

Covid Experiences Questionnaire

For each of the following questions, please answer what has been true, on average, over the course of the one-year period immediately **prior to the pandemic (March 1, 2019 - March 1, 2020)**

1. How would you rate the quality of relationships and social interactions with:
 - a. Family or close friends?
 - b. Classmates, coworkers, or other acquaintances?
 - c. New people?

Poor-----OK-----Very Good
(1) (5) (10)

2. 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. If given the choice, between the following options, 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

For each of the following questions, please answer what has been true, on average, over the course of the **one-year period that started with the onset of the pandemic (March 1, 2020 - March 1, 2021)**

4. How would you rate the quality of relationships and social interactions with:
 - a. Family or close friends?

- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Poor-----OK-----Very Good
(1) (5) (10)

5. 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. If given the choice, between the following options, 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. Were you exposed to someone likely to have Coronavirus/COVID-19?
(check all that apply)
 - a. Yes, someone with positive test
 - b. Yes, someone with medical diagnosis, but no test
 - c. Yes, someone with possible symptoms, but no diagnosis by doctor
 - d. No, not to my knowledge

8. Were you ever suspected of having Coronavirus/COVID-19 infection?
 - a. Yes, has positive test
 - b. Yes, medical diagnosis, but no test
 - c. Yes, have had some possible symptoms, but no diagnosis by doctor
 - d. No symptoms or signs

9. Have any of your family members, close friends, or roommates been diagnosed with Coronavirus/COVID-19?
(check all that apply)
 - a. Yes, family member that I live with

- b. Yes, close friend that I live with
- c. Yes, roommate (that is not a close friend)
- d. Yes, family member that I do not live with
- e. Yes, close friend that I do not live with
- f. No

10. Have any of the following happened to your family members, close friends, or roommates because of Coronavirus/COVID-19? (check all that apply)

- a. Fallen ill physically
- b. Hospitalized
- c. Put into self-quarantine with symptoms
- d. Put into self-quarantine without symptoms (e.g., due to possible exposure)
- e. Lost or been laid off from job
- f. Reduced ability to earn money
- g. Passed away
- h. None of the above

Compared to the one-year period immediately prior to the pandemic (March 1, 2019 - March 1, 2020), **how much more/less did you engage in the following, on average, during the one-year period that started with the onset of the pandemic (March 1, 2020 - March 1, 2021)?**

11. How much did you engage in traditional letter writing or email to interact with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

12. How much did you engage in social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.) to interact with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

13. How much did you use text messaging (via a messaging application on the phone or computer) to interact with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

14. How much did you use voice calls (e.g., via phone or audio-only streaming device) to interact with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

15. How much did you use live audio/video streaming (e.g, via Zoom, Facetime, Skype, etc.) to interact with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

16. In situations in which you interacted virtually via live audio/video streaming (e.g, via Zoom, Facetime, Skype, etc.), and it was acceptable to share your video, how often did you **turn off** your video/camera when interacting with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

17. How much did you get together in person with:

- a. Family or close friends?
- b. Classmates, coworkers, or other acquaintances?
- c. New people?

Never-----Sometimes-----Very Often
(1) (5) (10)

18. How often did you watch tv/movies?

Never-----Sometimes-----Very Often
(1) (5) (10)

19. How often did you engage in social media use?

Never-----Sometimes-----Very Often
(1) (5) (10)

20. How often did you engage in reading?

Never-----Sometimes-----Very Often
(1) (5) (10)

21. How often did you exercise?

Never-----Sometimes-----Very Often
(1) (5) (10)

22. How often did you eat unhealthy foods?

Never-----Sometimes-----Very Often
(1) (5) (10)

23. How often did you leave your house for non-essential reasons?

Never-----Sometimes-----Very Often
(1) (5) (10)

24. How many hours of sleep did you get each night?

a. During/after the pandemic_____

b. Prior to the pandemic_____