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

2 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 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 anyone outside of the UK.

The system required an email address to be entered before any study material could be provided. Participants were barred from completing the study until a legitimate email address was provided. 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). Nevertheless, all data were checked for duplicate email addresses, and all duplicates were removed.
2.3 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.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>21/03-27/03/2020</td>
</tr>
<tr>
<td>2</td>
<td>28/03-04/04/2020</td>
</tr>
<tr>
<td>3</td>
<td>04/04-10/04/2020</td>
</tr>
<tr>
<td>4</td>
<td>11/04-17/04/2020</td>
</tr>
<tr>
<td>5</td>
<td>18/04-24/04/2020</td>
</tr>
<tr>
<td>6</td>
<td>25/04-01/05/2020</td>
</tr>
<tr>
<td>7</td>
<td>02/05-08/05/2020</td>
</tr>
<tr>
<td>8</td>
<td>09/05-15/05/2020</td>
</tr>
<tr>
<td>9</td>
<td>16/05-22/05/2020</td>
</tr>
</tbody>
</table>
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

Out of a total of 98,534 individuals who landed on the consent page for the study, 84,043 consented to take part, and 72,811 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 is shown below:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>23/05-29/05/2020</td>
</tr>
<tr>
<td>11</td>
<td>30/05-05/06/2020</td>
</tr>
<tr>
<td>12</td>
<td>06/06-12/06/2020</td>
</tr>
<tr>
<td>13</td>
<td>13/06-19/06/2020</td>
</tr>
<tr>
<td>14</td>
<td>20/06-26/06/2020</td>
</tr>
<tr>
<td>15</td>
<td>27/06-03/07/2020</td>
</tr>
<tr>
<td>16</td>
<td>04/07-10/07/2020</td>
</tr>
<tr>
<td>17</td>
<td>11/07-17/07/2020</td>
</tr>
<tr>
<td>18</td>
<td>18/07-24/07/2020</td>
</tr>
<tr>
<td>19</td>
<td>25/07-31/07/2020</td>
</tr>
<tr>
<td>20</td>
<td>01/08-07/08/2020</td>
</tr>
<tr>
<td>21</td>
<td>08/08-14/08/2020</td>
</tr>
<tr>
<td>Date</td>
<td>Freq.</td>
</tr>
<tr>
<td>------------</td>
<td>-------</td>
</tr>
<tr>
<td>22-Mar-20</td>
<td>1,975</td>
</tr>
<tr>
<td>23-Mar-20</td>
<td>6,384</td>
</tr>
<tr>
<td>24-Mar-20</td>
<td>9,247</td>
</tr>
<tr>
<td>25-Mar-20</td>
<td>4,523</td>
</tr>
<tr>
<td>26-Mar-20</td>
<td>2,750</td>
</tr>
<tr>
<td>27-Mar-20</td>
<td>1,582</td>
</tr>
<tr>
<td>28-Mar-20</td>
<td>2,171</td>
</tr>
<tr>
<td>29-Mar-20</td>
<td>2,301</td>
</tr>
<tr>
<td>30-Mar-20</td>
<td>4,262</td>
</tr>
<tr>
<td>01-Apr-20</td>
<td>5,801</td>
</tr>
<tr>
<td>02-Apr-20</td>
<td>3,796</td>
</tr>
<tr>
<td>03-Apr-20</td>
<td>2,122</td>
</tr>
<tr>
<td>04-Apr-20</td>
<td>2,132</td>
</tr>
<tr>
<td>05-Apr-20</td>
<td>2,942</td>
</tr>
<tr>
<td>06-Apr-20</td>
<td>6,364</td>
</tr>
<tr>
<td>07-Apr-20</td>
<td>8,000</td>
</tr>
<tr>
<td>08-Apr-20</td>
<td>6,906</td>
</tr>
<tr>
<td>09-Apr-20</td>
<td>6,138</td>
</tr>
<tr>
<td>10-Apr-20</td>
<td>5,691</td>
</tr>
<tr>
<td>11-Apr-20</td>
<td>3,282</td>
</tr>
<tr>
<td>12-Apr-20</td>
<td>2,962</td>
</tr>
<tr>
<td>13-Apr-20</td>
<td>5,048</td>
</tr>
<tr>
<td>14-Apr-20</td>
<td>8,204</td>
</tr>
<tr>
<td>15-Apr-20</td>
<td>6,930</td>
</tr>
<tr>
<td>16-Apr-20</td>
<td>6,323</td>
</tr>
<tr>
<td>17-Apr-20</td>
<td>5,712</td>
</tr>
<tr>
<td>18-Apr-20</td>
<td>4,239</td>
</tr>
<tr>
<td>19-Apr-20</td>
<td>3,330</td>
</tr>
<tr>
<td>20-Apr-20</td>
<td>5,127</td>
</tr>
<tr>
<td>21-Apr-20</td>
<td>6,963</td>
</tr>
<tr>
<td>22-Apr-20</td>
<td>6,742</td>
</tr>
<tr>
<td>23-Apr-20</td>
<td>6,459</td>
</tr>
<tr>
<td>24-Apr-20</td>
<td>5,644</td>
</tr>
<tr>
<td>25-Apr-20</td>
<td>4,399</td>
</tr>
<tr>
<td>26-Apr-20</td>
<td>3,481</td>
</tr>
<tr>
<td>27-Apr-20</td>
<td>4,390</td>
</tr>
<tr>
<td>28-Apr-20</td>
<td>6,181</td>
</tr>
<tr>
<td>29-Apr-20</td>
<td>6,471</td>
</tr>
<tr>
<td>30-Apr-20</td>
<td>5,890</td>
</tr>
<tr>
<td>01-May-20</td>
<td>5,694</td>
</tr>
<tr>
<td>02-May-20</td>
<td>4,481</td>
</tr>
</tbody>
</table>
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 10 August 2020, 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.

