

AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the Round 1-3 data (reflected in the “cleaned_deid” versions of the data), (2) Variable Descriptions for each variable in the Round 1-3 data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from Rounds 1-3.

- Data for participants should be able to be matched across surveys based on the **Subject ID (subj_id)**.
- There were some similar issues as outlined in the 1_README_COVID19_daily_survey_SLEEP_DATA_README.pdf regarding errors with use of 12- vs. 24-hour clock, specifically in calculations for PSQI and uMTQ. **No times were changed in the reported data**, but we have made a column that notes if 12- or 24-hour clock was assumed
- The code for the cleaned versions of our data set are also available via OSF
- Almost all of our pre-processing of the data was just to get it in analyzable shape, and to exclude or correct obvious errors (e.g., misspelled country names) and impossible values. Beyond clearly impossible values (e.g., a participant who says they average 40 hours of sleep per night), we have not removed outliers or other suspect values, because we want to leave decisions on how to deal with these to each researcher.
- Given the size of the dataset, we recommend that authors pre-register their hypotheses before running analyses on the data.

Round 1

Corrections and cleaning

1. Rescale PSQI variables to start at 0 rather than 1
2. Replace hours of sleep greater than 24 with missing value
3. Replace days working per week greater than 7 with missing value
4. Replaced some variable names due to typos in initial survey creations:
 - a. psqi_5h_2 now psqi_5i
 - b. mtq_p8 now mtq_4
 - c. mtq_p9 now mtq_5
 - d. mtq_p10 now mtq_6

Round 2

Corrections and cleaning

1. Replace some unusual/extreme dates (e.g., 0101-01-01) with missing values

Round 3

Corrections and cleaning

1. Replace ages greater than 120 with missing value
2. Standardize formatting and spelling of country names and state/provinces

Round 1 Variable Descriptions

VARIABLE_NAME	QUESTION_CONTENT	MULTIPLE_CHOICE_Options_(if_any)
record_id	This is just the number of times the survey has been taken (generated by Redcap)	
redcap_survey_identifier	Always Blank	
round_1_timestamp	Timestamp autogenerated by REDCAP	
subj_id	This is the SUBJECT ID . This is what is used to identify each individual subject and is the ID that allows you to match participants responses across different surveys. To enhance confidentiality, we have replaced their given IDs with numbers.	
date_time_rd1	This is the date and time the participants started the Round 1 survey. Participants are instructed to click a button as they start the survey to enter the date and time. It should be in the time zone of the participant.	
PITTSBURGH SLEEP QUALITY INDEX		
psqi_1	During the past month, what time have you usually gone to bed at night?	
psqi_2	During the past month, how long (in minutes) has it usually taken you to fall asleep each night?	
psqi_3	During the past month, what time have you usually gotten up in the morning?	
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.)	
psqi_5a	During the past month, how often have you had trouble sleeping because you: Cannot get to sleep within 30 minutes	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5b	During the past month, how often have you had trouble sleeping because you: Wake up in the middle of the night or early morning	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5c	During the past month, how often have you had trouble sleeping because you: Have to get up to use the bathroom	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week

psqi_5d	During the past month, how often have you had trouble sleeping because you: Cannot breathe comfortably	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5e	During the past month, how often have you had trouble sleeping because you: Cough or snore loudly	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5f	During the past month, how often have you had trouble sleeping because you: Feel too cold	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5g	During the past month, how often have you had trouble sleeping because you: Feel too hot	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5h	During the past month, how often have you had trouble sleeping because you: Had bad dreams	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5i	During the past month, how often have you had trouble sleeping because you: Had pain	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_5j	During the past month, how often have you had trouble sleeping because you: Other reason(s), please describe below	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_6	During the past month, how would you rate your sleep quality overall?	1, Very good 2, Fairly good 3, Fairly bad 4, Very bad
psqi_7	During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
psqi_8	During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
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?	1, No problem at all 2, Only a very slight problem 3, Somewhat of a problem 4, A very big problem
ULTRA-SHORT MUNICH CHRONOTYPE QUESTIONNAIRE (PRE-COVID)		
mtq_p1	I was a shift- or night-worker at some time in the three month period PRIOR to February 1, 2020.	1 = YES, 0 = NO
mtq_p2	Prior to February 1, 2020, I normally worked ____ days per week.	
mtq_p3	Prior to Feb. 1, on WORKDAYS I normally fell asleep at:	
mtq_p4	Prior to Feb. 1, on WORKDAYS I normally woke up at:	

mtq_p5	Prior to Feb. 1, on WORK-FREE DAYS when I DID NOT use an alarm clock, I normally fell asleep at:	
mtq_p6	Prior to Feb. 1, on WORK-FREE DAYS when I DID NOT use an alarm clock, I normally woke up at:	
ULTRA-SHORT MUNICH CHRONOTYPE QUESTIONNAIRE (POST-COVID)		
mtq_1	I have been a shift- or night-worker in the past three months	1 = YES, 0 = NO
mtq_2	Normally, I work ____ days per week.	
mtq_3	On WORKDAYS I normally fall asleep at:	
mtq_4	On WORKDAYS I normally wake up at:	
mtq_5	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at:	
mtq_6	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at:	
GENERALIZED ANXIETY DISORDER-7 QUESTIONNAIRE		
gad_1	Feeling nervous, anxious or on edge	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_2	Not being able to stop or control worrying	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_3	Worrying too much about different things	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_4	Trouble relaxing	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_5	Being so restless that it is hard to sit still	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_6	Becoming easily annoyed or irritable	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_7	Feeling afraid as if something awful might happen	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
COGNITIVE EMOTIONAL REGULATION QUESTIONNAIRE		
cerq_1	I think that I have to accept that this has happened	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_2	I often think about how I feel about what I have experienced	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_3	I think I can learn something from the situation	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_4	I feel that I am the one who is responsible for what has happened	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always

cerq_5	I think that I have to accept the situation	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_6	I am preoccupied with what I think and feel about what I have experienced	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_7	I think of pleasant things that have nothing to do with it	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_8	I think that I can become a stronger person as a result of what has happened	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_9	I keep thinking about how terrible it is what I have experienced	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_10	I feel that others are responsible for what has happened	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_11	I think of something nice instead of what has happened	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_12	I think about how to change the situation	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_13	I think that it hasn't been too bad compared to other things	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_14	I think that basically the cause must lie within myself	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_15	I think about a plan of what I can do best	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_16	I tell myself that there are worse things in life	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_17	I continually think how horrible the situation has been	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
cerq_18	I feel that basically the cause lies with others	1, (almost) never 2, sometimes 3, regularly 4, often 5, (almost) always
LIEBOWITZ SOCIAL ANXIETY SCALE (PRE- AND POST-COVID)		
LSAS_telephone_fear	Telephoning in Public Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_telephone_avoid	Telephoning in Public Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_telephone2_fear	Telephoning in Public Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_telephone2_avoid	Telephoning in Public Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_smallgroups_fear	Participating in small groups Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_smallgroups_avoid	Participating in small groups Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)

LSAS_smallgroups2_fear	Participating in small groups Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_smallgroups2_avoid	Participating in small groups Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_eating_fear	Eating in public places Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_eating_avoid	Eating in public places Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_eating2_fear	Eating in public places Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_eating2_avoid	Eating in public places Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_drinking_fear	Drinking with others in public places Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_drinking_avoid	Drinking with others in public places Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_drinking2_fear	Drinking with others in public places Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_drinking2_avoid	Drinking with others in public places Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_authority_fear	Talking to people in authority Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_authority_avoid	Talking to people in authority Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_authority2_fear	Talking to people in authority Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_authority2_avoid	Talking to people in authority Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_acting_fear	Acting, performing, or giving a talk in front of an audience Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_acting_avoid	Acting, performing, or giving a talk in front of an audience Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_acting2_fear	Acting, performing, or giving a talk in front of an audience Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_acting2_avoid	Acting, performing, or giving a talk in front of an audience Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_party_fear	Going to a party Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_party_avoid	Going to a party Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_party2_fear	Going to a party Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_party2_avoid	Going to a party Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_working_fear	Working while being observed Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe

LSAS_working_avoid	Working while being observed Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_working2_fear	Working while being observed Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_working2_avoid	Working while being observed Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_writing_fear	Writing while being observed Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_writing_avoid	Writing while being observed Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_writing2_fear	Writing while being observed Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_writing2_avoid	Writing while being observed Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_calling_fear	Calling someone you don't know very well Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_calling_avoid	Calling someone you don't know very well Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_calling2_fear	Calling someone you don't know very well Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_calling2_avoid	Calling someone you don't know very well Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_talking_fear	Talking with people you don't know very well Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_talking_avoid	Talking with people you don't know very well Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_talking2_fear	Talking with people you don't know very well Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_talking2_avoid	Talking with people you don't know very well Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_strangers_fear	Meeting strangers Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_strangers_avoid	Meeting strangers Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_strangers2_fear	Meeting strangers Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_strangers2_avoid	Meeting strangers Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_urinating_fear	Urinating in a public bathroom Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_urinating_avoid	Urinating in a public bathroom Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_urinating2_fear	Urinating in a public bathroom Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe

LSAS_urinating2_avoid	Urinating in a public bathroom Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_seated_fear	Entering a room when others are already seated Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_seated_avoid	Entering a room when others are already seated Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_seated2_fear	Entering a room when others are already seated Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_seated2_avoid	Entering a room when others are already seated Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_attention_fear	Being the center of attention Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_attention_avoid	Being the center of attention Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_attention2_fear	Being the center of attention Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_attention2_avoid	Being the center of attention Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_meeting_fear	Speaking up at a meeting Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_meeting_avoid	Speaking up at a meeting Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_meeting2_fear	Speaking up at a meeting Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_meeting2_avoid	Speaking up at a meeting Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_test_fear	Taking a test Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_test_avoid	Taking a test Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_test2_fear	Taking a test Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_test2_avoid	Taking a test Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_disagreement_fear	Expressing a disagreement or disapproval to people you don't know very well Generally Pre-COVID) Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_disagreement_avoid	Expressing a disagreement or disapproval to people you don't know very well Generally Pre-COVID) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_disagreement2_fear	Expressing a disagreement or disapproval to people you don't know very well Generally Post-COVID) Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_disagreement2_avoid	Expressing a disagreement or disapproval to people you don't know very well Generally Post-COVID) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)

