

Covid-19 Social Study Data User Guide

Prepared by Dr Daisy Fancourt & Dr Feifei Bu

Version 12

06 July 2020



Table of Contents

1. Study Overview	2
1.1 Background & Aims	2
1.2 Funding	3
1.3 Ethical clearance	3
1.4 Contact details	3
2 Sample	4
2.1 Sample design	4
2.2 Cleaning	4
2.3 Recruitment rate	5
2.4 Response rate	6
2.5 Retention rate	8
2.6 Participant characteristics	8
2.7 Weighting	Error! Bookmark not defined.
3 Measures	0
3.2 Study timeline	0
3.3 Derived variables	1
3.4 Missing data	2
Appendix	0
Data Dictionary	0
Section 1: Baseline Only	0
Section 2: Questions asked weekly	10
Section 3: Extra Modules	28

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 ask baseline questions on the following:

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

It also asks repeated questions every week on the following:

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

Certain weeks of the study also include one-off modules on topics including:

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

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

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

1.2 Funding

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

1.3 Ethical clearance

Ethical approval for the study was granted by the UCL Research Ethics Committee [12467/005] and the study is fully GDPR compliant, running through a REDCap secure software programme within a data safe haven.

1.4 Contact details

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

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

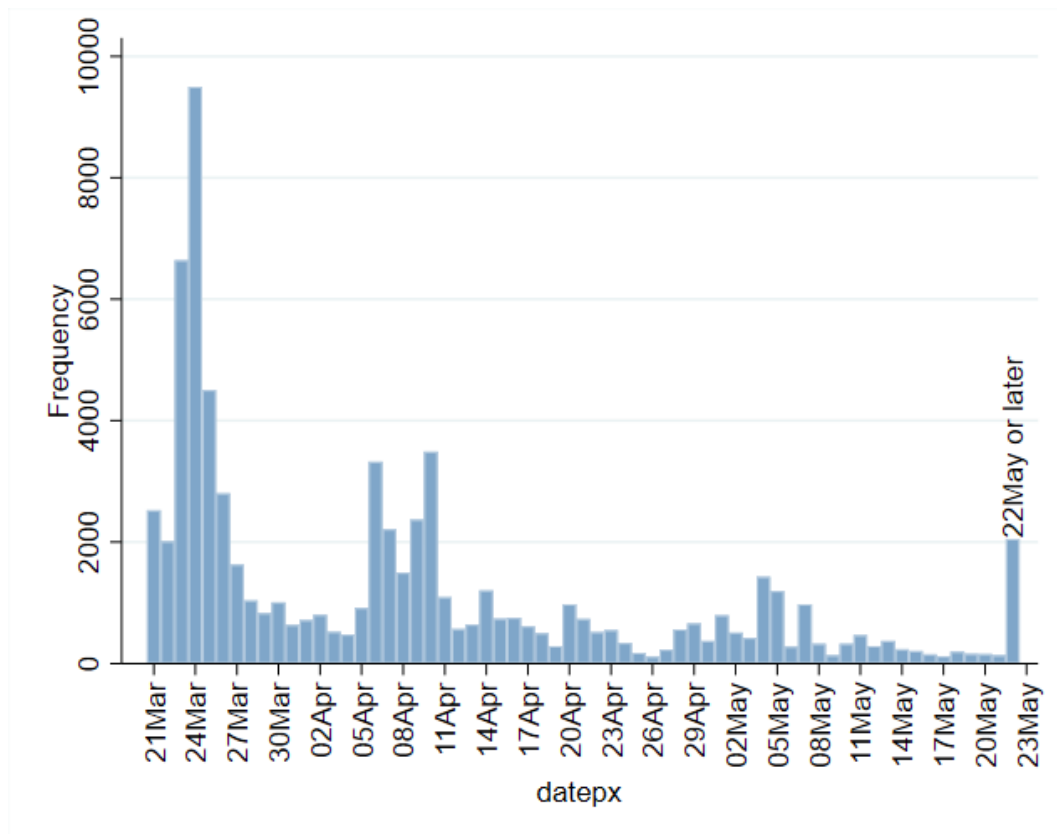
A number of checks on the data were performed, with responses failing these checks being eliminated before any counting of the total sample size took place.

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 any 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.

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

10	23/05-29/05/2020
11	30/05-05/06/2020
12	06/06-12/06/2020
13	13/06-19/06/2020
14	20/06-26/06/2020
15	27/06-03/07/2020
16	04/07-10/07/2020

