Covid-19 Social Study Data User Guide

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1. Study Overview

1.1 Background & Aims

The COVID-19 Social Study commenced on 21st March 2020 in response to the outbreak of the novel coronavirus disease (COVID-19). It is a large scale longitudinal panel study of adults aged 18 and over living in the UK. The study was established with five core aims:

1. To understand the psychological and social impact of Covid-19
2. To map how the psychosocial impact evolves over time as social distancing and lockdown measures were introduced and relaxed
3. To ascertain which groups were at greatest risk of adverse effects
4. To explore the interaction between psychosocial impact and adherence to healthy and protective behaviours
5. To identify protective activities during isolation that could buffer against adverse effects

Participants provide an email address on first enrolling and complete an online questionnaire. They are then automatically re-contacted at this address every week for follow-up questionnaires in order to explore trajectories over time. Data are anonymised prior to analysis.

The study asks baseline questions on the following:

- Demographics including year of birth, sex, ethnicity, relationship status, country of dwelling, urban/rural dwelling, type of accommodation, housing tenure, number of adults and children in the household, household income, education, employment status, pet ownership, and personality
- Health and behaviours including pre-existing long-term physical health conditions, diagnosed mental health conditions, pregnancy, smoking, alcohol consumption, physical activity, caring responsibilities, usual social behaviours, and social network size

It also asks repeated questions every week on the following:

- Covid-19 status including whether the respondent has had Covid-19, whether they have come into likely contact with Covid-19, current isolation status and motivations for isolation, length of isolation, length of time not leaving the home, length of time not contacting others, trust in government, trust in the health service, adherence to health advice, and experience of adverse events due to Covid-19 (including severe illness within the family, bereavement, redundancy, or financial difficulties)
- Mental health including wellbeing, depression, anxiety, which factors were causing stress, sleep quality, loneliness, social isolation, and changes in health behaviours such as smoking, drinking and exercise
- How people are spending their time whilst in isolation, including over questions on working, functional household activities, care and schooling of any children in the household, hobbies, and relaxation

Certain weeks of the study also include one-off modules on topics including:

- Volunteering behaviours
- Control, frustrations and expectations
- Coping style
- Fear of COVID-19
- Resilience
- Arts and creative engagement
- Life events
- Optimism
- Locus of control
- Emotional intelligence
- Weight
- Gambling behaviours
- Mental health diagnosis
- Use of financial support
- Region
- Faith and religion
- Relationship
- Neighbourhood
- Healthcare
- Lockdown holiday
- Discrimination
- Life changes
- End of July (financial support, volunteering, art, gambling & mental health)

Throughout the pandemic in the UK, the study has provided weekly research reports and updates to the Cabinet Office, other departments within government, Public Health England and the World Health Organisation as well as making results publicly available on the study website.

This User Guide provides detailed information pertaining to the UCL COVID-19 Social Study data.

1.2 Funding

The COVID-19 Social Study is funded by the Nuffield Foundation [WEL/FR-000022583] and the Wellcome Trust [221400/Z/20/Z] and also receives supplementary support from UK Research and Innovation through the MARCH Mental Health Research Network [ES/S002588/1].

1.3 Ethical clearance

Ethical approval for the study was granted by the UCL Research Ethics Committee [12467/005] and the study is fully GDPR compliant, running through a REDCap secure software programme within a data safe haven.

1.4 Patient and Public Involvement

The research questions in the UCL COVID-19 Social Study built on patient and public involvement as part of the UKRI MARCH Mental Health Research Network, which focuses on social, cultural and community engagement and mental health. This highlighted priority research questions and measures for this study. Patients and the public were additionally involved in the recruitment of participants to the study and are actively involved in plans for the dissemination of findings from the study.

1.5 Contact details

Any queries related to the study should be sent to: covid19-study@ucl.ac.uk

2. Sample

2.1 Sample design

The study is not random and therefore is not representative of the UK population. But it does contain a well-stratified sample that was recruited using three primary approaches.

1. First, was used, including promoting the study through existing networks and mailing lists (including large databases of adults who had previously consented to be involved in health research across the UK), print and digital media coverage, and social media. This included advertising the study through databases of adults who had previously consented to be involved in health research (such as UCL BioResource and HealthWise Wales) and through the UKRI Mental Health Research Networks.
2. Second, more targeted recruitment was undertaken focusing on (i) individuals from a low-income background, (ii) individuals with no or few educational qualifications, and (iii) individuals who were unemployed. This was achieved through partnership work with targeted advertising companies and recruitment companies who provided pro-bono support for the study, including Find Out Now, SEO Works, FieldworkHub, and Optimal Workshop. **However, no participants were paid to participate in the study.**
3. Third, the study was promoted via partnerships with third sector organisations to vulnerable groups, including adults with pre-existing mental health conditions, older adults, carers, and people experiencing domestic violence or abuse. This included utilising partnerships from the 1,500-strong membership of the UKRI MARCH Mental Health Research Network.

No proxy interviews were carried out, so the study was not available to individuals without access to the internet.

2.2 Study design

The study commenced as a weekly survey, with participants automatically receiving an invitation to the next wave of data collection 7 days following their last completion. All participants received 2 reminders (24 and 48 hours following their initial weekly invitation). If they did not complete following these reminders, they stopped receiving future surveys. But their link to their last reminder remained live so they could return to the study a few days late if they chose. For this reason, date is recommended to be modelled within analyses that look at longitudinal follow-up so as to take account of whether responses were precisely 7 days apart or not.

Following week 22 of the study, the study changed from weekly follow-up to monthly follow-up. In order to still have a spread of responses across the weeks, participants were randomised to receive their first monthly invitation in week 1, 2, 3 or 4 of the month, with subsequent invitations following on 28 days after they completed the survey. We re-approached all participants who had been lost to follow-up but who had not formally unsubscribed from the study to take part, so the sample size increased following this alteration to the study design.

2.3 Cleaning

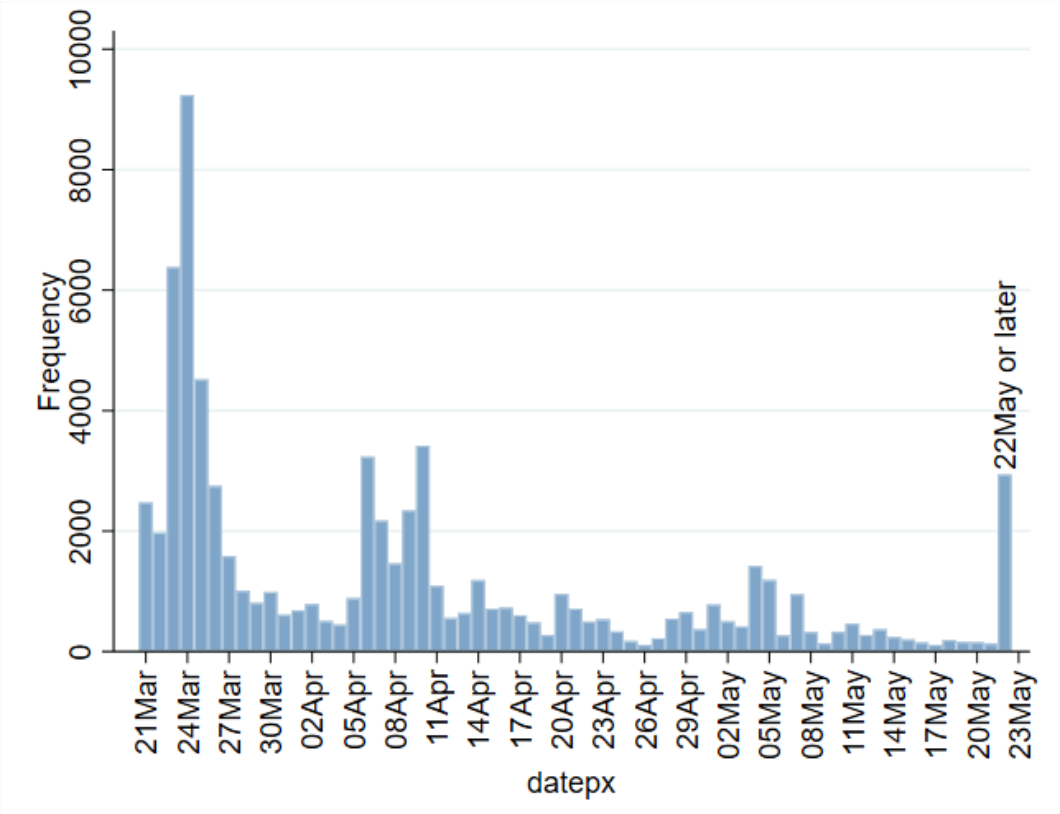
A number of checks on the data were performed, with responses failing these checks being eliminated before any counting of the total sample size took place.

To confirm age eligibility, we asked about age including ages under 18, and excluded any responses from those too young to participate. To confirm country of origin, we similarly asked about country of residence and excluded any outside of the UK.

The system required an email address to be entered and validated before any study material could be provided. This approach was used to bot completion of the study. However, we lack information on how many survey invitations for subsequent weeks were rejected from email accounts (for example due to typographical errors in emails or non-working email accounts). All data were checked for duplicate email addresses, and all duplicates (0.1% of the sample) were removed.

2.4 Recruitment rate

Participants could join the study on any date from 21st March onwards (see Figure below). Active recruitment using the techniques described in section 2.1 was continued for the first 8 weeks of the study and then stopped. Date of joining is denoted with the variable 'datepx'. Their first survey completed is denoted as 'wave' 1, with subsequent responses on subsequent weeks being labelled as 'wave' 2, 3 etc. The variable 'wave' was derived from the original variable, 'redcap_event_name'.



The week of joining the study is denoted with the variable 'week' derived from the date variable 'datepx'. The baseline week was defined as the first survey week, from 21/03/2020-27/03/2020 (as shown below). Please note that a small number of participants have repeated week values. This is

problematic if using ‘xtset’ with week. This will be addressed in future cleanings of the dataset, but for the present users are left to decide how to deal with these cases.

Week	Date
1	21/03-27/03/2020
2	28/03-03/04/2020
3	04/04-10/04/2020
4	11/04-17/04/2020
5	18/04-24/04/2020
6	25/04-01/05/2020
7	02/05-08/05/2020
8	09/05-15/05/2020
9	16/05-22/05/2020
10	23/05-29/05/2020
11	30/05-05/06/2020
12	06/06-12/06/2020
13	13/06-19/06/2020
14	20/06-26/06/2020
15	27/06-03/07/2020
16	04/07-10/07/2020
17	11/07-17/07/2020
18	18/07-24/07/2020
19	25/07-31/07/2020
20	01/08-07/08/2020
21	08/08-14/08/2020
22	15/08/20-21/08/20
***Survey switched to monthly follow-up**	
23	22/08/20-28/08/20
24	29/08/20-04/09/20
25	05/09/20-11/09/20
26	12/09/20-18/09/20
27	19/09/20-25/09/20
28	26/09/20-02/06/20
29	03/10/20-09/10/20
30	10/10/20-16/10/20
31	17/10/20-23/10/20
32	24/10/20-30/10/20
33	31/10/20-06/11/20
34	07/11/20-13/11/20
35	14/11/20-20/11/20
36	21/11/20-27/11/20
37	28/11/20-04/12/20
38	05/12/20-11/12/20
39	12/12/20-18/12/20
40	19/12/20-25/12/20
41	26/12/20-01/01/21
42	02/01/21-08/01/21
43	09/21/21-15/01/21
44	16/01/21-22/01/21
45	23/01/21-29/01/21
46	30/01/21-05/02/21
47	06/02/21-12/02/21

48	13/02/21-19/02/21
49	20/02/21-26/02/21
50	27/02/21-05/03/21
51	06/03/21-12/03/21
52	13/03/21-19/03/21
53	20/03/21-26/03/21
54	27/03/21-02/04/21
55	03/04/21-09/04/21
56	10/04/21-16/04/21
57	17/04/21-23/04/21
58	24/04/21-30/04/21
59	01/05/21-07/05/21
60	08/05/21-14/05/21
61	15/05/21-21/05/21
62	22/05/21-28/05/21
63	29/05/21-04/05/21
64	05/06/21-11/05/21
65	12/06/21-18/06/21
66	19/06/21-25/06/21
67	26/06/21-02/07/21
68	03/07/21-09/07/21
69	10/07/21-16/07/21
70	17/07/21-23/07/21
71	24/07/21-30/07/21
72	31/07/21-06/08/21
73	07/08/21-13/08/21
74	14/08/21-20/08/21
75	21/08/21-27/08/21
76	28/08/21-03/09/21
77	04/09/21-10/09/21
78	11/09/21-17/09/21
79	18/09/21-24/09/21
80	25/09/21-01/10/21
81	02/10/21-08/10/21
82	09/10/21-15/10/21
83	16/10/21-22/10/21
84	23/10/21-29/10/21
85	30/10/21-05/11/21
86	06/11/21-12/11/21
Monthly follow-up ended	
87	13/11/21-19/11/21
88	20/11/21-26/11/21
89	27/11/21-03/12/21
90	04/12/21-10/12/21

If a participant jointed the study later, say in week 4, s/he would commence with ‘wave’ 1, but in ‘week’ 4, so would be treated as missing from weeks 1 to 3.

Alternatively, users could also fix the time variable on a specific date, for example the starting point of the study (21/03/2020) or the start of the first national lockdown (23/03/2020). This can be derived by using the following Stata command:

gen day=datepx-mdy(03,21,2020)
or
gen day=datepx-mdy(03,23,2020)

2.5 Response rate

Out of a total of 98,534 individuals who landed on the consent page for the study, 84,497 consented to take part, and 73,265 commenced the study and provided data at one or more waves.

Data provided is either complete or incomplete. The variable 'date' indicates when survey participants **completed** a survey for a particular wave. It was derived from the time-stamp variables, 'your_experience_dur_v0', 'your_experience_dur_v2' and 'your_experiences_2_timestamp' which were automatically generated by the REDCap system on completion of a survey.

The variable 'date' differs from 'datepx' in that 'datepx' included participants who started a survey for a particular wave but did not complete it. These non-completed surveys are not assigned an official timestamp by REDCap. For 'date' they are listed as '[not completed]' but for 'datepx' missing dates were imputed based on the time stamp for completing the first completing the first part of the questionnaire, or based on the time stamps of previous or later waves assuming that the follow-up was strictly 7 days.

These incomplete cases can be drop by using the following Stata command:

drop if date==.

As participants joined the study on different days and therefore received weekly invitations to continue participation on different days, surveys were completed across every day of the week from the start of the study. The number of surveys completed on each day (up to 21 August 2020) is shown below:

datepx	Freq.	datepx	Freq.	datepx	Freq.	datepx	Freq.
21-Mar-20	2,474	29-Apr-20	6,471	07-Jun-20	4,114	16-Jul-20	3,929
22-Mar-20	1,975	30-Apr-20	5,895	08-Jun-20	4,492	17-Jul-20	3,602
23-Mar-20	6,383	01-May-20	5,696	09-Jun-20	4,604	18-Jul-20	3,262
24-Mar-20	9,240	02-May-20	4,482	10-Jun-20	5,124	19-Jul-20	3,441
25-Mar-20	4,522	03-May-20	4,185	11-Jun-20	4,644	20-Jul-20	4,135
26-Mar-20	2,750	04-May-20	5,556	12-Jun-20	4,439	21-Jul-20	3,851
27-Mar-20	1,584	05-May-20	6,372	13-Jun-20	3,540	22-Jul-20	3,873
28-Mar-20	2,169	06-May-20	5,049	14-Jun-20	4,099	23-Jul-20	3,890
29-Mar-20	2,301	07-May-20	6,125	15-Jun-20	4,446	24-Jul-20	3,531
30-Mar-20	4,262	08-May-20	4,884	16-Jun-20	4,459	25-Jul-20	3,220
31-Mar-20	7,423	09-May-20	3,795	17-Jun-20	4,770	26-Jul-20	3,364
01-Apr-20	5,801	10-May-20	5,111	18-Jun-20	4,670	27-Jul-20	4,118
02-Apr-20	3,795	11-May-20	5,606	19-Jun-20	4,245	28-Jul-20	3,639
03-Apr-20	2,123	12-May-20	6,284	20-Jun-20	3,463	29-Jul-20	3,652
04-Apr-20	2,132	13-May-20	6,666	21-Jun-20	3,949	30-Jul-20	3,632
05-Apr-20	2,941	14-May-20	5,357	22-Jun-20	4,409	31-Jul-20	3,380

06-Apr-20	6,364	15-May-20	4,733	23-Jun-20	4,281	01-Aug-20	3,263
07-Apr-20	7,999	16-May-20	3,947	24-Jun-20	4,408	02-Aug-20	3,356
08-Apr-20	6,906	17-May-20	4,607	25-Jun-20	4,375	03-Aug-20	3,962
09-Apr-20	6,138	18-May-20	5,370	26-Jun-20	4,268	04-Aug-20	3,673
10-Apr-20	5,691	19-May-20	5,628	27-Jun-20	3,625	05-Aug-20	3,522
11-Apr-20	3,284	20-May-20	5,941	28-Jun-20	3,856	06-Aug-20	3,539
12-Apr-20	2,960	21-May-20	5,409	29-Jun-20	4,387	07-Aug-20	3,215
13-Apr-20	5,048	22-May-20	4,842	30-Jun-20	4,201	08-Aug-20	3,033
14-Apr-20	8,204	23-May-20	3,723	01-Jul-20	4,194	09-Aug-20	3,323
15-Apr-20	6,930	24-May-20	4,193	02-Jul-20	4,209	10-Aug-20	3,883
16-Apr-20	6,323	25-May-20	4,336	03-Jul-20	4,062	11-Aug-20	3,529
17-Apr-20	5,712	26-May-20	5,791	04-Jul-20	3,477	12-Aug-20	3,435
18-Apr-20	4,240	27-May-20	5,472	05-Jul-20	3,768	13-Aug-20	3,508
19-Apr-20	3,330	28-May-20	5,100	06-Jul-20	4,341	14-Aug-20	3,140
20-Apr-20	5,126	29-May-20	4,678	07-Jul-20	3,981	15-Aug-20	2,888
21-Apr-20	6,963	30-May-20	3,774	08-Jul-20	4,178	16-Aug-20	3,356
22-Apr-20	6,742	31-May-20	4,197	09-Jul-20	4,099	17-Aug-20	3,791
23-Apr-20	6,459	01-Jun-20	4,482	10-Jul-20	3,708	18-Aug-20	3,445
24-Apr-20	5,644	02-Jun-20	4,970	11-Jul-20	3,313	19-Aug-20	3,477
25-Apr-20	4,400	03-Jun-20	5,467	12-Jul-20	3,572	20-Aug-20	3,205
26-Apr-20	3,480	04-Jun-20	4,776	13-Jul-20	4,379	21-Aug-20	2,958
27-Apr-20	4,391	05-Jun-20	4,531	14-Jul-20	3,967	22-Aug-20	744
28-Apr-20	6,180	06-Jun-20	3,887	15-Jul-20	3,975	23-Aug-20	344

The study moved to monthly follow-ups after 23rd August so recruitment was shut and analysis moved from daily to weekly.

