

Research about the (in)direct impact of COVID-19 regarding health

Voor de Nederlandse vragenlijst, klik hier: <https://forms.gle/q9sPrdEdeBPBKwFS8>

This questionnaire is about the (in)direct impact of the Coronavirus (COVID-19) on people's life. Since most people are staying at home, we are wondering how this unique situation is changing people's behaviour regarding physical and mental health. This research is being executed by Mingco Glastra on behalf of the honours academy track Health and Wellbeing, University of Technology Eindhoven. Questions and comments can be sent to m.x.m.glastra@student.tue.nl

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What is your age category? *

16-20 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
 - I exercise outdoors
 - I exercise at home and outdoors
 - Other: I don't exercise
-

Because of the quarantine I physically exercise now ... *

- not at all
 - a little less than before
 - the same as before
 - a little more than before
 - a lot more than before
 - Other:
-

Can you explain why you now exercise more or less?

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
 - No, I go as often to the grocery store as before
 - No, I go less often to the grocery store
 - Other:
-

Why do you go more often or less often to the grocery store?

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
 - No, I buy the same groceries as before
 - No, I buy less groceries than before
 - Other:
-

Why do you buy more or fewer groceries?

I buy more because I can't go outside for lunch or dinner anymore so I also need more

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Yes because I meal prep and don't have the option to eat out

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

I don't know what will happen

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Because I need to cancel stuff + work from home. I feel isolated

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

no

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Because of the virus!!!!!!! I DON'T want to be the reason people die

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



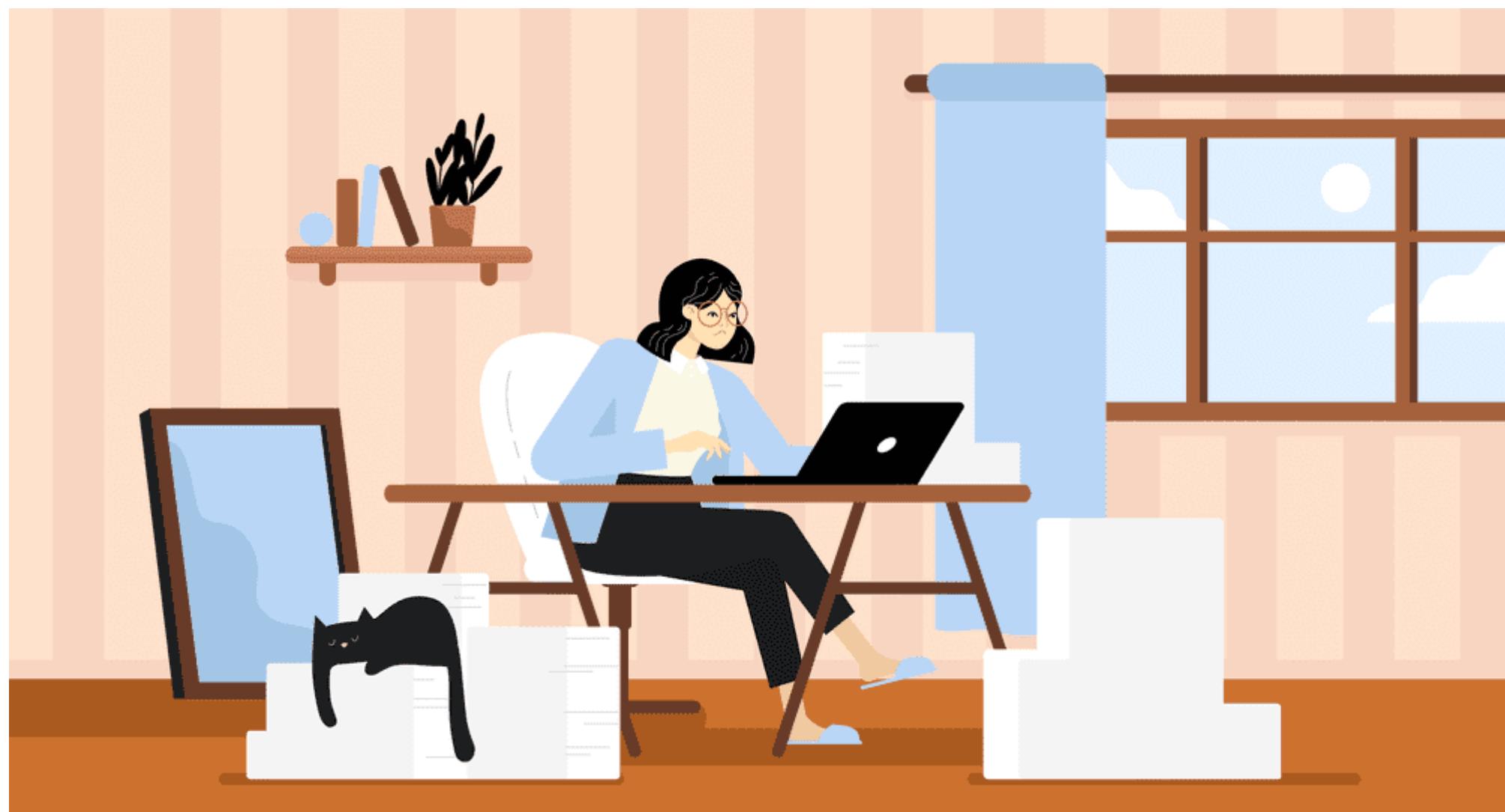
Strongly agree

Why do you feel more/less lonely and isolated?

Because I am isolated

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

Because there is less work to do and I can't chat with my colleagues/ have normal work rithm

Do you agree or disagree with the statement: I like working at home *



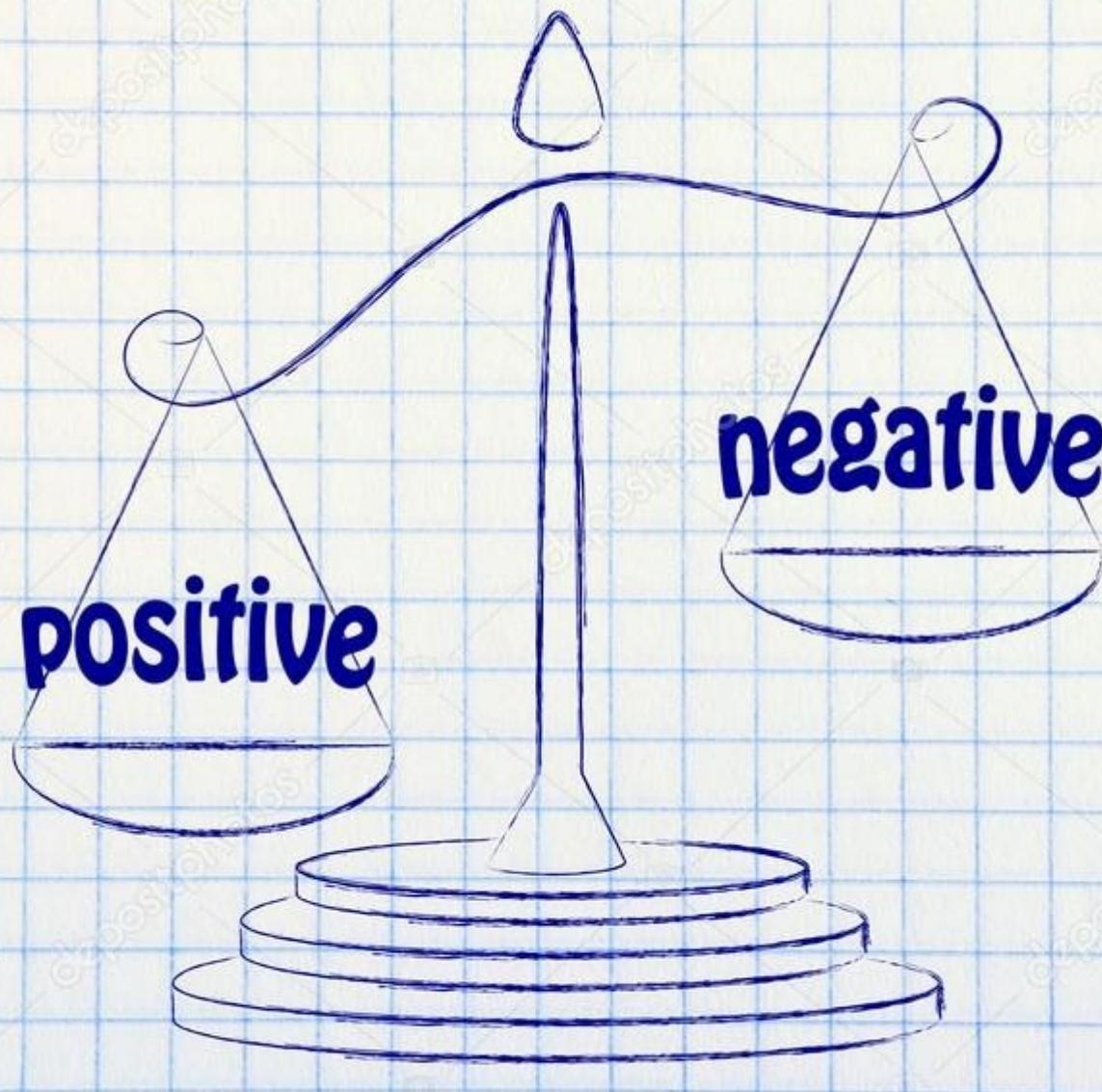
Why do you hate/love working at home?

Because I need more discipline to keep a good productivity + work and relax intertwine

What do you like/dislike the most about working at home? *

I dislike the lack of normal everyday talk at the office

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

Having more time to work on art and read

What negative effect did you experience during this unique situation? *

Feeling scared, lonely and isolated

Is there anything else you want to share with us?

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other: At my parents place

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: Spending time upgrading my car

Physical Health

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How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

I exercise at home

I exercise outdoors

I exercise at home and outdoors

Other:

Because of the quarantine I physically exercise now ... *

not at all

a little less than before

the same as before

a little more than before

a lot more than before

Other:

Can you explain why you now exercise more or less?

I normally live alone and now with my whole family so I have more distractions

Do you do groceries more often now compared to before? *

Yes, I go more often to the grocery store

No, I go as often to the grocery store as before

No, I go less often to the grocery store

Other:

Why do you go more often or less often to the grocery store?

Scared to get infected.

Do you buy more or extra groceries now compared to before? *

Yes, I buy more groceries than before

No, I buy the same groceries as before

No, I buy less groceries than before

Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Same, my mom cooks she always makes healthy meals and so do I myself.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Uncertainty about school and my job.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

My mom is very scared which causes me to feel very uncomfortable leaving, because she freaks out or even forbids me to leave.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes, we are very distant.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Same answer as last question.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



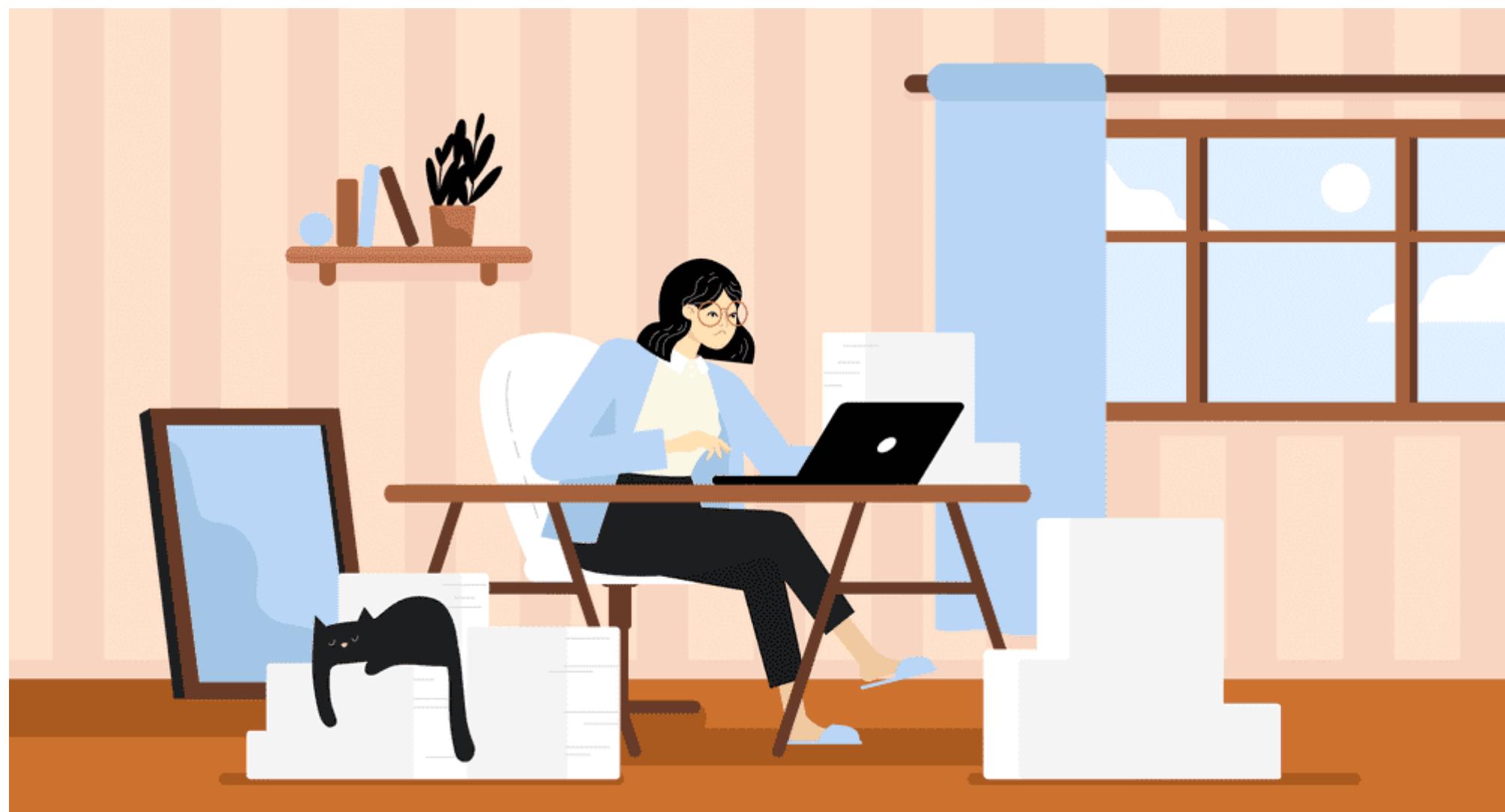
Strongly agree

Why do you feel more/less lonely and isolated?

I'm away from my boyfriend and friends and my parents haven't let me leave in the past 2.5 weeks.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:
.....

Why do you work now more/less efficiently?

Because online platforms don't perform as good as being physically there.

Do you agree or disagree with the statement: I like working at home *



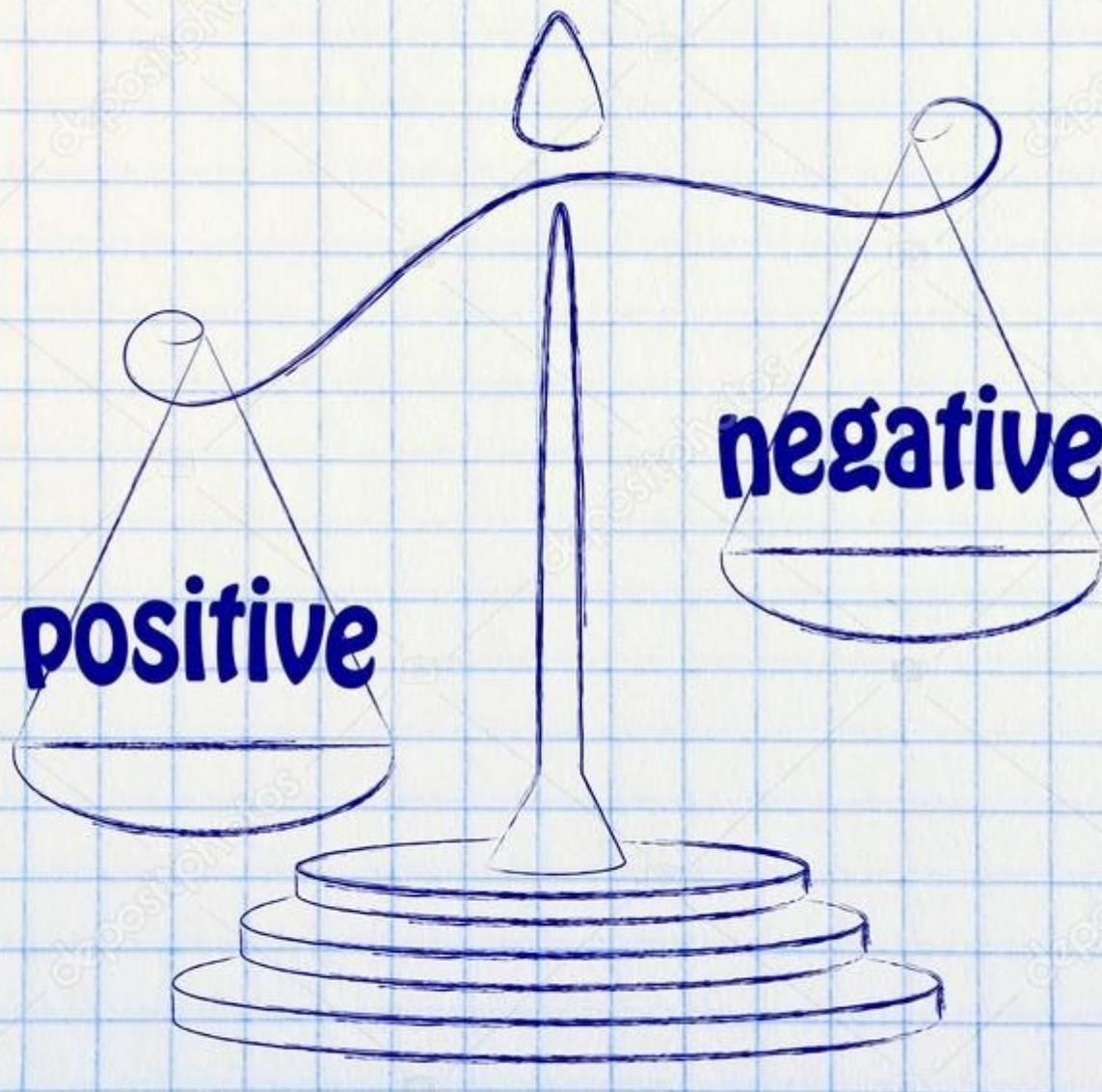
Why do you hate/love working at home?

The communication online doesn't feel the same as talking to someone directly.

What do you like/dislike the most about working at home? *

Being alone.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

How helpful people want to be.

What negative effect did you experience during this unique situation? *

Feeling lonely and not being able to visit my (old) grandparents.

Is there anything else you want to share with us?

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21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: I do way less exercise. But when i do, it's outdoors.

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

Because I'm used to a sports class with people who motivate me, and on a regular basis. I find it hard to motivate myself in the same way.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

Because I'm more at home, but buy more in one time. so it's approximately the same.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Because i buy no food at the uni, and i buy more in once, to not have to go more often.