<table>
<thead>
<tr>
<th>Wave</th>
<th>Freq.</th>
<th>% of total</th>
<th>% of Wave 1 participants</th>
<th>% with Follow-ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>72,655</td>
<td>11.32</td>
<td>100.00</td>
<td>80.22</td>
</tr>
<tr>
<td>2</td>
<td>58,747</td>
<td>9.15</td>
<td>80.86</td>
<td>87.03</td>
</tr>
<tr>
<td>3</td>
<td>51,013</td>
<td>7.95</td>
<td>70.21</td>
<td>89.64</td>
</tr>
<tr>
<td>4</td>
<td>45,688</td>
<td>7.12</td>
<td>62.88</td>
<td>91.91</td>
</tr>
<tr>
<td>5</td>
<td>41,874</td>
<td>6.52</td>
<td>57.63</td>
<td>92.86</td>
</tr>
<tr>
<td>6</td>
<td>38,981</td>
<td>6.07</td>
<td>53.65</td>
<td>93.54</td>
</tr>
<tr>
<td>7</td>
<td>36,105</td>
<td>5.62</td>
<td>49.69</td>
<td>95.03</td>
</tr>
<tr>
<td>8</td>
<td>34,915</td>
<td>5.44</td>
<td>48.06</td>
<td>95.50</td>
</tr>
<tr>
<td>9</td>
<td>33,345</td>
<td>5.19</td>
<td>45.89</td>
<td>95.74</td>
</tr>
<tr>
<td>10</td>
<td>31,926</td>
<td>4.97</td>
<td>43.94</td>
<td>95.71</td>
</tr>
<tr>
<td>11</td>
<td>30,556</td>
<td>4.76</td>
<td>42.06</td>
<td>95.68</td>
</tr>
<tr>
<td>12</td>
<td>29,235</td>
<td>4.55</td>
<td>40.24</td>
<td>93.99</td>
</tr>
<tr>
<td>13</td>
<td>27,479</td>
<td>4.28</td>
<td>37.82</td>
<td>92.19</td>
</tr>
<tr>
<td>14</td>
<td>25,334</td>
<td>3.95</td>
<td>34.87</td>
<td>89.82</td>
</tr>
<tr>
<td>15</td>
<td>22,756</td>
<td>3.54</td>
<td>31.32</td>
<td>89.17</td>
</tr>
<tr>
<td>16</td>
<td>20,292</td>
<td>3.16</td>
<td>27.93</td>
<td>83.34</td>
</tr>
<tr>
<td>17</td>
<td>16,911</td>
<td>2.63</td>
<td>23.28</td>
<td>73.17</td>
</tr>
<tr>
<td>18</td>
<td>12,373</td>
<td>1.93</td>
<td>17.03</td>
<td>65.60</td>
</tr>
<tr>
<td>19</td>
<td>8,117</td>
<td>1.26</td>
<td>11.17</td>
<td>44.27</td>
</tr>
<tr>
<td>20</td>
<td>3,592</td>
<td>0.56</td>
<td>4.94</td>
<td>In progress</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The total number of participants providing data during each calendar week is shown below (NB the numbers were correct until 9am on 10 August 2020, so this week does not have complete data yet).

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Freq.</th>
</tr>
</thead>
<tbody>
<tr>
<td>21/03-27/03/2020</td>
<td>1</td>
<td>28,935</td>
</tr>
<tr>
<td>28/03-03/04/2020</td>
<td>2</td>
<td>27,876</td>
</tr>
<tr>
<td>04/04-10/04/2020</td>
<td>3</td>
<td>38,173</td>
</tr>
</tbody>
</table>
## 2.6 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.

---

\(^1\) Hainmueller J, Xu Y. Ebalance: A Stata package for entropy balancing. Journal of Statistical Software. 2013 Sep;1;54(7).
<table>
<thead>
<tr>
<th></th>
<th>Total Obs (N)</th>
<th>Wave 1</th>
<th>Wave 2</th>
<th>Wave 3</th>
<th>Wave 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Unweighted</td>
<td>Weighted</td>
<td>Unweighted</td>
<td>Weighted</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-29</td>
<td>41,515</td>
<td>10.86%</td>
<td>19.49%</td>
<td>8.89%</td>
<td>15.44%</td>
</tr>
<tr>
<td>30-45</td>
<td>157,220</td>
<td>31.23%</td>
<td>26.11%</td>
<td>29.23%</td>
<td>24.50%</td>
</tr>
<tr>
<td>46-59</td>
<td>203,737</td>
<td>30.45%</td>
<td>24.11%</td>
<td>31.57%</td>
<td>25.75%</td>
</tr>
<tr>
<td>60+</td>
<td>239,480</td>
<td>27.47%</td>
<td>30.29%</td>
<td>30.32%</td>
<td>34.31%</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>478,447</td>
<td>74.87%</td>
<td>50.64%</td>
<td>75.31%</td>
<td>51.46%</td>
</tr>
<tr>
<td>Ethnicity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-white</td>
<td>26,742</td>
<td>6.06%</td>
<td>12.79%</td>
<td>5.06%</td>
<td>10.41%</td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GCSE or below</td>
<td>89,596</td>
<td>15.08%</td>
<td>32.65%</td>
<td>13.92%</td>
<td>31.00%</td>
</tr>
<tr>
<td>A levels or equivalent</td>
<td>110,942</td>
<td>18.18%</td>
<td>33.85%</td>
<td>17.68%</td>
<td>33.42%</td>
</tr>
<tr>
<td>Degree or above</td>
<td>441,414</td>
<td>66.75%</td>
<td>33.50%</td>
<td>64.80%</td>
<td>35.58%</td>
</tr>
<tr>
<td>Country</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>England</td>
<td>520,321</td>
<td>81.70%</td>
<td>84.26%</td>
<td>81.28%</td>
<td>84.43%</td>
</tr>
<tr>
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3 Measures

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.
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 first weeks following, the full list of questions was added and several questions underwent minor clarifications. The timeline of these is shown in the figure below 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.

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

3.2 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)
- over Crowd (room per person < 12)
- alone (binary variable indicating if living alone)
- status (living status)
- employed (binary variable, derived from ‘employment’)
- key worker
- 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_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))

3.3 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.
## Appendix

### 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   |
| ethnicity     | What is your ethnicity?                 | 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 |
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?

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
6, The USA
5, 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

6, Other

7, A garden
8, A balcony, small patio, or roof terrace
9, A park, wood, or other green space you can still access within easy walking distance of your home
10, none of the above

room
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
(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.
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?

