# 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:
   1. psqi\_5h\_2 now psqi\_5i
   2. mtq\_p8 now mtq\_4
   3. mtq\_p9 now mtq\_5
   4. 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

\*Note: Variables in RED TEXT are not included in the de-identified versions of the data. To get access to this data, you must contact Tony Cunningham ([acunnin4@bidmc.harvard.edu](mailto:acunnin4@bidmc.harvard.edu)) and be brought onto the IRB (which is definitely doable)

|  |  |  |
| --- | --- | --- |
| **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\_5j2 | Free response to “Please describe below” |  |
| 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 | ***IF*** psqi\_8 + psqi\_9 = 0, THEN set value to 0; ***IF*** psqi\_8 + psqi\_9 ≥ 1 and ≤ 2, THEN set value to 1; ***IF*** psqi\_8 + psqi\_9 ≥ 3 and ≤ 4, THEN set value to 2; ***IF*** 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) | ***IF*** PSQI\_sleep\_eff ≥ 85, THEN set value to 0; ***IF*** PSQI\_sleep\_eff < 85 and ≥ 75, THEN set value to 1; ***IF*** PSQI\_sleep\_eff < 75 and ≥ 65, THEN set value to 2; ***IF*** 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 | ***IF*** [(mtq\_precovid\_freeday\_sleepduration) ≤ (mtq\_precovid\_workday\_sleepduration), then this equals (mtq\_precovid\_freeday\_sleepmidpoint); ***IF*** [(mtq\_precovid\_freeday\_sleepduration) > (mtq\_precovid\_workday\_sleepduration), then this equals (mtq\_precovid\_freeday\_sleepmidpoint) - [(mtq\_precovid\_freeday\_sleepduration) -(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 [(mtq\_postcovid\_workday\_sleepduration)\*(mtq\_postcovid\_workdays) + (mtq\_postcovid\_freeday\_sleepduration)\*(mtq\_postcovid\_freedays)]/7 |
| mtq\_postcovid\_chronotype | Chronotype Post-Covid | ***IF*** [(mtq\_postcovid\_freeday\_sleepduration) ≤ (mtq\_postcovid\_workday\_sleepduration), then this equals (mtq\_postcovid\_freeday\_sleepmidpoint); ***IF*** [(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

\*Note: Variables in RED TEXT are not included in the de-identified versions of the data. To get access to this data, you must contact Tony Cunningham ([acunnin4@bidmc.harvard.edu](mailto:acunnin4@bidmc.harvard.edu)) and be brought onto the IRB (which is definitely doable)

|  |  |  |
| --- | --- | --- |
| **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 |
| challenging\_free | Free response to “In 250 words or less, describe one of the most challenging moments from the past 8 weeks.” |  |
| 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 |
| positive\_free | Free response to “In 250 words or less, describe one of the most positive moments from the past 8 weeks.” |  |
| 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 |
| mundane\_free | Free response to “In 250 words or less, describe one typical or mundane event (e.g. shopping, work, lines) that took on new meaning in the last 8 weeks” |  |
| 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 |
| unusual\_free | Free response to “In 250 words or less, describe one moment that, to you, best reflects the unusual circumstances of these past several weeks.” |  |
| 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

\*Note: Variables in RED TEXT are not included in the de-identified versions of the data. To get access to this data, you must contact Tony Cunningham ([acunnin4@bidmc.harvard.edu](mailto:acunnin4@bidmc.harvard.edu)) and be brought onto the IRB (which is definitely doable)

|  |  |  |
| --- | --- | --- |
| **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 paralyses 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? |  |
| city | Free response to “What city 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\_othercheck | Free response to “If other (high risk), please describe” |  |
| 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 |  |
| quar\_free | Free response to “In this space, please provide any additional information that you think would be useful for us to know about your experience with quarantine, stay at home orders, and social distancing.” |  |
| 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 |
| positive\_free\_response | Free response to “Please describe other positive impacts of the COVID19 pandemic and the response to it on your life, if any.” |  |
| 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 |
| covid\_impact\_free | Free response to “If COVID19 has impacted you directly or indirectly in other ways (both positive and negative) that we have not asked about, please feel free to describe them here.” |  |
| 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 |
| occupation\_other | Free response to “If other (occupation), please describe |  |
| 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 that 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 |
| sleepchange\_free | Free response to “If there has been a substantial change in your sleep behavior during the pandemic, please use this space to describe any specific reasons why that might be.” |  |
| med\_free | Free response to “Please use this space to describe any information relevant to medication or supplement changes since you joined our study that you would like to share.” |  |
| 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 |
| med\_other | Free response to “If other (medical history), please describe” |  |
| 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 |
| psych\_free\_1 | Free response to “If other (pre-COVID mental health history), please describe” |  |
| 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 |
| psych\_free\_2 | Free response to “If other (post-COVID mental health history), please describe” |  |
| 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 |
| condition\_free | Free response to “Feel free to provide any further information about any pre-existing conditions you may have” |  |
| 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 |
| mil\_time\_free | Free response to “If yes, any information that you may be able to provide (such as approximately how many days you believe you did so) could help us go back and fix it as we're processing the data.” |  |
| mistakes | Do you recall making any other mistakes on any of the surveys you have completed for us? | 1 = YES, 0 = NO |
| mistakes\_free | Free response to “If yes, any information that you may be able to provide could help us go back and fix it as we're processing the data.” |  |
| open\_anything | Free response to “Please feel free to use this space to inform us about anything else that we did not ask about in this study.” |  |
| open\_anything\_2 | Free response to “Please feel free to use this space to inform us about your experience in this study.” |  |
| 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\_scare | Did your COVID dreams scare you? | 1 = YES, 0 = NO |
| covdream\_scare\_2 | Do you think you COVID dreams prompted you to be more cautious or careful? | 1 = YES, 0 = NO |
| covdream\_free | Free response to “Please enter any features of your dreams (objects, emotions, people) that were related to COVID.” |  |
| **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 |