Assess twice (before and current)

Think of a typical two-week period before COVID-19 (e.g., in February), in a TYPICAL TWO WEEKS -

In the PAST TWO WEEKS -

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| **Social media usage** | |
| Please estimate your average weekly screen time usage (do not look at your phone’s data). | \_\_\_\_\_ hrs |
| Please estimate the average portion of that screen time that is spent on social media (including messaging). | \_\_\_\_\_ hrs |
| Are you able to access your phone’s screen time usage information for this period? (Brief instructions on how to do so) | Yes/No |
| If yes, please indicate your average weekly screen time usage. | \_\_\_\_\_ hrs |
| If yes, please indicate what portion of that screen time was in the social networking category. | \_\_\_\_\_ hrs |

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| **News consumption** |  |
| Where do you receive your daily news? (check all that apply) (We do not | Traditional news media (NYTimes, Wall Street Journal, Washington Post, Los Angeles Daily News, local traditional news etc.) Broadcast news media (ABC, CNN, NBC, local broadcast news etc.) Online only news media (HuffPost, Bloomberg, Vice, The Skimm, etc.) Radio/audio news (NPR, local news radio, dedicated news podcasts etc.)  Social media (Facebook, Twitter, etc.)  From friends From family I don’t consume the news |
| How often do you consume the news? (In a two-week period) | Never Once Twice (about once a week) Several times a week About once a day  Multiple times a day  Almost constantly |
| (If more than one source is checked) What is your primary source of daily news? The source of news you consume most often. |  |
| (If more than one source is checked) What is your secondary source of daily news? The source of news you consume second most often. |  |

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| **Public health information consumption** | |
| Before COVID - Where do you receive your health news and information?  For example health and wellness information, disease and injury prevention information, healthcare related information  Current – Where do you receive your health information relating to COVID-19? | Health resources (CDC, campus health resources, WHO, etc.) Traditional media (NYTimes health section, Washington Post health section, Health Magazine, Shape Magazine, Runner’s World, local traditional news health section etc.) Broadcast media (Health related content on ABC, CNN, NBC, local broadcast news etc., Dr. Oz or other dedicated health shows, etc.) Online only media (HuffPost health section, health and wellness blogs, goop, Well + Good etc.) Radio/audio media (Health dedicated podcasts, etc.)  Social media (Facebook, Twitter, etc.)  From healthcare professionals  From friends From family I don’t consume health news and information |
| Before COVID – How often do you consume health news and information?  Current – How often do you consume health information relating to COVID-19? | Never Once Twice (about once a week) Several times a week About once a day  Multiple times a day  Almost constantly |
| (If more than one source is checked)  What is/was your primary source of health-related/COVID-related news? The source of news you consume(d) most often. |  |
| (If more than one source is checked)  What is/was your secondary source of health-related/COVID-related news? The source of news you consume second most often. |  |

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| **COVID beliefs (only assessed currently)** |  |
| After hearing COVID-19 related news, I have changed my actions and behaviors (i.e practiced more social distancing, wore a mask in public, used gloves while in public, etc.). | Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree |
| After hearing COVID-19 related news, I feel more anxious. | ‘’ |
| After hearing COVID-19 related news, I feel sadder. | ‘’ |
| I check the news more often during the week because I feel it is constantly evolving with new information. | ‘’ |
| I find that the news related to COVID-19 is useful. | ‘’ |
| I find that the news related to COVID-19 is reliable. | ‘’ |