# AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the Round 4 data (reflected in the “cleaned\_deid” versions of the data), (2) Variable Descriptions for each variable in the Round 4 data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from Round 4.

# If you note any errors or any combination of information that could jeopardize confidentiality of participants, please contact the primary investigators.

# Data for participants should be able to be matched across surveys based on the Subject ID (sub\_id).

* There were some similar issues as outlined in the 1a\_README\_COVID19\_daily\_survey\_SLEEP\_DATA\_README 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 has also been shared on OSF
* Almost all of our data cleaning 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.
* We encourage pre-registration of analyses. Here are a few previously done by the authors:
  + <https://osf.io/tb4qv>
  + <https://osf.io/kg6bu>
  + <https://osf.io/7zg5v>
  + <https://osf.io/zn4bx>

# Round 4

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

# Round 4 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\_4\_timestamp | Timestamp autogenerated by REDCAP |  |
| sub\_id | This is the **SUBJECT ID**. This is what is used to identify each individual subject. To enhance confidentiality, we have replaced their given IDs with numbers. |  |
| date\_time\_rd4 | 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 (Re-assessment)** | | |
| fall\_psqi\_1 | During the past month, what time have you usually gone to bed at night? |  |
| fall\_psqi\_2 | During the past month, how long (in minutes) has it usually taken you to fall asleep each night? |  |
| fall\_psqi\_3 | During the past month, what time have you usually gotten up in the morning? |  |
| fall\_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.) |  |
| fall\_psqi\_5a | 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 |
| fall\_psqi\_5b | 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 |
| fall\_psqi\_5c | 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 |
| fall\_psqi\_5d | 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 |
| fall\_psqi\_5e | 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 |
| fall\_psqi\_5f | 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 |
| fall\_psqi\_5g | 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 |
| fall\_psqi\_5h | 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 |
| fall\_psqi\_5i | 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 |
| fall\_psqi\_5j | 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 |
| fall\_psqi\_5j2 | Free response to “Please describe below” |  |
| fall\_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 |
| fall\_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 |
| fall\_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 |
| fall\_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 |
| **Insomnia Severity Index (Re-assessment)** | | |
| fall\_isi\_1 | Difficulty falling asleep | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| fall\_isi\_2 | Difficulty staying asleep | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| fall\_isi\_3 | Problems waking up to early | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| fall\_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 |
| fall\_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 |
| fall\_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 |
| fall\_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 |
| **Ultra Short Munich Chronotype Questionnaire (Re-assessment)** | | |
| fall\_mtq\_1 | I have been a shift- or night-worker in the past three months | 1 = YES, 0 = NO |
| fall\_mtq\_2 | Normally, I work \_\_\_\_ days per week. |  |
| fall\_mtq\_3 | On WORKDAYS I normally fall asleep at: |  |
| fall\_mtq\_4 | On WORKDAYS I normally wake up at: |  |
| fall\_mtq\_5 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at: |  |
| fall\_mtq\_6 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at: |  |
| **Generalized Anxiety Disorder (GAD)-7 (Re-assessment)** | | |
| fall\_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 |
| fall\_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 |
| fall\_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 |
| fall\_gad\_4 | Trouble relaxing | 0, Not at all | 1, Several days | 2, More than half the days | 3, Nearly every day |
| fall\_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 |
| fall\_gad\_6 | Becoming easily annoyed or irritable | 0, Not at all | 1, Several days | 2, More than half the days | 3, Nearly every day |
| fall\_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 |
| **COVID19 Memory Re-assessment** | | |
| gen\_1\_fut | 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\_fut | When I have thought about April-May during the past 8 weeks, my memories are: | 1, Entirely negative | 2, Mostly negative | 3, An equal mix | 4, Mostly positive | 5, Entirely positive |
| gen\_3\_fut | When I think about all that has happened, my memories are: | 1, Entirely negative | 2, Mostly negative | 3, An equal mix | 4, Mostly positive | 5, Entirely positive |
| gen\_4\_fut | When I think about the winter and spring, my predictions are | 1, Entirely negative | 2, Mostly negative | 3, An equal mix | 4, Mostly positive | 5, Entirely positive |
| history\_fut | Can you remember the moment when you realized that this was going to be a part of history? | 1 = YES, 0 = NO |
| vivid\_history\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_history\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_history\_fut | 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\_fut | 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\_fut | 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\_fut | Were you in school or employed at the start of the COVID pandemic? | 1 = YES, 0 = NO |
| work\_close\_fut | Did your school or work close YOUR on-sight operations in response to the COVID-19 pandemic? | 1 = YES, 0 = NO |
