Round 1- COVID Additional Assessments   `PID 548`

[✎ Online Designer ▾]

Since this project is currently in PRODUCTION, changes will not be made in real time.   Tell me more

[Submit Changes for Review]   Fields to be added: **0** / Total resulting field count: **240**
                             Fields to be deleted: **0** / Existing field count: **240**

Remove all drafted changes   🔍 View detailed summary of all drafted changes

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[📷 Create snapshot of instruments]   🎞 VIDEO: How to use this page
Last snapshot: 05/18/2020 11:23pm ?

This page allows you to build and customize your data collection instruments one field at a time. You may add new fields or edit existing ones. New fields may be added by clicking the Add Field buttons. You can begin editing an existing field by clicking on the ✎ **Edit** icon. If you decide that you do not want to keep a field, you can simply delete it by clicking on the ✖ **Delete** icon. To reorder the fields, simply **drag and drop** a field to a different position within the form below.

Learn how to use   [⚡] Smart Variables   🔗 Piping   @ Action Tags   ⤵ Field embedding

[◀ Return to list of instruments]   [🖥 Survey settings]

Current instrument: **Round 1**   [Preview instrument]

✎   *Variable:* record_id   * This field will NOT be displayed on the survey page.
                                           * You should NOT use identifiers (e.g., MRN, SSN) for the record ID field.

Record ID

NOTE: The field above is the record ID field and thus cannot be deleted or moved. It can only be edited.

[Add Field] [Add Matrix of Fields]

✎ ⊤ ▢ ▢ ✖   *Variable:* subjid_rd1

Subject ID:

* must provide value

[Add Field] [Add Matrix of Fields]

✎ ⊤ ▢ ▢ ✖   *Variable:* date_time_rd1

Click 'Now'

* must provide value   📅🕐 [Now]   D-M-Y H:M

[Add Field] [Add Matrix of Fields]

✎ ⊤ ▢ ▢ ✖   *Variable:* time_instructions

Please read the instructions at the top of each page carefully, as they may be asking you to reflect on different periods of time (e.g. the last month, the last two weeks, etc.)

[Add Field] [Add Matrix of Fields]

✎ ✖

The following questions relate to your usual sleep habits during the PAST MONTH only. Your answers should indicate the most accurate reply for the majority of days and nights in the PAST MONTH.

For questions asking about time, please use military time. For assistance, you may open the attachment or copy and paste this link into a new tab: https://bit.ly/2HG8yuk

[Add Field] [Add Matrix of Fields]

✎ ⊤ ▢ ▢ ✖   *Variable:* psqi_1

During the past month, what time have you usually gone to bed at night?

* must provide value   🕐 [Now]   H:M
                              Bed time

Add Field | Add Matrix of Fields

Variable: psqi_2

During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

* must provide value

Number of minutes

Add Field | Add Matrix of Fields

Variable: psqi_3

During the past month, what time have you usually gotten up in the morning?

* must provide value

Now | H:M

Getting up time

Add Field | Add Matrix of Fields

Variable: psqi_4

During the past month, how many hours of ACTUAL SLEEP did you get at night? (This may be different than the number of hours you spent in bed.)

* must provide value

Hours of sleep per night

Add Field | Add Matrix of Fields

Variable: psqi_instructions2

For each of the remaining questions, check the one best response. During the past month, how often have you had trouble sleeping because you . . .