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

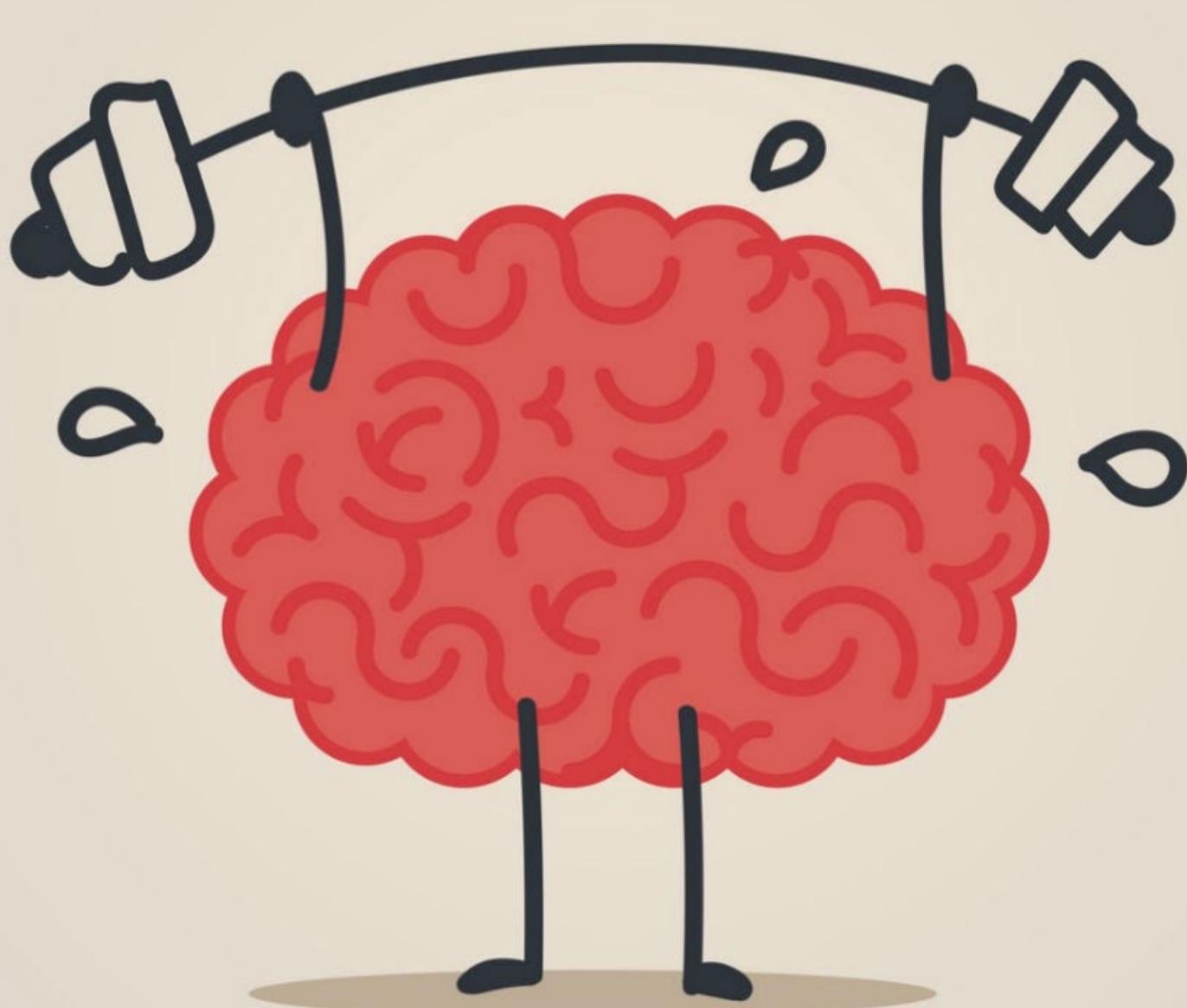
Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

healthier, but more.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

because i don't feel the pressure of having to do all the things i did before.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Because i feel like i'm way more free in terms of obligations.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

yes, i feel more unity.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

because they told us to, and i don't have to be anywhere

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



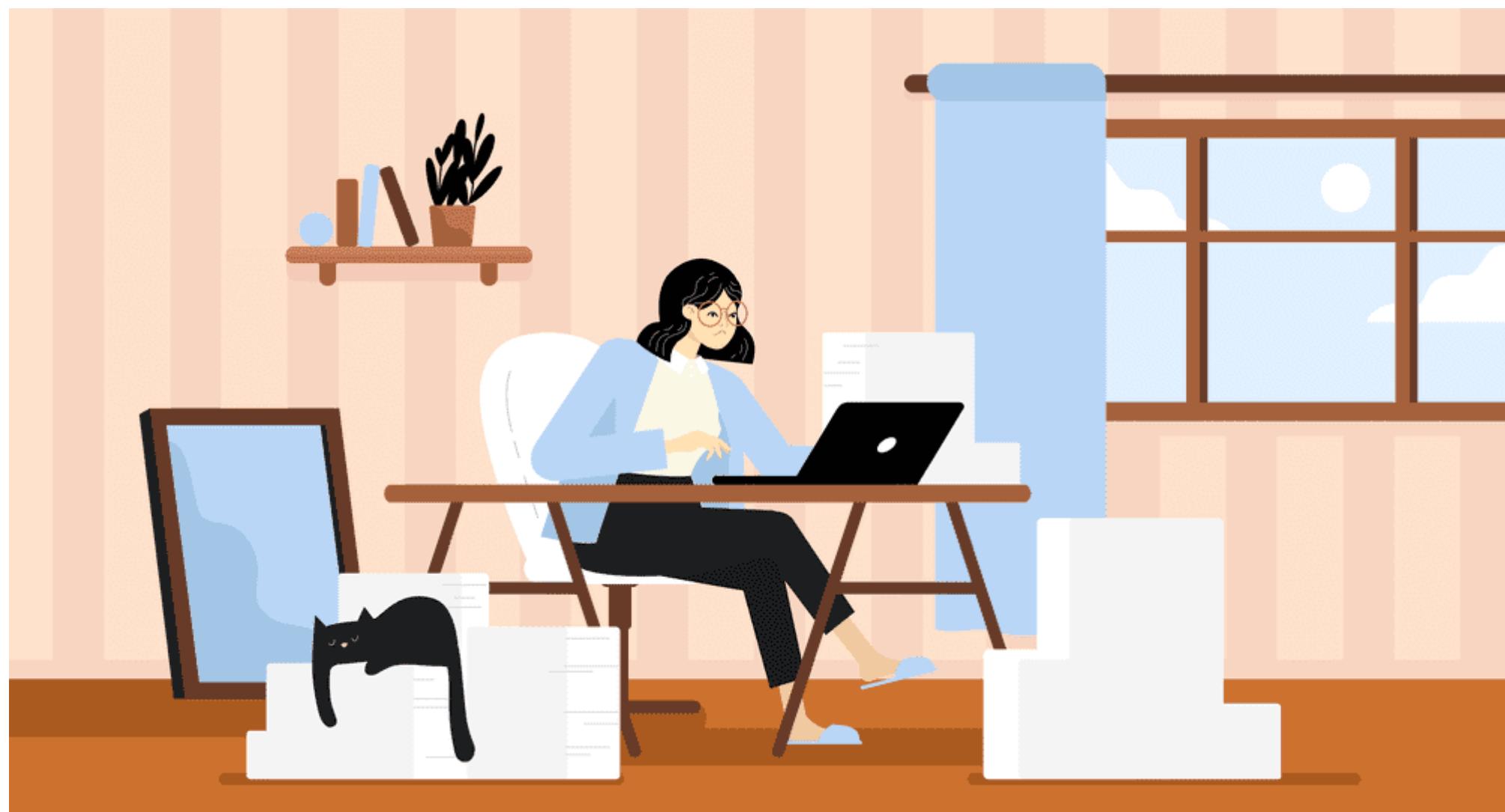
Strongly agree

Why do you feel more/less lonely and isolated?

because i'm with my housemates more close than ever

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:
.....

Why do you work now more/less efficiently?

because i'm used to a great working atmosphere at the uni and don't like to work at home

Do you agree or disagree with the statement: I like working at home *



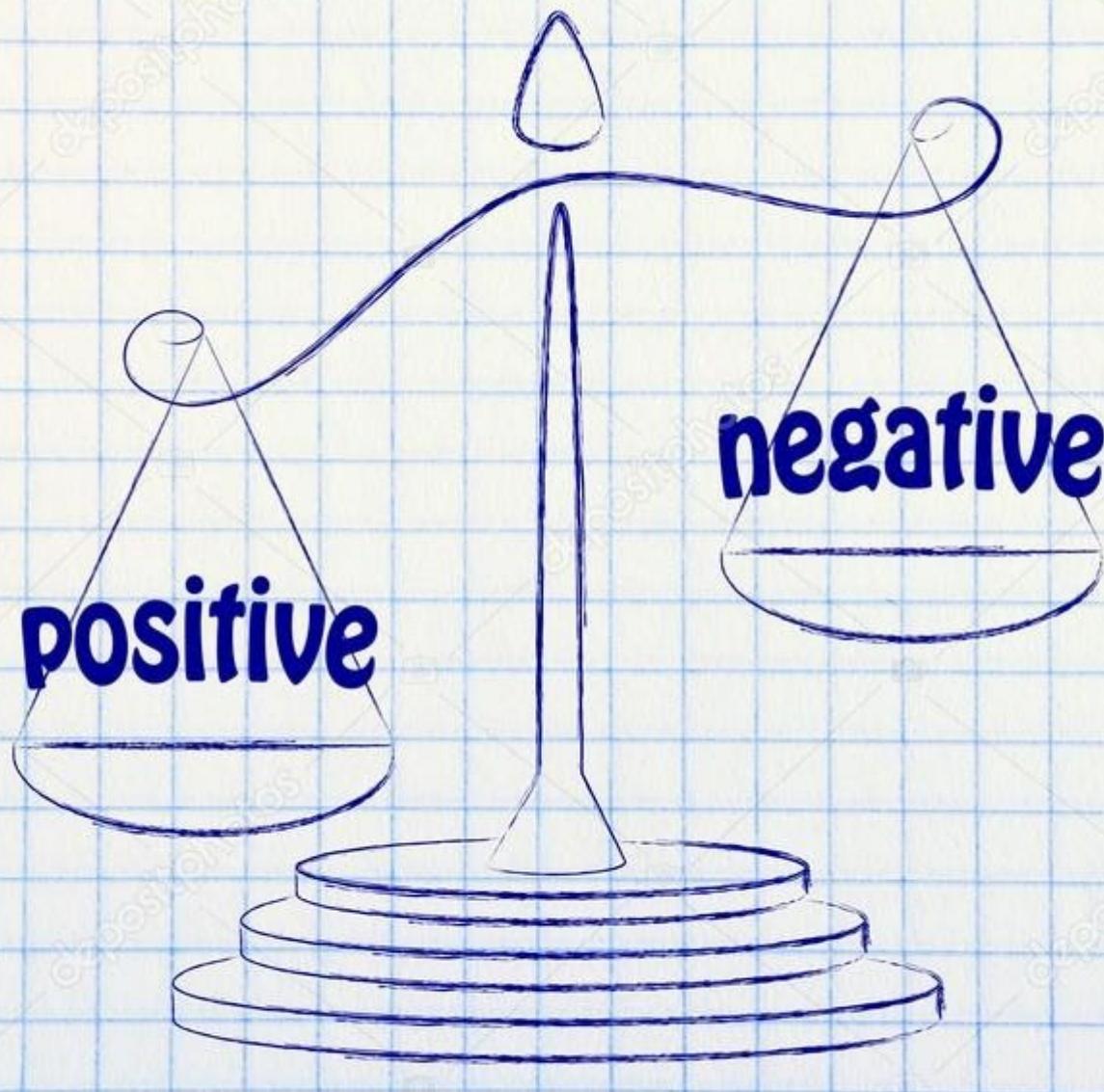
Why do you hate/love working at home?

because i like to keep the relaxing home environment seperated to my work environment

What do you like/dislike the most about working at home? *

i get distracted by too many things

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

i feel more unity with my friends/family/housemates

What negative effect did you experience during this unique situation? *

Some of my daily tasks and activities just disappeared, and i miss them.

Is there anything else you want to share with us?

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Zuid-Holland

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: Started new hobbies

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

Now that travelling (even walk to classes) is out of the question, you get a lot less usual exercise. Also, I think exercising is very good for your mental health.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other: Someone else in my household does the groceries, but they do it as often as they did before

Why do you go more often or less often to the grocery store?

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

I eat the same

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before. *

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom. *

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

It is just a fact that you can do less outside of the house. however, i use this new opportunity to spend more time on hobby's inside the house

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

yes. what is most shocking to me is how negative people are. Yes, of course it is not fun to stay at home as much as possible, but it is the situation we have right now. Make the best of it!

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

i follow the rules of the government

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you feel more/less lonely and isolated?

funnily enough i have been able to connect with my family in these weird times. however, this might change the upcoming months when we get a bit tired of each other

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you hate/love working at home?

there is a very vague line between free time and working time. i try to hold on to the schedule i had before corona (working monday-friday from 9 to 6), otherwise i end up mixing up free time and working time 7 days a week, which i think will result in a worse mental health and less efficiency in working

What do you like/dislike the most about working at home? *

the communication with other team mates



What positive effect did you experience during this unique situation? *

i get a lot of joy out of exploring new hobbies and finding a new daily rhythm

What negative effect did you experience during this unique situation? *

i notice emotions will pile up more quickly, however taking measures such as writing in a diary daily and exercising already makes a huge difference

Is there anything else you want to share with us?

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In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

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Which of the following statements apply to you? You can choose more than one.

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- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: I don't exercise. I didn't before either. But then at least I would walk around.

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I didn't exercise before. But now I can't even leave my place or bike.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

I don't want to go outside to the store. I got groceries delivered once.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

I think it is the same amount, just I bought a lot all at once with online delivery but I am no longer going to the store.

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

I don't

Do you feel you are eating healthier now than before? What has changed? *

Less healthy. I don't go outside, walk, or see people.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

I don't know how this will impact my studies. I can't see people. I am isolated from my family and had to cancel future travel plans. I don't know when I can see my family next.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

I can't travel

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

Yes. I think people are not meeting up as frequently. I feel like everyone is sad and anxious.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

I have been told by my family to stay inside since they fear that the virus sticks to surfaces and in the air and they don't want me to take unnecessary risks.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



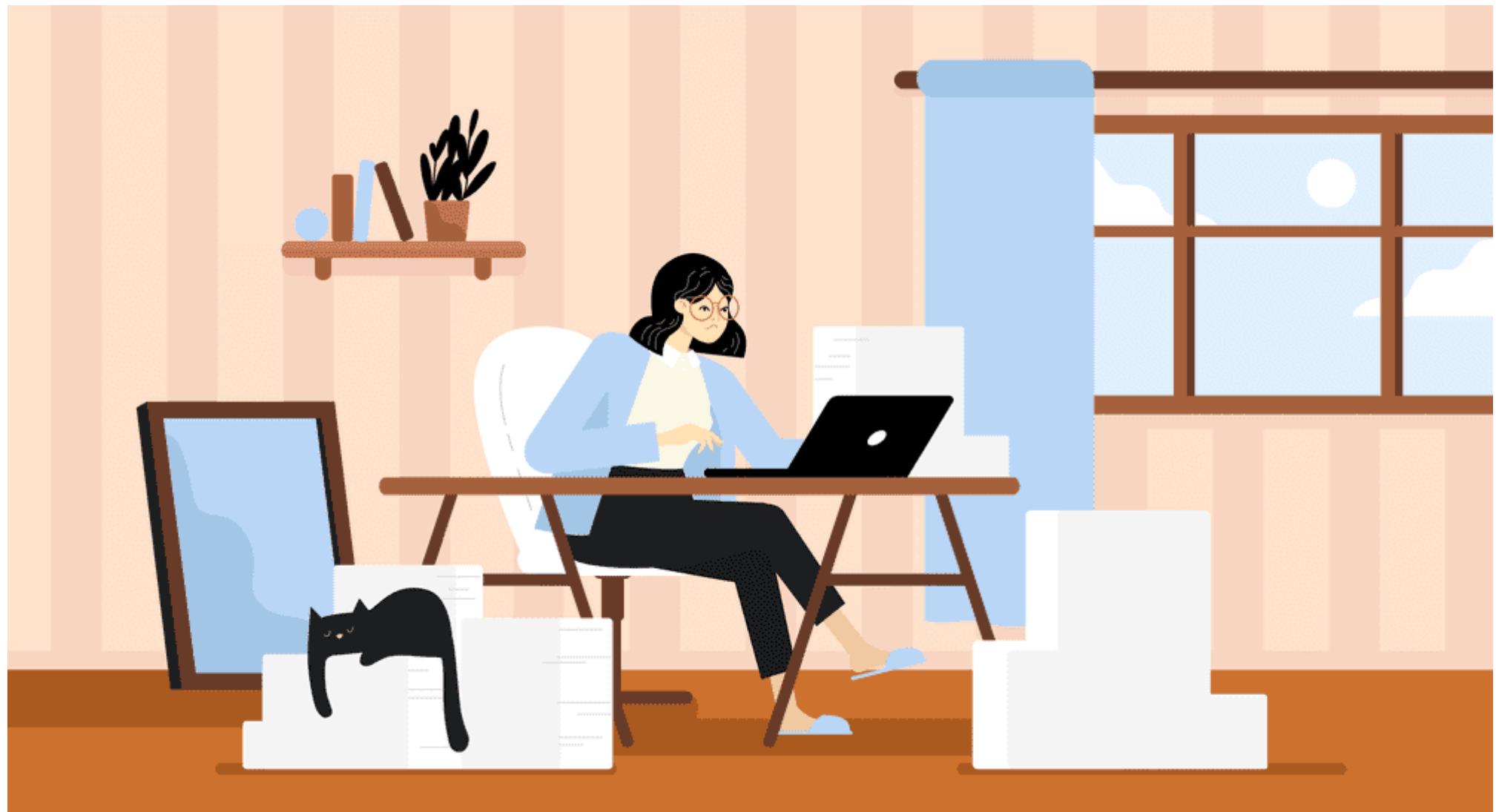
Strongly agree

Why do you feel more/less lonely and isolated?

I had to cancel my travel plans to visit my family and I don't know when I'll see them next.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

I can't focus. I'm stuck working at home and I can't focus. I am also worried about everything and can't concentrate.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



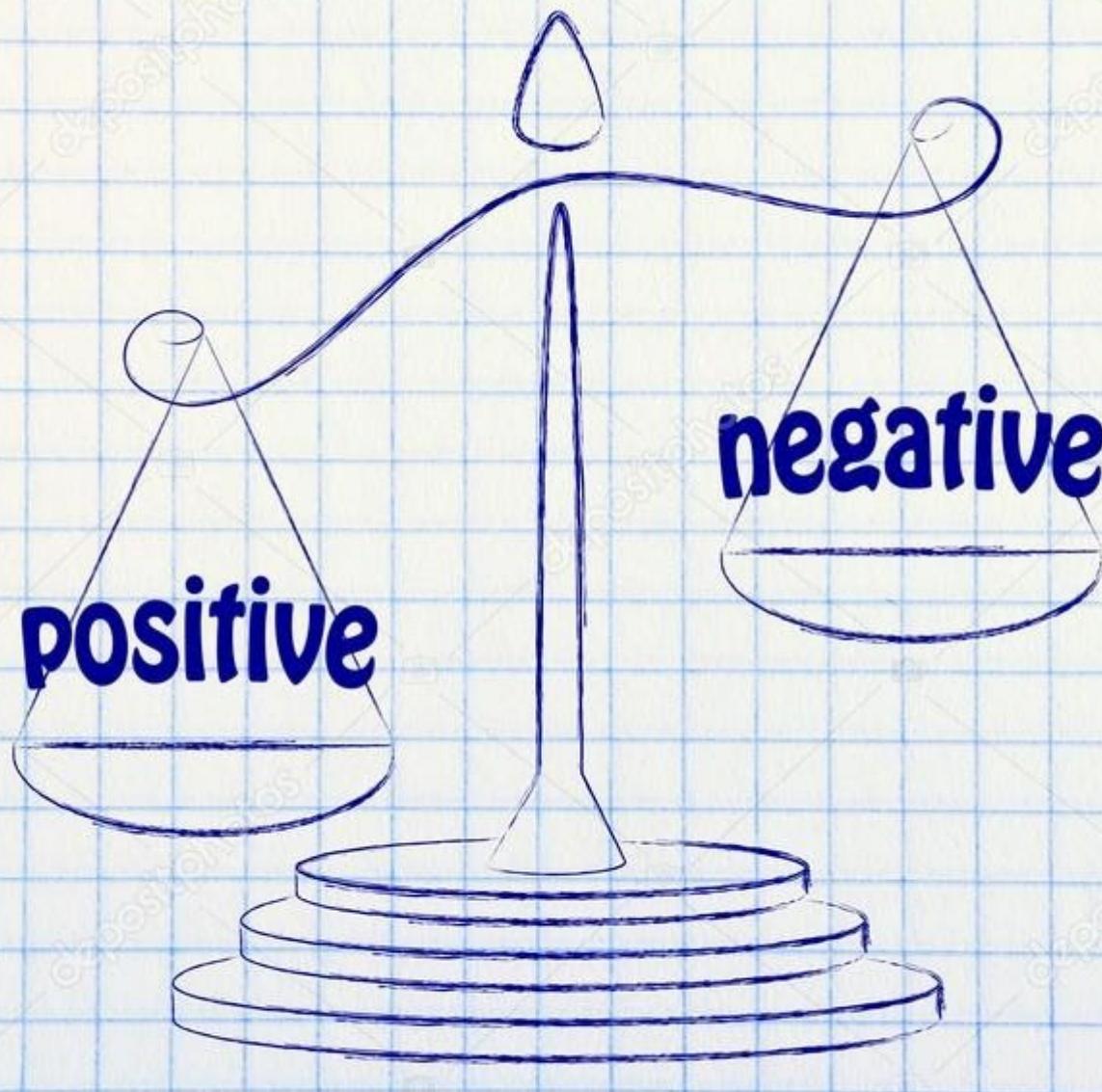
Strongly agree

Why do you hate/love working at home?