| work\_other\_fut | 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\_fut | Can you remember the moment when you heard of this closure? | 1 = YES, 0 = NO |
| vivid\_work\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_work\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_work\_fut | 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\_fut | 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\_fut | 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\_fut | 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\_fut | Was your primary childcare service closed or cancelled in response to the COVID19 pandemic? | 1 = YES, 0 = NO |
| school\_close\_rem\_fut | Can you remember the moment when you heard of this closure? | 1 = YES, 0 = NO |
| vivid\_school\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_school\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_school\_fut | 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\_fut | 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\_fut | 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\_fut | Can you remember a moment when you felt consumed by negative emotions related to the pandemic? | 1 = YES, 0 = NO |
| vivid\_neg\_emo\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_neg\_emo\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_neg\_emo\_fut | 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\_fut | 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\_fut | 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\_fut | Can you remember when you first felt that things were starting to get "better"? | 1 = YES, 0 = NO |
| vivid\_get\_better\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_get\_better\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_get\_better\_fut | 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\_fut | 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\_fut | 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\_fut | How many people in your country had been diagnosed with COVID19 by mid-March? |  |
| num\_april\_fut | How many people in your country had been diagnosed with COVID19 by mid-April? |  |
| us\_fut | Were you in the United States for a majority of the time from March 20 - June 20, 2020? | 1 = YES, 0 = NO |
| num\_march\_us\_fut | How many people in your state had been diagnosed with COVID19 by mid-March? |  |
| num\_april\_us\_fut | How many people in your state had been diagnosed with COVID19 by mid-April? |  |
| stayhome\_us\_fut | Was there a stay-at-home order, or equivalent, in your state during this time? | 1 = YES, 0 = NO |
| stayhome\_begin\_us\_fut | When did it begin? (please enter date as Month/Day/Year) |  |
| stayhome\_end\_us\_fut | When did it or when is it scheduled to end? (please enter date as Month/Day/Year) |  |
| severity\_state\_fut | I think my state's actions to prevent the spread of COVID19 were: | 1, Too severe | 2, Appropriate | 3, Not severe enough |
| stayhome\_fut | Was there a stay-at-home order, or equivalent, in your country during this time? | 1 = YES, 0 = NO |
| stayhome\_begin\_fut | When did it begin? (please enter date as Month/Day/Year) |  |
| stayhome\_end\_fut | When did it or when is it scheduled to end? (please enter date as Month/Day/Year) |  |
| severity\_fut | I think my country's actions to prevent the spread of COVID19 were: | 1, Too severe | 2, Appropriate | 3, Not severe enough |
| sp\_mem\_7\_fut | When I have thought about March-May during the past 8 weeks, 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\_8\_fut | When I have thought about March-May during the past 8 weeks, I remember the social isolation | 0, Strongly disagree | 1, Disagree | 2, Neither disagree nor agree | 3, Agree | 4, Strongly agree |
| sp\_mem\_9\_fut | When I have thought about March-May during the past 8 weeks, I remember the financial uncertainty | 0, Strongly disagree | 1, Disagree | 2, Neither disagree nor agree | 3, Agree | 4, Strongly agree |
| sp\_mem\_10\_fut | When I have thought about March-May during the past 8 weeks, 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\_11\_fut | When I have thought about March-May during the past 8 weeks, 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\_12\_fut | When I have thought about March-May during the past 8 weeks, 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 |
| sp\_mem\_13\_fut | When I think about all that has happened, 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\_14\_fut | When I think about all that has happened, I remember the social isolation | 0, Strongly disagree | 1, Disagree | 2, Neither disagree nor agree | 3, Agree | 4, Strongly agree |
| sp\_mem\_15\_fut | When I think about all that has happened, I remember the financial uncertainty | 0, Strongly disagree | 1, Disagree | 2, Neither disagree nor agree | 3, Agree | 4, Strongly agree |
| sp\_mem\_16\_fut | When I think about all that has happened, 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\_17\_fut | When I think about all that has happened, 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\_18\_fut | When I think about all that has happened, 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 |
| fears\_change | Compared to March-May, I now think about my fears related to the spread of the illness: | 1, More | 2, Less | 3, About the same |
| isolation\_change | Compared to March-May, I now think about the social isolation: | 1, More | 2, Less | 3, About the same |
| finances\_change | Compared to March-May, I now think about the financial uncertainty: | 1, More | 2, Less | 3, About the same |
| community\_change | Compared to March-May, I now think about the community working together under difficult circumstances: | 1, More | 2, Less | 3, About the same |
| hope\_change | Compared to March-May, I now think about the hope that the efforts will save lives: | 1, More | 2, Less | 3, About the same |