"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

illness

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
12, A disability that affects my ability to leave the house
13, Any other disability
10, I am pregnant
11, None of the above
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>smoker</strong></td>
<td>Do you smoke?</td>
</tr>
<tr>
<td></td>
<td>1, non-smoker</td>
</tr>
<tr>
<td></td>
<td>2, ex-smoker</td>
</tr>
<tr>
<td></td>
<td>3, current light smoker (9 or less a day)</td>
</tr>
<tr>
<td></td>
<td>4, current moderate smoker (10-19 a day)</td>
</tr>
<tr>
<td></td>
<td>5, current heavy smoker (20+ a day)</td>
</tr>
<tr>
<td><strong>alcohol</strong></td>
<td>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)?</td>
</tr>
<tr>
<td></td>
<td>0, 0</td>
</tr>
<tr>
<td><strong>exercise</strong></td>
<td>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?</td>
</tr>
<tr>
<td></td>
<td>0, 0</td>
</tr>
<tr>
<td><strong>caring</strong></td>
<td>Do you have caring responsibilities for any of the following? (tick any that apply)</td>
</tr>
<tr>
<td></td>
<td>1, Elderly relatives or friends</td>
</tr>
<tr>
<td></td>
<td>2, People with long-term conditions or disabilities</td>
</tr>
<tr>
<td></td>
<td>3, Grandchildren</td>
</tr>
<tr>
<td><strong>pets</strong></td>
<td>Do you have any of the following pets? (tick any that apply)</td>
</tr>
<tr>
<td></td>
<td>1, Cat  2, Dog  3, Bird  4, Fish  5, Other</td>
</tr>
<tr>
<td><strong>closefriends</strong></td>
<td>How many close friends do you have?</td>
</tr>
<tr>
<td></td>
<td>0, 0</td>
</tr>
<tr>
<td><strong>socfreq</strong></td>
<td>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)?</td>
</tr>
<tr>
<td></td>
<td>1, Every day</td>
</tr>
<tr>
<td></td>
<td>2, Three or more times a week</td>
</tr>
<tr>
<td></td>
<td>3, Once or twice a week</td>
</tr>
<tr>
<td></td>
<td>4, Once or twice a month</td>
</tr>
<tr>
<td></td>
<td>5, Less than once a month</td>
</tr>
</tbody>
</table>
Your personality
I see myself as someone who:
...worries a lot

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:
...gets nervous easily

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:
...remains calm in tense situations

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:
...is talkative

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:
...is outgoing, sociable

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

Your personality
I see myself as someone who:
...is original, comes up with new ideas

Your personality
I see myself as someone who:
...values artistic, aesthetic experiences
Your personality
I see myself as someone who:
...has an active imagination

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

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

Your personality
I see myself as someone who:
...is considerate and kind to almost everyone
<table>
<thead>
<tr>
<th>Pers.</th>
<th>Question</th>
<th>Likert Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>pers_13</td>
<td>I see myself as someone who: does a thorough job</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td>pers_14</td>
<td>I see myself as someone who: tends to be lazy</td>
<td>1, Strongly disagree</td>
</tr>
<tr>
<td>pers_15</td>
<td>I see myself as someone who: does things efficiently</td>
<td>1, Strongly disagree</td>
</tr>
</tbody>
</table>
## Section 2: Questions asked weekly

<table>
<thead>
<tr>
<th>Variable name</th>
<th>Question/variable label</th>
<th>Choices/label values</th>
</tr>
</thead>
</table>
| covid         | Have you had Covid-19 (coronavirus)? | 1, Yes diagnosed and recovered  
2, Yes diagnosed and still ill  
3, Not formally diagnosed but suspected  
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  
2, Yes  
3, Unsure |
| isolationstatus | What is your current isolation status? (tick any that apply) | 1, I am living my life as normal  
2, I am not "staying at home", but I have cut down on my usual activities as a precaution  
3, I am not "staying at home" specifically, but I have stopped going to work like normal and am working from home  
6, I am "staying at home" because I have an existing medical condition or am categorised as high risk  
4, I am "staying at home" as I am worried about spreading it to others or getting ill (but I am not high risk)  
5, I am "staying at home" to protect a family member, friend or housemate who has an existing medical condition / is high risk  
8, I am "staying at home" as it has been ordered by the government or local authority as part of a lock down  
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  
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

**Isolation Questionnaire**

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)
leavinghome

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

isolation_reason

What are the motivations for your current isolation status above? (please tick all that apply)
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

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
dayisolating  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
dayoutside 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
dayface 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
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
onworth 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?
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)
1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots

confidencegov_central: 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]
1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots

confidencegov_devolved: 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]
1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – Lots | 8, Not applicable - I live in England

confidencehealth: 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)
1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots
How much confidence do you have that ESSENTIALS (e.g. access to food, water, medicines, deliveries) will be maintained during Covid-19?

1, None at all | 2, None | 3, Some | 4, Quite a lot | 5, A lot | 6, Lots | 7, 7 - Lots

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

1, Lost your job / been unable to do paid work
2, Your spouse/partner lost their job or was unable to do paid work
10, Major cut in household income (e.g. due to you or your partner being furloughed / put on leave / not receiving sufficient work)
3, Unable to pay bills / rent / mortgage
4, Evicted / lost accommodation
5, Unable to access sufficient food
6, Unable to access required medication
7, Somebody close to you is ill in hospital (due to Covid-19 or another illness)
8, You lost somebody close to you (due to Covid-19 or another cause)
9, None of the above

Over the last week, how often have you felt...

