

Covid Experiences Questionnaire

1. Before the pandemic, how would you rate the quality of your relationships and social interactions with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Poor (1)
 - ii. Okay (5)
 - iii. Very Good (10)
2. Before the pandemic, did you have the ability to engage in live audio/video streaming (via smartphone, computer, tablet, etc.) if you wanted to?
 - a. Yes, whenever I wanted to
 - b. Yes, but sometimes this was not possible
 - c. Yes, but access was very intermittent
 - d. No
3. Before the pandemic, if given the choice, how did you prefer to interact with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Via traditional letter writing or email
 - ii. Through social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.)
 - iii. Via text messaging (via a messaging application on the phone or computer)
 - iv. Through voice calls (e.g., via phone or audio-only streaming device)
 - v. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.)
 - vi. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.) but with my video turned off
 - vii. In person
4. During the pandemic, how would you rate the quality of your relationships and social interactions with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Poor (1)
 - ii. Okay (5)
 - iii. Very Good (10)

5. During the pandemic, did you have the ability to engage in live audio/video streaming (via smartphone, computer, tablet, etc.) if you wanted to?
 - a. Yes, whenever I wanted to
 - b. Yes, but sometimes this was not possible
 - c. Yes, but access was very intermittent
 - d. No
6. During the pandemic, if given the choice, how did you prefer to interact with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Via traditional letter writing or email
 - ii. Through social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.)
 - iii. Via text messaging (via a messaging application on the phone or computer)
 - iv. Through voice calls (e.g., via phone or audio-only streaming device)
 - v. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.)
 - vi. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.) but with my video turned off
 - vii. In person
7. How much (more or less) did you use live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.) DURING the pandemic than BEFORE the pandemic to interact with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Much less (1)
 - ii. The same (5)
 - iii. Much more (10)
8. How much (more or less) did you turn off your video/camera when interacting virtually (e.g., via Zoom, FaceTime, Skype, etc.) with the following people DURING the pandemic than BEFORE the pandemic:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?
 - i. Much less (1)
 - ii. The same (5)
 - iii. Much more (10)
9. How much (more or less) did you get together in person DURING the pandemic than BEFORE the pandemic with:
 - a. Family or close friends?

- b. Classmates, coworkers, or other acquaintances?
- c. New people?
 - i. Much less (1)
 - ii. The same (5)
 - iii. Much more (10)

10. How much (more or less) did you exercise DURING the pandemic than BEFORE the pandemic?

- i. Much less (1)
- ii. The same (5)
- iii. Much more (10)