

Effects of COVID-19 lockdown 1.0 on work, worry, and wellbeing among Canadian music professionals

SUPPLEMENTARY MATERIALS

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Table S1. Demographic description of sample (n = 723). *Totals exceed one hundred percent as respondents could check all that apply. ** 55 did not respond.

Variable	Category	Percentage	
Gender	Male Female Nonbinary/other	67 31 2	<p>Gender</p> <p>■ Male ■ Female ■ Nonbinary/other</p>
Region	Alberta Atlantic Canada British Colombia Manitoba/Saskatchewan Ontario Quebec Territories	5 5 10 2 71 6 1	<p>Region</p> <p>■ AB ■ ATL ■ BC ■ MB/SK ■ ON ■ QC ■ Territories</p>
Area	Large city Small city Suburbs Towns Rural	71 12 7 5 6	<p>Area</p> <p>■ Large city ■ Small city ■ Suburbs ■ Towns ■ Rural</p>

Age	Under 29 30 – 39 40 – 49 50 – 59 60 – 69 70 +	11 32 26 19 9 2	<p>Age</p>  <ul style="list-style-type: none"> Under 29 30-39 40-49 50-59 60-69 70+
Profession*	Recording artist Live music performer Songwriter/publisher Artist entrepreneur Other (technician, engineer, producer, educator, film maker, etc.)	71 86 53 48 27	<p>Profession</p>  <ul style="list-style-type: none"> Recording artist Live music performer Songwriter/publisher Artist entrepreneur Other
Percent of income from music	Under 25% 25 – 49% 50 – 74% 75 – 100%	11 8 17 64	<p>Percent of income from music</p>  <ul style="list-style-type: none"> Under 25% 25-49% 50-74% 75-100%

<p>Total income (n = 668)**</p>	<p>Under \$35,000 \$35,000 – 50,000 \$50,000 – 75,000 \$75,000 – 100,000 \$100,000 – 150,000 Over \$150,000</p>	<p>27 24 18 16 10 4</p>	<p>Total income</p>  <p> ■ Under \$35K ■ \$35-50K ■ \$50-75K ■ \$75-100K ■ \$100-150K ■ >\$150K </p>
<p>Place of birth</p>	<p>Born in Canada Born outside of Canada</p>	<p>87 13</p>	<p>Place of birth</p>  <p> ■ Born in Canada ■ Born outside of Canada </p>
<p>Race</p>	<p>BIPOC (<i>see note in main text</i>) Non-BIPOC</p>	<p>16 84</p>	<p>Race</p>  <p> ■ BIPOC ■ Non-BIPOC </p>
<p>Professional Music Career Length</p>	<p>Under 2 years 3 – 5 years 5 – 10 years Over 10 years</p>	<p>2 6 16 75</p>	<p>Career</p>  <p> ■ Under 2 years ■ 3-5 years ■ 5-10 years ■ Over 10 years </p>

Label	Signed to a label Not signed to a label	16 84	<div>Label</div> <p>■ Signed ■ Not signed</p>
Performance with others	Individually With others/group Both	5 26 59	<div>Performance with others</div> <p>■ Individually ■ With others/group ■ Both</p>
Children	Children under 12 No children under 12	20 80	<div>Children</div> <p>■ Children under 12 ■ No children under 12</p>

Table S2. Responses to survey item: *What are 3 words that would best describe how life has felt the past few weeks since the pandemic?* Like terms were grouped into 36 subcategories based on word meaning. Subcategories were sorted into three broad categories based on overarching themes: Languishing, Detrimental to health and well-being, and Thriving.

