



# Covid-19 Social Study Data User Guide

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Version 6

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# 1. Study Overview

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## 1.1 Background & Aims

The COVID-19 Social Study commenced on 21<sup>st</sup> 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:

- Resilience
- Coping style
- Fear of COVID-19
- Volunteering behaviours
- Gambling behaviours
- Use of financial support
- Arts and creative engagement
- Life events
- Optimism
- Locus of control

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 Contact details

Any queries related to the study should be sent to: [covid19-study@ucl.ac.uk](mailto:covid19-study@ucl.ac.uk)

## 2 Sample

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### 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.

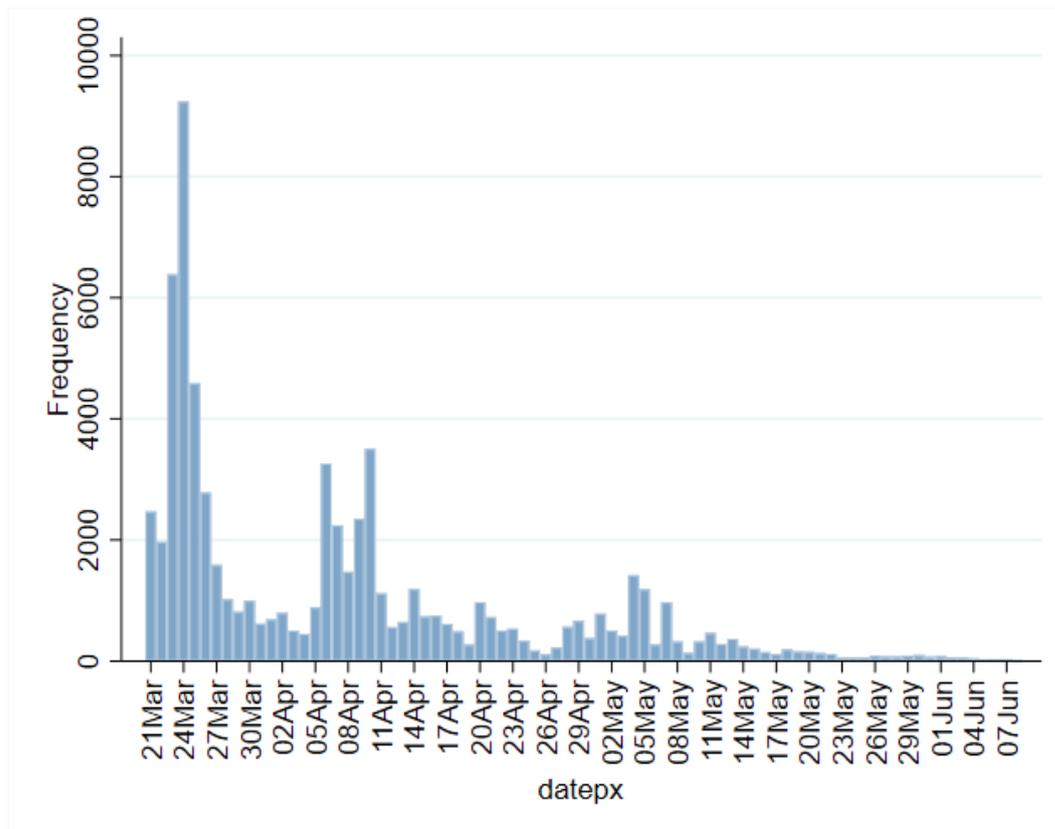
No proxy interviews were carried out, so the study was not available to individuals without access to the internet.

### 2.2 Cleaning

A number of checks on the data were performed. 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. All data were also checked for duplicate email addresses, and all duplicates were removed. The system required an email address to be entered before any study material could be provided, but we lack information on how many email addresses were valid. Nonetheless, no incentives were provided for participation, so participants did not stand to gain financial or otherwise from completing multiple surveys.

### 2.3 Recruitment rate

Participants could join the study on any date from 21st March onwards (see Figure below). 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.

| Week | Date             |
|------|------------------|
| 1    | 21/03-27/03/2020 |
| 2    | 28/03-03/04/2020 |
| 3    | 04/04-10/04/2020 |
| 4    | 11/04-17/04/2020 |
| 5    | 18/04-24/04/2020 |
| 6    | 25/04-01/05/2020 |
| 7    | 02/05-08/05/2020 |
| 8    | 09/05-15/05/2020 |
| 9    | 16/05-22/05/2020 |
| 10   | 23/05-29/05/2020 |
| 11   | 30/05-05/06/2020 |
| 12   | 06/06-12/06/2020 |
| ...  | ...              |

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.

Alternatively, users could also fixed 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:

---

```
gen day=datepx-mdy(03,21,2020)
```

or

```
gen day=datepx-mdy(03,23,2020)
```

---

## 2.4 Response rate

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' and 'your\_experience\_dur\_v2' which were automatically generated by the REDCap system.

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.

'Not completed' cases for wave 1 give an indication as to the number of people who consented to take part in the study and provided some initial data at baseline but then withdrew. **Once study recruitment is complete, the updated User Guide will include the N of cases who consented to take part vs the N who completed at least one wave of data collection, as a proxy for a baseline response rate.**

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

---

```
drop if date==.
```

---

## 2.5 Retention rate

The variable 'wave' indicates the sequence of repeated responses for each participants. 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 8<sup>st</sup> June 2020, the numbers of responses across each wave is as follows (NB only 1 day of data collection for Wave 12 had been carried out at this point):

| Wave | Freq.  | Percent | Cum.  |
|------|--------|---------|-------|
| 1    | 72,090 | 18.18   | 18.18 |
| 2    | 58,018 | 14.63   | 32.82 |

|           |        |       |       |
|-----------|--------|-------|-------|
| <b>3</b>  | 50,069 | 12.63 | 45.45 |
| <b>4</b>  | 44,233 | 11.16 | 56.6  |
| <b>5</b>  | 39,103 | 9.86  | 66.46 |
| <b>6</b>  | 33,716 | 8.5   | 74.97 |
| <b>7</b>  | 29,544 | 7.45  | 82.42 |
| <b>8</b>  | 26,125 | 6.59  | 89.01 |
| <b>9</b>  | 20,686 | 5.22  | 94.23 |
| <b>10</b> | 14,164 | 3.57  | 97.8  |
| <b>11</b> | 8,430  | 2.13  | 99.93 |
| <b>12</b> | 291    | 0.07  | 100   |