2.6 Retention rate

The variable 'wave' indicates the sequence of repeated responses for each participant. The baseline response is when 'wave' equals 1. As participants could join the study at any point, the response rate across waves is changing daily while the study is open. **Once study recruitment is complete, we will calculate complete response rates for each wave**.

As of 1 November 2021, the number of responses across each wave is as follows. NB the % of participants shown in columns 4 and 5 does not represent a simple retention rate as participants have all joined at different dates across the study period so not everybody has had the 'opportunity' to complete multiple waves of data yet. Each week more participants move through the study from previous weeks, increasing the overall numbers who have maintained study engagement.

Wave	Freq.	% of total Obs.	% of Wave 1 participants	% with Follow-ups
1	72,727	10.65	100.00	79.95
2	58,549	8.57	80.51	87.23

3	50,998	7.47	70.12	89.75
4	45,731	6.69	62.88	91.97
5	41,942	6.14	57.67	92.82
6	39,026	5.71	53.66	93.60
7	36,172	5.30	49.74	95.13
8	35,015	5.13	48.15	95.62
9	33,484	4.90	46.04	96.01
10	32,147	4.71	44.20	96.25
11	30,942	4.53	42.55	96.25
12	29,782	4.36	40.95	95.83
13	28,541	4.18	39.24	95.60
14	27,285	3.99	37.52	93.20
15	25,429	3.72	34.97	90.81
16	23,093	3.38	31.75	90.27
17	20,845	3.05	28.66	87.69
18	18,279	2.68	25.13	80.44
19	14,703	2.15	20.22	69.10
20	10,159	1.49	13.97	63.71
21	6,473	0.95	8.90	27.25
22	1,764	0.26	2.43	--

NB Wave 22 was an incomplete week so participants did not have equal opportunity to participate before the study switched to monthly rather than weekly follow-up. Wave 23 onwards was a monthly wave, consisting of data collected over a period of 4 weeks. As the full sample was re-contacted, the completion rate also increased:

Wave	Freq.	% of total Obs.	% of Wave 23 participants	% with Follow-ups
23	39,619	8.62	100.00	92.50
24	33,736	7.34	85.15	96.50
25	30,846	6.71	77.86	97.48
26	28,664	6.24	72.35	98.31
27	27,208	5.92	68.67	98.90
28	26,300	5.72	66.38	98.79
29	25,380	5.52	64.06	98.19
30	36,579	7.96	92.33	88.33
31	30,215	6.58	76.26	94.16
32	27,111	5.90	68.43	96.07
33	24,893	5.42	62.83	97.85
34	23,564	5.13	59.48	97.82
35	22,213	4.84	56.07	98.27
36	21,132	4.60	53.34	98.41
37	19,703	4.29	49.73	97.29
38	9,919	2.16	25.04	96.84
39	32,317	7.03	81.57	--

The total number of participants providing data during each calendar week is shown below (NB the numbers were correct until 9am on 1 November 2021, so this week does not have complete data yet).

Date	Week	Freq.
21/03-27/03/2020	1	28,929
28/03-03/04/2020	2	27,873
04/04-10/04/2020	3	38,151
11/04-17/04/2020	4	38,453
18/04-24/04/2020	5	38,504
25/04-01/05/2020	6	36,513
02/05-08/05/2020	7	36,651
09/05-15/05/2020	8	37,549
16/05-22/05/2020	9	35,702
23/05-29/05/2020	10	33,293
30/05-05/06/2020	11	32,196
06/06-12/06/2020	12	31,304
13/06-19/06/2020	13	30,229
20/06-26/06/2020	14	29,153
27/06-03/07/2020	15	28,534
04/07-10/07/2020	16	27,552
11/07-17/07/2020	17	26,737
18/07-24/07/2020	18	25,983
25/07-31/07/2020	19	25,005
01/08-07/08/2020	20	24,530
08/08-14/08/2020	21	23,851
15/08-21/08/2020	22	23,120
22/08-28/08/2020	23	11,264
29/08/20-04/09/20	24	10,006
05/09/20-11/09/20	25	9,884
12/09/20-18/09/20	26	9,974
19/09/20-25/09/20	27	8,236
26/09/20-02/10/20	28	8,340
03/10/20-09/10/20	29	8,477
10/10/20-16/10/20	30	8,040
17/10/20-23/10/20	31	7,440
24/10/20-30/10/20	32	7,557
31/10/20-06/11/20	33	7,810
07/11/20-13/11/20	34	7,413
14/11/20-20/11/20	35	6,974
21/11/20-27/11/20	36	6,988
28/11/20-04/12/20	37	7,172
05/12/20-11/12/20	38	6,919
12/12/20-18/12/20	39	6,470
19/12/20-25/12/20	40	6,140

26/12/20-01/01/21	41	6,951
02/01/21-08/01/21	42	7,010
09/21/21-15/01/21	43	6,268
16/01/21-22/01/21	44	6,211
23/01/21-29/01/21	45	6,526
30/01/21-05/02/21	46	6,804
06/02/21-12/02/21	47	6,043
13/02/21-19/02/21	48	6,211
20/02/21-26/02/21	49	6,095
27/02/21-05/03/21	50	6,549
06/03/21-12/03/21	51	8,669
13/03/21-19/03/21	52	9,119
20/03/21-26/03/21	53	8,963
27/03/21-02/04/21	54	9,033
03/04/21-09/04/21	55	7,474
10/04/21-16/04/21	56	7,425
17/04/21-23/04/21	57	7,175
24/04/21-30/04/21	58	7,537
01/05/21-07/05/21	59	6,701
08/05/21-14/05/21	60	6,793
15/05/21-21/05/21	61	6,461
22/05/21-28/05/21	62	6,738
29/05/21-04/05/21	63	6,053
05/06/21-11/05/21	64	6,258
12/06/21-18/06/21	65	5,981
19/06/21-25/06/21	66	6,181
26/06/21-02/07/21	67	5,680
03/07/21-09/07/21	68	5,885
10/07/21-16/07/21	69	5,693
17/07/21-23/07/21	70	5,805
24/07/21-30/07/21	71	5,549
31/07/21-06/08/21	72	5,635
07/08/21-13/08/21	73	5,269
14/08/21-20/08/21	74	5,464
21/08/21-27/08/21	75	5,261
28/08/21-03/09/21	76	5,384
04/09/21-10/09/21	77	5,060
11/09/21-17/09/21	78	5,193
18/09/21-24/09/21	79	5,094
25/09/21-01/10/21	80	5,179
02/10/21-08/10/21	81	4,911
09/10/21-15/10/21	82	4,875
16/10/21-22/10/21	83	4,937
23/10/21-29/10/21	84	5,036

30/10/21-05/11/21	85	4,782
06/11/21-12/11/21	86	1,774
13/11/21-19/11/21	87	135
20/11/21-26/11/21	88	31,236
27/11/21-03/12/21	89	1,076
04/12/21-10/12/21	90	--

*NB Following week 22, the study was changed from weekly to monthly follow-up, with participants randomised into whether they completed their surveys in weeks 1, 2, 3 or 4 of each month. This increased the overall sample size still participating in the study but decreased the participants each calendar week.

2.7 Participant characteristics

The demographics of study participants across every wave are presented below.

As the study used a nonprobability sampling design, we recommend that all analysis should be conducted on weighted data to compensate for the difference in response probability in the UK population.

The dataset contains a cross-sectional weight variable (w1wgt) for all baseline participants (wave==1). The cross-sectional weighting was implemented by using the Stata user written command 'ebalance' [1]. The weighted data were matched to population statistics for the following domains:

- Age
- Gender
- Ethnicity
- Education
- Country of living

Source:
https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland

Once the study finishes, we will also calculate longitudinal weights to take account of respondents at previous waves who were lost through non-response or withdrawal from the study.

[1] Hainmueller J, Xu Y. Ebalance: A Stata package for entropy balancing. Journal of Statistical Software. 2013 Sep 1;54(7).

		Total Obs (N)	Wave 1		Wave 2		Wave 3		Wave 4	
			Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	62,900	10.88%	19.49%	8.87%	15.38%	7.54%	12.58%	6.96%	11.41%
	30-45	254,554	31.27%	26.11%	29.27%	24.47%	27.59%	22.86%	26.14%	21.56%
	46-59	364,196	30.44%	24.11%	31.57%	25.77%	32.18%	26.70%	32.21%	26.71%
	60+	460,835	27.41%	30.29%	30.30%	34.38%	32.69%	37.86%	34.69%	40.32%
Gender	Women	850,066	74.87%	50.64%	75.31%	51.44%	75.38%	51.62%	75.24%	51.30%
Ethnicity	Ethnic minorities	44,345	6.08%	12.79%	5.03%	10.31%	4.58%	9.37%	4.36%	8.90%
Education	GCSE or below	161,884	15.08%	32.65%	13.88%	30.94%	13.64%	30.89%	13.54%	30.91%
	A levels or equivalent	196,848	18.19%	33.85%	17.68%	33.44%	17.27%	32.66%	17.06%	32.29%
	Degree or above	783,753	66.73%	33.50%	68.44%	35.62%	69.09%	36.44%	69.40%	36.80%
Country	England	921,036	81.67%	84.26%	81.29%	84.42%	81.22%	84.43%	81.18%	84.52%
	Wales	140,237	10.58%	4.74%	11.14%	5.26%	11.24%	5.47%	11.48%	5.69%
	Scotland	70,128	6.55%	8.20%	6.49%	7.93%	6.48%	7.90%	6.33%	7.81%
	Northern Ireland	11,084	1.20%	2.80%	1.08%	2.39%	1.06%	2.20%	1.00%	1.99%
Mental health	Diagnosed condition	188,394	19.84%	20.39%	19.06%	19.65%	18.43%	18.59%	17.91%	18.02%

		Wave 5		Wave 6		Wave 7		Wave 8	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	6.46%	10.65%	6.06%	9.87%	5.89%	9.66%	5.64%	9.31%
	30-45	25.09%	20.49%	24.22%	19.77%	23.55%	19.08%	22.99%	18.52%
	46-59	32.28%	26.69%	32.33%	26.66%	32.23%	26.56%	32.18%	26.46%
	60+	36.18%	42.17%	37.39%	43.69%	38.33%	44.70%	39.19%	45.71%
Gender	Women	75.14%	51.11%	75.07%	50.95%	74.98%	50.85%	74.92%	50.63%
Ethnicity	Ethnic minorities	4.26%	8.72%	4.06%	8.34%	3.99%	8.21%	3.88%	8.04%
Education	GCSE or below	13.56%	31.15%	13.47%	31.19%	13.36%	31.03%	13.47%	31.30%
	A levels or equivalent	17.01%	32.27%	16.91%	32.11%	16.93%	32.22%	17.02%	32.23%
	Degree or above	69.42%	36.58%	69.62%	36.70%	69.71%	36.76%	69.52%	36.48%
Country	England	81.08%	84.43%	80.93%	84.27%	80.73%	84.29%	80.81%	84.39%
	Wales	11.77%	5.85%	11.95%	6.03%	12.27%	6.21%	12.25%	6.20%
	Scotland	6.17%	7.75%	6.17%	7.77%	6.09%	7.70%	6.05%	7.61%
	Northern Ireland	0.98%	1.97%	0.96%	1.93%	0.91%	1.80%	0.89%	1.80%
Mental health	Diagnosed condition	17.59%	17.77%	17.21%	17.19%	16.94%	16.82%	16.78%	16.68%

		Wave 9		Wave 10		Wave 11		Wave 12	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	5.31%	8.69%	5.14%	8.36%	4.96%	8.06%	4.82%	7.83%
	30-45	22.46%	18.08%	21.93%	17.67%	21.52%	17.29%	21.06%	16.95%
	46-59	32.09%	26.39%	32.06%	26.37%	31.97%	26.26%	31.90%	26.12%
	60+	40.14%	46.85%	40.87%	47.60%	41.54%	48.38%	42.22%	49.10%
Gender	Women	74.85%	50.52%	74.80%	50.46%	74.75%	50.30%	74.58%	50.03%
Ethnicity	Ethnic minorities	3.77%	7.69%	3.70%	7.56%	3.62%	7.32%	3.54%	7.14%
Education	GCSE or below	13.59%	31.67%	13.71%	31.91%	13.72%	31.96%	13.80%	32.13%
	A levels or equivalent	17.04%	32.15%	16.99%	31.96%	16.96%	31.94%	17.01%	31.97%
	Degree or above	69.37%	36.19%	69.30%	36.13%	69.32%	36.10%	69.19%	35.90%
Country	England	80.64%	84.27%	80.48%	84.12%	80.34%	84.09%	80.23%	84.07%
	Wales	12.41%	6.31%	12.58%	6.42%	12.73%	6.55%	12.86%	6.61%
	Scotland	6.07%	7.65%	6.07%	7.67%	6.07%	7.61%	6.05%	7.60%
	Northern Ireland	0.88%	1.77%	0.87%	1.79%	0.86%	1.74%	0.86%	1.72%
Mental health	Diagnosed condition	16.49%	16.31%	16.26%	16.09%	16.02%	15.79%	15.89%	15.70%

		Wave 13		Wave 14		Wave 15		Wave 16	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	4.59%	7.35%	4.42%	6.94%	4.27%	6.71%	4.24%	6.51%
	30-45	20.70%	16.68%	20.30%	16.44%	19.99%	16.19%	19.65%	15.86%
	46-59	31.75%	26.01%	31.67%	25.90%	31.46%	25.65%	31.23%	25.46%
	60+	42.96%	49.96%	43.61%	50.72%	44.28%	51.46%	44.88%	52.17%
Gender	Women	74.50%	49.96%	74.38%	49.75%	74.25%	49.54%	73.95%	49.09%
Ethnicity	Ethnic minorities	3.45%	6.83%	3.35%	6.63%	3.25%	6.47%	3.17%	6.35%
Education	GCSE or below	13.92%	32.45%	14.05%	32.75%	14.33%	33.32%	14.45%	33.48%
	A levels or equivalent	17.04%	31.90%	17.10%	31.87%	17.20%	31.78%	17.24%	31.75%
	Degree or above	69.04%	35.65%	68.85%	35.39%	68.47%	34.90%	68.31%	34.77%
Country	England	80.02%	83.91%	79.80%	83.76%	79.34%	83.51%	78.74%	82.89%
	Wales	13.07%	6.72%	13.26%	6.84%	13.56%	6.95%	13.96%	7.19%
	Scotland	6.03%	7.62%	6.06%	7.63%	6.19%	7.76%	6.35%	8.01%
	Northern Ireland	0.88%	1.75%	0.89%	1.78%	0.90%	1.79%	0.95%	1.90%
Mental health	Diagnosed condition	15.83%	15.58%	15.66%	15.40%	15.48%	15.22%	15.35%	15.01%

		Wave 17		Wav 18		Wave 19		Wave 20	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	4.10%	6.26%	3.86%	5.73%	3.90%	5.52%	4.17%	5.74%
	30-45	19.46%	15.64%	19.34%	15.44%	19.14%	15.00%	19.34%	14.79%
	46-59	31.15%	25.51%	31.41%	25.63%	31.35%	25.39%	31.02%	25.02%
	60+	45.29%	52.59%	45.39%	53.21%	45.61%	54.09%	45.47%	54.45%
Gender	Women	73.76%	48.79%	73.76%	48.59%	74.22%	48.87%	74.77%	49.37%
Ethnicity	Ethnic minorities	3.17%	6.29%	3.20%	6.29%	3.25%	6.17%	3.33%	6.52%
Education	GCSE or below	14.65%	33.69%	14.76%	33.83%	14.66%	33.79%	14.50%	33.38%
	A levels or equivalent	17.40%	31.92%	17.44%	31.98%	17.47%	31.92%	17.61%	32.18%
	Degree or above	67.96%	34.39%	67.80%	34.19%	67.88%	34.29%	67.89%	34.44%
Country	England	78.91%	82.96%	81.07%	83.89%	84.79%	85.72%	87.79%	87.02%
	Wales	13.64%	7.05%	11.24%	5.78%	7.45%	3.71%	4.33%	1.85%
	Scotland	6.47%	8.07%	6.72%	8.36%	6.75%	8.45%	6.74%	8.80%
	Northern Ireland	0.98%	1.92%	0.97%	1.97%	1.01%	2.13%	1.13%	2.33%
Mental health	Diagnosed condition	15.11%	14.82%	14.97%	14.68%	14.68%	14.34%	14.79%	14.13%

		Wave 21		Wave 22		Wave 23/Month 1		Wave 24/Month 2	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	4.03%	5.17%	4.42%	6.00%	5.93%	10.16%	5.05%	8.43%
	30-45	18.20%	12.97%	18.08%	13.11%	23.71%	19.54%	21.49%	17.55%
	46-59	30.28%	24.43%	29.59%	23.62%	32.43%	26.49%	32.48%	26.55%
	60+	47.49%	57.44%	47.90%	57.27%	37.92%	43.81%	40.98%	47.47%
Gender	Women	74.71%	48.55%	74.99%	47.53%	75.33%	51.02%	75.07%	50.78%
Ethnicity	Ethnic minorities	3.13%	6.11%	2.91%	5.89%	4.14%	8.55%	3.79%	7.79%
Education	GCSE or below	15.11%	34.62%	15.93%	34.79%	13.90%	31.69%	14.14%	32.47%
	A levels or equivalent	17.77%	32.01%	17.23%	32.29%	17.30%	32.70%	17.08%	31.92%
	Degree or above	67.12%	33.37%	66.84%	32.92%	68.81%	35.61%	68.78%	35.61%
Country	England	89.05%	87.80%	89.12%	87.35%	80.81%	84.37%	80.41%	84.11%
	Wales	3.38%	1.37%	3.00%	1.11%	12.14%	6.01%	12.61%	6.38%
	Scotland	6.41%	8.52%	6.97%	9.20%	6.04%	7.48%	6.00%	7.46%
	Northern Ireland	1.16%	2.31%	0.91%	2.33%	1.00%	2.14%	0.98%	2.05%
Mental health	Diagnosed condition	14.49%	14.05%	14.51%	13.75%	17.22%	17.35%	16.36%	16.39%