I get distracted. I can't meet with people. It drastically impacts my work since I can no longer plan meetings.

What do you like/dislike the most about working at home? *

The phone meetings are really poor. It is a lot less efficient than meeting in person. I can't do the same type of work over the phone.



What positive effect did you experience during this unique situation? *

Less air pollution?

What negative effect did you experience during this unique situation? *

Poor mental health turn, increase in anxiety. Isolated from family and friends. People are nasty and stockpiling things.

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

Had more time

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

Try to plan meals ahead, so I can reduce the amount of times i have to go to the store

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

I buy more because all our meals are made at home instead of going out/ordering once in a while. Also, we cook together for fun, so we make more complex recipes

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

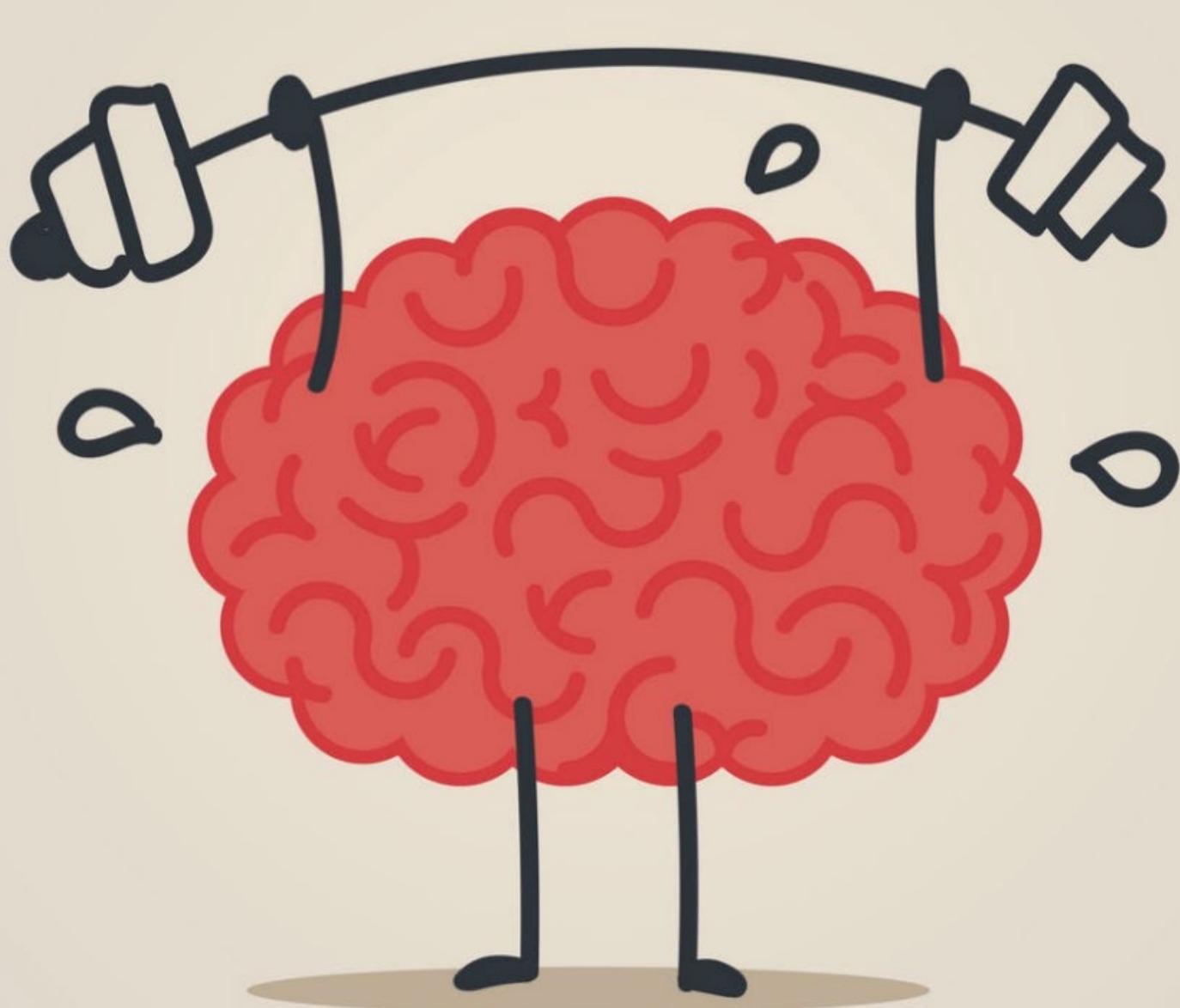
I dont and do not get why people would do such thing in place like the Netherlands. Trust that we will get enough basic supplies and don't stress the supply chain and be selfish by hoarding stuff.

Do you feel you are eating healthier now than before? What has changed? *

Eating the same. We cook more healthy meal, but also snack more often

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Easier to control what I'm exposed to when staying at home.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

It definitely changed, but just highlights people's personalities. Some people act more kindly, others get very annoyed.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Because I have to..

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



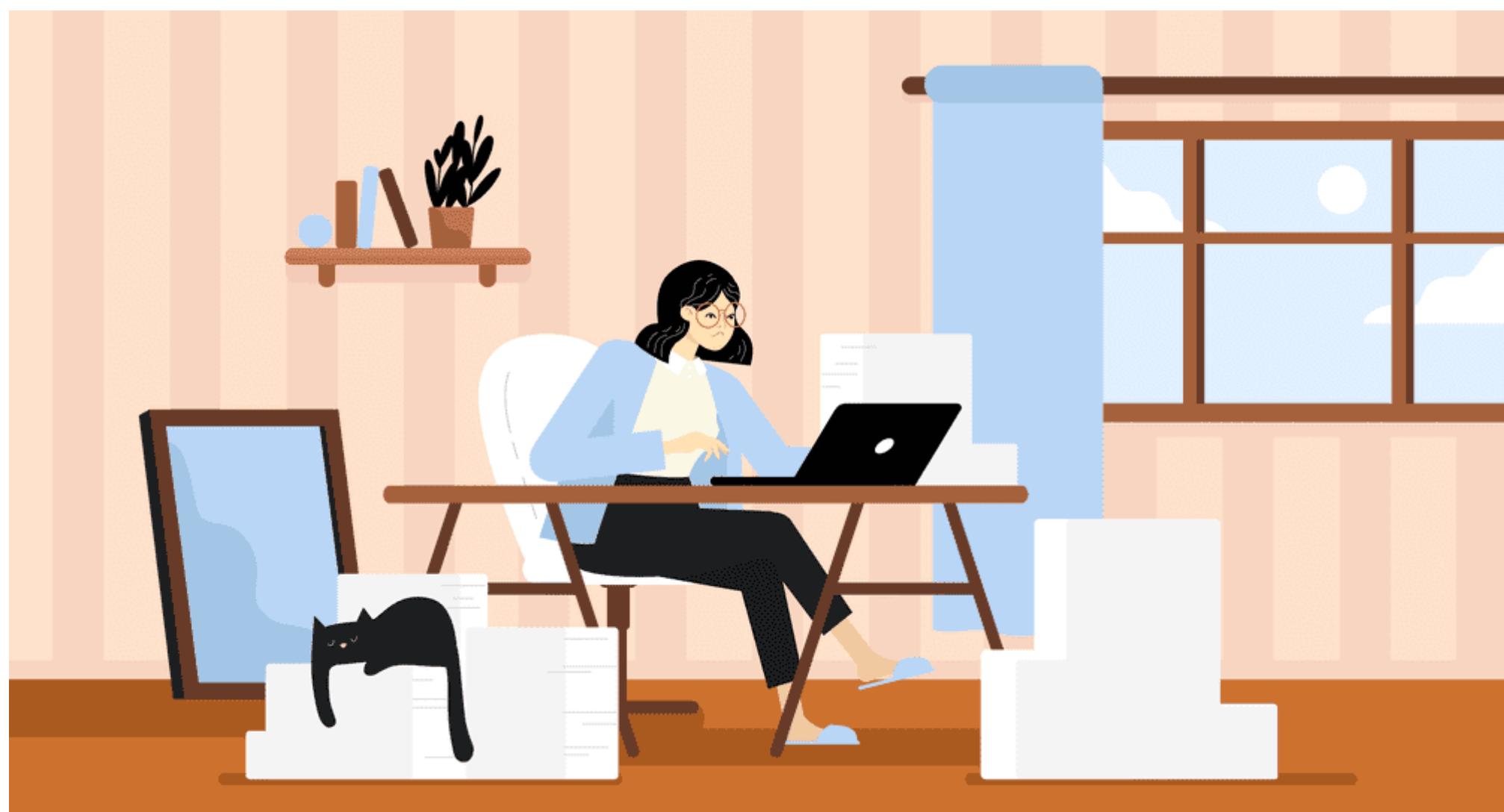
Strongly agree

Why do you feel more/less lonely and isolated?

Its the same. I spend less time with friends, but more with family

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

I find it more efficient to work alone and then have skype meeting to align and catch up.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

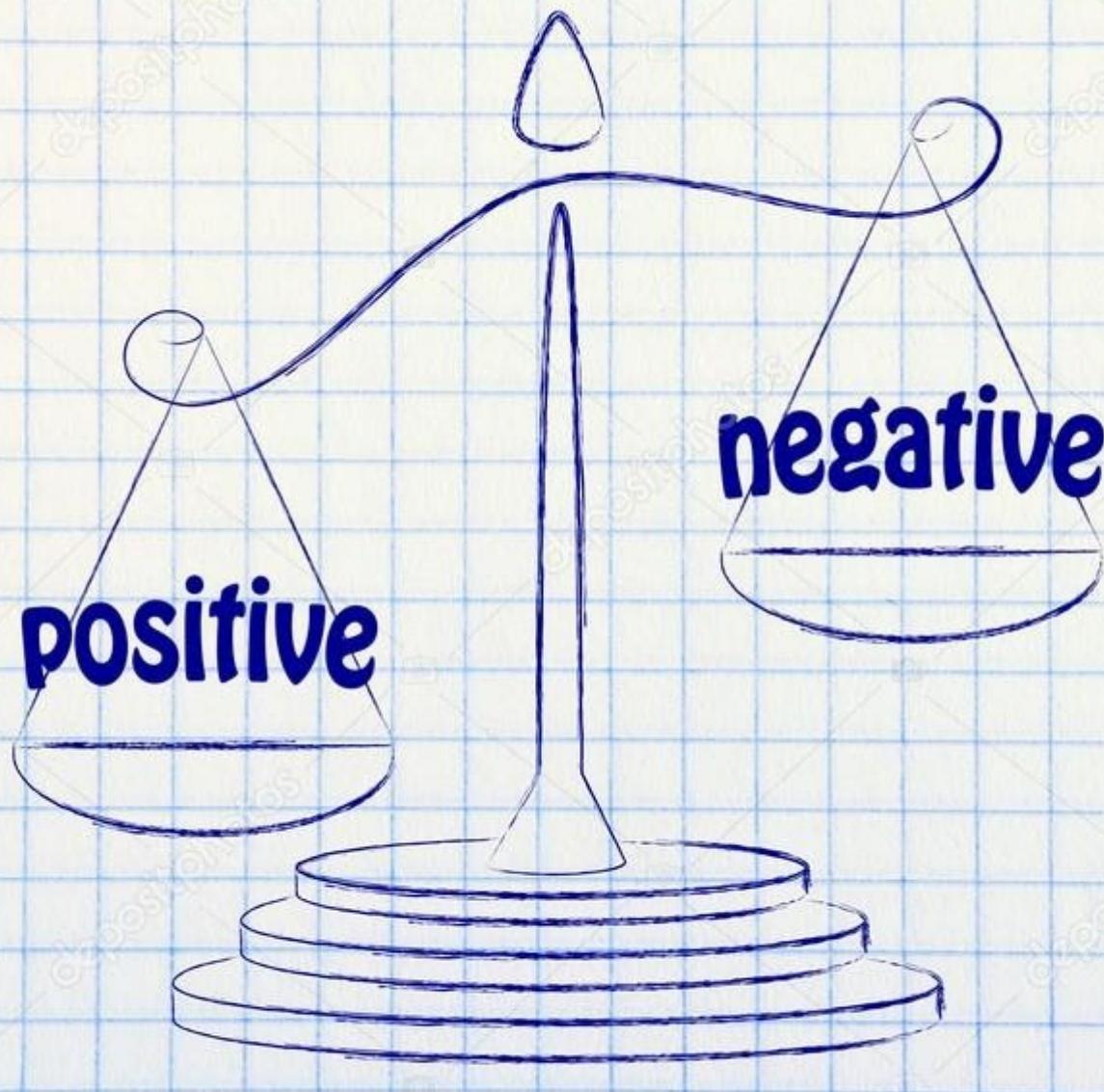
Why do you hate/love working at home?

Because I dont have to get out of my PJs. :) comfort, and food close by.

What do you like/dislike the most about working at home? *

Harder to separate work and life.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

I became less stressed

What negative effect did you experience during this unique situation? *

I get annoyed more easily by the people im isolated with.

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

16-20 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: _____

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other: _____

Can you explain why you now exercise more or less?

I have more time

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other: _____

Why do you go more often or less often to the grocery store?

Because now I eat at home every day, whereas before I would have dinner with friends etc. Also, some housemates are at their parent's place, so there is less people available to cook.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other: _____

Why do you buy more or fewer groceries?

My boyfriend and I like to treat ourselves to cheese platters and bake things now we have some extra time

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Nope, no difference. Maybe even less healthy because we snack so much.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

I'd like to go out, see friends, go shopping etc.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes a little

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

I do not have to go anywhere, so I mostly stay at home. I do try to go out for walks which before I did not - but then I'd cycle to the uni, or move from building to building there.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



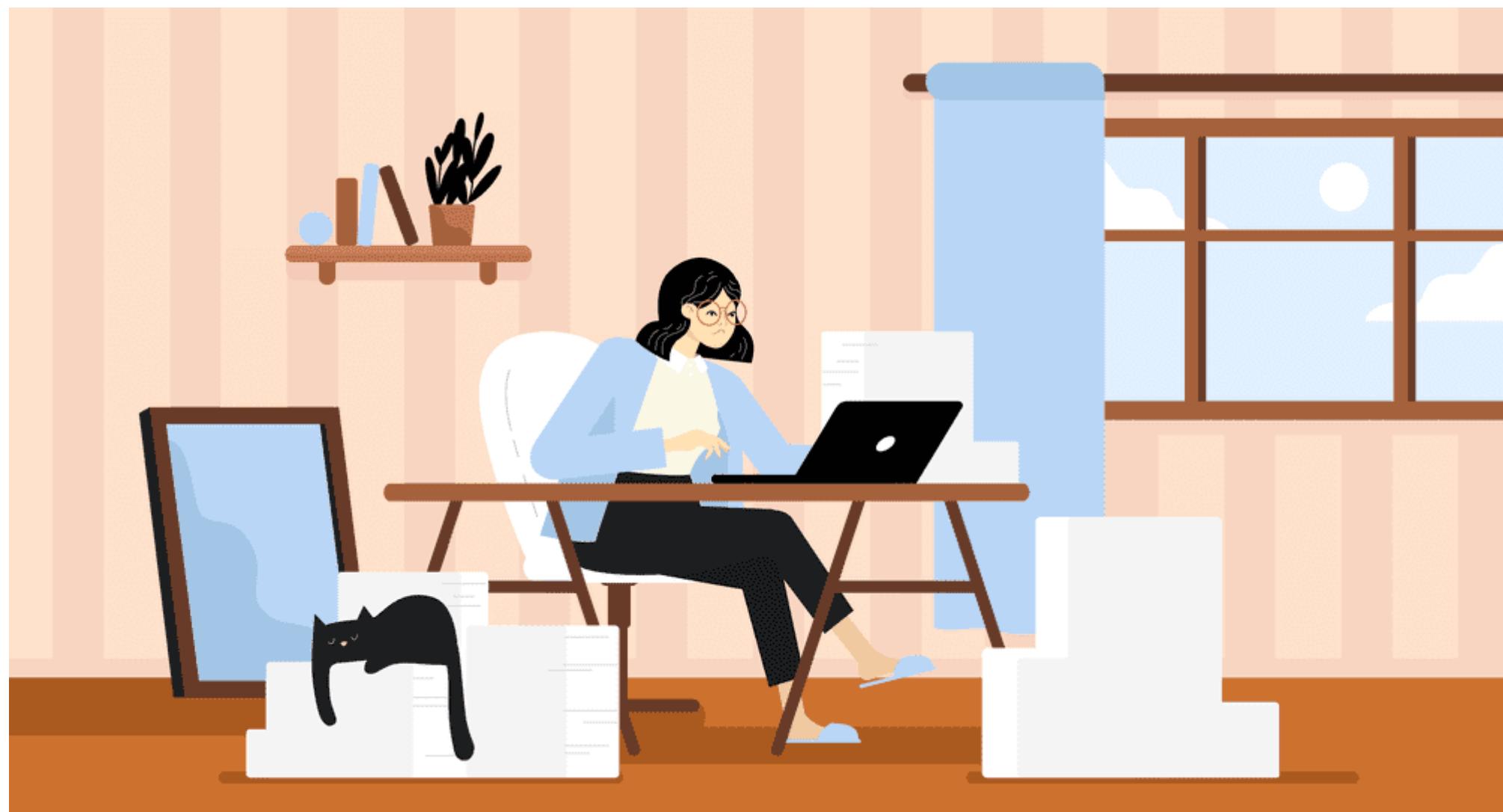
Strongly agree

Why do you feel more/less lonely and isolated?

