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1. Study Overview

1.1 Background & Aims
The COVID-19 Social Study commenced on 21st March 2020 in response to the outbreak of the novel coronavirus disease (COVID-19). It is a large scale longitudinal panel study of adults aged 18 and over living in the UK. The study was established with five core aims:

1. To understand the psychological and social impact of Covid-19
2. To map how the psychosocial impact evolves over time as social distancing and lockdown measures were introduced and relaxed
3. To ascertain which groups were at greatest risk of adverse effects
4. To explore the interaction between psychosocial impact and adherence to healthy and protective behaviours
5. To identify protective activities during isolation that could buffer against adverse effects

Participants provide an email address on first enrolling and complete an online questionnaire. They are then automatically re-contacted at this address every week for follow-up questionnaires in order to explore trajectories over time. Data are anonymised prior to analysis.

The study asks baseline questions on the following:

- Demographics including year of birth, sex, ethnicity, relationship status, country of dwelling, urban/rural dwelling, type of accommodation, housing tenure, number of adults and children in the household, household income, education, employment status, pet ownership, and personality
- Health and behaviours including pre-existing long-term physical health conditions, diagnosed mental health conditions, pregnancy, smoking, alcohol consumption, physical activity, caring responsibilities, usual social behaviours, and social network size

It also asks repeated questions every week on the following:

- Covid-19 status including whether the respondent has had Covid-19, whether they have come into likely contact with Covid-19, current isolation status and motivations for isolation, length of isolation, length of time not leaving the home, length of time not contacting others, trust in government, trust in the health service, adherence to health advice, and experience of adverse events due to Covid-19 (including severe illness within the family, bereavement, redundancy, or financial difficulties)
- Mental health including wellbeing, depression, anxiety, which factors were causing stress, sleep quality, loneliness, social isolation, and changes in health behaviours such as smoking, drinking and exercise
- How people are spending their time whilst in isolation, including over questions on working, functional household activities, care and schooling of any children in the household, hobbies, and relaxation
Certain weeks of the study also include one-off modules on topics including:

- Volunteering behaviours
- Control, frustrations and expectations
- Coping style
- Fear of COVID-19
- Resilience
- Arts and creative engagement
- Life events
- Optimism
- Locus of control
- Emotional intelligence
- Weight
- Gambling behaviours
- Mental health diagnosis
- Use of financial support
- Region
- Faith and religion
- Relationship
- Neighbourhood
- Healthcare
- Lockdown holiday
- Discrimination
- Life changes
- End of July (financial support, volunteering, art, gambling & mental health)

Throughout the pandemic in the UK, the study has provided weekly research reports and updates to the Cabinet Office, other departments within government, Public Health England and the World Health Organisation as well as making results publicly available on the study website.

This User Guide provides detailed information pertaining to the UCL COVID-19 Social Study data.

### 1.2 Funding
The COVID-19 Social Study is funded by the Nuffield Foundation [WEL/FR-000022583] and the Wellcome Trust [221400/Z/20/Z] and also receives supplementary support from UK Research and Innovation through the MARCH Mental Health Research Network [ES/S002588/1].

### 1.3 Ethical clearance
Ethical approval for the study was granted by the UCL Research Ethics Committee [12467/005] and the study is fully GDPR compliant, running through a REDCap secure software programme within a data safe haven.
1.4 Patient and Public Involvement
The research questions in the UCL COVID-19 Social Study built on patient and public involvement as part of the UKRI MARCH Mental Health Research Network, which focuses on social, cultural and community engagement and mental health. This highlighted priority research questions and measures for this study. Patients and the public were additionally involved in the recruitment of participants to the study and are actively involved in plans for the dissemination of findings from the study.

1.5 Contact details
Any queries related to the study should be sent to: covid19-study@ucl.ac.uk
**Sample**

2.1 Sample design

The study is not random and therefore is not representative of the UK population. But it does contain a well-stratified sample that was recruited using three primary approaches.

1. First, snowballing was used, including promoting the study through existing networks and mailing lists (including large databases of adults who had previously consented to be involved in health research across the UK), print and digital media coverage, and social media. This included advertising the study through databases of adults who had previously consented to be involved in health research (such as UCL BioResource and HealthWise Wales) and through the UKRI Mental Health Research Networks.

2. Second, more targeted recruitment was undertaken focusing on (i) individuals from a low-income background, (ii) individuals with no or few educational qualifications, and (iii) individuals who were unemployed. This was achieved through partnership work with targeted advertising companies and recruitment companies who provided pro-bono support for the study, including Find Out Now, SEO Works, FieldworkHub, and Optimal Workshop. **However, no participants were paid to participate in the study.**

3. Third, the study was promoted via partnerships with third sector organisations to vulnerable groups, including adults with pre-existing mental health conditions, older adults, carers, and people experiencing domestic violence or abuse. This included utilising partnerships from the 1,500-strong membership of the UKRI MARCH Mental Health Research Network.

No proxy interviews were carried out, so the study was not available to individuals without access to the internet.

2.2 Study design

The study commenced as a weekly survey, with participants automatically receiving an invitation to the next wave of data collection 7 days following their last completion. All participants received 2 reminders (24 and 48 hours following their initial weekly invitation). If they did not complete following these reminders, they stopped receiving future surveys. But their link to their last reminder remained live so they could return to the study a few days late if they chose. For this reason, date is recommended to be modelled within analyses that look at longitudinal follow-up so as to take account of whether responses were precisely 7 days apart or not.

Following week 22 of the study, the study changed from weekly follow-up to monthly follow-up. In order to still have a spread of responses across the weeks, participants were randomised to receive their first monthly invitation in week 1, 2, 3 or 4 of the month, with subsequent invitations following on 28 days after they completed the survey. We re-approached all participants who had been lost to follow-up but who had not formally unsubscribed from the study to take part, so the sample size increased following this alteration to the study design.
2.3 Cleaning
A number of checks on the data were performed, with responses failing these checks being eliminated before any counting of the total sample size took place.

To confirm age eligibility, we asked about age including ages under 18, and excluded any responses from those too young to participate. To confirm country of origin, we similarly asked about country of residence and excluded any outside of the UK.

The system required an email address to be entered and validated before any study material could be provided. This approach was used to bot completion of the study. However, we lack information on how many survey invitations for subsequent weeks were rejected from email accounts (for example due to typographical errors in emails or non-working email accounts). All data were checked for duplicate email addresses, and all duplicates (0.1% of the sample) were removed.

2.4 Recruitment rate
Participants could join the study on any date from 21st March onwards (see Figure below). Active recruitment using the techniques described in section 2.1 was continued for the first 8 weeks of the study and then stopped. Date of joining is denoted with the variable ‘datepx’. Their first survey completed is denoted as ‘wave’ 1, with subsequent responses on subsequent weeks being labelled as ‘wave’ 2, 3 etc. The variable ‘wave’ was derived from the original variable, ‘redcap_event_name’.

The week of joining the study is denoted with the variable ‘week’ derived from the date variable ‘datepx’. The baseline week was defined as the first survey week, from 21/03/2020-27/03/2020 (as shown below). Please note that a small number of participants have repeated week values. This is
problematic if using ‘xtset’ with week. This will be addressed in future cleanings of the dataset, but for the present users are left to decide how to deal with these cases.

If a participant joined the study later, say in week 4, s/he would commence with ‘wave’ 1, but in ‘week’ 4, so would be treated as missing from weeks 1 to 3.

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<tr>
<th>Week</th>
<th>Date</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>2</td>
<td>28/03-03/04/2020</td>
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<tr>
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<td>02/01/21-08/01/21</td>
</tr>
<tr>
<td>43</td>
<td>09/21/21-15/01/21</td>
</tr>
</tbody>
</table>

*Survey switched to monthly follow-up*
Alternatively, users could also fix the time variable on a specific date, for example the starting point of the study (21/03/2020) or the lockdown (23/03/2020). This can be derived by using the following Stata command:

\[
\begin{align*}
gen \text{day} &= \text{datepx} - \text{mdy}(03,21,2020) \\
\text{or} \\
gen \text{day} &= \text{datepx} - \text{mdy}(03,23,2020)
\end{align*}
\]

2.5 Response rate
Out of a total of 98,534 individuals who landed on the consent page for the study, 84,497 consented to take part, and 73,265 commenced the study and provided data at one or more waves.

Data provided is either complete or incomplete. The variable ‘date’ indicates when survey participants completed a survey for a particular wave. It was derived from the time-stamp variables, ‘your\_experience\_dur\_v0’, ‘your\_experience\_dur\_v2’ and ‘your\_experiences\_2\_timestamp’ which were automatically generated by the REDCap system on completion of a survey.

The variable ‘date’ differs from ‘datepx’ in that ‘datepx’ included participants who started a survey for a particular wave but did not complete it. These non-completed surveys are not assigned an official timestamp by REDCap. For ‘date’ they are listed as ‘[not completed]’ but for ‘datepx’ missing dates were imputed based on the time stamp for completing the first completing the first part of the questionnaire, or based on the time stamps of previous or later waves assuming that the follow-up was strictly 7 days.

These incomplete cases can be drop by using the following Stata command:

\[
drop if date==.
\]

As participants joined the study on different days and therefore received weekly invitations to continue participation on different days, surveys were completed across every day of the week from the start of the study. The number of surveys completed on each day (up to 21 August 2020) is shown below:

<table>
<thead>
<tr>
<th>datepx</th>
<th>Freq.</th>
<th>datepx</th>
<th>Freq.</th>
<th>datepx</th>
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<th>Freq.</th>
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<td>30-Apr-20</td>
<td>5,895</td>
<td>08-Jun-20</td>
<td>4,486</td>
<td>17-Jul-20</td>
<td>3,610</td>
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<tr>
<td>23-Mar-20</td>
<td>6,382</td>
<td>01-May-20</td>
<td>5,696</td>
<td>09-Jun-20</td>
<td>4,602</td>
<td>18-Jul-20</td>
<td>3,265</td>
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<td>24-Mar-20</td>
<td>9,240</td>
<td>02-May-20</td>
<td>4,481</td>
<td>10-Jun-20</td>
<td>5,121</td>
<td>19-Jul-20</td>
<td>3,442</td>
</tr>
<tr>
<td>25-Mar-20</td>
<td>4,522</td>
<td>03-May-20</td>
<td>4,186</td>
<td>11-Jun-20</td>
<td>4,644</td>
<td>20-Jul-20</td>
<td>4,125</td>
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<tr>
<td>26-Mar-20</td>
<td>2,750</td>
<td>04-May-20</td>
<td>5,555</td>
<td>12-Jun-20</td>
<td>4,443</td>
<td>21-Jul-20</td>
<td>3,832</td>
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<td>27-Mar-20</td>
<td>1,582</td>
<td>05-May-20</td>
<td>6,373</td>
<td>13-Jun-20</td>
<td>3,541</td>
<td>22-Jul-20</td>
<td>3,864</td>
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<td>28-Mar-20</td>
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<td>06-May-20</td>
<td>5,050</td>
<td>14-Jun-20</td>
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<td>4,442</td>
<td>24-Jul-20</td>
<td>3,538</td>
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<td>4,262</td>
<td>08-May-20</td>
<td>4,885</td>
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<td>25-Jul-20</td>
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<td>17-Jun-20</td>
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<td>10-May-20</td>
<td>5,105</td>
<td>18-Jun-20</td>
<td>4,670</td>
<td>27-Jul-20</td>
<td>4,107</td>
</tr>
</tbody>
</table>
The study moved to monthly follow-ups after 21st August so recruitment was shut and analysis moved from daily to weekly.

2.6 Retention rate

The variable ‘wave’ indicates the sequence of repeated responses for each participant. The baseline response is when ‘wave’ equals 1. As participants could join the study at any point, the response rate across waves is changing daily while the study is open. **Once study recruitment is complete, we will calculate complete response rates for each wave.**

As of 11 January 2021, the numbers of responses across each wave is as follows. NB the % of participants shown in columns 4 and 5 does not represent a simple retention rate as participants have all joined at different dates across the study period so not everybody has had the ‘opportunity’ to complete multiple waves of data yet. Each week more participants move through the study from previous weeks, increasing the overall numbers who have maintained study engagement.

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<td>2,132</td>
<td>2,942</td>
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<td>4,399</td>
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<td>4,390</td>
</tr>
<tr>
<td>Wave</td>
<td>Freq.</td>
<td>% of total</td>
<td>% of Wave 1 participants</td>
<td>% with Follow-ups</td>
<td></td>
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</table>

NB Wave 22 was an incomplete week so participants did not have equal opportunity to participate before the study switched to monthly rather than weekly follow-up. Wave 23 onwards was a monthly wave, consisting of data collected over a period of 4 weeks. As the full sample was re-contacted, the completion rate also increased:

<table>
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<th>Wave</th>
<th>Freq.</th>
<th>% of total</th>
<th>% of Wave 23 participants</th>
<th>% with Follow-ups</th>
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<td>89.73%</td>
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<td>16.25</td>
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The total number of participants providing data during each calendar week is shown below (NB the numbers were correct until 9am on 11 January, 2021, so this week does not have complete data yet):

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*NB Following week 22, the study was changed from weekly to monthly follow-up, with participants randomised into whether they completed their surveys in weeks 1, 2, 3 or 4 of each
month. This increased the overall sample size still participating in the study but decreased the participants each calendar week.