LSAS_looking_fear	Looking at people you don't know very well in the eyes Generally (Pre-COVID) Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_looking_avoid	Looking at people you don't know very well in the eyes Generally (Pre-COVID) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_looking2_fear	Looking at people you don't know very well in the eyes Generally (Post-COVID) Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_looking2_avoid	Looking at people you don't know very well in the eyes Generally (Post-COVID) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_report_fear	Giving a report to a group Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_report_avoid	Giving a report to a group Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_report2_fear	Giving a report to a group Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_report2_avoid	Giving a report to a group Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_pickup_fear	Trying to pick up someone Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_pickup_avoid	Trying to pick up someone Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_pickup2_fear	Trying to pick up someone Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_pickup2_avoid	Trying to pick up someone Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_returning_fear	Returning goods to a store Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_returning_avoid	Returning goods to a store Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_returning2_fear	Returning goods to a store Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_returning2_avoid	Returning goods to a store Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_gparty_fear	Giving a party Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_gparty_avoid	Giving a party Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_gparty2_fear	Giving a party Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_gparty2_avoid	Giving a party Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_salesperson_fear	Resisting a high pressure salesperson Generally (Pre-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe
LSAS_salesperson_avoid	Resisting a high pressure salesperson Generally (Pre-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
LSAS_salesperson2_fear	Resisting a high pressure salesperson Generally (Post-COVID): Fear	0, None 1, Mild 2, Moderate 3, Severe

LSAS_salesperson2_avoid	Resisting a high pressure salesperson Generally (Post-COVID): Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
BIG-5 PERSONALITY QUESTIONNAIRE (30 QUESTION)		
big5_1	Tends to be quiet	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_2	Is compassionate, has a soft heart.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_3	Tends to be disorganized.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_4	Worries a lot.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_5	Is fascinated by art, music, or literature.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_6	Is dominant, acts as a leader.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_7	Is sometimes rude to others.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_8	Has difficulty getting started on tasks.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_9	Tends to feel depressed, blue.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_10	Has little interest in abstract ideas.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_11	Is full of energy	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_12	Assumes the best about people.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly

big5_13	Is reliable, can always be counted on.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_14	Is emotionally stable, not easily upset.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_15	Is original, comes up with new ideas.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_16	Is outgoing, sociable.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_17	Can be cold and uncaring.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_18	Keeps things neat and tidy.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_19	Is relaxed, handles stress well.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_20	Has few artistic interests	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_21	Prefers to have others take charge.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_22	Is respectful, treats others with respect.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_23	Is persistent, works until the task is finished.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_24	Feels secure, comfortable with self.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_25	Is complex, a deep thinker.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly

big5_26	Is less active than other people.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_27	Tends to find fault with others	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_28	Can be somewhat careless	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_29	Is temperamental, gets emotional easily.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
big5_30	Has little creativity.	1, Disagree strongly 2, Disagree a little 3, Neutral; No Opinion 4, Agree a little 5, Agree strongly
round_1_complete	This is autogenerated from REDCAP	2 = completed, 0 = partially completed

Round 1 Calculated Variables

Calculated_Variables	Variable_Description	Calculation
PSQIDURAT	PSQI Duration of Sleep	IF (psqi_4) ≥ 7, THEN set value to 0, IF (psqi_4) < 7 and ≥ 6, THEN set value to 1, IF (psqi_4) < 6 and ≥ 5, THEN set value to 2, IF (psqi_4) < 5, THEN set value to 3
PSQIDISTB	PSQI Sleep Disturbance	IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j = 0, THEN set value to 0; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j ≥ 1 and ≤ 9, THEN set value to 1; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j > 9 and ≤ 18, THEN set value to 2; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j > 18, THEN set value to 3
psqi_2NEW	PSQI Recode of psqi_2 for Latency question	IF psqi_2 ≥ 0 and ≤ 15, THEN set value of psqi_2new to 0, IF psqi_2 > 15 and ≤ 30, THEN set value of psqi_2new to 1, IF psqi_2 > 30 and ≤ 60, THEN set value of psqi_2new to 2, IF psqi_2 > 60, THEN set value of psqi_2new to 3
PSQILATEN	PSQI Sleep Latency	IF psqi_5a + psqi_2new = 0, THEN set value to 0; IF psqi_5a + psqi_2new ≥ 1 and ≤ 2, THEN set value to 1; IF psqi_5a + psqi_2new ≥ 3 and ≤ 4, THEN set value to 2; IF psqi_5a + psqi_2new ≥ 5 and ≤ 6, THEN set value to 3

PSQIDAYDYS	PSQI Day Dysfunction due to sleepiness	<i>IF</i> psqi_8 + psqi_9 = 0, THEN set value to 0; <i>IF</i> psqi_8 + psqi_9 ≥ 1 and ≤ 2, THEN set value to 1; <i>IF</i> psqi_8 + psqi_9 ≥ 3 and ≤ 4, THEN set value to 2; <i>IF</i> psqi_8 + psqi_9 ≥ 5 and ≤ 6, THEN set value to 3
PSQI_TIB	PSQI Time In Bed	Calculation of Time in Bed (number of hours between bed time and rise time) after correcting for 24-hour clock usage
PSQI_TIB_12	PSQI Time in Bed was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12-hour clock assumed, 0 = 24 hour clock assumed.
PSQI_sleep_eff	PSQI Sleep Efficiency (number)	Equals psqi_4/(psqi_3 - psqi_1)
PSQIHSE	PSQI Sleep Efficiency (score for PSQI total)	<i>IF</i> PSQI_sleep_eff ≥ 85, THEN set value to 0; <i>IF</i> PSQI_sleep_eff < 85 and ≥ 75, THEN set value to 1; <i>IF</i> PSQI_sleep_eff < 75 and ≥ 65, THEN set value to 2; <i>IF</i> PSQI_sleep_eff < 65, THEN set value to 3
PSQISLPQUAL	PSQI Overall Sleep Quality	Equals psqi_6
PSQIMEDS	PSQI Needs Meds to Sleep	Equals psqi_7
PSQI_TOTAL	PSQI Total Score	Sum of PSQIDURAT + PSQIDISTB + PSQILATEN + PSQIDAYDYS + PSQIHSE + PSQISLPQUAL + PSQIMEDS
mtq_precovid_freedays	Number of free days per week Pre-COVID	Subtract (7 - mtq_p2)
mtq_postcovid_freedays	Number of free days per week Post-COVID	Subtract (7 - mtq_2)
mtq_precovid_workdays	Number of work days per week Pre-COVID	Equals mtq_p2
mtq_precovid_workday_sleeponset	Typical work day sleep onset Pre-COVID	Equals mtq_p3
mtq_precovid_workday_sleepend	Typical work day sleep end Pre-COVID	Equals mtq_p4
mtq_precovid_freeday_sleeponset	Typical free day sleep onset Pre-COVID	Equals mtq_p5
mtq_precovid_freeday_sleepend	Typical free day sleep end Pre-COVID	Equals mtq_p6
mtq_postcovid_workdays	Number of work days per week Post-COVID	Equals mtq_2
mtq_postcovid_workday_sleeponset	Typical work day sleep onset Post-COVID	Equals mtq_3

mtq_postcovid_workday_sleepend	Typical work day sleep end Post-COVID	Equals mtq_4
mtq_postcovid_freeday_sleeponset	Typical free day sleep onset Post-COVID	Equals mtq_5
mtq_postcovid_freeday_sleepend	Typical free day sleep end Post-COVID	Equals mtq_6
mtq_precovid_workday_sleepduration	Typical work day sleep duration Pre-COVID	Subtract (mtq_precovid_workday_sleepend) - (mtq_precovid_workday_sleeponset)
mtq_precovid_workday_sleepduration_12	Typical work day sleep duration Pre-COVID was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
mtq_precovid_freeday_sleepduration	Typical free day sleep duration Pre-COVID	Subtract (mtq_precovid_freeday_sleepend) - (mtq_precovid_freeday_sleeponset)
mtq_precovid_freeday_sleepduration_12	Typical free day sleep duration Pre-COVID was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
mtq_precovid_workday_sleepmidpoint	Typical work day sleep midpoint Pre-COVID	Sum of (mtq_precovid_workday_sleeponset) + (mtq_precovid_workday_sleepduration)/2
mtq_precovid_freeday_sleepmidpoint	Typical free day sleep midpoint Pre-COVID	Sum of (mtq_precovid_freeday_sleeponset) + (mtq_precovid_freeday_sleepduration)/2
mtq_precovid_avg_wk_sleepduration	Average sleep duration Pre-COVID	Calculate [(mtq_precovid_workday_sleepduration)*(mtq_precovid_workdays) + (mtq_precovid_freeday_sleepduration)*(mtq_precovid_freedays)]/7
mtq_precovid_chronotype	Chronotype Pre-Covid	<i>IF</i> [(mtq_precovid_freeday_sleepduration) ≤ (mtq_precovid_workday_sleepduration), then this equals (mtq_precovid_freeday_sleepmidpoint)]; <i>IF</i> [(mtq_precovid_freeday_sleepduration) > (mtq_precovid_workday_sleepduration), then this equals (mtq_precovid_freeday_sleepmidpoint) -

