

Consent and Intro Questions

Welcome!

The researchers of this study are interested in
"opinions on social distancing and COVID-19"

You may or may not have participated in other similar studies;
we ask that you try not to let your responses in other studies
affect your responses in this survey.

We are very grateful for your participation in this research.

CONSENT TO PARTICIPATE AS A RESEARCH SUBJECT

Principle Investigator: Nikki Legate, PhD
Title: Opinions on social distancing and COVID-19

Study Purpose and Procedure:

This form describes an online research study being conducted by Nikki Legate from Illinois Institute of Technology's Department of Psychology. You must be at least 18 years of age to participate. The purpose of this study is to gain information on what people think about social distancing during the COVID-19 pandemic. You will be asked to read a short article about social distancing during the COVID-19 pandemic, and then you will be asked to answer questions on what you think about social distancing. Your participation will take less than 10 minutes.

Number of Subjects:

It is expected that approximately 1500 subjects will take part in the study.

Risks and benefits

If you participate, if you experience discomfort when reading the article, or when answering questions, you are free to skip that question or part of the study, or withdraw from the study at any time.

Payments

Participants may or may not receive a small payment for this study depending on method of data collection.

Voluntary Participation

Your participation in this study is completely voluntary. You are free not to participate or to withdraw at any time, for whatever reason while still receiving payment. Your answers will be kept anonymous.

Confidentiality of Records

You will not be asked to provide any personal identifiers during the study, so your responses will be anonymous. The responses of all subjects will be stored numerically and only the investigators on the study will have access to that data. Data may be made available to other researchers and through online repositories for reproducibility purposes, but will contain no identifying information. Only summarized data will be presented at meetings or in any publications.

Contact Person

For more information about this research or if you feel that your participation has resulted in any emotional or physical discomfort you should contact Dr. Nikki Legate at:

Illinois Institute of Technology
Department of Psychology
3424 State St. Chicago, IL 60616
nlegate@iit.edu

Affirmation of participation

I understand that the Illinois Institute of Technology is not responsible for any injuries or medical conditions I may suffer during the time I am a research participant unless those injuries or medical conditions are due to IIT's negligence. I may address questions and complaints to IIT's Institutional Review Board at 312-567-7141.

Please print or save this form for your records.

I declare being 18 years of age or older and I have read the material above. I agree to participate in this activity, realizing that I may withdraw without penalty at any time.

☐ Yes

☐ No

To reduce the risks of spreading COVID-19 or coronavirus, it has been recommended that people stay home as much as possible.

	Not at all	Not much	A little	Occasionally	Often	Usually	Completely
How much are you currently following the recommendation to stay at home as much as possible?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To reduce the risks of spreading COVID-19 or coronavirus, it has been recommended that people engage in social distancing as much as possible. How much are you currently following the recommendation to **avoid** the following in-person places or activities?

	Not at all	Not much	A little	Occasionally	Often	Usually	Completely
Gatherings with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-essential shopping trips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going in crowded areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Autonomy supportive condition

In the next page, you will read a message from public health experts regarding social distancing.

Please carefully read the message.
You will be asked some questions about it after.

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You have likely heard from different media outlets about social distancing.

Social distancing is an important way of protecting your own and others' health, and not putting vulnerable others at risk. Getting information about the research on public health can be confusing and overwhelming; but it shows us how transmission happens and what we can do to stop it.

We invite you to review some basic information from public health experts about social distancing here so you can make the most informed choices.

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What is social distancing?

Put simply, the idea is to maintain a distance between you and other people who do not live with you —across most countries the recommended distance ranges from 1.5-2 meters (5-6 feet).

More importantly, social distancing means minimizing contact with people: on public transportation, at social gatherings, restaurants and bars, limiting trips to the grocery store, and working at home whenever possible.

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Why is it important to stay home right now?