Add Field | Add Matrix of Fields

Variable: psqi_5a

Cannot get to sleep within 30 minutes

* must provide value

○ Not during the past month
○ Less than once a week
○ Once or twice a week
○ Three or more times a week

reset

Add Field | Add Matrix of Fields

Variable: psqi_5b

Wake up in the middle of the night or early morning

* must provide value

○ Not during the past month
○ Less than once a week
○ Once or twice a week
○ Three or more times a week

reset

Add Field | Add Matrix of Fields

Variable: psqi_5c

Have to get up to use the bathroom

* must provide value

○ Not during the past month
○ Less than once a week
○ Once or twice a week
○ Three or more times a week

reset

Add Field | Add Matrix of Fields

Variable: psqi_5d

Cannot breathe comfortably

* must provide value

○ Not during the past month
○ Less than once a week
○ Once or twice a week
○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5e

Cough or snore loudly

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5f

Feel too cold

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5g

Feel too hot

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5h

Had bad dreams

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5h_2

Had pain

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5j

Other reason(s), please describe below

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field   Add Matrix of Fields

Variable: psqi_5j2

If other, please describe:

Expand

Add Field | Add Matrix of Fields

Variable: psqi_6

During the past month, how would you rate your sleep quality overall?

* must provide value

- ○ Very good
- ○ Fairly good
- ○ Fairly bad
- ○ Very bad

reset

Add Field | Add Matrix of Fields

Variable: psqi_7

During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field | Add Matrix of Fields

Variable: psqi_8

During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

* must provide value

- ○ Not during the past month
- ○ Less than once a week
- ○ Once or twice a week
- ○ Three or more times a week

reset

Add Field | Add Matrix of Fields

Variable: psqi_9

During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

* must provide value

- ○ No problem at all
- ○ Only a very slight problem
- ○ Somewhat of a problem
- ○ A very big problem

reset

Add Field | Add Matrix of Fields

MTQ 1: The following section will ask you questions in regards to your sleep and wake behavior on work- and work-free days both prior to the COVID19 outbreak and more recently.

Add Field | Add Matrix of Fields

Variable: mst_past

Please estimate an average of your 'normal' sleep behavior for the 6 week period prior to February 1st, 2020.

Add Field | Add Matrix of Fields

Variable: mtq_p1

I was a shift- or night-worker at some time in the three month period PRIOR to February 1, 2020.

* must provide value

- ○ Yes
- ○ No

reset

Add Field | Add Matrix of Fields

Variable: mtq_p2

Prior to February 1, 2020, I normally worked ___ days per week.

* must provide value

Enter a number

Add Field | Add Matrix of Fields

Variable: mtq_time

Please answer all of the following questions even if you did not work or worked 7 days/week prior to February 1, 2020. Please continue to enter MILITARY TIME as in the daily surveys

For assistance, you may open the attachment or copy and paste this link into a new tab: https://bit.ly/2HG8yuk

Add Field   Add Matrix of Fields

Variable: mtq_p3

Prior to Feb. 1, on WORKDAYS I normally fell asleep at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you got into bed, but rather when you fell asleep

---

Add Field   Add Matrix of Fields

Variable: mtq_p4

Prior to Feb. 1, on WORKDAYS I normally woke up at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you got out of bed, but rather when you woke up

---

Add Field   Add Matrix of Fields

Variable: mtq_p5

Prior to Feb. 1, on WORK-FREE DAYS when I DID NOT use an alarm clock, I normally fell asleep at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you got into bed, but rather when you fell asleep

---

Add Field   Add Matrix of Fields

Variable: mtq_p6

Prior to Feb. 1, on WORK-FREE DAYS when I DID NOT use an alarm clock, I normally woke up at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you got out of bed, but rather when you woke up

---

Add Field   Add Matrix of Fields

MTQ 2: Now, please estimate an average of your 'normal' sleep behavior over the past 6 weeks.

Add Field   Add Matrix of Fields

Variable: mtq_1

I have been a shift- or night-worker in the past three months

* must provide value

◯ Yes
◯ No

reset

Add Field   Add Matrix of Fields

Variable: mtq_2

Normally, I work ___ days per week.