## 2.6 Participant characteristics

The demographics of study participants are still changing as the study is open to new participants. **Once the study closes, we will provide demographic details for participants across all weights of data collection to highlight demographic predictors of attrition.**

For now, we provide a simple summary of core study characteristics:

|                  | Variables              | Percentage |
|------------------|------------------------|------------|
| <b>Age</b>       | 18-29                  | 10.7%      |
|                  | 30-45                  | 31.0%      |
|                  | 46-59                  | 30.4%      |
|                  | 60+                    | 27.9%      |
| <b>Gender</b>    | Women                  | 74.8%      |
| <b>Ethnicity</b> | Non-white              | 6.0%       |
| <b>Education</b> | GCSE or below          | 15.1%      |
|                  | A levels or equivalent | 18.3%      |
|                  | Degree or above        | 66.6%      |
| <b>Country</b>   | England                | 81.5%      |
|                  | Wales                  | 10.8%      |
|                  | Scotland               | 6.6%       |
|                  | Northern Ireland       | 1.2%       |

## 2.7 Weighting

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'<sup>1</sup>. The weighted data were matched to population statistics for the following domains:

- Age
- Gender
- Ethnicity

<sup>1</sup> Hainmueller J, Xu Y. Ebalance: A Stata package for entropy balancing. Journal of Statistical Software. 2013 Sep 1;54(7).

- Education
- Country of living

The population statistics were drawn from the ONS population estimates (2018) as shown below:

|                  | Variables              | Percentage |
|------------------|------------------------|------------|
| <b>Age</b>       | 18-29                  | 19.5%      |
|                  | 30-45                  | 26.1%      |
|                  | 46-59                  | 24.1%      |
|                  | 60+                    | 30.2%      |
| <b>Gender</b>    | Women                  | 50.6%      |
| <b>Ethnicity</b> | Non-white              | 12.8%      |
| <b>Education</b> | GCSE or below          | 32.7%      |
|                  | A levels or equivalent | 33.9%      |
|                  | Degree or above        | 33.4%      |
| <b>Country</b>   | England                | 84.3%      |
|                  | Wales                  | 4.7%       |
|                  | Scotland               | 8.2%       |
|                  | Northern Ireland       | 2.8%       |

Source:

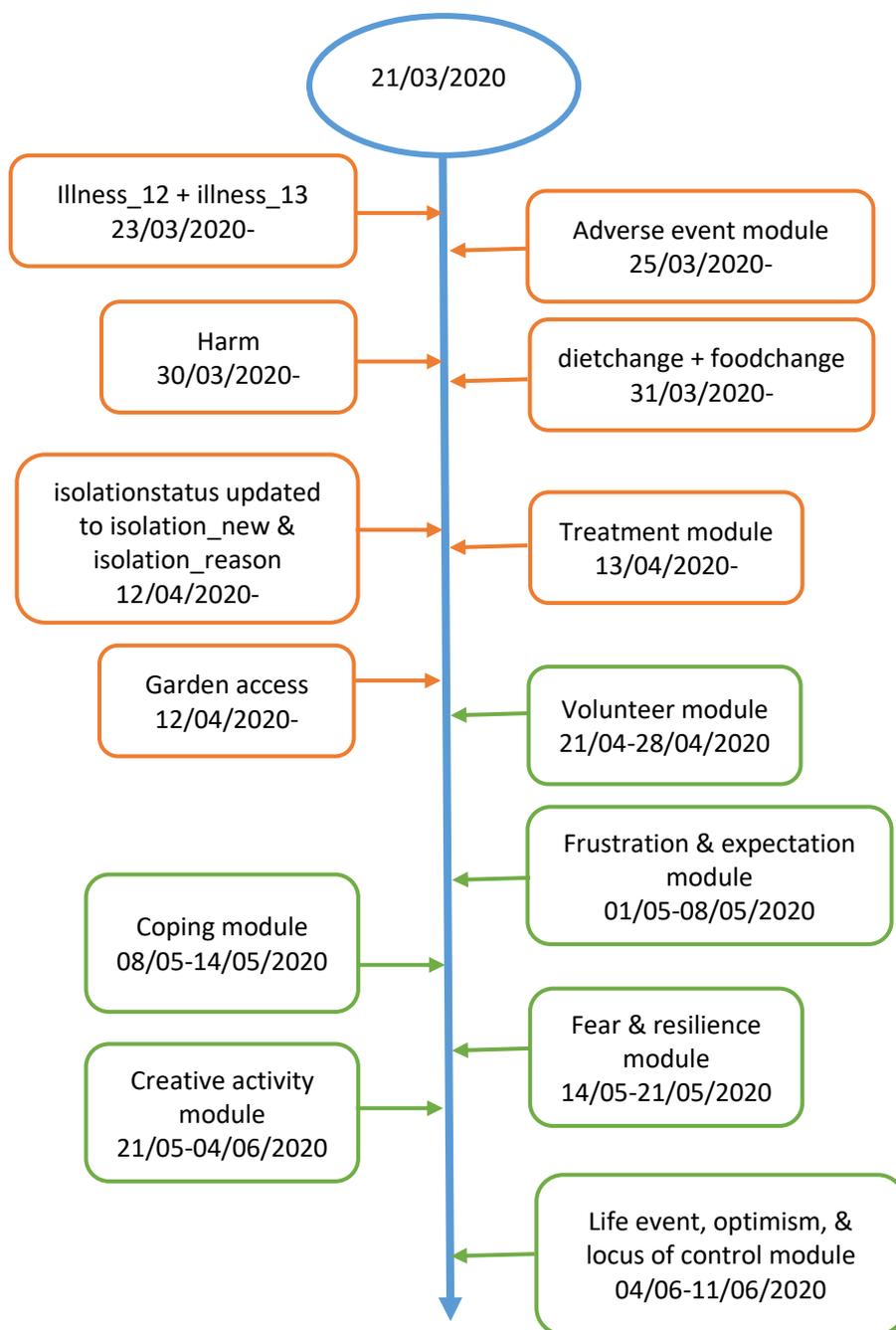
<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland>

**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.**

### 3 Measures

#### 3.2 Study timeline

The study was launched with an initial questionnaire which included a slightly reduced number of the full study questions. In the three weeks following, the full list of questions was added.