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

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

```
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:

datepx	Freq.	datepx	Freq.	datepx	Freq.
21-Mar-20	2,526	29-Apr-20	6,475	07-Jun-20	4,120
22-Mar-20	2,012	30-Apr-20	5,894	08-Jun-20	4,492
23-Mar-20	6,642	01-May-20	5,709	09-Jun-20	4,613
24-Mar-20	9,499	02-May-20	4,488	10-Jun-20	5,131
25-Mar-20	4,505	03-May-20	4,195	11-Jun-20	4,648
26-Mar-20	2,804	04-May-20	5,560	12-Jun-20	4,456
27-Mar-20	1,629	05-May-20	6,377	13-Jun-20	3,556
28-Mar-20	2,206	06-May-20	5,062	14-Jun-20	4,115
29-Mar-20	2,327	07-May-20	6,159	15-Jun-20	4,444
30-Mar-20	4,289	08-May-20	4,887	16-Jun-20	4,461
31-Mar-20	7,459	09-May-20	3,800	17-Jun-20	4,775
01-Apr-20	5,837	10-May-20	5,105	18-Jun-20	4,679
02-Apr-20	3,817	11-May-20	5,606	19-Jun-20	4,257
03-Apr-20	2,142	12-May-20	6,294	20-Jun-20	3,482
04-Apr-20	2,163	13-May-20	6,679	21-Jun-20	3,964
05-Apr-20	2,972	14-May-20	5,371	22-Jun-20	4,407
06-Apr-20	6,451	15-May-20	4,754	23-Jun-20	4,287
07-Apr-20	8,034	16-May-20	3,953	24-Jun-20	4,413
08-Apr-20	6,943	17-May-20	4,603	25-Jun-20	4,381
09-Apr-20	6,171	18-May-20	5,368	26-Jun-20	4,279
10-Apr-20	5,762	19-May-20	5,633	27-Jun-20	3,641
11-Apr-20	3,285	20-May-20	5,951	28-Jun-20	3,878
12-Apr-20	2,973	21-May-20	5,429	29-Jun-20	4,384
13-Apr-20	5,050	22-May-20	4,857	30-Jun-20	4,207
14-Apr-20	8,221	23-May-20	3,725	01-Jul-20	4,197
15-Apr-20	6,959	24-May-20	4,195	02-Jul-20	4,215
16-Apr-20	6,351	25-May-20	4,337	03-Jul-20	4,079
17-Apr-20	5,724	26-May-20	5,796	04-Jul-20	3,496
18-Apr-20	4,260	27-May-20	5,480	05-Jul-20	3,790
19-Apr-20	3,347	28-May-20	5,125		
20-Apr-20	5,147	29-May-20	4,692		
21-Apr-20	6,981	30-May-20	3,781		
22-Apr-20	6,760	31-May-20	4,203		
23-Apr-20	6,478	01-Jun-20	4,479		
24-Apr-20	5,644	02-Jun-20	4,982		
25-Apr-20	4,405	03-Jun-20	5,472		
26-Apr-20	3,487	04-Jun-20	4,790		
27-Apr-20	4,392	05-Jun-20	4,544		
28-Apr-20	6,192	06-Jun-20	3,905		

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 6 July 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.

Wave	Freq.	% of total Obs.	% of Wave 1 participants	% with Follow-ups
1	72,044	14.05	100	80.27
2	58,279	11.37	80.89	87.02
3	50,600	9.87	70.23	89.59
4	45,297	8.83	62.87	91.67
5	41,404	8.07	57.47	92.34
6	38,330	7.48	53.20	92.75
7	35,196	6.86	48.85	93.30
8	33,442	6.52	46.42	91.73
9	30,677	5.98	42.58	89.36
10	27,412	5.35	38.05	91.08
11	24,968	4.87	34.66	86.27
12	21,540	4.2	29.90	76.47
13	16,471	3.21	22.86	67.79
14	11,165	2.18	15.50	51.80
15	5,784	1.13	8.03	In progress
16	In progress			

The total number of participants providing data during each calendar week is shown below (NB the numbers were correct until 9am on 6 July, so this week does not have complete data yet).

Date	Week	Freq.
21/03-27/03/2020	1	29,617
28/03-03/04/2020	2	28,077
04/04-10/04/2020	3	38,496
11/04-17/04/2020	4	38,563
18/04-24/04/2020	5	38,617
25/04-01/05/2020	6	36,554
02/05-08/05/2020	7	36,728
09/05-15/05/2020	8	37,609

16/05-22/05/2020	9	35,794
23/05-29/05/2020	10	33,350
30/05-05/06/2020	11	32,251
06/06-12/06/2020	12	31,365
13/06-19/06/2020	13	30,287
20/06-26/06/2020	14	29,213
27/06-03/07/2020	15	28,601
04/07-10/07/2020	16	In progress

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>

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).

		Total Obs (N)	Wave 1		Wave 2		Wave 3		Wave 4	
			Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	35,827	10.85%	19.49%	8.89%	15.48%	7.53%	12.65%	6.95%	11.39%
	30-45	131,846	31.23%	26.11%	29.25%	24.52%	27.59%	22.93%	26.16%	21.64%
	46-59	162,751	30.44%	24.11%	31.56%	25.76%	32.17%	26.69%	32.21%	26.71%
	60+	182,323	27.48%	30.30%	30.31%	34.24%	32.72%	37.73%	34.68%	40.26%
Gender	Women	382,204	74.84%	50.64%	75.28%	51.44%	75.34%	51.56%	75.20%	51.25%
Ethnicity	Non-white	22,177	6.03%	12.79%	5.03%	10.44%	4.56%	9.46%	4.33%	8.90%
Education	GCSE or below	71,111	15.02%	32.65%	13.88%	31.04%	13.63%	31.02%	13.56%	31.10%
	A levels or equivalent	88,819	18.20%	33.85%	17.68%	33.39%	17.27%	32.60%	17.07%	32.16%
	Degree or above	352,817	66.78%	33.50%	68.43%	35.57%	69.09%	36.38%	69.37%	36.74%
Country	England	416,789	81.73%	84.27%	81.31%	84.40%	81.23%	84.38%	81.16%	84.43%
	Wales	57,680	10.55%	4.74%	11.13%	5.27%	11.24%	5.47%	11.51%	5.70%
	Scotland	33,086	6.53%	8.20%	6.48%	7.99%	6.48%	7.97%	6.34%	7.90%
	Northern Ireland	5,192	1.19%	2.80%	1.07%	2.34%	1.05%	2.18%	0.99%	1.97%
Mental health	Diagnosed condition	89,839	19.71%	20.26%	18.98%	19.53%	18.38%	18.48%	17.88%	17.96%

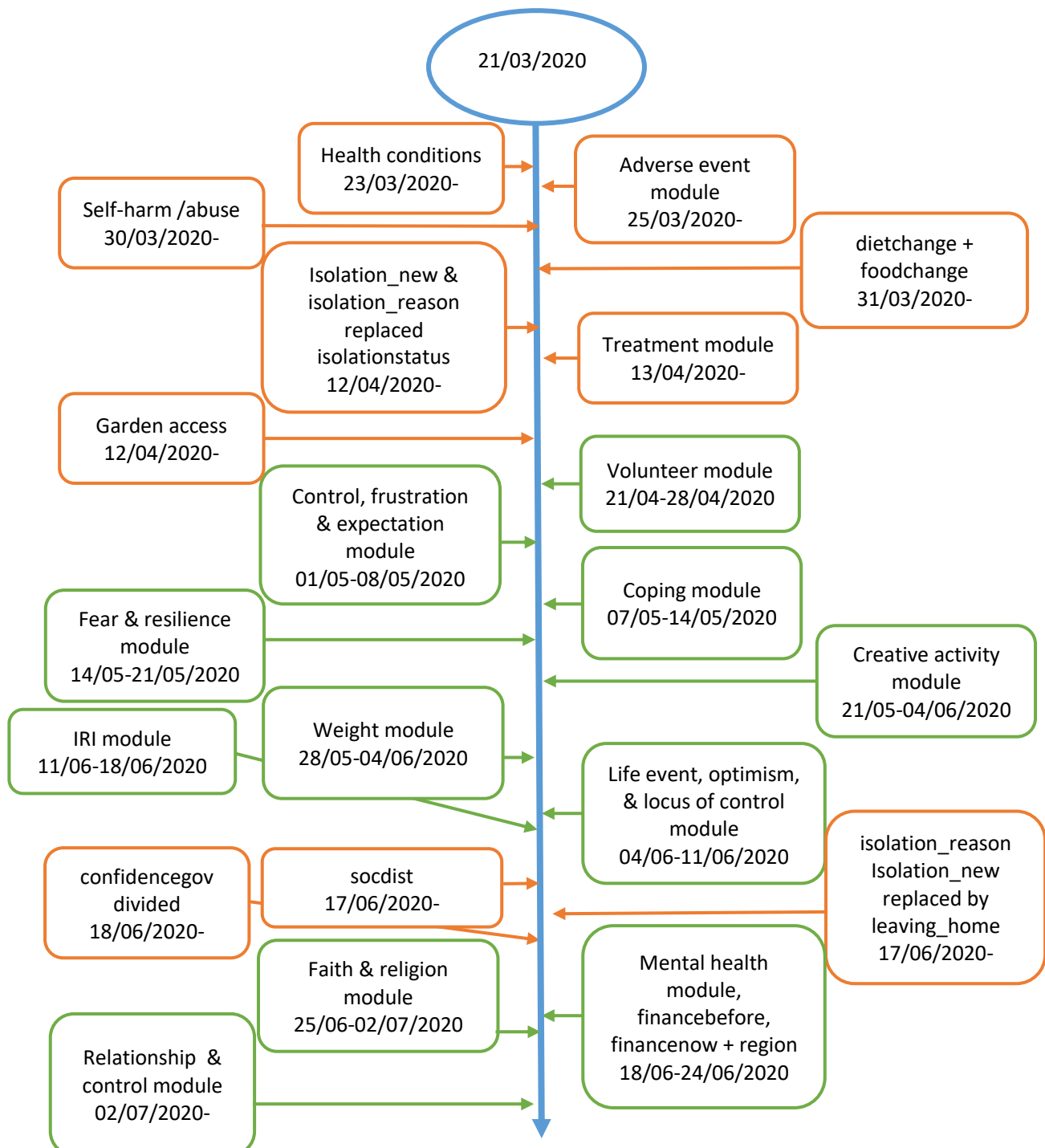
		Wave 5		Wave 6		Wave 7		Wave 8	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	6.43%	10.57%	6.04%	9.69%	5.85%	9.42%	5.56%	8.93%
	30-45	25.14%	20.61%	24.25%	19.89%	23.58%	19.20%	23.11%	18.76%
	46-59	32.28%	26.78%	32.37%	26.81%	32.23%	26.67%	32.07%	26.45%
	60+	36.14%	42.04%	37.35%	43.61%	38.35%	44.72%	39.26%	45.87%
Gender	Women	75.11%	51.12%	75.02%	50.91%	74.89%	50.78%	74.73%	50.40%
Ethnicity	Non-white	4.22%	8.69%	4.03%	8.25%	3.93%	8.06%	3.76%	7.77%
Education	GCSE or below	13.56%	31.28%	13.48%	31.38%	13.39%	31.24%	13.58%	31.64%
	A levels or equivalent	17.02%	32.14%	16.93%	31.97%	16.97%	32.09%	17.08%	32.10%
	Degree or above	69.42%	36.58%	69.59%	36.65%	69.63%	36.67%	69.34%	36.26%
Country	England	81.00%	84.30%	80.78%	84.07%	80.47%	84.00%	80.34%	83.92%
	Wales	11.83%	5.90%	12.05%	6.11%	12.44%	6.32%	12.57%	6.39%
	Scotland	6.20%	7.86%	6.21%	7.92%	6.17%	7.89%	6.19%	7.86%
	Northern Ireland	0.97%	1.94%	0.95%	1.90%	0.92%	1.79%	0.90%	1.83%
Mental health	Diagnosed condition	17.52%	17.71%	17.16%	17.19%	16.87%	16.79%	16.67%	16.63%

		Wave 9		Wave 10		Wave 11		Wave 12	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	5.31%	8.40%	5.18%	8.17%	4.94%	7.73%	4.84%	7.35%