Category	Subcategory	Term	Frequency of response
Languishing (n = 919)	Uncertainty (n = 252)	doubt	2
		eggshells	1
		incertitude	1
		insecure	6
		instability	1
		bardo	1
		indeterminate	2
		limbo	3
		liminal	1
		precarious	7
		roller coaster	1
		tentative	2
		tenuous	1
		vertigo	1
		uncertain	169
		unclear	2
		unknown	8
		unsure	21
		unstable	10
		unpredictable	12
	Disconnection (n = 118)	alone	6
		desolate	3
		disconnected	7
		hibernating	1
		insular	1
		isolated	46
		lonely	44
		missing people	1
		reclusive	1
		secluded	1
		solitary	6
		solo	1
	Challenge (n = 93)	brutal	1
		busy	12
		challenging	14
		chaotic	10

Languishing (n = 919)		complex	1
		complicated	2
		crazy	5
		demanding	2
		difficult	11
		frantic	1
		full	1
		grasping	1
		hard	3
		hectic	5
		intense	3
		overwhelming	18
		struggle	1
		tough	2
	Monotony (n = 87)	blah	1
		bland	1
		boring	40
		flat	1
		inactive	3
		lazy	2
		meh	2
		monotonous	5
		mundane	1
		no plans	1
		redundant	1
		repetitive	8
		same-y	1
		slog	1
		stagnant	11
		stale	1
		stasis	1
		static	3
		stationary	1
		stopped	1
		uneventful	1
	Adjustment (n = 60)	Adapt	6
		adjust	1
		altered	1
		change	5
		different	15

Languishing (n = 919)		everchanging	1
		foreign	1
		inverted	1
		life-changing	4
		new	6
		new beginnings	1
		new normal	1
		novel	1
		pivoting	1
		re-adjusting	1
		recalibrating	1
		reconfiguring	1
		redirected	1
		re-inventing	2
		reset	2
		shift	2
		transform	1
		unique	1
		upended	2
		variable	1
	Strange (n = 53)	bizarre	3
		abnormal	1
		dystopian	1
		not normal	1
		really bad dream	1
		strange	15
		surreal	20
		unbelievable	1
		unreal	3
		upside down	1
		weird	6
	Confusion (n = 42)	blurry	2
		confounding	1
		confusing	23
		dazed	1
		discombobulating	2
		disoriented	5
		foggy	1
		muddled	1

Languishing (n = 919)		scattered	1
		tumultuous	1
		turbulent	1
		unorganized	1
		unstructured	2
	Meaninglessness (n = 34)	Adrift	3
		aimless	9
		amorphous	1
		directionless	4
		dumb	1
		futile	2
		meaningless	3
		pointless	1
		purposeless	3
		senseless	1
		undirectional	1
		useless	2
		wasted	1
		without soul	2
	Demotivation (n = 32)	demotivated	2
		distracted	2
		non-creative	1
		uncreative	1
		unfocused	6
		uninspired	9
		unmotivated	9
		unproductive	1
		without goals/focus	1
	Restriction (n = 32)	claustrophobic	1
		cloistered	3
		confined	1
		constricted	1
		cramped	1
		domestic	1
		hindering	1
		housebound	1
		jailed	1
		limited	4
		oppressed	3
		restricted	3

Languishing (n = 919)		stifling	3
		stuck	2
		suffocating	2
		trapped	4
	Exhaustion (n = 30)	draining	5
		exhausting	11
		exasperating	1
		fatigue	1
		lethargic	1
		tedious	4
		tired	7
	Emptiness (n = 26)	empty	25
		void	1
	Disruption (n = 19)	destabilized	1
		disrupted	4
		inconvenient	1
		non-ideal	1
		off-balance	1
		shocking	1
		surprising	2
		unanchored	1
		unbalanced	2
		unexpected	1
		ungrounded	2
		unprecedented	1
		wonder	2
	Skepticism (n = 18)	deceived	1
		deeper agendas	1
		disillusioning	1
		exaggeration	1
		fear-based	1
		fear-monger	2
		hyperbolic	1
		hypocrisy	1
		irrational	1
		lies	2
		manipulated	1
		misinformation	2
		mislead	1
		paranoid	1
		suspicious	1