Experts agree that social distancing will slow the spread of coronavirus. A few reasons why social distancing is important:

- People can pass the virus to many others, even before they realize they are sick.
- The virus can even spread on objects, since it can live on surfaces for hours, if not days.
- If the pandemic grows too rapidly it can overwhelm the healthcare system.
- It minimizes the risk of each individual getting sick, and the risk of spreading it to others—especially those most vulnerable (e.g., older adults and those with compromised immunity).

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You can support global efforts to curb transmission of COVID-19 by choosing to stay at home.

Altering your daily life in this extreme way is difficult. It's understandable if you feel frustrated, or even want to resist these guidelines.

Ultimately, it's about finding your own way of making social distancing work for you, whether it is by finding outdoor spaces without many people, carefully navigating public spaces by keeping distance between you and others, or finding ways to bring entertainment home rather than seeking it outside.

Making these decisions thoughtfully is an important way that you can protect other people's health, and your own.

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We have technologies at hand to help us maintain social connections. Experts remind us that social distancing does not mean social isolation.

People can stay connected via social media, chat and video. **You might get creative:** Schedule dinners with friends over FaceTime, participate in online game nights, plan to watch television shows at the same time, enroll in remote learning classes.

It might also be valuable to reach out to those who are sick or to high-risk people who are self-isolating, and thus choose to help others.

Controlling condition

In the next page, you will read a message
from public health experts regarding social distancing.

Please carefully read the message.

You will be asked some questions about it after.

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You have likely heard from different media outlets about social distancing.

If you haven't engaged in social distancing, you are making a mistake and putting yourself and others at risk.

At this point, it is irresponsible to not follow guidelines to stay at home. Research on public health shows us that, simply stated, people who ignore the guidelines for social distancing should be ashamed of themselves.

To comply, here is some basic information from public health experts about social distancing you must follow.

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What is social distancing?

Put simply, the idea is to maintain a distance between you and other people who do not live with you — across most countries the recommended distance ranges from 1.5-2 meters (5-6 feet).

More importantly, social distancing means you have to minimize contact with people: on public transportation, at social gatherings, restaurants and bars, and you must limit your trips to the grocery store and work at home unless you have no choice about the matter at all.

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Just stay at home!

Experts agree that given the rapid spread of coronavirus, **it would be irresponsible and selfish not to stay at home.**

If you ignore the guidance on social distancing, public health scientists say you will essentially put yourself and everyone else at much higher risk. Not engaging in social distancing will contribute to the number of people infected, causing the pandemic to grow rapidly and overwhelm the healthcare system.

In fact, you really should feel no choice but to obey this guidance. If you want to be seen as a respectable person, you will stay home.

If you don't stay at home, it really shows that you don't care about keeping other people healthy.

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Things you should do instead

We have technologies at hand to help us maintain social connections. Experts remind us that social distancing does not mean social isolation.

Everyone must do their part. If you want to maintain your social life, you should stay connected via social media, chat and video. **Don't be irresponsible and endanger others:** Schedule dinners with friends over FaceTime, participate in online game nights, plan to watch television shows at the same time, enroll in remote learning classes.

You should also reach out to those who are sick or to high-risk people who are self-isolating.

Post-manipulation questions

Please rate the degree to which the following statements reflect your current motivation to engage in social distancing, or stay home as much as possible, **based on the information you just read**.

Please rate the degree to which the following statements reflect your current motivation to engage in social distancing, or stay home as much as possible.

I plan to follow these recommendations **in this article** because...

I plan to follow these recommendations because...

	Strongly Disagree	Disagree	Somewhat Disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly Agree
The recommendations reflect my values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel guilty if I did not follow the recommendations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others would disapprove of me if I did not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is personally important to me to follow them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't want to be criticized for not following the recommendations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Somewhat Disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly Agree
I find these recommendations meaningful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why these recommendations are important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel pressured to do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

These recommendations **in this article** on social distancing, or staying home as much as possible...

These recommendations on social distancing, or staying home as much as possible...