2.7 Participant characteristics
The demographics of study participants across every wave are presented below.

As the study used a nonprobability sampling design, we recommend that all analysis should be conducted on weighted data to compensate for the difference in response probability in the UK population.

The dataset contains a cross-sectional weight variable (w1wgt) for all baseline participants (wave==1). The cross-sectional weighting was implemented by using the Stata user written command ‘ebalance’ \(^1\). The weighted data were matched to population statistics for the following domains:

- Age
- Gender
- Ethnicity
- Education
- Country of living

Source: [https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland](https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland)

Once the study finishes, we will also calculate longitudinal weights to take account of respondents at previous waves who were lost through non-response or withdrawal from the study.

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\(^1\) Hainmueller J, Xu Y. Ebalance: A Stata package for entropy balancing. Journal of Statistical Software. 2013 Sep 1;54(7).
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<th>Wave 3</th>
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<tr>
<td><strong>Country</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>England</td>
<td>79.27%</td>
<td>83.57%</td>
<td>79.11%</td>
</tr>
<tr>
<td>Wales</td>
<td>13.69%</td>
<td>6.98%</td>
<td>13.85%</td>
</tr>
<tr>
<td>Scotland</td>
<td>6.08%</td>
<td>7.50%</td>
<td>6.08%</td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>0.96%</td>
<td>1.96%</td>
<td>0.95%</td>
</tr>
<tr>
<td><strong>Mental health</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosed condition</td>
<td>15.47%</td>
<td>15.26%</td>
<td>15.02%</td>
</tr>
</tbody>
</table>
3 Measures

21/03/2020

- Health conditions 23/03/2020-
- Adverse events 25/03/2020-
- Changes in diet and food intake 31/03/2020-

- New isolation & isolation reason replaced isolation status 12/04/2020-
- Treatment module 13/04/2020-
- Volunteerism 1/04-28/04/2020

- Control, frustration & expectations module 01/05-08/05/2020
- Coping module 07/05-14/05/2020
- Life events, optimism, & locus of control module 04/06-11/06/2020

- Weight, finance & gambling module 28/05-04/06/2020
- Mental health module, changes in finances, region 18/06-24/06/2020
- Neighbourhood module 09/07-16/07/2020
- Time-use module 24/08/2020-

- Social distancing 17/06/2020-
- Mental health module, changes in finances, region 18/06-24/06/2020
- Fear, healthcare & holiday 16/07-23/07/2020
- Discrimination & life changes module 23/07-30/07/2020
- Following isolation (others) 16/11-23/12/2020

- Garden access 12/04/2020-
- Garden access 12/04/2020-
- Garden access 12/04/2020-
- Garden access 12/04/2020-

- Fear & resilience module 14/05-21/05/2020
- Creative activities 21/05-04/06/2020
- New isolation & isolation reason replaced by leaving home 17/06/2020-

- Empathy 11/06-18/06/2020
- Fear & resilience module 14/05-21/05/2020
- New isolation & isolation reason replaced by leaving home 17/06/2020-

- Confidence in government divided 18/06/2020-
- Confidence in government divided 18/06/2020-
- Confidence in government divided 18/06/2020-

- Relationships & control 02/07-09/07/2020
- End of July module 30/07-06/08/2020
- End of July module 30/07-06/08/2020-

- Finance (re) 31/10-17/11/2020 23/12/2020-
- End of July module 30/07-06/08/2020-
- End of July module 30/07-06/08/2020-

- Tier 19/10/2020-
- Following isolation (others) 16/11-23/12/2020
- Compliance module 21/11-23/12/2020

- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020

- Fear & resilience module 14/05-21/05/2020
- Fear & resilience module 14/05-21/05/2020
- Fear & resilience module 14/05-21/05/2020

- Social distancing 17/06/2020-
- Social distancing 17/06/2020-
- Social distancing 17/06/2020-

- Tier 19/10/2020-
- Tier 19/10/2020-
- Tier 19/10/2020-

- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020

- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020

- Finance (re) 31/10-17/11/2020 23/12/2020-
- Finance (re) 31/10-17/11/2020 23/12/2020-
- Finance (re) 31/10-17/11/2020 23/12/2020-

- End of July module 30/07-06/08/2020
- End of July module 30/07-06/08/2020
- End of July module 30/07-06/08/2020

- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020

- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020

- Understanding (re) 24/10-17/11/2020
- Understanding (re) 24/10-17/11/2020
- Understanding (re) 24/10-17/11/2020

- Vaccine module 07/09-15/10/2020
- Vaccine module 07/09-15/10/2020
- Vaccine module 07/09-15/10/2020

- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020

- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020
- Compliance module 21/11-23/12/2020

- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
- Following isolation (others) 16/11-23/12/2020
3.1 Study timeline
The study was launched with an initial questionnaire which included a slightly reduced number of the full study questions. In the weeks following, the full list of questions was added and several questions underwent minor clarifications. The timeline of these is shown in the figure above. One month after the study began, rotating modules were introduced (shown in the figure above in green). These came in just for a week.

The full measures and data dictionary for the study is shown in the Appendix.

3.2 Validated measurements and scales

**Anxiety** during the past week was measured using the Generalised Anxiety Disorder assessment (GAD-7); a well-validated tool used to screen and diagnose generalised anxiety disorder in clinical practice and research. There are 7 items with 4-point responses ranging from “not at all” to “nearly every day”, with higher overall scores indicating more symptoms of anxiety. Categorical scales suggest that scores of higher than 5 are mild, higher than 10 are moderate, and higher than 15 are severe.

**Coping** during lockdown was measured using the 28-item Brief COPE scale; one of the most widely used measures to assess the different ways in which people respond to stress. Responses are rated on a 4-point scale from “I haven’t been doing this at all” to “I have been doing this a lot”. Construct validity and internal reliability of its various 14 subscales have been demonstrated in associations with constructs such as social support, mental illness symptom severity, and psychological symptomatology.

**Coronavirus anxiety** during the past two weeks was measured using the Coronavirus Anxiety Scale (CAS). The CAS contains 5 items with 5-point responses ranging from “not at all” to “nearly every day”. The scale has shown good internal reliability (Cronbach’s $\alpha = 0.93$), construct validity, diagnostic viability, and equivalency of measurement across demographic groups. A CAS score of 9 or more classified adults as meeting (90% sensitivity) or not meeting (85% specificity) the threshold for Generalised Anxiety Disorder as a result of worries about Coronavirus.

**Creative activities.** Use of emotion regulation strategies whilst engaging in creative activities during the past week was measured with the 18-item Emotion Regulation Strategies for Artistic Creative Activities Scale (ERS-ACA). Items are rated on 5-point scale ranging from “strongly disagree” to “strongly agree”. An overall general factor alongside three subscales can be used: ‘avoidance strategies’ (7 items such as distraction, suppression and detachment), ‘approach strategies’ (6 items such as acceptance, reappraisal and problem solving), and ‘self-development strategies’ (5 items such as...
as enhanced self-identify, improved self-esteem and increased agency). Strong internal consistency (Cronbach’s alphas = 0.88 to 0.93), convergent and divergent validity, construct validity, consistency of internal reliability, and test-retest reliability have been demonstrated.

**Depression** during the past week was measured using the Patient Health Questionnaire (PHQ-9); a standard instrument for diagnosing depression in primary care. The questionnaire involves nine items, with responses ranging from “not at all” to “nearly every day”. Higher overall scores indicate more depressive symptoms, with scores of 0-4 suggesting minimal depression, 5-9 suggesting mild depression, 10-14 suggesting moderate depression, 15-19 suggesting moderately severe depression, and scores of 20-27 suggesting severe depression.

**Discrimination** experiences since the lockdown were adapted from the Everyday Discrimination Scale (EDS) which was designed to measure routine and relatively subtle experiences of unfair treatment in everyday situations. The scale is widely used and has shown good internal reliability (Cronbach’s $\alpha = 0.87$) and expected associations with internalising and externalising symptoms. We used three items from the short version of the EDS (being threatened or harassed; treated as if you are dishonest; people acting as if they were afraid of you) and added four questions from the English Longitudinal Study of Ageing. We made subtle changes to some of the phrasing to account of the unique social situation of COVID-19. For example, the item “received poorer service in restaurants or stores” was changed to “received poorer service than other people (e.g. for deliveries or in stores)”, and an item about receiving poorer service than others from doctors or in hospitals was added. Participants who said they had had each experience were asked to give one of four possible reasons (gender, race/ethnicity, age, for another reason) for the discrimination.

**Empathy** was assessed using the Interpersonal Reactivity Index (IRI). The IRI is a widely used measure comprised of four subscales; fantasy, empathic concern, perspective-taking, and personal distress. The COVID-19 Social Study administered the latter two subscales. Empathic concern (also known as emotional empathy) consists of 7 items and captures feelings of warmth, concern, and compassion for others. The perspective-taking scale (also known as cognitive empathy) assesses efforts to adopt the perspectives of others (7 items). Respondents rate items on a five-point scale ranging from “does not describe me well” to “describes me very well”. Adequate test-retest and internal reliabilities as well as convergent and discriminant validity have been reported.

**Life events** in the 12 months prior to lockdown (March 2019 to March 2020) were measured with an item from the Life History Interview of the English Longitudinal Study of Ageing. Participants were presented with a list of 11 life events. The extent to which they found endorsed events distressing was then rated on a four-point scale ranging from “yes, it upset me very much” to “yes, but it didn’t upset me at all”.

**Locus of control** was measured using the 6-item Locus of Control Scale developed by the University of Washington Beyond High School Project. The scale was based on Rotter’s conceptualisation of locus of control as generalized expectancies for whether individuals can (internal) or cannot (external) control events and outcomes in their lives. Responses were rated on a four-point scale ranging from “strongly agree” to “strongly disagree”.

- In my life, good luck is more important than hard work for success
- When I make plans, I am almost certain I can make them work
- Every time I try to go ahead, something or somebody stops me
- My plans hardly ever work out, so planning makes me unhappy
- I do not have enough control over the direction my life is taking
- Chance and luck are very important for what happens in my life

Loneliness was measured using the 3-item UCLA-3 Loneliness, a short form of the Revised UCLA Loneliness Scale (UCLA-R) \(^{17\text{(p198)}}\). Each item is rated with a 4-point rating scale, ranging from “never” to “always”, with higher score indicating greater loneliness.

Neighbourhood social cohesion before and since COVID-19 was measured with the Neighbourhood Scale \(^{18}\). Five items were rated on a five-point scale ranging from “strongly disagree” to “strongly agree”. The social cohesion scale has demonstrated good internal reliability (Cronbach’s alpha = 0.74) and test-retest reliability \((r = 0.65)\) \(^{18}\). Good convergent validity has also been found in correlations in the expected direction with neighbourhood safety \((r = 0.72)\) and activities with neighbours \((r = 0.43)\) \(^{18}\).

Optimism was measured with the widely-used Life Orientation Test- Revised (LOT-R) \(^{19}\). Ten items are rated on a five-point scale ranging from “strongly disagree” to “strongly agree”. The LOT-R has demonstrated good internal consistency (Cronbach’s alphas ranging from 0.70 to 0.80) and test-retest reliability (correlations from 0.68 to 0.79) \(^{19}\). Convergent validity has been shown in correlations with depression, life satisfaction, and health care utilisation \(^{20}\).

Personality was measured using the Big Five Inventory (BFI-2), which measures five domains and 15 facets: Extraversion (sociability, assertiveness, and energy level), Agreeableness (compassion, respectfulness, and trust), Conscientiousness (organisation, productiveness, and responsibility), Nervousness (anxiety, depression, and emotional volatility), and Openness (intellectual curiosity, aesthetic sensitivity, and creative imagination) \(^{21}\). Each item uses a 5-point scale ranging from “strongly disagree” to “strongly agree”, with higher score indicating greater levels of each domain.

Religion and spirituality was measured with items from the English Longitudinal Study of Ageing \(^{22}\). Participants were first asked to which religion they belonged from a list of eight (e.g., Christian, Jewish, Sikh), including no religion and “other”. A second question asked about the frequency of religious service attendance during the past year before the COVID-19 pandemic on a 5-point scale from “not at all” to “more than once a week”. A further 4 items asked participants about the role of religion and spirituality in their lives (e.g. “I pray or meditate daily”). These items were rated on a 4-point scale from “strongly disagree” to “strongly agree”.

Resilience was assessed with the 6-item Brief Resilience Scale \(^{23}\); a widely used measure of individuals’ ability to recover from stress. Items are rated on a five-point scale from “strongly disagree” to “strongly agree”. Initial psychometrics were established using four samples of adults \(^{23}\). The scale was found to have good internal reliability (Cronbach’s alphas = .80–.91), and convergent and discriminate validity in associations in expected directions with other resilience measures, optimism, purpose in life, anxiety, and depression \(^{23}\).

Risk taking was measured \(^{1}\) with one item from the Dohmen Risk Taking Scale \(^{24}\). Respondents rated the extent to which they generally see themselves as a person who is fully prepared to take risks was
rated on an 11-point scale from “not at all willing to take risks” to “very willing to take risks”. Behavioural validity was established using a laboratory-based task involving a choice between a safe or a riskier lottery option to win money.  

Social support was measured using an adapted version of the six-item short form of Perceived Social Support Questionnaire (F-SozU K-6). Each item is rated on a 5-point scale from “not true at all” to “very true”, with higher scores indicating higher levels of perceived social support. Minor adaptations were made to the language in the scale to make it relevant to experiences during COVID-19.  