phq1
Little interest or pleasure in doing things
1, Not at all
2, One or two days
3, More than half the days
4, Nearly every day

phq2
Feeling down, depressed, or hopeless
1, Not at all
2, One or two days
3, More than half the days
4, Nearly every day

phq3
Trouble falling/staying asleep, sleeping too much
1, Not at all
2, One or two days
3, More than half the days
4, Nearly every day
<table>
<thead>
<tr>
<th>PHQ4</th>
<th>Over the last week, how often have been bothered by:</th>
<th>1. Not at all</th>
<th>2. One or two days</th>
<th>3. More than half the days</th>
<th>4. Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Feeling tired or having little energy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHQ5</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>Poor appetite or overeating</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHQ6</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>Feeling bad about yourself or that you are a failure or have let yourself or your family down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHQ7</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHQ8</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHQ9</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>Thoughts that you would be better off dead or of hurting yourself in some way</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HARM1</td>
<td>Over the last week, how often have been bothered by:</td>
<td>1. Not at all</td>
<td>2. One or two days</td>
<td>3. More than half the days</td>
<td>4. Nearly every day</td>
</tr>
<tr>
<td></td>
<td>Self-harming or deliberately hurting yourself</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Over the last week, how often have you been bothered by:

**harm2**
- **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**
- **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

**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 Have any of these things been causing you SIGNIFICANT stress?
(e.g. they have been constantly on your mind or have been keeping you awake at
night)

(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

gad1 Over the last week, how often have been bothered by:
...Feeling nervous, anxious or on edge

1, Not at all
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:
...Not being able to stop or control worrying

1, Not at all
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:
...Worrying too much about different things

1, Not at all
2, One or two days
3, More than half the days
4, Nearly every day
gad4  Over the last week, how often have been bothered by:
...Trouble relaxing

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

gad5  Over the last week, how often have been bothered by:
...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  Over the last week, how often have been bothered by:
...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  Over the last week, how often have been bothered by:
...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:

1. I have experienced a lot of understanding and support from others
2. I have a very close person whose help I can always count on
3. If necessary, I can easily borrow something I need from neighbours or friends
4. I have people with whom I can spend time and do things together
5. 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

<table>
<thead>
<tr>
<th>supp6</th>
<th>How often do you feel that you lack companionship</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1, 1 - not at all true</td>
</tr>
<tr>
<td>soc1</td>
<td>How often do you feel left out</td>
</tr>
<tr>
<td></td>
<td>1, Hardly ever</td>
</tr>
<tr>
<td>soc2</td>
<td>How often do you feel isolated from others</td>
</tr>
<tr>
<td></td>
<td>1, Hardly ever</td>
</tr>
<tr>
<td>soc3</td>
<td>How often do you feel lonely</td>
</tr>
<tr>
<td></td>
<td>1, Hardly ever</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>acta1</th>
<th>Phoning or video talking with colleagues whilst working remotely</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0, Did not do</td>
</tr>
<tr>
<td>acta2</td>
<td>Undertaking other work remotely</td>
</tr>
<tr>
<td></td>
<td>0, Did not do</td>
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<tr>
<td>Acta</td>
<td>Activity Description</td>
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<tr>
<td>------</td>
<td>--------------------------------------------------------------------------------------</td>
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<tr>
<td>Acta3</td>
<td>Going to work outside of the house (e.g. to the office)</td>
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<tr>
<td>Acta4</td>
<td>Phoning or video talking with friends or family</td>
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<tr>
<td>Acta5</td>
<td>Communicating with friends or family via email, whatsapp, text or other messaging</td>
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<td>service</td>
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<tr>
<td>Acta6</td>
<td>Receiving visits from friends, neighbours, family or carers</td>
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<tr>
<td>Acta7</td>
<td>Caring for a friend or relative</td>
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<tr>
<td>Acta8</td>
<td>Volunteering</td>
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<tr>
<td>actb1</td>
<td>Going out of the house to meet friends, neighbours or family</td>
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<td>actb2</td>
<td>Going out of the house to go shopping</td>
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<td>actb3</td>
<td>Going out for a walk or other gentle physical activity</td>
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<tr>
<td>actb4</td>
<td>Going out for moderate or high intensity activity (e.g running, cycling or swimming)</td>
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<td>actb5</td>
<td>Going out of the house to engage in a community group</td>
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<tr>
<td>actb6</td>
<td>Exercising inside your home or garden (e.g. doing yoga, weights or indoor exercise)</td>
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<tr>
<td>actb7</td>
<td>Gardening</td>
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<tr>
<td>actb8</td>
<td>Looking after pets</td>
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<tr>
<td>actc1</td>
<td>Taking naps during the day</td>
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<tr>
<td>actc2</td>
<td>Household chores (cooking, cleaning, ironing, tidying, online shopping etc)</td>
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<tr>
<td>actc3</td>
<td>Caring for children (e.g. bathing, feeding, doing homework with etc)</td>
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<tr>
<td>actc4</td>
<td>Playing with children (e.g. general play or board games or card games)</td>
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<tr>
<td>Code</td>
<td>Activity Description</td>
</tr>
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<td>--------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>actc5</td>
<td>Playing cards or board games with adults</td>
</tr>
<tr>
<td>actc6</td>
<td>Playing video or computer games alone, or with adults or children</td>
</tr>
<tr>
<td>actc7</td>
<td>Watching the news, listening to the radio or browsing the internet for information about Covid-19</td>
</tr>
<tr>
<td>actc8</td>
<td>Tweeting, blogging or posting content online about Covid-19</td>
</tr>
<tr>
<td>actd0</td>
<td>Watching TV, films, Netflix etc (NOT for information on Covid-19)</td>
</tr>
<tr>
<td>actd1</td>
<td>Listening to the radio or music (NOT for information on Covid-19)</td>
</tr>
<tr>
<td>actd2</td>
<td>Browsing the internet (NOT for information on Covid-19)</td>
</tr>
<tr>
<td>-------</td>
<td>------------------------------------------------------</td>
</tr>
<tr>
<td>actd3</td>
<td>Tweeting, blogging or posting content (NOT related to Covid-19)</td>
</tr>
<tr>
<td>actd4</td>
<td>Reading for pleasure</td>
</tr>
<tr>
<td>actd5</td>
<td>Engaging in a home-based arts or crafts activity (e.g. painting, creative writing, sewing, playing music, etc)</td>
</tr>
<tr>
<td>actd6</td>
<td>Engaging in a digital arts activity (e.g. streaming a concert, virtual tour of a museum etc)</td>
</tr>
<tr>
<td>actd7</td>
<td>Doing DIY, woodwork, metal work, model making or similar</td>
</tr>
</tbody>
</table>
### Table: Activity Data