	30-45	22.73%	18.40%	22.47%	18.10%	22.20%	17.87%	22.11%	17.57%
	46-59	31.77%	26.20%	31.62%	26.11%	31.61%	26.05%	31.80%	26.05%
	60+	40.20%	47.01%	40.72%	47.62%	41.25%	48.35%	41.25%	49.03%
Gender	Women	74.50%	50.09%	74.10%	49.50%	73.89%	49.05%	73.99%	48.94%
Ethnicity	Non-white	3.58%	7.41%	3.50%	7.32%	3.42%	7.06%	3.40%	6.85%
Education	GCSE or below	13.74%	32.04%	13.84%	32.24%	13.85%	32.33%	13.90%	32.56%
	A levels or equivalent	17.10%	32.04%	17.09%	32.01%	17.19%	32.15%	17.25%	32.09%
	Degree or above	69.16%	35.92%	69.06%	35.74%	68.96%	35.52%	68.84%	35.34%
Country	England	79.69%	83.37%	78.70%	82.49%	79.37%	82.94%	82.68%	84.49%
	Wales	13.05%	6.66%	13.69%	7.00%	12.94%	6.65%	9.32%	4.79%
	Scotland	6.35%	8.09%	6.66%	8.52%	6.75%	8.44%	7.03%	8.70%
	Northern Ireland	0.92%	1.88%	0.95%	1.99%	0.95%	1.97%	0.97%	2.02%
Mental health	Diagnosed condition	16.36%	16.19%	16.06%	15.91%	15.76%	15.62%	15.60%	15.47%

		Wave 13		Wave 14		Wave 15	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	4.95%	7.44%	5.12%	7.29%	4.46%	5.79%
	30-45	22.14%	17.34%	21.86%	16.78%	20.61%	15.18%
	46-59	31.71%	25.60%	31.49%	25.46%	30.79%	25.06%
	60+	41.20%	49.63%	41.52%	50.47%	44.14%	53.97%
Gender	Women	74.60%	49.41%	75.00%	49.38%	74.95%	48.81%
Ethnicity	Non-white	3.44%	6.89%	3.29%	6.57%	3.26%	6.61%
Education	GCSE or below	13.73%	32.42%	13.97%	32.99%	14.42%	33.94%
	A levels or equivalent	16.99%	31.81%	17.38%	32.23%	17.62%	31.91%
	Degree or above	69.27%	35.77%	68.64%	34.78%	67.96%	34.16%
Country	England	86.16%	86.20%	88.42%	87.55%	88.76%	87.05%
	Wales	5.83%	2.74%	3.88%	1.52%	3.39%	1.33%
	Scotland	6.99%	8.93%	6.66%	8.59%	6.69%	8.96%
	Northern Ireland	1.01%	2.13%	1.04%	2.34%	1.16%	2.66%
Mental health	Diagnosed condition	15.26%	15.01%	15.27%	14.78%	15.13%	15.16%

3 Measures

3.2 Study timeline



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

The study was launched with an initial questionnaire which included a slightly reduced number of the full study questions. In the few 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.

3.3 Derived variables

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

- female
- non-white (binary ethnicity variable)
- age (derived from year of birth, capped at 90)
- agegrp3 (age dichotomized into 3 groups)
- agegrp4 (age dichotomized into 4 groups)
- edu (derived from education, 3 groups)
- lowincome (household income<30k)
- overcrowd (room per person<12)
- alone (binary variable indicating if living alone)
- status (living status)
- employed (binary variable, derived from 'employment')
- keyworker
- carer
- ltc_p (binary indicator—diagnosed physical condition)
- ltc_m (binary indicator—diagnosed mental condition)
- ltc_none (binary indicator—no physical or mental condition)
- GAD (sum score of the GAD-7 scale)
- anx (binary, GAD≥10)
- PHQ (sum score of the PHQ-9 scale)
- depress (binary PHQ≥10)
- lonely (sum score of the UCLA-3 scale)
- support (sum score of perceived social support)
- BFI_n (sum score of the BFI-15, neuroticism)
- BFI_e (sum score of the BFI-15, extraversion)
- BFI_o (sum score of the BFI-15, openness to experience)
- BFI_a (sum score of the BFI-15, agreeableness)
- BFI_c (sum score of the BFI-15, conscientiousness)
- CAS (sum score of the Coronavirus Anxiety Scale)
- RES (sum score of the resilience scale)
- COP_dis (Self-distraction (sum score of cop1 & cop19))

- COP_act (Active coping (sum score of cop2 & cop7))
- COP_den (Denial (sum score of cop3 & cop8))
- COP_sub (Substance use (sum score of cop4 & cop11))
- COP_emo (Emotional support (sum score of cop5 & cop15))
- COP_ins (Instrumental support (sum score of cop10 & cop23))
- COP_beh (Behavioral disengagement (sum score of cop6 & cop16))
- COP_ven (Venting (sum score of cop9 & cop21))
- COP_pos (Positive reframing (sum score of cop12 & cop17))
- COP_pla (Planning (sum score of cop14 & cop25))
- COP_hum (Humor (sum score of cop18 & cop28))
- COP_acp (Acceptance (sum score of cop20 & cop24))
- COP_rel (Religion (sum score of cop22 & cop27))
- COP_sbm (Self-blame (sum score of cop13 & cop26))

3.4 Missing data

Our study required completion of every question on every page for participants to proceed, so there are 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

Variable name	Question/variable label	Choices/label values
sex	What is your gender?	1, Male 2, Female 3, Other / prefer not to say
ethnicity	What is your ethnicity?	1, Asian/Asian British - Indian, Pakistani, Bangladeshi, other 2, Black/Black British - Caribbean, African, other 3, Mixed race - White and Black/Black British 4, Mixed race - other 5, White - British, Irish, other 6, Chinese/Chinese British 7, Middle Eastern/Middle Eastern British - Arab, Turkish, other 8, Other ethnic group 9, Prefer not to say
marital	What is your relationship status?	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
garden	Do you have access to any the following where you live?	1, A garden 2, A balcony, small patio, or roof terrace 3, A park, wood, or other green space you can still access within easy walking distance of your home 4, none of the above
rooms	How many rooms are in your home? (not including any bathrooms or toilets. If you live in a shared house only count the rooms that are open to you to use. If you live in a block of flat, only count rooms your flat.)	1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10+
houseadults	How many adults are living WITH YOU in the household? (Do not count yourself)	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10+

"Household" means the people you immediately live with, e.g. in your flat or house. Don't count other people e.g. in your flat block.