		$[(\text{mtq_precovid_freeday_sleepduration}) - (\text{mtq_precovid_workday_sleepduration})/2]$
mtq_postcovid_workday_sleepduration	Typical work day sleep duration Post-COVID	Subtract (mtq_postcovid_workday_sleepend) - (mtq_postcovid_workday_sleeponset)
mtq_postcovid_workday_sleepduration_12	Typical work day sleep duration Post-COVID was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
mtq_postcovid_freeday_sleepduration	Typical free day sleep duration Post-COVID	Subtract (mtq_postcovid_freeday_sleepend) - (mtq_postcovid_freeday_sleeponset)
mtq_postcovid_freeday_sleepduration_12	Typical free day sleep duration Post-COVID was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
mtq_postcovid_workday_sleepmidpoint	Typical work day sleep midpoint Post-COVID	Sum of (mtq_postcovid_workday_sleeponset) + (mtq_postcovid_workday_sleepduration)/2
mtq_postcovid_freeday_sleepmidpoint	Typical free day sleep midpoint Post-COVID	Sum of (mtq_postcovid_freeday_sleeponset) + (mtq_postcovid_freeday_sleepduration)/2
mtq_postcovid_avg_wk_sleepduration	Average sleep duration Post-COVID	Calculate $[(\text{mtq_postcovid_workday_sleepduration}) * (\text{mtq_postcovid_workdays}) + (\text{mtq_postcovid_freeday_sleepduration}) * (\text{mtq_postcovid_freedays})] / 7$
mtq_postcovid_chronotype	Chronotype Post-Covid	<i>IF</i> [(mtq_postcovid_freeday_sleepduration) ≤ (mtq_postcovid_workday_sleepduration), then this equals (mtq_postcovid_freeday_sleepmidpoint); <i>IF</i> [(mtq_postcovid_freeday_sleepduration) > (mtq_postcovid_workday_sleepduration), then this equals (mtq_postcovid_freeday_sleepmidpoint) - [(mtq_postcovid_freeday_sleepduration) - (mtq_postcovid_workday_sleepduration)/2]

gad_7_total	Sum of GAD-7 Questions	Sum of gad_1 + gad_2 + gad_3 + gad_4 + gad_5 + gad_6 + gad_7
CERQ_Self_Blame	CERQ Self-Blame Subscale	Sum of cerq_14 + cerq_4
CERQ_Acceptance	CERQ Acceptance Subscale	Sum of cerq_1 + cerq_5
CERQ_Catastrophizing	CERQ Catastrophizing Subscale	Sum of cerq_9 + cerq_17
CERQ_Other_blame	CERQ Other Blame Subscale	Sum of cerq_18 + cerq_10
CERQ_Rumination	CERQ Rumination Subscale	Sum of cerq_2 + cerq_6
CERQ_Positive_Refocusing	CERQ Positive Refocusing Subscale	Sum of cerq_11 + cerq_7
CERQ_Refocus_on_Planning	CERQ Refocus on Planning Subscale	Sum of cerq_15 + cerq_12
CERQ_Positive_Reappraisal	CERQ Positive Reappraisal Subscale	Sum of cerq_8 + cerq_3
CERQ_Putting_into_Perspective	CERQ Putting into Perspective Subscale	Sum of cerq_13 + cerq_16
LSAS_Fear_PreCovid	LSAS Pre-Covid Fear Subscale	Sum of telephone_fear + smallgroups_fear + eating_fear + drinking_fear + authority_fear + acting_fear + party_fear + working_fear + writing_fear + calling_fear + talking_fear + strangers_fear + urinating_fear + seated_fear + attention_fear + meeting_fear + test_fear + disagreement_fear + looking_fear + report_fear + pickup_fear + returning_fear + gparty_fear + salesperson_fear
LSAS_Anxiety_PreCovid	LSAS Pre-Covid Anxiety Subscale	Sum of telephone_avoid + smallgroups_avoid + eating_avoid + drinking_avoid + authority_avoid + acting_avoid + party_avoid + working_avoid + writing_avoid + calling_avoid + talking_avoid + strangers_avoid + urinating_avoid + seated_avoid + attention_avoid + meeting_avoid + test_avoid + disagreement_avoid + looking_avoid + report_avoid + pickup_avoid + returning_avoid + gparty_avoid + salesperson_avoid
LSAS_TOTAL_PreCovid	LSAS Pre-Covid Total Score	Sum of telephone_fear + telephone_avoid + smallgroups_fear + smallgroups_avoid + eating_fear + eating_avoid + drinking_fear + drinking_avoid + authority_fear + authority_avoid + acting_fear + acting_avoid + party_fear + party_avoid + working_fear + working_avoid + writing_fear + writing_avoid + calling_fear + calling_avoid + talking_fear + talking_avoid + strangers_fear + strangers_avoid + urinating_fear + urinating_avoid + seated_fear + seated_avoid + attention_fear + attention_avoid + meeting_fear + meeting_avoid + test_fear + test_avoid + disagreement_fear + disagreement_avoid + looking_fear + looking_avoid + report_fear + report_avoid + pickup_fear + pickup_avoid + returning_fear + returning_avoid + gparty_fear + gparty_avoid + salesperson_fear + salesperson_avoid

LSAS_Fear_PostCovid	LSAS Post-Covid Fear Subscale	Sum of telephone2_fear + smallgroups2_fear + eating2_fear + drinking2_fear + authority2_fear + acting2_fear + party2_fear + working2_fear + writing2_fear + calling2_fear + talking2_fear + strangers2_fear + urinating2_fear + seated2_fear + attention2_fear + meeting2_fear + test2_fear + disagreement2_fear + looking2_fear + report2_fear + pickup2_fear + returning2_fear + gparty2_fear + salesperson2_fear
LSAS_Anxiety_PostCovid	LSAS Post-Covid Anxiety Subscale	Sum of telephone2_avoid + smallgroups2_avoid + eating2_avoid + drinking2_avoid + authority2_avoid + acting2_avoid + party2_avoid + working2_avoid + writing2_avoid + calling2_avoid + talking2_avoid + strangers2_avoid + urinating2_avoid + seated2_avoid + attention2_avoid + meeting2_avoid + test2_avoid + disagreement2_avoid + looking2_avoid + report2_avoid + pickup2_avoid + returning2_avoid + gparty2_avoid + salesperson2_avoid
LSAS_TOTAL_PostCovid	LSAS Post-Covid Total Score	Sum of telephone2_fear + telephone2_avoid + smallgroups2_fear + smallgroups2_avoid + eating2_fear + eating2_avoid + drinking2_fear + drinking2_avoid + authority2_fear + authority2_avoid + acting2_fear + acting2_avoid + party2_fear + party2_avoid + working2_fear + working2_avoid + writing2_fear + writing2_avoid + calling2_fear + calling2_avoid + talking2_fear + talking2_avoid + strangers2_fear + strangers2_avoid + urinating2_fear + urinating2_avoid + seated2_fear + seated2_avoid + attention2_fear + attention2_avoid + meeting2_fear + meeting2_avoid + test2_fear + test2_avoid + disagreement2_fear + disagreement2_avoid + looking2_fear + looking2_avoid + report2_fear + report2_avoid + pickup2_fear + pickup2_avoid + returning2_fear + returning2_avoid + gparty2_fear + gparty2_avoid + salesperson2_fear
Big_5_Extraversion	Big-5-Extraversion Subscale	Sum of big5_1 REVERSED + big5_6 + big5_11 + big5_16 + big5_21 REVERSED + big5_26 REVERSED
Big_5_Agreeableness	Big-5-Agreeableness Subscale	Sum of big5_2 + big5_7 REVERSED + big5_12 + big5_17 REVERSED + big5_22 + big5_27 REVERSED
Big_5_Conscientiousness	Big-5-Conscientiousness Subscale	Sum of big5_3 REVERSED + big5_8 REVERSED + big5_13 + big5_18 + big5_23 + big5_28 REVERSED
Big_5_Negative_Emotionality	Big-5- Negative Emotionality Subscale	Sum of big5_4 + big5_9 + big5_14 REVERSED + big5_19 REVERSED + big5_24 REVERSED + big5_29
Big_5_Open_Mindedness	Big-5- Open-Mindedness Subscale	Sum of big5_5 + big5_10 REVERSED + big5_15 + big5_20 REVERSED + big5_25 + big5_30 REVERSED
Big_5_Sociability	Big-5-Sociability Subscale	Sum of big5_1 REVERSED + big5_16
Big_5_Assertiveness	Big-5-Assertiveness Subscale	Sum of big5_6 + big5_21 REVERSED
Big_5_Energy_Level	Big-5-Energy-Level Subscale	Sum of big5_11 + big5_26 REVERSED

Big_5_Compassion	Big-5-Compassion Subscale	Sum of big5_2 + big5_17 REVERSED
Big_5_Respectfulness	Big-5-Respectfulness Subscale	Sum of big5_7 REVERSED + big5_22
Big_5_Trust	Big-5-Trust Subscale	Sum of big5_12 + big5_27 REVERSED
Big_5_Organization	Big-5-Organization Subscale	Sum of big5_3 REVERSED + big5_18
Big_5_Productiveness	Big-5-Productiveness Subscale	Sum of big5_8 REVERSED + big5_23
Big_5_Responsibility	Big-5-Responsibility Subscale	Sum of big5_13 + big5_28 REVERSED
Big_5_Anxiety	Big-5-Anxiety Subscale	Sum of big5_4 + big5_19 REVERSED
Big_5_Depression	Big-5-Depression Subscale	Sum of big5_9 + big5_24 REVERSED
Big_5_Emotional_Volatility	Big-5-Emotional-Volatility Subscale	Sum of big5_14 REVERSED + big5_29
Big_5_Aesthetic_Sensitivity	Big-5- Aesthetic-Sensitivity Subscale	Sum of big5_5 + big5_20 REVERSED
Big_5_Intellectual_Curiosity	Big-5- Intellectual-Curiosity Subscale	Sum of big5_10 REVERSED + big5_25
Big_5_Creative_Imagination	Big-5- Creative-Imagination Subscale	Sum of big5_15 + big5_30 REVERSED