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>actd8</td>
<td>Doing mindfulness or meditation</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>
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<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actd11</td>
<td>Praying</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>
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<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actd9</td>
<td>Another hobby not already mentioned</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>
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<tr>
<td></td>
<td></td>
<td>4, 6+ hours</td>
</tr>
<tr>
<td>actd10</td>
<td>Procrastinating or not doing anything in particular</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>socdist</td>
<td>When you go out or meet with others have you been maintaining social distancing?</td>
<td>1, Yes, completely</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, Yes, to a large extent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Not always</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0, Not applicable - I have not met with others or left my home in the last week</td>
</tr>
</tbody>
</table>

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### Section 3: Extra Modules

#### Volunteering module

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
</table>
| **vol1** | Home-schooling child in your household | 1. None  
2. A few days  
3. Once or twice a week  
4. Most days  
5. Every day |
| **vol2** | Volunteering with childcare for a friend, relative or neighbours | 1. None  
2. A few days  
3. Once or twice a week  
4. Most days  
5. Every day |
| **vol3** | Running errands for friends, relatives or neighbours (e.g. collecting shopping, medication etc) | 1. None  
2. A few days  
3. Once or twice a week  
4. Most days  
5. Every day |
| **vol4** | Making meals for friends, relatives or neighbours | 1. None  
2. A few days  
3. Once or twice a week  
4. Most days  
5. Every day |
| **vol5** | Volunteering with deliveries or providing lifts to NHS staff | 1. None  
2. A few days  
3. Once or twice a week  
4. Most days  
5. Every day |
<table>
<thead>
<tr>
<th>Vol</th>
<th>Activity</th>
<th>Frequency Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Volunteering at a hospital, care home, or other healthcare facility</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>7</td>
<td>Volunteering taking part in research (other than this study)</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>8</td>
<td>Offering telephone support to others through a support line (e.g. Samaritans or GoodSam)</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>9</td>
<td>Knitting, sewing or other crafts to support people during Covid-19 (e.g. scrubs for nurses)</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>10</td>
<td>Providing free accommodation to people affected by Covid-19 (e.g. NHS staff or people who are homeless)</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>11</td>
<td>Donating money to charities supporting Covid-19</td>
<td>1, None  2, A few days  3, Once or twice a week  4, Most days  5, Every day</td>
</tr>
<tr>
<td>vol12</td>
<td>Providing entertainment to others (e.g. via social media or YouTube) to boost morale</td>
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<tr>
<td>vol13</td>
<td>Providing pro-bono support to businesses or projects</td>
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<tr>
<td>vol14</td>
<td>Other volunteering activity relating to Covid-19</td>
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<tr>
<td>vol15</td>
<td>Other volunteering activity NOT relating to Covid-19</td>
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<tr>
<td>volunteeramount</td>
<td>How does this amount of volunteering in the past month compare to your usual amount of volunteering?</td>
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</tbody>
</table>

**Control, frustrations and expectations module**

<table>
<thead>
<tr>
<th>control1</th>
<th>How much do you currently feel in control of these aspects of your life: Your finances</th>
</tr>
</thead>
</table>
How much do you currently feel in control of these aspects of your life:
Your work / employment / job

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

How much do you currently feel in control of these aspects of your life:
Your physical health

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

How much do you currently feel in control of these aspects of your life:
Your mental health

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

How much do you currently feel in control of these aspects of your life:
Your marriage or close relationship

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

How much do you currently feel in control of these aspects of your life:
Your relationship with your family

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

How much do you currently feel in control of these aspects of your life:
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
<table>
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<tr>
<th>control7</th>
<th>How much do you currently feel in control of these aspects of your life: Your future plans</th>
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<tbody>
<tr>
<td></td>
<td>1, Not at all</td>
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<td>2, Not very much</td>
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<td>3, A little</td>
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<td></td>
<td>4, Very much so</td>
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<td>5, Entirely</td>
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<table>
<thead>
<tr>
<th>missing_minor</th>
<th>Are you currently missing any of the following aspects of normal life at all (even if only in a minor way)?</th>
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<tbody>
<tr>
<td></td>
<td>1, Meeting up with family</td>
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<td>2, Meeting up with friends</td>
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<td>3, Going out for coffees or drinks</td>
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<td>4, Going out for meals</td>
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<td>5, Going on holiday</td>
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<td>6, Going to cultural venues (e.g. libraries/cinema/theatre/museum)</td>
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<td></td>
<td>7, Taking part in community groups (e.g. arts or social groups)</td>
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<td>8, Doing regular volunteering activities</td>
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<td>9, Spending time in nature</td>
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<td>10, Going to the gym or other exercise</td>
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<td>11, Going to the office</td>
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<td>12, Having time on your own</td>
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<td>13, None of the above</td>
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</tbody>
</table>
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

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. None of the above
9. Decreasing social cohesion / increasing social discontent

Coping module
How have you been coping during lockdown?
I have been turning to work or other activities to take my mind off things

I've been concentrating my efforts on doing something about the situation I'm in

I've been saying to myself "this isn't real"

I've been using alcohol or other drugs to make myself feel better

I've been getting emotional support from others

I've been giving up trying to deal with it

I've been taking action to try to make the situation better
cop8  I've been refusing to believe that it has 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

cop9  I've been saying things to let my unpleasant feeling escape

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

cop10 I've been getting help and advice from other people

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

cop11 I've been using alcohol or other drugs to help me get through 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