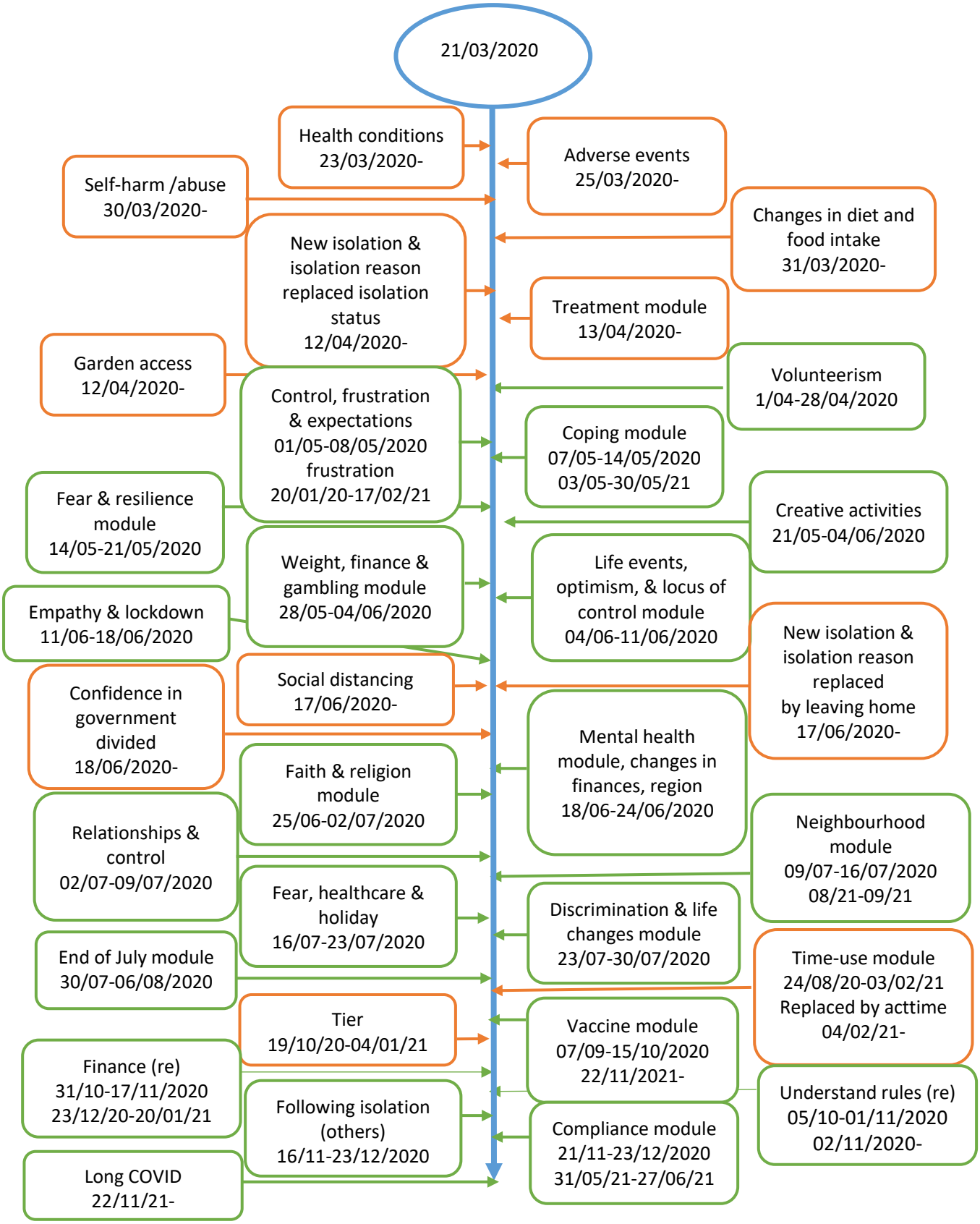
		Wave 25/Month 3		Wave 26/Month 4		Wave 27/Month 5		Wave 28/Month 6	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	4.54%	7.45%	4.23%	7.05%	3.99%	6.55%	3.85%	6.32%
	30-45	20.16%	16.45%	19.13%	15.43%	18.45%	14.98%	18.05%	14.61%
	46-59	32.48%	26.61%	32.27%	26.33%	32.17%	26.18%	32.08%	26.08%
	60+	42.82%	49.49%	44.37%	51.18%	45.39%	52.28%	46.03%	52.98%
Gender	Women	74.87%	50.54%	74.58%	50.02%	74.45%	49.82%	74.37%	49.66%
Ethnicity	Ethnic minorities	3.59%	7.33%	3.50%	7.10%	3.46%	6.94%	3.39%	6.83%
Education	GCSE or below	14.30%	32.81%	14.33%	33.04%	14.43%	33.36%	14.52%	33.55%
	A levels or equivalent	17.00%	31.64%	16.99%	31.56%	17.02%	31.45%	17.06%	31.45%
	Degree or above	68.70%	35.55%	68.68%	35.40%	68.55%	35.19%	68.42%	35.00%
Country	England	80.33%	84.20%	80.19%	84.19%	80.07%	84.03%	79.97%	83.96%
	Wales	12.87%	6.56%	13.03%	6.67%	13.23%	6.82%	13.33%	6.85%
	Scotland	5.85%	7.20%	5.84%	7.14%	5.76%	7.10%	5.76%	7.11%
	Northern Ireland	0.95%	2.04%	0.94%	2.00%	0.94%	2.05%	0.94%	2.08%
Mental health	Diagnosed condition	15.72%	15.69%	15.27%	15.15%	15.05%	14.88%	14.89%	14.61%

		Wave 29/Month 7		Wave 30/Month 8		Wave 31/Month 9		Wave 32/Month 10	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	3.72%	5.95%	5.56%	9.19%	4.34%	7.28%	3.91%	6.26%
	30-45	17.66%	14.31%	22.90%	19.09%	20.13%	16.44%	18.83%	15.47%
	46-59	31.92%	26.02%	32.70%	27.14%	32.60%	26.91%	32.19%	26.52%
	60+	46.69%	53.71%	38.84%	44.58%	42.92%	49.37%	45.07%	51.74%
Gender	Women	74.26%	49.71%	75.09%	51.08%	74.54%	50.18%	74.28%	49.80%
Ethnicity	Ethnic minorities	3.29%	6.54%	4.03%	8.27%	3.72%	7.50%	3.47%	6.98%
Education	GCSE or below	14.56%	33.69%	14.14%	32.19%	14.43%	33.20%	14.55%	33.51%
	A levels or equivalent	17.00%	31.21%	17.15%	32.26%	17.14%	31.73%	17.21%	31.79%
	Degree or above	68.44%	35.10%	68.71%	35.55%	68.44%	35.07%	68.24%	34.70%
Country	England	79.89%	83.89%	80.66%	84.56%	80.32%	84.33%	80.07%	84.16%
	Wales	13.40%	6.89%	12.32%	6.07%	12.81%	6.49%	13.13%	6.69%
	Scotland	5.78%	7.15%	6.05%	7.39%	5.92%	7.22%	5.87%	7.22%
	Northern Ireland	0.93%	2.07%	0.97%	1.98%	0.95%	1.96%	0.93%	1.94%
Mental health	Diagnosed condition	14.76%	14.46%	16.80%	16.73%	15.99%	15.85%	15.46%	15.35%

		Wave 33/Month 11		Wave 34/Month 12		Wave 35/Month 13		Wave 36/Month 14	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	3.69%	5.88%	3.48%	5.50%	3.43%	5.37%	3.26%	5.11%
	30-45	17.92%	14.37%	17.43%	13.96%	16.96%	13.59%	16.64%	13.35%
	46-59	31.94%	26.30%	31.80%	26.32%	31.40%	26.02%	31.28%	25.86%
	60+	46.45%	53.45%	47.28%	54.22%	48.21%	55.02%	48.82%	55.68%
Gender	Women	74.18%	49.61%	74.06%	49.53%	73.96%	49.47%	73.81%	49.29%
Ethnicity	Ethnic minorities	3.31%	6.74%	3.26%	6.61%	3.13%	6.41%	3.03%	6.17%
Education	GCSE or below	14.59%	33.55%	14.67%	33.70%	14.73%	33.72%	14.90%	34.01%
	A levels or equivalent	17.19%	31.74%	17.17%	31.56%	17.31%	31.77%	17.32%	31.77%
	Degree or above	68.22%	34.70%	68.15%	34.74%	67.96%	34.51%	67.77%	34.22%
Country	England	79.91%	84.08%	79.79%	84.03%	79.48%	83.84%	79.35%	83.65%
	Wales	13.35%	6.78%	13.51%	6.88%	13.75%	7.01%	13.85%	7.09%
	Scotland	5.83%	7.15%	5.80%	7.20%	5.86%	7.20%	5.92%	7.34%
	Northern Ireland	0.92%	1.99%	0.90%	1.90%	0.91%	1.94%	0.88%	1.92%
Mental health	Diagnosed condition	15.15%	15.07%	14.96%	14.83%	14.74%	14.62%	14.63%	14.57%

		Wave 37/Month 15		Wave 38/Month 16		Wave 39/Month 17	
		Unweighted	Weighted	Unweighted	Weighted	Unweighted	Weighted
Age	18-29	3.06%	4.85%	2.74%	4.11%	4.77%	7.83%
	30-45	16.10%	12.93%	14.92%	11.74%	21.67%	18.15%
	46-59	30.98%	25.46%	29.47%	24.26%	32.63%	27.00%
	60+	49.87%	56.75%	52.87%	59.89%	40.94%	47.02%
Gender	Women	73.73%	49.10%	73.37%	48.92%	74.97%	50.99%
Ethnicity	Ethnic minorities	2.97%	6.02%	2.63%	5.10%	3.74%	7.51%
Education	GCSE or below	15.02%	34.18%	16.01%	36.06%	14.36%	32.86%
	A levels or equivalent	17.35%	31.81%	17.77%	31.50%	17.20%	32.01%
	Degree or above	67.63%	34.01%	66.22%	32.44%	68.44%	35.13%
Country	England	79.19%	83.43%	78.69%	83.23%	79.90%	83.35%
	Wales	14.02%	7.19%	14.37%	7.28%	12.78%	6.36%
	Scotland	5.88%	7.36%	5.97%	7.53%	6.23%	7.84%
	Northern Ireland	0.90%	2.02%	0.98%	1.96%	1.10%	2.45%
Mental health	Diagnosed condition	14.38%	14.23%	14.07%	14.12%	16.34%	16.44%

3 Measures


21/03/2020
Health conditions 23/03/2020-
Adverse events 25/03/2020-
Self-harm /abuse 30/03/2020-
Changes in diet and food intake 31/03/2020-
New isolation & isolation reason replaced isolation status 12/04/2020-
Treatment module 13/04/2020-
Garden access 12/04/2020-
Volunteerism 1/04-28/04/2020
Control, frustration & expectations 01/05-08/05/2020 frustration 20/01/20-17/02/21
Coping module 07/05-14/05/2020 03/05-30/05/21
Fear & resilience module 14/05-21/05/2020
Creative activities 21/05-04/06/2020
Weight, finance & gambling module 28/05-04/06/2020
Life events, optimism, & locus of control module 04/06-11/06/2020
Empathy & lockdown 11/06-18/06/2020
New isolation & isolation reason replaced by leaving home 17/06/2020-
Social distancing 17/06/2020-
Confidence in government divided 18/06/2020-
Mental health module, changes in finances, region 18/06-24/06/2020
Faith & religion module 25/06-02/07/2020
Relationships & control 02/07-09/07/2020
Neighbourhood module 09/07-16/07/2020 08/21-09/21
Fear, healthcare & holiday 16/07-23/07/2020
Discrimination & life changes module 23/07-30/07/2020
End of July module 30/07-06/08/2020
Time-use module 24/08/20-03/02/21 Replaced by acttime 04/02/21-
Tier 19/10/20-04/01/21
Vaccine module 07/09-15/10/2020 22/11/2021-
Finance (re) 31/10-17/11/2020 23/12/20-20/01/21
Understand rules (re) 05/10-01/11/2020 02/11/2020-
Following isolation (others) 16/11-23/12/2020
Compliance module 21/11-23/12/2020 31/05/21-27/06/21
Long COVID 22/11/21-

Note: The survey completion dates might exceed the module time ranges for a small number of participants. This is because participants are allowed to complete half the survey and return a few days later. As such their module data will have been captured within the dates the module was live, but it will not be clear on which date within the week the questions were completed. Data users are encouraged to consider the module questions for these participants as being completed on the last date for the relevant module if including dates within analyses for these variables.

3.1 Study timeline

The study was launched with an initial questionnaire which included a slightly reduced number of the full study questions. In the weeks following, the full list of questions was added and several questions underwent minor clarifications. The timeline of these is shown in the figure above. One month after the study began, rotating modules were introduced (shown in the figure above in green). These came in just for a week.

The full measures and data dictionary for the study is shown in the Appendix.

3.2 Validated measurements and scales

Anxiety during the past week was measured using the Generalised Anxiety Disorder assessment (GAD-7); a well-validated tool used to screen and diagnose generalised anxiety disorder in clinical practice and research [1]. There are 7 items with 4-point responses ranging from "not at all" to "nearly every day", with higher overall scores indicating more symptoms of anxiety. Categorical scales suggest that scores of higher than 5 are mild, higher than 10 are moderate, and higher than 15 are severe [1].

Coping during lockdown was measured using the 28-item Brief COPE [2] scale; one of the most widely used measures to assess the different ways in which people respond to stress. Responses are rated on a 4-point scale from "I haven't been doing this at all" to "I have been doing this a lot". Construct validity and internal reliability of its various 14 subscales have been demonstrated in associations with constructs such as social support [3], mental illness symptom severity [4], and psychological symptomatology [5].

Coronavirus anxiety during the past two weeks was measured using the Coronavirus Anxiety Scale (CAS) [6]. The CAS contains 5 items with 5-point responses ranging from "not at all" to "nearly every day". The scale has shown good internal reliability (Cronbach's $\alpha = 0.93$), construct validity, diagnostic viability, and equivalency of measurement across demographic groups [6]. A CAS score of 9 or more classified adults as meeting (90% sensitivity) or not meeting (85% specificity) the threshold for Generalised Anxiety Disorder as a result of worries about Coronavirus [6].

Creative activities. Use of emotion regulation strategies whilst engaging in creative activities during the past week was measured with the 18-item Emotion Regulation Strategies for Artistic Creative Activities Scale (ERS-ACA) [7]. Items are rated on 5-point scale ranging from "strongly disagree" to "strongly agree". An overall general factor alongside three subscales can be used: 'avoidance strategies' (7 items such as distraction, suppression and detachment), 'approach strategies' (6 items such as acceptance, reappraisal and problem solving), and 'self-development strategies' (5 items such

as enhanced self-identify, improved self-esteem and increased agency). Strong internal consistency (Cronbach's alphas = 0.88 to 0.93), convergent and divergent validity, construct validity, consistency of internal reliability, and test-retest reliability have been demonstrated [7].

Depression during the past week was measured using the Patient Health Questionnaire (PHQ-9); a standard instrument for diagnosing depression in primary care [8]. The questionnaire involves nine items, with responses ranging from "not at all" to "nearly every day". Higher overall scores indicate more depressive symptoms, with scores of 0-4 suggesting minimal depression, 5-9 suggesting mild depression, 10-14 suggesting moderate depression, 15-19 suggesting moderately severe depression, and scores of 20-27 suggesting severe depression [9].

Discrimination experiences since the lockdown were adapted from the Everyday Discrimination Scale (EDS) [10] which was designed to measure routine and relatively subtle experiences of unfair treatment in everyday situations. The scale is widely used and has shown good internal reliability (Cronbach's α = 0.87) and expected associations with internalising and externalising symptoms [11]. We used three items from the short version of the EDS (being threatened or harassed; treated as if you are dishonest; people acting as if they were afraid of you) and added four questions from the English Longitudinal Study of Ageing. We made subtle changes to some of the phrasing to account of the unique social situation of COVID-19. For example, the item "received poorer service in restaurants or stores" was changed to "received poorer service than other people (e.g. for deliveries or in stores)", and an item about receiving poorer service than others from doctors or in hospitals was added. Participants who said they had had each experience were asked to give one of four possible reasons (gender, race/ethnicity, age, for another reason) for the discrimination.

Empathy was assessed using the Interpersonal Reactivity Index (IRI) [12]. The IRI is a widely used measure comprised of four subscales; fantasy, empathic concern, perspective-taking, and personal distress. The COVID-19 Social Study administered the latter two subscales. Empathic concern (also known as emotional empathy) consists of 7 items and captures feelings of warmth, concern, and compassion for others. The perspective-taking scale (also known as cognitive empathy) assesses efforts to adopt the perspectives of others (7 items). Respondents rate items on a five-point scale ranging from "does not describe me well" to "describes me very well". Adequate test-retest and internal reliabilities [12] as well as convergent and discriminant validity [13] have been reported.

Life events in the 12 months prior to lockdown (March 2019 to March 2020) were measured with an item from the Life History Interview of the English Longitudinal Study of Ageing [14]**.** Participants were presented with a list of 11 life events. The extent to which they found endorsed events distressing was then rated on a four-point scale ranging from "yes, it upset me very much" to "yes, but it didn't upset me at all".

Locus of control was measured using the 6-item Locus of Control Scale developed by the University of Washington Beyond High School Project [15]. The scale was based on Rotter's [16] conceptualisation of locus of control as generalized expectancies for whether individuals can (internal) or cannot (external) control events and outcomes in their lives. Responses were rated on a four-point scale ranging from "strongly agree" to "strongly disagree".