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?	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	"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. 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

smoker	Do you smoke?	1, non-smoker 2, ex-smoker 3, current light smoker (9 or less a day) 4, current moderate smoker (10-19 a day) 5, current heavy smoker (20+ a day)
alcohol	How many alcoholic drinks have you had in the past week (e.g. how many glasses of wine / pints of beer or cider / shots of spirits)?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10 11, 11 12, 12 13, 13 14, 14 15, 15 16, 16 18, 18 19, 19 20, 20 21, 21+
exercise	How many days last week did you do moderate or vigorous physical activity (activity that raises your heart rate and makes you breathe faster and feel warmer) for 15 minutes or more?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7
caring	Do you have caring responsibilities for any of the following? (tick any that apply)	1, Elderly relatives or friends 2, People with long-term conditions or disabilities 3, Grandchildren
pets	Do you have any of the following pets? (tick any that apply)	1, Cat 2, Dog 3, Bird 4, Fish 5, Other
closefriends	How many close friends do you have?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10+
socfreq	Usually in your life, how often do you meet up with people face to face socially, not for work (e.g. friends, family, relatives or social events with colleagues)?	1, Every day 2, Three or more times a week 3, Once or twice a week 4, Once or twice a month 5, Less than once a month

pers1	...worries a lot	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers2	...gets nervous easily	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers3	...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
pers4	...is talkative	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

pers5	...is outgoing, sociable	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers6	...is reserved	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers7	...is original, comes up with new ideas	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_8	...values artistic, aesthetic experiences	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

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

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

Section 2: Questions asked weekly

Variable name	Question/variable label	Choices/label values
covid	Have you had Covid-19 (coronavirus)?	1, Yes diagnosed and recovered 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	<p>What is your current isolation status? (tick any that apply)</p> <p>By "staying at home" we mean avoiding leaving the house for everything apart from exercise, shopping for essentials, or medical need.</p> <p>By "self-isolating" we mean staying at home and avoiding contact with any people inside or outside the household.</p>	<p>1, I am living my life as normal</p> <p>2, I am not "staying at home", but I have cut down on my usual activities as a precaution</p> <p>3, I am not "staying at home" specifically, but I have stopped going to work like normal and am working from home</p> <p>6, I am "staying at home" because I have an existing medical condition or am categorised as high risk</p> <p>4, I am "staying at home" as I am worried about spreading it to others or getting ill (but I am not high risk)</p> <p>5, I am "staying at home" to protect a family member, friend or housemate who has an existing medical condition / is high risk</p> <p>8, I am "staying at home" as it has been ordered by the government or local authority as part of a lock down</p> <p>9, I am "staying at home" but this is NOT because of Covid-19 but because of another</p>

isolation_new

What is your current isolation status?

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

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	<p>In the past week, which of these have you left your home for?</p> <p>[NB some of these activities may not yet be allowed in different UK nations]</p>	<p>1, Exercise</p> <p>2, Buying food or medication</p> <p>3, Other shopping</p> <p>4, Other errands (e.g. taking a child to school)</p> <p>5, Work</p> <p>6, Other essential task (e.g. volunteering)</p> <p>7, Visiting people in a support bubble</p> <p>8, Meeting up with friends or family (not in a support bubble)</p> <p>9, Going out for meals or entertainment</p> <p>10, Day trip or other outing</p> <p>11, Other reason</p> <p>12, I am not leaving my home</p>
isolation_reason	<p>What are the motivations for your current isolation status above? (please tick all that apply)</p>	<p>1, I am worried about catching Covid-19 and I have an existing medical condition or am categorised as high risk</p> <p>2, I am worried about catching Covid-19 but am not high risk</p> <p>3, I wish to protect/shield a family member/friend who is high risk</p> <p>4, I am worried about spreading Covid-19 to others</p> <p>5, It has been ordered by the government (e.g. as part of lockdown)</p> <p>6, Another reason not relating to Covid-19 (e.g. maternity leave, pre-existing illness, or disability)</p> <p>7, None of the above</p>
life_diff	<p>How different has life been for you in the past week compared to life before Covid-19?</p>	<p>1, Entirely the same as usual</p> <p>2, Only a little different</p> <p>3, Quite a few differences</p> <p>4, Lots of differences</p> <p>5, Completely different</p>
daysisolating	<p>In the past 7 days, how many days have you: not left the house or garden?</p>	<p>0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7</p>