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree
make me feel like I want to do exactly the opposite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel like an intrusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel aggravating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make me want to resist attempts to influence me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How likely are you to follow the recommendation in this article to participate in **social distancing** (stay at home as much as possible) **over the next week?**

How likely are you to follow the the recommendation to participate in **social distancing** (stay at home as much as possible) **over the next week**?

Extremely unlikely ☐ Moderately unlikely ☐ Slightly unlikely ☐ Neither likely nor unlikely ☐ Slightly likely ☐ Moderately likely ☐ Extremely likely ☐

In the next week, how likely is it that you will follow the recommendations **in this article** to **avoid** the following in-person places or activities:

In the next week, how likely is it that you will follow the recommendations to **avoid** the following in-person places or activities:

	Extremely unlikely	Moderately unlikely	Slightly unlikely	Neither likely nor unlikely	Slightly likely	Moderately likely	Extremely Likely
Gatherings with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going in crowded areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-essential shopping trips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The recommendations on social distancing and staying at home as much as possible may last for a long time. Assuming the guidelines **last for 6 months**, how long do you intend on cooperating?

Assuming the guidelines described in the article **last for 6 months**, how long do you intend on **avoiding** the following in-person places or activities:

Non-essential shopping trips	<input type="text"/>
Getting a haircut or going to the salon	<input type="text"/>
Restaurants	<input type="text"/>
Gatherings with friends	<input type="text"/>
Going in crowded areas	<input type="text"/>
Going to the gym or fitness classes	<input type="text"/>
Traveling	<input type="text"/>

We want to know your impression of **the article you read earlier** on social distancing recommendations.

I feel that social distancing recommendations **in this article**....

We want to know your impression of social distancing recommendations.

I feel that social distancing recommendations....

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
try to pressure people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
aren't very sensitive to people's needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
provide people some choices and options	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Demographics

What is your age?

What is your gender?

- ☐ Man
- ☐ Woman
- ☐ Another gender
- ☐ Decline to respond

What is the highest degree or level of school you have completed? If currently enrolled, please indicate highest level received.

- ☐ None
- ☐ School (e.g., high school; secondary school; vocational school; until 16 years of age)
- ☐ College of higher education, vocational college, or completing high school (typically 17 - 18 years)
- ☐ University - undergraduate degree (e.g., B.A.)
- ☐ University - postgraduate degree (e.g., M.A., Ph.D.)

Is your work considered part of an “essential” industry (for example working in a grocery store, pharmacy, or hospital), so that you are required to leave the house for your job?

☐ Yes☐ No

Are you currently self-isolating due to any flu or cold like symptoms?

☐ Yes☐ No

Within the past 2 weeks, have you been exposed to anyone known or suspected of having COVID-19?

☐ Yes☐ No

Debriefing

DEBRIEFING (PLEASE CLICK NEXT TO SUBMIT THE SURVEY)

Research shows that how people communicate about a problem matters for an individuals' motivation. Supportive messages help people understand and 'buy in' to the desired change, making people more likely to adhere to it over time. Controlling messages, in contrast, pressure people to change using shame, guilt, and threats, without helping people understand why they should change. As a result they typically are unsuccessful, or worse, they can backfire and even increase the undesired behavior. In this study, we tested these two ways of framing messages, compared with no message, to see if the message people saw impacted their motivation to engage in social distancing as a way to reduce COVID-19 transmission.

We ask that you not share this information with other individuals who might take this study, as it is important for participants to enter the study with an open mind.

DEBRIEFING (PLEASE CLICK NEXT TO SUBMIT THE SURVEY)

Research shows that how people communicate about a problem matters for an individuals' motivation. Supportive messages (read more below) help people understand and 'buy in' to the

desired change, making people more likely to adhere to it over time. Controlling messages, in contrast, pressure people to change using shame, guilt, and threats, without helping people understand why they should change. As a result they typically are unsuccessful, or worse, they can backfire and even increase the undesired behavior. In this study, we tested these two ways of framing messages, compared with no message, to see if the message people saw impacted their motivation to engage in social distancing as a way to reduce COVID-19 transmission.

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