| interconnected\_change | Compared to March-May, I now think about the feeling of being interconnected with others even while being physically distant: | 1, More | 2, Less | 3, About the same |
| peak\_neg\_fut | when was your peak negative emotion | 1, March | 2, April | 3, May | 4, June | 5, July | 6, August | 7, September | 8, now |
| peak\_neg\_intense\_fut | How intense was that peak negative emotion? | 1, Low | 2, Moderate | 3, High |
| peak\_pos\_fut | when was your peak positive emotion | 1, March | 2, April | 3, May | 4, June | 5, July | 6, August | 7, September | 8, now |
| peak\_pos\_intense\_fut | How intense was that peak positive emotion? | 1, Low | 2, Moderate | 3, High |
| sustained\_neg\_fut\_\_\_1 | When was your most sustained period of negative emotion | 1=March, 0=they did not select March |
| sustained\_neg\_fut\_\_\_2 | When was your most sustained period of negative emotion | 1=April, 0=they did not select April |
| sustained\_neg\_fut\_\_\_3 | When was your most sustained period of negative emotion | 1=May, 0=they did not select May |
| sustained\_neg\_fut\_\_\_4 | When was your most sustained period of negative emotion | 1=June, 0=they did not select June |
| sustained\_neg\_fut\_\_\_5 | When was your most sustained period of negative emotion | 1=July, 0=they did not select July |
| sustained\_neg\_fut\_\_\_6 | When was your most sustained period of negative emotion | 1=August, 0=they did not select August |
| sustained\_neg\_fut\_\_\_7 | When was your most sustained period of negative emotion | 1=September, 0=they did not select September |
| sustained\_neg\_fut\_\_\_8 | When was your most sustained period of negative emotion | 1=now, 0=they did not select now |
| sustained\_pos\_fut\_\_\_1 | When was your most sustained period of positive emotion (check all that apply) | 1=March, 0=they did not select March |
| sustained\_pos\_fut\_\_\_2 | When was your most sustained period of positive emotion (check all that apply) | 1=April, 0=they did not select April |
| sustained\_pos\_fut\_\_\_3 | When was your most sustained period of positive emotion (check all that apply) | 1=May, 0=they did not select May |
| sustained\_pos\_fut\_\_\_4 | When was your most sustained period of positive emotion (check all that apply) | 1=June, 0=they did not select June |
| sustained\_pos\_fut\_\_\_5 | When was your most sustained period of positive emotion (check all that apply) | 1=July, 0=they did not select July |
| sustained\_pos\_fut\_\_\_6 | When was your most sustained period of positive emotion (check all that apply) | 1=August, 0=they did not select August |
| sustained\_pos\_fut\_\_\_7 | When was your most sustained period of positive emotion (check all that apply) | 1=September, 0=they did not select September |
| sustained\_pos\_fut\_\_\_8 | When was your most sustained period of positive emotion (check all that apply) | 1=now, 0=they did not select now |
| challenging\_free\_fut | Free response to “In 250 words or less, describe one of the most challenging moments from the past 8 weeks.” |  |
| vivid\_challenge\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_challenge\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_challenge\_fut | 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\_fut | 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\_fut | 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\_fut | 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 |
| memory\_repeat\_chall\_fut | If you answered this question in a previous survey, was this the same memory reported? | 1, Yes | 2, No | 3, I don't remember | 4, This is the first time I answered this question |
| positive\_free\_fut | Free response to “In 250 words or less, describe one of the most positive moments from the past 8 weeks.” |  |
| vivid\_positive\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_positive\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_positive\_fut | 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\_fut | 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\_fut | 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\_fut | 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 |
| memory\_repeat\_positive\_fut | If you answered this question in a previous survey, was this the same memory reported? | 1, Yes | 2, No | 3, I don't remember | 4, This is the first time I answered this question |
| mundane\_free\_fut | 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\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_mundane\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_mundane\_fut | 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\_fut | 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\_fut | 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\_fut | 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 |
| memory\_repeat\_mundane\_fut | If you answered this question in a previous survey, was this the same memory reported? | 1, Yes | 2, No | 3, I don't remember | 4, This is the first time I answered this question |
| unusual\_free\_fut | 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\_fut | How vivid is the memory? | 1, Extremely vague | 2, Fairly vague | 3, Fairly vivid | 4, Extremely vivid |
| reexp\_unusual\_fut | How much do you feel like you're re-experiencing the event? | 1, Not at all | 2, Somewhat | 3, Moderately | 4, Completely |
| occarousing\_unusual\_fut | 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\_fut | 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\_fut | 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\_fut | 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 |
| memory\_repeat\_unusual\_fut | If you answered this question in a previous survey, was this the same memory reported? | 1, Yes | 2, No | 3, I don't remember | 4, This is the first time I answered this question |
| **Ritchey Individual Differences in Memory Scale** | | |