daysoutside	In the past 7 days, how many days have you: been outside for 15 minutes or more (including on a balcony or in the garden)?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7
daysface	In the past 7 days, how many days have you: had face-to-face contact with another person for 15 minutes or more (including someone you live with)?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7
dayscall	In the past 7 days, how many days have you: had a phone or video call with another person for 15 minutes or more?	0, 0 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7
sleep	Over the past week, how has your sleep been?	1, Very good 2, Good 3, Average 4, Not good 5, Very poor
smokechange	Over the past week have you smoked more than usual?	1, Less than usual 2, About the same 3, More than usual 4, I don't smoke
alcoholchange	Over the past week have you drunk alcohol more than usual?	1, Less than usual 2, About the same 3, More than usual 4, I don't drink alcohol
foodchange_2	Over the past week have you eaten more than usual?	1, Less than usual 2, About the same 3, More than usual
dietchange_3	Over the past week how has your diet been?	1, Less healthy than usual 2, About the same healthiness as usual 3, More healthy than usual
onssat	Overall, in the past week, how satisfied have you been with your life?	0, 0 - not at all 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10 - completely
onsworth	In the past week, to what extent have you felt the things you are doing in your life are worthwhile?	0, 0 - not at all 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10 - completely
onshappy	In the past week, how happy did you feel?	0, 0 - not at all 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8 9, 9 10, 10 - completely
covidknowledge	How would you rate your knowledge level on Covid-19?	1, 1 - very poor knowledge 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 - very good knowledge

followingisolation	Are you following the recommendations from authorities to prevent spread of Covid-19?	1, 1 - not at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 - very much so
confidencegov	How much confidence do you have in the UK GOVERNMENT that they can handle Covid-19 well? 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
confidenceessent	How much confidence do you have that ESSENTIALS (e.g. access to food, water, medicines, deliveries) will be maintained during Covid-19?	1, 1 - None at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 - Lots

adverse

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

phq1

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

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

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

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

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

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

phq4	Over the last week, how often have been bothered by: Feeling tired or having little energy	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq5	Over the last week, how often have been bothered by: Poor appetite or overeating	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq6	Over the last week, how often have been bothered by: Feeling bad about yourself or that you are a failure or have let yourself or your family down	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq7	Over the last week, how often have been bothered by: Trouble concentrating on things, such as reading the newspaper or watching television	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq8	Over the last week, how often have been bothered by: Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq9	Over the last week, how often have been bothered by: Thoughts that you would be better off dead or of hurting yourself in some way	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
harm1	Over the last week, how often have been bothered by: Self-harming or deliberately hurting yourself	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
harm2	Over the last week, how often have been bothered by: Being physically harmed or hurt by somebody else	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day

harm3	Over the last week, how often have been bothered by:	1, Not at all
	Being bullied, controlled, intimidated or psychologically hurt by someone else	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?	1, Marriage or other romantic relationship
	(Tick any that apply)	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

treatment	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
supp1	In the past week, I feel: I have experienced a lot of understanding and support from others	1, 1 - not at all true 2, 2 3, 3 4, 4 5, 5 - very true
supp2	In the past week, I feel: I have a very close person whose help I can always count on	1, 1 - not at all true 2, 2 3, 3 4, 4 5, 5 - very true
supp3	In the past week, I feel: If necessary, I can easily borrow something I need from neighbours or friends	1, 1 - not at all true 2, 2 3, 3 4, 4 5, 5 - very true
supp4	In the past week, I feel: I have people with whom I can spend time and do things together	1, 1 - not at all true 2, 2 3, 3 4, 4 5, 5 - very true
supp5	In the past week, I feel: If I get sick, I have friends and family who will take care of me	1, 1 - not at all true 2, 2 3, 3 4, 4 5, 5 - very true

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

T 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.

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

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

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

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