Round 2 Variable Descriptions

VARIABLE_NAME	QUESTION_CONTENT	MULTIPLE_CHOICE_RESPONSES_if_any
record_id	This is just the number of times the survey has been taken (generated by Redcap)	
redcap_survey_identifier	Always Blank	
round_2_timestamp	Timestamp autogenerated by REDCAP	
subj_id	This is the SUBJECT ID . This is what is used to identify each individual subject and is the ID that allows you to match participants responses across different surveys. To enhance confidentiality, we have replaced their given IDs with numbers.	
date_time_rd2	This is the date and time the participants started the Round 1 survey. Participants are instructed to click a button as they start the survey to enter the date and time. It should be in the time zone of the participant.	
COVID MEMORY QUESTIONNAIRE		
gen_1	When I think about the past 8 weeks, my memories are:	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
gen_2	When I think about the summer and fall, my predictions are	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
history	Can you remember when you realized that this was going to be a part of history?	1 = YES, 0 = NO
vivid_history	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_history	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_history	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_history	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_history	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
work_start	Were you in school or employed at the start of the COVID pandemic?	1 = YES, 0 = NO
work_close	Did your school or work close YOUR on-sight operations in response to the COVID-19 pandemic?	1 = YES, 0 = NO

work_other	Was another significant entity or access in your life closed or canceled due to the COVID19 pandemic (e.g. community/senior centers, nursing home visitation abilities, etc.)?	1 = YES, 0 = NO
work_close_rem	Can you remember when you learned of this closure?	1 = YES, 0 = NO
vivid_work	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_work	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_work	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_work	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_work	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
school_kids	Are you the parent/guardian/caretaker for school-age children that have been living with you during the pandemic?	1 = YES, 0 = NO
school_close	Was your primary childcare service closed or cancelled in response to the COVID19 pandemic?	1 = YES, 0 = NO
school_close_rem	Can you remember when you learned of this closure?	1 = YES, 0 = NO
vivid_school	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_school	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_school	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_school	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_school	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
neg_emo	Can you remember a moment when you felt consumed by negative emotions related to the pandemic?	1 = YES, 0 = NO
vivid_neg_emo	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_neg_emo	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely

occarousing_neg_emo	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_neg_emo	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_neg_emo	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
get_better	Can you remember when you first felt that things were starting to get "better"?	1, Yes 0, No 2, I don't feel that way yet
vivid_get_better	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_get_better	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_get_better	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_get_better	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_get_better	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
num_march	How many people in your country had been diagnosed with COVID19 by mid-March?	
num_april	How many people in your country had been diagnosed with COVID19 by mid-April?	
us	Have you been in the United States for a majority of the COVID19 outbreak?	1 = YES, 0 = NO
num_march_us	How many people in your state had been diagnosed with COVID19 by mid-March?	
num_april_us	How many people in your state had been diagnosed with COVID19 by mid-April?	
stayhome_us	Was there a stay-at-home order, or equivalent, in your state?	1 = YES, 0 = NO
stayhome_begin_us	When did it begin? (please enter date as Month/Day/Year)	
stayhome_end_us	When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	
severity_state	I think my state's actions to prevent the spread of COVID19 were:	1, Too severe 2, Appropriate 3, Not severe enough
stayhome	Was there a stay-at-home order, or equivalent, in your country?	1 = YES, 0 = NO
stayhome_begin	When did it begin? (please enter date as Month/Day/Year)	
stayhome_end	When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	

severity	I think my country's actions to prevent the spread of COVID19 were:	1, Too severe 2, Appropriate 3, Not severe enough
normal_date	When do you expect things to feel "normal" again? (please enter date as Month/Day/Year)	
mask_date	When do you expect that you will first feel comfortable going to the grocery store without wearing a mask? (please enter date as Month/Day/Year)	
meetings_date	When do you expect that you will return to having mostly in-person meetings? (please enter date as Month/Day/Year)	
bigevents_date	When do you expect large events (concerts, sporting events, conferences) to resume? (please enter date as Month/Day/Year)	
shaking_hands_date	When do you expect that people will be shaking hands again? (please enter date as Month/Day/Year)	
num_august	How many people in your country do you think will have been diagnosed with COVID19 by mid-August?	
warmer	Do you think COVID19 rates will become lower when the weather gets warmer?	1, yes 2, no 3, unsure
sp_mem_1	When I think about the past 2-3 months, I remember my fears related to the spread of the illness	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_2	When I think about the past 2-3 months, I remember the community working together under difficult circumstances	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_3	When I think about the past 2-3 months, I remember feeling hope that the efforts will save lives	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_4	When I think about the past 2-3 months, I remember the social isolation	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_5	When I think about the past 2-3 months, I remember the financial uncertainty	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_6	When I think about the past 2-3 months, I remember feeling interconnected with others even while being physically distant	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
fut_1	When I think about the summer and fall, I envision improvements in public health	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
fut_2	When I think about the summer and fall, I envision continued spread of the illness	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
fut_3	When I think about the summer and fall, I envision improved economic stability	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
fut_4	When I think about the summer and fall, I envision continued financial uncertainty	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree

fut_5	When I think about the summer and fall, I envision less social isolation	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
peak_neg	when was your peak negative emotion	1, Early March 2, mid Mar 3, late Mar 4, early April 5, mid Apr 6, late Apr 7, early May 8, now
peak_neg_intense	How intense was that peak negative emotion?	1, Low 2, Moderate 3, High
peak_pos	when was your peak positive emotion	1, Early March 2, mid Mar 3, late Mar 4, early April 5, mid Apr 6, late Apr 7, early May 8, now
peak_pos_intense	How intense was that peak positive emotion?	1, Low 2, Moderate 3, High
sustained_neg___1	when was your most sustained period of negative emotion (check all that apply)	1=early March, 0=they did not select early March
sustained_neg___2	when was your most sustained period of negative emotion (check all that apply)	1=mid March, 0=they did not select mid March
sustained_neg___3	when was your most sustained period of negative emotion (check all that apply)	1=late March, 0=they did not select late March
sustained_neg___4	when was your most sustained period of negative emotion (check all that apply)	1=early April, 0=they did not select early April
sustained_neg___5	when was your most sustained period of negative emotion (check all that apply)	1=mid April, 0=they did not select mid April
sustained_neg___6	when was your most sustained period of negative emotion (check all that apply)	1=late April, 0=they did not select late April
sustained_neg___7	when was your most sustained period of negative emotion (check all that apply)	1=early May, 0=they did not select early may
sustained_neg___8	when was your most sustained period of negative emotion (check all that apply)	1 = now, 0 = they did not select now
sustained_pos___1	when was your most sustained period of positive emotion (check all that apply)	1=early March, 0=they did not select early March
sustained_pos___2	when was your most sustained period of positive emotion (check all that apply)	1=mid March, 0=they did not select mid March
sustained_pos___3	when was your most sustained period of positive emotion (check all that apply)	1=late March, 0=they did not select late March
sustained_pos___4	when was your most sustained period of positive emotion (check all that apply)	1=early April, 0=they did not select early April
sustained_pos___5	when was your most sustained period of positive emotion (check all that apply)	1=mid April, 0=they did not select mid April
sustained_pos___6	when was your most sustained period of positive emotion (check all that apply)	1=late April, 0=they did not select late April
sustained_pos___7	when was your most sustained period of positive emotion (check all that apply)	1=early May, 0=they did not select early may

sustained_pos__8	when was your most sustained period of positive emotion (check all that apply)	1 = now, 0 = they did not select now
vivid_challenge	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_challenge	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_challenge	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_challenge	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_challenge	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_challenge	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
vivid_positive	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_positive	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_positive	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_positive	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_positive	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_positive	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
vivid_mundane	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_mundane	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_mundane	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_mundane	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_mundane	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important

thirdper_mundane	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
vivid_unusual	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_unusual	How much do you feel like you're re-experiencing or reliving the event when you think back on it?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_unusual	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_unusual	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_unusual	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_unusual	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
INSOMNIA SEVERITY INDEX		
isi_1	Difficulty falling asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_2	Difficulty staying asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_3	Problems waking up to early	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_4	How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?	0, Very Satisfied 1, Satisfied 2, Moderately Satisfied 3, Dissatisfied 4, Very Dissatisfied
isi_5	How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?	0, Not at all Noticeable 1, A little 2, Somewhat 3, Much 4, Very Much Noticeable
isi_6	How WORRIED/DISTRESSED are you about your current sleep problem?	0, Not at all Worried 1, A little 2, Somewhat 3, Much 4, Very Much Worried
isi_7	To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?	0, Not at all Interfering 1, A little 2, Somewhat 3, Much 4, Very Much Interfering
SHORT MORNINGNESS-EVENINGNESS QUESTIONNAIRE		
meq_1	What time would you get up if you were entirely free to plan your day?	5, 5:00-6:30AM 4, 6:30-7:45AM 3, 7:45-9:45AM 2, 9:45-11:00AM 1, 11:00AM-12NOON 0, 12NOON-5:00AM
meq_2	During the first half--hour after you wake up in the morning, how tired do you feel?	1, Very tired 2, Fairly tired 3, Fairly refreshed 4, Very refreshed

meq_3	At what time of day do you feel you become tired as a result of need for sleep?	5, 8:00-9:00PM 4, 9:00-10:15PM 3, 10:15PM-12:45AM 2, 12:45-2:00AM 1, 2:00-3:00AM
meq_4	At what time of the day do you think that you reach your "feeling best" peak?	5, 5:00-8:00AM 4, 8:00-10:00AM 3, 10:00AM-5:00PM 2, 5:00-10:00PM 1, 10:00PM-5:00AM
meq_5	One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?	6, Definitely a "morning" type 4, Rather more a "morning" than an "evening" type 2, Rather more an "evening" than a "morning" type 0, Definitely an "evening" type
PERCEIVED STRESS SCALE		
pss_1	In the last month, how often have you been upset because of something that happened unexpectedly?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_2	In the last month, how often have you felt that you were unable to control the important things in your life?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_3	In the last month, how often have you felt nervous and "stressed"?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_4	In the last month, how often have you felt confident about your ability to handle your personal problems?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_5	In the last month, how often have you felt that things were going your way?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_6	In the last month, how often have you found that you could not cope with all the things that you had to do?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_7	In the last month, how often have you been able to control irritations in your life?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_8	In the last month, how often have you felt that you were on top of things?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_9	In the last month, how often have you been angered because of things that were outside of your control?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_10	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
TORONTO EMPATHY QUESTIONNAIRE		
teq_1	When someone else is feeling excited, I tend to get excited too.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_2	Other people's misfortunes do not disturb me a great deal.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_3	It upsets me to see someone being treated disrespectfully.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always