*Note: The survey completion dates might exceed the module time ranges for a small number of participants. This is because participants are allowed to complete half the survey and return a few days later. As such their module data will have been captured within the dates the module was live, but it will not be clear on which date within the week the questions were completed. Data users are encouraged to consider the module questions for these participants as being completed on the last date for the relevant module if including dates within analyses for these variables.*

The timeline of these is shown in the figure in orange. One month after the study began, rotating modules were introduced (shown in the figure below in green). These came in just for a week at a time.

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

### 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)
- anx (binary,  $GAD \geq 10$ )
- PHQ (sum score of the PHQ-9 scale)
- depress (binary  $PHQ \geq 10$ )
- 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\_acp (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 no missing items in any measures, only incomplete records.

# Appendix

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## Data Dictionary

### Section 1: Baseline Only

| Variable name | Question/variable label           | Choices/label values   |
|---------------|-----------------------------------|--|
| sex           | What is your gender?              | 1, Male<br>2, Female<br>3, Other / prefer not to say   |
| ethnicity     | What is your ethnicity?           | 1, Asian/Asian British - Indian, Pakistani, Bangladeshi, other<br>2, Black/Black British - Caribbean, African, other<br>3, Mixed race - White and Black/Black British<br>4, Mixed race - other<br>5, White - British, Irish, other<br>6, Chinese/Chinese British<br>7, Middle Eastern/Middle Eastern British - Arab, Turkish, other<br>8, Other ethnic group<br>9, Prefer not to say |
| marital       | What is your relationship status? | 1, Single, never married<br>2, Single, divorced or widowed<br>3, In a relationship/married but living apart<br>4, In a relationship/married and cohabiting   |

education

What is your highest level of educational attainment?

- 1, No qualifications
- 2, Completed GCSE/CSE/O-levels or equivalent (at school till aged 16)
- 3, Completed post-16 vocational course
- 4, A-levels or equivalent (at school till aged 18)
- 5, Undergraduate degree or professional qualification
- 6, Postgraduate degree

employment

What is your employment status?

- 1, Still at school
- 2, At university
- 3, Self employed
- 4, In part-time employment
- 5, In full-time employment
- 6, Unable to work due to disability
- 7, Homemaker/full-time parent
- 8, Unemployed and seeking work
- 9, Retired

|           |   |  |
|-----------|---|--|
| keyworker | Are you currently fulfilling any of the government's identified 'key worker' roles? | <ul style="list-style-type: none"> <li>1, Health, social care or relevant related support worker</li> <li>2, Teacher or childcare worker still travelling in to work</li> <li>3, Transport worker still travelling in to work</li> <li>4, Food chain worker (e.g. production, sale, delivery)</li> <li>5, Key public services worker (e.g. justice staff, religious staff, public service journalist or mortuary worker)</li> <li>6, Local or national government worker delivering essential public services</li> <li>7, Utility worker (e.g. energy, sewerage, postal service)</li> <li>8, Public safety or national security worker</li> <li>9, Worker involved in medicines or protective equipment production or distribution</li> <li>10, None of these</li> </ul> |
| country   | In which country do you currently live?   | <ul style="list-style-type: none"> <li>1, England</li> <li>2, Wales</li> <li>3, Scotland</li> <li>4, Northern Ireland</li> <li>6, The USA</li> <li>5, Other</li> </ul>   |
| area      | What type of area do you live in?   | <ul style="list-style-type: none"> <li>1, City</li> <li>2, Large town</li> <li>3, Small town</li> <li>4, Village</li> <li>5, Hamlet</li> <li>6, Isolated dwelling</li> </ul>   |

|             |  |   |
|-------------|--|---|
| living      | What type of place do you live?  | 1, House<br>2, Room(s) in shared house (e.g. as a lodger)<br>3, Flat in flat block<br>4, Student halls<br>5, Residential home<br>6, Other   |
| ownership   | Which describes the home you live in?  | 1, Owned outright<br>2, Owned with the help of a mortgage<br>3, Shared ownership (part owned, part rented)<br>4, Rented<br>5, Living rent free  |
| garden      | Do you have access to any the following where you live?  | 1, A garden<br>2, A balcony, small patio, or roof terrace<br>3, A park, wood, or other green space you can still access within easy walking distance of your home<br>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?  | 0, 0   1, 1   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7   8, 8   9, 9   10, 10+   |

(Do not count yourself)

"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.