Comparison of items in the original and revised Perceived Social Support Questionnaire (F-SozU K-6).

<table>
<thead>
<tr>
<th>Original</th>
<th>Adapted for COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>I experience a lot of understanding and security from others</td>
<td>I have experienced a lot of understanding and support from others</td>
</tr>
<tr>
<td>I know a very close person whose help I can always count on</td>
<td>I have a very close person whose help I can always count on</td>
</tr>
<tr>
<td>If necessary, I can easily borrow something I might need from neighbours or friends</td>
<td>If necessary, I can easily borrow something I need from neighbours or friends</td>
</tr>
<tr>
<td>I know several people with whom I like to do things</td>
<td>I have people with whom I can spend time and do things together</td>
</tr>
<tr>
<td>When I am sick, I can without hesitation ask friends and family to take care of important matters for me</td>
<td>If I get sick, I have friends and family who will take care of me</td>
</tr>
<tr>
<td>If I am down, I know to whom I can go without hesitation</td>
<td>If I am feeling down, I have people I can talk to without hesitation</td>
</tr>
</tbody>
</table>

Vaccines. Attitudes towards vaccines were measured using the 12-item Vaccination Attitudes Examination (VAX) Scale. Participants were asked to focus on vaccines in general rather than specifically on vaccines for COVID-19. Response options ranged from 1 “strongly agree” to 6 “strongly disagree.” Four subscales have previously been derived from the VAX; 1) mistrust of vaccine benefit, (2) worries about unforeseen future effects, (3) concerns about commercial profiteering, and (4) preference for natural immunity. Adequate convergent validity and internal reliability was established for all 4 subscales in two samples (Cronbach’s alphas = 0.77-0.93).

Wellbeing during the past week using the Subjective Wellbeing measure from the Office for National Statistics. Three questions were asked; 1) life satisfaction, 2) worthwhileness, and 3) happiness. Each item is rated on an 11-point scale from 0 (not at all) to 10 (completely).

3.3 Derived variables  
In addition to the time variables, date, wave and week, other derived variables are also available in the dataset. These include:

- female
- non-white (binary ethnicity variable)
• age (derived from year of birth, capped at 90)
• agegrp3 (age dichotomized into 3 groups)
• agegrp4 (age dichotomized into 4 groups)
• edu (derived from education, 3 groups)
• lowincome (household income<30k)
• overcrowd (room per person<12)
• alone (binary variable indicating if living alone)
• status (living status)
• employed (binary variable, derived from ‘employment’)
• keyworker
• carer
• ltc_p (binary indicator—diagnosed physical condition)
• ltc_m (binary indicator—diagnosed mental condition)
• ltc_none (binary indicator—no physical or mental condition)
• GAD (sum score of the GAD-7 scale)
• anxi (binary, GAD≥10)
• PHQ (sum score of the PHQ-9 scale)
• depress (binary PHQ≥10)
• lonely (sum score of the UCLA-3 scale)
• support (sum score of perceived social support)
• BFI_n (sum score of the BFI-15, neuroticism)
• BFI_e (sum score of the BFI-15, extraversion)
• BFI_o (sum score of the BFI-15, openness to experience)
• BFI_a (sum score of the BFI-15, agreeableness)
• BFI_c (sum score of the BFI-15, conscientiousness)
• CAS (sum score of the Coronavirus Anxiety Scale)
• RES (sum score of the resilience scale)
• COP_dis (Self-distraction (sum score of cop1 & cop19))
• COP_act (Active coping (sum score of cop2 & cop7))
• COP_den (Denial (sum score of cop3 & cop8))
• COP_sub (Substance use (sum score of cop4 & cop11))
• COP_emo (Emotional support (sum score of cop5 & cop15))
• COP_ins (Instrumental support (sum score of cop10 & cop23))
• COP_beh (Behavioral disengagement (sum score of cop6 & cop16))
• COP_ven (Venting (sum score of cop9 & cop21))
• COP_pos (Positive reframing (sum score of cop12 & cop17))
• COP_pla (Planning (sum score of cop14 & cop25))
• COP_hum (Humor (sum score of cop18 & cop28))
• COP_aacp (Acceptance (sum score of cop20 & cop24))
• COP_rel (Religion (sum score of cop22 & cop27))
• COP_sbm (Self-blame (sum score of cop13 & cop26))
3.4 Missing data

Our study required completion of every question on every page for participants to proceed, so there are generally no missing items in any measures. The exceptions to this are some of the revolving modules where particularly sensitive questions were made optional, and incomplete records, whereby people who started a weekly survey and then were unable to complete it for any reason did not provide data across all the measures.

References


## Data Dictionary

### Section 1: Baseline Only

<table>
<thead>
<tr>
<th>Variable name</th>
<th>Question/variable label</th>
<th>Choices/label values</th>
</tr>
</thead>
</table>
| sex           | What is your gender?                         | 1, Male  
2, Female  
3, Other / prefer not to say  
1, Asian/Asian British - Indian, Pakistani, Bangladeshi, other  
2, Black/Black British - Caribbean, African, other  
3, Mixed race - White and Black/Black British  
4, Mixed race - other  
5, White - British, Irish, other  
6, Chinese/Chinese British  
7, Middle Eastern/Middle Eastern British - Arab, Turkish, other  
8, Other ethnic group  
9, Prefer not to say  
1, Single, never married  
2, Single, divorced or widowed  
3, In a relationship/married but living apart  
4, In a relationship/married and cohabiting |
<table>
<thead>
<tr>
<th>Education</th>
<th>What is your highest level of educational attainment?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No qualifications</td>
</tr>
<tr>
<td>2</td>
<td>Completed GCSE/CSE/O-levels or equivalent (at school till aged 16)</td>
</tr>
<tr>
<td>3</td>
<td>Completed post-16 vocational course</td>
</tr>
<tr>
<td>4</td>
<td>A-levels or equivalent (at school till aged 18)</td>
</tr>
<tr>
<td>5</td>
<td>Undergraduate degree or professional qualification</td>
</tr>
<tr>
<td>6</td>
<td>Postgraduate degree</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Employment</th>
<th>What is your employment status?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Still at school</td>
</tr>
<tr>
<td>2</td>
<td>At university</td>
</tr>
<tr>
<td>3</td>
<td>Self employed</td>
</tr>
<tr>
<td>4</td>
<td>In part-time employment</td>
</tr>
<tr>
<td>5</td>
<td>In full-time employment</td>
</tr>
<tr>
<td>6</td>
<td>Unable to work due to disability</td>
</tr>
<tr>
<td>7</td>
<td>Homemaker/full-time parent</td>
</tr>
<tr>
<td>8</td>
<td>Unemployed and seeking work</td>
</tr>
<tr>
<td>9</td>
<td>Retired</td>
</tr>
</tbody>
</table>
keyworker
Are you currently fulfilling any of the government's identified 'key worker' roles?
1, Health, social care or relevant related support worker
2, Teacher or childcare worker still travelling in to work
3, Transport worker still travelling in to work
4, Food chain worker (e.g. production, sale, delivery)
5, Key public services worker (e.g. justice staff, religious staff, public service journalist or mortuary worker)
6, Local or national government worker delivering essential public services
7, Utility worker (e.g. energy, sewerage, postal service)
8, Public safety or national security worker
9, Worker involved in medicines or protective equipment production or distribution
10, None of these

country
In which country do you currently live?
1, England
2, Wales
3, Scotland
4, Northern Ireland
5, The USA
6, Other

area
What type of area do you live in?
1, City
2, Large town
3, Small town
4, Village
5, Hamlet
6, Isolated dwelling
living
What type of place do you live?
1, House
2, Room(s) in shared house (e.g. as a lodger)
3, Flat in flat block
4, Student halls
5, Residential home
6, Other

ownership
Which describes the home you live in?
1, Owned outright
2, Owned with the help of a mortgage
3, Shared ownership (part owned, part rented)
4, Rented
5, Living rent free

garden
Do you have access to any of the following where you live?
1, A garden
2, A balcony, small patio, or roof terrace
3, A park, wood, or other green space you can still access within easy walking distance of your home
4, none of the above

rooms
How many rooms are in your home? (not including any bathrooms or toilets. If you live in a shared house only count the rooms that are open to you to use. If you live in a block of flat, only count rooms your flat.)

1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10+

houseadults
How many adults are living WITH YOU in the household?
(Do not count yourself)
0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10+

"Household" means the people you immediately live with, e.g. in your flat or house. Don't count other people e.g. in your flat block.
How many children are living with you in the household?

- 0, 0
- 1, 1
- 2, 2
- 3, 3
- 4, 4
- 5, 5
- 6, 6
- 7, 7
- 8, 8
- 9, 9
- 10, 10+

What is your usual total household income?

"Household income" means the money brought in by you and/or your spouse and/or another adult you live with, with whom you share finances. Don't count the income from anybody whose finances are independent of yours.

- 1, Less than £16,000 a year (£310 a week)
- 2, £16,000-£29,999 a year (£310 - £579 a week)
- 3, £30,000-£59,999 a year (£580 - £1149 a week)
- 4, £60,000-£89,999 a year (£1500 - £1729 a week)
- 5, £90,000-£119,999 a year (£1730 - £2299 a week)
- 6, More than £120,000 a year (£2300 a week)
- 7, Prefer not to say

Do you have any of the following medical conditions?

- 1, High blood pressure
- 2, Diabetes
- 3, Heart disease
- 4, Lung disease (e.g. asthma or COPD)
- 5, Cancer
- 6, Another clinically-diagnosed chronic physical health condition
- 7, Clinically-diagnosed depression
- 8, Clinically-diagnosed anxiety
- 9, Another clinically-diagnosed mental health problem
- 10, I am pregnant
- 11, None of the above
- 12, A disability that affects my ability to leave the house
- 13, Any other disability
<table>
<thead>
<tr>
<th>Section</th>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
</table>
| smoker   | Do you smoke?                                                            | 1, non-smoker  
                      |                                             | 2, ex-smoker |
|          |                                                                          | 3, current light smoker (9 or less a day) |
|          |                                                                          | 4, current moderate smoker (10-19 a day) |
|          |                                                                          | 5, current heavy smoker (20+ a day) |
| alcohol  | How many alcoholic drinks have you had in the past week (e.g. how many glasses of wine / pints of beer or cider / shots of spirits)? | 0, 0  
                      |                                             | 1, 1  
                      |                                             | 2, 2  
                      |                                             | 3, 3  
                      |                                             | 4, 4  
                      |                                             | 5, 5  
                      |                                             | 6, 6  
                      |                                             | 7, 7  
                      |                                             | 8, 8  
                      |                                             | 9, 9  
                      |                                             | 10, 10  
                      |                                             | 11, 11  
                      |                                             | 12, 12  
                      |                                             | 13, 13  
                      |                                             | 14, 14  
                      |                                             | 15, 15  
                      |                                             | 16, 16  
                      |                                             | 17, 17  
                      |                                             | 18, 18  
                      |                                             | 19, 19  
                      |                                             | 20, 20  
                      |                                             | 21, 21+ |
| exercise | How many days last week did you do moderate or vigorous physical activity (activity that raises your heart rate and makes you breathe faster and feel warmer) for 15 minutes or more? | 0, 0  
                      |                                             | 1, 1  
                      |                                             | 2, 2  
                      |                                             | 3, 3  
                      |                                             | 4, 4  
                      |                                             | 5, 5  
                      |                                             | 6, 6  
                      |                                             | 7, 7  |
| caring   | Do you have caring responsibilities for any of the following? (tick any that apply) | 1, Elderly relatives or friends  
                      |                                             | 2, People with long-term conditions or disabilities  
                      |                                             | 3, Grandchildren |
| pets     | Do you have any of the following pets? (tick any that apply)              | 1, Cat  
                      |                                             | 2, Dog  
                      |                                             | 3, Bird  
                      |                                             | 4, Fish  
                      |                                             | 5, Other |
| closefriends | How many close friends do you have?                                     | 0, 0  
                      |                                             | 1, 1  
                      |                                             | 2, 2  
                      |                                             | 3, 3  
                      |                                             | 4, 4  
                      |                                             | 5, 5  
                      |                                             | 6, 6  
                      |                                             | 7, 7  
                      |                                             | 8, 8  
                      |                                             | 9, 9  
                      |                                             | 10, 10+ |
| socfreq  | Usually in your life, how often do you meet up with people face to face socially, not for work (e.g. friends, family, relatives or social events with colleagues)? | 1, Every day  
                      |                                             | 2, Three or more times a week  
                      |                                             | 3, Once or twice a week  
                      |                                             | 4, Once or twice a month  
                      |                                             | 5, Less than once a month |
Your personality
I see myself as someone who:  
...worry a lot

Your personality
I see myself as someone who:  
...gets nervous easily

Your personality
I see myself as someone who:  
...remains calm in tense situations

Your personality
I see myself as someone who:  
...is talkative

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree
<table>
<thead>
<tr>
<th>Pers</th>
<th>Description</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pers 5</td>
<td>I see myself as someone who:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>...is outgoing, sociable</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td>Pers 6</td>
<td>I see myself as someone who:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>...is reserved</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td>Pers 7</td>
<td>I see myself as someone who:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>...is original, comes up with new ideas</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td>Pers 8</td>
<td>I see myself as someone who:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>...values artistic, aesthetic experiences</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, Disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Somewhat disagree</td>
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<tr>
<td></td>
<td></td>
<td>4, Neither agree nor disagree</td>
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<td></td>
<td></td>
<td>5, Somewhat agree</td>
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<tr>
<td></td>
<td></td>
<td>6, Agree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7, Strongly agree</td>
</tr>
</tbody>
</table>
pers_9

