

Table 1. Sociodemographic characteristics and their association with anxiety levels (scores obtained in STAI).

	DESCRIPTION N (%)	SCORE A-S	p VALUE	SCORE A-T	p VALUE
Age (years)	43,8 (11,9)*	-0,1 ^a	0,154 ^a	-0,1 ^a	0,069 ^a
Gender					
Female	353 (80,2)	27,3 (11,4)	0,102	21,0 (10,1)	0,116
Male	87 (19,8)	25,1 (11,2)		19,1 (10,2)	
Stable partner					
Yes	374 (85,0)	26,6 (11,0)	0,337	20,2 (9,7)	0,112
No	66 (15,0)	28,3 (13,3)		22,7 (12,0)	
Children					
Yes	267 (60,7)	26,3 (11,3)	0,150	19,3 (9,7)	0,001
No	173 (39,3)	27,9 (11,5)		22,5 (10,4)	
House size					
<60 m2	38 (8,6)	29,8 (10,8) ^b	0,026 ^b	22,0 (9,1) ^b	0,007 ^b
60-80 m2	80 (18,2)	27,1 (13,2) ^b		23,1 (11,3) ^b	
80-100 m2	108 (24,5)	28,8 (11,4) ^b		21,5 (10,1) ^b	
>100 m2	214 (48,6)	26,9 (11,4) ^b		19,0 (9,6) ^b	
Housing costs					
Rent	140 (31,8)	27,7 (11,6)	0,340	21,7 (10,4)	0,263
Mortgage	167 (38,0)	27,2 (12,1)		20,1 (10,5)	
No cost	133 (30,2)	25,7 (10,2)		20,0 (9,3)	
Terrace or backyard					
Yes	249 (56,6)	26,8 (11,3)	0,820	20,0 (10,1)	0,158
No	191 (43,4)	27,0 (11,5)		21,4 (10,0)	
Number of cohabitants ^c	3 (2-4)**	0,2 ^a	0,661 ^a	-0,5 ^a	0,199 ^a
Years of experience as pediatrician	11,5 (4-23)**	-0,1 ^a	0,148 ^a	-0,1 ^a	0,052 ^a
Working setting					
Outpatient	165 (37,5)	28,3 (11,2)	0,050	21,2 (10,0)	0,308
Inpatient	275 (62,5)	26,1 (11,5)		20,2 (10,2)	
Hospital complexity					
First level	36 (13,1)	26,2 (13,4)	0,109	21,9 (10,5)	0,273
Second level	77 (28,0)	28,3 (11,5)		21,1 (10,7)	
Third level	162 (58,9)	25,0 (10,9)		19,4 (9,8)	
Hospital management					
Associate	45 (16,4)	24,3 (12,0)	0,515	18,4 (8,9)	0,384
Public	208 (75,9)	26,4 (11,0)		20,6 (10,0)	
Private	21 (7,7)	26,8 (15,1)		21,4 (13,8)	
Unknown	1	-	-	-	-
Another speciality in addition to Pediatrics					

Yes	37 (8,4)	26,2 (12,2)	0,716	20,6 (10,6)	0,992
No	403 (91,6)	27,0 (11,3)		20,6 (10,1)	

The values in Description are expressed as absolute numbers (N) and percentage (%).

*The values in Description are expressed as mean and standard deviation (SD).

** The values in Description are expressed as median and interquartile interval (Q1-Q3).

The scores in the scales A-S (Anxiety-State) and A-T (Anxiety-Trait) are expressed as mean (SD).

^a Increase in the score of each scale for every unit that the variable increases (Coefficient B).

^b Increase in the score of each scale for every increase in the house size (Coefficient B): -1,3 (p=0,018) for A-S and -1,5 (p=0,002) for A-T.

^c Participant included.

Table 2. Personal and working situation during the first pandemic wave and its association with the grade of anxiety (scores obtained in STAI)