|               |  |   |
|---------------|--|---|
| housechildren | 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+   |
| income        | What is your usual total household income?<br><br>"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)<br>2, £16,000-£29,999 a year (£310 - £579 a week)<br>3, £30,000-£59,999 a year (£580 - £1149 a week)<br>4, £60,000-89,999 a year (£1500 - £1729 a week)<br>5, £90,000-119,999 a year (£1730 - £2299 a week)<br>6, More than £120,000 a year (£2300 a week)<br>7, Prefer not to say  |
| illness       | Do you have any of the following medical conditions?   | 1, High blood pressure<br>2, Diabetes<br>3, Heart disease<br>4, Lung disease (e.g. asthma or COPD)<br>5, Cancer<br>6, Another clinically-diagnosed chronic physical health condition<br>7, Clinically-diagnosed depression<br>8, Clinically-diagnosed anxiety<br>9, Another clinically-diagnosed mental health problem<br>10, I am pregnant<br>11, None of the above<br>12, A disability that affects my ability to leave the house<br>13, Any other disability |

|              |   |   |
|--------------|---|---|
| smoker       | Do you smoke?   | 1, non-smoker<br>2, ex-smoker<br>3, current light smoker (9 or less a day)<br>4, current moderate smoker (10-19 a day)<br>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 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<br>2, People with long-term conditions or disabilities<br>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<br>2, Three or more times a week<br>3, Once or twice a week<br>4, Once or twice a month<br>5, Less than once a month                             |

|       |                                     |  |
|-------|-------------------------------------|--|
| pers1 | ...worries a lot                    | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers2 | ...gets nervous easily              | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers3 | ...remains calm in tense situations | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers4 | ...is talkative                     | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |

|        |   |  |
|--------|---|--|
| pers5  | ...is outgoing, sociable                  | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Somewhat disagree</li> <li>4, Neither agree nor disagree</li> <li>5, Somewhat agree</li> <li>6, Agree</li> <li>7, Strongly agree</li> </ul> |
| pers6  | ...is reserved                            | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Somewhat disagree</li> <li>4, Neither agree nor disagree</li> <li>5, Somewhat agree</li> <li>6, Agree</li> <li>7, Strongly agree</li> </ul> |
| pers7  | ...is original, comes up with new ideas   | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Somewhat disagree</li> <li>4, Neither agree nor disagree</li> <li>5, Somewhat agree</li> <li>6, Agree</li> <li>7, Strongly agree</li> </ul> |
| pers_8 | ...values artistic, aesthetic experiences | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Somewhat disagree</li> <li>4, Neither agree nor disagree</li> <li>5, Somewhat agree</li> <li>6, Agree</li> <li>7, Strongly agree</li> </ul> |

|         |   |  |
|---------|---|--|
| pers_9  | ...has an active imagination                  | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers_10 | ...is sometimes rude to others                | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers_11 | ...has a forgiving nature                     | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers_12 | ...is considerate and kind to almost everyone | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |

|         |                            |  |
|---------|----------------------------|--|
| pers_13 | ...does a thorough job     | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers_14 | ...tends to be lazy        | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |
| pers_15 | ...does things efficiently | 1, Strongly disagree<br>2, Disagree<br>3, Somewhat disagree<br>4, Neither agree nor disagree<br>5, Somewhat agree<br>6, Agree<br>7, Strongly agree |

## Section 2: Questions asked weekly

| Variable name   | Question/variable label   | Choices/label values   |
|-----------------|---|--|
| covid           | Have you had Covid-19 (coronavirus)?  | 1, Yes diagnosed and recovered<br>2, Yes diagnosed and still ill<br>3, Not formally diagnosed but suspected<br>4, Not that I know of / No  |
| covidcontact    | 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)?  | 1, No<br>2, Yes<br>3, Unsure   |
| isolationstatus | <p>What is your current isolation status? (tick any that apply)</p> <p>By "staying at home" we mean avoiding leaving the house for everything apart from exercise, shopping for essentials, or medical need.</p> <p>By "self-isolating" we mean staying at home and avoiding contact with any people inside or outside the household.</p> | <p>1, I am living my life as normal</p> <p>2, I am not "staying at home", but I have cut down on my usual activities as a precaution</p> <p>3, I am not "staying at home" specifically, but I have stopped going to work like normal and am working from home</p> <p>6, I am "staying at home" because I have an existing medical condition or am categorised as high risk</p> <p>4, I am "staying at home" as I am worried about spreading it to others or getting ill (but I am not high risk)</p> <p>5, I am "staying at home" to protect a family member, friend or housemate who has an existing medical condition / is high risk</p> <p>8, I am "staying at home" as it has been ordered by the government or local authority as part of a lock down</p> <p>9, I am "staying at home" but this is NOT because of Covid-19 but because of another reason e.g. a pre-existing health condition or disability</p> |

isolation\_new

What is your current isolation status?

7, I am "self-isolating" (avoiding contact with all people as much as I can) due to a diagnosis of Covid-19 or possible infection

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)

|                  |  |  |
|------------------|--|--|
| isolation_reason | What are the motivations for your current isolation status above? (please tick all that apply)   | <p>1, I am worried about catching Covid-19 and I have an existing medical condition or am categorised as high risk</p> <p>2, I am worried about catching Covid-19 but am not high risk</p> <p>3, I wish to protect/shield a family member/friend who is high risk</p> <p>4, I am worried about spreading Covid-19 to others</p> <p>5, It has been ordered by the government (e.g. as part of lockdown)</p> <p>6, Another reason not relating to Covid-19 (e.g. maternity leave, pre-existing illness, or disability)</p> <p>7, None of the above</p> |
| life_diff        | How different has life been for you in the past week compared to life before Covid-19?   | <p>1, Entirely the same as usual</p> <p>2, Only a little different</p> <p>3, Quite a few differences</p> <p>4, Lots of differences</p> <p>5, Completely different</p>  |
| 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?   | <p>1, Very good</p> <p>2, Good</p> <p>3, Average</p> <p>4, Not good</p> <p>5, Very poor</p>  |