Languishing (n = 919)	Lack of support (n = 16)	abandoned	1
		alienating	1
		attacked	1
		betrayed	1
		devalued	1
		division	2
		no leadership	1
		opportunistic	2
		overlooked	1
		selfish	1
		under appreciated	1
		under valued	1
		unsupported	2
	Coping strategies (n = 7)	coping	2
		eating	1
		cooking	1
		online	2
		walking	1
Detrimental to health and wellbeing (n = 840)	Low mood (n = 183)	bad	3
		bleak	8
		blue	1
		bummed	1
		catatonic	1
		dark	1
		debilitating	1
		defeat	3
		demoralized	1
		depressed	50
		despair	3
		desperate	3
		despondent	1
		devastating	3
		dire	1
		disappoint	9
		discouraging	3
		disheartened	6
		dismal	1
		disquieted	1
		disturbing	1
		ennuie	1
		grey	1

Detrimental to health and wellbeing (n = 840)		grief	3
		gutting	1
		heartbreaking	1
		heavy	5
		implacable	1
		joyless	1
		lamentable	1
		loss	3
		lost	13
		mood swings	1
		nihilism	1
		not fun	1
		not good	1
		numb	2
		paralyzing	1
		sad	25
		shitty	2
		solemn	1
		tearful	1
		troubled	5
		unfulfilling	2
		unjoyful	1
		unsettled	5
		withdrawn	1
	Anxiety (n = 137)	anxiety	108
		apprehension	2
		fancy anxiety	1
		fantods	1
		nerve wracking	1
		nervous	7
		panic	9
		restless	3
		uneasy	5
	Worry (n = 117)	alarming	2
		concern	38
		fret	1
		preoccupying	1
		some concerns	1
		worry	74
	Stress (n = 115)	pressure	2
		rushed	2

Detrimental to health and wellbeing (n = 840)		strained	1
		stress	104
		tense	6
	Fear (n = 69)	afraid	2
		dread	1
		eerie	1
		fear	2
		fearful	3
		frighten	3
		scared	47
		spooky	1
		terrifying	9
	Anger (n = 60)	anger	6
		annoyed	4
		frustrated	47
		infuriated	2
		maddening	1
	Hopelessness (n = 46)	hopeless	36
		no hope	1
		futureless	2
		pessimistic	3
		resigned	3
		somewhat hopeless	1
	Financial concern (n = 39)	broke	8
		CERB	4
		costly	1
		economic loss	1
		expensive	1
		finance	1
		financial stress	2
		frugal	1
		future financial worry	1
		how will I pay ...	2
		impoverished	1
		insolvent	1
		lack of money	1
		meager	1
		money	1
		no income	2
		no money	1
		poor	4

Detrimental to health and wellbeing (n = 840)		poverty	1
		robbed	1
		thrifty	1
		tight	1
		worry about income	1
	Employment instability (n = 29)	all gigs cancelled	1
		alternative employment	1
		cancelled	1
		career?	3
		concerned about having no events in 2020	1
		I fear no live events	1
		jobless	3
		let's get rocking	1
		longing to play	2
		missed performance	2
		music-less	3
		new line of work	1
		no live music	1
		obsolete	1
		out of business	1
		unemployed	5
		unsure of career	1
	Safety concern (n = 20)	careful	2
		cautious	7
		dangerous	2
		endangering	1
		observing distancing	1
		ominous	1
		reckless	2
		safety	1
		threat	1
		unmasked	1
		unsafe	1
	Helplessness (n = 12)	helpless	9
		not much I can do	1
		powerless	1
		uncontrollable	1
	Expletives (n = 7)	Canada sucks	1
		covid is bullshit	1
		defect me	1
		drama	1