Luckily, I live with my boyfriend and we hang out together a lot. Also I skype my friends.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

I have trouble focussing at home.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

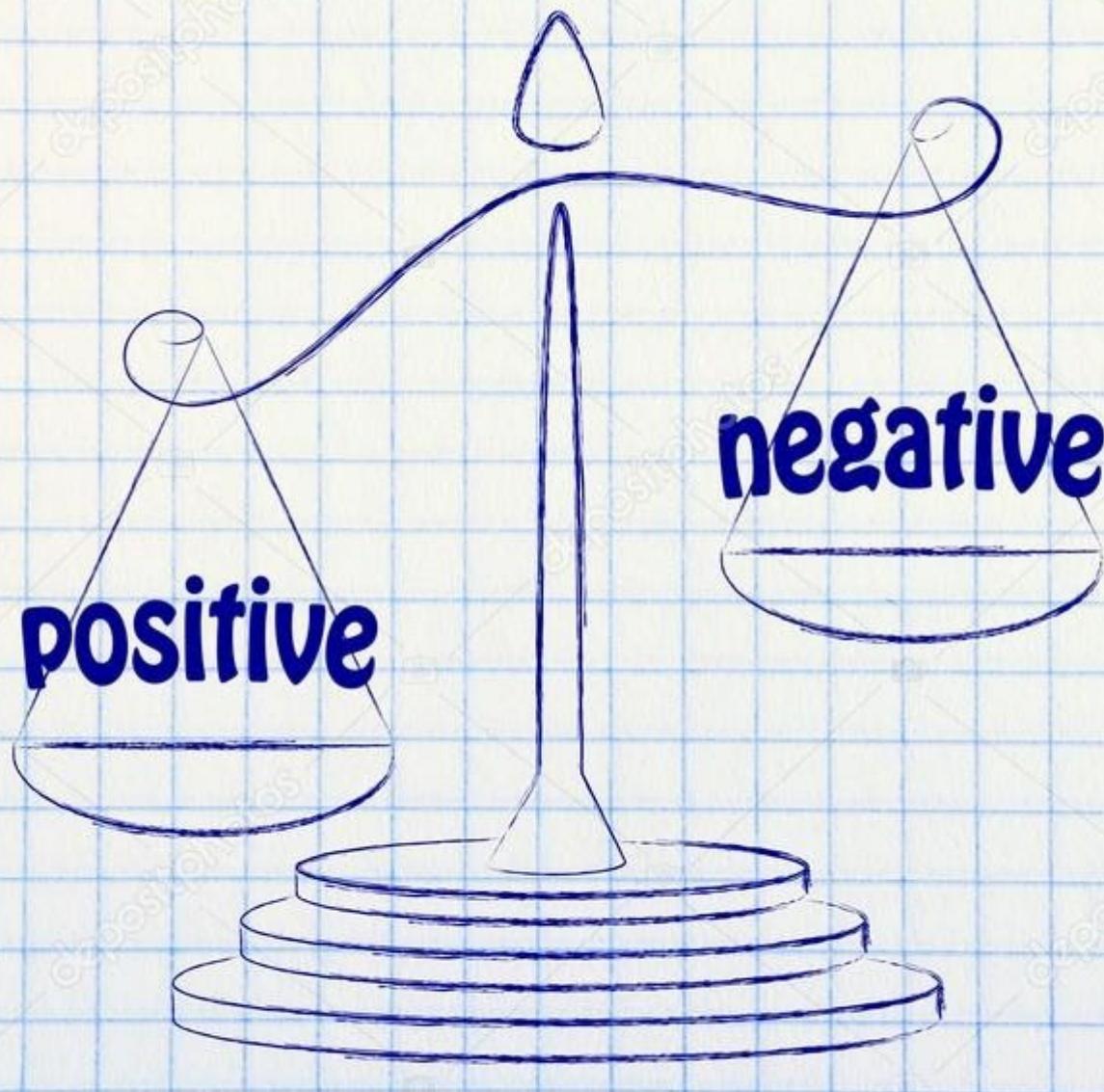
Why do you hate/love working at home?

It does not feel like a working space, I am distracted by the builders outside and all the fun things I could do here

What do you like/dislike the most about working at home? *

I hate not having the necessity to go outside.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

I love how people are all helping each other during for example through Facebook.

What negative effect did you experience during this unique situation? *

Not physically seeing my friends and family

Is there anything else you want to share with us?

nope

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Google Forms

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21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Other

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I'm less motivated at home. Moreover, I normally do weightlifting in the gym which is difficult to do so at home

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

I go more often because I am more at home, otherwise I'd eat at restaurants, university etc.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Same reason as before

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

I do not because firstly there is not even toiletpaper available + it is unlikely supermarkets will shut so no reason to do so

Do you feel you are eating healthier now than before? What has changed? *

Same really

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

No social life, work, university whatsoever. I personally go outdoors a lot so it is very difficult to stay inside (for the unforeseeable future)

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

I used to go to the gym, university, work almost every day - which is not possible anymore

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

A lot of things are shut, which stimulates not going out as often

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree

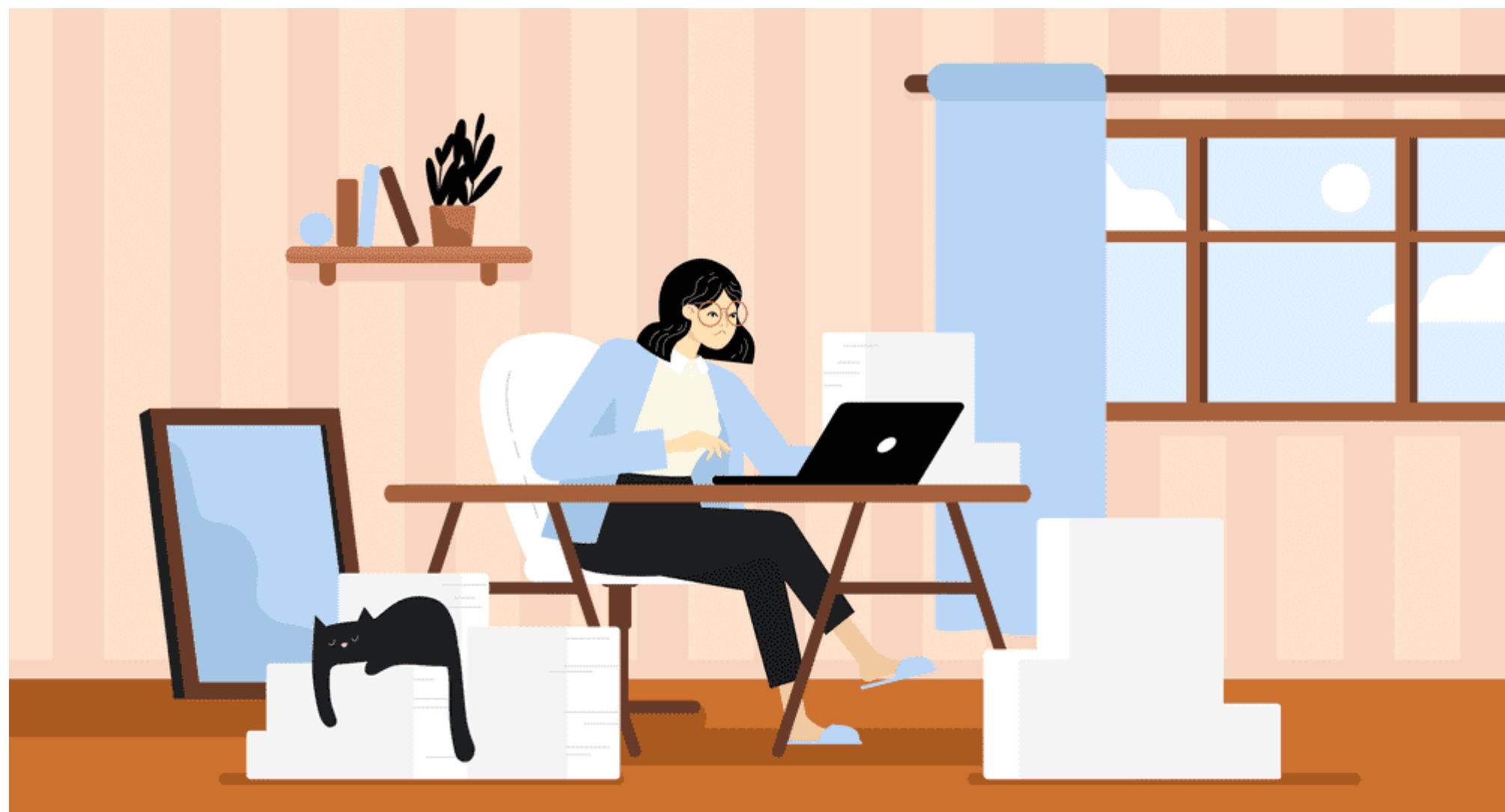


Strongly agree

Why do you feel more/less lonely and isolated?

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

i study better at cafes or libraries, which are also shut

Do you agree or disagree with the statement: I like working at home *

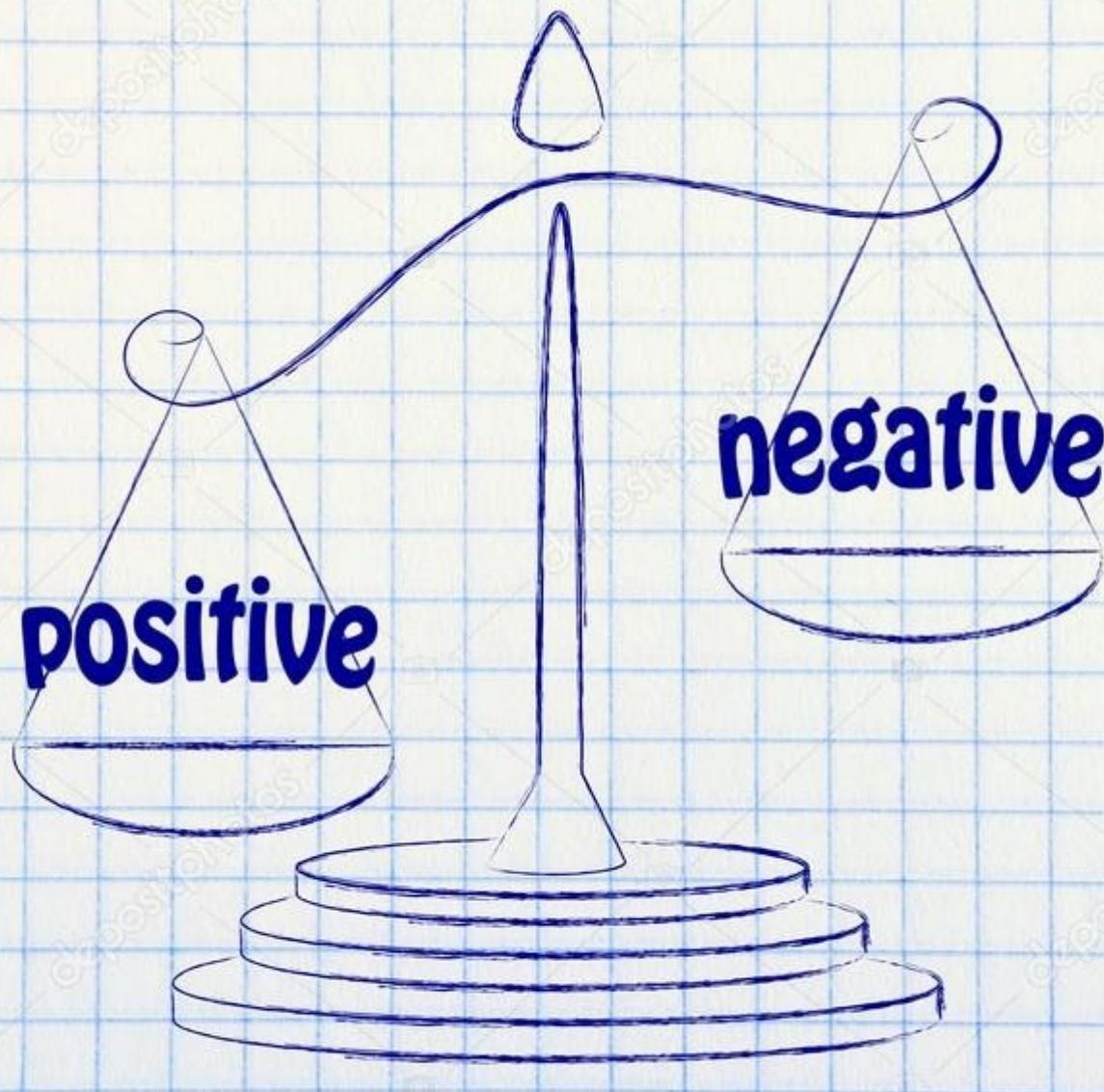


Why do you hate/love working at home?

What do you like/dislike the most about working at home? *

My room is quite small & i cannot concentrate here

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

Nothing

What negative effect did you experience during this unique situation? *

Everything was already stated

Is there anything else you want to share with us?

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Male

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Other:

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In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
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- Avoid other people
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- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I have less space and no equipment

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

I don't buy more than I can use

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

I don't buy more than I can use

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Yes, I have more time to cook properly

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes people are more hesitant

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you feel more/less lonely and isolated?

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

.....

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you hate/love working at home?

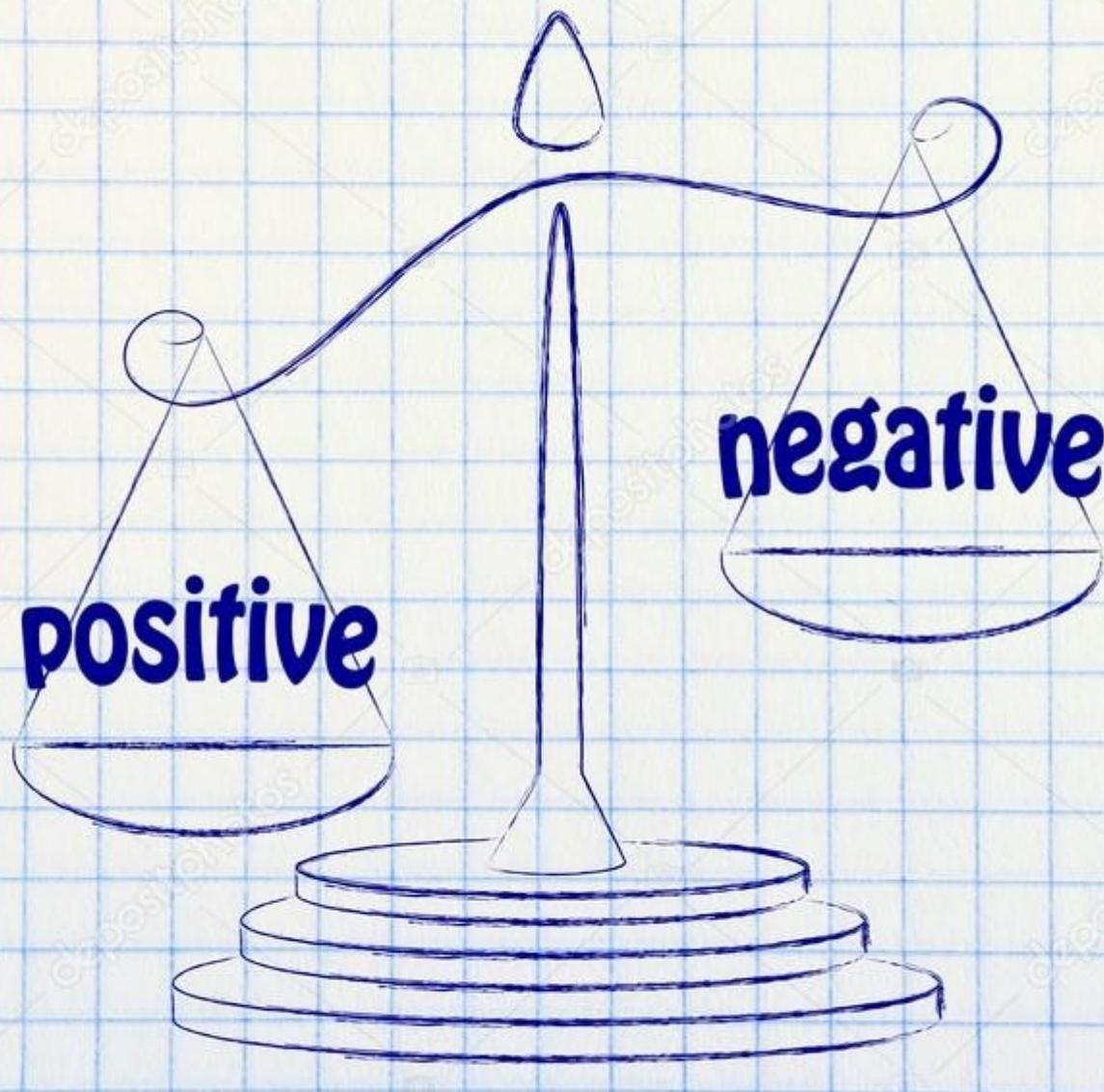
.....

What do you like/dislike the most about working at home? *

More distractions and different kind of atmosphere. Not a productive calm atmosphere

.....

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

I can spend more time with family

What negative effect did you experience during this unique situation? *

I can't go out and have become more paranoid

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

21-25 years old

What is your gender? *

- Female
- Male
- Prefer not to say
- Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

- at home
- part time at home, part time away from home
- away from home
- Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: I do not exercise

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

.....

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

I avoid going outside as much as possible

.....

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

I am eating the same

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

I feel more limited since I cannot go outside

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Things have gotten more awkward

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

To avoid increasing infection rates

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



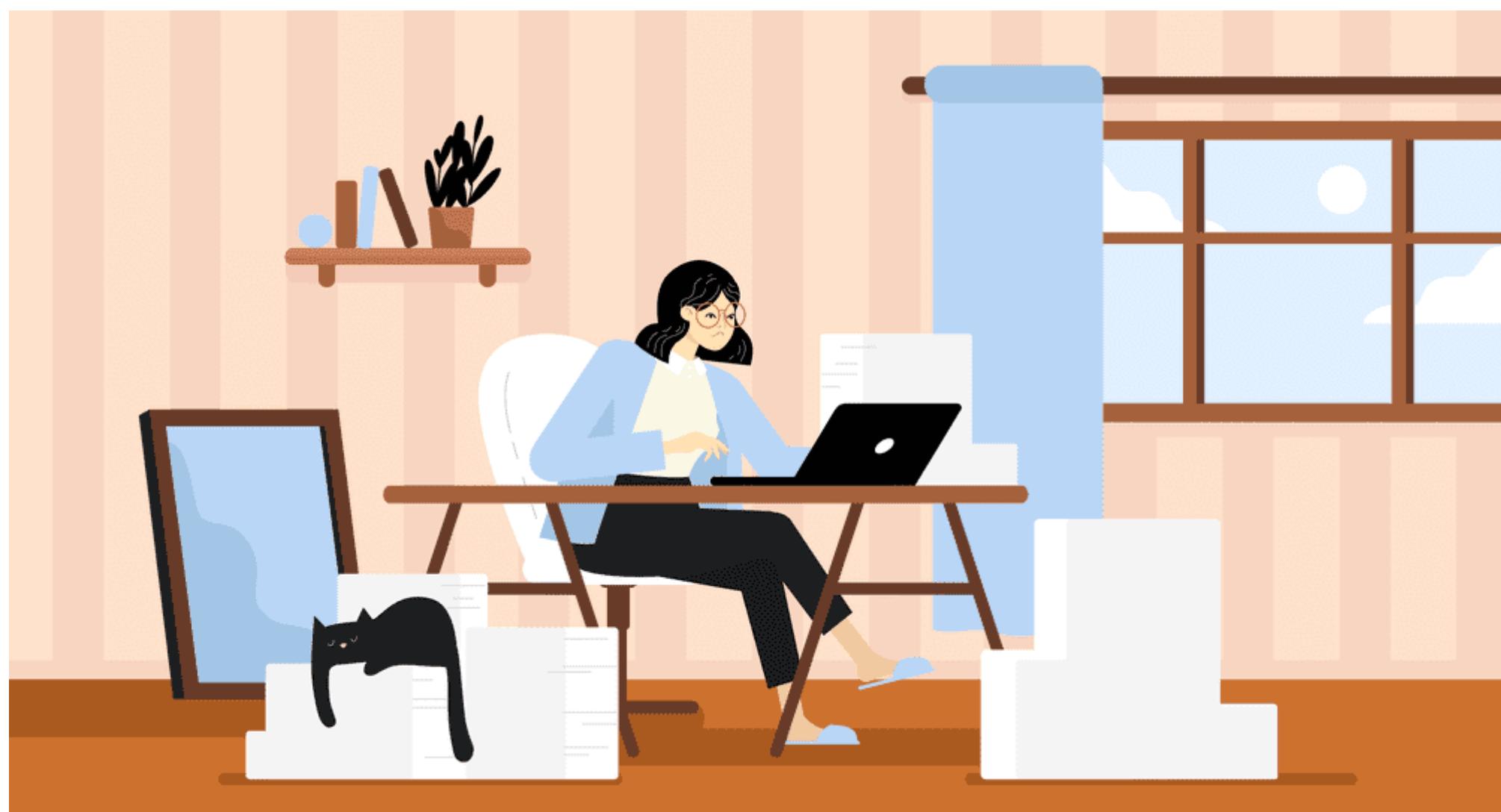
Strongly agree

Why do you feel more/less lonely and isolated?