Your personality
I see myself as someone who:
...has an active imagination

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

dev_1

pers_10

Your personality
I see myself as someone who:
...is sometimes rude to others

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

dev_2

pers_11

Your personality
I see myself as someone who:
...has a forgiving nature

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

dev_3

pers_12

Your personality
I see myself as someone who:
...is considerate and kind to almost everyone

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree
Your personality
I see myself as someone who:
...does a thorough job

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

Your personality
I see myself as someone who:
...tends to be lazy

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree

Your personality
I see myself as someone who:
...does things efficiently

1, Strongly disagree
2, Disagree
3, Somewhat disagree
4, Neither agree nor disagree
5, Somewhat agree
6, Agree
7, Strongly agree
<table>
<thead>
<tr>
<th>Variable name</th>
<th>Question/variable label</th>
<th>Choices/label values</th>
</tr>
</thead>
<tbody>
<tr>
<td>covid</td>
<td>Have you had Covid-19 (coronavirus)?</td>
<td>1, Yes diagnosed and recovered</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, Yes diagnosed and still ill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Not formally diagnosed but suspected</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Not that I know of / No</td>
</tr>
<tr>
<td>covidcontact</td>
<td>In the last week, do you believe you have come into CLOSE CONTACT with somebody who has Covid-19 (e.g. living with, hugging, shaking hands with, or spending more than 15 minutes with)?</td>
<td>1, No</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Unsure</td>
</tr>
<tr>
<td>isolationstatus</td>
<td>What is your current isolation status? (tick any that apply)</td>
<td>1, I am living my life as normal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, I am not &quot;staying at home&quot;, but I have cut down on my usual activities as a precaution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, I am not &quot;staying at home&quot; specifically, but I have stopped going to work like normal and am working from home</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6, I am &quot;staying at home&quot; because I have an existing medical condition or am categorised as high risk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, I am &quot;staying at home&quot; as I am worried about spreading it to others or getting ill (but I am not high risk)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5, I am &quot;staying at home&quot; to protect a family member, friend or housemate who has an existing medical condition / is high risk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8, I am &quot;staying at home&quot; as it has been ordered by the government or local authority as part of a lock down</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9, I am &quot;staying at home&quot; but this is NOT because of Covid-19 but because of another reason e.g. a pre-existing health condition or disability</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7, I am &quot;self-isolating&quot; (avoiding contact with ...</td>
</tr>
</tbody>
</table>
What is your current isolation status?

1. I am in full isolation, not leaving my home at all
2. I am staying at home, only leaving for exercise, food shopping, accessing medication, or essential activity permitted by government guidelines
3. I am staying at home, only leaving for exercise, food shopping or accessing medication AND work OR other essential task (e.g. volunteering)
4. I am NOT following the stay-at-home recommendations but am adhering to social distancing when in public (e.g. staying 2m away from others)
5. I am NOT following the stay-at-home recommendations or social distancing when I am out
6. I am leaving the house for more reasons than those listed above but am adhering to social distancing in public (e.g. staying 2m away from others)
7. I am leaving the house for more reasons than those listed above and am NOT adhering to social distancing in public (e.g. staying 2m away from others)
<table>
<thead>
<tr>
<th>LeavingHome</th>
<th>What are the motivations for your current isolation status above? (please tick all that apply)</th>
</tr>
</thead>
</table>
| In the past week, which of these have you left your home for? [NB some of these activities may not yet be allowed in different UK nations] | 1, Exercise  
2, Buying food or medication  
3, Other shopping  
4, Other errands (e.g. taking a child to school)  
5, Work  
6, Other essential task (e.g. volunteering)  
7, Visiting people in a support bubble  
8, Meeting up with friends or family (not in a support bubble)  
9, Going out for meals or entertainment  
10, Day trip or other outing  
11, Other reason  
12, I am not leaving my home  
1, I am worried about catching Covid-19 and I have an existing medical condition or am categorised as high risk  
2, I am worried about catching Covid-19 but am not high risk  
3, I wish to protect/shield a family member/friend who is high risk  
4, I am worried about spreading Covid-19 to others  
5, It has been ordered by the government (e.g. as part of lockdown)  
6, Another reason not relating to Covid-19 (e.g. maternity leave, pre-existing illness, or disability)  
7, None of the above |
<table>
<thead>
<tr>
<th>Variable</th>
<th>Description</th>
<th>Choices</th>
</tr>
</thead>
</table>
| life_diff     | How different has life been for you in the past week compared to life before Covid-19? | 1, Entirely the same as usual  
2, Only a little different  
3, Quite a few differences  
4, Lots of differences  
5, Completely different |
| daysisolating | In the past 7 days, how many days have you: not left the house or garden?    | 0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 |
| daysoutside   | In the past 7 days, how many days have you: been outside for 15 minutes or more (including on a balcony or in the garden)? | 0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 |
| daysface      | In the past 7 days, how many days have you: had face-to-face contact with another person for 15 minutes or more (including someone you live with)? | 0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 |
| dayscall      | In the past 7 days, how many days have you: had a phone or video call with another person for 15 minutes or more? | 0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 |
| sleep         | Over the past week, how has your sleep been?                                | 1, Very good  
2, Good  
3, Average  
4, Not good  
5, Very poor |
| smokechange   | Over the past week have you smoked more than usual?                         | 1, Less than usual  
2, About the same  
3, More than usual  
4, I don’t smoke |
| alcoholchange | Over the past week have you drunk alcohol more than usual?                  | 1, Less than usual  
2, About the same  
3, More than usual  
4, I don’t drink alcohol |
| foodchange_2  | Over the past week have you eaten more than usual?                          | 1, Less than usual  
2, About the same  
3, More than usual |
| dietchange_3  | Over the past week how has your diet been?                                  | 1, Less healthy than usual  
2, About the same healthiness as usual  
3, More healthy than usual |
Overall, in the past week, how satisfied have you been with your life?

In the past week, to what extent have you felt the things you are doing in your life are worthwhile?

In the past week, how happy did you feel?

How would you rate your knowledge level on Covid-19?

Are you following the recommendations from authorities to prevent spread of Covid-19?

How much confidence do you have in the UK GOVERNMENT that they can handle Covid-19 well?

If you live in a devolved nation, we ask you to focus on the government within your country (e.g. the Scottish government / Welsh government / Northern Ireland Executive)

How much confidence do you have in the CENTRAL UK GOVERNMENT that they can handle Covid-19 well?

[Please answer this question about the government in Westminster, even if you live in a devolved nation]

If you live in a DEVOLVED NATION (i.e. Scotland, Wales or NI), how much confidence do you have in the government WITHIN YOUR OWN COUNTRY that they can handle Covid-19 well? (e.g. the Scottish government / Welsh government / Northern Ireland Executive)

[NB you have already told us which country you live in]
How much confidence do you have that the UK HEALTH SERVICE can cope during Covid-19?

If you live in a devolved nation, we ask you to focus on the health service within your country (e.g. NHS Health Scotland / NHS Wales / HSCNI)

How much confidence do you have that ESSENTIALS (e.g. access to food, water, medicines, deliveries) will be maintained during Covid-19?

Have you experienced any of the following in the past week?

Over the last week, how often have been bothered by:

Little interest or pleasure in doing things
<table>
<thead>
<tr>
<th>PHQ Question</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>phq2</td>
<td>Over the last week, how often have you been bothered by: Feeling down, depressed, or hopeless</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq3</td>
<td>Over the last week, how often have you been bothered by: Trouble falling/staying asleep, sleeping too much</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq4</td>
<td>Over the last week, how often have you been bothered by: Feeling tired or having little energy</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq5</td>
<td>Over the last week, how often have you been bothered by: Poor appetite or overeating</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq6</td>
<td>Over the last week, how often have you been bothered by: Feeling bad about yourself or that you are a failure or have let yourself or your family down</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq7</td>
<td>Over the last week, how often have you been bothered by: Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
<tr>
<td>phq8</td>
<td>Over the last week, how often have you been bothered by: Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual</td>
<td>1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day</td>
</tr>
</tbody>
</table>
**phq9**
Over the last week, how often have you been bothered by:

- Thoughts that you would be better off dead or of hurting yourself in some way
  - 1, Not at all
  - 2, One or two days
  - 3, More than half the days
  - 4, Nearly every day

**harm1**
Over the last week, how often have you been bothered by:

- Self-harming or deliberately hurting yourself
  - 1, Not at all
  - 2, One or two days
  - 3, More than half the days
  - 4, Nearly every day

**harm2**
Over the last week, how often have you been bothered by:

- Being physically harmed or hurt by somebody else
  - 1, Not at all
  - 2, One or two days
  - 3, More than half the days
  - 4, Nearly every day

**harm3**
Over the last week, how often have you been bothered by:

- Being bullied, controlled, intimidated or psychologically hurt by someone else
  - 1, Not at all
  - 2, One or two days
  - 3, More than half the days
  - 4, Nearly every day

**phqextra**
If you checked off any of these problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- 1, Not difficult at all
- 2, Somewhat difficult
- 3, Very difficult
- 4, Extremely difficult
- 5, Not applicable
Over the past week, have any of the following been worrying you at all, even if only in a minor way?

(Tick any that apply)

1. Marriage or other romantic relationship
2. Friends or family living in your household
3. Friends or family living outside your household
4. Neighbours
5. Your pet
6. Work (even if you feel your job is safe)
7. Losing your job / unemployment
8. Finances
9. Getting medication
10. Getting food
11. Your own safety / security
12. Internet access
13. Boredom
14. Future plans
15. Catching Covid-19
16. Becoming seriously ill from Covid-19
17. None of these
18. Brexit or the impact Brexit could have on your life (added on 23/12/2020)
stressorsmajor  Have any of these things been causing you SIGNIFICANT stress?  1, Marriage or other romantic relationship  
(e.g. they have been constantly on your mind or have been keeping you awake at night)  
3, Friends or family living outside your household  
6, Work (even if you feel your job is safe)  
4, Neighbours  
7, Losing your job / unemployment  
5, Your pet  
8, Finances  
10, Getting food  
9, Getting medication  
12, Internet access  
11, Your own safety / security  
13, Boredom  
14, Future plans  
15, Catching Covid-19  
16, Becoming seriously ill from Covid-19  
17, None of these  
18, Brexit or the impact Brexit could have on your life (added on 23/12/2020) 

(Tick any that apply) 

gad1  Over the last week, how often have been bothered by: 
1, Not at all  
...Feeling nervous, anxious or on edge  
2, One or two days  
3, More than half the days  
4, Nearly every day 

gad2  Over the last week, how often have been bothered by: 
1, Not at all  
...Not being able to stop or control worrying  
2, One or two days  
3, More than half the days  
4, Nearly every day 

gad3  Over the last week, how often have been bothered by: 
1, Not at all  
...Worrying too much about different things  
2, One or two days  
3, More than half the days  
4, Nearly every day
Over the last week, how often have you been bothered by:

**gad4**  
Trouble relaxing

1. Not at all  
2. One or two days  
3. More than half the days  
4. Nearly every day

**gad5**  
Being so restless that it is hard to sit still

1. Not at all  
2. One or two days  
3. More than half the days  
4. Nearly every day

**gad6**  
Becoming easily annoyed or irritable

1. Not at all  
2. One or two days  
3. More than half the days  
4. Nearly every day

**gad7**  
Feeling afraid as if something awful might happen

1. Not at all  
2. One or two days  
3. More than half the days  
4. Nearly every day
In the past week have you done any of the following to support your mental health? (Tick any that apply)

1. Taken medication (e.g. anti-depressants)
2. Spoken with a psychiatrist, psychologist or other mental health professional
3. Spoken with a GP or other healthcare professional about your mental health
4. Spoken to somebody on a support helpline (e.g. Samaritans or NHS Volunteers)
5. Accessed an online mental health programme (e.g. CBT)
6. Spoken with others on an online mental health forum
7. Used other mental health resources (e.g. self-help books, videos, or apps)
8. Spent time on self-care specifically to help your mental health (e.g. mindfulness, meditation, or planning time for hobbies or relaxation)
9. Spoken about your mental health to a friend or family member
0. None of the above

In the past week, I feel:

supp1: I have experienced a lot of understanding and support from others
1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true

supp2: I have a very close person whose help I can always count on
1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true

supp3: If necessary, I can easily borrow something I need from neighbours or friends
1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true

supp4: I have people with whom I can spend time and do things together
1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true

supp5: If I get sick, I have friends and family who will take care of me
1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
In the past week, I feel: If I am feeling down, I have people I can talk to without hesitation

How often do you feel that you lack companionship

How often do you feel left out

How often do you feel isolated from others

How often do you feel lonely

This is the LAST QUESTION and asks about how long you've spent doing different activities. Please answer the questions below FOCUSING ON A SINGLE DAY. This day should be THE LAST WEEK DAY (i.e. Monday to Friday). This may be YESTERDAY, or it may be before the weekend.