Detrimental to health and wellbeing (n = 840)		eat a dick	1
		kill me	1
		wtf	1
	Injustice (n = 4)	class-shamed	1
		racist	1
		unfair	2
	Other (n = 2)	dead	1
		morbid	1
Thriving (n = 313)	Ease (n = 137)	calm	9
		idle	1
		laid back	1
		leisurely	2
		local	1
		low key	1
		meditative	1
		on hold	3
		on pause	1
		paused	4
		peaceful	8
		quiet	34
		refresh	3
		relax	8
		relief	2
		rest	3
		restoring	1
		serene	1
		silent	2
		simple	1
		slow	44
		spacious	2
		tranquil	1
		wait	3
	Positive outlook (n = 54)	aspirational	1
		auspicious	1
		balanced	1
		community	1
		compassion	1
		determined	1
		enthusiasm	1
		health	1
		heartened	1

Thriving (n = 313)		hope	25
		inspiring	4
		opportunity	1
		optimistic	6
		patient	1
		perseverance	2
		positive	1
		potential	1
		resilient	1
		resolved	1
		safe	1
		strong	1
	Inquiry (n = 49)	contemplative	7
		educational	2
		enlighten	3
		existential	1
		eye-opening	4
		introspective	4
		learning curve	1
		mindful	1
		pensive	2
		personal growth	1
		prayerful	1
		questioning	1
		reassessing	1
		reflecting	11
		revealing	3
		searching	2
		self-revealing	1
		thought-provoking	3
	Productive (n = 35)	active	1
		creative	15
		direction	1
		entrepreneurial	1
		focused	3
		industrious	1
		innovative	1
		inventive	1
		motivated	1
		practice time	1
		productive	8

Thriving (n = 313)		recordings	1
	Good mood (n = 22)	blissful	1
		content	2
		enjoying	1
		exciting	1
		fine	1
		freedom	1
		fun	2
		glad	1
		good	1
		grounded	1
		happier	1
		healing	1
		joyful	1
		loved	1
		okay	4
		thrilling	1
		upbeat	1
	Gratitude (n = 10)	grateful	4
		fortunate	3
		privilege	2
		thankful	1
	No change (n = 6)	normal	2
		routine	3
		unchanged	1

Table S3. Responses to survey item: *Do you have any other ideas of how governments can help support artists during this time?*

Category/Theme	Subcategory/Type of Support	Number of occurrences
Income assistance (n = 322)	CERB	182
	UBI	80
	Other Financial Support	51
	Living Wage	6
	Intermittence	2
	Pensions	1
Creating work and training opportunities (n = 137)	Allow live music	77
	paid online work	39
	training	15
	Access to equipment	5
	create work	1
Arts funding (n = 120)	Support venues	45
	Arts Funding	41
	Grants	33
	Support small artists	1
Economic relief (n = 50)	Tax relief	16
	Rent Relief	16
	Redistribute wealth	7
	Debt Forgiveness	6
	Loans	5
Advocacy (n = 45)	Arts advocacy	20
	Fair Pay Legislation	19
	Ticket Regulations	3
	Canadian Content (CanCon)	3
Other (n = 41)	COVID response	20
	Long-term solutions	15
	Mental Health Support	2
	Diversify	2
	Childcare	2

Appendix A

WORK. Participants responded to the following 29 items about their careers as music professionals before and during the lockdown:

In 2019, what proportion of your personal income came from any activity related to your music? [sales, performing, consulting, etc.]

- Less than 25%*
- 25% to 49%*
- 50% to 74%*
- 75% to 100%*

How many other people would you say your income from music directly supports, either as complete income or in addition to other income? This includes band members, technicians etc.

How long have you been a professional musician?

- Less than a year*
- 1 to 2 years*
- 3 to 5 years*
- 5 to 10 years*
- More than 10 years*

Which of the following statements best describes you? Select all that apply

- I'm a recording artist (including studio musicians, bands, solo etc.)*
- I'm a live performance artist (lead, side, support etc.)*
- I'm a songwriter/publisher*
- I'm an artist entrepreneur*
- Other: please specify: _____*