|                    |  |  |
|--------------------|--|--|
| smokechange        | Over the past week have you smoked more than usual?  | 1, Less than usual<br>2, About the same<br>3, More than usual<br>4, I don't smoke                      |
| alcoholchange      | Over the past week have you drunk alcohol more than usual?   | 1, Less than usual<br>2, About the same<br>3, More than usual<br>4, I don't drink alcohol              |
| foodchange_2       | Over the past week have you eaten more than usual?   | 1, Less than usual<br>2, About the same<br>3, More than usual  |
| dietchange_3       | Over the past week how has your diet been?   | 1, Less healthy than usual<br>2, About the same healthiness as usual<br>3, More healthy than usual     |
| onssat             | Overall, in the past week, how satisfied have you been with your life?                               | 0, 0 - not at all   1, 1   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7   8, 8   9, 9   10, 10 - completely |
| onsworth           | In the past week, to what extent have you felt the things you are doing in your life are worthwhile? | 0, 0 - not at all   1, 1   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7   8, 8   9, 9   10, 10 - completely |
| onshappy           | In the past week, how happy did you feel?  | 0, 0 - not at all   1, 1   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7   8, 8   9, 9   10, 10 - completely |
| covidknowledge     | How would you rate your knowledge level on Covid-19?   | 1, 1 - very poor knowledge   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7 - very good knowledge             |
| followingisolation | Are you following the recommendations from authorities to prevent spread of Covid-19?                | 1, 1 - not at all   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7 - very much so                             |
| confidencegov      | How much confidence do you have in the UK GOVERNMENT that they can handle Covid-19 well?             | 1, 1 - None at all   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7 - Lots                                    |

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)

|                  |   |   |
|------------------|---|---|
| confidencehealth | <p>How much confidence do you have that the UK HEALTH SERVICE can cope during Covid-19?</p> <p>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)</p> | <p>1, 1 - None at all   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7<br/>- Lots</p>  |
| confidenceessent | <p>How much confidence do you have that ESSENTIALS (e.g. access to food, water, medicines, deliveries) will be maintained during Covid-19?</p>  | <p>1, 1 - None at all   2, 2   3, 3   4, 4   5, 5   6, 6   7, 7<br/>- Lots</p>  |
| adverse          | <p>Have you experienced any of the following in the past week?</p>  | <p>1, Lost your job / been unable to do paid work<br/>2, Your spouse/partner lost their job or was unable to do paid work<br/>10, Major cut in household income (e.g. due to you or your partner being furloughed / put on leave / not receiving sufficient work)<br/>3, Unable to pay bills / rent / mortgage<br/>4, Evicted / lost accommodation<br/>5, Unable to access sufficient food<br/>6, Unable to access required medication<br/>7, Somebody close to you is ill in hospital (due to Covid-19 or another illness)<br/>8, You lost somebody close to you (due to Covid-19 or another cause)<br/>9, None of the above</p> |
| phq1             | <p>Over the last week, how often have been bothered by:</p> <p>Little interest or pleasure in doing things</p>  | <p>1, Not at all<br/>2, One or two days<br/>3, More than half the days<br/>4, Nearly every day</p>  |

|      |   |  |
|------|---|--|
| phq2 | Over the last week, how often have been bothered by:<br><br>Feeling down, depressed, or hopeless  | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq3 | Over the last week, how often have been bothered by:<br><br>Trouble falling/staying asleep, sleeping too much   | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq4 | Over the last week, how often have been bothered by:<br><br>Feeling tired or having little energy   | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq5 | Over the last week, how often have been bothered by:<br><br>Poor appetite or overeating   | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq6 | Over the last week, how often have been bothered by:<br><br>Feeling bad about yourself or that you are a failure or have let yourself or your family down   | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq7 | Over the last week, how often have been bothered by:<br><br>Trouble concentrating on things, such as reading the newspaper or watching television   | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| phq8 | Over the last week, how often have been bothered by:<br><br>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 | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |

|          |  |   |
|----------|--|---|
| phq9     | <p>Over the last week, how often have been bothered by:</p> <p>Thoughts that you would be better off dead or of hurting yourself in some way</p>                                 | <p>1, Not at all<br/> 2, One or two days<br/> 3, More than half the days<br/> 4, Nearly every day</p>                               |
| harm1    | <p>Over the last week, how often have been bothered by:</p> <p>Self-harming or deliberately hurting yourself</p>   | <p>1, Not at all<br/> 2, One or two days<br/> 3, More than half the days<br/> 4, Nearly every day</p>                               |
| harm2    | <p>Over the last week, how often have been bothered by:</p> <p>Being physically harmed or hurt by somebody else</p>  | <p>1, Not at all<br/> 2, One or two days<br/> 3, More than half the days<br/> 4, Nearly every day</p>                               |
| harm3    | <p>Over the last week, how often have been bothered by:</p> <p>Being bullied, controlled, intimidated or psychologically hurt by someone else</p>                                | <p>1, Not at all<br/> 2, One or two days<br/> 3, More than half the days<br/> 4, Nearly every day</p>                               |
| phqextra | <p>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?</p> | <p>1, Not difficult at all<br/> 2, Somewhat difficult<br/> 3, Very difficult<br/> 4, Extremely difficult<br/> 5, Not applicable</p> |

stressorsminor

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

|                |  |   |
|----------------|--|---|
| stressorsmajor | <p>Have any of these things been causing you SIGNIFICANT stress?</p> <p>(e.g. they have been constantly on your mind or have been keeping you awake at night)</p> <p>(Tick any that apply)</p> | <ol style="list-style-type: none"> <li>1, Marriage or other romantic relationship</li> <li>2, Friends or family living in your household</li> <li>3, Friends or family living outside your household</li> <li>4, Neighbours</li> <li>5, Your pet</li> <li>6, Work (even if you feel your job is safe)</li> <li>7, Losing your job / unemployment</li> <li>8, Finances</li> <li>9, Getting medication</li> <li>10, Getting food</li> <li>11, Your own safety / security</li> <li>12, Internet access</li> <li>13, Boredom</li> <li>14, Future plans</li> <li>15, Catching Covid-19</li> <li>16, Becoming seriously ill from Covid-19</li> <li>17, None of these</li> </ol> |
| gad1           | <p>Over the last week, how often have been bothered by:</p> <p>...Feeling nervous, anxious or on edge</p>  | <ol style="list-style-type: none"> <li>1, Not at all</li> <li>2, One or two days</li> <li>3, More than half the days</li> <li>4, Nearly every day</li> </ol>  |
| gad2           | <p>Over the last week, how often have been bothered by:</p> <p>...Not being able to stop or control worrying</p>   | <ol style="list-style-type: none"> <li>1, Not at all</li> <li>2, One or two days</li> <li>3, More than half the days</li> <li>4, Nearly every day</li> </ol>  |
| gad3           | <p>Over the last week, how often have been bothered by:</p> <p>...Worrying too much about different things</p>   | <ol style="list-style-type: none"> <li>1, Not at all</li> <li>2, One or two days</li> <li>3, More than half the days</li> <li>4, Nearly every day</li> </ol>  |