Phoning or video talking with colleagues whilst working remotely

Undertaking other work remotely
<table>
<thead>
<tr>
<th>Acta</th>
<th>Activity</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acta3</td>
<td>Going to work outside of the house (e.g. to the office)</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>Acta4</td>
<td>Phoning or video talking with friends or family</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
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<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>Acta5</td>
<td>Communicating with friends or family via email, whatsapp, text or other messaging service</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>Acta6</td>
<td>Receiving visits from friends, neighbours, family or carers</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
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<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>Acta7</td>
<td>Caring for a friend or relative</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>Acta8</td>
<td>Volunteering</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, 30 mins - 2 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, 3-5 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb1</td>
<td>Going out of the house to meet friends, neighbours or family</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>3, 3-5 hours</td>
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<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb2</td>
<td>Going out of the house to go shopping</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
</tr>
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<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb3</td>
<td>Going out for a walk or other gentle physical activity</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb4</td>
<td>Going out for moderate or high intensity activity (e.g. running, cycling or swimming)</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb5</td>
<td>Going out of the house to engage in a community group</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>3, 3-5 hours</td>
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<td>4, 6+ hours</td>
</tr>
<tr>
<td>actb6</td>
<td>Exercising inside your home or garden (e.g. doing yoga, weights or indoor exercise)</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6+ hours</td>
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<tr>
<td>actb7</td>
<td>Gardening</td>
<td>0, Did not do</td>
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<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>4, 6+ hours</td>
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<tr>
<td>actb8</td>
<td>Looking after pets</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>4, 6+ hours</td>
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<tr>
<td>actc1</td>
<td>Taking naps during the day</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
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<td>4, 6+ hours</td>
</tr>
<tr>
<td>actc2</td>
<td>Household chores (cooking, cleaning, ironing, tidying, online shopping etc)</td>
<td>0, Did not do</td>
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<tr>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6+ hours</td>
</tr>
<tr>
<td>actc3</td>
<td>Caring for children (e.g. bathing, feeding, doing homework with etc)</td>
<td>0, Did not do</td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6+ hours</td>
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<tr>
<td>actc4</td>
<td>Playing with children (e.g. general play or board games or card games)</td>
<td>0, Did not do</td>
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<td>1, &lt; 30 mins</td>
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<tr>
<td>Code</td>
<td>Activity Description</td>
<td>Options</td>
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<tr>
<td>-------</td>
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</tr>
<tr>
<td>actc5</td>
<td>Playing cards or board games with adults</td>
<td>0, Did not do</td>
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<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6-+ hours</td>
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<tr>
<td>actc6</td>
<td>Playing video or computer games alone, or with adults or children</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>3, 3-5 hours</td>
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<td>4, 6-+ hours</td>
</tr>
<tr>
<td>actc7</td>
<td>Watching the news, listening to the radio or browsing the internet for information about Covid-19</td>
<td>0, Did not do</td>
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<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>4, 6-+ hours</td>
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<tr>
<td>actc8</td>
<td>Tweeting, blogging or posting content online about Covid-19</td>
<td>0, Did not do</td>
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<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>4, 6-+ hours</td>
</tr>
<tr>
<td>actd0</td>
<td>Watching TV, films, Netflix etc (NOT for information on Covid-19)</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>3, 3-5 hours</td>
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<td></td>
<td>4, 6-+ hours</td>
</tr>
<tr>
<td>actd1</td>
<td>Listening to the radio or music (NOT for information on Covid-19)</td>
<td>0, Did not do</td>
</tr>
<tr>
<td></td>
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<td>1, &lt; 30 mins</td>
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<td>2, 30 mins-2 hours</td>
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<td>3, 3-5 hours</td>
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<td>4, 6-+ hours</td>
</tr>
</tbody>
</table>
| actd2 | Browsing the internet (NOT for information on Covid-19) | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
|-------|------------------------------------------------------|--------------------------------------------------|
| actd3 | Tweeting, blogging or posting content (NOT related to Covid-19) | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
| actd4 | Reading for pleasure | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
| actd5 | Engaging in a home-based arts or crafts activity (e.g. painting, creative writing, sewing, playing music, etc) | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
| actd6 | Engaging in a digital arts activity (e.g. streaming a concert, virtual tour of a museum etc) | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
| actd7 | Doing DIY, woodwork, metal work, model making or similar | 0, Did not do  
1, < 30 mins  
2, 30 mins-2 hours  
3, 3-5 hours  
4, 6+ hours |
| actd8     | Doing mindfulness or meditation | 0, Did not do  
|          |                                | 1, < 30 mins  
|          |                                | 2, 30 mins-2 hours  
|          |                                | 3, 3-5 hours  
|          |                                | 4, 6+ hours  
| actd11   | Praying                        | 0, Did not do  
|          |                                | 1, < 30 mins  
|          |                                | 2, 30 mins-2 hours  
|          |                                | 3, 3-5 hours  
|          |                                | 4, 6+ hours  
| actd9    | Another hobby not already mentioned | 0, Did not do  
|          |                                | 1, < 30 mins  
|          |                                | 2, 30 mins-2 hours  
|          |                                | 3, 3-5 hours  
|          |                                | 4, 6+ hours  
| actd10   | Procrastinating or not doing anything in particular | 0, Did not do  
|          |                                | 1, < 30 mins  
|          |                                | 2, 30 mins-2 hours  
|          |                                | 3, 3-5 hours  
|          |                                | 4, 6+ hours  
| socdist  | When you go out or meet with others have you been maintaining social distancing? | 1, Yes, completely  
|          |                                | 2, Yes, to a large extent  
|          |                                | 3, Not always  
|          |                                | 4, Not at all  
|          |                                | 0, Not applicable - I have not met with others or left my home in the last week  

| timeuse1   | Work                                                                 | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  
| timeuse2  | Exercise                                                             | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  
| timeuse3  | Spending time face-to-face with family and friends                  | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  
| timeuse4  | Spending time communicating digitally with family and friends      | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  
| timeuse5  | Going out to shops, restaurants, cafes, community venues etc.       | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  
| timeuse6  | Reading for pleasure                                                 | 1, Less than during lockdown in April/May  
|           |                                                                      | 2, About the same as lockdown in April/May  
|           |                                                                      | 3, More than during lockdown in April/May  
|           |                                                                      | 4, Not applicable / I never do this activity  


<table>
<thead>
<tr>
<th>timeuse7</th>
<th>Listening to music</th>
</tr>
</thead>
<tbody>
<tr>
<td>timeuse8</td>
<td>Arts and crafts activities</td>
</tr>
<tr>
<td>timeuse9</td>
<td>Other hobbies</td>
</tr>
<tr>
<td>timeuse10</td>
<td>Childcare</td>
</tr>
<tr>
<td>timeuse11</td>
<td>Following the news on Covid-19 (radio, print, TV, internet etc)</td>
</tr>
<tr>
<td>timeuse12</td>
<td>Watching TV, streaming films or gaming</td>
</tr>
</tbody>
</table>
| timeuse13 | Housework / DIY                                                                 | 1, Less than during lockdown in April/May  
2, About the same as lockdown in April/May  
3, More than during lockdown in April/May  
4, Not applicable / I never do this activity |
|-----------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| timeuse14 | Volunteering                                                                     | 1, Less than during lockdown in April/May  
2, About the same as lockdown in April/May  
3, More than during lockdown in April/May  
4, Not applicable / I never do this activity |
| tier      | If you live in England or Scotland, what is the level of coronavirus restrictions in the area where you are currently living? | 1, England - Tier 1 (medium)  
2, England - Tier 2 (high)  
3, England - Tier 3 (very high)  
4, I live in England but I don't know  
5, I don't live in England  
6, Scotland - Tier 0 (nearly normal)  
7, Scotland - Tier 1 (medium)  
8, Scotland - Tier 2 (high)  
9, Scotland - Tier 3 (very high)  
10, Scotland - Tier 4 (lockdown)  
11, I live in Scotland but I don't know  
12, I don't live in England or Scotland  
40, England - Tier 4 (highest) (added on 20/12/2020) |
### Section 3: Extra Modules

#### Volunteering module

<table>
<thead>
<tr>
<th>Vol</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>vol1</td>
<td>Home-schooling child in your household</td>
<td>1, None</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, A few days</td>
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<td></td>
<td>3, Once or twice a week</td>
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<td></td>
<td></td>
<td>4, Most days</td>
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<td>5, Every day</td>
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<tr>
<td>vol2</td>
<td>Volunteering with childcare for a friend, relative or neighbours</td>
<td>1, None</td>
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<td>2, A few days</td>
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<tr>
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<td></td>
<td>3, Once or twice a week</td>
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<td></td>
<td>4, Most days</td>
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<td></td>
<td>5, Every day</td>
</tr>
<tr>
<td>vol3</td>
<td>Running errands for friends, relatives or neighbours (e.g. collecting shopping, medication etc)</td>
<td>1, None</td>
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<tr>
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<td>2, A few days</td>
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<tr>
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<td></td>
<td>3, Once or twice a week</td>
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<td></td>
<td>4, Most days</td>
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<td></td>
<td>5, Every day</td>
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<tr>
<td>vol4</td>
<td>Making meals for friends, relatives or neighbours</td>
<td>1, None</td>
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<td>2, A few days</td>
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<tr>
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<td>3, Once or twice a week</td>
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<td>4, Most days</td>
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<td>5, Every day</td>
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<tr>
<td>vol5</td>
<td>Volunteering with deliveries or providing lifts to NHS staff</td>
<td>1, None</td>
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<td>2, A few days</td>
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<td>3, Once or twice a week</td>
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<td>4, Most days</td>
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<td>5, Every day</td>
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<tr>
<td>Vol</td>
<td>Description</td>
<td>Options</td>
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<td>-----------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Vol6  | Volunteering at a hospital, care home, or other healthcare facility         | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| Vol7  | Volunteering taking part in research (other than this study)                | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| Vol8  | Offering telephone support to others through a support line (e.g. Samaritans or GoodSam) | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| Vol9  | Knitting, sewing or other crafts to support people during Covid-19 (e.g. scrubs for nurses) | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| Vol10 | Providing free accommodation to people affected by Covid-19 (e.g. NHS staff or people who are homeless) | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| Vol11 | Donating money to charities supporting Covid-19                              | 1, None  
2, A few days  
3, Once or twice a week  
4, Most days  
5, Every day |
| vol12 | Providing entertainment to others (e.g. via social media or YouTube) to boost morale | 1, None  
|       | 2, A few days  
|       | 3, Once or twice a week  
|       | 4, Most days  
|       | 5, Every day  

| vol13 | Providing pro-bono support to businesses or projects | 1, None  
|       | 2, A few days  
|       | 3, Once or twice a week  
|       | 4, Most days  
|       | 5, Every day  

| vol14 | Other volunteering activity relating to Covid-19 | 1, None  
|       | 2, A few days  
|       | 3, Once or twice a week  
|       | 4, Most days  
|       | 5, Every day  

| vol15 | Other volunteering activity NOT relating to Covid-19 | 1, None  
|       | 2, A few days  
|       | 3, Once or twice a week  
|       | 4, Most days  
|       | 5, Every day  

| volunteeramount | How does this amount of volunteering in the past month compare to your usual amount of volunteering? | 1, Less than usual  
|                 | 2, About the same as usual  
|                 | 3, More than usual  

Control, frustrations and expectations module

| control1 | How much do you currently feel in control of these aspects of your life: Your finances | 1, Not at all  
|          | 2, Not very much  
|          | 3, A little  
|          | 4, Very much so  
|          | 5, Entirely  


<table>
<thead>
<tr>
<th>Control</th>
<th>How much do you currently feel in control of these aspects of your life:</th>
<th></th>
</tr>
</thead>
</table>
| control2 | Your work / employment / job                                           | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  
| control3 | Your physical health                                                  | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  
| control8 | Your mental health                                                    | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  
| control4 | Your marriage or close relationship                                   | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  
| control5 | Your relationship with your family                                    | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  
| control6 | Your contribution to the welfare and wellbeing of others               | 1, Not at all  
|          |                                                                      | 2, Not very much  
|          |                                                                      | 3, A little  
|          |                                                                      | 4, Very much so  
|          |                                                                      | 5, Entirely  

control7

How much do you currently feel in control of these aspects of your life:
Your future plans

1, Not at all
2, Not very much
3, A little
4, Very much so
5, Entirely

missing_minor

Are you currently missing any of the following aspects of normal life at all (even if only in a minor way)?

1, Meeting up with family
2, Meeting up with friends
3, Going out for coffees or drinks
4, Going out for meals
5, Going on holiday
6, Going to cultural venues (e.g. libraries/cinema/theatre/museum)
7, Taking part in community groups (e.g. arts or social groups)
8, Doing regular volunteering activities
9, Spending time in nature
10, Going to the gym or other exercise
11, Going to the office
12, Having time on your own
13, None of the above
Are you currently missing any of the following aspects of normal life in a MAJOR way?