* must provide value

[   ]

Enter a number

Add Field   Add Matrix of Fields

Variable: mtq_time_2

Please answer all of the following questions even if you do not work or work 7 days/week. Please continue to enter MILITARY TIME as in the daily surveys

For assistance, you may open the attachment or copy and paste this link into a new tab: https://bit.ly/2HG8yuk

---

Add Field   Add Matrix of Fields

Variable: mtq_3

On WORKDAYS I normally fall asleep at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you get into bed, but rather when you fall asleep

---

Add Field   Add Matrix of Fields

Variable: mtq_p8

On WORKDAYS I normally wake up at:

* must provide value

[ ] 🕐 Now   H:M

this is NOT when you get out of bed, but rather when you wake up

---

Add Field   Add Matrix of Fields

Variable: mtq_p9

On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at:

* must provide value

[_____] 🕐 Now   H:M

this is NOT when you get into bed, but rather when you fall asleep

Add Field   Add Matrix of Fields

Variable: mtq_p10

On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at:

* must provide value

[_____] 🕐 Now   H:M

this is NOT when you get out of bed, but rather when you wake up

Add Field   Add Matrix of Fields

Matrix group: gad7

GAD-7: Over the last 2 weeks, how often have you been bothered by the following problems?

Variable: gad_1

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	○	○	○	○

reset

Variable: gad_2

Not being able to stop or control worrying	○	○	○	○

reset

Variable: gad_3

Worrying too much about different things	○	○	○	○

reset

Variable: gad_4

Trouble relaxing	○	○	○	○

reset

Variable: gad_5

Being so restless that it is hard to sit still	○	○	○	○

reset

Variable: gad_6

Becoming easily annoyed or irritable	○	○	○	○

reset

Variable: gad_7

Feeling afraid as if something awful might happen	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: cerq

CERQ: How do you cope with events?

Everyone gets confronted with negative or unpleasant events now and then and everyone responds to them in their own way. By the following questions you are asked to indicate what you generally think, when you experience negative or unpleasant events.

Variable: cerq_1

	(almost) never	sometimes	regularly	often	(almost) always
I think that I have to accept that this has happened	○	○	○	○	○

reset

Variable: cerq_2

I often think about how I feel about what I have experienced

○   ○   ○   ○   ○

reset

Variable: cerq_3

I think I can learn something from the situation

○   ○   ○   ○   ○

reset

Variable: cerq_4

I feel that I am the one who is responsible for what has happened

○   ○   ○   ○   ○

reset

Variable: cerq_5

I think that I have to accept the situation

○   ○   ○   ○   ○

reset

Variable: cerq_6

I am preoccupied with what I think and feel about what I have experienced

○   ○   ○   ○   ○

reset

Variable: cerq_7

I think of pleasant things that have nothing to do with it

○   ○   ○   ○   ○

reset

Variable: cerq_8

I think that I can become a stronger person as a result of what has happened

○   ○   ○   ○   ○

reset

Variable: cerq_9

I keep thinking about how terrible it is what I have experienced

○   ○   ○   ○   ○

reset

Variable: cerq_10

I feel that others are responsible for what has happened

○   ○   ○   ○   ○

reset

Variable: cerq_11

I think of something nice instead of what has happened

○   ○   ○   ○   ○

reset

Variable: cerq_12

I think about how to change the situation

○   ○   ○   ○   ○

reset

Variable: cerq_13

I think that it hasn't been too bad compared to other things

○   ○   ○   ○   ○

reset

Variable: cerq_14

I think that basically the cause must lie within myself

○   ○   ○   ○   ○

reset

Variable: cerq_15

I think about a plan of what I can do best

○   ○   ○   ○   ○

reset

Variable: cerq_16

I tell myself that there are worse things in life

○   ○   ○   ○   ○

reset

Variable: cerq_17

I continually think how horrible the situation has been

○   ○   ○   ○   ○

reset

Variable: cerq_18

I feel that basically the cause lies with others

○   ○   ○   ○   ○

reset

Add Field   Add Matrix of Fields

LSAS

Add Field   Add Matrix of Fields

Variable: lsas_directions

Read each situation carefully and answer the two following questions about that situation. The first question asks how anxious or fearful you feel in the situation. The second question asks how often you avoid the situation. If you come across a situation that you ordinarily do not experience, imagine "what if you were faced with that situation," and then, rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it. We will ask you about each scenario twice. First, about how you think you'd react in that situation generally, before the COVID19 outbreak. Second, about how you think you'd react in that situation now, in the last several weeks. Fill out the following scales with the most suitable answer.