- In my life, good luck is more important than hard work for success
- When I make plans, I am almost certain I can make them work

- Every time I try to go ahead, something or somebody stops me
- My plans hardly ever work out, so planning makes me unhappy
- I do not have enough control over the direction my life is taking
- Chance and luck are very important for what happens in my life

Loneliness was measured using the 3-item UCLA-3 Loneliness, a short form of the Revised UCLA Loneliness Scale (UCLA-R) [17(p198)]. Each item is rated with a 3-point rating scale, ranging from "hardly ever" to "often", with higher scores indicating more loneliness.

Neighbourhood social cohesion before and since COVID-19 was measured with the Neighbourhood Scale [18]. Five items were rated on a five-point scale ranging from "strongly disagree" to "strongly agree". The social cohesion scale has demonstrated good internal reliability (Cronbach's alpha = 0.74) and test-retest reliability (r = 0.65) [18]. Good convergent validity has also been found in correlations in the expected direction with neighbourhood safety (r = 0.72) and activities with neighbours (r = 0.43) [18].

Optimism was measured with the widely-used Life Orientation Test- Revised (LOT-R) [19]. Ten items are rated on a five-point scale ranging from "strongly disagree" to "strongly agree". The LOT-R has demonstrated good internal consistency (Cronbach's alphas ranging from 0.70 to 0.80) and test-retest reliability (correlations from 0.68 to 0.79) [19]. Convergent validity has been shown in correlations with depression, life satisfaction, and health care utilisation [20].

Personality was measured using the Big Five Inventory (BFI-2), which measures five domains and 15 facets: Extraversion (sociability, assertiveness, and energy level), Agreeableness (compassion, respectfulness, and trust), Conscientiousness (organisation, productiveness, and responsibility), Nervousness (anxiety, depression, and emotional volatility), and Openness (intellectual curiosity, aesthetic sensitivity, and creative imagination) [21]. Each item uses a 5-point scale ranging from "strongly disagree" to "strongly agree", with higher score indicating greater levels of each domain.

Religion and spirituality was measured with items from the English Longitudinal Study of Ageing [22]. Participants were first asked to which religion they belonged from a list of eight (e.g., Christian, Jewish, Sikh), including no religion and "other". A second question asked about the frequency of religious service attendance during the past year before the COVID-19 pandemic on a 5-point scale from "not at all" to "more than once a week". A further 4 items asked participants about the role of religion and spirituality in their lives (e.g. "I pray or meditate daily"). These items were rated on a 4-point scale from "strongly disagree" to "strongly agree".

Resilience was assessed with the 6-item Brief Resilience Scale [23]; a widely used measure of individuals' ability to recover from stress. Items are rated on a five-point scale from "strongly disagree" to "strongly agree". Initial psychometrics were established using four samples of adults [23]. The scale was found to have good internal reliability (Cronbach's alphas = .80–.91), and convergent and discriminate validity in associations in expected directions with other resilience measures, optimism, purpose in life, anxiety, and depression [23].

Risk taking was measured with one item from the Dohmen Risk Taking Scale [24]. Respondents rated the extent to which they generally see themselves as a person who is fully prepared to take risks was

rated on an 11-point scale from “not at all willing to take risks” to “very willing to take risks”. Behavioural validity was established using a laboratory-based task involving a choice between a safe or a riskier lottery option to win money [24].

Social support was measured using an adapted version of the six-item short form of Perceived Social Support Questionnaire (F-SozU K-6) [25,26]. Each item is rated on a 5-point scale from “not true at all” to “very true”, with higher scores indicating higher levels of perceived social support. Minor adaptations were made to the language in the scale to make it relevant to experiences during COVID-19.

Comparison of items in the original and revised Perceived Social Support Questionnaire (F-SozU K-6).

Original	**Adapted for COVID-19** **In the past week, I feel…**
I experience a lot of understanding and security from others	I have experienced a lot of understanding and support from others
I know a very close person whose help I can always count on	I have a very close person whose help I can always count on
If necessary, I can easily borrow something I might need from neighbours or friends	If necessary, I can easily borrow something I need from neighbours or friends
I know several people with whom I like to do things	I have people with whom I can spend time and do things together
When I am sick, I can without hesitation ask friends and family to take care of important matters for me	If I get sick, I have friends and family who will take care of me
If I am down, I know to whom I can go without hesitation	If I am feeling down, I have people I can talk to without hesitation

Vaccines. Attitudes towards vaccines were measured using the 12-item Vaccination Attitudes Examination (VAX) Scale [27]. Participants were asked to focus on vaccines in general rather than specifically on vaccines for COVID-19. Response options ranged from 1 “strongly agree” to 6 “strongly disagree.” Four subscales have previously been derived from the VAX; 1) mistrust of vaccine benefit, (2) worries about unforeseen future effects, (3) concerns about commercial profiteering, and (4) preference for natural immunity [27]. Adequate convergent validity and internal reliability was established for all 4 subscales in two samples (Cronbach’s alphas = 0.77-0.93).

Wellbeing during the past week using the Subjective Wellbeing measure from the Office for National Statistics [28]. Three questions were asked; 1) life satisfaction, 2) worthwhileness, and 3) happiness. Each item is rated on an 11-point scale from 0 (not at all) to 10 (completely).

3.3 Derived variables

In addition to the time variables, date, wave and week, other derived variables are also available in the dataset. These include:

- female
- Ethnic minorities (binary ethnicity variable)

- age (derived from year of birth, capped at 90)
- agegrp3 (age dichotomized into 3 groups)
- agegrp4 (age dichotomized into 4 groups)
- edu (derived from education, 3 groups)
- lowincome (household income<30k)
- overcrowd (room per person<1)
- alone (binary variable indicating if living alone)
- status (living status)
- employed (binary variable, derived from 'employment')
- keyworker
- carer
- ltc_p (binary indicator—diagnosed physical condition, including disability)
- ltc_m (binary indicator—diagnosed mental condition)
- ltc_none (binary indicator—no physical or mental condition)
- GAD (sum score of the GAD-7 scale)
- anxi (binary, GAD≥10)
- PHQ (sum score of the PHQ-9 scale)
- depress (binary PHQ≥10)
- lonely (sum score of the UCLA-3 scale)
- support (sum score of perceived social support)
- BFI_n (sum score of the BFI-15, neuroticism)
- BFI_e (sum score of the BFI-15, extraversion)
- BFI_o (sum score of the BFI-15, openness to experience)
- BFI_a (sum score of the BFI-15, agreeableness)
- BFI_c (sum score of the BFI-15, conscientiousness)
- CAS (sum score of the Coronavirus Anxiety Scale)
- RES (sum score of the resilience scale)
- COP_dis (Self-distraction (sum score of cop1 & cop19))
- COP_act (Active coping (sum score of cop2 & cop7))
- COP_den (Denial (sum score of cop3 & cop8))
- COP_sub (Substance use (sum score of cop4 & cop11))
- COP_emo (Emotional support (sum score of cop5 & cop15))
- COP_ins (Instrumental support (sum score of cop10 & cop23))
- COP_beh (Behavioral disengagement (sum score of cop6 & cop16))
- COP_ven (Venting (sum score of cop9 & cop21))
- COP_pos (Positive reframing (sum score of cop12 & cop17))
- COP_pla (Planning (sum score of cop14 & cop25))
- COP_hum (Humor (sum score of cop18 & cop28))
- COP_acp (Acceptance (sum score of cop20 & cop24))
- COP_rel (Religion (sum score of cop22 & cop27))
- COP_sbm (Self-blame (sum score of cop13 & cop26))

3.4 Missing data

Our study required completion of every question on every page for participants to proceed, so there are generally no missing items in any measures. The exceptions to this are some of the revolving modules where particularly sensitive questions were made optional, and incomplete records, whereby people who started a weekly survey and then were unable to complete it for any reason did not provide data across all the measures.

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Appendix

Data Dictionary

Section 1: Baseline Only

Variable name	Question/variable label	Choices/label values
sex	What is your gender?	1, Male 2, Female 3, Other / prefer not to say
ethnicity	What is your ethnicity?	1, Asian/Asian British - Indian, Pakistani, Bangladeshi, other 2, Black/Black British - Caribbean, African, other 3, Mixed race - White and Black/Black British 4, Mixed race - other 5, White - British, Irish, other 6, Chinese/Chinese British 7, Middle Eastern/Middle Eastern British - Arab, Turkish, other 8, Other ethnic group 9, Prefer not to say
marital	What is your relationship status?	1, Single, never married 2, Single, divorced or widowed 3, In a relationship/married but living apart 4, In a relationship/married and cohabiting

education	What is your highest level of educational attainment?	1, No qualifications 2, Completed GCSE/CSE/O-levels or equivalent (at school till aged 16) 3, Completed post-16 vocational course 4, A-levels or equivalent (at school till aged 18) 5, Undergraduate degree or professional qualification 6, Postgraduate degree
employment	What is your employment status?	1, Still at school 2, At university 3, Self employed 4, In part-time employment 5, In full-time employment 6, Unable to work due to disability 7, Homemaker/full-time parent 8, Unemployed and seeking work 9, Retired

keyworker	Are you currently fulfilling any of the government's identified 'key worker' roles?	1, Health, social care or relevant related support worker 2, Teacher or childcare worker still travelling in to work 3, Transport worker still travelling in to work 4, Food chain worker (e.g. production, sale, delivery) 5, Key public services worker (e.g. justice staff, religious staff, public service journalist or mortuary worker) 6, Local or national government worker delivering essential public services 7, Utility worker (e.g. energy, sewerage, postal service) 8, Public safety or national security worker 9, Worker involved in medicines or protective equipment production or distribution 10, None of these
country	In which country do you currently live?	1, England 2, Wales 3, Scotland 4, Northern Ireland 6, The USA 5, Other
area	What type of area do you live in?	1, City 2, Large town 3, Small town 4, Village 5, Hamlet 6, Isolated dwelling

living	What type of place do you live?	1, House 2, Room(s) in shared house (e.g. as a lodger) 3, Flat in flat block 4, Student halls 5, Residential home 6, Other
ownership	Which describes the home you live in?	1, Owned outright 2, Owned with the help of a mortgage 3, Shared ownership (part owned, part rented) 4, Rented 5, Living rent free
garden	Do you have access to any the following where you live?	1, A garden 2, A balcony, small patio, or roof terrace 3, A park, wood, or other green space you can still access within easy walking distance of your home 4, none of the above
rooms	How many rooms are in your home? (not including any bathrooms or toilets. If you live in a shared house only count the rooms that are open to you to use. If you live in a block of flat, only count rooms your flat.)	1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10+
houseadults	How many adults are living WITH YOU in the household? (Do not count yourself) "Household" means the people you immediately live with, e.g. in your flat or house. Don't count other people e.g. in your flat block.	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10+

housechildren	How many children are living with you in the household?	0, 0|1, 1|2, 2|3, 3|4, 4|5, 5|6, 6|7, 7|8, 8|9, 9|10, 10+
income	What is your usual total household income? "Household income" means the money brought in by you and/or your spouse and/or another adult you live with, with whom you share finances. Don't count the income from anybody whose finances are independent of yours.	1, Less than £16,000 a year (£310 a week) 2, £16,000-£29,999 a year (£310 - £579 a week) 3, £30,000-£59,999 a year (£580 - £1149 a week) 4, £60,000-89,999 a year (£1500 - £1729 a week 5, £90,000-119,999 a year (£1730 - £2299 a week) 6, More than £120,000 a year (£2300 a week) 7, Prefer not to say
illness	Do you have any of the following medical conditions?	1, High blood pressure 2, Diabetes 3, Heart disease 4, Lung disease (e.g. asthma or COPD) 5, Cancer 6, Another clinically-diagnosed chronic physical health condition 7, Clinically-diagnosed depression 8, Clinically-diagnosed anxiety 9, Another clinically-diagnosed mental health problem 12, A disability that affects my ability to leave the house 13, Any other disability 10, I am pregnant 11, None of the above

smoker	Do you smoke?	1, non-smoker 2, ex-smoker 3, current light smoker (9 or less a day) 4, current moderate smoker (10-19 a day) 5, current heavy smoker (20+ a day)
alcohol	How many alcoholic drinks have you had in the past week (e.g. how many glasses of wine / pints of beer or cider / shots of spirits)?	0, 0|1, 1|2, 2|3, 3|4, 4|5, 5|6, 6|7, 7|8, 8|9, 9|10, 10|11, 11|12, 12|13, 13|14, 14|15, 15|16, 16|18, 18|19, 19|20, 20|21, 21+
exercise	How many days last week did you do moderate or vigorous physical activity (activity that raises your heart rate and makes you breathe faster and feel warmer) for 15 minutes or more?	0, 0|1, 1|2, 2|3, 3|4, 4|5, 5|6, 6|7, 7
caring	Do you have caring responsibilities for any of the following? (tick any that apply)	1, Elderly relatives or friends 2, People with long-term conditions or disabilities 3, Grandchildren
pets	Do you have any of the following pets? (tick any that apply)	1, Cat 2, Dog 3, Bird 4, Fish 5, Other
closefriends	How many close friends do you have?	0, 0|1, 1|2, 2|3, 3|4, 4|5, 5|6, 6|7, 7|8, 8|9, 9|10, 10+
socfreq	Usually in your life, how often do you meet up with people face to face socially, not for work (e.g. friends, family, relatives or social events with colleagues)?	1, Every day 2, Three or more times a week 3, Once or twice a week 4, Once or twice a month 5, Less than once a month

pers1	Your personality I see myself as someone who: ...worries a lot	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers2	Your personality I see myself as someone who: ...gets nervous easily	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers3	Your personality I see myself as someone who: ...remains calm in tense situations	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers4	Your personality I see myself as someone who: ...is talkative	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

pers5	Your personality I see myself as someone who: ...is outgoing, sociable	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers6	Your personality I see myself as someone who: ...is reserved	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers7	Your personality I see myself as someone who: ...is original, comes up with new ideas	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_8	Your personality I see myself as someone who: ...values artistic, aesthetic experiences	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

pers_9	Your personality I see myself as someone who: ...has an active imagination	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_10	Your personality I see myself as someone who: ...is sometimes rude to others	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_11	Your personality I see myself as someone who: ...has a forgiving nature	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_12	Your personality I see myself as someone who: ...is considerate and kind to almost everyone	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

pers_13	Your personality I see myself as someone who: ...does a thorough job	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_14	Your personality I see myself as someone who: ...tends to be lazy	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree
pers_15	Your personality I see myself as someone who: ...does things efficiently	1, Strongly disagree 2, Disagree 3, Somewhat disagree 4, Neither agree nor disagree 5, Somewhat agree 6, Agree 7, Strongly agree

Section 2: Questions asked weekly

Variable name	Question/variable label	Choices/label values
covid	Have you had Covid-19 (coronavirus)? (21/03/2020-11/09/2020)	1, Yes diagnosed and recovered 2, Yes diagnosed and still ill 3, Not formally diagnosed but suspected 4, Not that I know of / No
covidtest	Overall, do you believe you have ever had Covid-19? (24/08/2020-29/09/2020) (22/11/2021-)	1, Yes, confirmed by a positive Covid-19 test at the time I felt ill 2, Yes, confirmed by a positive antibody test since that shows I have the antibodies to the virus 3, Yes, suspected by a doctor but not tested 4, Yes, my own suspicions 5, No, not that I know of
covidw	In the past month, have you had Covid-19 (coronavirus)? (24/08/2020-)	1, Yes diagnosed and recovered 2, Yes diagnosed and still ill 3, Not formally diagnosed but suspected 4, Not that I know of / No
covidcontact	In the last week, do you believe you have come into CLOSE CONTACT with somebody who has Covid-19 (e.g. living with, hugging, shaking hands with, or spending more than 15 minutes with)? (21/03/2020 – 13/09/2020)	1, No 2, Yes 3, Unsure
isolationstatus	What is your current isolation status? (tick any that apply) By "staying at home" we mean avoiding leaving the house for everything apart from exercise, shopping for essentials, or medical need. By "self-isolating" we mean staying at home and avoiding contact with any people inside or outside the household. (21/03/2020- 12/04/2020)	1, I am living my life as normal 2, I am not "staying at home", but I have cut down on my usual activities as a precaution 3, I am not "staying at home" specifically, but I have stopped going to work like normal and am working from home 6, I am "staying at home" because I have an existing medical condition or am categorised as high risk