(E.g. you find yourself regularly wishing you could do these things)

1. Meeting up with family
2. Meeting up with friends
3. Going out for coffees or drinks
4. Going out for meals
5. Going on holiday
6. Going to cultural venues (e.g. libraries/cinema/theatre/museum)
7. Taking part in community groups (e.g. arts or social groups)
8. Doing regular volunteering activities
9. Spending time in nature
10. Going to the office
11. Going to the gym or other exercise
12. Having time on your own
13. None of the above

Are you worried about any of the following happening within society when lockdown ends or eases? (tick any that apply)

1. Cases of Covid-19 increasing
2. Hospitals becoming overwhelmed
3. People not adhering to social distancing (e.g. staying 2m apart)
4. Unemployment levels rising
5. Crime levels rising
6. Recession
7. Pollution increasing
8. Decreasing social cohesion / increasing social discontent
9. None of the above

Coping module
How have you been coping during lockdown?
<table>
<thead>
<tr>
<th>COP</th>
<th>Description</th>
<th>1</th>
<th>2</th>
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<th>4</th>
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</thead>
<tbody>
<tr>
<td>COP1</td>
<td>I have been turning to work or other activities to take my mind off things</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP2</td>
<td>I've been concentrating my efforts on doing something about the situation I'm in</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP3</td>
<td>I've been saying to myself &quot;this isn't real&quot;</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP4</td>
<td>I've been using alcohol or other drugs to make myself feel better</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP5</td>
<td>I've been getting emotional support from others</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP6</td>
<td>I've been giving up trying to deal with it</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<tr>
<td>COP7</td>
<td>I've been taking action to try to make the situation better</td>
<td>1, I haven't been doing this at all</td>
<td>2, I've been doing this a little bit</td>
<td>3, I've been doing this a medium amount</td>
<td>4, I've been doing this a lot</td>
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<td>Cop</td>
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<td>8</td>
<td>I've been refusing to believe that it has happened</td>
<td>1, I haven't been doing this at all</td>
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<td>2, I've been doing this a little bit</td>
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<td>4, I've been doing this a lot</td>
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<td>9</td>
<td>I've been saying things to let my unpleasant feeling escape</td>
<td>1, I haven't been doing this at all</td>
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<td>4, I've been doing this a lot</td>
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<td>10</td>
<td>I've been getting help and advice from other people</td>
<td>1, I haven't been doing this at all</td>
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<td>2, I've been doing this a little bit</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>11</td>
<td>I've been using alcohol or other drugs to help me get through it</td>
<td>1, I haven't been doing this at all</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>12</td>
<td>I've been trying to see it in a different light, to make it seem more positive</td>
<td>1, I haven't been doing this at all</td>
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<td>2, I've been doing this a little bit</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>13</td>
<td>I've been criticising myself</td>
<td>1, I haven't been doing this at all</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>14</td>
<td>I've been trying to come up with a strategy about what to do</td>
<td>1, I haven't been doing this at all</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>15</td>
<td>I've been getting comfort and understanding from someone</td>
<td>1, I haven't been doing this at all</td>
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<td>2, I've been doing this a little bit</td>
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<td>3, I've been doing this a medium amount</td>
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<td>4, I've been doing this a lot</td>
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<td>Coporation Code</td>
<td>Description</td>
<td>Response Options</td>
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<tr>
<td>cop16</td>
<td>I've been giving up the attempt to cope</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<tr>
<td>cop17</td>
<td>I've been looking for something good in what is happening</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<td>cop18</td>
<td>I've been making jokes about it</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<td>cop19</td>
<td>I've been doing something to think about it less such as watching TV, reading, daydreaming, sleeping, or internet shopping</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<td>cop20</td>
<td>I've been accepting the reality of the fact that it has happened</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<td>cop21</td>
<td>I've been expressing my negative feelings</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<td>cop22</td>
<td>I've been trying to find comfort in my religion or spiritual beliefs</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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<tr>
<td>cop23</td>
<td>I've been trying to get advice or help from other people about what to do</td>
<td>1, I haven't been doing this at all&lt;br&gt;2, I've been doing this a little bit&lt;br&gt;3, I've been doing this a medium amount&lt;br&gt;4, I've been doing this a lot</td>
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</tbody>
</table>
| cop24 | I've been learning to live with it | 1, I haven't been doing this at all  
2, I've been doing this a little bit  
3, I've been doing this a medium amount  
4, I've been doing this a lot |
| cop25 | I've been thinking hard about what steps to take | 1, I haven't been doing this at all  
2, I've been doing this a little bit  
3, I've been doing this a medium amount  
4, I've been doing this a lot |
| cop26 | I've been blaming myself for things that happened | 1, I haven't been doing this at all  
2, I've been doing this a little bit  
3, I've been doing this a medium amount  
4, I've been doing this a lot |
| cop27 | I've been praying or meditating | 1, I haven't been doing this at all  
2, I've been doing this a little bit  
3, I've been doing this a medium amount  
4, I've been doing this a lot |
| cop28 | I've been making fun of the situation | 1, I haven't been doing this at all  
2, I've been doing this a little bit  
3, I've been doing this a medium amount  
4, I've been doing this a lot |

Fears and resilience module

| cas1 | How often have you experienced the following activities over the last 2 weeks? |
| cas1 | I felt dizzy, lightheaded, or faint, when I read or listened to news about the coronavirus |
| cas1 | 1, Not at all  
2, Rarely less than a day or two  
3, Several days  
4, More than 7 days  
5, Nearly every day over the last 2 weeks |
How often have you experienced the following activities over the last 2 weeks?
I had trouble falling or staying asleep because I was thinking about the coronavirus
1. Not at all
2. Rarely less than a day or two
3. Several days
4. More than 7 days
5. Nearly every day over the last 2 weeks

How often have you experienced the following activities over the last 2 weeks?
I felt paralyzed or frozen when I thought about or was exposed to information about the coronavirus
1. Not at all
2. Rarely less than a day or two
3. Several days
4. More than 7 days
5. Nearly every day over the last 2 weeks

How often have you experienced the following activities over the last 2 weeks?
I lost interest in eating when I thought about or was exposed to information about the coronavirus
1. Not at all
2. Rarely less than a day or two
3. Several days
4. More than 7 days
5. Nearly every day over the last 2 weeks

How often have you experienced the following activities over the last 2 weeks?
I felt nauseous or had stomach problems when I thought about or was exposed to information about the coronavirus
1. Not at all
2. Rarely less than a day or two
3. Several days
4. More than 7 days
5. Nearly every day over the last 2 weeks

How would you describe yourself?
I tend to bounce back quickly after hard times
1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree

How would you describe yourself?
I have a hard time making it through stressful events
1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
res3  How would you describe yourself?
It does not take me long to recover from a stressful event

res4  How would you describe yourself?
It is hard for me to snap back when something bad happens

res5  How would you describe yourself?
I usually come through difficult times with little trouble

res6  How would you describe yourself?
I tend to take a long time to get over set-backs in my life

Creative activities

art1  In the past week, how many days have you been engaging in the following creative activities for leisure?
Singing

1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day
In the past week, how many days have you been engaging in the following creative activities for leisure?

Playing a musical instrument
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day

Painting, drawing, printmaking or sculpture
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day

Reading books, stories or poetry
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day

Textile crafts e.g. embroidery, crocheting or knitting
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day

Wood crafts e.g. carving or furniture making
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day

Other crafts e.g. pottery, calligraphy or jewellery making
1. Not at all
2. A few days
3. Once or twice a week
4. Most days
5. Every day
In the past week, how many days have you been engaging in the following creative activities for leisure?

Creative writing
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day

Dancing
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day

Photography
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day

Creating digital artworks or animations
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day

Making films or videos
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day

Listening to music
1, Not at all
2, A few days
3, Once or twice a week
4, Most days
5, Every day
In the past week, how many days have you been engaging in the following creative activities for leisure?
Other creative activity

How does this compare to your usual arts engagement not in lockdown?

When you are engaging in these activities, how much do you agree with the statements below:
I can block out any unwanted thoughts or feelings

When you are engaging in these activities, how much do you agree with the statements below:
I can contemplate what is going on in my life with a clear mind

When you are engaging in these activities, how much do you agree with the statements below:
I can shake off any anxieties in my life

When you are engaging in these activities, how much do you agree with the statements below:
I feel I am in my own little bubble, away from ordinary worries
When you are engaging in these activities, how much do you agree with the statements below:
I feel more confident in myself

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree

When you are engaging in these activities, how much do you agree with the statements below:
It boosts my self-esteem

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree

When you are engaging in these activities, how much do you agree with the statements below:
It gives me a sense of purpose

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree

When you are engaging in these activities, how much do you agree with the statements below:
It helps me forget about my worries

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree

When you are engaging in these activities, how much do you agree with the statements below:
It helps me refocus on what matters in my life

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree

When you are engaging in these activities, how much do you agree with the statements below:
It helps me to come to terms with my own emotions

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly agree
When you are engaging in these activities, how much do you agree with the statements below:

**ersaca11**
It helps me to disengage from things that are bothering me

**ersaca12**
It helps me to put worries or problems I have in perspective

**ersaca13**
It helps me to understand my own feelings on things that are on my mind

**ersaca14**
It makes me feel detached from negative things in my life

**ersaca15**
It makes me feel stronger in myself

**ersaca16**
It makes me reflect on my emotions
When you are engaging in these activities, how much do you agree with the statements below:

It reaffirms my identity

1, Strongly disagree  
2, Disagree  
3, Neither agree nor disagree  
4, Agree  
5, Strongly agree

It redirects my attention so I forget unwanted thoughts and feelings

1, Strongly disagree  
2, Disagree  
3, Neither agree nor disagree  
4, Agree  
5, Strongly agree

Life events module

In the 12 months prior to lockdown (March 2019 to March 2020), did any of the events below happen to you? If yes, please indicate to what extent you were distressed by it.

Personal serious illness, injury or operation

1, No, it didn’t happen  
2, Yes, it upset me very much  
3, Yes, it upset me moderately  
4, Yes, but it didn’t upset me

Death of close relative or friend

1, No, it didn’t happen  
2, Yes, it upset me very much  
3, Yes, it upset me moderately  
4, Yes, but it didn’t upset me

Serious illness, injury or operation of a close relative or friend

1, No, it didn’t happen  
2, Yes, it upset me very much  
3, Yes, it upset me moderately  
4, Yes, but it didn’t upset me
<table>
<thead>
<tr>
<th>Lifeevent</th>
<th>Description</th>
<th>Options</th>
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</table>
| 4         | Major financial difficulty                                                   | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| 5         | Divorce, separation or break-up of personal intimate relationship             | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| 6         | Other marital or family problem                                               | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| 7         | Breakdown of another relationship (e.g. with a friend or colleague)           | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| 8         | Any mugging, robbery, accident or similar event                              | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| 9         | Change of job or start of new university course or training                   | 1. No, it didn’t happen  
2. Yes, it upset me very much  
3. Yes, it upset me moderately  
4. Yes, but it didn’t upset me |
| Lifeevent 10 | Retirement                          | 1, No, it didn't happen  
|             |                                   | 2, Yes, it upset me very much  
|             |                                   | 3, Yes, it upset me moderately  
|             |                                   | 4, Yes, but it didn't upset me  
| Lifeevent 11 | Moved house                        | 1, No, it didn't happen  
|             |                                   | 2, Yes, it upset me very much  
|             |                                   | 3, Yes, it upset me moderately  
|             |                                   | 4, Yes, but it didn't upset me  
| Lifeevent 12 | Had a baby                          | 1, No, it didn't happen  
|             |                                   | 2, Yes, it upset me very much  
|             |                                   | 3, Yes, it upset me moderately  
|             |                                   | 4, Yes, but it didn't upset me  

**Optimism module**

To what extent do you agree with the statements below?

| RLO1       | In uncertain times, I usually expect the best | 1, Strongly disagree  
|           |                                              | 2, Disagree  
|           |                                              | 3, Neutral  
|           |                                              | 4, Agree  
|           |                                              | 5, Strongly agree  
| RLO2       | It's easy for me to relax                   | 1, Strongly disagree  
|           |                                              | 2, Disagree  
|           |                                              | 3, Neutral  
|           |                                              | 4, Agree  
|           |                                              | 5, Strongly agree  

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rlo3  If something can go wrong for me, it will
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

rlo4  I’m always optimistic about my future
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

rlo5  I enjoy my friends a lot
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

rlo6  It’s important for me to keep busy
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

rlo7  I hardly ever expect things to go my way
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

rlo8  I don’t get upset too easily
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree
rlo9  I rarely count on good things happening to me

rlo10  Overall, I expect more good things happen to me than bad

Locus of control module
Do what extent do you agree with the following statements?

loc1  In my life, good luck is more important than hard work for success

loc2  When I make plans, I am almost certain I can make them work

loc3  Every time I try to go ahead, something or somebody stops me
My plans hardly ever work out, so planning makes me unhappy

I don’t have enough control over direction of my life is taking

Chance and luck are very important for what happens in my life

---

Empathy module

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you.

<table>
<thead>
<tr>
<th>Item</th>
<th>Statement</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>iri1</td>
<td>I sometimes find it difficult to see things from the &quot;other person’s&quot; point of view</td>
<td>1, 1 - Does not describe me well</td>
</tr>
<tr>
<td>iri2</td>
<td>I try to look at everybody's side of a disagreement before I make a decision</td>
<td>1, 1 - Does not describe me well</td>
</tr>
<tr>
<td>iri3</td>
<td>I sometimes try to understand my friends better by imagining how things look from their perspective</td>
<td>1, 1 - Does not describe me well</td>
</tr>
<tr>
<td>iri4</td>
<td>If I'm sure I'm right about something, I don't waste much time listening to other people's arguments</td>
<td>1, 1 - Does not describe me well</td>
</tr>
<tr>
<td>iri5</td>
<td>I believe that there are two sides to every question and try to look at them both</td>
<td>1, 1 - Does not describe me well</td>
</tr>
</tbody>
</table>
When I'm upset at someone, I usually try to "put myself in their shoes" for a while | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

Before criticizing somebody, I try to imagine how I would feel if I were in their place | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

I often have tender, concerned feelings for people less fortunate than me | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

Sometimes I don't feel very sorry for other people when they are having problems | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

When I see someone being taken advantage of, I feel kind of protective towards them | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

Other people's misfortunes do not usually disturb me a great deal | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

When I see someone being treated unfairly, I sometimes don't feel very much pity for them | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

I am often quite touched by things that I see happen | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

I would describe myself as a pretty soft-hearted person | 1, 1 - Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Describes me very well

---

**Weight module**

**weight**

How would you describe your weight usually (i.e. before lockdown started)?