What kind of music do you play? Select all that apply

- | | | |
|----------------|------------------|-------------------|
| <i>Jazz</i> | <i>Country</i> | <i>Electronic</i> |
| <i>Rock</i> | <i>Pop</i> | <i>Soul</i> |
| <i>Hip hop</i> | <i>Classical</i> | <i>Orchestra</i> |
| <i>R&B</i> | <i>Folk</i> | <i>Reggae</i> |
| <i>Blues</i> | <i>Heavy</i> | |
| <i>House</i> | <i>metal</i> | |
| <i>Other</i> | | |

What instrument(s) do you play primarily? Select all that apply

- | | | |
|-------------------------------------|-----------------|-----------------|
| <i>Piano</i> | <i>Flute</i> | <i>Trumpet</i> |
| <i>Guitar</i> | <i>Cello</i> | <i>Harp</i> |
| <i>Violin</i> | <i>Double</i> | <i>Vocalist</i> |
| <i>Drums</i> | <i>bass</i> | |
| <i>Saxophone</i> | <i>Clarinet</i> | |
| <i>Other: please specify: _____</i> | | |
| <i>I do not play an instrument</i> | | |

Do you play with others or individually or both?

- With others/in a band or group*
- Individually*
- Both*

Are you signed to a label?

- Yes*

No

Which label are you signed to?

Are the number of bookings for live performances/concerts for 2021 higher, lower, or about the same as usual?

How has your income from music been impacted the last few months by the coronavirus/COVID-19? Has it...

Decreased a lot

Decreased somewhat

Been unaffected

Increased somewhat

Increased a lot

Have you had any of the following delayed, cancelled, or postponed?

Domestic shows

International shows and/or tours

Local shows

Festivals

Other shows

Have you applied and/or received money from the Canadian Emergency Response Benefit (CERB) government program?

Have you applied for any other type of aid or assistance from government related to the pandemic beyond CERB?

Was your application approved and did you receive aid?

Have you applied for any other type of aid or assistance from other initiatives or funds, NOT from government, associated with the pandemic?

Was your application approved and received aid?

Have you participated in creating online content since the beginning of the pandemic?

No, and I don't plan to

No, but I am planning to

Yes, I have

Have you generated revenue for the content you have created?

To what extent do you agree/disagree with the following statements?

(Strongly agree = 5, agree = 4, neither agree nor disagree = 3, disagree = 2, strongly disagree = 1; Scores of 4 or 5 were coded as "agreement")

	5	4	3	2	1
I have experienced a learning curve to create online content, cutting music together, uploading, monetizing, distribution, having to learn a new skillset	()	()	()	()	()
Creating online content is simple and easy from production to uploading it	()	()	()	()	()
I do not enjoy creating online content and do not plan to spend time on it	()	()	()	()	()

The lack of connection with what I assume is an audience on the other side of the screen is unsettling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The type of music, instrument, or situation makes it difficult to create online content while also being physically distant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creating online content does not make sense for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't think creating online content will be able to replace the income I've lost from not being able to perform live in the long-term	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you been asked to create content or perform live as part of a fundraiser or an effort to raise awareness during this time?

No, and I would not be interested

No, but I would be interested

Yes, I have but I did not accept

Yes, I have and I accepted

How has your ability to create music/songs been impacted by the coronavirus?

Very negatively

Somewhat negatively

Has not been impacted

Somewhat positively

Very positively

Which of the following factors impacted by the coronavirus "pandemic" have negatively impacted your ability to be creative?

Select all that apply

Children at home

Spouse/roommates at home

Anxiety from current situation

Distance/isolation from music band/group – input and collaboration

Feeling disconnected from music community – friends, other artists

Lack of space/time at home to be creative

Other (please specify): _____

None of the above

Appendix B

WORRY. Participants responded to the following 30 items about their levels and sources of worry during the lockdown, as well as measures that may increase comfort returning to live performances:

Overall, how worried, if at all, is the situation with the coronavirus or COVID-19 making you right now?

- Extremely worried*
- Worried a lot*
- Somewhat worried*
- A little worried*
- Not worried at all*

Over the past week, have you become...