I have less social contact than before, but still have family around me.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

I cannot meet with my teams, and it is harder to motivate myself when sitting at home

Do you agree or disagree with the statement: I like working at home *



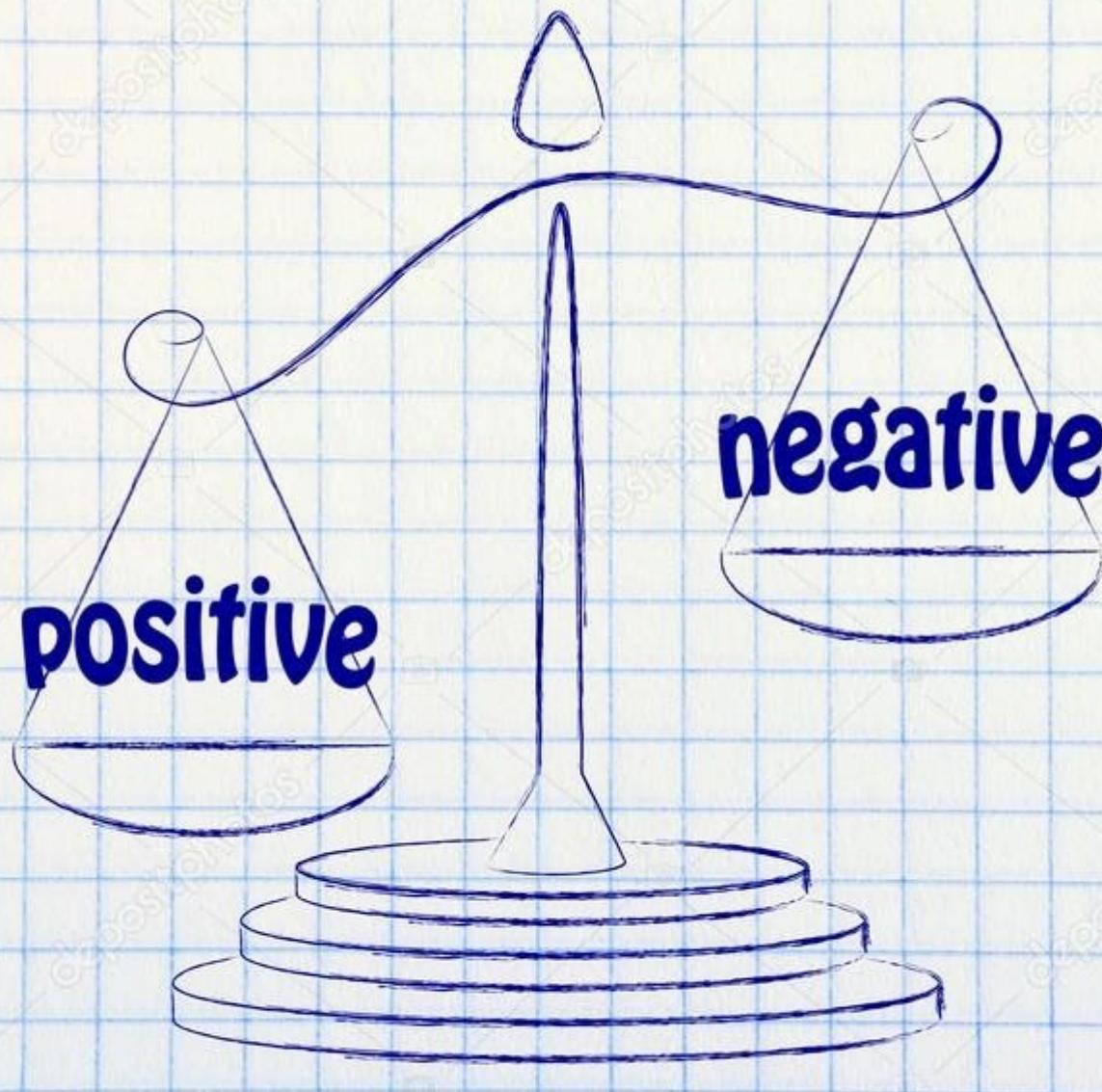
Why do you hate/love working at home?

It makes me less motivated

What do you like/dislike the most about working at home? *

Not being able to meet and discuss things in person

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

I spend more time with my parents and siblings

What negative effect did you experience during this unique situation? *

I am more tired. I work less well. I sleep less.

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

Voor de Nederlandse vragenlijst, klik hier: <https://forms.gle/q9sPrdEdeBPBKwFS8>

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What is your age category? *

51-55 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Drenthe

In which sector are you active? *

Charity and voluntary work

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

.....

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

.....

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

No _____

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

It's a strange situation you have to cope with, that can be difficult

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Because of the restrictions

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes people are careful

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Restrictions of the government

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



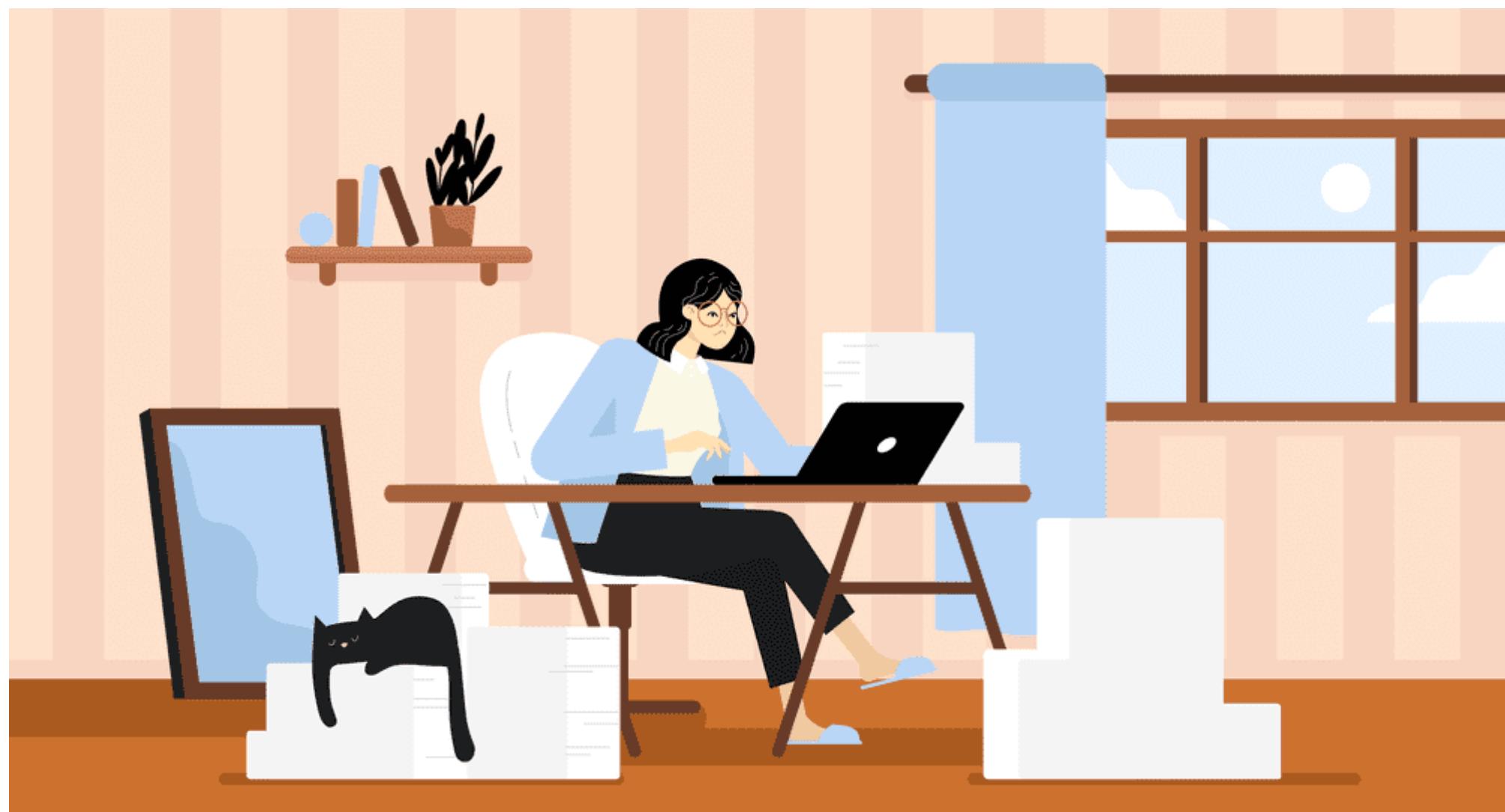
Strongly agree

Why do you feel more/less lonely and isolated?

I miss my work

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: Ik don't work at all

Why do you work now more/less efficiently?

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



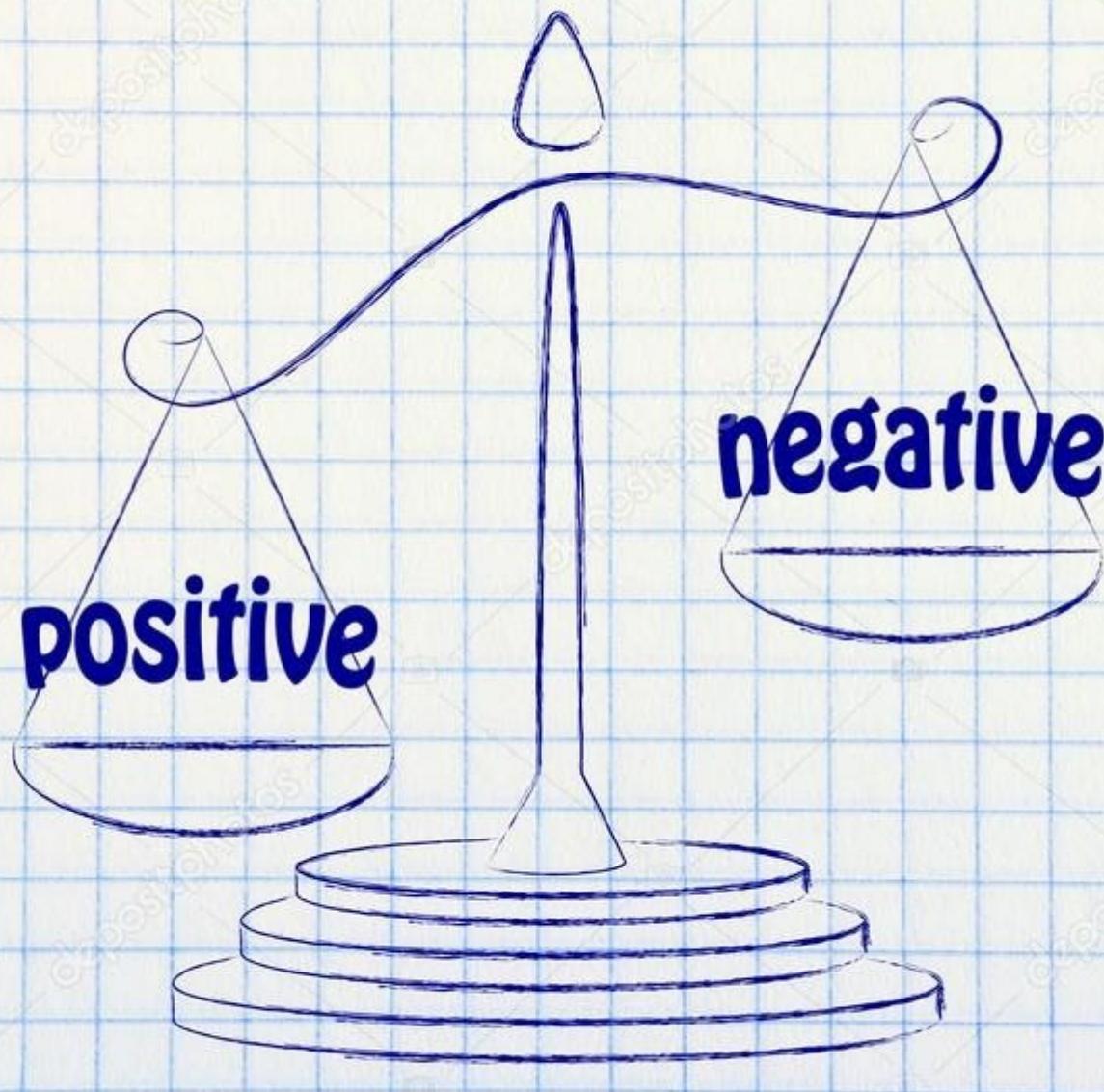
Strongly agree

Why do you hate/love working at home?

What do you like/dislike the most about working at home? *

Ik don't work at all

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

None

What negative effect did you experience during this unique situation? *

Stress

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Groningen

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

More time

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

More people, more risk at infecting each other

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

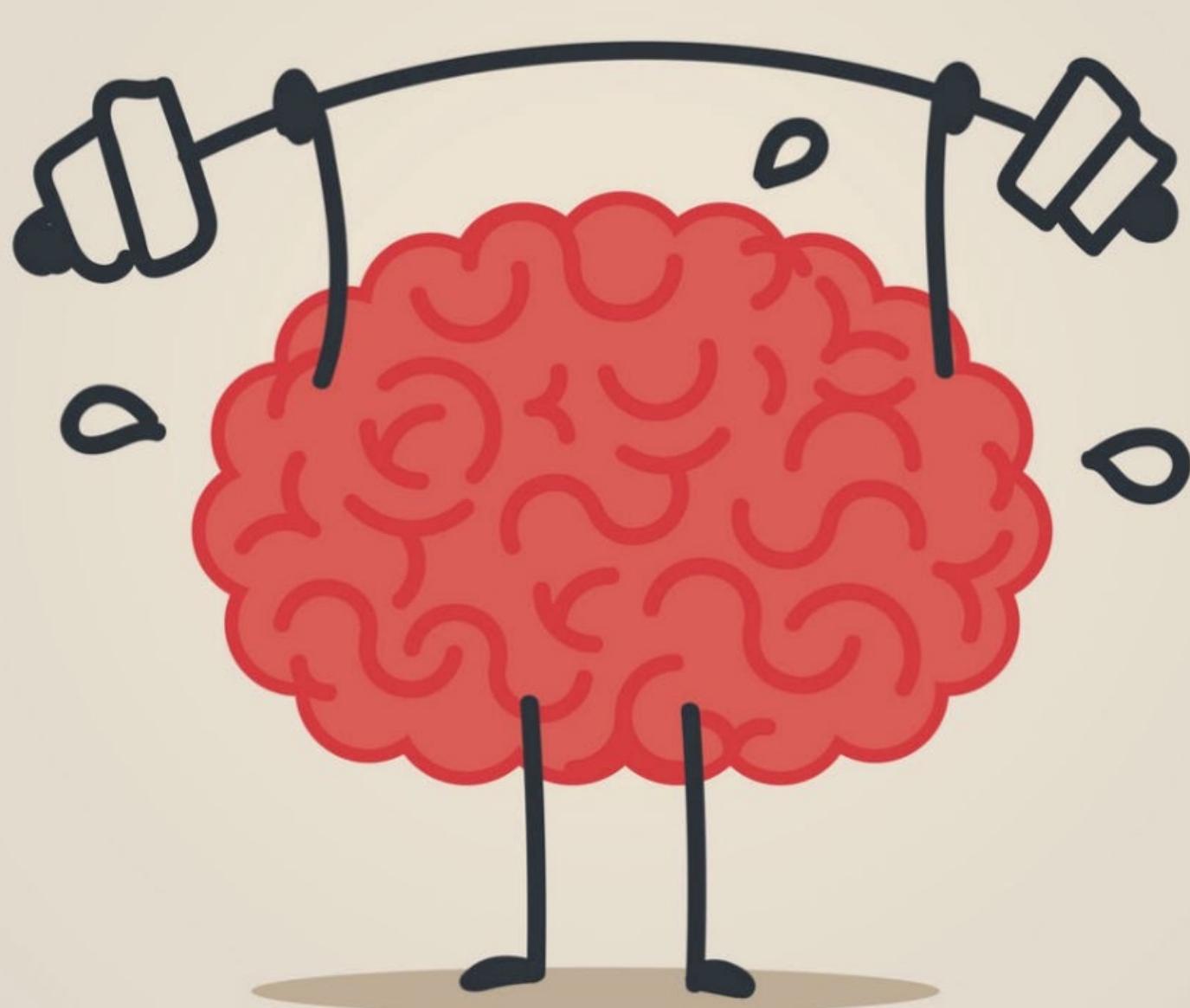
Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

No, more or less the same

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Less study pressure

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes, more distance

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

I don't have to go anywhere, but I want to go outside at least once a day

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree

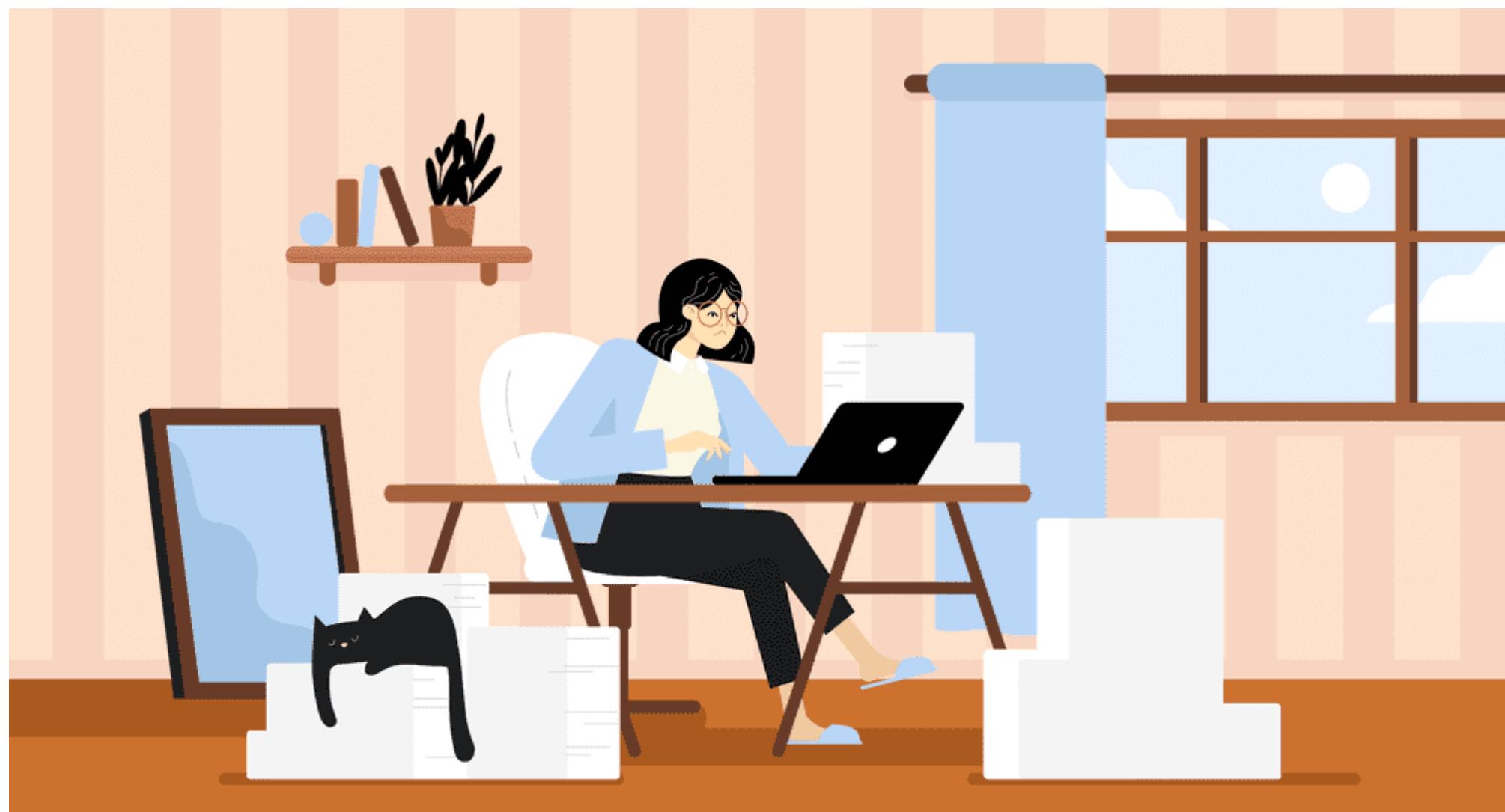


Strongly agree

Why do you feel more/less lonely and isolated?