1, Underweight
2, Normal weight
3, Slightly overweight
4, Very overweight
5, Prefer not to say
weightchange  Since lockdown started, how you would describe your weight?

1, I have lost a lot of weight
2, I have lost a little bit of weight
3, I have stayed the same weight
4, I have gained a bit of weight
5, I have gained lots of weight
6, Prefer not to say

Gambling behaviours module

gamb1  Since lockdown started, have you engaged in any of the following?
     Chance-based gambling (e.g. roulette, bingo)

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day

1, Not at all
2, A few times
3, Once or twice a week
4, Most days each week
5, Every day
gamb5  Since lockdown started, have you engaged in any of the following?
    Playing a lottery

      1, Not at all
      2, A few times
      3, Once or twice a week
      4, Most days each week
      5, Every day

gamb6  Since lockdown started, have you engaged in any of the following?
    Other types of gambling/betting

      1, Not at all
      2, A few times
      3, Once or twice a week
      4, Most days each week
      5, Every day

gambfreq  How does this betting/gambling compare to your usual levels not in lockdown?

      1, Less than usual
      2, About the same as usual
      3, More than usual
      4, I don't do these things

Mental health diagnosis module

When lockdown first started in March, did you have a diagnosis of any of the following, for which you felt you were still experiencing symptoms?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>0, Unchecked</th>
<th>1, Checked</th>
</tr>
</thead>
<tbody>
<tr>
<td>mhdiagnosis___1  Schizophrenia</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___2  Bipolar disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___3  Manic depression</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___4  Obsessive-compulsive disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___5  Post-traumatic stress disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___6  An eating disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mhdiagnosis___7  Psychosis</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
mhdiagnosis___8  Panic disorder
mhdiagnosis___9  Anxiety
mhdiagnosis___10  Depression
mhdiagnosis___13  Other mental health condition
mhdiagnosis___11  Autism
mhdiagnosis___12  Other learning disability
mhdiagnosis___14  Prefer not to say
mhdiagnosis___15  None of the above

mhchangelock  How do you feel your mental health was affected during lockdown in April/May?

Finance module

financesupport  Have you used any of the following since lockdown began?

1, Foodbanks
2, Donations of food or clothing or other essentials
3, Furlough payments through your work
4, Self-employed income support
5, Universal credit
6, Pension credit
7, Housing benefit
8, Council tax support/reduction
9, Business support (e.g. business loans)
10, Bank loans
11, Mortgage holiday or other mortgage freeze
12, Deferred VAT or income tax payments
13, Insurance claims
14, Sick pay
15, Loans or other financial help from family or friends
16, Other financial support
17, None of the above

In the 3 months before the Coronavirus outbreak, how well would you say you personally were managing financially?

1, Living comfortably
2, Doing all right
3, Just about getting by
4, Finding it quite difficult
5, Finding it very difficult

Overall, how do you feel your current financial situation compares to before the Coronavirus outbreak?

1, I'm much worse off
2, I'm a little worse off
3, I'm about the same
4, I'm a little better off
5, I'm much better off

Which region of England do you live in?

1, North East England
2, North West England
3, Yorkshire and the Humber
4, West Midlands
5, East Midlands
6, East of England
7, London
8, South East England
Faith and religion module

faith1

These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement:

Religious faith is extremely important to me

1, strongly disagree
2, disagree
3, agree
4, strongly agree

faith2

These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement:

I pray or meditate daily

1, strongly disagree
2, disagree
3, agree
4, strongly agree

faith3

These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement:

I look to my religion to provide meaning and purpose in my life

1, strongly disagree
2, disagree
3, agree
4, strongly agree

faith4

These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement:

I consider myself active in organised religion (usually going to church, temple, mosque etc)

1, strongly disagree
2, disagree
3, agree
4, strongly agree

What is your religion?

1, No religion
2, Christian (including Church of England, Catholic, other Protestant and all other Christian denominations)
3, Buddhist
4, Hindu
5, Jewish
<table>
<thead>
<tr>
<th>religattend</th>
<th>About how often have you attended religious services during the past year before the Covid-19 pandemic?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, More than once a week</td>
<td>6, Muslim</td>
</tr>
<tr>
<td>2, Once a week</td>
<td>7, Sikh</td>
</tr>
<tr>
<td>3, Two or three times a month</td>
<td>8, Other</td>
</tr>
<tr>
<td>4, One or more times a year</td>
<td>9, Prefer not to say</td>
</tr>
<tr>
<td>5, Not at all</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>religonline</th>
<th>During lockdown have you engaged in any online or digital religious activities such as watching streamed services, watching video prayers, joining online faith discussion groups, or receiving other digital spiritual support?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, More than once a week</td>
<td>1, More than once a week</td>
</tr>
<tr>
<td>2, Once a week</td>
<td>2, Once a week</td>
</tr>
<tr>
<td>3, Two or three times a month</td>
<td>3, Two or three times a month</td>
</tr>
<tr>
<td>4, One or more times a year</td>
<td>4, One or more times a year</td>
</tr>
<tr>
<td>5, Not at all</td>
<td>5, Not at all</td>
</tr>
</tbody>
</table>

**Relationship module**

<table>
<thead>
<tr>
<th>rel1</th>
<th>How would you rate the quality of your relationships with the following people since lockdown came in?</th>
</tr>
</thead>
<tbody>
<tr>
<td>0, Not applicable</td>
<td>0, Not applicable</td>
</tr>
<tr>
<td>1, Much worse than usual</td>
<td>1, Much worse than usual</td>
</tr>
<tr>
<td>2, A little worse than usual</td>
<td>2, A little worse than usual</td>
</tr>
<tr>
<td>3, About the same as usual</td>
<td>3, About the same as usual</td>
</tr>
<tr>
<td>4, A bit better than usual</td>
<td>4, A bit better than usual</td>
</tr>
<tr>
<td>5, Much better than usual</td>
<td>5, Much better than usual</td>
</tr>
<tr>
<td>99, It’s too hard to pick an answer</td>
<td>99, It’s too hard to pick an answer</td>
</tr>
<tr>
<td>Question</td>
<td>Options</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
</tbody>
</table>
| How would you rate the quality of your relationships with the following people since lockdown came in? | 0, Not applicable  
1, Much worse than usual  
2, A little worse than usual  
3, About the same as usual  
4, A bit better than usual  
5, Much better than usual  
99, It’s too hard to pick an answer |
| Other adults you have been living with                                 |                                              |
| How would you rate the quality of your relationships with the following people since lockdown came in? | 0, Not applicable  
1, Much worse than usual  
2, A little worse than usual  
3, About the same as usual  
4, A bit better than usual  
5, Much better than usual  
99, It’s too hard to pick an answer |
| Children you have been living with                                     |                                              |
| How would you rate the quality of your relationships with the following people since lockdown came in? | 0, Not applicable  
1, Much worse than usual  
2, A little worse than usual  
3, About the same as usual  
4, A bit better than usual  
5, Much better than usual  
99, It’s too hard to pick an answer |
| Children outside of the household                                     |                                              |
| How would you rate the quality of your relationships with the following people since lockdown came in? | 0, Not applicable  
1, Much worse than usual  
2, A little worse than usual  
3, About the same as usual  
4, A bit better than usual  
5, Much better than usual  
99, It’s too hard to pick an answer |
<p>| Friends outside of the household                                       |                                              |</p>
<table>
<thead>
<tr>
<th>Question</th>
<th>Rating Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the quality of your relationships with the following people since lockdown came in?</td>
<td>0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It’s too hard to pick an answer</td>
</tr>
<tr>
<td>Parents outside of the household</td>
<td></td>
</tr>
<tr>
<td>How would you rate the quality of your relationships with the following people since lockdown came in?</td>
<td>0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It’s too hard to pick an answer</td>
</tr>
<tr>
<td>Other relatives outside of the household</td>
<td></td>
</tr>
<tr>
<td>How would you rate the quality of your relationships with the following people since lockdown came in?</td>
<td>0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It’s too hard to pick an answer</td>
</tr>
<tr>
<td>Colleagues or co-workers</td>
<td></td>
</tr>
<tr>
<td>How would you rate the quality of your relationships with the following people since lockdown came in?</td>
<td>0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It’s too hard to pick an answer</td>
</tr>
<tr>
<td>Neighbours</td>
<td></td>
</tr>
<tr>
<td>relbreakdown</td>
<td>Have you experienced the complete break-down of your relationship with any of the following since lockdown came in?</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>1, Spouse or partner</td>
</tr>
<tr>
<td></td>
<td>2, Other adults you have been living with</td>
</tr>
<tr>
<td></td>
<td>3, Children you have been living with</td>
</tr>
<tr>
<td></td>
<td>4, Children outside of the household</td>
</tr>
<tr>
<td></td>
<td>5, Friends outside of the household</td>
</tr>
<tr>
<td></td>
<td>6, Parents outside of the household</td>
</tr>
<tr>
<td></td>
<td>7, Other relatives outside of the household</td>
</tr>
<tr>
<td></td>
<td>8, Colleagues or co-workers</td>
</tr>
<tr>
<td></td>
<td>9, Neighbours</td>
</tr>
<tr>
<td></td>
<td>10, Somebody else</td>
</tr>
<tr>
<td></td>
<td>0, None of the above</td>
</tr>
</tbody>
</table>

**Neighbourhood module**

<table>
<thead>
<tr>
<th>neigh1</th>
<th>BEFORE COVID-19, people around here were willing to help their neighbours</th>
<th>1, Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2, Disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Neither agree nor disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Agree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5, Strongly Agree</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>neigh2</th>
<th>NOW, SINCE COVID-19, people around here are willing to help their neighbours</th>
<th>1, Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2, Disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Neither agree nor disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Agree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5, Strongly Agree</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>neigh3</th>
<th>BEFORE COVID-19, people in this neighbourhood shared the same values</th>
<th>1, Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2, Disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Neither agree nor disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Agree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5, Strongly Agree</td>
</tr>
</tbody>
</table>
neigh4  NOW, SINCE COVID-19, people in this neighbourhood share the same values

neigh5  BEFORE COVID-19, I felt people in this neighbourhood could be trusted

neigh6  NOW, SINCE COVID-19, I feel people in this neighbourhood can be trusted

neigh7  BEFORE COVID-19, people in this neighbourhood generally got on with each other

neigh8  NOW, SINCE COVID-19, people in this neighbourhood generally get on with each other

neigh9  BEFORE COVID-19, this was a close-knit neighbourhood
NOW, SINCE COVID-19, this is a close-knit neighbourhood

How long have you lived in your neighbourhood?

How do you think of your neighbourhood?

How strongly "attached" to your neighbourhood do you feel?

To what extent do you feel you "belong" in your community?

How satisfied are you with the following aspects of your neighbourhood?

Safety

How satisfied are you with the following aspects of your neighbourhood?

Walkability

How satisfied are you with the following aspects of your neighbourhood?

Recreational facilities (e.g. leisure centres, playgrounds etc)
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
</table>
| **neighsat4** | How satisfied are you with the following aspects of your neighbourhood?  
Local amenities (e.g. shops and takeaways)  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat5** | How satisfied are you with the following aspects of your neighbourhood?  
Availability of usable green space / parks  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat6** | How satisfied are you with the following aspects of your neighbourhood?  
Presence of trees  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat7** | How satisfied are you with the following aspects of your neighbourhood?  
Maintenance of streets  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat8** | How satisfied are you with the following aspects of your neighbourhood?  
Density of traffic  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat9** | How satisfied are you with the following aspects of your neighbourhood?  
Level of noise  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsat10** | How satisfied are you with the following aspects of your neighbourhood?  
Level of crowding  
1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied |
| **neighsatisfied** | All things considered, how satisfied or dissatisfied are you with your neighbourhood as a place to live?  
1, 1 - Very dissatisfied  
2, 2  
3, 3  
4, 4  
5, 5 - Very satisfied |

**Healthcare module**

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
</table>
| **healthbar** | Have you experienced any of the following since lockdown began?  
1, Been unable to see or speak with a GP about your physical health  
2, Been unable to access professional mental health support |
Have you done any of the following since lockdown began because of worries or challenges relating to Covid-19?

1. Not reported symptoms of an illness to a GP or other health professional when you usually would have done
2. Not spoken to a health professional about your mental health when you usually would have done
3. Stopped taking medication because you could not access it (e.g. unable to collect prescription)
4. Not gone for tests or treatment even though they were available
5. None of the above

How well did you feel you understood the rules from the government in the FIRST HALF OF LOCKDOWN, when the message was "stay at home, protect the NHS, save lives"?

Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government)

1, 1 - not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - very much so

How well do you feel you have understood the rules from the government SINCE THE LOCKDOWN EASING has begun?

Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government)

1, 1 - not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - very much so
**Lockdown holiday module**

Do any of the following apply to you?