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
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

cop13 I've been criticising myself

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

cop14 I've been trying to come up with a strategy about what to do

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

cop15 I've been getting comfort and understanding from someone

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
<table>
<thead>
<tr>
<th>Cop</th>
<th>Description</th>
<th>1: I haven't been doing this at all</th>
<th>2: I've been doing this a little bit</th>
<th>3: I've been doing this a medium amount</th>
<th>4: I've been doing this a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>I've been giving up the attempt to cope</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>I've been looking for something good in what is happening</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>I've been making jokes about it</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>I've been doing something to think about it less such as watching TV, reading, daydreaming, sleeping, or internet shopping</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>I've been accepting the reality of the fact that it has happened</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>I've been expressing my negative feelings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>I've been trying to find comfort in my religion or spiritual beliefs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>I've been trying to get advice or help from other people about what to do</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cop24</td>
<td>I've been learning to live with it</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>-------</td>
<td>----------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>I haven't been doing this at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>I've been doing this a little bit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>I've been doing this a medium bit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I've been doing this a lot</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>cop25</th>
<th>I've been thinking hard about what steps to take</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I haven't been doing this at all</td>
</tr>
<tr>
<td>2</td>
<td>I've been doing this a little bit</td>
</tr>
<tr>
<td>3</td>
<td>I've been doing this a medium amount</td>
</tr>
<tr>
<td>4</td>
<td>I've been doing this a lot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>cop26</th>
<th>I've been blaming myself for things that happened</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I haven't been doing this at all</td>
</tr>
<tr>
<td>2</td>
<td>I've been doing this a little bit</td>
</tr>
<tr>
<td>3</td>
<td>I've been doing this a medium amount</td>
</tr>
<tr>
<td>4</td>
<td>I've been doing this a lot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>cop27</th>
<th>I've been praying or meditating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I haven't been doing this at all</td>
</tr>
<tr>
<td>2</td>
<td>I've been doing this a little bit</td>
</tr>
<tr>
<td>3</td>
<td>I've been doing this a medium amount</td>
</tr>
<tr>
<td>4</td>
<td>I've been doing this a lot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>cop28</th>
<th>I've been making fun of the situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I haven't been doing this at all</td>
</tr>
<tr>
<td>2</td>
<td>I've been doing this a little bit</td>
</tr>
<tr>
<td>3</td>
<td>I've been doing this a medium amount</td>
</tr>
<tr>
<td>4</td>
<td>I've been doing this a lot</td>
</tr>
</tbody>
</table>

---

Fears and resilience module

<table>
<thead>
<tr>
<th>cas1</th>
<th>How often have you experienced the following activities over the last 2 weeks?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I felt dizzy, lightheaded, or faint, when I read or listened to news about the coronavirus</td>
</tr>
<tr>
<td>1</td>
<td>Not at all</td>
</tr>
<tr>
<td>2</td>
<td>Rarely less than a day or two</td>
</tr>
<tr>
<td>3</td>
<td>Several days</td>
</tr>
<tr>
<td>4</td>
<td>More than 7 days</td>
</tr>
<tr>
<td>5</td>
<td>Nearly every day over the last 2 weeks</td>
</tr>
</tbody>
</table>
cas2 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

cas3 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

res1 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

res2 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
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree
res4  How would you describe yourself?
It is hard for me to snap back when something bad happens
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree
res5  How would you describe yourself?
I usually come through difficult times with little trouble
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree
res6  How would you describe yourself?
I tend to take a long time to get over set-backs in my life
1, Strongly disagree
2, Disagree
3, Neutral
4, Agree
5, Strongly agree

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
ersaca5 When you are engaging in these activities, how much do you agree with the statements below:
I feel more confident in myself

ersaca6 When you are engaging in these activities, how much do you agree with the statements below:
It boosts my self-esteem

ersaca7 When you are engaging in these activities, how much do you agree with the statements below:
It gives me a sense of purpose

ersaca8 When you are engaging in these activities, how much do you agree with the statements below:
It helps me forget about my worries

ersaca9 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

ersaca10 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
When you are engaging in these activities, how much do you agree with the statements below:

It helps me to disengage from things that are bothering me

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

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

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

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

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

It makes me feel detached from negative things in my life

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

It makes me feel stronger in myself

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

It makes me reflect on my 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:

It reaffirms my identity

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 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
**lifeevent4**  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

**lifeevent5**  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

**lifeevent6**  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

**lifeevent7**  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

**lifeevent8**  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

**lifeevent9**  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
<table>
<thead>
<tr>
<th>Life event</th>
<th>Description</th>
<th>Response Options</th>
</tr>
</thead>
</table>
| lifeevent10 | 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 |
| lifeevent11 | 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 |
| lifeevent12 | 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?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Response Options</th>
</tr>
</thead>
</table>
| 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 |
rlo3  If something can go wrong for me, it will

rlo4  I’m always optimistic about my future

rlo5  I enjoy my friends a lot

rlo6  It’s important for me to keep busy

rlo7  I hardly ever expect things to go my way

rlo8  I don’t get upset too easily
I rarely count on good things happening to me

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?

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

**Emotional intelligence**

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

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

Before criticizing somebody, I try to imagine how I would feel if I were in their place

I often have tender, concerned feelings for people less fortunate than me

Sometimes I don't feel very sorry for other people when they are having problems

When I see someone being taken advantage of, I feel kind of protective towards them

Other people's misfortunes do not usually disturb me a great deal

When I see someone being treated unfairly, I sometimes don't feel very much pity for them

I am often quite touched by things that I see happen

I would describe myself as a pretty soft-hearted person

Weight module

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 would you 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**

<table>
<thead>
<tr>
<th>gamb1</th>
<th>Since lockdown started, have you engaged in any of the following?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chance-based gambling (e.g. roulette, bingo)</td>
</tr>
<tr>
<td></td>
<td>1. Not at all</td>
</tr>
<tr>
<td></td>
<td>2. A few times</td>
</tr>
<tr>
<td></td>
<td>3. Once or twice a week</td>
</tr>
<tr>
<td></td>
<td>4. Most days each week</td>
</tr>
<tr>
<td></td>
<td>5. Every day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>gamb2</th>
<th>Since lockdown started, have you engaged in any of the following?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Skills-based gambling (e.g. poker or blackjack)</td>
</tr>
<tr>
<td></td>
<td>1. Not at all</td>
</tr>
<tr>
<td></td>
<td>2. A few times</td>
</tr>
<tr>
<td></td>
<td>3. Once or twice a week</td>
</tr>
<tr>
<td></td>
<td>4. Most days each week</td>
</tr>
<tr>
<td></td>
<td>5. Every day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>gamb3</th>
<th>Since lockdown started, have you engaged in any of the following?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fixed odds betting</td>
</tr>
<tr>
<td></td>
<td>1. Not at all</td>
</tr>
<tr>
<td></td>
<td>2. A few times</td>
</tr>
<tr>
<td></td>
<td>3. Once or twice a week</td>
</tr>
<tr>
<td></td>
<td>4. Most days each week</td>
</tr>
<tr>
<td></td>
<td>5. Every day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>gamb4</th>
<th>Since lockdown started, have you engaged in any of the following?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Scratch cards</td>
</tr>
<tr>
<td></td>
<td>1. Not at all</td>
</tr>
<tr>
<td></td>
<td>2. A few times</td>
</tr>
<tr>
<td></td>
<td>3. Once or twice a week</td>
</tr>
<tr>
<td></td>
<td>4. Most days each week</td>
</tr>
<tr>
<td></td>
<td>5. Every day</td>
</tr>
</tbody>
</table>
Since lockdown started, have you engaged in any of the following?