teq_4	I remain unaffected when someone close to me is happy.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_5	I enjoy making other people feel better.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_6	I have tender, concerned feelings for people less fortunate than me.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_7	When a friend starts to talk about his/her problems, I try to steer the conversation towards something else.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_8	I can tell when others are sad even when they do not say anything.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_9	I find that I am "in tune" with other people's moods.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_10	I do not feel sympathy for people who cause their own serious illnesses.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_11	I become irritated when someone cries.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_12	I am not really interested in how other people feel.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_13	I get a strong urge to help when I see someone who is upset.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_14	When I see someone being treated unfairly, I do not feel very much pity for them.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_15	I find it silly for people to cry out of happiness.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
teq_16	When I see someone being taken advantage of, I feel kind of protective towards him/her.	0, Never 1, Rarely 2, Sometimes 3, Often 4, Always
round_2_complete	This is autogenerated from REDCAP	2 = completed, 0 = partially completed

Round 2 Calculated Variables

Calculated_Variables	Variable_Description	Calculation
ISI_Total	Insomnia Severity Index Total	Sum of isi_1 + isi_2 + isi_3 + isi_4 + isi_5 + isi_6 + isi_7
MEQ_Total	Short Morningness-Eveningness Questionnaire Total	Sum of meq_1 + meq_2 + meq_3 + meq_4 + meq_5
TEQ_TOTAL	Toronto Empathy Questionnaire Total	Sum of teq_1 + REVERSED teq_2 + teq_3 + REVERSED teq_4 + teq_5 + teq_6 + REVERSED teq_7 + teq_8 + teq_9 + REVERSED teq_10 + REVERSED teq_11 + REVERSED teq_12 + teq_13 + REVERSED teq_14 + REVERSED teq_15 + teq_16
PSS_TOTAL	Perceived Stress Scale Total	Sum of pss_1 + pss_2 + pss_3 + REVERSED pss_4 + REVERSED pss_5 + pss_6 + REVERSED pss_7 + REVERSED pss_8 + pss_9 + pss_10

Round 3 Variable Descriptions

Variable_Name	QUESTION_CONTENT	MULTIPLE_CHOICE_RESPONSES_if_any
record_id	This is just the number of times the survey has been taken (generated by Redcap)	
redcap_survey_identifier	Always Blank	
round_3_timestamp	Timestamp autogenerated by REDCAP	
subj_id	This is the SUBJECT ID . This is what is used to identify each individual subject and is the ID that allows you to match participants responses across different surveys. To enhance confidentiality, we have replaced their given IDs with numbers.	
date_time_rd3	This is the date and time the participants started the Round 1 survey. Participants are instructed to click a button as they start the survey to enter the date and time. It should be in the time zone of the participant.	
BRIEF SELF-CONTROL SCALE		
bscs_1	I am good at resisting temptation	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_2	I have a hard time breaking bad habits	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_3	I am lazy	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_4	I say inappropriate things	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_5	I do certain things that are bad for me, if they are fun	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_6	I refuse things that are bad for me	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_7	I wish I had more self-discipline	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_8	People would say that I have iron self- discipline	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_9	Pleasure and fun sometimes keep me from getting work done	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_10	I have trouble concentrating	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me

bscs_11	I am able to work effectively toward long-term goals	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_12	Sometimes I can't stop myself from doing something, even if I know it is wrong	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
bscs_13	I often act without thinking through all the alternatives	1, 1- Not at all like me 2, 2 3, 3 4, 4 5, 5 - Very much like me
SHORT IMPULSIVE BEHAVIOR SCALE		
sibs_1	I usually think carefully before doing anything	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_2	When I am really excited, I tend not to think on the consequences of my actions	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_3	I sometimes like doing things that are a bit frightening	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_4	When I am upset I often act without thinking	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_5	I generally like to see things through to the end	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_6	My thinking is usually careful and purposeful	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_7	In the heat of an argument, I will often say things that I later regret	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_8	I finish what I start	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_9	I quite enjoy taking risks	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_10	When overjoyed, I feel like I can't stop myself from going overboard	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_11	Once I start a project, I almost always finish it	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_12	I often make matters worse because I act without thinking when I am upset	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_13	I usually make up my mind through careful reasoning	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_14	I generally seek new and exciting experiences and activities	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_15	I tend to act without thinking when I am really excited	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly

sibs_16	I am a productive person who always gets the job done	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_17	When I feel rejected, I will often say things that I later regret	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_18	I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_19	Before making up my mind, I consider all the advantages and disadvantages	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
sibs_20	When I am very happy, I feel like it is OK to give into cravings or overindulge	1, 1- Disagree Strongly 2, 2- Disagree Some 3, 3- Agree Some 4, 4- Agree Strongly
INTOLERANCE OF UNCERTAINTY SCALE		
iu_1	Unforeseen events upset me greatly.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_2	It frustrates me not having all the information I need.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_3	One should always look ahead so as to avoid surprises.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_4	A small unforeseen event can spoil everything, even with the best of planning.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_5	I always want to know what the future has in store for me.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_6	I can't stand being taken by surprise.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_7	I should be able to organize everything in advance.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_8	Uncertainty keeps me from living a full life.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_9	When it's time to act, uncertainty paralyzes me.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_10	When I am uncertain I can't function very well.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_11	The smallest doubt can stop me from acting.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
iu_12	I must get away from all uncertain situations.	1, 1- Not at all characteristic of me 2, 2 3, 3- Somewhat characteristic of me 4, 4 5, 5- Entirely characteristic of me
EMOTION REGULATION QUESTIONNAIRE		

erq_1	When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_2	I keep my emotions to myself.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_3	When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_4	When I am feeling positive emotions, I am careful not to express them.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_5	When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_6	I control my emotions by not expressing them.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_7	When I want to feel more positive emotion, I change the way I'm thinking about the situation.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_8	I control my emotions by changing the way I think about the situation I'm in.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_9	When I am feeling negative emotions, I make sure not to express them.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
erq_10	When I want to feel less negative emotion, I change the way I'm thinking about the situation.	1, 1 = Strongly disagree 2, 2 3, 3 4, 4 = Neutral 5, 5 6, 6 7, 7 = Strongly agree
EXIT SURVEY		
age	What is your age in years?	
country_3mo	What country have you been in for a majority of the last 3 months?	
state_3mo	If US/Canada, what State/Province have you been in for a majority of the last 3 months?	
highrisk_self	Do you consider yourself to be at "high-risk" if you contracted COVID19?	1 = YES, 0 = NO
highrisk_check___1	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Healthcare Worker, 0 = they did not select Healthcare Worker
highrisk_check___2	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Pre-existing/underlying health condition, 0 = they did not select Pre-existing/underlying health condition
highrisk_check___3	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Essential worker (e.g. grocery clerk, delivery person) , 0 = they did not select Essential worker (e.g. grocery clerk, delivery person)
highrisk_check___4	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Smoker/vaper, 0 = they did not select Smoker/vaper

highrisk_check___5	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Taking immunosuppressive medication, 0 = they did not select Taking immunosuppressive medication
highrisk_check___6	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Live in a "Hot Zone" (e.g. New York City, Italy), 0 = they did not select Live in a "Hot Zone" (e.g. New York City, Italy)
highrisk_check___7	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= Other, 0 = they did not select Other
highrisk_check___8	Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply)	1= None of the above, 0 = they did not select None of the above
highrisk_other_2	Do you have a loved one considered to be at "high-risk" if they were to contract COVID19?	1 = YES, 0 = NO
highrisk_other	Do you live with some one considered to be at "high-risk" if they were to contract COVID19?	1 = YES, 0 = NO
med_quar	Were you ever in a *medically-ordered* quarantine either due to contacting COVID19 or known contact with the virus?	1 = YES, 0 = NO
med_start	Approximate start date of medically-ordered quarantine	
med_end	Approximate end date of medically ordered quarantine	
shelter_quar	Were you ever in an area that was under "shelter-in-place" orders, "stay-at-home" orders, or an equivalent that you largely adhered to?	1 = YES, 0 = NO
shelter_start	Approximate start date of orders	
shelter_end	Approximate end date of orders	
self_quar	Did you ever take it upon yourself to engage in self-quarantine or extreme social distancing that was not ordered medically or by the government?	1 = YES, 0 = NO
self_start	Approximate start date	
self_end	Approximate end date	
covid_test	Have you received a positive test for COVID19?	1 = YES, 0 = NO
covid_doctor	Have you been diagnosed with COVID19 by a doctor without a formal test?	1 = YES, 0 = NO
covid_belief	Do you believe you have contracted COVID19 at any point, even without a test or formal diagnosis by a doctor?	1 = YES, 0 = NO
severity_cov	How would you rate the severity of the symptoms you experienced/are experiencing?	1, Mild 2, Moderate 3, Severe, but recovered at home 4, Severe and hospitalized 5, Hospitalized and needed a ventilator or other lifesaving treatment
covid_roommate	Has anyone you have lived with contracted COVID19?	1 = YES, 0 = NO
covid_roommate_2	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO

covid_loved	Has a loved one (family or friend) contracted COVID19?	1 = YES, 0 = NO
covid_loved_2	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO
perished	Has a loved one perished due to COVID19?	1 = YES, 0 = NO
perished_2	Has anyone you know personally perished due to COVID19?	1 = YES, 0 = NO
covpos_1	Since the start of the pandemic, I have spent more quality time with my immediate family	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_2	Since the start of the pandemic, I have been in more contact with extended family and/or friends	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_3	Since the start of the pandemic, I have had more time for creative pursuits	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_4	Since the start of the pandemic, I have had more time to prioritize sleep	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_5	Since the start of the pandemic, I have benefited financially	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_6	Since the start of the pandemic, I have had more time for my hobbies	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_7	Since the start of the pandemic, I have had more time to exercise/focus on my health	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
experience	My experience during the COVID19 pandemic has been...	1, 1 = Entirely Negative 2, 2 3, 3 4, 4 = Net Neutral 5, 5 6, 6 7, 7 = Entirely Positive
job__1	Before the COVID-19 pandemic, please select all that apply	1= Employed full time, 0 = they did not select Employed full time
job__2	Before the COVID-19 pandemic, please select all that apply	1= Employed part-time, 0 = they did not select Employed part-time
job__3	Before the COVID-19 pandemic, please select all that apply	1= Retired, 0 = they did not select Retired
job__4	Before the COVID-19 pandemic, please select all that apply	1= Unemployed, 0 = they did not select Unemployed
job__5	Before the COVID-19 pandemic, please select all that apply	1= Full-time Student, 0 = they did not select Full-time Student
job__6	Before the COVID-19 pandemic, please select all that apply	1= Part-time Student, 0 = they did not select Part-time Student
job__7	Before the COVID-19 pandemic, please select all that apply	1= Disabled, 0 = they did not select Disabled

occupation	Occupation	1, Pilot 2, Healthcare worker 3, Healthcare Support 4, Building and Grounds Cleaning and Maintenance 5, Grocery Store Worker 6, Protective Service and First Responders 7, Athlete 8, Business and Financial Operations 9, Community and Social Service 10, Computer and Mathematical Occupation 11, Construction 12, Teaching/Educational Instruction 13, Food Preparation and Serving 14, Legal Occupation 15, Management 16, Military (non-pilot) 17, Office and Administrative Support 18, Personal Care and Service occupations 19, Production 20, Life, Physical, and Social Science 21, Research 22, Sales and Related occupations 23, Transportation and Material Moving 24, Arts, Design, Entertainment, and Media 25, Installation, Maintenance, and Repair 26, Farming, Fishing, and Forestry 27, Architecture and Engineering 28, Other
night_shift	Do you work night shift or have an alternating night shift schedule?	1 = YES, 0 = NO
essential	Are you considered a frontline or essential services worker during the COVID-19 pandemic? e.g. nurse or doctor in a hospital, first responder, supermarket worker, teacher?	1 = YES, 0 = NO
homework	Have you transitioned to primarily working from home?	1 = YES, 0 = NO
job_impact	Has the COVID-19 pandemic impacted your employment status?	1, Yes, I have lost my job 2, Yes, my work hours/wages have been reduced 3, Yes, my work hours/wages have been increased 4, Yes, my business has been affected negatively 5, Yes, my business has been affected positively 6, No, but I expect it to change in future 7, No
exposure	Does your job involve potentially increased exposure to COVID19?	1, Yes 2, No 3, Not Sure
financial_impact	Has the COVID-19 pandemic impacted your financial situation?	1, Yes, positively 2, Yes, negatively 3, No
sd_1	Washing your hands for at least 20 seconds after being outside of your home	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_2	Using hand sanitizer when out in public	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_3	Avoiding touching your face	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_4	Sneezing or coughing into mask, tissue, or the inside of your elbow	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_5	Disinfecting frequently used items or surfaces	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_6	Avoiding in-person social gatherings	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_7	Avoiding eating or drinking at bars, restaurants, or food courts	1, Not at all 2, Sometimes 3, Frequently 4, All the time

sd_8	Avoiding unnecessary travel, shopping, or social visits	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_9	Not visiting family or loved ones in nursing homes or long-term facilities	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_10	Keeping a distance of 6 feet (2 meters) when around others in public	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_11	Wearing a mask when out in public	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_12	Using delivery services instead of going to the grocery store	1, Not at all 2, Sometimes 3, Frequently 4, All the time
sd_13	Sanitizing mail, packages, groceries, and food containers that come into your house	1, Not at all 2, Sometimes 3, Frequently 4, All the time
travel_air	How much air travel have you engaged in since mid-March?	1, No travel 2, Some travel (1-5 trips) 3, Moderate travel (5-10 trips) 4, A lot of travel (10+ trips)
soc_serious	How seriously do you believe you need to follow the social distancing and shelter-in-place guidelines?	1, Not serious at all 2, Mildly serious 3, Moderately serious, 4, Very serious
mask_serious	How seriously do you believe you need to follow mask and other PPE guidelines to be?	1, Not serious at all 2, Mildly serious 3, Moderately serious, 4, Very serious
vol_self_iso	Since the start of the pandemic have you voluntarily self-isolated without showing COVID19 symptoms?	1 = YES, 0 = NO
self_iso_1	To avoid contracting the coronavirus (COVID19)	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5) Most Important
self_iso_2	I don't want to endanger my loved ones	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5) Most Important
self_iso_3	I don't want to contribute to community spread of the disease.	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5) Most Important
self_iso_4	I am trying to follow what public health officials recommend	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5) Most Important
self_iso_5	I am concerned about the number of hospital resources available	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5) Most Important
no_iso_1	I am healthy and not at risk even if I get sick	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_2	It is not my responsibility to prevent the spread of the disease	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_3	I don't think isolation is the solution	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_4	I don't think this virus is a threat	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_5	There is conflicting information coming from places of authority regarding the benefits self-isolating	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_6	The cost to my freedom outweigh the public health risks	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important

no_iso_7	The financial costs of self-isolating outweigh the public health risks	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_iso_8	I don't have the option to stay at home.	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
goods_scarcity	Since the spread of the new coronavirus (COVID19) have you purchased extra amounts of toilet paper and hand sanitizer?	1 = YES, 0 = NO
gs_1	I was looking out for myself	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_2	It seemed like the smart thing to do	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_3	I thought stores might close	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_4	I thought these goods might become unavailable	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_5	I had an increased need due to more people at home throughout the day	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_6	I was shopping for a family member who could not get to the store	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_7	I was shopping for a non-family member at risk	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
gs_8	I was shopping for a community resource (i.e Food Pantry)	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 8, 8) Most Important
no_gs_1	I did not want to contribute to the shortage of toilet paper and hand sanitizer	1, 1) Least Important 2, 2 3, 3) Most Important
no_gs_2	I didn't need extra toilet paper or hand sanitizer	1, 1) Least Important 2, 2 3, 3) Most Important
no_gs_3	I didn't realize that people were buying extra toilet paper and hand sanitizer	1, 1) Least Important 2, 2 3, 3) Most Important
med_scarcity	Since the spread of the new coronavirus (COVID19) have you purchased medical masks or gloves?	1 = YES, 0 = NO
ms_1	I was looking out for ways to protect myself from exposure	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_2	I was looking out for ways to protect others in case I became exposed	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_3	I thought stores might close	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important

ms_4	I thought these goods might become unavailable	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_5	I was purchasing them for a family member	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_6	I was purchasing them for a non-family member at risk	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_7	I was purchasing them for a community resource	1, 1) Least Important 2, 2 3, 3 4, 4 5, 5 6, 6) Most Important
ms_using	Are you using these medical supplies?	1 = YES, 0 = NO
ms_use_1	I did not want to contribute to the shortage of medical masks and gloves	1, 1) Least Important 2, 2 3, 3 4, 4) Most Important
ms_use_2	I don't need medical masks or gloves	1, 1) Least Important 2, 2 3, 3 4, 4) Most Important
ms_use_3	I didn't realize that people were buying medical masks and gloves	1, 1) Least Important 2, 2 3, 3 4, 4) Most Important
ms_use_4	I already have medical masks and gloves	1, 1) Least Important 2, 2 3, 3 4, 4) Most Important
charity	Have you, if possible, offered financial support for rent, groceries, or other necessities to people that lost their job?	1, Yes 2, No 3, Not possible
pandemic_serious	In general, how serious do you believe the pandemic is?	1, Not serious at all 2, Mildly serious 3, Moderately serious, 4, Very serious
sleepaids	Since the start of the pandemic, your use of sleep aids has:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I did not use sleep aids
alcohol	Since the start of the pandemic, your use of alcohol has:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I did not drink alcohol
marijuana	Since the start of the pandemic, your use of marijuana has:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I did not use marijuana
caffeine	Since the start of the pandemic, your use of caffeine has:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I did not use caffeine
nonpdrug	Since the start of the pandemic, your use of other non-prescription drugs:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I did not use other non-prescription drugs
pdrug	Since the start of the pandemic, your use of prescription drugs:	1, Started for the first time 2, Increased 3, Decreased 4, Stayed the same 5, I do not have any prescription drugs
diet	Since the start of the pandemic, the food I'm now eating is	1, A lot unhealthier than what I ate before 2, Somewhat unhealthier than what I ate before 3, About the same, health-wise, as what I ate before 4, Somewhat healthier than what I ate before 5, A lot healthier than what I ate before

