Supplement 1. Changes in anxiety and SSB consumption, T1 to T2

|  |  |  |  |
| --- | --- | --- | --- |
|  | All participants | Control | Sales Ban |
|  | Mean change (SD) | p | Mean change (SD) | p | Mean change (SD) | p |
| Anxiety score (N=454) | 1.2 (4.1) | .00 | 0.8 (3.9)a | .00 | 1.7 (4.2)a | .00 |
| SSB consumption (oz./day) (N=473) | -8.1 (31.7) | .00 | -9.5 (31.3)b | .00 | -6.2 (32.1)b | .00 |

p-values for between-group comparisons: a p<.001; b p=.26

Supplement 2. Sex differences

An unexpected finding was that men, particularly those in the control group, had a stronger anxiety-SSB change association than did women. As seen in the models displayed in Table 2 of the main paper, a man in the control group at the mean level of anxiety would be consuming 7 oz./day more SSBs at T2 than a woman with the same demographics and T1 SSB consumption. Initial levels of anxiety do not easily account for this finding; men in this sample had significantly lower anxiety scores at T1 compared to women (-0.9, SE 0.4, p<.05) and at T2 (-1.3, SE 0.5, p<.01), a commonly found sex difference. The small percentage of men in this sample hindered our ability to conduct further analyses, but in other COVID-era studies, men were less likely to report eating sweets to cope(1) but drank more SSBs than women.(2) Men may have been more likely than women to consume SSBs to cope with pandemic stressors. Further research should consider potential gender differences in stress-related consumption.

Supplement 3. Regression model predicting change in SSB consumption (oz./day) with interaction term for condition\*anxiety

|  |  |
| --- | --- |
|  | All participants (Model 1) |
| Variable | Coefficient (SE) | p |
| Anxiety score (at T2) | .38 | .08 |
| Condition (sales ban) | -.88 | .63 |
| BMI at baseline | .01 | .90 |
| SSB consumption at T1 | -.30 | .00 |
| Sex (male) | 1.50 | .33 |
| Race/Ethnicity (vs. Non-Hispanic White) |  |  |
| Black/African American | 1.23 | .65 |
| Hispanic/Latino | .75 | .66 |
| Asian/Asian-American | 2.24 | .19 |
| Other or Unknown | -2.46 | .47 |
| Condition\*Anxiety score interaction | -.12 | .68 |

Supplement 4. Regression models predicting change in SSB consumption (oz./day) from change in anxiety scores

|  |  |  |  |
| --- | --- | --- | --- |
|  | All participants (Model 1) | Sales Ban(Model 2)  | Control(Model 3) |
| Variable | Coefficient (SE) | p | Coefficient (SE) | P | Coefficient (SE) | p |
| Change in anxiety score (T1 to T2) | .27 (.29) | .34 | .00 (.43) | .99 | .58 (.39) | .14 |
| Condition (sales ban) | -1.99 (2.37) | .40 |  |  |  |  |
| BMI at T1 | .06 (.19) | .75 | .01 (.33) | .97 | .08 (.24) | .73 |
| SSB consumption at T1 | -.66 (.04) | .00 | -.70 (.07) | .00 | -.61 (.05) | .00 |
| Sex (male) | 4.33 (2.70) | .11 | 2.35 (4.01) | .56 | 6.42 (3.66) | .08 |
| Race/Ethnicity (vs. Non-Hispanic White) |  |  |  |  |  |  |
| Black/African American | -1.70 (4.76) | .72 | 10.25 (7.48) | .17 | -12.09 (6.20) | .05 |
| Hispanic/Latino | 1.79 (3.01) | .55 | 8.32 (5.03) | .10 | -2.77 (3.78) | .46 |
| Asian/Asian-American | 0.23 (3.06) | .94 | 1.62 (4.47) | .72 | -.96 (4.20) | .82 |
| Other or Unknown | -3.91 (6.00) | .52 | -8.21 (10.48) | .43 | -3.50 (7.31) | .63 |

**SUPPLEMENT REFERENCES**

1. Prowse R, Sherratt F, Abizaid A, et al.. Coping With the COVID-19 Pandemic: Examining Gender Differences in Stress and Mental Health Among University Students. Front Psychiatry. 2021 Apr 7;12:650759. doi: 10.3389/fpsyt.2021.650759. PMID: 33897499; PMCID: PMC8058407.
2. Zhang Y, Tao S, Qu Y, et al.. Lifestyle behaviors and mental health during the coronavirus disease 2019 pandemic among college students: a web-based study. BMC Public Health. 2022 Nov 21;22(1):2140. doi: 10.1186/s12889-022-14598-4. Erratum in: BMC Public Health. 2023 Jun 22;23(1):1215. PMID: 36414957; PMCID: PMC9682808.