QUESTIONS	DESCRIPTION N (%)	SCORE A-S**	p VALUE	SCORE A-T**	p VALUE
Have you suffered COVID-19 infection?					
Yes	79 (18,0)	27,4 (12,6)	0,646	20,5 (11,1)	0,944
No	361 (82,0)	26,8 (11,1)		20,6 (9,9)	
Did you require hospital admission?					
Yes	2 (2,5) ^a	21,5 (12,0)	0,503	19,0 (7,1)	0,847
No	77 (97,5)	27,6 (12,6)		20,6 (11,2)	
If asymptomatic, was any test performed?					
Yes	374 (85,0)	26,6 (11,5)	0,186	20,5 (10,2)	0,621
No	66 (15,0)	28,6 (10,5)		21,2 (9,5)	
Did you have to remain in domiciliary isolation?					
Yes	104 (23,6)	29,5 (11,5)	0,007	22,3 (10,5)	0,046
No	336 (76,4)	26,1 (11,3)		20,1 (9,9)	
Number of days isolated	14 (7-20)*	-0,1 ^b	0,367	-0,2 ^b	0,171
Did other cohabitants need domiciliary isolation? ^c					
Yes	67 (18,1)	28,4 (11,1)	0,168	20,5 (10,7)	0,791
No	303 (81,9)	26,3 (11,1)		20,1 (9,6)	
Have any of your family members been diagnosed of COVID?					
Yes	114 (25,9)	25,3 (12,2)	0,076	18,3 (10,1)	0,006
No	326 (74,1)	27,5 (11,1)		21,4 (10,0)	
Have any of your family members died due to COVID?					
Yes	21 (4,8)	26,2 (9,2)	0,787	15,7 (8,8)	0,023
No	419 (95,2)	26,9 (11,5)		20,8 (10,1)	
Are any of your cohabitants considered as "vulnerable"?					
Yes	87 (19,8)	28,7 (12,6)	0,138	21,5 (10,6)	0,343
No	353 (80,2)	26,5 (11,0)		20,4 (10,0)	
Is your partner a healthcare professional?					
Yes	137 (31,1)	25,6 (10,3)	0,199	18,8 (9,7)	0,014
No	259 (58,9)	27,7 (11,8)		21,8 (10,1)	
Single	44 (10)	26,3 (12,2)		19,4 (10,4)	

In case any of your cohabitants is an adult, has his/her working situation suffered changes during the pandemic? ^d					
Yes	168 (50,9)	28,1 (11,4)	0,040	21,3 (10,1)	0,080
No	162 (49,1)	25,7 (10,5)		19,5 (9,2)	
In case any of your cohabitants is an adult, has she/he had to work out of home during the pandemic? ^e					
Yes, essential work	164 (41,3)	26,1 (10,8)	0,161	19,5 (10,2)	0,101
No	233 (58,7)	27,7 (11,7)		21,2 (10,0)	
Has the number of cohabitants changed in order to prevent infection transmission?					
Yes, I isolated myself	13 (3,0)	35,2 (13,6)	0,027	25,2 (14,1)	0,134
Yes, one cohabitant isolated himself	15 (3,4)	27,1 (10,0)		23,3 (8,2)	
No	412 (93,6)	26,6 (11,3)		20,3 (10,0)	
If you have children, have you had to turn to someone to take care of them? ^f					
Yes to a family member	24 (9,1)	27,0 (11,1)	0,759	20,9 (8,6)	0,587
Yes, I hired someone	45 (17,0)	25,2 (10,0)		18,4 (10,4)	
No	196 (74,0)	26,5 (11,6)		19,4 (9,7)	
Has your work contract changed during the pandemic?					
Yes, I had a COVID contract	19 (4,3)	29,1 (9,9)	0,388	22,5 (8,4)	0,405
No	421 (95,7)	26,8 (11,5)		20,5 (10,2)	
What type of patients did you attend during the pandemic? ^g					
Adults in outpatient setting	6 (1,4)	24,3 (11,9)	0,030	16,3 (10,5)	0,073
Inpatient adults	66 (15,1)	26,3 (11,3)		19,8 (9,5)	
Adults in Critical care unit	13 (3,0)	24,5 (12,1)		18,1 (10,4)	
Adults In Emergency Department	20 (4,6)	34,8 (13,3)		26,3 (13,4)	
Children	333 (76,0)	26,7 (11,1)		20,6 (9,9)	

COVID: SARS-CoV-2 infection. A-S: Anxiety-State. A-T: Anxiety-Trait.

The values in Description are expressed as absolute numbers (N) and percentage (%).

*The values in Description are expressed as median and interquartile interval (Q1-Q3).

** The values in Description are expressed as mean and standard deviation (SD).

^aInpatient settings

^bIncrease in the score of the inventory for every unit that the variable increases

^cWithout cohabitants=56, Does not answer=14.

^dRemoteworking, Temporal Collective dismissal or “Expediente de regulación de empleo temporal” (ERTE), work loss, others... Does not know/Does not answer=67.

^eWithout adult cohabitants=43.

^fWithout children=173, Does not know/Does not answer=2.

^gAdult patients without specifying in which setting=2.