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

actd2	Browsing the internet (NOT for information on Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd3	Tweeting, blogging or posting content (NOT related to Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd4	Reading for pleasure	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd5	Engaging in a home-based arts or crafts activity (e.g. painting, creative writing, sewing, playing music, etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd6	Engaging in a digital arts activity (e.g. streaming a concert, virtual tour of a museum etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd7	Doing DIY, woodwork, metal work, model making or similar	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

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

Section 3: Extra Modules

Volunteering module

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
vol6	Volunteering at a hospital, care home, or other healthcare facility	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day

vol7	Volunteering taking part in research (other than this study)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol8	Offering telephone support to others through a support line (e.g. Samaritans or GoodSam)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol9	Knitting, sewing or other crafts to support people during Covid-19 (e.g. scrubs for nurses)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol10	Providing free accommodation to people affected by Covid-19 (e.g. NHS staff or people who are homeless)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol11	Donating money to charities supporting Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol12	Providing entertainment to others (e.g. via social media or YouTube) to boost morale	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day

vol13	Providing pro-bono support to businesses or projects	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol14	Other volunteering activity relating to Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol15	Other volunteering activity NOT relating to Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
volunteeramount	How does this amount of volunteering in the past month compare to your usual amount of volunteering?	1, Less than usual 2, About the same as usual 3, More than usual

Control, frustrations and expectations module

control1	Your finances	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control2	Your work / employment / job	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

control3	Your physical health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control8	Your mental health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control4	Your marriage or close relationship	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control5	Your relationship with your family	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control6	Your contribution to the welfare and wellbeing of others	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control7	Your future plans	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

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

afterlockdown	Are you worried about any of the following happening within society when lockdown ends or eases? (tick any that apply)	1, Cases of Covid-19 increasing 2, Hospitals becoming overwhelmed 3, People not adhering to social distancing (e.g. staying 2m apart) 4, Unemployment levels rising 5, Crime levels rising 6, Recession 7, Pollution increasing 9, Decreasing social cohesion / increasing social discontent 8, None of the above
---------------	--	---

Coping module

cop1	I have been turning to work or other activities to take my mind off things	1, I haven't been doing this at all 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
cop2	I've been concentrating my efforts on doing something about the situation I'm in	1, I haven't been doing this at all 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
cop3	I've been saying to myself "this isn't real"	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
cop4	I've been using alcohol or other drugs to make myself feel better	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

cop5	I've been getting emotional support from others	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
cop6	I've been giving up trying to deal with it	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop7	I've been taking action to try to make the situation better	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
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
cop16	I've been giving up the attempt to cope	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
cop17	I've been looking for something good in what is happening	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
cop18	I've been making jokes about 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
cop19	I've been doing something to think about it less such as watching TV, reading, daydreaming, sleeping, or internet shopping	1, I haven't been doing this at all 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
cop20	I've been accepting the reality of the fact 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

cop21	I've been expressing my negative feelings	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
cop22	I've been trying to find comfort in my religion or spiritual beliefs	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
cop23	I've been trying to get advice or help from other people about what to do	1, I haven't been doing this at all 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