4, I am "staying at home" as I am worried about spreading it to others or getting ill (but I am not high risk)
5, I am "staying at home" to protect a family member, friend or housemate who has an existing medical condition / is high risk
8, I am "staying at home" as it has been ordered by the government or local authority as part of a lock down
9, I am "staying at home" but this is NOT because of Covid-19 but because of another reason e.g. a pre-existing health condition or disability
7, I am "self-isolating" (avoiding contact with all people as much as I can) due to a diagnosis of Covid-19 or possible infection

isolation_new	What is your current isolation status? (12/04/2020- 04/07/2020)	1, I am in full isolation, not leaving my home at all 2, I am staying at home, only leaving for exercise, food shopping, accessing medication, or essential activity permitted by government guidelines 3, I am staying at home, only leaving for exercise, food shopping or accessing medication AND work OR other essential task (e.g. volunteering) 4, I am NOT following the stay-at-home recommendations but am adhering to social distancing when in public (e.g. staying 2m away from others) 5, I am NOT following the stay-at-home recommendations or social distancing when I am out 6, I am leaving the house for more reasons than those listed above but am adhering to social distancing in public (e.g. staying 2m away from others) 7, I am leaving the house for more reasons than those listed above and am NOT adhering to social distancing in public (e.g. staying 2m away from others)

leavinghome	In the past week, which of these have you left your home for? [NB some of these activities may not yet be allowed in different UK nations] (17/06/2020-)	1, Exercise 2, Buying food or medication 3, Other shopping 4, Other errands (e.g. taking a child to school) 5, Work 6, Other essential task (e.g. volunteering) 7, Visiting people in a support bubble 8, Meeting up with friends or family (not in a support bubble) 9, Going out for meals or entertainment 10, Day trip or other outing 11, Other reason 12, I am not leaving my home
isolation_reason	What are the motivations for your current isolation status above? (please tick all that apply) (13/04/2020-19/06/2020)	1, I am worried about catching Covid-19 and I have an existing medical condition or am categorised as high risk 2, I am worried about catching Covid-19 but am not high risk 3, I wish to protect/shield a family member/friend who is high risk 4, I am worried about spreading Covid-19 to others 5, It has been ordered by the government (e.g. as part of lockdown) 6, Another reason not relating to Covid-19 (e.g. maternity leave, pre-existing illness, or disability) 7, None of the above

life_diff	How different has life been for you in the past week compared to life before Covid-19? (21/04/2020- 07/02/2021)	1, Entirely the same as usual 2, Only a little different 3, Quite a few differences 4, Lots of differences 5, Completely different
daysisolating	In the past 7 days, how many days have you: not left the house or garden?	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7
daysoutside	In the past 7 days, how many days have you: been outside for 15 minutes or more (including on a balcony or in the garden)?	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7
daysface	In the past 7 days, how many days have you: had face-to-face contact with another person for 15 minutes or more (including someone you live with)?	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7
dayscall	In the past 7 days, how many days have you: had a phone or video call with another person for 15 minutes or more?	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7
sleep	Over the past week, how has your sleep been?	1, Very good 2, Good 3, Average 4, Not good 5, Very poor
smokechange	Over the past week have you smoked more than usual? (21/03/2020 – 23/08/2020)	1, Less than usual 2, About the same 3, More than usual 4, I don't smoke
smoker_repeated	Do you currently smoke? (08/02/2021-)	1, No 2, Current light smoker (9 or less a day) 3, Current moderate smoker (10-19 a day) 4, Current heavy smoker (20+ a day)
alcohol_repeated	How many alcoholic drinks have you had in the past week (e.g. how many glasses of wine / pints of beer or cider / shots of spirits)? (08/02/2021-)	0, 0|1, 1|2, 2|3, 3|4, 4|5, 5|6, 6|7, 7|8, 8|9, 9|10, 10|11, 11|12, 12|13, 13|14, 14|15, 15|16, 16|18, 18|19, 19|20, 20|21, 21+

alcoholchangem	Over the past week have you drunk alcohol more than during lockdown in April/May? (24/08/2021- 07/02/2021)	1, Less than lockdown in April/May 2, About the same 3, More than in April/May 4, I don't drink alcohol
alcoholchange	Over the past week have you drunk alcohol more than usual? (21/03/2020 – 23/08/2020)	1, Less than usual 2, About the same 3, More than usual 4, I don't drink alcohol
foodchange_2	Over the past week have you eaten more than usual? (31/03/2020- 23/08/2020)	1, Less than usual 2, About the same 3, More than usual
foodchangem	Over the past week have you eaten more than during lockdown in April/May? (24/08/2021- 07/02/2021)	1, Less than lockdown in April/May 2, About the same 3, More than in April/May
dietchange_3	Over the past week how has your diet been? (31/03/2020- 23/08/2020)	1, Less healthy than usual 2, About the same healthiness as usual 3, More healthy than usual
dietchangem	Over the past week how was your diet been compared to during lockdown in April/May? (24/08/2020-07/02/2021)	1, Worse than lockdown in April/May 2, About the same 3, Better than lockdown in April/May
onssat	Overall, in the past week, how satisfied have you been with your life?	0, 0 - not at all | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 - completely
onsworth	In the past week, to what extent have you felt the things you are doing in your life are worthwhile?	0, 0 - not at all | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 - completely
onshappy	In the past week, how happy did you feel? (21/04/2020 -)	0, 0 - not at all | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 - completely
covidknowledge	How would you rate your knowledge level on Covid-19?	1, 1 - very poor knowledge | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - very good knowledge
followingisolation	Are you following the recommendations from authorities to prevent spread of Covid-19?	1, 1 - not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - very much so
socdist	When you go out or meet with others have you been maintaining social distancing?	1, Yes, completely 2, Yes, to a large extent

	(17/06/2020-)	3, Not always 4, Not at all 0, Not applicable - I have not met with others or left my home in the last week
confidencegov	How much confidence do you have in the UK GOVERNMENT that they can handle Covid-19 well? If you live in a devolved nation, we ask you to focus on the government within your country (e.g. the Scottish government / Welsh government / Northern Ireland Executive) (21/03/2020- 18/06/2020)	1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots
confidencegov_central	How much confidence do you have in the CENTRAL UK GOVERNMENT that they can handle Covid-19 well? [Please answer this question about the government in Westminster, even if you live in a devolved nation] (13/06/2020-)	1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots
confidencegov_devolved	If you live in a DEVOLVED NATION (i.e. Scotland, Wales or NI), how much confidence do you have in the government WITHIN YOUR OWN COUNTRY that they can handle Covid-19 well? (e.g. the Scottish government / Welsh government / Northern Ireland Executive) [NB you have already told us which country you live in] (13/06/2020-)	1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – Lots | 8, Not applicable - I live in England
confidencehealth	How much confidence do you have that the UK HEALTH SERVICE can cope during Covid-19? If you live in a devolved nation, we ask you to focus on the health service within your country (e.g. NHS Health Scotland / NHS Wales / HSCNI)	1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots

confidenceessent	How much confidence do you have that ESSENTIALS (e.g. access to food, water, medicines, deliveries) will be maintained during Covid-19?	1, 1 - None at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - Lots
adverse	Have you experienced any of the following in the past week? (25/03/2020-)	1, Lost your job / been unable to do paid work 2, Your spouse/partner lost their job or was unable to do paid work 10, Major cut in household income (e.g. due to you or your partner being furloughed / put on leave / not receiving sufficient work) 3, Unable to pay bills / rent / mortgage 4, Evicted / lost accommodation 5, Unable to access sufficient food 6, Unable to access required medication 7, Somebody close to you is ill in hospital (due to Covid-19 or another illness) 8, You lost somebody close to you (due to Covid-19 or another cause) 9, None of the above
phq1	Over the last week, how often have been bothered by: Little interest or pleasure in doing things	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq2	Over the last week, how often have been bothered by: Feeling down, depressed, or hopeless	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq3	Over the last week, how often have been bothered by: Trouble falling/staying asleep, sleeping too much	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day

phq4	Over the last week, how often have been bothered by: Feeling tired or having little energy	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq5	Over the last week, how often have been bothered by: Poor appetite or overeating	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq6	Over the last week, how often have been bothered by: Feeling bad about yourself or that you are a failure or have let yourself or your family down	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq7	Over the last week, how often have been bothered by: Trouble concentrating on things, such as reading the newspaper or watching television	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq8	Over the last week, how often have been bothered by: Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phq9	Over the last week, how often have been bothered by: Thoughts that you would be better off dead or of hurting yourself in some way	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
harm1	Over the last week, how often have been bothered by: Self-harming or deliberately hurting yourself (30/03/2020-)	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day

harm2	Over the last week, how often have been bothered by: Being physically harmed or hurt by somebody else (30/03/2020-)	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
harm3	Over the last week, how often have been bothered by: Being bullied, controlled, intimidated or psychologically hurt by someone else (30/03/2020-)	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
phqextra	If you checked off any of these problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	1, Not difficult at all 2, Somewhat difficult 3, Very difficult 4, Extremely difficult 5, Not applicable
stressorsminor	Over the past week, have any of the following been worrying you at all, even if only in a minor way? (Tick any that apply)	1, Marriage or other romantic relationship 2, Friends or family living in your household 3, Friends or family living outside your household 4, Neighbours 5, Your pet 6, Work (even if you feel your job is safe) 7, Losing your job / unemployment 8, Finances 9, Getting medication 10, Getting food 11, Your own safety / security 12, Internet access 13, Boredom 14, Future plans 15, Catching Covid-19 16, Becoming seriously ill from Covid-19 17, None of these 18, Brexit or the impact Brexit could have on your life (added on 23/12/2020)

stressorsmajor	Have any of these things been causing you SIGNIFICANT stress? (e.g. they have been constantly on your mind or have been keeping you awake at night) (Tick any that apply)	1, Marriage or other romantic relationship 2, Friends or family living in your household 3, Friends or family living outside your household 4, Neighbours 5, Your pet 6, Work (even if you feel your job is safe) 7, Losing your job / unemployment 8, Finances 9, Getting medication 10, Getting food 11, Your own safety / security 12, Internet access 13, Boredom 14, Future plans 15, Catching Covid-19 16, Becoming seriously ill from Covid-19 17, None of these 18, Brexit or the impact Brexit could have on your life (added on 23/12/2020)
gad1	Over the last week, how often have been bothered by: ...Feeling nervous, anxious or on edge	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
gad2	Over the last week, how often have been bothered by: ...Not being able to stop or control worrying	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
gad3	Over the last week, how often have been bothered by: ...Worrying too much about different things	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day

gad4	Over the last week, how often have been bothered by: ...Trouble relaxing	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
gad5	Over the last week, how often have been bothered by: ...Being so restless that it is hard to sit still	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
gad6	Over the last week, how often have been bothered by: ...Becoming easily annoyed or irritable	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day
gad7	Over the last week, how often have been bothered by: ...Feeling afraid as if something awful might happen	1, Not at all 2, One or two days 3, More than half the days 4, Nearly every day

treatment	In the past week have you done any of the following to support your mental health? (Tick any that apply) (13/04/2020-)	1, Taken medication (e.g. anti-depressants) 2, Spoken with a psychiatrist, psychologist or other mental health professional 3, Spoken with a GP or other healthcare professional about your mental health 4, Spoken to somebody on a support helpline (e.g. Samaritans or NHS Volunteers) 5, Accessed an online mental health programme (e.g. CBT) 6, Spoken with others on an online mental health forum 7, Used other mental health resources (e.g. self-help books, videos, or apps) 8, Spent time on self-care specifically to help your mental health (e.g. mindfulness, meditation, or planning time for hobbies or relaxation) 9, Spoken about your mental health to a friend or family member 0, None of the above
supp1	In the past week, I feel: I have experienced a lot of understanding and support from others	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
supp2	In the past week, I feel: I have a very close person whose help I can always count on	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
supp3	In the past week, I feel: If necessary, I can easily borrow something I need from neighbours or friends	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
supp4	In the past week, I feel: I have people with whom I can spend time and do things together	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
supp5	In the past week, I feel: If I get sick, I have friends and family who will take care of me	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true

supp6	In the past week, I feel: If I am feeling down, I have people I can talk to without hesitation	1, 1 - not at all true | 2, 2 | 3, 3 | 4, 4 | 5, 5 - very true
soc1	How often do you feel that you lack companionship	1, Hardly ever 2, Some of the time 3, Often
soc2	How often do you feel left out	1, Hardly ever 2, Some of the time 3, Often
soc3	How often do you feel isolated from others	1, Hardly ever 2, Some of the time 3, Often
soc4	How often do you feel lonely	1, Hardly ever 2, Some of the time 3, Often

This is the LAST QUESTION and asks about how long you've spent doing different activities.
Please answer the questions below FOCUSING ON A SINGLE DAY. This day should be THE LAST WEEK DAY (i.e. Monday to Friday). This may be YESTERDAY, or it may be before the weekend.
(21/03/2020-23/08/2020)

acta1	Phoning or video talking with colleagues whilst working remotely	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta2	Undertaking other work remotely	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

acta3	Going to work outside of the house (e.g. to the office)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta4	Phoning or video talking with friends or family	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta5	Communicating with friends or family via email, whatsapp, text or other messaging service	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta6	Receiving visits from friends, neighbours, family or carers	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta7	Caring for a friend or relative	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
acta8	Volunteering	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

actb1	Going out of the house to meet friends, neighbours or family	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb2	Going out of the house to go shopping	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb3	Going out for a walk or other gentle physical activity	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb4	Going out for moderate or high intensity activity (e.g. running, cycling or swimming)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb5	Going out of the house to engage in a community group	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb6	Exercising inside your home or garden (e.g. doing yoga, weights or indoor exercise)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

actb7	Gardening	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actb8	Looking after pets	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc1	Taking naps during the day	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc2	Household chores (cooking, cleaning, ironing, tidying, online shopping etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc3	Caring for children (e.g. bathing, feeding, doing homework with etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc4	Playing with children (e.g. general play or board games or card games)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

actc5	Playing cards or board games with adults	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc6	Playing video or computer games alone, or with adults or children	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc7	Watching the news, listening to the radio or browsing the internet for information about Covid-19	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actc8	Tweeting, blogging or posting content online about Covid-19	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd0	Watching TV, films, Netflix etc (NOT for information on Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd1	Listening to the radio or music (NOT for information on Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

actd2	Browsing the internet (NOT for information on Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd3	Tweeting, blogging or posting content (NOT related to Covid-19)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd4	Reading for pleasure	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd5	Engaging in a home-based arts or crafts activity (e.g. painting, creative writing, sewing, playing music, etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd6	Engaging in a digital arts activity (e.g. streaming a concert, virtual tour of a museum etc)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd7	Doing DIY, woodwork, metal work, model making or similar	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

actd8	Doing mindfulness or meditation	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd11	Praying	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd9	Another hobby not already mentioned	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours
actd10	Procrastinating or not doing anything in particular	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6-+ hours

Compared to DURING LOCKDOWN IN APRIL/MAY, how much time have you been spending on these activities in the last week? (24/08/2020-03/02/21)

timeuse1	Work	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity

timeuse2	Exercise	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse3	Spending time face-to-face with family and friends	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse4	Spending time communicating digitally with family and friends	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse5	Going out to shops, restaurants, cafes, community venues etc.	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse6	Reading for pleasure	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse7	Listening to music	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity

timeuse8	Arts and crafts activities	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse9	Other hobbies	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse10	Childcare	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse11	Following the news on Covid-19 (radio, print, TV, internet etc)	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse12	Watching TV, streaming films or gaming	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity
timeuse13	Housework / DIY	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity

timeuse14	Volunteering	1, Less than during lockdown in April/May 2, About the same as lockdown in April/May 3, More than during lockdown in April/May 4, Not applicable / I never do this activity

"Please answer the questions below FOCUSING ON A SINGLE DAY. This day should by THE LAST WEEK DAY (i.e. Monday to Friday). This may be YESTERDAY or it may be before the weekend. How much time did you spend on the last weekday doing the following?" (04/02/21-)

acttime1	Work	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime2	Exercise	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime3	Spending time face-to-face with family and friends	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime4	Spending time communicating digitally with family and friends	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours

acttime5	Going out to shops/restaurants/cafes/community venues etc	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime6	Reading for pleasure	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime7	Listening to music	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime8	Arts & crafts activities	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime9	Other hobbies	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime10	Childcare (including home schooling)	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours

acttime11	Following the news (radio/TV/print/internet etc) on Covid-19	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime12	Watching television, streaming films or gaming	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime13	Housework or DIY	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours
acttime14	Volunteering	0, Did not do 1, < 30 mins 2, 30 mins-2 hours 3, 3-5 hours 4, 6+ hours

tier	If you live in England or Scotland, what is the level of coronavirus restrictions in the area where you are currently living? (19/10/2020-04/01/2021)	1, England - Tier 1 (medium) 2, England - Tier 2 (high) 3, England - Tier 3 (very high) 4, I live in England but I don't know 5, I don't live in England

	6, Scotland - Tier 0 (nearly normal) 7, Scotland - Tier 1 (medium) 8, Scotland - Tier 2 (high) 9, Scotland - Tier 3 (very high) 10, Scotland - Tier 4 (lockdown) 11, I live in Scotland but I don't know 12, I don't live in England or Scotland 40, England - Tier 4 (highest) (added on 20/12/2020)

Section 3: Extra Modules

Volunteering module (21/04/2020-11/05/2020)

vol1	Home-schooling child in your household	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol2	Volunteering with childcare for a friend, relative or neighbours	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol3	Running errands for friends, relatives or neighbours (e.g. collecting shopping, medication etc)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol4	Making meals for friends, relatives or neighbours	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol5	Volunteering with deliveries or providing lifts to NHS staff	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day

vol6	Volunteering at a hospital, care home, or other healthcare facility	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol7	Volunteering taking part in research (other than this study)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol8	Offering telephone support to others through a support line (e.g. Samaritans or GoodSam)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol9	Knitting, sewing or other crafts to support people during Covid-19 (e.g. scrubs for nurses)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol10	Providing free accommodation to people affected by Covid-19 (e.g. NHS staff or people who are homeless)	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol11	Donating money to charities supporting Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day

vol12	Providing entertainment to others (e.g. via social media or YouTube) to boost morale	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol13	Providing pro-bono support to businesses or projects	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol14	Other volunteering activity relating to Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
vol15	Other volunteering activity NOT relating to Covid-19	1, None 2, A few days 3, Once or twice a week 4, Most days 5, Every day
volunteeramount	How does this amount of volunteering in the past month compare to your usual amount of volunteering?	1, Less than usual 2, About the same as usual 3, More than usual

Control, frustrations and expectations module (01/05/2020- 07/05/2020; 02/07/2020-08/07/2020; 05/10/2020-01/11/2020)

control1	How much do you currently feel in control of these aspects of your life: Your finances	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

control2	How much do you currently feel in control of these aspects of your life: Your work / employment / job	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control3	How much do you currently feel in control of these aspects of your life: Your physical health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control8	How much do you currently feel in control of these aspects of your life: Your mental health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control4	How much do you currently feel in control of these aspects of your life: Your marriage or close relationship	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control5	How much do you currently feel in control of these aspects of your life: Your relationship with your family	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control6	How much do you currently feel in control of these aspects of your life: Your contribution to the welfare and wellbeing of others	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

control7	How much do you currently feel in control of these aspects of your life: Your future plans	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
missing_minor	Are you currently missing any of the following aspects of normal life at all (even if only in a minor way)? (01/05/2020-07/05/2020; 20/01/2021-17/02/2021)	1, Meeting up with family 2, Meeting up with friends 3, Going out for coffees or drinks 4, Going out for meals 5, Going on holiday 6, Going to cultural venues (e.g. libraries/cinema/theatre/museum) 7, Taking part in community groups (e.g. arts or social groups) 8, Doing regular volunteering activities 9, Spending time in nature 10, Going to the gym or other exercise 11, Going to the office 12, Having time on your own 13, None of the above

missing_major	Are you currently missing any of the following aspects of normal life in a MAJOR way? (E.g. you find yourself regularly wishing you could do these things) (01/05/2020-07/05/2020; 20/01/2021-17/02/2021)	1, Meeting up with family 2, Meeting up with friends 3, Going out for coffees or drinks 4, Going out for meals 5, Going on holiday 6, Going to cultural venues (e.g. libraries/cinema/theatre/museum) 7, Taking part in community groups (e.g. arts or social groups) 8, Doing regular volunteering activities 9, Spending time in nature 10, Going to the gym or other exercise 11, Going to the office 12, Having time on your own 13, None of the above
afterlockdown	Are you worried about any of the following happening within society when lockdown ends or eases? (tick any that apply) (01/05/2020-07/05/2020; 20/01/2021-17/02/2021)	1, Cases of Covid-19 increasing 2, Hospitals becoming overwhelmed 3, People not adhering to social distancing (e.g. staying 2m apart) 4, Unemployment levels rising 5, Crime levels rising 6, Recession 7, Pollution increasing 9, Decreasing social cohesion / increasing social discontent 8, None of the above