- More worried about the pandemic*
- Less worried about the pandemic*
- I feel the same as I did a week ago*

To what extent, if at all, are you concerned about the following, as it relates to the COVID-19 pandemic? (Very concerned = 4, Pretty concerned = 3, Somewhat concerned = 2, Not at all concerned = 1; Scores of 3 or 4 were coded as “high worry”)

	4	3	2	1
Getting COVID-19 yourself	()	()	()	()
How long it will take before you can perform again	()	()	()	()
Not being able to travel to the United States or internationally	()	()	()	()
The effect of “rushed” or pre-emptive openings of businesses and locations/public places	()	()	()	()
There not being enough medical equipment to handle all the cases of COVID-19	()	()	()	()
The availability of child care or schools	()	()	()	()
A second spike in COVID-19 infections	()	()	()	()
The size of the deficit/debt being run by governments in Canada	()	()	()	()

*When it comes to getting back to performing live, which of the following best describes **how you are feeling now?***

- I am ready to go now*
- Not quite ready, but I am starting to feel more comfortable about it*
- I am still not ready at all*
- I’m not sure I’ll be comfortable performing live until there’s a vaccine or treatment for COVID-19*

To what extent do you agree/disagree with the following statements?

(Strongly agree = 5, agree = 4, neither agree nor disagree = 3, disagree = 2, strongly disagree = 1; Scores of 4 or 5 were coded as “agreement”)

	5	4	3	2	1
Performing live over the next year is like being forced to choose between making a living or keeping me and my loved ones safe	()	()	()	()	()
If I can't perform live, I will have a very difficult time making a living as a musician	()	()	()	()	()

Once venues and live concerts begin to open **before a vaccine for COVID-19 is found**, how concerned, if at all, are you about the following? (Very concerned = 4, Pretty concerned = 3, Somewhat concerned = 2, Not at all concerned = 1, Not applicable to me = N/A; Scores of 3 or 4 were coded as "high worry")

	4	3	2	1	N/A
Show attendance and the ability for concerts to be viable	()	()	()	()	()
Keeping ticket prices affordable for your fans/concert goers	()	()	()	()	()
Your ability to connect with the audience during a concert	()	()	()	()	()
Whether physical distancing rules will work to keep people safe	()	()	()	()	()
Your ability to pay staff and additional musicians	()	()	()	()	()
Whether venues will follow safety measures associated with COVID-19	()	()	()	()	()
Traveling with band members and keeping safe from each other when sharing vehicles/rooms	()	()	()	()	()
Returning home after shows and exposing family/roommates to the virus	()	()	()	()	()
Being forced to play venues that do not follow safe practices during this period	()	()	()	()	()
What to do about your children/dependents	()	()	()	()	()

Below are some things that may make you feel more comfortable performing live again before a vaccine for COVID-19 is available. For each one, tell us whether it would make you feel much more comfortable, more comfortable, a little more comfortable, or whether it won't make a difference. (Much more comfortable = 4, More comfortable = 3, A little more comfortable = 2, It won't make a difference = 1; Scores of 3 or 4 were coded as "High comfort")

	4	3	2	1

If provincial or state governments set up a licensing system for live music venues/promoters that required them to pass an inspection before they can host live music events again.	()	()	()	()
If there were rules or regulations about the cleaning of venues including equipment, stages, and dressing rooms.	()	()	()	()
If venues were randomly audited to make sure they were following distancing/safety guidelines.	()	()	()	()
If the number of people allowed into a venue was reduced.	()	()	()	()
If venues were required to provide designated areas for artists that were guaranteed to be cleaned and maintained according to health and safety guidelines.	()	()	()	()
If venues were required to administer temperature checks for audience members before entering the venue.	()	()	()	()
If artists were provided with a detailed checklist/description of precautions and measures taken by the venue to ensure everyone's safety and health.	()	()	()	()

The full dataset is available here [Music Canada - Artists Survey - Jun 2020 - DATA](#). To access, enter the password zJ8kh5R3agrH. Full data analyses available on request; contact corresponding author daniel.levitin@mcgill.ca.