**Covid Experiences Questionnaire**

1. Before the pandemic, how would you rate the quality of your relationships and social interactions with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Poor (1)
      2. Okay (5)
      3. 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?
   1. Yes, whenever I wanted to
   2. Yes, but sometimes this was not possible
   3. Yes, but access was very intermittent
   4. No
3. Before the pandemic, if given the choice, how did you prefer to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Via traditional letter writing or email
      2. Through social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.)
      3. Via text messaging (via a messaging application on the phone or computer)
      4. Through voice calls (e.g., via phone or audio-only streaming device)
      5. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.)
      6. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.) but with my video turned off
      7. In person
4. During the pandemic, how would you rate the quality of your relationships and social interactions with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Poor (1)
      2. Okay (5)
      3. 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?
   1. Yes, whenever I wanted to
   2. Yes, but sometimes this was not possible
   3. Yes, but access was very intermittent
   4. No
6. During the pandemic, if given the choice, how did you prefer to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Via traditional letter writing or email
      2. Through social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.)
      3. Via text messaging (via a messaging application on the phone or computer)
      4. Through voice calls (e.g., via phone or audio-only streaming device)
      5. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.)
      6. Via live audio/video streaming (e.g., via Zoom, FaceTime, Skype, etc.) but with my video turned off
      7. 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:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Much less (1)
      2. The same (5)
      3. 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:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Much less (1)
      2. The same (5)
      3. Much more (10)
9. How much (more or less) did you get together in person DURING the pandemic than BEFORE the pandemic with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?
      1. Much less (1)
      2. The same (5)
      3. Much more (10)
10. How much (more or less) did you exercise DURING the pandemic than BEFORE the pandemic?
    * 1. Much less (1)
      2. The same (5)
      3. Much more (10)