**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:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Poor---------------------------------OK ---------------------------Very Good

(1) (5) (10)

1. 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
2. If given the choice, between the following options, 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

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)**

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

Poor---------------------------------OK ---------------------------Very Good

(1) (5) (10)

1. 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
2. If given the choice, between the following options, 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
3. 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

1. 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

1. 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

1. Have any of the following happened to your family members, close friends, or roomates 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)?**

1. How much did you engage in traditional letter writing or email to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How much did you engage in social media (e.g., Facebook, Twitter, Instagram, TikTok, etc.) to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How much did you use text messaging (via a messaging application on the phone or computer) to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How much did you use voice calls (e.g., via phone or audio-only streaming device) to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How much did you use live audio/video streaming (e.g, via Zoom, Facetime, Skype, etc.) to interact with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. 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:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How much did you get together in person with:
   1. Family or close friends?
   2. Classmates, coworkers, or other acquaintances?
   3. New people?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How often did you watch tv/movies?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

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

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How often did you engage in reading?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How often did you exercise?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How often did you eat unhealthy foods?

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

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

Never----------------------------Sometimes -----------------------Very Often

(1) (5) (10)

1. How many hours of sleep did you get each night?
2. During/after the pandemic\_\_\_\_\_\_\_
3. Prior to the pandemic\_\_\_\_\_\_\_