cop24	I've been learning to live with it	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop25	I've been thinking hard about what steps to take	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop26	I've been blaming myself for things that happened	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop27	I've been praying or meditating	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop28	I've been making fun of the situation	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot

Fears and resilience module

cas1	I felt dizzy, lightheaded, or faint, when I read or listened to news 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
cas2	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	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
cas4	I lost interest in eating when I thought about or was exposed to information about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks
cas5	I felt nauseous or had stomach problems when I thought about or was exposed to information about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks

res1	I tend to bounce back quickly after hard times	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res2	I have a hard time making it through stressful events	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res3	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	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	I usually come through difficult times with little trouble	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res6	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	Singing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art2	Playing a musical instrument	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art3	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
art4	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
art5	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
art6	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

art7	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
art8	Creative writing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art9	Dancing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art10	Photography	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art11	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
art12	Making films or videos	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day

art13	Listening to music	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art14	Other creative activity	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
artscomp	How does this compare to your usual arts engagement not in lockdown?	1, Less than usual 2, About the same as usual 3, More than usual
ersaca1	I can block out any unwanted thoughts or feelings	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca2	I can contemplate what is going on in my life with a clear mind	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca3	I can shake off any anxieties in my life	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca4	I feel I am in my own little bubble, away from ordinary worries	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca5	I feel more confident in myself	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca6	It boosts my self-esteem	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca7	It gives me a sense of purpose	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca8	It helps me forget about my worries	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca9	It helps me refocus on what matter in my life	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca10	It helps me to come to terms with my own emotions	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca11	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
ersaca12	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
ersaca13	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
ersaca14	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
ersaca15	It makes me feel stronger in myself	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca16	It makes me reflect on my emotions	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca17	It reaffirms my identity	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca18	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

lifeevent1	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
lifeevent2	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

lifeevent3	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
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

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	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo4	I'm always optimistic about my future	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo5	I enjoy my friends a lot	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo6	It's important for me to keep busy	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo7	I hardly ever expect things to go my way	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree

rlo8	I don't get upset too easily	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo9	I rarely count on good things happening to me	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo10	Overall, I expect more good things happen to me than bad	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree

Locus of control module

loc1	In my life, good luck is more important than hard work for success	1, Strongly agree 2, Agree 3, Disagree 4, Strongly disagree
loc2	When I make plans, I am almost certain I can make them work	1, Strongly agree 2, Agree 3, Disagree 4, Strongly disagree