Add Field   Add Matrix of Fields

Variable: telephone

Telephoning in Public Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: telephone_fear

Variable: telephone_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: telephone_avoid

Variable: telephone_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: telephone_2

Telephoning in Public Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: telephone2_fear

Variable: telephone2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: telephone2_avoid

Variable: telephone2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: small_groups

Participating in small groups Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: smallgroups_fear

Variable: smallgroups_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: smallgroups_avoid

Variable: smallgroups_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: small_groups_2

Participating in small groups Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: smallgroups2_fear

Variable: smallgroups2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: smallgroups2_avoid

Variable: smallgroups2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: eating

Eating in public places Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: eating_fear

Variable: eating_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: eating_avoid

Variable: eating_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: eating_2

Eating in public places Now (Post-COVID)

Add Field | Add Matrix of Fields

Matrix group: eating2_fear

Variable: eating2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: eating2_avoid

Variable: eating2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: drinking

Drinking with others in public places Generally (Pre-COVID)

Add Field | Add Matrix of Fields

Matrix group: drinking_fear

Variable: drinking_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: drinking_avoid

Variable: drinking_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: drinking_2

Drinking with others in public places Now (Post-COVID)

Add Field | Add Matrix of Fields

Matrix group: drinking2_fear

Variable: drinking2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: drinking2_avoid

Variable: drinking2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: authority

Talking to people in authority Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: authority_fear

Variable: authority_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: authority_avoid

Variable: authority_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: authority_2

Talking to people in authority Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: authority2_fear

Variable: authority2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: authority2_avoid

Variable: authority2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: acting

Acting, performing, or giving a talk in front of an audience Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: acting_fear

Variable: acting_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: acting_avoid

Variable: acting_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Variable: acting_2

Acting, performing, or giving a talk in front of an audience Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: acting2_fear

Variable: acting2_fear

	None	Mild	Moderate	Severe
Fear	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Matrix group: acting2_avoid

Variable: acting2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Variable: party

Going to a party Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: party_fear

Variable: party_fear

	None	Mild	Moderate	Severe
Fear	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Matrix group: party_avoid

Variable: party_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Variable: party_2

Going to a party Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: party2_fear

Variable: party2_fear

	None	Mild	Moderate	Severe
Fear	◯	◯	◯	◯

reset

Add Field   Add Matrix of Fields

Matrix group: party2_avoid

Variable: party2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: working

Working while being observed Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: working_fear

Variable: working_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: working_avoid

Variable: working_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: working_2

Working while being observed Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: working2_fear

Variable: working2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: working2_avoid

Variable: working2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: writing

Writing while being observed Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: writing_fear

Variable: writing_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: writing_avoid

Variable: writing_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: writing_2

Writing while being observed Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: writing2_fear

Variable: writing2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: writing2_avoid

Variable: writing2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: calling

Calling someone you don't know very well Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: calling_fear

Variable: calling_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: calling_avoid

Variable: calling_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: calling_2

Calling someone you don't know very well Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: calling2_fear

Variable: calling2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: calling2_avoid

Variable: calling2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: talking

Talking with people you don't know very well Generally (Pre-COVID)

Add Field | Add Matrix of Fields

Matrix group: talking_fear

Variable: talking_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: talking_avoid

Variable: talking_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: talking_2

Talking with people you don't know very well Now (Post-COVID)

Add Field | Add Matrix of Fields

Matrix group: talking2_fear

Variable: talking2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: talking2_avoid

Variable: talking2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: strangers

Meeting strangers Generally (Pre-COVID)

Add Field | Add Matrix of Fields

Matrix group: strangers_fear

Variable: strangers_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Matrix group: strangers_avoid

