**General Activities Questionnaire**

*I will ask you a few questions about the different kinds of activities you may participate in. Please try to answer the questions as truthfully as possible. Your answers will be stored under your participant ID in order to protect your personal identity.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Social activities***  *Can you please tell me whether you participated in any of the following activities both****before the COVID-19******pandemic*** *and your adapted life* ***during this pandemic****?* | | | | | | | | |
|  | Never (0) | | A few times a month (1) | | Once a week (2) | | Every day (3) | |
| Before | During | Before | During | Before | During | Before | During |
| Travel or trips |  |  |  |  |  |  |  |  |
| Restaurant/café visits |  |  |  |  |  |  |  |  |
| Going to the cinema or an event |  |  |  |  |  |  |  |  |
| Spending time with family, relatives, and/or friends |  |  |  |  |  |  |  |  |
| Playing games/cards/bingo |  |  |  |  |  |  |  |  |
| Taking part in religious gatherings (e.g. going to church) |  |  |  |  |  |  |  |  |
| Participation in social groups (e.g. societies, book or coffee club, knitting group, etc.) |  |  |  |  |  |  |  |  |
| Team sports or sports with other people (e.g. bowling, playing darts, or walking together) |  |  |  |  |  |  |  |  |
| ***Intellectually Stimulating Activities*** | | | | | | | | |
|  | Never (0) | | A few times a month (1) | | Once a week (2) | | Every day (3) | |
|  | Before | During | Before | During | Before | During | Before | During |
| Attending courses/workshops |  |  |  |  |  |  |  |  |
| Reading magazines or the newspaper |  |  |  |  |  |  |  |  |
| Reading books |  |  |  |  |  |  |  |  |
| Writing |  |  |  |  |  |  |  |  |
| Studying |  |  |  |  |  |  |  |  |
| Going to concerts, the theatre, or art exhibitions |  |  |  |  |  |  |  |  |
| Playing a musical instrument |  |  |  |  |  |  |  |  |
| Doing puzzles (e.g. crosswords or sudoku) |  |  |  |  |  |  |  |  |
| Listening/watching educating materials (e.g. TED talks documentaries, quizzes) |  |  |  |  |  |  |  |  |
| ***Productive activities*** | | | | | | | | |
|  | Never (0) | | A few times a month (1) | | Once a week (2) | | Every day (3) | |
|  | Before | During | Before | During | Before | During | Before | During |
| Voluntary work |  |  |  |  |  |  |  |  |
| Gardening |  |  |  |  |  |  |  |  |
| Housekeeping |  |  |  |  |  |  |  |  |
| Cooking/baking/grilling |  |  |  |  |  |  |  |  |
| Painting/drawing |  |  |  |  |  |  |  |  |
| Craft activities |  |  |  |  |  |  |  |  |
| Photography |  |  |  |  |  |  |  |  |
| Fixing things in/around the house, DIY |  |  |  |  |  |  |  |  |
| Woodwork/leatherwork |  |  |  |  |  |  |  |  |
| Hunting/fishing |  |  |  |  |  |  |  |  |
| ***Please, fill in any other activities/hobbies you engage in that weren't mentioned:*** | | | | | | | | |