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How much do you currently feel in control of these aspects of your life? (Leave blank if any are not applicable) (Sep/Nov 2021)

control1_2021	Your finances	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control2_2021	Your work / employment / job	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control3_2021	Your physical health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control8_2021	Your mental health	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control4_2021	Your marriage or close relationship	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control5_2021	Your relationship with your family	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

control6_2021	Your contribution to the welfare and wellbeing of others	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely
control7_2021	Your future plans	1, Not at all 2, Not very much 3, A little 4, Very much so 5, Entirely

Coping module

How have you been coping during lockdown? (07/05/2020-14/05/2020; 03/05/2021-30/05/2021)

cop1	I have been turning to work or other activities to take my mind off things	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop2	I've been concentrating my efforts on doing something about the situation I'm in	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop3	I've been saying to myself "this isn't real"	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot
cop4	I've been using alcohol or other drugs to make myself feel better	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot

cop5	I’ve been getting emotional support from others	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop6	I’ve been giving up trying to deal with it	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop7	I’ve been taking action to try to make the situation better	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop8	I’ve been refusing to believe that it has happened	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop9	I’ve been saying things to let my unpleasant feeling escape	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop10	I’ve been getting help and advice from other people	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop11	I’ve been using alcohol or other drugs to help me get through it	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop12	I’ve been trying to see it in a different light, to make it seem more positive	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot

cop13	I’ve been criticising myself	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop14	I’ve been trying to come up with a strategy about what to do	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop15	I’ve been getting comfort and understanding from someone	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop16	I’ve been giving up the attempt to cope	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop17	I’ve been looking for something good in what is happening	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop18	I’ve been making jokes about it	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop19	I’ve been doing something to think about it less such as watching TV, reading, daydreaming, sleeping, or internet shopping	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop20	I’ve been accepting the reality of the fact that it has happened	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot

cop21	I’ve been expressing my negative feelings	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop22	I’ve been trying to find comfort in my religion or spiritual beliefs	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop23	I’ve been trying to get advice or help from other people about what to do	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop24	I’ve been learning to live with it	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop25	I’ve been thinking hard about what steps to take	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop26	I’ve been blaming myself for things that happened	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot
cop27	I’ve been praying or meditating	1, I haven’t been doing this at all 2, I’ve been doing this a little bit 3, I’ve been doing this a medium amount 4, I’ve been doing this a lot

cop28	I've been making fun of the situation	1, I haven't been doing this at all 2, I've been doing this a little bit 3, I've been doing this a medium amount 4, I've been doing this a lot

Fears and resilience module (14/05/2020-31/07/2020)

cas1	How often have you experienced the following activities over the last 2 weeks? I felt dizzy, lightheaded, or faint, when I read or listened to news about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks
cas2	How often have you experienced the following activities over the last 2 weeks? I had trouble falling or staying asleep because I was thinking about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks
cas3	How often have you experienced the following activities over the last 2 weeks? I felt paralyzed or frozen when I thought about or was exposed to information about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks
cas4	How often have you experienced the following activities over the last 2 weeks? I lost interest in eating when I thought about or was exposed to information about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks
cas5	How often have you experienced the following activities over the last 2 weeks? I felt nauseous or had stomach problems when I thought about or was exposed to information about the coronavirus	1, Not at all 2, Rarely less than a day or two 3, Several days 4, More than 7 days 5, Nearly every day over the last 2 weeks

res1	How would you describe yourself? I tend to bounce back quickly after hard times (14/05/2020-26/05/2020)	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res2	How would you describe yourself? I have a hard time making it through stressful events	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res3	How would you describe yourself? It does not take me long to recover from a stressful event	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res4	How would you describe yourself? It is hard for me to snap back when something bad happens	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res5	How would you describe yourself? I usually come through difficult times with little trouble	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
res6	How would you describe yourself? I tend to take a long time to get over set-backs in my life	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree

art1	In the past week, how many days have you been engaging in the following creative activities for leisure? Singing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art2	In the past week, how many days have you been engaging in the following creative activities for leisure? Playing a musical instrument	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art3	In the past week, how many days have you been engaging in the following creative activities for leisure? Painting, drawing, printmaking or sculpture	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art4	In the past week, how many days have you been engaging in the following creative activities for leisure? Reading books, stories or poetry	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art5	In the past week, how many days have you been engaging in the following creative activities for leisure? Textile crafts e.g. embroidery, crocheting or knitting	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art6	In the past week, how many days have you been engaging in the following creative activities for leisure? Wood crafts e.g. carving or furniture making	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day

art7	In the past week, how many days have you been engaging in the following creative activities for leisure? Other crafts e.g. pottery, calligraphy or jewellery making	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art8	In the past week, how many days have you been engaging in the following creative activities for leisure? Creative writing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art9	In the past week, how many days have you been engaging in the following creative activities for leisure? Dancing	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art10	In the past week, how many days have you been engaging in the following creative activities for leisure? Photography	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art11	In the past week, how many days have you been engaging in the following creative activities for leisure? Creating digital artworks or animations	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art12	In the past week, how many days have you been engaging in the following creative activities for leisure? Making films or videos	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day

art13	In the past week, how many days have you been engaging in the following creative activities for leisure? Listening to music	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
art14	In the past week, how many days have you been engaging in the following creative activities for leisure? Other creative activity	1, Not at all 2, A few days 3, Once or twice a week 4, Most days 5, Every day
artscomp	How does this compare to your usual arts engagement not in lockdown? (21/05/2020-10/06/2020)	1, Less than usual 2, About the same as usual 3, More than usual
ersaca1	When you are engaging in these activities, how much do you agree with the statements below: I can block out any unwanted thoughts or feelings (21/05/2020-28/05/2020)	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca2	When you are engaging in these activities, how much do you agree with the statements below: I can contemplate what is going on in my life with a clear mind	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca3	When you are engaging in these activities, how much do you agree with the statements below: I can shake off any anxieties in my life	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca4	When you are engaging in these activities, how much do you agree with the statements below: I feel I am in my own little bubble, away from ordinary worries	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca5	When you are engaging in these activities, how much do you agree with the statements below: I feel more confident in myself	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca6	When you are engaging in these activities, how much do you agree with the statements below: It boosts my self-esteem	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca7	When you are engaging in these activities, how much do you agree with the statements below: It gives me a sense of purpose	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca8	When you are engaging in these activities, how much do you agree with the statements below: It helps me forget about my worries	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca9	When you are engaging in these activities, how much do you agree with the statements below: It helps me refocus on what matter in my life	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca10	When you are engaging in these activities, how much do you agree with the statements below: It helps me to come to terms with my own emotions	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca11	When you are engaging in these activities, how much do you agree with the statements below: It helps me to disengage from things that are bothering me	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca12	When you are engaging in these activities, how much do you agree with the statements below: It helps me to put worries or problems I have in perspective	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca13	When you are engaging in these activities, how much do you agree with the statements below: It helps me to understand my own feelings on things that are on my mind	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca14	When you are engaging in these activities, how much do you agree with the statements below: It makes me feel detached from negative things in my life	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca15	When you are engaging in these activities, how much do you agree with the statements below: It makes me feel stronger in myself	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

ersaca16	When you are engaging in these activities, how much do you agree with the statements below: It makes me reflect on my emotions	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca17	When you are engaging in these activities, how much do you agree with the statements below: It reaffirms my identity	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree
ersaca18	When you are engaging in these activities, how much do you agree with the statements below: It redirects my attention so I forget unwanted thoughts and feelings	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly agree

Life events modules

In the 12 months prior to lockdown (March 2019 to March 2020), did any of the events below happen to you? If yes, please indicate to what extent you were distressed by it. (04/06/2020-19/06/2020)

lifeevent1	Personal serious illness, injury or operation	1, No, it didn’t happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn’t upset me

lifeevent2	Death of close relative or friend	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent3	Serious illness, injury or operation of a close relative or friend	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent4	Major financial difficulty	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent5	Divorce, separation or break-up of personal intimate relationship	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent6	Other marital or family problem	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent7	Breakdown of another relationship (e.g. with a friend or colleague)	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me

lifeevent8	Any mugging, robbery, accident or similar event	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent9	Change of job or start of new university course or training	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent10	Retirement	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent11	Moved house	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me
lifeevent12	Had a baby	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me

In the past year since the pandemic started in the UK, did any of the events below happen to you? If yes, please indicate to what extent you were distressed by them.

lifeevent1_2021	Personal serious illness, injury or operation	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent2_2021	Death of close relative or friend	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent3_2021	Serious illness, injury or operation of a close relative or friend	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent4_2021	Major financial difficulty	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent5_2021	Divorce, separation or break-up of personal intimate relationship	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent6_2021	Other marital or family problem	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all

lifeevent7_2021	Breakdown of another relationship (e.g. with a friend or colleague)	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent8_2021	Any mugging, robbery, accident or similar event	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent9_2021	Change of job or start of new university course or training	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent10_2021	Retirement	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent11_2021	Moved house	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all
lifeevent12_2021	Had a baby	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all

lifeevent13_2021	Loss of work or period of unemployment	1, No, it didn't happen 2, Yes, it upset me very much 3, Yes, it upset me moderately 4, Yes, but it didn't upset me too much 5, Yes, but it didn't upset me at all

Optimism module

To what extent do you agree with the statements below? (04/06/2020-11/06/2020)

rlo1	In uncertain times, I usually expect the best	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo2	It's easy for me to relax	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo3	If something can go wrong for me, it will	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo4	I'm always optimistic about my future	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree

rlo5	I enjoy my friends a lot	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo6	It’s important for me to keep busy	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo7	I hardly ever expect things to go my way	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo8	I don’t get upset too easily	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo9	I rarely count on good things happening to me	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree
rlo10	Overall, I expect more good things happen to me than bad	1, Strongly disagree 2, Disagree 3, Neutral 4, Agree 5, Strongly agree

Locus of control module

To what extent do you agree with the following statements? (04/06/2020-11/06/2020)

loc1	In my life, good luck is more important than hard work for success	1, strongly disagree 2, disagree 3, agree 4, strongly agree
loc2	When I make plans, I am almost certain I can make them work	1, strongly disagree 2, disagree 3, agree 4, strongly agree
loc3	Every time I try to go ahead, something or somebody stops me	1, strongly disagree 2, disagree 3, agree 4, strongly agree
loc4	My plans hardly every work out, so planning makes me unhappy	1, strongly disagree 2, disagree 3, agree 4, strongly agree
loc5	I don’t have enough control over direction of my life is taking	1, strongly disagree 2, disagree 3, agree 4, strongly agree

loc6	Chance and luck are very important for what happens in my life	1, strongly disagree 2, disagree 3, agree 4, strongly agree

Empathy module

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you. (11/06/2020-18/06/2020)

iri1	I sometimes find it difficult to see things from the "other person's" point of view	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri2	I try to look at everybody's side of a disagreement before I make a decision	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri3	I sometimes try to understand my friends better by imagining how things look from their perspective	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri4	If I'm sure I'm right about something, I don't waste much time listening to other people's arguments	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri5	I believe that there are two sides to every question and try to look at them both	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri6	When I'm upset at someone, I usually try to "put myself in their shoes" for a while	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri7	Before criticizing somebody, I try to imagine how I would feel if I were in their place	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri8	I often have tender, concerned feelings for people less fortunate than me	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri9	Sometimes I don't feel very sorry for other people when they are having problems	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well

iri10	When I see someone being taken advantage of, I feel kind of protective towards them	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri11	Other people's misfortunes do not usually disturb me a great deal	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri12	When I see someone being treated unfairly, I sometimes don't feel very much pity for them	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri13	I am often quite touched by things that I see happen	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well
iri14	I would describe myself as a pretty soft-hearted person	1, 1 – Does not describe me well | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Describes me very well

Lockdown module (11/06/2020-18/06/2020)

enjoylock	How much have you enjoyed lockdown?	1, 1 – Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much
misslock	Do you feel you will miss being in lockdown?	1, 1 – Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much
futurelock	How do you feel about the prospect of any future lockdowns?	1, 1 – I would dread it | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – I would really look forward to it

Weight module (28/05/2020-04/06/2020)

weight	How would you describe your weight usually (i.e. before lockdown started)?	1, Underweight 2, Normal weight 3, Slightly overweight 4, Very overweight 5, Prefer not to say

weightchange	Since lockdown started, how you would describe your weight?	1, I have lost a lot of weight 2, I have lost a little bit of weight 3, I have stayed the same weight 4, I have gained a bit of weight 5, I have gained lots of weight 6, Prefer not to say

Gambling behaviours module (28/05/2020-04/06/2020)

gamb1	Since lockdown started, have you engaged in any of the following? Chance-based gambling (e.g. roulette, bingo)	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day
gamb2	Since lockdown started, have you engaged in any of the following? Skills-based gambling (e.g. poker or blackjack)	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day
gamb3	Since lockdown started, have you engaged in any of the following? Fixed odds betting	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day
gamb4	Since lockdown started, have you engaged in any of the following? Scratch cards	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day

gamb5	Since lockdown started, have you engaged in any of the following? Playing a lottery	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day
gamb6	Since lockdown started, have you engaged in any of the following? Other types of gambling/betting	1, Not at all 2, A few times 3, Once or twice a week 4, Most days each week 5, Every day
gambfreq	How does this betting/gambling compare to your usual levels not in lockdown?	1, Less than usual 2, About the same as usual 3, More than usual 4, I don't do these things

Mental health modules

When lockdown first started in March, did you have a diagnosis of any of the following, for which you felt you were still experiencing symptoms? (18/06/2020-24/06/2020)

mhdiagnosis___1	Schizophrenia	0, Unchecked 1, Checked
mhdiagnosis___2	Bipolar disorder	0, Unchecked 1, Checked
mhdiagnosis___3	Manic depression	0, Unchecked 1, Checked
mhdiagnosis___4	Obsessive-compulsive disorder	0, Unchecked 1, Checked
mhdiagnosis___5	Post-traumatic stress disorder	0, Unchecked 1, Checked
mhdiagnosis___6	An eating disorder	0, Unchecked 1, Checked

mhdiagnosis___7	Psychosis	0, Unchecked 1, Checked
mhdiagnosis___8	Panic disorder	0, Unchecked 1, Checked
mhdiagnosis___9	Anxiety	0, Unchecked 1, Checked
mhdiagnosis___10	Depression	0, Unchecked 1, Checked
mhdiagnosis___13	Other mental health condition	0, Unchecked 1, Checked
mhdiagnosis___11	Autism	0, Unchecked 1, Checked
mhdiagnosis___12	Other learning disability	0, Unchecked 1, Checked
mhdiagnosis___14	Prefer not to say	0, Unchecked 1, Checked
mhdiagnosis___15	None of the above	0, Unchecked 1, Checked
Changes in mental health		
mhchangelock	How do you feel your mental health was affected during lockdown in April/May? (18/06/2020-25/06/2020)	1, My mental health got worse compared to before Covid-19 2, My mental health was about the same 3, My mental health got better compared to before Covid-19
mhchangelock_le_2	Overall, how do you feel your mental health has been affected AS RESTRICTIONS HAVE TIGHTENED AGAIN this autumn compared to over the summer? (16/11/2020-13/12/2020)	1, My mental health got worse compared to before restrictions started to lift 2, My mental health was about the same

		3, My mental health got better compared to before restrictions started to lift

Finance modules

financesupport	Have you used any of the following since lockdown began? (28/05/2020-04/06/2020)	1, Foodbanks 2, Donations of food or clothing or other essentials 3, Furlough payments through your work 4, Self-employed income support 5, Universal credit 6, Pension credit 7, Housing benefit 8, Council tax support/reduction 9, Business support (e.g. business loans) 10, Bank loans 11, Mortgage holiday or other mortgage freeze 12, Deferred VAT or income tax payments 13, Insurance claims 14, Sick pay 15, Loans or other financial help from family or friends 16, Other financial support 17, None of the above
financesupport_le_2	Have you used any of the following SINCE THE START OF AUGUST? (21/12/2020-17/01/2021)	1, Foodbanks 2, Donations of food or clothing or other essentials 3, Furlough payments through your work 4, Self-employed income support 5, Universal credit 6, Pension credit 7, Housing benefit 8, Council tax support/reduction

		9, Business support (e.g. business loans) 10, Bank loans 11, Mortgage holiday or other mortgage freeze 12, Deferred VAT or income tax payments 13, Insurance claims 14, Sick pay 15, Loans or other financial help from family or friends 16, Other financial support 17, None of the above
financebefore	In the 3 months before the Coronavirus outbreak, how well would you say you personally were managing financially? (18/06/2020-25/06/2020)	1, Living comfortably 2, Doing all right 3, Just about getting by 4, Finding it quite difficult 5, Finding it very difficult
financenow	Overall, how do you feel your current financial situation compares to before the Coronavirus outbreak? (18/06/2020-24/06/2020; 02/11/2020-29/11/2020)	1, I'm much worse off 2, I'm a little worse off 3, I'm about the same 4, I'm a little better off 5, I'm much better off
financenow_2021	Overall, how do you feel your current financial situation compares to before the Coronavirus outbreak? (20/09/2021-?)	1, I'm much worse off 2, I'm a little worse off 3, I'm about the same 4, I'm a little better off 5, I'm much better off

Region module

region	Which region of England do you live in? (06/05/2020-09/09/2020)	1, North East England 2, North West England 3, Yorkshire and the Humber 4, West Midlands

		5, East Midlands 6, East of England 7, London 8, South East England 9, South West England 10, I do not live in England

Faith and religion module (25/06/2020-02/07/2020)

faith1	These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement: Religious faith is extremely important to me	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith2	These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement: I pray or meditate daily	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith3	These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement: I look to my religion to provide meaning and purpose in my life	1, strongly disagree 2, disagree 3, agree 4, strongly agree
faith4	These questions are about your religious or spiritual beliefs. Please tick the box that best shows how you feel about each statement: I consider myself active in organised religion (usually going to church, temple, mosque etc)	1, strongly disagree 2, disagree 3, agree 4, strongly agree
religion	What is your religion?	1, No religion

		2, Christian (including Church of England, Catholic, other Protestant and all other Christian denominations) 3, Buddhist 4, Hindu 5, Jewish 6, Muslim 7, Sikh 8, Other 9, Prefer not to say
religattend	About how often have you attended religious services during the past year before the Covid-19 pandemic?	1, More than once a week 2, Once a week 3, Two or three times a month 4, One or more times a year 5, Not at all
religonline	During lockdown have you engaged in any online or digital religious activities such as watching streamed services, watching video prayers, joining online faith discussion groups, or receiving other digital spiritual support?	1, More than once a week 2, Once a week 3, Two or three times a month 4, One or more times a year 5, Not at all

Relationship modules

How would you rate the quality of your relationships with the following people since lockdown came in? (02/07/2020-10/07/2020)

rel1	Spouse or partner	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel2	Other adults you have been living with	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel3	Children you have been living with	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel4	Children outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer

rel5	Friends outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel6	Parents outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel7	Other relatives outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel8	Colleagues or co-workers	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer

rel9	Neighbours	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
relbreakdown	Have you experienced the complete break-down of your relationship with any of the following since lockdown came in?	1, Spouse or partner 2, Other adults you have been living with 3, Children you have been living with 4, Children outside of the household 5, Friends outside of the household 6, Parents outside of the household 7, Other relatives outside of the household 8, Colleagues or co-workers 9, Neighbours 10, Somebody else 0, None of the above

Overall, how would you rate the quality of your relationships with the following people OVER THE LAST YEAR? (28/06/2021-?)