phys_activity	Since the start of the pandemic, I have engaged in	1, A lot less physical activity 2, Somewhat less physical activity 3, About the same amount of physical activity 4, Somewhat more physical activity 5, A lot more physical activity
sleep_change	Since the start of the COVID19 pandemic, I have slept:	1, A lot less 2, Somewhat less 3, About the same amount 4, Somewhat more 5, A lot more
bedtime_change	Since the start of the COVID19 pandemic, I have gone to bed:	1, Earlier 2, Later 3, About the same
waketime_change_2	Since the start of the COVID19 pandemic, I have woken up the next day:	1, Earlier 2, Later 3, About the same
med_health	Prior to or since the start of the COVID19 pandemic, have you been diagnosed with any physical or health conditions?	1, Yes 2, No 3, Prefer not to say
med_history___53	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Anemia, 0 = they did not select Anemia
med_history___54	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Anesthetic Complication, 0 = they did not select Anesthetic Complication
med_history___55	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Arthritis, 0 = they did not select Arthritis
med_history___56	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Asthma, 0 = they did not select Asthma
med_history___57	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Autoimmune Problems, 0 = they did not select Autoimmune Problems
med_history___58	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Birth Defects, 0 = they did not select Birth Defects
med_history___59	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Bladder Problems, 0 = they did not select Bladder Problems
med_history___60	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Bleeding Disease, 0 = they did not select Bleeding Disease
med_history___61	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Blood Clots, 0 = they did not select Blood Clots
med_history___62	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Blood Transfusion(s), 0 = they did not select Blood Transfusion(s)
med_history___63	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Bowel Disease, 0 = they did not select Bowel Disease
med_history___64	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Breast Cancer, 0 = they did not select Breast Cancer
med_history___65	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Cervical Cancer, 0 = they did not select Cervical Cancer

med_history__66	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Colon Cancer, 0 = they did not select Colon Cancer
med_history__67	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Diabetes, 0 = they did not select Diabetes
med_history__68	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Growth/Development Disorder, 0 = they did not select Growth/Development Disorder
med_history__69	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Hearing Impairment, 0 = they did not select Hearing Impairment
med_history__70	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Heart Attack, 0 = they did not select Heart Attack
med_history__71	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Heart Disease, 0 = they did not select Heart Disease
med_history__72	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Heart Pain/Angina, 0 = they did not select Heart Pain/Angina
med_history__73	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Hepatitis A, 0 = they did not select Hepatitis A
med_history__74	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Hepatitis B, 0 = they did not select Hepatitis B
med_history__75	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Hepatitis C, 0 = they did not select Hepatitis C
med_history__76	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= High Blood Pressure, 0 = they did not select High Blood Pressure
med_history__77	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= High Cholesterol, 0 = they did not select High Cholesterol
med_history__78	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= HIV, 0 = they did not select HIV
med_history__79	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Hives, 0 = they did not select Hives
med_history__80	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Kidney Disease, 0 = they did not select Kidney Disease
med_history__81	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Liver Cancer, 0 = they did not select Liver Cancer
med_history__82	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Liver Disease, 0 = they did not select Liver Disease
med_history__83	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Lung Cancer, 0 = they did not select Lung Cancer

med_history__84	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Lung/Respiratory Disease, 0 = they did not select Lung/Respiratory Disease
med_history__85	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Migraines, 0 = they did not select Migraines
med_history__86	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Osteoporosis, 0 = they did not select Osteoporosis
med_history__87	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Prostate Cancer, 0 = they did not select Prostate Cancer
med_history__88	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Rectal Cancer, 0 = they did not select Rectal Cancer
med_history__89	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Reflux/GERD, 0 = they did not select Reflux/GERD
med_history__90	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Seizures/Convulsions, 0 = they did not select Seizures/Convulsions
med_history__91	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Severe Allergy, 0 = they did not select Severe Allergy
med_history__92	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Sexually Transmitted Disease, 0 = they did not select Sexually Transmitted Disease
med_history__93	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Skin Cancer, 0 = they did not select Skin Cancer
med_history__94	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Stroke/CVA of the Brain, 0 = they did not select Stroke/CVA of the Brain
med_history__95	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Thyroid Problems, 0 = they did not select Thyroid Problems
med_history__96	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Ulcer, 0 = they did not select Ulcer
med_history__97	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Visual Impairment, 0 = they did not select Visual Impairment
med_history__98	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= Other Disease, Cancer, or Significant Medical Illness, 0 = they did not select Other Disease, Cancer, or Significant Medical Illness
med_history__99	Prior to or since the start of the COVID19 pandemic, I have a diagnosis of:	1= None of the above, 0 = they did not select None of the above
mental_health	Prior to the start of the COVID19 pandemic, were you diagnosed with any mental health conditions?	1, Yes 2, No 3, Prefer not to say
psych_history__1	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Alcohol Abuse, 0 = they did not select Alcohol Abuse

psych_history__2	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Depression, 0 = they did not select Depression
psych_history__3	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Bipolar Disorder, 0 = they did not select Bipolar Disorder
psych_history__4	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Persistent Depressive Disorder (Dysthymic Disorder), 0 = they did not select Persistent Depressive Disorder (Dysthymic Disorder)
psych_history__5	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Other Mood Disorder, 0 = they did not select Other Mood Disorder
psych_history__6	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Generalized Anxiety Disorder, 0 = they did not select Generalized Anxiety Disorder
psych_history__7	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Agoraphobia, 0 = they did not select Agoraphobia
psych_history__8	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Panic Disorder, 0 = they did not select Panic Disorder
psych_history__9	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Obsessive-Compulsive Disorder (OCD), 0 = they did not select Obsessive-Compulsive Disorder (OCD)
psych_history__10	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Social Anxiety Disorder, 0 = they did not select Social Anxiety Disorder
psych_history__11	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Social Phobia, 0 = they did not select Social Phobia
psych_history__12	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Specific Phobia, 0 = they did not select Specific Phobia
psych_history__13	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Other Anxiety Disorder, 0 = they did not select Other Anxiety Disorder
psych_history__14	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Post-Traumatic Stress Disorder (PTSD), 0 = they did not select Post-Traumatic Stress Disorder (PTSD)
psych_history__15	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Anorexia Nervosa, 0 = they did not select Anorexia Nervosa
psych_history__16	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Attention-Deficit/Hyperactivity Disorder (ADHD), 0 = they did not select Attention-Deficit/Hyperactivity Disorder (ADHD)
psych_history__17	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Autism Spectrum Disorder (ASD), 0 = they did not select Autism Spectrum Disorder (ASD)
psych_history__18	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Binge Eating Disorder, 0 = they did not select Binge Eating Disorder
psych_history__19	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Borderline Personality Disorder, 0 = they did not select Borderline Personality Disorder

psych_history__20	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Bulimia Nervosa, 0 = they did not select Bulimia Nervosa
psych_history__21	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Other Eating Disorders, 0 = they did not select Other Eating Disorders
psych_history__22	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Personality Disorders, 0 = they did not select Personality Disorders
psych_history__23	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Schizophrenia, 0 = they did not select Schizophrenia
psych_history__24	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= History of Suicide Attempts, 0 = they did not select History of Suicide Attempts
psych_history__25	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= Other major mental health disorder not listed above, 0 = they did not select Other major mental health disorder not listed above
psych_history__26	Prior to the start of the COVID19 pandemic, I had a diagnosis of:	1= None of the above, 0 = they did not select None of the above
mental_health_2	Since the start of the COVID19 pandemic, were you diagnosed with any mental health conditions?	1 = YES, 0 = NO
psych_history_2__1	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Alcohol Abuse, 0 = they did not select Alcohol Abuse
psych_history_2__2	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Depression, 0 = they did not select Depression
psych_history_2__3	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Bipolar Disorder, 0 = they did not select Bipolar Disorder
psych_history_2__4	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Persistent Depressive Disorder (Dysthymic Disorder), 0 = they did not select Persistent Depressive Disorder (Dysthymic Disorder)
psych_history_2__5	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Other Mood Disorder, 0 = they did not select Other Mood Disorder
psych_history_2__6	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Generalized Anxiety Disorder, 0 = they did not select Generalized Anxiety Disorder
psych_history_2__7	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Agoraphobia, 0 = they did not select Agoraphobia
psych_history_2__8	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Panic Disorder, 0 = they did not select Panic Disorder
psych_history_2__9	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Obsessive-Compulsive Disorder (OCD), 0 = they did not select Obsessive-Compulsive Disorder (OCD)
psych_history_2__10	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Social Anxiety Disorder, 0 = they did not select Social Anxiety Disorder

psych_history_2___11	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Social Phobia, 0 = they did not select Social Phobia
psych_history_2___12	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Specific Phobia, 0 = they did not select Specific Phobia
psych_history_2___13	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Other Anxiety Disorder, 0 = they did not select Other Anxiety Disorder
psych_history_2___14	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Post-Traumatic Stress Disorder (PTSD), 0 = they did not select Post-Traumatic Stress Disorder (PTSD)
psych_history_2___15	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Anorexia Nervosa, 0 = they did not select Anorexia Nervosa
psych_history_2___16	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Attention-Deficit/Hyperactivity Disorder (ADHD), 0 = they did not select Attention-Deficit/Hyperactivity Disorder (ADHD)
psych_history_2___17	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Autism Spectrum Disorder (ASD), 0 = they did not select Autism Spectrum Disorder (ASD)
psych_history_2___18	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Binge Eating Disorder, 0 = they did not select Binge Eating Disorder
psych_history_2___19	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Borderline Personality Disorder, 0 = they did not select Borderline Personality Disorder
psych_history_2___20	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Bulimia Nervosa, 0 = they did not select Bulimia Nervosa
psych_history_2___21	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Other Eating Disorders, 0 = they did not select Other Eating Disorders
psych_history_2___22	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Personality Disorders, 0 = they did not select Personality Disorders
psych_history_2___23	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Schizophrenia, 0 = they did not select Schizophrenia
psych_history_2___24	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= Other major mental health disorder not listed above, 0 = they did not select Other major mental health disorder not listed above
psych_history_2___25	Since the start of the COVID19 Pandemic, I have been diagnosed with:	1= None of the above, 0 = they did not select None of the above
mh_treatment	Are you currently receiving any treatment for mental health concerns?	1, Yes, treatment as usual including in person meetings 2, Yes, but all treatment has transitioned to be virtual 3, No
pet	Do you have a pet?	1 = YES, 0 = NO
parent	Are you a parent?	1 = YES, 0 = NO
children	Did you have children at home with you for a majority of the last 3 months?	1 = YES, 0 = NO
how_many_kids	How many children have you had at home with you?	