|      |  |  |
|------|--|--|
| gad4 | Over the last week, how often have been bothered by:<br><br>...Trouble relaxing                                  | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| gad5 | Over the last week, how often have been bothered by:<br><br>...Being so restless that it is hard to sit still    | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| gad6 | Over the last week, how often have been bothered by:<br><br>...Becoming easily annoyed or irritable              | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |
| gad7 | Over the last week, how often have been bothered by:<br><br>...Feeling afraid as if something awful might happen | 1, Not at all<br>2, One or two days<br>3, More than half the days<br>4, Nearly every day |

|           |  |   |
|-----------|--|---|
| treatment | In the past week have you done any of the following to support your mental health? (Tick any that apply) | <ul style="list-style-type: none"> <li>1, Taken medication (e.g. anti-depressants)</li> <li>2, Spoken with a psychiatrist, psychologist or other mental health professional</li> <li>3, Spoken with a GP or other healthcare professional about your mental health</li> <li>4, Spoken to somebody on a support helpline (e.g. Samaritans or NHS Volunteers)</li> <li>5, Accessed an online mental health programme (e.g. CBT)</li> <li>6, Spoken with others on an online mental health forum</li> <li>7, Used other mental health resources (e.g. self-help books, videos, or apps)</li> <li>8, Spent time on self-care specifically to help your mental health (e.g. mindfulness, meditation, or planning time for hobbies or relaxation)</li> <li>9, Spoken about your mental health to a friend or family member</li> <li>0, None of the above</li> </ul> |
|-----------|--|---|

|       |   |  |
|-------|---|--|
| supp1 | In the past week, I feel: 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 | In the past week, I feel: 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 | In the past week, I feel: 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 | In the past week, I feel: 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 | In the past week, I feel: 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 |

|       |  |  |
|-------|--|--|
| supp6 | In the past week, I feel: If I am feeling down, I have people I can talk to without hesitation | 1, 1 - not at all true   2, 2   3, 3   4, 4   5, 5 - very true |
| soc1  | How often do you feel that you lack companionship  | 1, Hardly ever<br>2, Some of the time<br>3, Often              |
| soc2  | How often do you feel left out   | 1, Hardly ever<br>2, Some of the time<br>3, Often              |
| soc3  | How often do you feel isolated from others   | 1, Hardly ever<br>2, Some of the time<br>3, Often              |
| soc4  | How often do you feel lonely   | 1, Hardly ever<br>2, Some of the time<br>3, Often              |

**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.**

|       |  |   |
|-------|--|---|
| acta1 | Phoning or video talking with colleagues whilst working remotely | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta2 | Undertaking other work remotely                                  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|       |   |   |
|-------|---|---|
| acta3 | Going to work outside of the house (e.g. to the office)                                   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta4 | Phoning or video talking with friends or family   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta5 | Communicating with friends or family via email, whatsapp, text or other messaging service | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta6 | Receiving visits from friends, neighbours, family or carers                               | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta7 | Caring for a friend or relative   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| acta8 | Volunteering  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|       |  |   |
|-------|--|---|
| actb1 | Going out of the house to meet friends, neighbours or family                         | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb2 | Going out of the house to go shopping  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb3 | Going out for a walk or other gentle physical activity                               | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb4 | Going out for moderate or high intensity activity (e.g running, cycling or swimming) | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb5 | Going out of the house to engage in a community group                                | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb6 | Exercising inside your home or garden (e.g. doing yoga, weights or indoor exercise)  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|       |   |   |
|-------|---|---|
| actb7 | Gardening   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actb8 | Looking after pets  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc1 | Taking naps during the day  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc2 | Household chores (cooking, cleaning, ironing, tidying, online shopping etc) | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc3 | Caring for children (e.g. bathing, feeding, doing homework with etc)        | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc4 | Playing with children (e.g. general play or board games or card games)      | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|       |   |   |
|-------|---|---|
| actc5 | Playing cards or board games with adults  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc6 | Playing video or computer games alone, or with adults or children                                 | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc7 | Watching the news, listening to the radio or browsing the internet for information about Covid-19 | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actc8 | Tweeting, blogging or posting content online about Covid-19                                       | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd0 | Watching TV, films, Netflix etc (NOT for information on Covid-19)                                 | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd1 | Listening to the radio or music (NOT for information on Covid-19)                                 | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|       |  |   |
|-------|--|---|
| actd2 | Browsing the internet (NOT for information on Covid-19)  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd3 | Tweeting, blogging or posting content (NOT related to Covid-19)  | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd4 | Reading for pleasure   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>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<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>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<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd7 | Doing DIY, woodwork, metal work, model making or similar   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

|        |   |   |
|--------|---|---|
| actd8  | Doing mindfulness or meditation                     | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd11 | Praying   | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd9  | Another hobby not already mentioned                 | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |
| actd10 | Procrastinating or not doing anything in particular | 0, Did not do<br>1, < 30 mins<br>2, 30 mins-2 hours<br>3, 3-5 hours<br>4, 6-+ hours |

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### Section 3: Extra Modules