We recognise that your relationship with each friend or family member will have been unique, so some may have got better and some may have got worse, but we ask you to consider your experiences as an overall average.

If you were living with somebody but the situation changed, then you can label them as "living with" or "outside of the household" based on where they have spent the most time in the last year.

rel1_2021	Spouse or partner	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer

rel2_2021	Other adults you have been living with	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel3_2021	Children you have been living with	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel4_2021	Children outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel5_2021	Friends outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer

rel6_2021	Parents outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel7_2021	Other relatives outside of the household	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel8_2021	Colleagues or co-workers	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer
rel9_2021	Neighbours	0, Not applicable 1, Much worse than usual 2, A little worse than usual 3, About the same as usual 4, A bit better than usual 5, Much better than usual 99, It's too hard to pick an answer

relbreakdown_2021	Have you experienced the complete break-down of your relationship with any of the following in the past year?	1, Spouse or partner 2, Other adults you have been living with 3, Children you have been living with 4, Children outside of the household 5, Friends outside of the household 6, Parents outside of the household 7, Other relatives outside of the household 8, Colleagues or co-workers 9, Neighbours 10, Somebody else 0, None of the above

Neighbourhood module (09/07/2020-17/07/2020)

neigh1	BEFORE COVID-19, people around here were willing to help their neighbours	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agre
neigh2	NOW, SINCE COVID-19, people around here are willing to help their neighbours	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh3	BEFORE COVID-19, people in this neighbourhood shared the same values	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree

neigh4	NOW, SINCE COVID-19, people in this neighbourhood share the same values	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh5	BEFORE COVID-19, I felt people in this neighbourhood could be trusted	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh6	NOW, SINCE COVID-19, I feel people in this neighbourhood can be trusted	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh7	BEFORE COVID-19, people in this neighbourhood generally got on with each other	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh8	NOW, SINCE COVID-19, people in this neighbourhood generally get on with each other	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh9	BEFORE COVID-19, this was a close-knit neighbourhood	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree

neigh10	NOW, SINCE COVID-19, this is a close-knit neighbourhood	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neighlong	How long have you lived in your neighbourhood?	0, < 4 months 1, 4-12 months 2, 1-2 years 3, 3-5 years 4, 6-10 years 5, 11-20 years 6, 21+ years
neighhome	How do you think of your neighbourhood?	1, 1 – Just a place to live | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Home
neighattach	How strongly “attached” to your neighbourhood do you feel?	1, 1 – no attachment | 2, 2 | 3, 3 | 4, 4 | 5, 5 – strong attachment
neighbelong	To what extent do you feel you “belong” in your community?	1, 1 – don’t belong at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 – belong strongly
neighsat1	How satisfied are you with the following aspects of your neighbourhood? Safety	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat2	How satisfied are you with the following aspects of your neighbourhood? Walkability	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat3	How satisfied are you with the following aspects of your neighbourhood? Recreational facilities (e.g. leisure centres, playgrounds etc)	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied

neighsat4	How satisfied are you with the following aspects of your neighbourhood? Local amenities (e.g. shops and takeaways)	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat5	How satisfied are you with the following aspects of your neighbourhood? Availability of usable green space / parks	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat6	How satisfied are you with the following aspects of your neighbourhood? Presence of trees	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat7	How satisfied are you with the following aspects of your neighbourhood? Maintenance of streets	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat8	How satisfied are you with the following aspects of your neighbourhood? Density of traffic	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat9	How satisfied are you with the following aspects of your neighbourhood? Level of noise	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsat10	How satisfied are you with the following aspects of your neighbourhood? Level of crowding	1, Dissatisfied 2, Neither satisfied nor dissatisfied 3, Satisfied
neighsatisfied	All things considered, how satisfied or dissatisfied are you with your neighbourhood as a place to live?	1, 1 – Very dissatisfied | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Very satisfied

"These questions are about WHERE YOU USUALLY LIVE.

If you are currently away (e.g. on holiday), please focus on the place you normally live. If have moved in the last few months, please focus on whichever place you feel you have spent enough time to answer the questions below.

How much do you agree with the following statements about your neighbourhood AS YOU HAVE EXPERIENCED IT OVER THE PAST YEAR?" (23/08/2021-?)

neigh2_2021	People around here have been willing to help their neighbours	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agre
neigh4_2021	People in this neighbourhood have shared the same values	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh6_2021	I have felt people in this neighbourhood can be trusted	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh8_2021	People in this neighbourhood have generally got on with each other	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neigh10_2021	This has been a close-knit neighbourhood	1, Strongly disagree 2, Disagree 3, Neither agree nor disagree 4, Agree 5, Strongly Agree
neighlong_2021	How long have you lived in your neighbourhood?	0, < 4 months 1, 4-12 months 2, 1-2 years 3, 3-5 years 4, 6-10 years 5, 11-20 years

		6, 21+ years
neighhome_2021	How do you think of your neighbourhood?	1, 1 – Just a place to live | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Home
neighattach_2021	How strongly "attached" to your neighbourhood do you feel?	1, 1 – no attachment | 2, 2 | 3, 3 | 4, 4 | 5, 5 – strong attachment
neighbelong_2021	To what extent do you feel you "belong" in your community?	1, 1 – don't belong at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 – belong strongly
neighsatisfied_2021	All things considered, how satisfied or dissatisfied are you with your neighbourhood as a place to live?	1, 1 – Very dissatisfied | 2, 2 | 3, 3 | 4, 4 | 5, 5 – Very satisfied

Healthcare module (16/07/2020-23/07/2020)

healthbar	Have you experienced any of the following since lockdown began?	1, Been unable to see or speak with a GP about your physical health 2, Been unable to access professional mental health support

		3, Had medical tests postponed or cancelled 4, Had scheduled medical treatment or surgeries postponed or cancelled 5, Faced any other challenge relating to access to healthcare 6, None of the above
healthbeh	Have you done any of the following since lockdown began because of worries or challenges relating to Covid-19?	1, Not reported symptoms of an illness to a GP or other health professional when you usually would have done 2, Not spoken to a health professional about your mental health when you usually would have done 3, Stopped taking medication because you could not access it (e.g. unable to collect prescription) 4, Not gone for tests or treatment even though they were available 5, None of the above

Rule understanding modules

understandpre	How well did you feel you understood the rules from the government in the FIRST HALF OF LOCKDOWN, when the message was “stay at home, protect the NHS, save lives”? Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government) (16/07/2020-23/07/2020)	1, 1 – not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much so

understandpost	How well do you feel you have understood the rules from the government SINCE THE LOCKDOWN EASING has begun? Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government) (16/07/2020-23/07/2020)	1, 1 – not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much so
understandpost_2	How well do you feel you have understood the rules from the government to prevent the spread of the virus IN THE PAST 2 MONTHS? Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government) (05/10/2020-01/11/2020)	1, 1 – not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much so
understandpost_3	How well do you feel you have understood the rules from the government to prevent the spread of the virus IN THE PAST WEEK? Please answer about the government rules in your OWN COUNTRY (so if you live in a DEVOLVED NATION, you should answer on your devolved government) (02/11/2020-)	1, 1 – not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – very much so

Lockdown holiday module

circumstances	Do any of the following apply to you? Leave blank if they do not apply (16/07/2020-23/08/2020)	1, I am currently on holiday away from my home 2, Where I am staying is currently under a local government-imposed lockdown

Discrimination module

Since lockdown came in, have any of the following things happened to you? (23/07/2020-30/07/2020)

discr1	You have been treated with less courtesy or respect than other people.	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr2	You have received poorer service than other people (e.g. for deliveries or in stores).	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr3	People have acted as if they were afraid of you	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr4	People have acted as if they think you are dishonest	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr5	You have been threatened or harassed	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
dscr6	You have received poorer service or treatment than other people from doctors or hospitals	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason

discr7	You have experienced some other kind of discrimination	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason

OVER THE PAST YEAR, have any of the following things happened to you? (26/07/2021-?)
You can tick multiple boxes for each question if you feel you have experienced these things for several different reasons.

discr1_2021	You have been treated with less courtesy or respect than other people.	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr2_2021	You have received poorer service than other people (e.g. for deliveries or in stores).	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr3_2021	People have acted as if they were afraid of you	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr4_2021	People have acted as if they think you are dishonest	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason

discr5_2021	You have been threatened or harassed	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
dscr6_2021	You have received poorer service or treatment than other people from doctors or hospitals	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason
discr7_2021	You have experienced some other kind of discrimination	1. No 2. Yes because of my gender 3. Yes because of my race/ethnicity 4. Yes because of my age 5. Yes for another reason

Risk taking module (23/07/2020-30/07/2020)

risktaking	How do you see yourself? Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?	0, 0 – Not at all willing to take risks | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 – Very willing to take risks

Life-changes module (23/07/2020-30/07/2020) (10/2021-?)

lifechanges___*	When the COVID-19 pandemic is OVER, will you CHOOSE to change any of the following aspects of your life COMPARED TO HOW YOU LIVED BEFORE COVID-19 based on your experiences during the pandemic?	1, Save money more than I did before COVID-19 2, Save money less than I did before COVID-19 3, Spend money on different things than I did before COVID-19 4, Change my job 5, Give up work 6, Work longer hours than I did before COVID-19

Select any that apply.	7, Work shorter hours than I did before COVID-19 8, Work from home more than I did before COVID-19 9, Commute more by car than I did before COVID-19 10, Commute more by public transport than I did before COVID-19 11, Commute more by exercising (e.g. cycling/scooting/walking) than I did before COVID-19 12, Support local business more than I did before COVID-19 13, Use online shopping more than I did before COVID-19 14, Exercise more than I did before COVID-19 15, Eat more healthily than I did before COVID-19 16, Look after my mental health better than I did before COVID-19 17, End a current romantic relationship 18, Seek a new romantic relationship 19, Spend more time with family outside of the home than I did before COVID-19 20, Spend less time with family outside of the home than I did before COVID-19 21, Spend more time with family you live with than I did before COVID-19 22, Spend less time with family you live with than I did before COVID-19 23, Volunteer more than I did before COVID-19 24, Volunteer less than I did before COVID-19 25, Talk more to neighbours than I did before COVID-19 26, Talk less to neighbours than I did before COVID-19 27, Move to live in a different area 28, Holiday in the UK more than before COVID-19 29, Holiday abroad more than before COVID-19

lifechange	OVERALL ONCE COVID-19 IS OVER, how much do you think you will change the way you live COMPARED TO HOW YOU LIVED BEFORE THE PANDEMIC?	1, 1 – I will return to living exactly as I did before COVID-19 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – I will entirely change the way I lived compared to before COVID-19
Lifechanges_2021___*	When the COVID-19 pandemic is OVER, will you CHOOSE to change any of the following aspects of your life COMPARED TO HOW YOU LIVED BEFORE COVID-19 based on your experiences during the pandemic? Select any that apply.	1, Save money more than I did before COVID-19 2, Save money less than I did before COVID-19 3, Spend money on different things than I did before COVID-19 4, Change my job 5, Give up work 6, Work longer hours than I did before COVID-19 7, Work shorter hours than I did before COVID-19 8, Work from home more than I did before COVID-19 9, Commute more by car than I did before COVID-19 10, Commute more by public transport than I did before COVID-19 11, Commute more by exercising (e.g. cycling/scooting/walking) than I did before COVID-19 12, Support local business more than I did before COVID-19 13, Use online shopping more than I did before COVID-19 14, Exercise more than I did before COVID-19 15, Eat more healthily than I did before COVID-19 16, Look after my mental health better than I did before COVID-19

		17, End a current romantic relationship 18, Seek a new romantic relationship 19, Spend more time with family outside of the home than I did before COVID-19 20, Spend less time with family outside of the home than I did before COVID-19 21, Spend more time with family you live with than I did before COVID-19 22, Spend less time with family you live with than I did before COVID-19 23, Volunteer more than I did before COVID-19 24, Volunteer less than I did before COVID-19 25, Talk more to neighbours than I did before COVID-19 26, Talk less to neighbours than I did before COVID-19 27, Move to live in a different area 28, Holiday in the UK more than before COVID-19 29, Holiday abroad more than before COVID-19
Lifechange_2021	OVERALL ONCE COVID-19 IS OVER, how much do you think you will change the way you live COMPARED TO HOW YOU LIVED BEFORE THE PANDEMIC?	1, 1 – I will return to living exactly as I did before COVID-19 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 – I will entirely change the way I lived compared to before COVID-19

End of July module (30/07/2020-05/08/2020)

financesupport_le	Over the last few months we've asked you about your behaviours during strict lockdown in April/May. We'd like to know if you feel things have changed since lockdown began to ease. Have you used any of the following IN THE LAST 2 MONTHS (so across June or July)?	1, Foodbanks 2, Donations of food or clothing or other essentials 3, Furlough payments through your work 4, Self-employed income support 5, Universal credit 6, Pension credit 7, Housing benefit 8, Council tax support/reduction

		9, Business support (e.g. business loans) 10, Bank loans 11, Mortgage holiday or other mortgage freeze 12, Deferred VAT or income tax payments 13, Insurance claims 14, Sick pay 15, Loans or other financial help from family or friends 16, Other financial support 17, None of the above
volunteeramount_le	Earlier on in lockdown, we asked you about whether you had been VOLUNTEERING (e.g. running errands for neighbours, providing lifts for NHS staff, taking part in a formal volunteering scheme, donating to Covid-19 charities, or making resources such as PPE). In the LAST TWO MONTHS (across June and July) how does your frequency of volunteering compare to during strict lockdown in April/May?	1, Less than during April/May 2, About the same as during April/May 3, More than during April/May 4, I haven't done any volunteering in June or July
artscomp_le	Earlier on in lockdown, we asked you about your engagement with ARTS AND CREATIVE ACTIVITIES (including reading, listening to music, arts, crafts, singing, writing, dancing etc). In the LAST TWO MONTHS (across June and July) how does your frequency of arts engagement compare to your arts engagement during strict lockdown in April/May?	1, Less than during April/May 2, About the same as during April/May 3, More than during April/May 4, I haven't done any arts/creative activities in June or July
gambfreq_le	Earlier on in lockdown, we asked you about whether you had been BETTING OR GAMBLING (e.g. online gambling, fixed odds betting, scatch cards or playing the lottery). In the LAST TWO MONTHS (across June and July) how does your frequency of betting/gambling compare to during strict lockdown in April/May?	1, Less than during April/May 2, About the same as during April/May 3, More than during April/May 4, I haven't done any betting/gambling in June or July

mhchangelock_le	Overall, how do you feel your mental health was affected AS LOCKDOWN EASED compared to during strict lockdown in April/May?	1, My mental health has got worse compared to during April/May 2, My mental health has been about the same compared to during April/May 3, My mental health has got better compared to during April/May

Vaccine module (07/09/2020-15/10/2020)

vax1	I feel safe after being vaccinated	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax2	I can rely on vaccines to stop serious infectious diseases	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax3	I feel protected after getting vaccinated	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax4	Although most vaccines appear to be safe, there may be problems that we have not yet discovered	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax5	Vaccines can cause unforeseen problems in children	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax6	I worry about the unknown effects of vaccines in the future	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax7	Vaccines make a lot of money for pharmaceutical companies, but do not do much for regular people	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax8	Authorities promote vaccination for financial gain, not for people's health	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax9	Vaccination programs are a big con	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax10	Natural immunity lasts longer than a vaccination	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
vax11	Natural exposure to viruses and germs gives the safest protection	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree

vax12	Being exposed to diseases naturally is safer for the immune system than being exposed through vaccination	1, 1 – Strong agree | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Strongly disagree
fluvaccine_past	Did you receive an influenza (flu) vaccine in the last year?	1, Yes | 2, No | 3, I don't remember
refusedvaccine	Have you ever refused or elected to forego a doctor-recommended vaccine for you or someone you are responsible for (e.g. your child)?	1, Yes | 2, No
fluvaccine_plan	How likely to do you think you are to get a flu vaccine this year?	1, 1 – Very unlikely | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Very likely
covidvaccine_plan	How likely to do you think you are to get a COVID-19 vaccine when one is approved?	1, 1 – Very unlikely | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Very likely 7, I have already had one (available from 23/12/2020 onwards)
covidvaccine_plan_2	If you have NOT yet been offered a vaccine, how likely do you think you are to get one? (08/01/2021-)	1, 1 – Very unlikely | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 – Very likely 7, I have already had one/accepted one
vaccination	Have you ever been offered a vaccination for COVID-19? (08/01/2021-)	1, Yes, I have been vaccinated twice 2, Yes, I have been vaccinated once 3, Yes, but I am waiting to be vaccinated 4, Yes, but I have turned it down 5, No, I have not yet been offered a vaccine

Other modules

followingisolation_others	On average, to what extent do you think THE REST OF THE POPULATION is following the recommendations from authorities to prevent spread of Covid-19? (16/11/2020-23/12/2020)	1, 1 - not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 - very much so

First compliance module (25/11/2020-23/12/2020)

Some people have altered their behaviour since the beginning of the pandemic in response to government rules and guidelines, while others have continued to pursue their usual activities. Some may have wanted to change their behaviour but have not been able to do so for different reasons. Some may have changed their behaviour, but haven't been able to do this consistently. We'd like to find out about your behaviours. Below we ask some questions and give you the space to provide detail on the reasons for your choices.

