Do you have internet access at home?'</i>	0-2, Wifi or 4G= 1 point each
3. <i>'Do you use internet services to communicate via text message and/or voice?'</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to access this services'= 1, 'Yes, I use it without help'= 2
4. <i>Do you use internet services to communicate via video call?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to access this service'= 1, 'Yes, I use it without help'= 2
5. <i>Do you use any kind of social media (e.g Facebook, Instagram, Twitter)?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to access social media'= 1, 'Yes, I use it without help'= 2
6. <i>Do you watch movies and videos on online platforms like Netflix and YouTube?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to access this platform'= 1, 'Yes, I use it without help'= 2
7. <i>'Have you taken courses or participated in online lectures?'</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to access this service'= 1, 'Yes, I took it without help'= 2
8. <i>Do you shop online?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to online shop'= 1, 'Yes, I use it without help'= 2
9. <i>Do you use transportation apps (e.g Uber, Cabify, 99 taxi)?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to use transportation apps'= 1, 'Yes, I use it without help'= 2
10. <i>Do you use apps to order meals (e.g Ifood, Uber Eats)?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to order meals online'= 1, 'Yes, I use it without help'= 2
11. <i>Do you carry out banking transactions over the internet?</i>	0-2, where 'no, I don't use it'= 0, 'Yes, but I need help/orientation to carry out bank transactions online'= 1, 'Yes, I do it without help'= 2

Supplementary Table 3. Normality of distributions in the Healthy Older Adults (HOA; n=58) and Mild Cognitive Impairment (MCI; n=32) group, and statistical methods used to test for associations.

	HOA		MCI	
	Statistics ^a	Test	Statistics ^a	Test
Age	.07	Pearson's	.20	Pearson's
Number of children	.00	Spearman's	.00	Spearman's
Number of additional people in the household	.00	Spearman's	.00	Spearman's
Years worked	.00	Spearman's	.20	Pearson's
Education	.00	Spearman's	.20	Pearson's
Number of falls in the last 12 months	.00	Spearman's	.00	Spearman's
Familiarity with technology	.00	Spearman's	.08	Pearson's
Total pandemic impact score	.20	Pearson's	.20	Pearson's
MoCA	.00	Spearman's	.02	Spearman's
Verbal Fluency	.08	Pearson's	.20	Pearson's
RAVLT - Learning	.20	Pearson's	.04	Spearman's
RAVLT - Recall	.00	Spearman's	.00	Spearman's
GAI	.00	Spearman's	.05	Spearman's
GDS	.00	Spearman's	.00	Spearman's
WhoQol-Brief	.16	Pearson's	*	*
WhoQol-Old	.20	Pearson's	*	*
ADLQ	*	*	.20	Pearson's

^a: Kolmogorov-Smirnov Normality Test p-value.

* Data not collected.