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

Discovered Catan online...

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

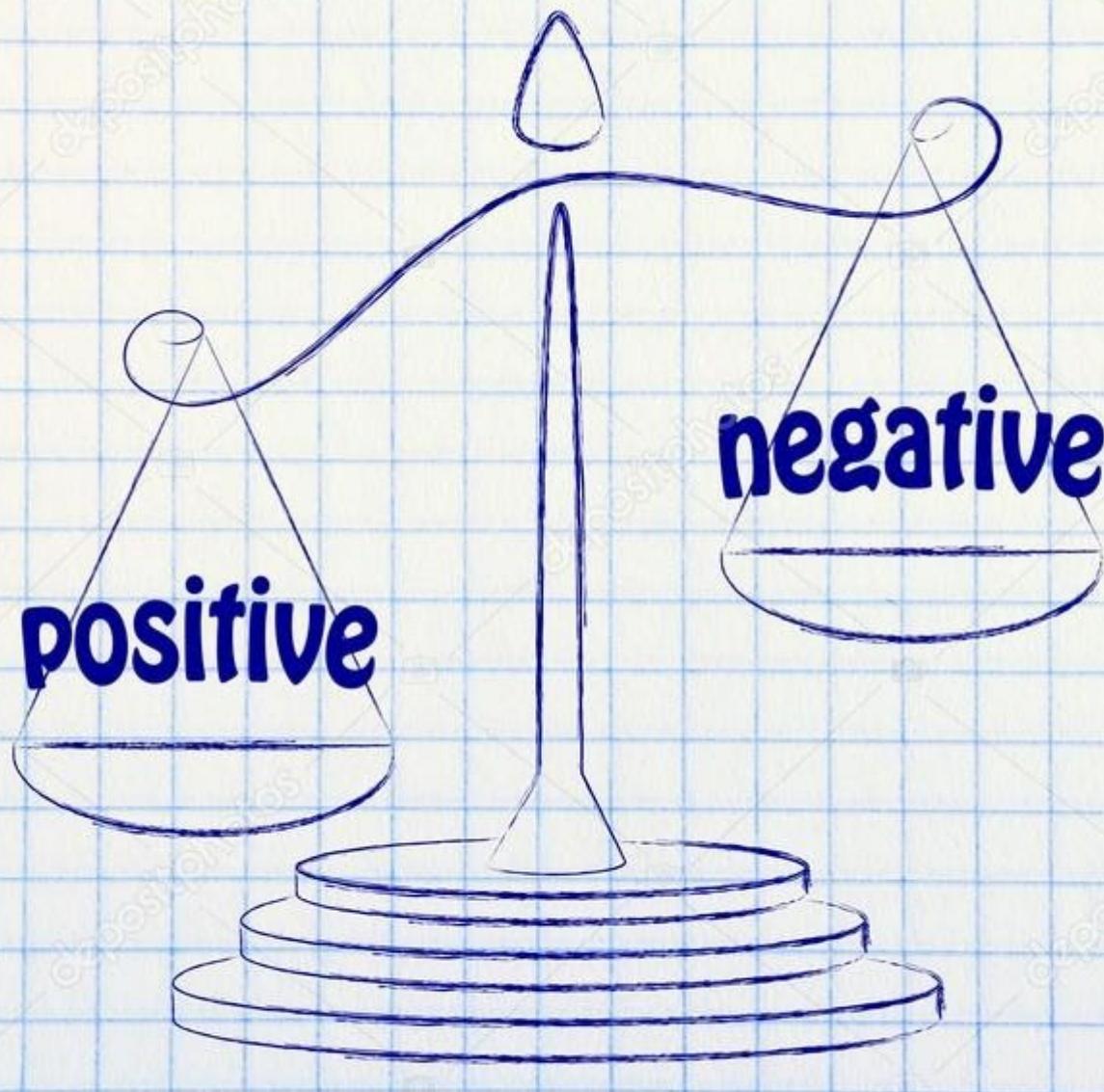
Why do you hate/love working at home?

Freedom of planning, nowhere to go

What do you like/dislike the most about working at home? *

No social contact with other student

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

More time with my family

What negative effect did you experience during this unique situation? *

Less social contact with other people, rehearsals getting canceled, no church services..

Is there anything else you want to share with us?

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Google Forms

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: Sleep more

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: I stopped exercising

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

Because I live in 10 m^2 room and there is barely any space to even walk in it.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

I don't.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

In case the situation becomes like in Italy.

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

In case the situation gets worse.

Do you feel you are eating healthier now than before? What has changed? *

No, nothing changed for now.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Because the time I spend working is less productive.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

All of the activities I like require being outside of home.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Because that's the best way to prevent getting sick and getting people around me sick.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



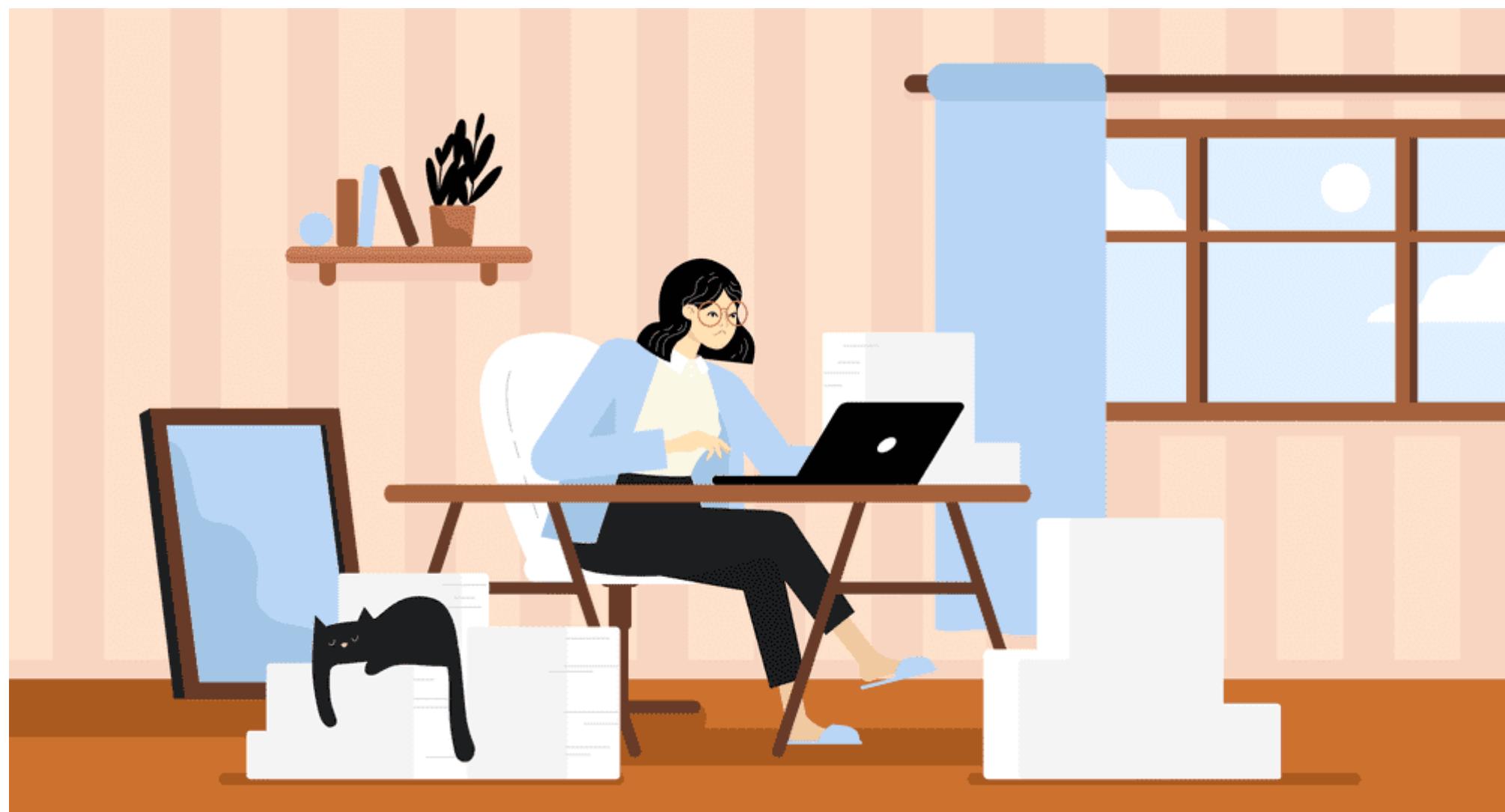
Strongly agree

Why do you feel more/less lonely and isolated?

Because I'm not allowed to see people.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

Because less tasks come up as there is no one coming up to you in the office with additional side tasks.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

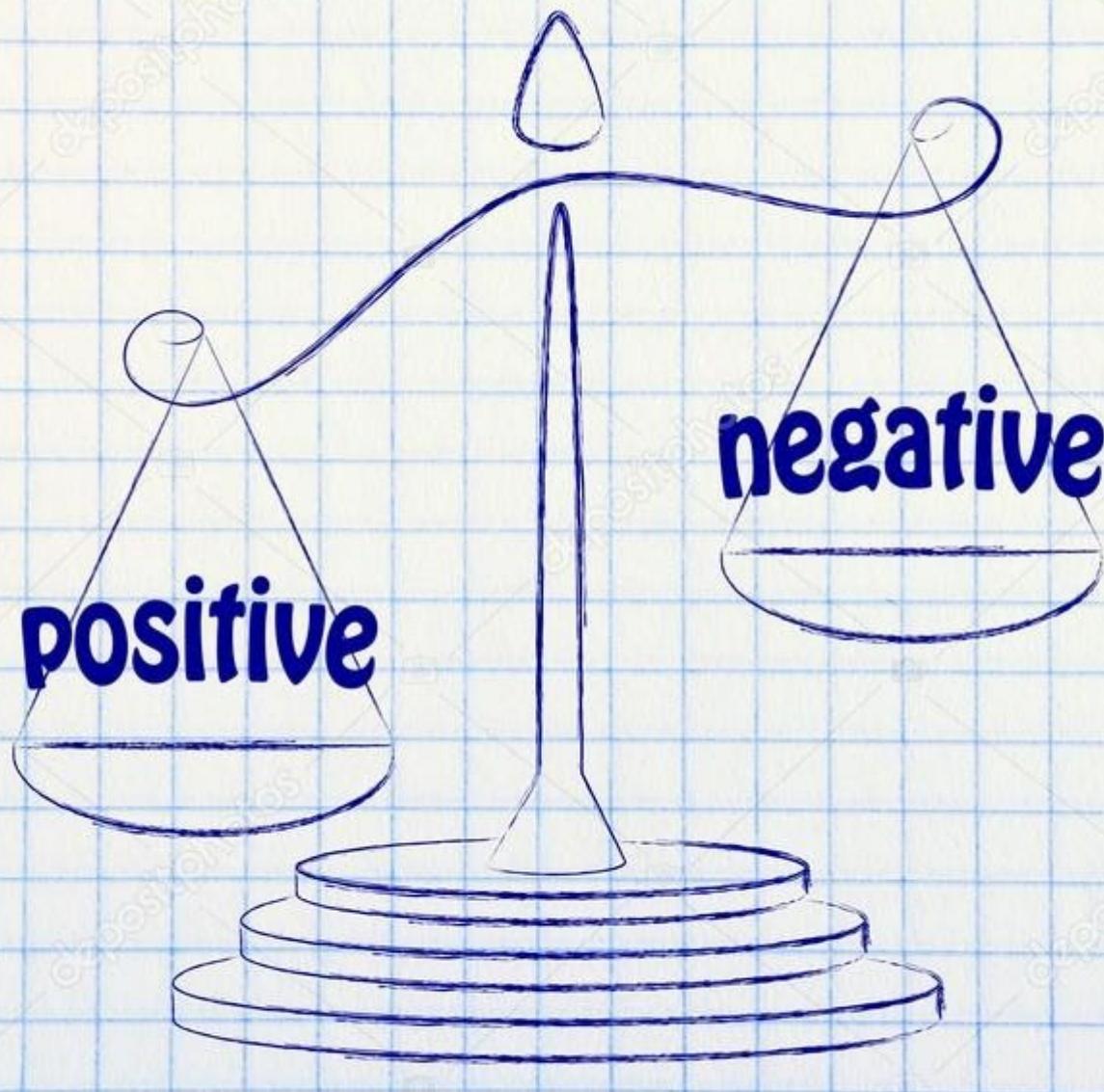
Why do you hate/love working at home?

I save time on traveling, but being productive is more difficult.

What do you like/dislike the most about working at home? *

I save time on traveling, but being productive is more difficult.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

I'm more rested as I have more time to sleep.

What negative effect did you experience during this unique situation? *

I feel lonely much more often.

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Zuid-Holland

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: _____

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other: _____

Can you explain why you now exercise more or less?

Because I sit more, so planned in exercising every day to make up for it.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other: _____

Why do you go more often or less often to the grocery store?

Try to go less frequent to not need to leave the house, buy more stuff in one go and also cook in bigger portions and store it in the fridge/freezer.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other: _____

Why do you buy more or fewer groceries?

See previous answer

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Yes, because I eat fresh and cooked food for every meal and less bread.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

feel more stressful because uncertainty of how long this is going to take.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

can not leave the house without precautions and go everywhere I used to go

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

For sure yes but they are also advised to change their interactions (keep distance)

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Collective responsibility of spreading the virus (even without symptoms)

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



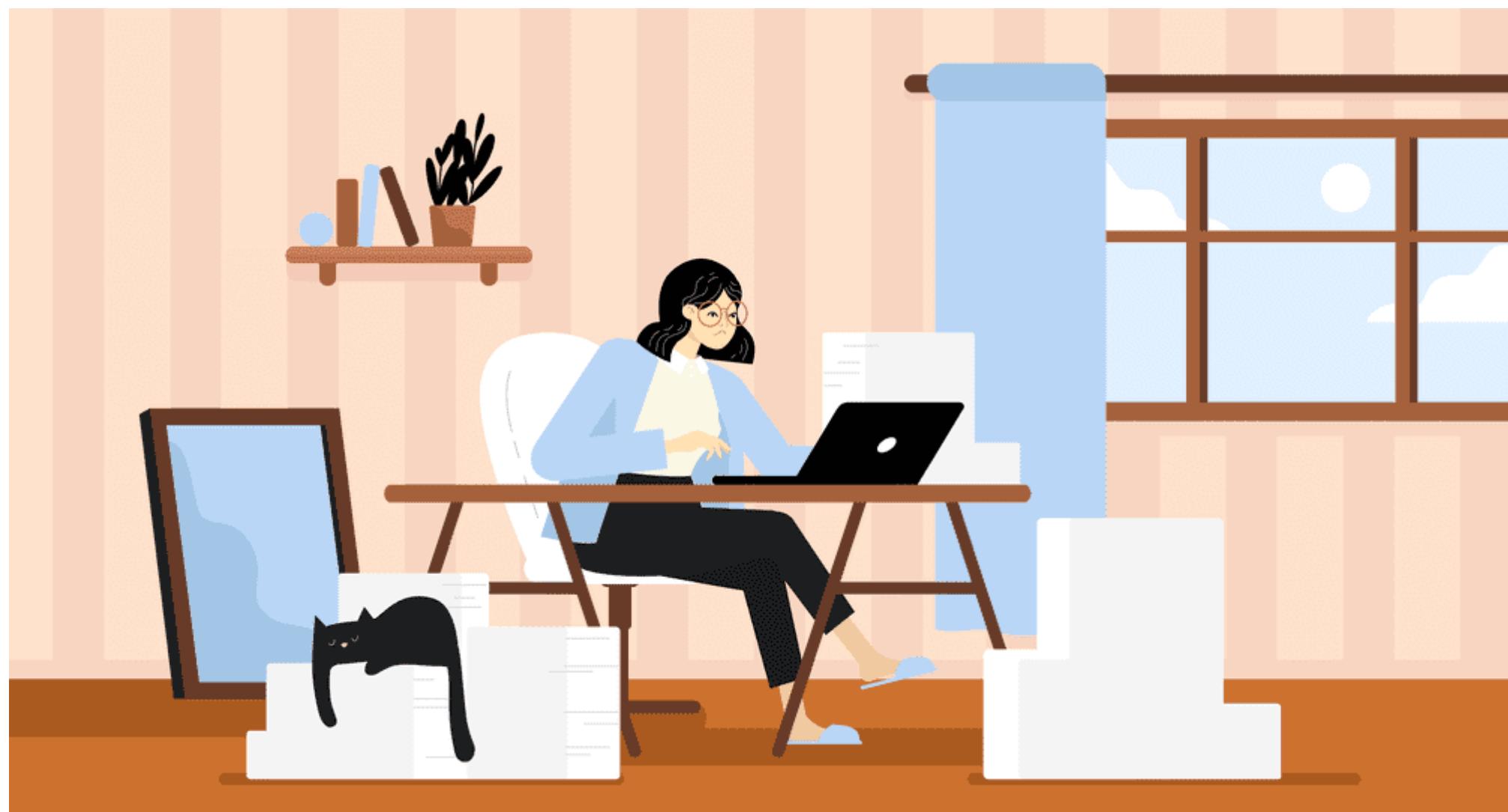
Strongly agree

Why do you feel more/less lonely and isolated?

Because I only interact with the people I live with.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

No time spent on commuting or unnecessarily long meetings

Do you agree or disagree with the statement: I like working at home *



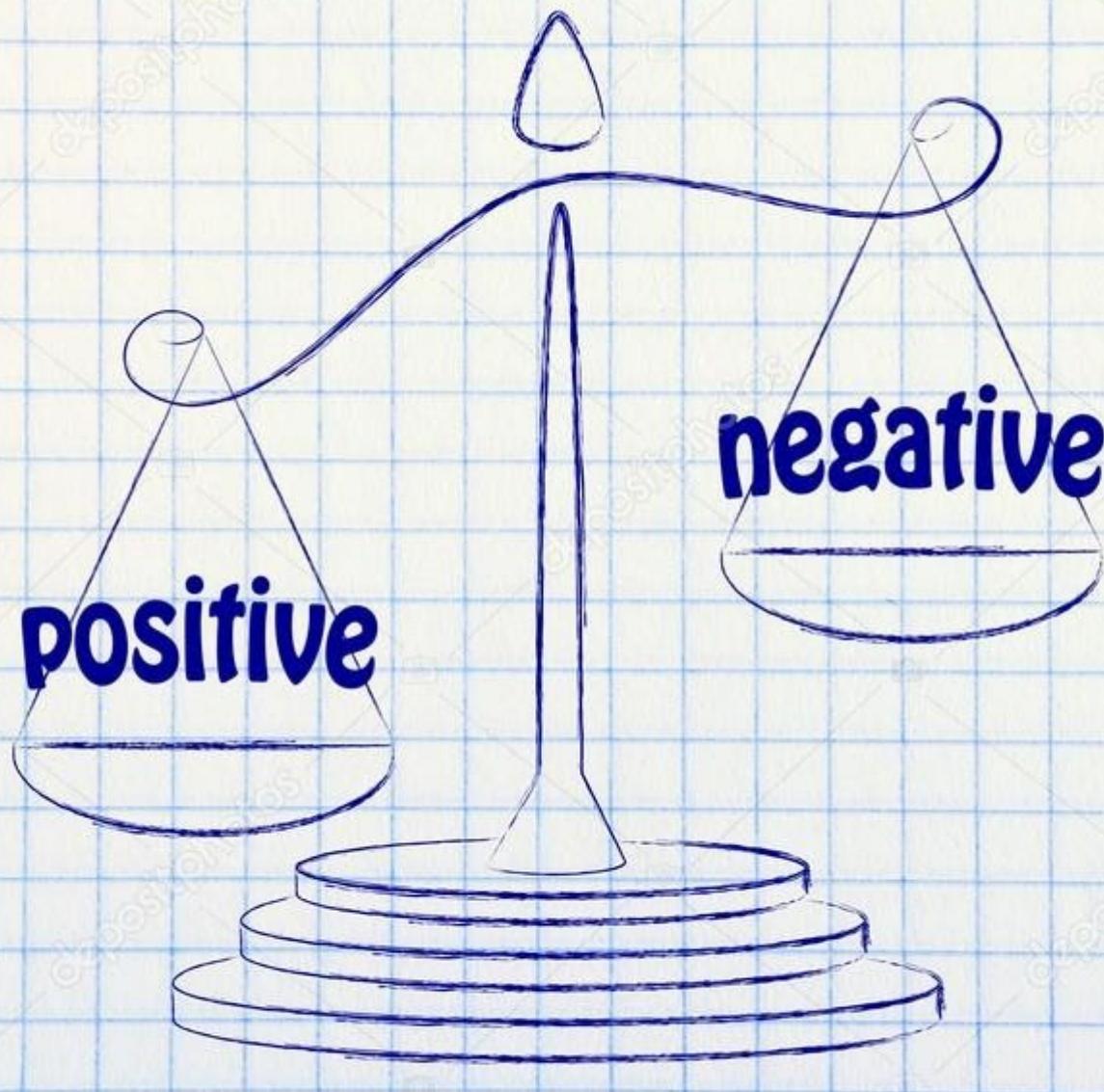
Why do you hate/love working at home?