	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below:	
compl1	Washing your hands thoroughly with soap and water or using hand sanitising gel after any possible contact with other people outside of your household or shared surfaces	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl2	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Wearing a face mask or other face covering where it is currently recommended	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl3	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Maintaining the recommended distance from people not in your household/bubble	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl4	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households OUTDOORS	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl5	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households INDOORS	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl6	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Following other rules relevant to the tier or level of lockdown currently active in your area	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
comp_test	Since the start of first lockdown back in March, if you developed symptoms of Covid-19 [a cough/fever/loss of taste or smell], have you requested a test?	1, No never | 2, On some occasions but not others | 3, Yes every time | 4, Not applicable

comp_isolate	Since the start of first lockdown back in March, if you developed symptoms of Covid-19 [a cough/fever/loss of taste or smell], how many days did you stay at home for? *If this has happened more than once, please provide details of the shortest time you stayed at home for. If not applicable, you can skip this question.	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 | 11, 11 | 12, 12 | 13, 13 | 14, 14 | 15, 15 | 16, 16 | 17, 17 | 18, 18 | 19, 19 | 20, 20 | 21, 21+ | 22, Not applicable
comp_isolate2	Since the start of first lockdown back in March, if you were told you had come into contact with somebody else who developed symptoms of Covid-19, how many days did you stay at home for? *If this has happened more than once, please provide details of the shortest time you stayed at home for. If not applicable, you can skip this question.	0, 0 | 1, 1 | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 | 8, 8 | 9, 9 | 10, 10 | 11, 11 | 12, 12 | 13, 13 | 14, 14 | 15, 15 | 16, 16 | 17, 17 | 18, 18 | 19, 19 | 20, 20 | 21, 21+ | 22, Not applicable

Free-text compliance module (17/11/2020-23/12/2020)

comp_why1	Since the pandemic started, what has been encouraging or helping you to follow the guidelines, even if only to a partial extent? (Not available in the public release)	Open-ended
comp_why2	If you have not been entirely following the guidelines, what are the factors that have been hindering you or acting as obstacles? (Not available in the public release)	Open-ended

Second compliance module (31/05/21-04/07/21)

compl1_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Washing your hands thoroughly with soap and water or using hand sanitising gel after any possible contact with other people outside of your household or shared surfaces	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl2_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Wearing a face mask or other face covering where it is currently recommended	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable

compl3_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Maintaining the recommended distance from people not in your household/bubble	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl4_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households OUTDOORS	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl5_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Meeting up with MORE THAN the recommended number of people from other households INDOORS	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable
compl6_2021	IN THE LAST 7 DAYS, to what extent have you been following the behaviours below: Following other rules relevant to the tier or level of lockdown currently active in your area	1, Never | 2, Rarely | 3, Occasionally | 4, Frequently | 5, Always | 9, Not applicable

COVID module (30/11/2021-)

covidtest (repeated)	Overall, do you believe you have ever had Covid-19?	1, Yes, confirmed by a positive Covid-19 test at the time I felt ill 2, Yes, confirmed by a positive antibody test since 3, Yes, suspected by a doctor but not tested 4, Yes, my own suspicions 5, No, not that I know of

The questions below are about your experiences of having COVID-19.
If you have had COVID-19 more than once, please respond about the episode that has caused you the longest symptoms.

covidwhen	If you have had COVID-19, when did you first contract it? Please provide your answer in Date-Month-Year format. If you cannot remember the precise date, please put the best estimate you can.	
covidexperience	How severe were your symptoms in the first 1-2 weeks?	1, I was hospitalised

longcovid_symp	Which of the following would best describe your experience of symptoms?	2, I experienced symptoms and had to rest in bed 3, I experienced symptoms but was able to carry on with daily activities 4, I was asymptomatic 1, My symptoms were worse at the beginning (the first 1-2 weeks) and then got better 2, My symptoms were worse at the beginning (the first 1-2 weeks) and then mostly got better but some lingered 3, After the first 1-2 weeks, my symptoms got better but then the same symptoms kept coming back 4, After the first 1-2 weeks, my symptoms got better but I then developed new symptoms 5, Most of my symptoms lasted for 2-3 weeks 6, Most of my symptoms lasted for 4-12 weeks 7, Most of my symptoms lasted for more than 12 weeks 8, I cannot answer this question (e.g. you had COVID very recently)
covidwhen_2	If you have had COVID-19 more than once, when was the SECOND time you had it? If you cannot remember the precise date, please put the best estimate you can.	
longcovid_diag	Do you consider yourself to have (or have had) "Long Covid"?	1, Yes - a medical professional has formally diagnosed me with "Long Covid" 2, Yes - I have not been formally diagnosed, but I consider myself to have "Long Covid" 3, No, I do not consider myself to have "Long Covid" 4, I am unsure

lcfmob	Has Covid-19 left you with any difficulties in your ability to function day-to-day in any of the following areas? Mobility (e.g. difficulty walking or climbing steps)	0, No difficulty 1, Some difficulty 2, A lot of difficulty 3, Unable to do
lcfcog	Has Covid-19 left you with any difficulties in your ability to function day-to-day in any of the following areas? Cognition (e.g. difficulty remembering or concentrating)	0, No difficulty 1, Some difficulty 2, A lot of difficulty 3, Unable to do
lcfcar	Has Covid-19 left you with any difficulties in your ability to function day-to-day in any of the following areas? Self-care (e.g. difficulty washing all over or dressing)	0, No difficulty 1, Some difficulty 2, A lot of difficulty 3, Unable to do
longcovid_treatment	Have you attempted to access any treatments or services for your Long Covid symptoms? If NO, are there any reasons you have not sought such support? If YES, could you describe the treatments, support or services you have received for your Long Covid symptoms? (e.g. investigative tests, referral to specialist consultant or clinic, medications, physiotherapy, psychological therapies, alternative therapies)	Open-ended
longcovid_experience	If you have sought treatments, support or services for your Long Covid, have they helped you in any way? If so, how? If not, why not?	Open-ended
longcovid_barriers	Could you tell us about any factors that have HELPED you to access treatments, support or services for your Long Covid symptoms, or any BARRIERS you have experienced?	Open-ended
vaccination_updated	Have you been vaccinated against COVID-19?	0, Yes, I have been vaccinated three times 1, Yes, I have been vaccinated twice 2, Yes, I have been vaccinated once 3, Not yet, but I plan to get vaccinated 4, No, I have not been vaccinated
covidvaccine_plan_booster	We are interested in your thoughts on the BOOSTER VACCINATION. How likely do you think you are to get a COVID-19 booster vaccine if/when you are offered one?	1, 1 - Very unlikely | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 - Very likely | 7, I have already had one / accepted one

Variable Timeline

Table 1 Variables introduced after the start of the study

Variable name	**Module topic**	**Date of introduction**
adverse	Experience of adversities	25/03/2020
harm1-3	Experience of self-harm or abuse	30/03/2020
leavinghome	Reasons for leaving home	17/06/2020
onshappy	Happiness	21/04/2020
socdist	Adherence to social distancing	17/06/2020
treatment	Formal and informal mental health support	13/04/2020
vaccination	Uptake of vaccination	01/08/2021

Table 2 Variables which changed or discontinued

Variable	Module or question	Start date	End date	New variable	Module or question	Start date	End date	New variable	Module or question	Start date	End date
acta1-acta8 actb1-actb8 actc1-actc8 actd0-actd11	Time use	21/03/2020	23/08/2020	timeuse1 - timeuse14	Compared to DURING LOCKDOWN IN APRIL/MAY, how much time have you been spending on these activities in the last week?	24/08/2020	25/02/2021	acttime1 - acttime14	Time use	02/04/2021	N/A
alcoholchange	Over the past week have you drunk more alcohol than usual?	21/03/2020	23/08/2020	alcoholchangem	Over the past week have you drunk alcohol more than during lockdown in April/May?	24/08/2021	07/02/2021	alcohol_repeated	How many alcoholic drinks have you had in the past week (e.g. how many glasses of wine / pints of beer or cider / shots of spirits)?	02/08/2021	N/A
confidencegov	How much confidence do you have in the UK GOVERNMENT that they can handle Covid-19 well? If you live in a devolved nation, we ask you to focus on the government within your country?	21/03/2020	18/06/2020	confidencegov_central	How much confidence do you have in the CENTRAL UK GOVERNMENT that they can handle Covid-19 well? Please answer this question about the government in Westminster	13/06/2020	N/A				
				confidencegov_devolved	If you live in a DEVOLVED NATION (i.e. Scotland, Wales or NI), how much confidence do you have in the government WITHIN YOUR OWN COUNTRY that they can handle Covid-19 well?	13/06/2020	N/A				
covid	Have you had Covid-19 (coronavirus)?	21/03/2020	11/09/2020	covidtest	Overall, do you believe you have ever had Covid-19?	24/08/2020	29/09/2020	covidw	In the past month, have you had Covid-19 (coronavirus)?	24/08/2020	N/A

Note. Some variable change dates may overlap due to a lag in participant completion of previous surveys.

Table 2 (continued) Variables which changed or discontinued

Variable	Module or question	Start date	End date	New variable	Module or question	Start date	End date	New variable	Module or question	Start date	End date
covidcontact	In the last week, do you believe you have come into CLOSE CONTACT with somebody who has Covid-19 (e.g. living with, hugging, shaking hands with, or spending more than 15 minutes with)?	21/03/2020	13/09/2020	N/A							
isolationstatus	What is your current isolation status? (tick any that apply) By "staying at home" we mean avoiding leaving the house for everything apart from exercise, shopping for essentials, or medical need.	21/03/2020	12/04/2020	isolation_reason	What are the motivations for your current isolation status above? (please tick all that apply)	13/04/2020	19/06/2020				
				isolation_new	What is your current isolation status?	12/04/2020	04/07/2020				
smokechange	Over the past week have you smoked more than usual?	21/03/2020	23/08/2020	smoker_repeated	Do you currently smoke?	02/08/2021	N/A				
dietchange_3	Over the past week how has your diet been?	31/03/2020	23/08/2020	dietchangem	Over the past week how has your diet been compared to during lockdown in April/May?	24/08/2020	07/02/2021				
foodchange_2	Over the past week have you eaten more than usual?	31/03/2020	23/08/2020	foodchangem	Over the past week have you eaten more than during lockdown in April/May?	24/08/2020	07/02/2021				
understandpre understandpost	Rule understanding	16/07/2020	23/07/2020	understandpost_2	Rule understanding	05/10/2020	01/11/2020	understandpost_3	Rule understanding	02/11/2020	N/A
covidvaccine_plan	How likely to do you think you are to get a COVID-19 vaccine when one is approved?	07/09/2020	25/02/2021	covidvaccine_plan_2	If you have NOT yet been offered a vaccine, how likely do you think you are to get one?	08/01/2021	N/A				

Note. Some variable change dates may overlap due to a lag in participant completion of previous surveys.

Table 3 Rotating modules

First variable	Module or question	Start date	End date	Second variable	Start date	End date	Third variable	Start date	End date
life_diff	How different has life been for you in the past week compared to life before Covid-19?	21/04/2020	07/02/2021						
vol1-vol15 volunteeramount	Volunteering module	21/04/2020	11/05/2020	volunteeramount_le	30/07/2020	05/08/2020			
afterlockdown	Are you worried about any of the following happening within society when lockdown ends or eases? (tick any that apply)	01/05/2020	07/05/2020	afterlockdown	20/01/2021	17/02/2021			
control1-control7	How much do you currently feel in control of these aspects of your life	01/05/2020	07/05/2020	control1_2021 - control7_2021	01/09/2021	01/11/2021		05/10/2020	01/11/2020
missing_major	Are you currently missing any of the following aspects of normal life in a MAJOR way? (E.g. you find yourself regularly wishing you could do these things)	01/05/2020	07/05/2020	missing_major	20/01/2021	17/02/2021			
missing_minor	Are you currently missing any of the following aspects of normal life at all (even if only in a minor way)?	01/05/2020	07/05/2020	missing_minor	20/01/2021	17/02/2021			
region	Which region of England do you live in?	06/05/2020	09/09/2020						
cop1-cop28	Coping module	07/05/2020	14/05/2020	cop1_2021 - cop28_2021	03/05/2021	30/05/2021			
cas1-cas5	Coronavirus Anxiety Scale	14/05/2020	31/07/2020						
life_diff	How different has life been for you in the past week compared to life before Covid-19?	21/04/2020	07/02/2021						
res1-res6	Resilience module	14/05/2020	26/05/2020						
art1-art14 artscomp	Creative activities	21/05/2020	10/06/2020						
ersaca1-ersaca18	Emotion Regulation Strategies for Artistic Creative Activities Scale	21/05/2020	28/05/2020						
financesupport	Have you used any of the following since lockdown began?	28/05/2020	04/06/2020	financesupport_le	30/07/2020	05/08/2020	financesupport_le_2	21/12/2020	17/01/2021
gamb1-gamb6 gambfreq	Gambling behaviours module	28/05/2020	04/06/2020						
weight weightchange	Weight module	28/05/2020	04/06/2020						

Table 3 (continued) Rotating modules

First variable	Module or question	Start date	End date	Second variable	Start date	End date	Third variable	Start date	End date
lifeevent1-lifeevent12	Life events module	04/06/2020	19/06/2020	lifeevent1_2021-lifeevent13_2021	19/03/2021	19/10/2021			
loc1-loc6	Locus of control module	04/06/2020	11/06/2020						
rlo1-rlo10	Optimisim module	04/06/2020	11/06/2020						
enjoylock misslock futurelock	Lockdown module	11/06/2020	18/06/2020						
iri1-iri14	Empathy module	11/06/2020	18/06/2020						
financebefore	In the 3 months before the Coronavirus outbreak, how well would you say you personally were managing financially?	18/06/2020	25/06/2020						
financenow	Overall, how do you feel your current financial situation compares to before the Coronavirus outbreak?	18/06/2020	24/06/2020	financenow_2021	02/11/2020	29/11/2020			
mhchangelock	How do you feel your mental health was affected during lockdown in April/May?	18/06/2020	25/06/2020	mhchangelock_le	30/07/2020	05/08/2020	mhchangelock_le_2	16/11/2020	13/12/2020
mhdiagnosis__1-mhdiagnosis__15	Mental health diagnosis module	18/06/2020	24/06/2020						
faith1-faith4 religion religattend religonline	Faith and religion module	25/06/2020	02/07/2020						
rel1-rel9 relbreakdown	Relationship module	02/07/2020	10/07/2020	rel1_2021-rel9_2021 relbreakdown_2021	13/06/2021	31/10/2021			

Table 3 (continued) Rotating modules

First variable	Module or question	Start date	End date	Second variable	Start date	End date	Third variable	Start date	End date
neigh1-neigh10 neighlong neighhome neighattach neighbelong neighsat1-neighsat10 neighsatisfied	Neighbourhood module	09/07/2020	17/07/2020	neigh2_2021-neigh10_2021, neighlong_2021 neighhome_2021 neighattach_2021 neighbelong_2021 neighsatisfied_2021	11/08/2021	31/10/2021			
circumstances	Lockdown holiday module	16/07/2020	23/08/2020						
healthbar healthbeh	Healthcare module	16/07/2020	23/07/2020						
discr1-discr7	Discrimination module	23/07/2020	30/07/2020	discr1_2021-discr7_2021	14/07/2021	01/11/2021			
lifechanges___1-lifechanges___29 lifechange	Life changes module	23/07/2020	30/07/2020	lifechanges_2021___1-lifechanges_2021___29 lifechange_2021	07/10/2021	N/A			
risktaking	How do you see yourself? Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?	23/07/2020	30/07/2020						
artscomp_le	In the LAST TWO MONTHS (across June and July) how does your frequency of arts engagement compare to your arts engagement during strict lockdown in April/May?	30/07/2020	05/08/2020						
gambfreq_le	In the LAST TWO MONTHS (across June and July) how does your frequency of betting/gambling compare to during strict lockdown in April/May?	30/07/2020	05/08/2020						

Table 3 (continued) Rotating modules

First variable	Module or question	Start date	End date	Second variable	Start date	End date	Third variable	Start date	End date
vax1-vax12 fluvaccine_past refusedvaccine fluvaccine_plan covidvaccine_plan	Vaccine module	07/09/2020	15/10/2020						
tier	If you live in England or Scotland, what is the level of coronavirus restrictions in the area where you are currently living?	19/10/2020	04/01/2021						
followingisolation_others	On average, to what extent do you think THE REST OF THE POPULATION is following the recommendations from authorities to prevent spread of Covid-19?	16/11/2020	23/12/2020						
compl1-compl6 comp_test comp_isolate comp_isolate2	Compliance module	25/11/2020	23/12/2020	comp_why1 comp_why2 (free text module)	17/11/2020	23/12/2020	compl1_2021-compl6_2021	31/05/2021	04/07/2021