Playing a lottery

Since lockdown started, have you engaged in any of the following?

Other types of gambling/betting

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

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

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?

0, Unchecked
1, Checked

Schizophrenia

Bipolar disorder

Manic depression

Obsessive-compulsive disorder

Post-traumatic stress disorder

An eating disorder

Psychosis
<table>
<thead>
<tr>
<th>mhdagnosis___8</th>
<th>Panic disorder</th>
<th>0, Unchecked</th>
<th>1, Checked</th>
</tr>
</thead>
<tbody>
<tr>
<td>mhdagnosis___9</td>
<td>Anxiety</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___10</td>
<td>Depression</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___13</td>
<td>Other mental health condition</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___11</td>
<td>Autism</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___12</td>
<td>Other learning disability</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___14</td>
<td>Prefer not to say</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
<tr>
<td>mhdagnosis___15</td>
<td>None of the above</td>
<td>0, Unchecked</td>
<td>1, Checked</td>
</tr>
</tbody>
</table>

**mhchangelock**  
How do you feel your mental health was affected during lockdown in April/May?  
1, My mental health got worse compared to before Covid-19  
2, My mental health was about the same  
3, My mental health got better compared to before Covid-19

**Finance module**

<table>
<thead>
<tr>
<th>financesupport</th>
<th>Have you used any of the following since lockdown began?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1, Foodbanks</td>
</tr>
<tr>
<td></td>
<td>2, Donations of food or clothing or other essentials</td>
</tr>
<tr>
<td></td>
<td>3, Furlough payments through your work</td>
</tr>
<tr>
<td></td>
<td>4, Self-employed income support</td>
</tr>
<tr>
<td></td>
<td>5, Universal credit</td>
</tr>
<tr>
<td></td>
<td>6, Pension credit</td>
</tr>
<tr>
<td></td>
<td>7, Housing benefit</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Religious faith is extremely important to me</strong></td>
<td>1, strongly disagree</td>
</tr>
<tr>
<td><strong>I pray or meditate daily</strong></td>
<td>1, strongly disagree</td>
</tr>
<tr>
<td><strong>I look to my religion to provide meaning and purpose in my life</strong></td>
<td>1, strongly disagree</td>
</tr>
<tr>
<td><strong>I consider myself active in organised religion (usually going to church, temple, mosque etc)</strong></td>
<td>1, No religion</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>What is your religion?</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1, No religion</td>
<td></td>
</tr>
<tr>
<td>2, Christian (including Church of England, Catholic, other Protestant and all other Christian denominations)</td>
<td></td>
</tr>
<tr>
<td>3, Buddhist</td>
<td></td>
</tr>
<tr>
<td>4, Hindu</td>
<td></td>
</tr>
<tr>
<td>5, Jewish</td>
<td></td>
</tr>
</tbody>
</table>
### religattend

**About how often have you attended religious services during the past year before the Covid-19 pandemic?**

1. More than once a week
2. Once a week
3. Two or three times a month
4. One or more times a year
5. Not at all

### religonline

**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?**

1. More than once a week
2. Once a week
3. Two or three times a month
4. One or more times a year
5. Not at all

### Relationship module

**How would you rate the quality of your relationships with the following people since lockdown came in?**

- **Spouse or partner**

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
<table>
<thead>
<tr>
<th>Rel</th>
<th>How would you rate the quality of your relationships with the following people since lockdown came in?</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Other adults you have been living with</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>3</td>
<td>Children you have been living with</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>4</td>
<td>Children outside of the household</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>5</td>
<td>Friends outside of the household</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>
</tbody>
</table>
rel6

How would you rate the quality of your relationships with the following people since lockdown came in?
Parents outside of the household

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

rel7

How would you rate the quality of your relationships with the following people since lockdown came in?
Other relatives outside of the household

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

rel8

How would you rate the quality of your relationships with the following people since lockdown came in?
Colleagues or co-workers

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

rel9

How would you rate the quality of your relationships with the following people since lockdown came in?
Neighbours

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
<table>
<thead>
<tr>
<th>relbreakdown</th>
<th>Have you experienced the complete break-down of your relationship with any of the following since lockdown came in?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, Spouse or partner</td>
<td></td>
</tr>
<tr>
<td>2, Other adults you have been living with</td>
<td></td>
</tr>
<tr>
<td>3, Children you have been living with</td>
<td></td>
</tr>
<tr>
<td>4, Children outside of the household</td>
<td></td>
</tr>
<tr>
<td>5, Friends outside of the household</td>
<td></td>
</tr>
<tr>
<td>6, Parents outside of the household</td>
<td></td>
</tr>
<tr>
<td>7, Other relatives outside of the household</td>
<td></td>
</tr>
<tr>
<td>8, Colleagues or co-workers</td>
<td></td>
</tr>
<tr>
<td>9, Neighbours</td>
<td></td>
</tr>
<tr>
<td>10, Somebody else</td>
<td></td>
</tr>
<tr>
<td>0, None of the above</td>
<td></td>
</tr>
</tbody>
</table>

**Neighbourhood module**

**neigh1**
BEFORE COVID-19, people around here were willing to help their neighbours

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

**neigh2**
NOW, SINCE COVID-19, people around here are willing to help their neighbours

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

**neigh3**
BEFORE COVID-19, people in this neighbourhood shared the same values

1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree
neigh4  NOW, SINCE COVID-19, people in this neighbourhood share the same values
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree

neigh5  BEFORE COVID-19, I felt people in this neighbourhood could be trusted
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree

neigh6  NOW, SINCE COVID-19, I feel people in this neighbourhood can be trusted
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree

neigh7  BEFORE COVID-19, people in this neighbourhood generally got on with each other
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree

neigh8  NOW, SINCE COVID-19, people in this neighbourhood generally get on with each other
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree

neigh9  BEFORE COVID-19, this was a close-knit neighbourhood
1, Strongly disagree
2, Disagree
3, Neither agree nor disagree
4, Agree
5, Strongly Agree
### neigh10

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

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

### neighlong

How long have you lived in your neighbourhood?