I can use my screen all day, eat well for lunch, and work whenever I want.

What do you like/dislike the most about working at home? *

I dislike that many things can distract me at home.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

People get really creative. For work we only meet/talk if its really needed.

What negative effect did you experience during this unique situation? *

Missing family more, less human interaction, difficulty to collaborate on hands-on projects

Is there anything else you want to share with us?

Cool topic! Interesting perspective (to me) to look into how governmental advice influences these behaviour patterns

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

56-60 years old

What is your gender? *

- Female
- Male
- Prefer not to say
- Other:

In which province do you currently live? *

Drenthe

In which sector are you active? *

Sales

Where do you now work/study? *

- at home
- part time at home, part time away from home
- away from home
- Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other: Almost no sport at all at thus moment.

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I don't have the equipment I uwe for fitness and I'm nog able to badminton because the sportfacility is closed.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Because I'm more at home.

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

No. _____

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

Les.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

Normaly I visit customers. At this moment this is not possible.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before?*

Yes.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

I go out less often, because there's not so much to do.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



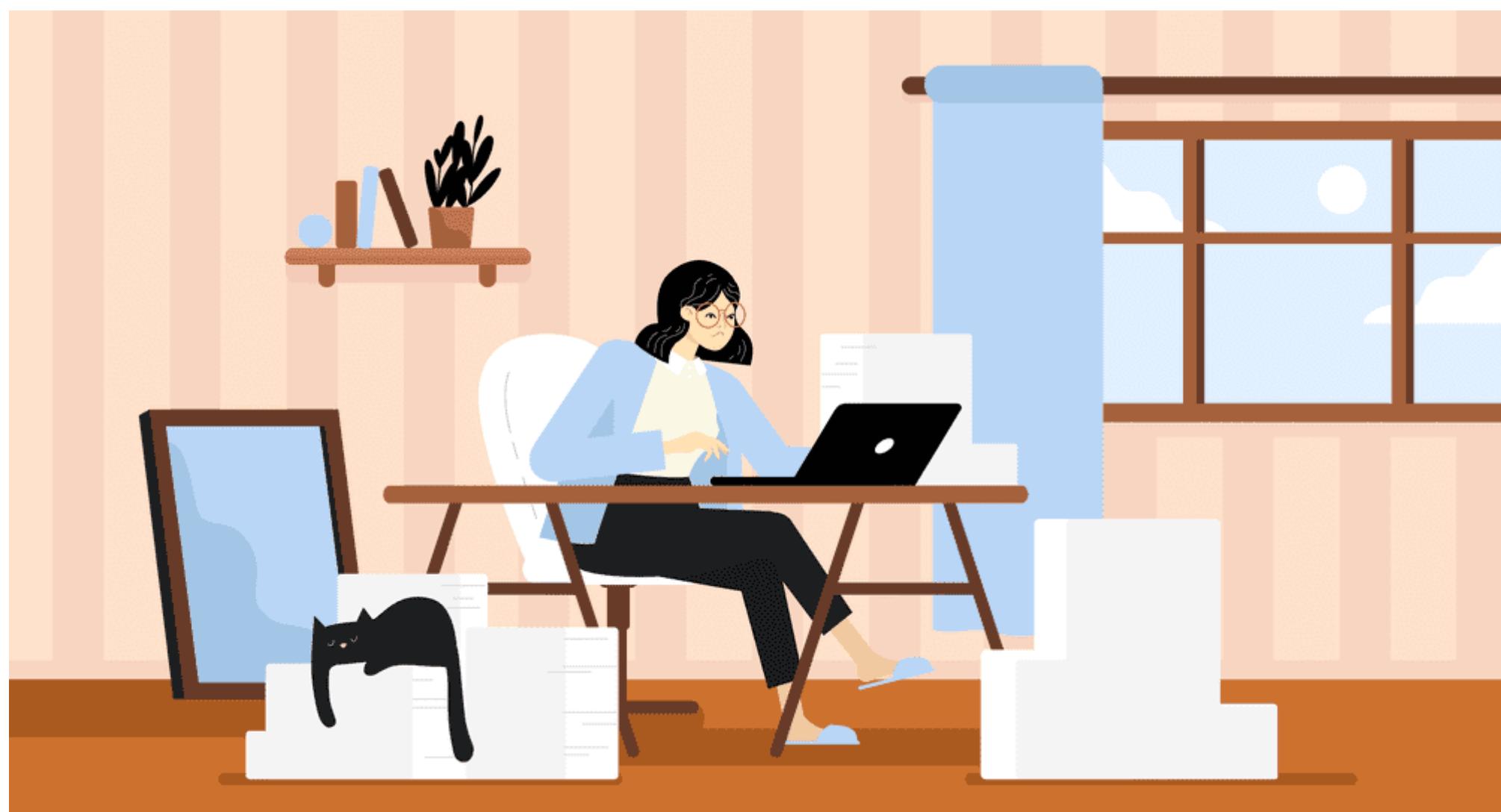
Strongly agree

Why do you feel more/less lonely and isolated?

The situation doesn't impact my feeling very much. I don't know what this is the case.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other:

Why do you work now more/less efficiently?

Because my wife is also working at home. So I'm not completely free in my behaviour.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

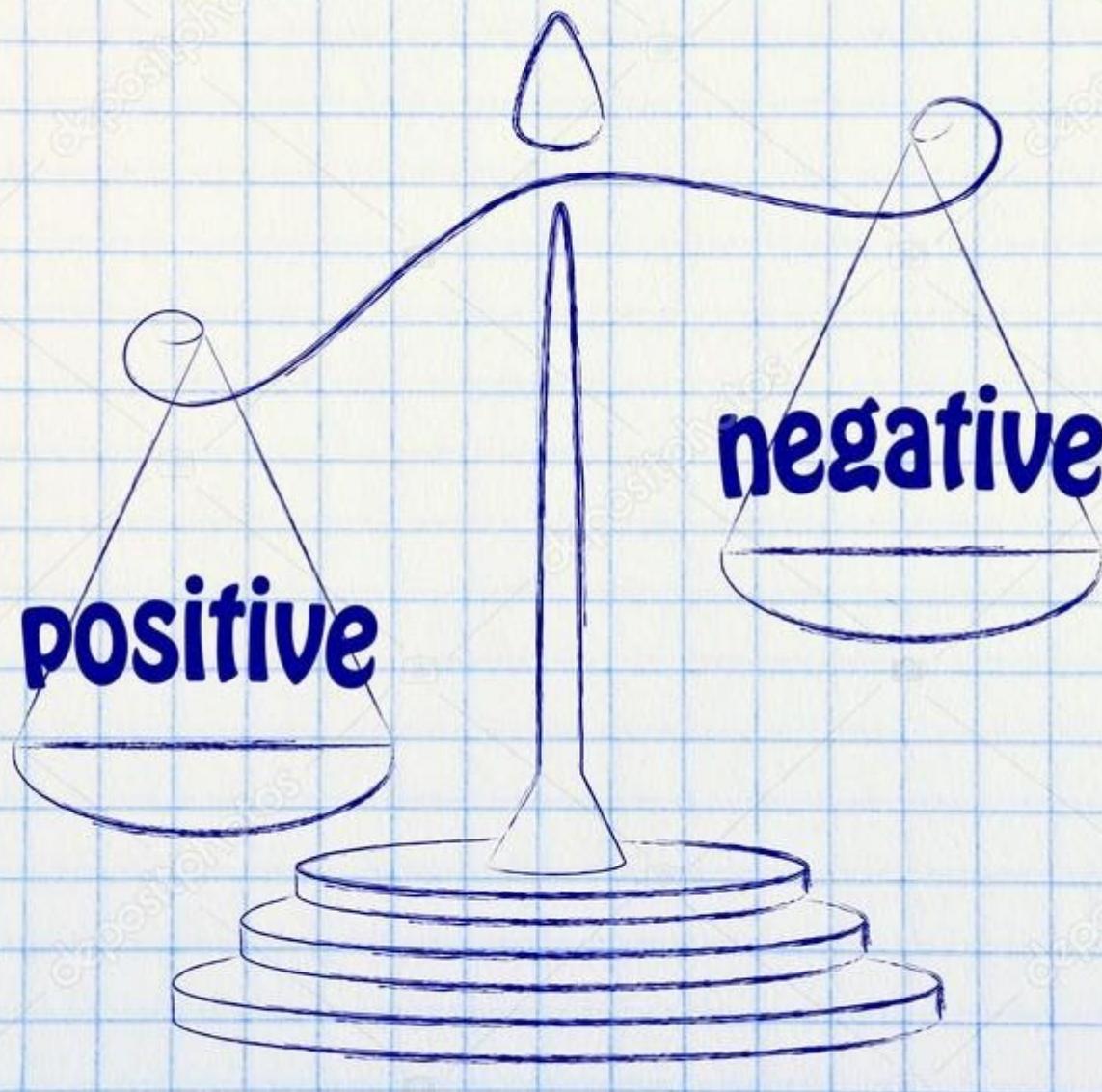
Why do you hate/love working at home?

I like to be with the customer.

What do you like/dislike the most about working at home? *

It can be boring afterparty a while.

Positive and negative side-effects



What positive effect did you experience during this unique situation? *

Less stress, because I have to accept the situation we are in.

What negative effect did you experience during this unique situation? *

Boeing with other people make my life more exiting.

Is there anything else you want to share with us?

The whole Coronacrisis brings people more together. In that way it brings also a positive point.

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I am unable to go to my sport association anymore (which I did weekly) as well as the fact that I am having a busy time working on university stuff.

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

To reduce the amount of grocery shopping trips to follow the social distancing guidelines.

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

No, I eat the same as i did before.

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

I had to fly back from risk country (spain) back to the netherlands 2 weeks ago which was very stressful as the situation was very unsure. As the situation is still quite unsure in the netherlands and more people get diagnosed, it makes me feel more stressed.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

I am unable to travel and see / visit people I would like to visit. I feel this is a big limitation to my freedom.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

Yes, more online.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

To follow the guidelines of social distancing.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



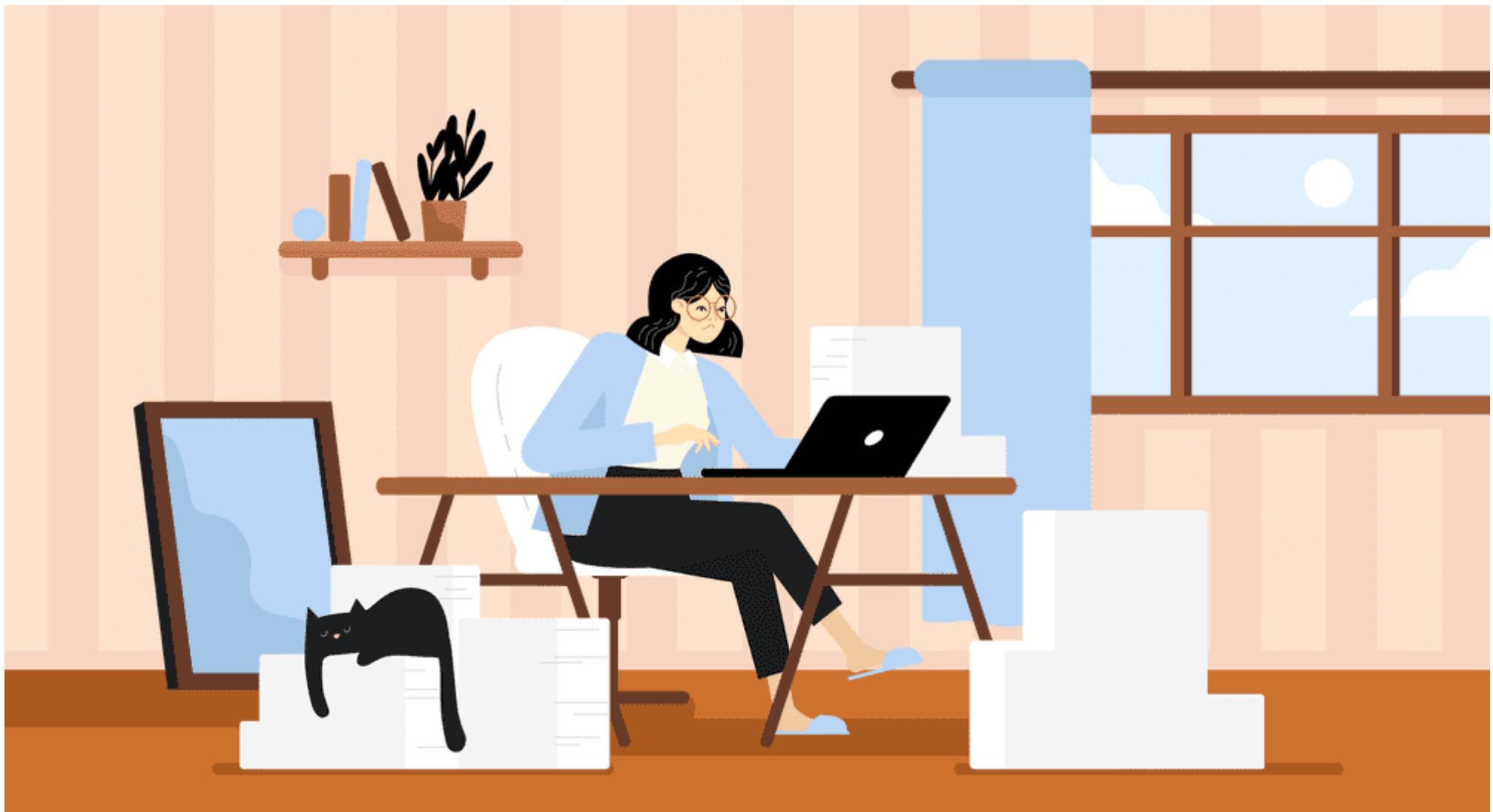
Strongly agree

Why do you feel more/less lonely and isolated?

I do not feel more lonely and isolated since I am at my parents place and have their company. I do miss my friends and boyfriend though.

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

I work the same as before only now more online.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you hate/love working at home?

I don't mind working at home, but there should be a good balance between working at home and working (face-to-face) at university and now this is very outbalanced.

What do you like/dislike the most about working at home? *

It is too much work at home, which makes the home environment also work environment and I would like to separate this more.



What positive effect did you experience during this unique situation? *

Less nature pollution and the support that people give to each other in these difficult times is beautiful to see and experience.

What negative effect did you experience during this unique situation? *

That many people are dying off the disease and have no family around them when they pass away. The big pressure on (e.g.) hospital personal and other vital professions. Also that people who don't have any income right now are not able to pay their bills and (small) business are collapsing.

Is there anything else you want to share with us?

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What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Noord-Brabant

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

I have more time in the mornings and I'm not too tired in the evenings to practise

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

Because I try to avoid people

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

I want to go to supermarkets as little as possible, so I buy more at once

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other:

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

I eat more often than before. Also, I eat more sweets now

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1

2

3

4

5

Strongly disagree

Strongly agree

Why do you feel more or less stress?

I don't know for how long the situation will look like this and it makes me anxious. I wish I could go to my home country and be with my family. Also, taking exams right now is more stressful

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1

2

3

4

5

Strongly disagree

Strongly agree

Can you explain why you do or do not feel more limited?

It's strange not to be able to go home

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

Definitely! In some cases for better, in other for worse.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

I want to avoid people

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you feel more/less lonely and isolated?

I'm living on my own and it's hard to see people posting/talking about spending their time with families. I thought I got used to video calls, but it seems not to be enough right now

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



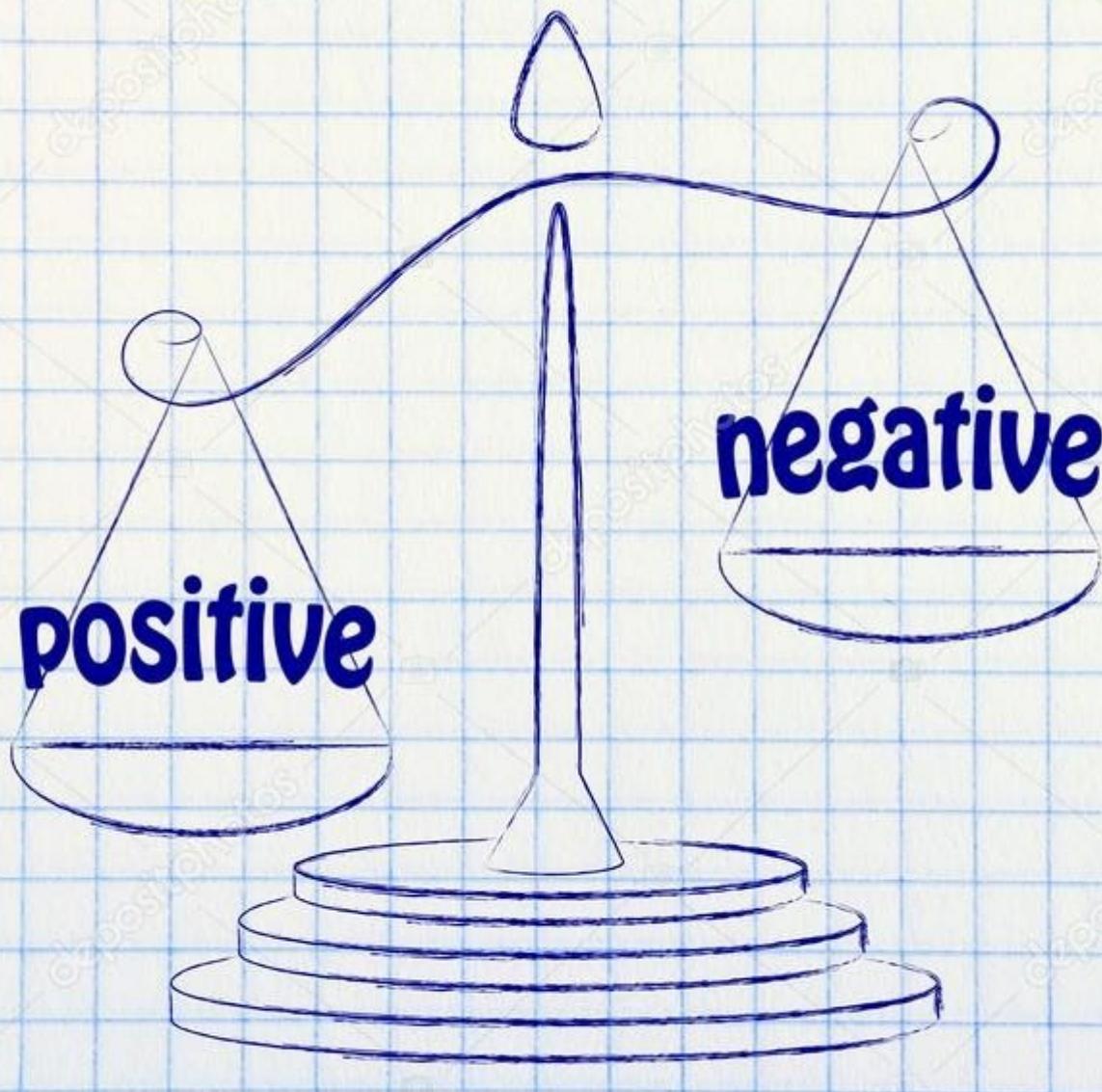
Strongly agree

Why do you hate/love working at home?