<table>
<thead>
<tr>
<th>circumstances</th>
<th>1, I am currently on holiday away from my home</th>
<th>2, Where I am staying is currently under a local government-imposed lockdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leave blank if they do not apply</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Discrimination module**

Since lockdown came in, have any of the following things happened to you?

<table>
<thead>
<tr>
<th>discr1</th>
<th>You have been treated with less courtesy or respect than other people.</th>
<th>1. No</th>
<th>2. Yes because of my gender</th>
<th>3. Yes because of my race/ethnicity</th>
<th>4. Yes because of my age</th>
<th>5. Yes for another reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>discr2</td>
<td>You have received poorer service than other people (e.g. for deliveries or in stores).</td>
<td>1. No</td>
<td>2. Yes because of my gender</td>
<td>3. Yes because of my race/ethnicity</td>
<td>4. Yes because of my age</td>
<td>5. Yes for another reason</td>
</tr>
<tr>
<td>discr3</td>
<td>People have acted as if they were afraid of you</td>
<td>1. No</td>
<td>2. Yes because of my gender</td>
<td>3. Yes because of my race/ethnicity</td>
<td>4. Yes because of my age</td>
<td>5. Yes for another reason</td>
</tr>
<tr>
<td>discr4</td>
<td>People have acted as if they think you are dishonest</td>
<td>1. No</td>
<td>2. Yes because of my gender</td>
<td>3. Yes because of my race/ethnicity</td>
<td>4. Yes because of my age</td>
<td>5. Yes for another reason</td>
</tr>
<tr>
<td>discriminate</td>
<td>Question</td>
<td>Options</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>--------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| descr5      | You have been threatened or harassed                                     | 1. No  
2. Yes because of my gender  
3. Yes because of my race/ethnicity  
4. Yes because of my age  
5. Yes for another reason |
| descr6      | You have received poorer service or treatment than other people from doctors or hospitals | 1. No  
2. Yes because of my gender  
3. Yes because of my race/ethnicity  
4. Yes because of my age  
5. Yes for another reason |
| descr7      | You have experienced some other kind of discrimination                   | 1. No  
2. Yes because of my gender  
3. Yes because of my race/ethnicity  
4. Yes because of my age  
5. Yes for another reason |

---

### Risk taking module

<table>
<thead>
<tr>
<th>risktaking</th>
<th>How do you see yourself? Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?</th>
<th>0, 0 - Not at all willing to take risks</th>
<th>1, 1</th>
<th>2, 2</th>
<th>3, 3</th>
<th>4, 4</th>
<th>5, 5</th>
<th>6, 6</th>
<th>7, 7</th>
<th>8, 8</th>
<th>9, 9</th>
<th>10, 10 - Very willing to take risks</th>
</tr>
</thead>
</table>

---

### Life-changes module

| lifechanges* | When the COVID-19 pandemic is OVER, will you CHOOSE to change any of the following aspects of your life COMPARED TO HOW YOU LIVED BEFORE COVID-19 based on your experiences during the pandemic? | 1, Save money more than I did before COVID-19  
2, Save money less than I did before COVID-19  
3, Spend money on different things than I did before COVID-19  
4, Change my job  
5, Give up work  
6, Work longer hours than I did before COVID-19 |
|-------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------|------|------|------|------|------|------|------|------|------|-----------------------------------|

---

96
<table>
<thead>
<tr>
<th>Number</th>
<th>Change Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Work shorter hours than I did before COVID-19</td>
</tr>
<tr>
<td>8</td>
<td>Work from home more than I did before COVID-19</td>
</tr>
<tr>
<td>9</td>
<td>Commute more by car than I did before COVID-19</td>
</tr>
<tr>
<td>10</td>
<td>Commute more by public transport than I did before COVID-19</td>
</tr>
<tr>
<td>11</td>
<td>Commute more by exercising (e.g. cycling/scooting/walking) than I did before COVID-19</td>
</tr>
<tr>
<td>12</td>
<td>Support local business more than I did before COVID-19</td>
</tr>
<tr>
<td>13</td>
<td>Use online shopping more than I did before COVID-19</td>
</tr>
<tr>
<td>14</td>
<td>Exercise more than I did before COVID-19</td>
</tr>
<tr>
<td>15</td>
<td>Eat more healthily than I did before COVID-19</td>
</tr>
<tr>
<td>16</td>
<td>Look after my mental health better than I did before COVID-19</td>
</tr>
<tr>
<td>17</td>
<td>End a current romantic relationship</td>
</tr>
<tr>
<td>18</td>
<td>Seek a new romantic relationship</td>
</tr>
<tr>
<td>19</td>
<td>Spend more time with family outside of the home than I did before COVID-19</td>
</tr>
<tr>
<td>20</td>
<td>Spend less time with family outside of the home than I did before COVID-19</td>
</tr>
<tr>
<td>21</td>
<td>Spend more time with family you live with than I did before COVID-19</td>
</tr>
<tr>
<td>22</td>
<td>Spend less time with family you live with than I did before COVID-19</td>
</tr>
<tr>
<td>23</td>
<td>Volunteer more than I did before COVID-19</td>
</tr>
<tr>
<td>24</td>
<td>Volunteer less than I did before COVID-19</td>
</tr>
<tr>
<td>25</td>
<td>Talk more to neighbours than I did before COVID-19</td>
</tr>
<tr>
<td>26</td>
<td>Talk less to neighbours than I did before COVID-19</td>
</tr>
<tr>
<td>27</td>
<td>Move to live in a different area</td>
</tr>
<tr>
<td>28</td>
<td>Holiday in the UK more than before COVID-19</td>
</tr>
<tr>
<td>29</td>
<td>Holiday abroad more than before COVID-19</td>
</tr>
</tbody>
</table>
OVERALL ONCE COVID-19 IS OVER, how much do you think you will change the way you live COMPARED TO HOW YOU LIVED BEFORE THE PANDEMIC?

1, 1 - I will return to living exactly as I did before COVID-19
2, 2 - I will change the way I lived compared to before COVID-19
3, 3
4, 4
5, 5
6, 6
7, 7

End of July module

Over the last few months we've asked you about your behaviours during strict lockdown in April/May. We'd like to know if you feel things have changed since lockdown began to ease.

Have you used any of the following IN THE LAST 2 MONTHS (so across June or July)?

1, Foodbanks
2, Donations of food or clothing or other essentials
3, Furlough payments through your work
4, Self-employed income support
5, Universal credit
6, Pension credit
7, Housing benefit
8, Council tax support/reduction
9, Business support (e.g. business loans)
10, Bank loans
11, Mortgage holiday or other mortgage freeze
12, Deferred VAT or income tax payments
13, Insurance claims
14, Sick pay
15, Loans or other financial help from family or friends
16, Other financial support
17, None of the above

Earlier on in lockdown, we asked you about whether you had been VOLUNTEERING (e.g. running errands for neighbours, providing lifts for NHS staff, taking part in a formal volunteering scheme, donating to Covid-19 charities, or making resources such as PPE).

In the LAST TWO MONTHS (across June and July) how does your frequency of volunteering compare to during strict lockdown in April/May?

1, Less than during April/May
2, About the same as during April/May
3, More than during April/May
4, I haven’t done any volunteering in June or July
Earlier on in lockdown, we asked you about your engagement with ARTS AND CREATIVE ACTIVITIES (including reading, listening to music, arts, crafts, singing, writing, dancing etc).

In the LAST TWO MONTHS (across June and July) how does your frequency of arts engagement compare to your arts engagement during strict lockdown in April/May?

Earlier on in lockdown, we asked you about whether you had been BETTING OR GAMBLING (e.g. online gambling, fixed odds betting, scratch cards or playing the lottery).

In the LAST TWO MONTHS (across June and July) how does your frequency of betting/gambling compare to during strict lockdown in April/May?

Overall, how do you feel your mental health was affected AS LOCKDOWN EASED compared to during strict lockdown in April/May?

Vaccine module

I feel safe after being vaccinated

I can rely on vaccines to stop serious infectious diseases

I feel protected after getting vaccinated

Although most vaccines appear to be safe, there may be problems that we have not yet discovered

Vaccines can cause unforeseen problems in children
<table>
<thead>
<tr>
<th>Question</th>
<th>1, 1 - Strong agree</th>
<th>2, 2</th>
<th>3, 3</th>
<th>4, 4</th>
<th>5, 5</th>
<th>6, 6 - Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>vax6 I worry about the unknown effects of vaccines in the future</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vax7 Vaccines make a lot of money for pharmaceutical companies, but do not do much for regular people</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vax8 Authorities promote vaccination for financial gain, not for people's health</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>vax9 Vaccination programs are a big con</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vax10 Natural immunity lasts longer than a vaccination</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>vax11 Natural exposure to viruses and germs gives the safest protection</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vax12 Being exposed to diseases naturally is safer for the immune system than being exposed through vaccination</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fluvaccine_past Did you receive an influenza (flu) vaccine in the last year?</td>
<td>Yes</td>
<td>No</td>
<td>I don't remember</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>refusedvaccine Have you ever refused or elected to forego a doctor-recommended vaccine for you or someone you are responsible for (e.g. your child)?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fluvaccine_plan How likely do you think you are to get a flu vaccine this year?</td>
<td>Very unlikely</td>
<td>Very likely</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>covidvaccine_plan How likely do you think you are to get a COVID-19 vaccine when one is approved?</td>
<td>Very unlikely</td>
<td>Very likely</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>followingisolation_others On average, to what extent do you think THE REST OF THE POPULATION is following the recommendations from authorities to prevent spread of Covid-19?</td>
<td>not at all</td>
<td>very much so</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Compliance Module

Some people have altered their behaviour since the beginning of the pandemic in response to government rules and guidelines, while others have continued to pursue their usual activities. Some may have wanted to change their behaviour but have not been able to do so for different reasons. Some may have changed their behaviour, but haven’t been able to do this consistently. We’d like to find out about your behaviours. Below we ask some questions and give you the space to provide detail on the reasons for your choices.

<table>
<thead>
<tr>
<th>Compl1</th>
<th>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Washing your hands thoroughly with soap and water or using hand sanitising gel after any possible contact with other people outside of your household or shared surfaces</th>
<th>1, Never</th>
<th>2, Rarely</th>
<th>3, Occasionally</th>
<th>4, Frequently</th>
<th>5, Always</th>
<th>9, Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>compl2</td>
<td>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Wearing a face mask or other face covering where it is currently recommended</td>
<td>1, Never</td>
<td>2, Rarely</td>
<td>3, Occasionally</td>
<td>4, Frequently</td>
<td>5, Always</td>
<td>9, Not applicable</td>
</tr>
<tr>
<td>compl3</td>
<td>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Maintaining the recommended distance from people not in your household/bubble</td>
<td>1, Never</td>
<td>2, Rarely</td>
<td>3, Occasionally</td>
<td>4, Frequently</td>
<td>5, Always</td>
<td>9, Not applicable</td>
</tr>
<tr>
<td>compl4</td>
<td>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households OUTDOORS</td>
<td>1, Never</td>
<td>2, Rarely</td>
<td>3, Occasionally</td>
<td>4, Frequently</td>
<td>5, Always</td>
<td>9, Not applicable</td>
</tr>
<tr>
<td>compl5</td>
<td>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households INDOORS</td>
<td>1, Never</td>
<td>2, Rarely</td>
<td>3, Occasionally</td>
<td>4, Frequently</td>
<td>5, Always</td>
<td>9, Not applicable</td>
</tr>
<tr>
<td>compl6</td>
<td>IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Following other rules relevant to the tier or level of lockdown currently active in your area</td>
<td>1, Never</td>
<td>2, Rarely</td>
<td>3, Occasionally</td>
<td>4, Frequently</td>
<td>5, Always</td>
<td>9, Not applicable</td>
</tr>
<tr>
<td>comp_test</td>
<td>Since the start of first lockdown back in March, if you developed symptoms of Covid-19 [a cough/fever/loss of taste or smell], have you requested a test?</td>
<td>1, No never</td>
<td>2, On some occasions but not others</td>
<td>3, Yes every time</td>
<td>4, Not applicable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Since the start of first lockdown back in March, if you developed symptoms of Covid-19 [a cough/fever/loss of taste or smell], how many days did you stay at home for? *If this has happened more than once, please provide details of the shortest time you stayed at home for. If not applicable, you can skip this question.

0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 | 11, 11 | 12, 12 | 13, 13 | 14, 14 | 15, 15 | 16, 16 | 17, 17 | 18, 18 | 19, 19 | 20, 20 | 21, 21+ | 22, Not applicable

Since the start of first lockdown back in March, if you were told you had come into contact with somebody else who developed symptoms of Covid-19, how many days did you stay at home for? *If this has happened more than once, please provide details of the shortest time you stayed at home for. If not applicable, you can skip this question.

0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 | 11, 11 | 12, 12 | 13, 13 | 14, 14 | 15, 15 | 16, 16 | 17, 17 | 18, 18 | 19, 19 | 20, 20 | 21, 21+ | 22, Not applicable

Finance module (repeated)

Have you used any of the following SINCE THE START OF AUGUST?

1, Foodbanks
2, Donations of food or clothing or other essentials
3, Furlough payments through your work
4, Self-employed income support
5, Universal credit
6, Pension credit
7, Housing benefit
8, Council tax support/reduction
9, Business support (e.g. business loans)
10, Bank loans
11, Mortgage holiday or other mortgage freeze
12, Deferred VAT or income tax payments
13, Insurance claims
14, Sick pay
15, Loans or other financial help from family or friends
16, Other financial support
17, None of the above