Variable: strangers_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Variable: strangers_2

Meeting strangers Now (Post-COVID)

Add Field | **Add Matrix of Fields**

Matrix group: strangers2_fear

Variable: strangers2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Matrix group: strangers2_avoid

Variable: strangers2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Variable: urinating

Urinating in a public bathroom Generally (Pre-COVID)

Add Field | **Add Matrix of Fields**

Matrix group: urinating_fear

Variable: urinating_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Matrix group: urinating_avoid

Variable: urinating_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | **Add Matrix of Fields**

Variable: urinating_2

Urinating in a public bathroom Now (Post-COVID)

Add Field | **Add Matrix of Fields**

Matrix group: urinating2_fear

Variable: urinating2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field　Add Matrix of Fields

Matrix group: urinating2_avoid

Variable: urinating2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field　Add Matrix of Fields

Variable: seated

Entering a room when others are already seated Generally (Pre-COVID)

Add Field　Add Matrix of Fields

Matrix group: seated_fear

Variable: seated_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field　Add Matrix of Fields

Matrix group: seated_avoid

Variable: seated_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field　Add Matrix of Fields

Variable: seated_2

Entering a room when others are already seated Now (Post-COVID)

Add Field　Add Matrix of Fields

Matrix group: seated2_fear

Variable: seated2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field　Add Matrix of Fields

Matrix group: seated2_avoid

Variable: seated2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field　Add Matrix of Fields

Variable: attention

Being the center of attention Generally (Pre-COVID)

Add Field　Add Matrix of Fields

Matrix group: attention_fear

Variable: attention_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: attention_avoid

Variable: attention_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: attention_2

Being the center of attention Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: attention2_fear

Variable: attention2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: attention2_avoid

Variable: attention2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: meeting

Speaking up at a meeting Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: meeting_fear

Variable: meeting_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: meeting_avoid

Variable: meeting_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: meeting_2

Speaking up at a meeting Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: meeting2_fear

Variable: meeting2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: meeting2_avoid

Variable: meeting2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: test

Taking a test Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: test_fear

Variable: test_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: test_avoid

Variable: test_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: test_2

Taking a test Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: test2_fear

Variable: test2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: test2_avoid

Variable: test2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: disagreement

Expressing a disagreement or disapproval to people you don't know very well Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: disagreement_fear

Variable: disagreement_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: disagreement_avoid

Variable: disagreement_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: disagreement_2

Expressing a disagreement or disapproval to people you don't know very well Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: disagreement2_fear

Variable: disagreement2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: disagreement2_avoid

Variable: disagreement2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: looking

Looking at people you don't know very well in the eyes Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: looking_fear

Variable: looking_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: looking_avoid

Variable: looking_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: looking_2

Looking at people you don't know very well in the eyes Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: looking2_fear

Variable: looking2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: looking2_avoid

Variable: looking2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: report

Giving a report to a group Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: report_fear

Variable: report_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: report_avoid

Variable: report_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: report_2

Giving a report to a group Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: report2_fear

Variable: report2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: report2_avoid

Variable: report2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: pickup

Trying to pick up someone Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: pickup_fear

Variable: pickup_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: pickup_avoid

Variable: pickup_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: pickup_2

Trying to pick up someone Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: pickup2_fear

Variable: pickup2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: pickup2_avoid

Variable: pickup2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: returning

Returning goods to a store Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: returning_fear

Variable: returning_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: returning_avoid

Variable: returning_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: returning_2

Returning goods to a store Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: returning2_fear

Variable: returning2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: returning2_avoid

Variable: returning2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: gparty

Giving a party Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: gparty_fear

Variable: gparty_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: gparty_avoid

Variable: gparty_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: gparty_2

Giving a party Now (Post-COVID)

Add Field   Add Matrix of Fields

Matrix group: gparty2_fear

Variable: gparty2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field   Add Matrix of Fields

