

#	Author, Year	Country +/- region where study was conducted	Pop. Size	Design of study	Aim	Participants	Mental Health Outcome Variable	Measures	Newcastle-Ottawa Scale
22	Mazza et al (2020)	Italy	2766	Cross-sectional study	To analyse a nationwide large-scale survey of psychological distress in the general population of Italy.	Italian Residents	Anxiety, Depression	DASS-21 to assess anxiety and depression	6
28	Casagrande et al (2020)	Italy	2291	Cross-sectional study	To understand the psychological impact of the COVID-19 outbreak on sleep quality, general anxiety symptomatology and psychological distress	Italian Residents	Anxiety, Well-Being, Sleep Quality, Post-traumatic stress	GAD-7 to assess anxiety, PGWB to assess well-being, PSQI to assess sleep quality and PCL-5 to assess post-traumatic stress	7
36	Cellini et al (2020)	Italy	1310	Cross-sectional study	To assess the sleep quality and timing and their relationship with depression, anxiety and stress levels.	Italian Residents	Anxiety, Depression, Sleep Quality	PSQI to assess sleep quality, DASS-21 to assess depression and anxiety	5
50	Saccone et al (2020)	Italy	100	Cross-sectional study	To assess the psychological response of pregnant women	Pregnant Women	Anxiety	STAI to assess anxiety	6
75	Magnavita et al (2020)	Italy	90	Cross-sectional study	To investigate the occupational and health conditions of anaesthesiologists in a COVID-19 hub hospital	Healthcare professionals	Anxiety, Depression and Sleep Quality	GADS assessed depression and anxiety, and SCI assessed sleep quality	4
85	Franceschini et al (2020)	Italy	6,44	Cross-sectional study	To study the quality of sleep and its connection to distress levels during lockdown	General population	Depression, Anxiety and Sleep duration	DASS-21 assessed depression and anxiety and MOSS-SS assessed sleep duration	7
102	Riello et al (2020)	Italy	1,07	Cross-sectional study	Investigated the prevalence of anxiety and PTSD symptomatology in residential nursing and care home workers	Healthcare professionals	Anxiety and PTSD	GAD-7 assessed anxiety and IES-R assessed PTSD	6
109	Trumello et al (2020)	Italy	627	Cross-sectional study	To investigate the psychological adjustment of healthcare professionals during the peak of the COVID-19 pandemic	Healthcare professionals	Depression, Anxiety	HADS measured anxiety and depression	5
120	Ferrucci et al (2020)	Italy	10	Cross-sectional study	To assess the immediate psychological impact of the COVID-19 epidemic on emotional health and well-being	General population	Anxiety	Measured through study ad-hoc questionnaire	7
123	Giuseppe et al (2020)	Italy	5,68	Cross-sectional study	To investigate the psychological impact on mental health	General population	PTSD, Anxiety and Depression	IES-R measured PTSD and GSI measured depression and anxiety	5
133	Martinotti et al (2020)	Italy	119	Cross-sectional study	To evaluate the impact that the COVID-19 pandemic, and the relative containment measures, have had on a real-life sample of patients suffering from substance-use disorders	Adult people with ongoing and/or previous SUD and/or gambling	Anxiety, Depression and PTSD	SAS measured anxiety, BDI-II measured depression and DTS measured PTSD	5
156	Rapisarda et al (2020)	Italy	241	Cross-sectional study	To evaluate the early impact of COVID-19 on the well-being and work practices of mental health service personnel	Mental Healthcare Professionals	Anxiety and Depression	GAD-7 assessed anxiety and PHQ-9 assessed depression	5
198	Amendola et al (2021)	Italy	299	Pilot study	To explore the impact of the public health emergency due to COVID-19 on individual's mental health	General population	Depression and Anxiety	BSI measured anxiety and depression	5
240	Gorini et al (2020)	Italy	650	Cross-sectional study	To assess perceived risk and fear of contagion as well as mental health outcomes among HCPs during	Healthcare professionals	PTSD, Depression and Anxiety	IES-R measured PTSD, PHQ-2 measured depression and GAD-2 measured	6
255	Rossi et al (2020)	Italy	24,1	Cross-sectional study	To detail mental health outcomes in healthcare workers compared to the general population	General population and Healthcare Professionals	Depression, Anxiety and Insomnia	PHQ-9 measured depression, GAD-7 measured anxiety and ISI measured insomnia	7
260	Marton et al (2020)	Italy	458	Cross-sectional study	To investigate the mental health and emotional reaction of physicians working during phase 1 of the COVID-19 pandemic in Italy	Healthcare professionals	General Health, Psychological dysfunction	GHQ-12 measured general health and VAS measured psychological dysfunction	4
261	Roma et al (2020)	Italy	439	Longitudinal study	To identify psychological changes among the Italian public during the lockdown period	General population	Depression and Anxiety	DASS-21 measured depression and anxiety	4
192	Aharon et al (2021)	Italy and Israel	1,15	Cross-sectional study	To examine how and to what extent the severe restrictions affected the mental health	General population	Depression and Anxiety	PHQ-4 measured depression and anxiety	6