0, < 4 months  
1, 4-12 months  
2, 1-2 years  
3, 3-5 years  
4, 6-10 years  
5, 11-20 years  
6, 21+ years

### neighhome

How do you think of your neighbourhood?

1, 1 - Just a place to live | 2, 2 | 3, 3 | 4, 4 | 5, 5 - Home

### neighattach

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

1, 1 - no attachment | 2, 2 | 3, 3 | 4, 4 | 5, 5 - strong attachment

### neighbelong

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

1, 1 - don't belong at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 - belong strongly

### neighsat1

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

Safety

1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied

### neighsat2

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

Walkability

1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied

### neighsat3

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

Recreational facilities (e.g. leisure centres, playgrounds etc)

1, Dissatisfied  
2, Neither satisfied nor dissatisfied  
3, Satisfied
How satisfied are you with the following aspects of your neighbourhood?

Local amenities (e.g. shops and takeaways)

Availability of usable green space / parks

Presence of trees

Maintenance of streets

Density of traffic

Level of noise

Level of crowding

All things considered, how satisfied or dissatisfied are you with your neighbourhood as a place to live?

1, Dissatisfied
2, Neither satisfied nor dissatisfied
3, Satisfied

Have you used 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
<table>
<thead>
<tr>
<th>healthbeh</th>
<th>Have you done any of the following since lockdown began because of worries or challenges relating to Covid-19?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, Not reported symptoms of an illness to a GP or other health professional when you usually would have done</td>
<td></td>
</tr>
<tr>
<td>2, Not spoken to a health professional about your mental health when you usually would have done</td>
<td></td>
</tr>
<tr>
<td>3, Stopped taking medication because you could not access it (e.g. unable to collect prescription)</td>
<td></td>
</tr>
<tr>
<td>4, Not gone for tests or treatment even though they were available</td>
<td></td>
</tr>
<tr>
<td>5, None of the above</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>understandpre</th>
<th>How well did you feel you understood the rules from the government in the FIRST HALF OF LOCKDOWN, when the message was &quot;stay at home, protect the NHS, save lives&quot;?</th>
</tr>
</thead>
<tbody>
<tr>
<td>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)</td>
<td></td>
</tr>
<tr>
<td>1, 1 - not at all</td>
<td>2, 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>understandpost</th>
<th>How well do you feel you have understood the rules from the government SINCE THE LOCKDOWN EASING has begun?</th>
</tr>
</thead>
<tbody>
<tr>
<td>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)</td>
<td></td>
</tr>
<tr>
<td>1, 1 - not at all</td>
<td>2, 2</td>
</tr>
</tbody>
</table>
### Lockdown holiday module

Do any of the following apply to you?

- Leave blank if they do not apply

<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>
</table>

### Discrimination module

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

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

**Risk taking**

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>risktaking</td>
<td>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?</td>
<td>0, 0 - Not at all willing to take risks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, 4</td>
</tr>
</tbody>
</table>

**Life-change module**

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>lifechanges___*</td>
<td>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?</td>
<td>1, Save money more than I did before COVID-19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2, Save money less than I did before COVID-19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3, Spend money on different things than I did before COVID-19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4, Change my job</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5, Give up work</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6, Work longer hours than I did before COVID-19</td>
</tr>
</tbody>
</table>
Select any that apply.

7. Work shorter hours than I did before COVID-19
8. Work from home more than I did before COVID-19
9. Commute more by car than I did before COVID-19
10. Commute more by public transport than I did before COVID-19
11. Commute more by exercising (e.g. cycling/scooting/walking) than I did before COVID-19
12. Support local business more than I did before COVID-19
13. Use online shopping more than I did before COVID-19
14. Exercise more than I did before COVID-19
15. Eat more healthily than I did before COVID-19
16. Look after my mental health better than I did before COVID-19
17. End a current romantic relationship
18. Seek a new romantic relationship
19. Spend more time with family outside of the home than I did before COVID-19
20. Spend less time with family outside of the home than I did before COVID-19
21. Spend more time with family you live with than I did before COVID-19
22. Spend less time with family you live with than I did before COVID-19
23. Volunteer more than I did before COVID-19
24. Volunteer less than I did before COVID-19
25. Talk more to neighbours than I did before COVID-19
26. Talk less to neighbours than I did before COVID-19
27. Move to live in a different area
28. Holiday in the UK more than before COVID-19
29. Holiday abroad more than before COVID-19
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
3, 3
4, 4
5, 5
6, 6
7, 7 - I will entirely change the way I lived compared to before COVID-19

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?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Less than during April/May</td>
</tr>
<tr>
<td>2</td>
<td>About the same as during April/May</td>
</tr>
<tr>
<td>3</td>
<td>More than during April/May</td>
</tr>
<tr>
<td>4</td>
<td>I haven’t done any arts/creative activities in June or July</td>
</tr>
</tbody>
</table>

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?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Less than during April/May</td>
</tr>
<tr>
<td>2</td>
<td>About the same as during April/May</td>
</tr>
<tr>
<td>3</td>
<td>More than during April/May</td>
</tr>
<tr>
<td>4</td>
<td>I haven’t done any betting/gambling in June or July</td>
</tr>
</tbody>
</table>

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>My mental health has got worse compared to during April/May</td>
</tr>
<tr>
<td>2</td>
<td>My mental health has been about the same compared to during April/May</td>
</tr>
<tr>
<td>3</td>
<td>My mental health has got better compared to during April/May</td>
</tr>
</tbody>
</table>