#### Volunteering module

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|      |   |   |
|------|---|---|
| vol1 | Home-schooling child in your household  | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol2 | Volunteering with childcare for a friend, relative or neighbours                                | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol3 | Running errands for friends, relatives or neighbours (e.g. collecting shopping, medication etc) | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol4 | Making meals for friends, relatives or neighbours   | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol5 | Volunteering with deliveries or providing lifts to NHS staff                                    | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |

|       |   |   |
|-------|---|---|
| vol6  | Volunteering at a hospital, care home, or other healthcare facility                                     | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol7  | Volunteering taking part in research (other than this study)  | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol8  | Offering telephone support to others through a support line (e.g. Samaritans or GoodSam)                | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol9  | Knitting, sewing or other crafts to support people during Covid-19 (e.g. scrubs for nurses)             | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol10 | Providing free accommodation to people affected by Covid-19 (e.g. NHS staff or people who are homeless) | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol11 | Donating money to charities supporting Covid-19   | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |

|                |  |   |
|----------------|--|---|
| vol12          | Providing entertainment to others (e.g. via social media or YouTube) to boost morale                 | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol13          | Providing pro-bono support to businesses or projects   | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol14          | Other volunteering activity relating to Covid-19   | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| vol15          | Other volunteering activity NOT relating to Covid-19   | 1, None<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| volunteeramout | How does this amount of volunteering in the past month compare to your usual amount of volunteering? | 1, Less than usual<br>2, About the same as usual<br>3, More than usual              |

Frustrations and expectations module

|          |               |  |
|----------|---------------|--|
| control1 | Your finances | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
|----------|---------------|--|

|          |  |  |
|----------|--|--|
| control2 | Your work / employment / job                             | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
| control3 | Your physical health                                     | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
| control8 | Your mental health                                       | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
| control4 | Your marriage or close relationship                      | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
| control5 | Your relationship with your family                       | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |
| control6 | Your contribution to the welfare and wellbeing of others | 1, Not at all<br>2, Not very much<br>3, A little<br>4, Very much so<br>5, Entirely |

control7

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

missing\_major

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 gym or other exercise
- 11, Going to the office
- 12, Having time on your own
- 13, None of the above

afterlockdown

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
- 9, Decreasing social cohesion / increasing social discontent
- 8, None of the above

Coping module

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|      |  |   |
|------|--|---|
| cop1 | I have been turning to work or other activities to take my mind off things       | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop2 | I've been concentrating my efforts on doing something about the situation I'm in | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop3 | I've been saying to myself "this isn't real"                                     | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop4 | I've been using alcohol or other drugs to make myself feel better                | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop5 | I've been getting emotional support from others                                  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop6 | I've been giving up trying to deal with it                                       | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop7 | I've been taking action to try to make the situation better                      | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |

|       |  |   |
|-------|--|---|
| cop8  | I've been refusing to believe that it has happened                             | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop9  | I've been saying things to let my unpleasant feeling escape                    | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop10 | I've been getting help and advice from other people                            | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop11 | I've been using alcohol or other drugs to help me get through it               | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop12 | I've been trying to see it in a different light, to make it seem more positive | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop13 | I've been criticising myself   | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop14 | I've been trying to come up with a strategy about what to do                   | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop15 | I've been getting comfort and understanding from someone                       | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |

|       |  |   |
|-------|--|---|
| cop16 | I've been giving up the attempt to cope  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop17 | I've been looking for something good in what is happening  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop18 | I've been making jokes about it  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop19 | I've been doing something to think about it less such as watching TV, reading, daydreaming, sleeping, or internet shopping | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop20 | I've been accepting the reality of the fact that it has happened   | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop21 | I've been expressing my negative feelings  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop22 | I've been trying to find comfort in my religion or spiritual beliefs   | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop23 | I've been trying to get advice or help from other people about what to do  | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |

|       |   |   |
|-------|---|---|
| cop24 | I've been learning to live with it                | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>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<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>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<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |
| cop27 | I've been praying or meditating                   | 1, I haven't been doing this at all<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>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<br>2, I've been doing this a little bit<br>3, I've been doing this a medium amount<br>4, I've been doing this a lot |

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Fears and resilience module

|      |  |  |
|------|--|--|
| cas1 | I felt dizzy, lightheaded, or faint, when I read or listened to news about the coronavirus | 1, Not at all<br>2, Rarely less than a day or two<br>3, Several days<br>4, More than 7 days<br>5, Nearly every day over the last 2 weeks |
|------|--|--|

|      |  |  |
|------|--|--|
| cas2 | I had trouble falling or staying asleep because I was thinking about the coronavirus                             | <ul style="list-style-type: none"> <li>1, Not at all</li> <li>2, Rarely less than a day or two</li> <li>3, Several days</li> <li>4, More than 7 days</li> <li>5, Nearly every day over the last 2 weeks</li> </ul> |
| cas3 | I felt paralyzed or frozen when I thought about or was exposed to information about the coronavirus              | <ul style="list-style-type: none"> <li>1, Not at all</li> <li>2, Rarely less than a day or two</li> <li>3, Several days</li> <li>4, More than 7 days</li> <li>5, Nearly every day over the last 2 weeks</li> </ul> |
| cas4 | I lost interest in eating when I thought about or was exposed to information about the coronavirus               | <ul style="list-style-type: none"> <li>1, Not at all</li> <li>2, Rarely less than a day or two</li> <li>3, Several days</li> <li>4, More than 7 days</li> <li>5, Nearly every day over the last 2 weeks</li> </ul> |
| cas5 | I felt nauseous or had stomach problems when I thought about or was exposed to information about the coronavirus | <ul style="list-style-type: none"> <li>1, Not at all</li> <li>2, Rarely less than a day or two</li> <li>3, Several days</li> <li>4, More than 7 days</li> <li>5, Nearly every day over the last 2 weeks</li> </ul> |
| res1 | I tend to bounce back quickly after hard times   | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Neutral</li> <li>4, Agree</li> <li>5, Strongly agree</li> </ul>   |
| res2 | I have a hard time making it through stressful events  | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Neutral</li> <li>4, Agree</li> <li>5, Strongly agree</li> </ul>   |

|      |   |  |
|------|---|--|
| res3 | It does not take me long to recover from a stressful event  | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| res4 | It is hard for me to snap back when something bad happens   | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| res5 | I usually come through difficult times with little trouble  | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| res6 | I tend to take a long time to get over set-backs in my life | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |

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Creative activities

|      |         |   |
|------|---------|---|
| art1 | Singing | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
|------|---------|---|

|      |  |   |
|------|--|---|
| art2 | Playing a musical instrument                               | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art3 | Painting, drawing, printmaking or sculpture                | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art4 | Reading books, stories or poetry                           | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art5 | Textile crafts e.g. embroidery, crocheting or knitting     | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art6 | Wood crafts e.g. carving or furniture making               | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art7 | Other crafts e.g. pottery, calligraphy or jewellery making | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |

|       |   |   |
|-------|---|---|
| art8  | Creative writing                        | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art9  | Dancing                                 | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art10 | Photography                             | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art11 | Creating digital artworks or animations | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art12 | Making films or videos                  | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |
| art13 | Listening to music                      | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day |

|          |  |   |
|----------|--|---|
| art14    | Other creative activity  | 1, Not at all<br>2, A few days<br>3, Once or twice a week<br>4, Most days<br>5, Every day             |
| artscomp | How does this compare to your usual arts engagement not in lockdown? | 1, Less than usual<br>2, About the same as usual<br>3, More than usual                                |
| ersaca1  | I can block out any unwanted thoughts or feelings                    | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca2  | I can contemplate what is going on in my life with a clear mind      | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca3  | I can shake off any anxieties in my life                             | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca4  | I feel I am in my own little bubble, away from ordinary worries      | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |

|          |   |   |
|----------|---|---|
| ersaca5  | I feel more confident in myself                   | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca6  | It boosts my self-esteem                          | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca7  | It gives me a sense of purpose                    | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca8  | It helps me forget about my worries               | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca9  | It helps me refocus on what matter in my life     | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca10 | It helps me to come to terms with my own emotions | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |

|          |   |   |
|----------|---|---|
| ersaca11 | It helps me to disengage from things that are bothering me              | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca12 | It helps me to put worries or problems I have in perspective            | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca13 | It helps me to understand my own feelings on things that are on my mind | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca14 | It makes me feel detached from negative things in my life               | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca15 | It makes me feel stronger in myself                                     | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca16 | It makes me reflect on my emotions                                      | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |

|          |  |   |
|----------|--|---|
| ersaca17 | It reaffirms my identity   | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |
| ersaca18 | It redirects my attention so I forget unwanted thoughts and feelings | 1, Strongly disagree<br>2, Disagree<br>3, Neither agree nor disagree<br>4, Agree<br>5, Strongly agree |

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Life events module

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|            |  |  |
|------------|--|--|
| lifeevent1 | Personal serious illness, injury or operation                      | 1, No, it didn't happen<br>2, Yes, it upset me very much<br>3, Yes, it upset me moderately<br>4, Yes, but it didn't upset me |
| lifeevent2 | Death of close relative or friend                                  | 1, No, it didn't happen<br>2, Yes, it upset me very much<br>3, Yes, it upset me moderately<br>4, Yes, but it didn't upset me |
| lifeevent3 | Serious illness, injury or operation of a close relative or friend | 1, No, it didn't happen<br>2, Yes, it upset me very much<br>3, Yes, it upset me moderately<br>4, Yes, but it didn't upset me |

|            |   |  |
|------------|---|--|
| lifeevent4 | Major financial difficulty  | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent5 | Divorce, separation or break-up of personal intimate relationship   | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent6 | Other marital or family problem                                     | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent7 | Breakdown of another relationship (e.g. with a friend or colleague) | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent8 | Any mugging, robbery, accident or similar event                     | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent9 | Change of job or start of new university course or training         | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |

|             |             |  |
|-------------|-------------|--|
| lifeevent10 | Retirement  | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent11 | Moved house | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |
| lifeevent12 | Had a baby  | <ul style="list-style-type: none"> <li>1, No, it didn't happen</li> <li>2, Yes, it upset me very much</li> <li>3, Yes, it upset me moderately</li> <li>4, Yes, but it didn't upset me</li> </ul> |

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Optimism module

|      |   |  |
|------|---|--|
| rlo1 | In uncertain times, I usually expect the best | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Neutral</li> <li>4, Agree</li> <li>5, Strongly agree</li> </ul> |
| rlo2 | It's easy for me to relax                     | <ul style="list-style-type: none"> <li>1, Strongly disagree</li> <li>2, Disagree</li> <li>3, Neutral</li> <li>4, Agree</li> <li>5, Strongly agree</li> </ul> |

|      |   |  |
|------|---|--|
| rlo3 | If something can go wrong for me, it will | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo4 | I'm always optimistic about my future     | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo5 | I enjoy my friends a lot                  | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo6 | It's important for me to keep busy        | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo7 | I hardly ever expect things to go my way  | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo8 | I don't get upset too easily              | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |

|       |  |  |
|-------|--|--|
| rlo9  | I rarely count on good things happening to me            | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |
| rlo10 | Overall, I expect more good things happen to me than bad | 1, Strongly disagree<br>2, Disagree<br>3, Neutral<br>4, Agree<br>5, Strongly agree |

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Locus of control module

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|------|--|--|
| loc1 | In my life, good luck is more important than hard work for success | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |
| loc2 | When I make plans, I am almost certain I can make them work        | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |
| loc3 | Every time I try to go ahead, something or somebody stops me       | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |

|      |   |  |
|------|---|--|
| loc4 | My plans hardly every work out, so planning makes me unhappy    | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |
| loc5 | I don't have enough control over direction of my life is taking | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |
| loc6 | Chance and luck are very important for what happens in my life  | 1, Strongly agree<br>2, Agree<br>3, Disagree<br>4, Strongly disagree |

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