Matrix group: gparty2_avoid

Variable: gparty2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field   Add Matrix of Fields

Variable: salesperson

Resisting a high pressure salesperson Generally (Pre-COVID)

Add Field   Add Matrix of Fields

Matrix group: salesperson_fear

Variable: salesperson_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: salesperson_avoid

Variable: salesperson_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Variable: salesperson_2

Resisting a high pressure salesperson Now (Post-COVID)

Add Field | Add Matrix of Fields

Matrix group: salesperson2_fear

Variable: salesperson2_fear

	None	Mild	Moderate	Severe
Fear	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: salesperson2_avoid

Variable: salesperson2_avoid

	Never (0%)	Occasionally (1-33%)	Often (34-66%)	Usually (67-100%)
Avoidance	○	○	○	○

reset

Add Field | Add Matrix of Fields

Matrix group: big_5

BIG 5: Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please select the bubble under each statement to indicate the extent to which you agree or disagree with that statement.

I AM SOMEONE WHO....

Variable: big5_1

	Disagree strongly	Disagree a little	Neutral; No Opinion	Agree a little	Agree strongly
Tends to be quiet	○	○	○	○	○

reset

Variable: big5_2

Is compassionate, has a soft heart.	○	○	○	○	○

reset

Variable: big5_3

Tends to be disorganized.	○	○	○	○	○

reset

Variable: big5_4

Worries a lot.	○	○	○	○	○

reset

Variable: big5_5

Is fascinated by art, music, or literature.	○	○	○	○	○

reset

Variable: big5_6

Is dominant, acts as a leader.	○	○	○	○	○

reset

Variable: big5_7

Is sometimes rude to others.

○   ○   ○   ○   ○

reset

Variable: big5_8

Has difficulty getting started on tasks.

○   ○   ○   ○   ○

reset

Variable: big5_9

Tends to feel depressed, blue.

○   ○   ○   ○   ○

reset

Variable: big5_10

Has little interest in abstract ideas.

○   ○   ○   ○   ○

reset

Variable: big5_11

Is full of energy

○   ○   ○   ○   ○

reset

Variable: big5_12

Assumes the best about people.

○   ○   ○   ○   ○

reset

Variable: big5_13

Is reliable, can always be counted on.

○   ○   ○   ○   ○

reset

Variable: big5_14

Is emotionally stable, not easily upset.

○   ○   ○   ○   ○

reset

Variable: big5_15

Is original, comes up with new ideas.

○   ○   ○   ○   ○

reset

Variable: big5_16

Is outgoing, sociable.

○   ○   ○   ○   ○

reset

Variable: big5_17

Can be cold and uncaring.

○   ○   ○   ○   ○

reset

Variable: big5_18

Keeps things neat and tidy.

○   ○   ○   ○   ○

reset

Variable: big5_19

Is relaxed, handles stress well.

○   ○   ○   ○   ○

reset

Variable: big5_20

Has few artistic interests

○   ○   ○   ○   ○

reset

Variable: big5_21

Prefers to have others take charge.

○   ○   ○   ○   ○

reset

Variable: big5_22

Is respectful, treats others with respect.

○   ○   ○   ○   ○

reset

Variable: big5_23

Is persistent, works until the task is finished.

○   ○   ○   ○   ○

reset

Variable: big5_24

Feels secure, comfortable with self.

○   ○   ○   ○   ○

reset

Variable: big5_25

Is complex, a deep thinker.

○   ○   ○   ○   ○

reset

Variable: big5_26

Is less active than other people.

○   ○   ○   ○   ○

reset

Variable: big5_27

Tends to find fault with others

○   ○   ○   ○   ○

reset

Variable: big5_28

Can be somewhat careless

○   ○   ○   ○   ○

reset

Variable: big5_29

Is temperamental, gets emotional easily.

○   ○   ○   ○   ○

reset

Variable: big5_30

Has little creativity.

○   ○   ○   ○   ○

reset

Add Field   Add Matrix of Fields