Table 3. Emotional self perception and its association with the scores in the anxiety scales (STAI)

QUESTIONS	Answers			Ansiedad-Estado		Ansiedad-Rasgo	
	Nothing N (%)	A little N (%)	A lot N (%)	r*	p value	r*	p value
^a The hospital was overloaded	25 (5,7)	109 (24,8)	306 (69,5)	0,134	0,005	0,125	0,009
^a Did you feel impotence?	10 (2,3)	94 (21,4)	336 (76,4)	0,220	<0,001	0,219	<0,001
^a Lack of professional preparation	35 (8,0)	159 (36,1)	246 (55,9)	0,274	<0,001	0,218	<0,001
^a Fear of infection	41 (9,3)	216 (49,1)	183 (41,6)	0,336	<0,001	0,212	<0,001
^a Fear of infection transmission to your family	19 (4,3)	106 (24,1)	315 (71,6)	0,251	<0,001	0,142	0,003
^a Fear of infection transmission to your workmates	17 (3,9)	193 (43,9)	230 (52,3)	0,241	<0,001	0,136	0,004
^a Workmates' emotional state	11 (2,5)	127 (28,9)	302 (68,6)	0,249	<0,001	0,111	0,02
^a Impossibility to disconnect from work	22 (5,0)	117 (26,6)	301 (68,4)	0,367	<0,001	0,239	<0,001
^a Information overload	7 (1,6)	66 (15,0)	367 (83,4)	0,227	<0,001	0,176	<0,001
^a Uncertainty about the future	16 (3,6)	98 (22,3)	326 (74,1)	0,377	<0,001	0,258	<0,001
^a Incapability to return to normal life	27 (6,1)	152 (34,5)	261 (59,3)	0,418	<0,001	0,334	<0,001
^b Emotional fatigue due to work	98 (22,3)	254 (57,7)	88 (20,0)	0,550	<0,001	0,371	<0,001
^b Nervous or tense	130 (29,5)	248 (56,4)	62 (14,1)	0,663	<0,001	0,504	<0,001
^b Incapable of enjoying as you did before	172 (39,1)	221 (50,2)	47 (10,7)	0,553	<0,001	0,473	<0,001
^b Worried or anguished for a possible upturn	37 (8,4)	277 (63,0)	126 (28,6)	0,387	<0,001	0,275	<0,001

*Spearman's Rho association coefficient between the scores obtained in Anxiety-State (A-S) and Anxiety-Trait (A-T) and the different variables studied.

^a During the first pandemic wave, you consider you have been worried about...

^b At the present time you feel

Table 4. Association between psychosomatic symptoms and the STAI scores.

	A-S* SCORE	p VALUE	A-T* SCORE	p VALUE
Fatigue or physical exhaustion				
Yes	29,2 (11,1)	<0,001	22,2 (10,1)	<0,001
No	21,1 (10,2)		16,6 (9,0)	
Tachycardia				
Yes	35,3 (10,5)	<0,001	26,6 (10,1)	<0,001
No	23,8 (10,1)		18,4 (9,2)	
Nervousness				
Yes	30,8 (10,9)	<0,001	23,5 (10,1)	<0,001
No	20,7 (9,1)		16,0 (8,3)	
Fear or worry				
Yes	29,8 (10,9)	<0,001	22,7 (10,0)	<0,001
No	19,1 (8,8)		15,0 (8,2)	
Concentration problems				
Yes	30,8 (11,1)	<0,001	23,4 (10,4)	<0,001
No	21,8 (9,6)		16,9 (8,4)	
Headache				
Yes	29,9 (11,7)	<0,001	22,7 (10,5)	<0,001
No	23,6 (10,1)		18,3 (9,1)	
Bad humour o hypersensitivity				
Yes	30,6 (11,1)	<0,001	23,3 (10,2)	<0,001
No	21,2 (9,3)		16,4 (8,5)	
Sleep problems				
Yes	30,0 (11,3)	<0,001	23,3 (10,1)	<0,001
No	21,0 (9,1)		15,5 (8,0)	
Gastrointestinal problems				
Yes	33,5 (11,4)	<0,001	25,9 (10,9)	<0,001
No	23,7 (10,0)		18,0 (8,6)	
Increased alcohol consumption				
Yes	30,7 (11,2)	0,001	21,5 (10,7)	0,381
No	26,0 (11,3)		20,4 (10,0)	
Increased tobacco consumption				
Yes	31,0 (12,1)	0,190	23,6 (9,0)	0,253
No	27,1 (11,5)		20,6 (10,2)	
Treatment for sleep disorders				
Yes	32,8 (11,9)	<0,001	25,5 (10,4)	<0,001
No	25,1 (10,6)		19,1 (9,5)	

Anxiety or depression treatment					
Yes	35,0 (12,2)			27,9 (11,3)	
No	25,7 (10,8)	<0,001		19,5 (9,5)	<0,001

Results are expressed as mean and standard deviation (SD)

A-S: Anxiety-State. A-T: Anxiety-Trait.