child_ages__1	Age range of child(ren) at home included:	1= 0-1 years old, 0 = they did not select 0-1 years old
child_ages__2	Age range of child(ren) at home included:	1= 2-3 years old, 0 = they did not select 2-3 years old
child_ages__3	Age range of child(ren) at home included:	1= 3-5 years old, 0 = they did not select 3-5 years old
child_ages__4	Age range of child(ren) at home included:	1= 6-9 years old, 0 = they did not select 6-9 years old
child_ages__5	Age range of child(ren) at home included:	1= 10-12 years old, 0 = they did not select 10-12 years old
child_ages__6	Age range of child(ren) at home included:	1= 13-15 years old, 0 = they did not select 13-15 years old
child_ages__7	Age range of child(ren) at home included:	1= 15-17 years old, 0 = they did not select 15-17 years old
child_ages__8	Age range of child(ren) at home included:	1= 18+ years old, 0 = they did not select 18+ years old
fluency	Please rate your level of English fluency	1, 0-25% 2, 25-50% 3, 50-75% 4, 75-100%
fluency_diff	Did you have any difficulty understanding questions asked during the survey due to language barriers?	1, No difficulty at all 2, Some difficulty 3, Moderate difficulty 4, Severe difficulty
mil_time	Do you recall ever forgetting to use military time in any of the sleep logs?	1 = YES, 0 = NO
mistakes	Do you recall making any other mistakes on any of the surveys you have completed for us?	1 = YES, 0 = NO
dream_opt	There has been an increase in reports of intense dreaming during the COVID19 pandemic. Are you willing to answer some more questions related to your dreaming behavior and experiences over the last several months?	1 = YES, 0 = NO
covid_dream	Do you believe that you have experienced "COVID Dreams"?	1 = YES, 0 = NO
cov	How related to COVID are your dreams?	1, 1 = Not at all related 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very related
covdream_score	Did your COVID dreams scare you?	1 = YES, 0 = NO
covdream_score_2	Do you think you COVID dreams prompted you to be more cautious or careful?	1 = YES, 0 = NO
DREAM LUCIDITY SCALE		
luc_1	While dreaming, I was aware of the fact that the things I was experiencing in the dream were not real	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_2	While dreaming, I was able to remember my intention to do certain things in the dream	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_3	While dreaming, I was aware that the self I experienced in my dream wasn't the same as my waking self	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_4	In my dream, I was able to manipulate or control other dream characters in a way that would be impossible and waking	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_5	While dreaming, I thought about other dream characters	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree

luc_6	While dreaming, I was able to successfully perform supernatural actions (like flying or passing through walls)	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_7	The emotions I experienced in my dream were exactly the same as those I would experience in such a situation during wakefulness	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_8	While dreaming, I was aware of the fact that the body experience in the dream did not correspond to my real sleeping body	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_9	I was very certain that the things I was experiencing in my dream wouldn't have any consequences on the real world	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_10	While dreaming I was able to successfully control or change the dream environment in a way that would be impossible during wakefulness	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_11	While dreaming, I saw myself from outside	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_12	While dreaming, I thought about my own actions	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_13	While dreaming, I had the feeling that I had forgotten something important	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_14	While dreaming, I was able to change or move objects (not persons) in a way that would be impossible in waking	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_15	While dreaming I was not myself but a completely different person	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_16	While dreaming, I often ask myself whether I was dreaming	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_17	The thoughts I had in my dream were exactly the same as I would have in a similar situation during wakefulness	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_18	While dreaming, I had the feeling that I could remember my waking life	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_19	While dreaming, I was aware of the fact that other dream characters in my dream were not real	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_20	Most things that happened in my dream could have also happened during wakefulness	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_21	I watched the dream from outside, as if on a screen	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_22	While dreaming, I often thought about the things I was experiencing	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree

luc_23	I was able to influence the story line of my dreams at will	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_24	While dreaming, I was able to remember certain plans for the future	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_25	While dreaming, I felt euphoric/upbeat	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_26	While dreaming, I had strong negative feelings	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_27	While dreaming, I had strong positive feelings	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
luc_28	While dreaming, I felt very anxious	0, 0 = Strongly disagree 1, 1 2, 2 3, 3 4, 4 5, 5 = Strongly agree
PANAS DREAMS		
pandr_1	Enthusiastic	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_2	Proud	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_3	Strong	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_4	Determined	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_5	Inspired	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_6	Excited	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_7	Active	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_8	Interested	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_9	Attentive	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_10	Irritable	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_11	Upset	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_12	Hostile	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_13	Ashamed	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_14	Guilty	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_15	Nervous	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_16	Scared	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_17	Distressed	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_18	Afraid	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_19	My dreams are vivid	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
pandr_20	I have exciting dreams	0, 0 = Never 1, 1 2, 2 3, 3 4, 4= Always
MINDWANDERING SCALE		
mw_1	I allow my thoughts to wander on purpose	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot
mw_2	I enjoy mind-wandering	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot
mw_3	I allow myself to get absorbed in pleasant fantasy	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot

mw_4	I find my thoughts wandering spontaneously	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot
mw_5	When I mind-wander my thoughts tend to be pulled from topic to topic	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot
mw_6	I mind-wander even when I'm supposed to be doing something else	1, 1 = Rarely 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = A lot
mw_7	I find mind-wandering is a good way to cope with boredom	1, 1 = Not at all true 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very true
mw_8	It feels like I don't have control over when my mind wanders	1, 1 = Almost Never 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Almost Always
round_3_complete	This is autogenerated from REDCAP	2 = completed, 0 = partially completed

Round 3 Calculated Variables

Calculated_Variables	Variable_Definition	Calculation
BSCS_Total	Brief Self Control Scale Total	Sum of bscs_1 + bscs_2 REVERSED + bscs_3 REVERSED + bscs_4 REVERSED + bscs_5 REVERSED + bscs_6 + bscs_7 REVERSED + bscs_8 + bscs_9 REVERSED + bscs_10 REVERSED + bscs_11 + bscs_12 REVERSED + bscs_13 REVERSED
SUPPS_Neg_Urg	SUPPS_Negative Urgency Subscale	Sum of sibs_4 + sibs_7 + sibs_12 + sibs_17
SUPPS_Lack_Pers	SUPPS_Lack of Perseverance Subscale	Sum of sibs_5 + sibs_8 + sibs_11 + sibs_16
SUPPS_Lack_Premed	SUPPS_Lack of Premeditation Subscale	Sum of sibs_1 + sibs_6 + sibs_13 + sibs_19
SUPPS_Sen_Seek	SUPPS_Sensation Seeking Subscale	Sum of sibs_3 + sibs_9 + sibs_14 + sibs_18
SUPPS_Pos_Urg	SUPPS_Positive Urgency Subscale	Sum of sibs_2 + sibs_10 + sibs_15 + sibs_20
IU_PA	Intolerance of Uncertainty - Prospective Anxiety	Sum of iu_1 + iu_2 + iu_3 + iu_4 + iu_5 + iu_6 + iu_7
IU_IA	Intolerance of Uncertainty - Inhibitory Anxiety	Sum of iu_8 + iu_9 + iu_10 + iu_11 + iu_12
IU_Total	Intolerance of Uncertain Total Score	Sum of iu_1 + iu_2 + iu_3 + iu_4 + iu_5 + iu_6 + iu_7 + iu_8 + iu_9 + iu_10 + iu_11 + iu_12
ERQ_Cog_Reapp	ERQ Cognitive Reappraisal Subscale	Sum of erq_1 + erq_3 + erq_5 + erq_7 + erq_8 + erq_10
ERQ_Exp_Supp	ERQ Suppression Subscale	Sum of erq_2 + erq_4 + erq_6 + erq_9
COVID_Pos_Total	COVID "Silver Linings" Total	Sum of covpos_1 + covpos_2 + covpos_3 + covpos_4 + covpos_5 + covpos_6 + covpos_7
Pos_Social_Behavior_Total	Pro-Social Behavior Total	Sum of sd_1 + sd_2 + sd_3 + sd_4 + sd_5 + sd_6 + sd_7 + sd_8 + sd_9 + sd_10 + sd_11 + sd_12 + sd_13
Lucidity_Insight	Dream Lucidity Insight Subscale	Sum of luc_1 + luc_3 + luc_8 + luc_9 + luc_16 + luc_19

Lucidity_Control	Dream Lucidity Control Subscale	Sum of luc_4 + luc_6 + luc_10 + luc_14 + luc_23
Lucidity_Thought	Dream Lucidity Thought Subscale	Sum of luc_5 + luc_12 + luc_22
Lucidity_realism	Dream Lucidity Realism Subscale	Sum of luc_7 + luc_17 + luc_20
Lucidity_Memory	Dream Lucidity Memory Subscale	Sum of luc_2 + luc_13 + luc_18 + luc_24
Lucidity_Dissociation	Dream Lucidity Dissociation Subscale	Sum of luc_11 + luc_15 + luc_21
Lucidity_Neg_emotion	Dream Lucidity Negative Emotion Subscale	Sum of luc_26 + luc_28
Lucidity_Pos_emotion	Dream Lucidity Positive Emptotion Emotion Subscale	Sum of luc_25 + luc_27
Dream_PANAS_PA	Dream Positive Affect Scale	Sum of pandr_1 + pandr_2 + pandr_3 + pandr_4 + pandr_5 + pandr_6 + pandr_7 + pandr_8 + pandr_9
Dream_PANAS_NA	Dream Negative Affect Scale	Sum of pandr_10 + pandr_11 + pandr_12 + pandr_13 + pandr_14 + pandr_15 + pandr_16 + pandr_17 + pandr_18
MW_Deliberate	Mindwandering Deliberate subscale	Sum of mw_1 + mw_2 + mw_3 + mw_7
MW_Spontaneous	Mindwandering Spontaneouw subscale	Sum of mw_4 + mw_5 + mw_6 + mw_8