loc3	Every time I try to go ahead, something or somebody stops me	1, Strongly agree 2, Agree 3, Disagree 4, Strongly disagree
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

Interpersonal reactivity index

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
iri6	When I'm upset at someone, I usually try to "put myself in their shoes" for a while	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri7	Before criticizing somebody, I try to imagine how I would feel if I were in their place	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri8	I often have tender, concerned feelings for people less fortunate than me	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri9	Sometimes I don't feel very sorry for other people when they are having problems	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri10	When I see someone being taken advantage of, I feel kind of protective towards them	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri11	Other people's misfortunes do not usually disturb me a great deal	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri12	When I see someone being treated unfairly, I sometimes don't feel very much pity for them	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri13	I am often quite touched by things that I see happen	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well
iri14	I would describe myself as a pretty soft-hearted person	1, 1 - Does not describe me well 2, 2 3, 3 4, 4 5, 5 - Describes me very well

Weight module

weight	How would you describe your weight usually (i.e. before lockdown started)?	1, Underweight 2, Normal weight 3, Slightly overweight 4, Very overweight 5, Prefer not to say
--------	--	--

weightchange	Since lockdown started, how you would describe your weight?	1, I have lost a lot of weight 2, I have lost a little bit of weight 3, I have stayed the same weight 4, I have gained a bit of weight 5, I have gained lots of weight 6, Prefer not to say
--------------	---	--

Mental health diagnosis

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?

mhdiagnosis___1	Schizophrenia	0, Unchecked 1, Checked
mhdiagnosis___2	Bipolar disorder	0, Unchecked 1, Checked
mhdiagnosis___3	Manic depression	0, Unchecked 1, Checked
mhdiagnosis___4	Obsessive-compulsive disorder	0, Unchecked 1, Checked
mhdiagnosis___5	Post-traumatic stress disorder	0, Unchecked 1, Checked
mhdiagnosis___6	An eating disorder	0, Unchecked 1, Checked
mhdiagnosis___7	Psychosis	0, Unchecked 1, Checked
mhdiagnosis___8	Panic disorder	0, Unchecked 1, Checked

mhdiagnosis___9	Anxiety	0, Unchecked 1, Checked
mhdiagnosis___10	Depression	0, Unchecked 1, Checked
mhdiagnosis___13	Other mental health condition	0, Unchecked 1, Checked
mhdiagnosis___11	Autism	0, Unchecked 1, Checked
mhdiagnosis___12	Other learning disability	0, Unchecked 1, Checked
mhdiagnosis___14	Prefer not to say	0, Unchecked 1, Checked
mhdiagnosis___15	None of the above	0, Unchecked 1, Checked

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		
financebefore	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
financenow	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
Region		
region	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 9, South West England 10, I do not live in England

Social distancing

socdist	When you go out or meet with others have you been maintaining social distancing?	1, Yes, completely 2, Yes, to a large extent 3, Not always 4, Not at all 0, Not applicable - I have not met with others or left my home in the last week
---------	--	--

Faith and religion

faith1	Religious faith is extremely important to me	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith2	I pray or meditate daily	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith3	I look to my religion to provide meaning and purpose in my life	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith4	I consider myself active in organised religion (usually going to church, temple, mosque etc)	1, strongly disagree 2, disagree 3, agree 4, strongly agree
religion	What is your religion?	1, No religion 2, Christian (including Church of England, Catholic, other Protestant and all other Christian denominations)

		3, Buddhist 4, Hindu 5, Jewish 6, Muslim 7, Sikh 8, Other 9, Prefer not to say
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		
rel1	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
rel2	Other adults you have been living with	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 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 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 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 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 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 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
rel3	Children you have been living with	
rel4	Children outside of the household	
rel5	Friends outside of the household	
rel6	Parents outside of the household	
rel7	Other relatives outside of the household	

		5, Much better than usual 99, It's too hard to pick an answer 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 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	Colleagues or co-workers	
rel9	Neighbours	
relbreakdown	Have you experienced the complete break-down of your relationship with any of the following since lockdown came in?	1, Spouse or partner 2, Other adults you have been living with 3, Children you have been living with 4, Children outside of the household 5, Friends outside of the household 6, Parents outside of the household 7, Other relatives outside of the household 8, Colleagues or co-workers 9, Neighbours 10, Somebody else 0, None of the above