I'm not being distracted. I can better organised my work and make breaks in between.

What do you like/dislike the most about working at home? *

I like wearing comfortable clothes and breaks in between



What positive effect did you experience during this unique situation? *

I have more time for exercising, mediating and reading. I speak with my friends from abroad more often. I do not experience any social anxiety lately =D It's easier for me to keep my sleeping patter

What negative effect did you experience during this unique situation? *

I feel stressed out more often than before.
I started eating more sweets and use the situation as an excuse.

Is there anything else you want to share with us?

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Google Forms

Research about the (in)direct impact of COVID-19 regarding health

Voor de Nederlandse vragenlijst, klik hier: <https://forms.gle/q9sPrdEdeBPBKwFS8>

This questionnaire is about the (in)direct impact of the Coronavirus (COVID-19) on people's life. Since most people are staying at home, we are wondering how this unique situation is changing people's behaviour regarding physical and mental health. This research is being executed by Mingco Glastra on behalf of the honours academy track Health and Wellbeing, University of Technology Eindhoven. Questions and comments can be sent to m.x.m.glastra@student.tue.nl

Hello! Nice to meet you. Before we start with the research questions I would like to know a little bit more about you and your situation.

In this research, we will ask you questions regarding your situation as a result of the outbreak of the Coronavirus. This questionnaire will take approximately 15 minutes. There are no risks involved in this research. Your data is fully confidential, therefore all the results will be anonymous and untraceable. Participating is on a voluntary base and you can abort participating any time without any consequences.

What is your age category? *

21-25 years old

What is your gender? *

Female

Male

Prefer not to say

Other:

In which province do you currently live? *

Gelderland

In which sector are you active? *

I am a student

Where do you now work/study? *

at home

part time at home, part time away from home

away from home

Other:

How many people live at your place, including yourself? *

- 1
- 2
- 3
- 4
- 5
- 5+

Since the outbreak of the virus, I started to... *

Which of the following statements apply to you? You can choose more than one.

- Watch more Netflix
- Exercise more
- Eat healthier
- Avoid other people
- Play more games
- Spend more quality-time with my family
- Do more groceries
- Spend more time on my hobbies
- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other:

Physical Health

In this part of the survey, I want to zoom in on the physical health. Things such as exercise and nutrition.



How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

.....

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

.....

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Do you feel you are eating healthier now than before? What has changed? *

Yes, a little. I am trying to watch what I eat, as there are a lot of temptations at home. (My mother is a confectioner/pastry chef, and because she is home more she is baking all kinds of things)

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1	2	3	4	5	
Strongly disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Strongly agree

Why do you feel more or less stress?

There is a lot of uncertainty, and I find it hard to deal with that.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1	2	3	4	5	
Strongly disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Strongly agree

Can you explain why you do or do not feel more limited?

Usually, I have my own place, where i can do what i want. I have a weekly game-night with friends that i miss, even though we do it online, it is very different from actually going there to play.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

Yes, being back at home after living on my own for almost two years is a big change, for me and my parents and brothers. We are not used to being together all the time anymore. (we get along fine, but we are all quite introverted and like having time on our own, that is more difficult now)

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree

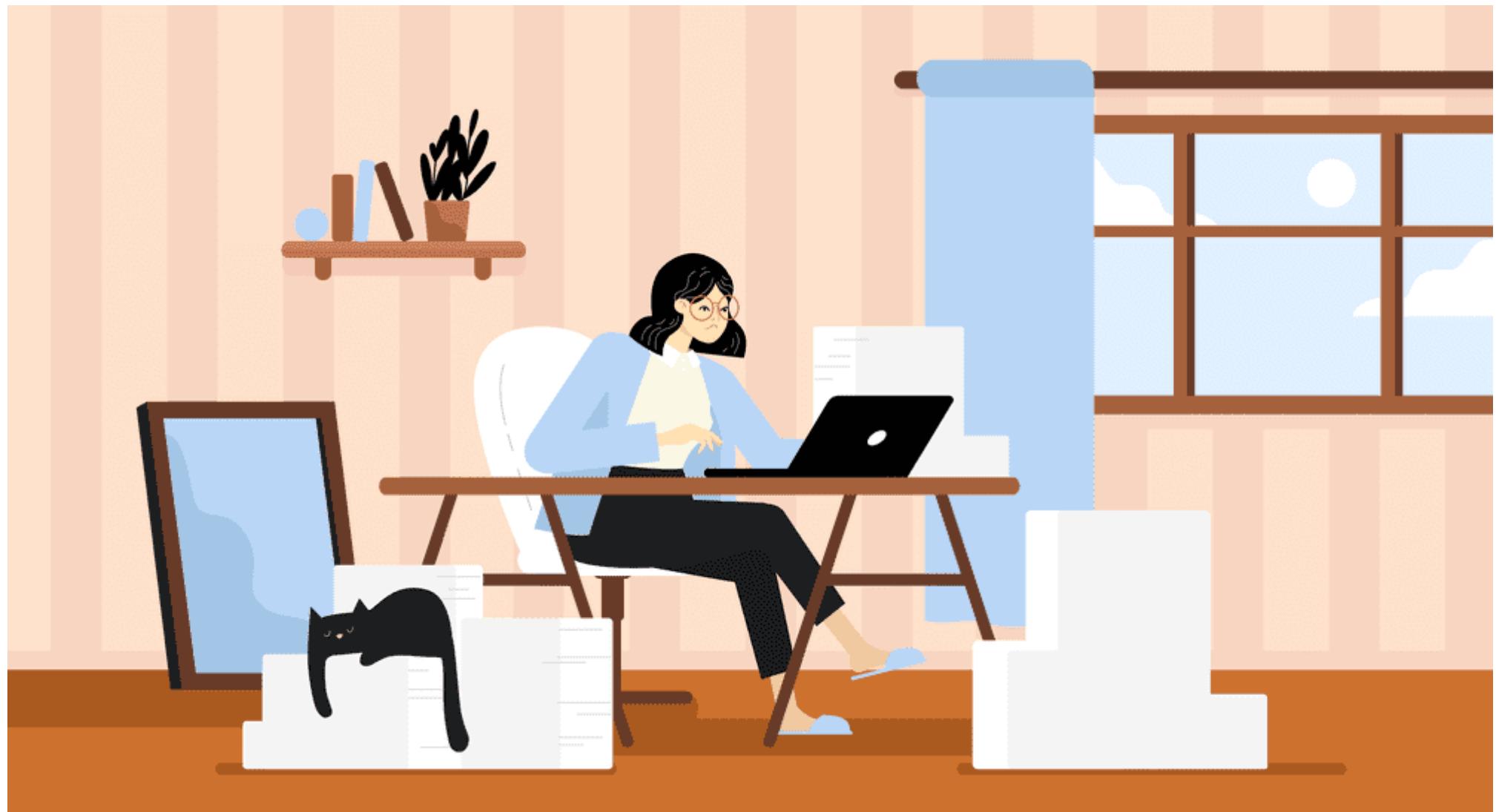


Strongly agree

Why do you feel more/less lonely and isolated?

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

I really had to get used to the new environment, perhaps i am just as effective, i just feel less effective.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

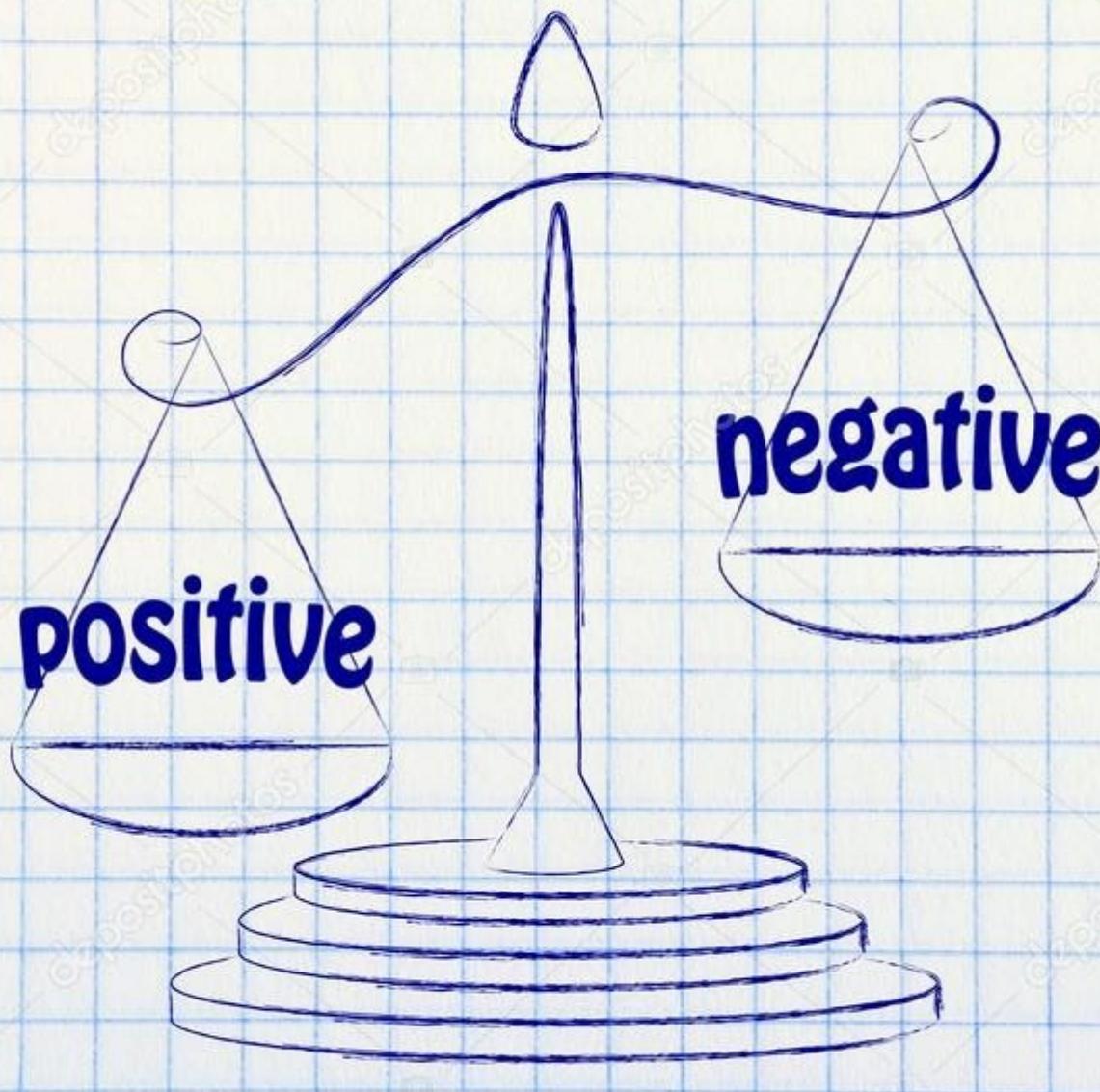
Strongly disagree

Strongly agree

Why do you hate/love working at home?

What do you like/dislike the most about working at home? *

Distractions, not having peers around to have a casual conversation with to get some feedback.



What positive effect did you experience during this unique situation? *

I am more in touch with my family, I play the guitar more often and am in nature a bit more (my parents' house has a large patch of land around it)

What negative effect did you experience during this unique situation? *

I am a lot more stressed and uncertain about things, and I miss the connections with my friends.

Is there anything else you want to share with us?

This survey helped me pinpoint what i am feeling currently, thank you for that. Good luck with your research!

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Google Forms

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Drenthe

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Since the outbreak of the virus, I started to... *

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- Read more books
- Repairing stuff at home
- Gardening
- Wash my hands more often
- Other: _____

Physical Health

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How does the fact that sports clubs and gyms are closed impact your way of doing physical exercise? *

- I exercise at home
- I exercise outdoors
- I exercise at home and outdoors
- Other:

Because of the quarantine I physically exercise now ... *

- not at all
- a little less than before
- the same as before
- a little more than before
- a lot more than before
- Other:

Can you explain why you now exercise more or less?

It is one of the few things left to do ;)

Do you do groceries more often now compared to before? *

- Yes, I go more often to the grocery store
- No, I go as often to the grocery store as before
- No, I go less often to the grocery store
- Other:

Why do you go more often or less often to the grocery store?

Because I moved back to my parents and they do the groceries

Do you buy more or extra groceries now compared to before? *

- Yes, I buy more groceries than before
- No, I buy the same groceries as before
- No, I buy less groceries than before
- Other:

Why do you buy more or fewer groceries?

Well, my parents by them, but I consume more at home than I did before corona

Since the outbreak of the virus, do you hoard products such as toilet paper and do you stockpile non-perishable food? *

- I hoard products such as toilet paper
- I stockpile non-perishable foods such as frozen fruits and canned meat
- I do not do any of these activities
- Other: _____

Why do you hoard or stockpile food?

Well, hoarding is a big word, but I do have a larger inventory to prevent that we have to go to the store every day.

Do you feel you are eating healthier now than before? What has changed? *

Physically I feel healthier, I exercise more and drink less alcohol. Mentally, I do not feel much better than before

Mental and emotional health

In this part of the survey, I want to zoom in on the mental and emotional health. This includes things such as stress levels and productivity.



Do you agree or disagree with the statement: I experience now more stress compared to before.*

On a scale from 1 to 5, how stressful do you feel compared to before?

1	2	3	4	5	
Strongly disagree	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Strongly agree

Why do you feel more or less stress?

Some stress dissapeared (due to less activities etc) but other stress appeared (what if my loved-ones get sick, how long is this going to take)

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel limited in my freedom.*

1	2	3	4	5	
Strongly disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Strongly agree

Can you explain why you do or do not feel more limited?

Well, I moved back home, I cannot go to uni, I cannot go with the train, I cannot go out with friends, I cannot sit on terraces., my holiday got cancelled. What most people are experiencing I guess.

Do you feel that the atmosphere changed and that people are interacting with each other differently than before? *

Yes, it is more distanced.

Social health

In this part of the survey, I want to zoom in on social health. Things such as how often you visit friends and family, the interaction with other people and how you spend your leisure time.



Since the outbreak of the virus do you go outside less often than before? *

- Yes, I don't go outside if I don't have to
- Yes, I go less often outside
- No, I go as often outside as before
- No, I go now more often outside than before

Why do you go outside more/less often?

Because there is less reason to do so. I do try to go out everyday.

Do you agree or disagree with the statement: Since the outbreak of the virus, I feel more lonely and isolated than before. *

1

2

3

4

5

Strongly disagree



Strongly agree

Why do you feel more/less lonely and isolated?

Because I used to meet up with friends a lot, and now it is less (and over facetime is nice, but not the same ofcourse)

Work

In this part of the survey, I want to zoom in on working (at home) and productivity.



How has the new situation impacted your work productivity? *

- I work now less efficiently
- I work now as efficiently as before
- I work now more efficiently than before
- Other: _____

Why do you work now more/less efficiently?

I moved back to my parents, my work environment there is good, so I can still focus as I would do in the library.

Do you agree or disagree with the statement: I like working at home *

1

2

3

4

5

Strongly disagree



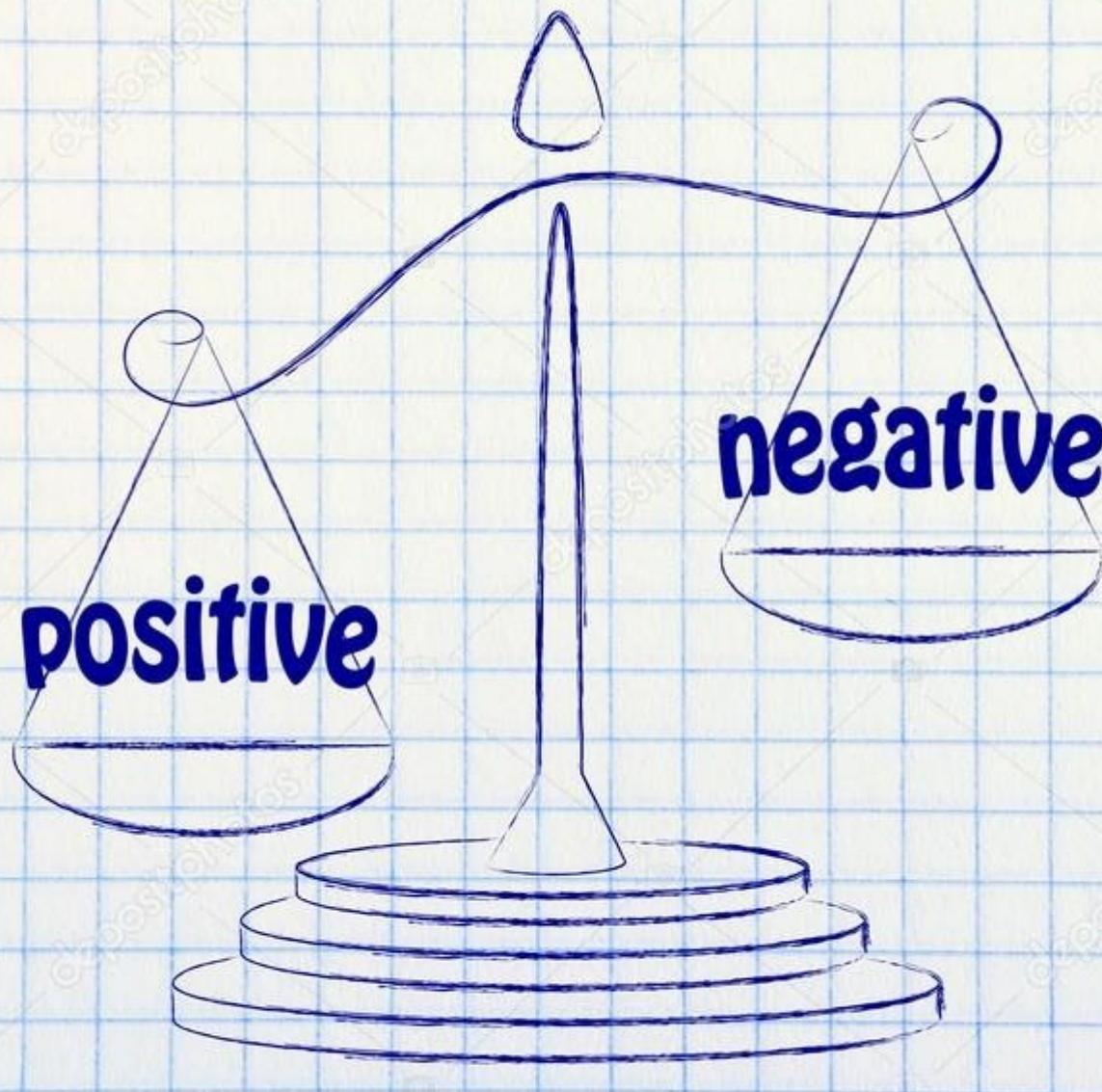
Strongly agree

Why do you hate/love working at home?

I prefer to be around people and have a change of scenery.

What do you like/dislike the most about working at home? *

Dislike: no other people, same environment everyday. Like: no commuting time, many snacks and my work-office is nice at home



What positive effect did you experience during this unique situation? *

I exercise more and I am more in nature.

What negative effect did you experience during this unique situation? *

I feel more isolated, and I'm also quite more often bored (I like variety in my life, and going out (to bars/theaters/museums etc) and that's all not possible anymore)

Is there anything else you want to share with us?

The biggest change for me in this time is that I moved from a big city in South-Holland back to my parents in Drenthe ;) This is nice because here is space, nature and almost all my friends live with their parents now too, the downside is that I miss having my own space (a lot!)

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