| ind\_diff\_1 | When I remember events in the past, I can typically remember specific details about: Where the event occurred | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_2 | When I remember events in the past, I can typically remember specific details about: When the event occurred | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_3 | When I remember events in the past, I can typically remember specific details about: The sequence of what happened during the event | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_4 | When I remember events in the past, I can typically remember specific details about: The people who were there | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_5 | When I remember events in the past, I can typically remember specific details about: Conversations during the event | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_6 | When I remember events in the past, I can typically remember specific details about: My own emotions during the event | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_7 | When I remember events in the past, I can typically remember specific details about: The visual appearance of things at the event | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_8 | When I remember events in the past, I can typically remember specific details about: Other kinds of perceptual details (e.g., sounds, smells, tastes) | 1, Definitely agree | 2, Somewhat agree | 3, Somewhat disagree | 4, Definitely disagree |
| ind\_diff\_rem\_well | Free response to “Other types of details that you typically remember well” |  |
| ind\_diff\_forget | Free response to “Other types of details that you typically forget” |  |
| **Daley Prosociality Assessment** | | |
| prosoc\_1 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Lent or donated books or clothes | 1 = YES, 0 = NO |
| prosoc\_1\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_1\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_2 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Shared or donated food | 1 = YES, 0 = NO |
| prosoc\_2\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_freq\_2 | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_3 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Delivered food, medications, or other goods to immobilized individuals | 1 = YES, 0 = NO |
| prosoc\_3\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_3\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_4 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Gave or donated PPE or other hard to find supplies | 1 = YES, 0 = NO |
| prosoc\_4\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_4\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_5 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Sewed homemade masks | 1 = YES, 0 = NO |
| prosoc\_5\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_5\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_6 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Checked in with an isolated person | 1 = YES, 0 = NO |
| prosoc\_6\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_6\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_7 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Lent or donated money to someone | 1 = YES, 0 = NO |
| prosoc\_7\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_7\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| prosoc\_8 | Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Donated blood or platelets | 1 = YES, 0 = NO |
| prosoc\_8\_freq | I have done this | 1, Less than usual | 2, | 3, Same as usual | 4, | 5, More than usual |
| prosoc\_8\_who | I have done this | 1, primarily for family/close friends | 2, | 3, for both family/close friends and strangers | 4, | 5, primarily for strangers |
| **Gutchess Social Norm Assessment** Instructions: The following statements refer to the US STATE that you live in, as a whole. If you are not from the United States, please respond about the COUNTRY that you live in. Please indicate whether you agree or disagree with the following statements using the following scale. Note that the statements sometimes refer to "social norms", which are standards for behavior that are generally unwritten. | | |
| soc\_norm\_1 | There are many social norms that people are supposed to abide by in the state you live in. | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| soc\_norm\_2 | In the state you live in, there are very clear expectations for how people should act in most situations. | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| soc\_norm\_3 | People agree upon what behaviors are appropriate versus inappropriate in most situations in this state | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| soc\_norm\_4 | People in this state have a great deal of freedom in deciding how they want to behave in most situations. | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| soc\_norm\_5 | In this state, if someone acts in an inappropriate way, others will strongly disapprove. | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| soc\_norm\_6 | People in this state almost always comply with social norms. | 1, Strongly disagree | 2, Moderately disagree | 3, Slightly disagree | 4, Slightly agree | 5, Moderately agree | 6, Strongly agree |
| **Ford News Consumption Questionnaire** Instructions: The following questions will ask you to think about how you have interacted with news/information related to the COVID-19 pandemic since March. For each type of information, please indicate whether you have: a) Attempted to avoid this information, b) Neither avoided or sought out this information, c) Actively sought out new information | | |
| news\_1 | New scientific developments related to the disease, treatments, and vaccine trials | 1, Attempted to avoid this information | 2, Neither avoided or sought out this information | 3, Actively sought out new information |
| news\_scidev\_1 | Newspaper | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_2 | Television | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_3 | Radio | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_4 | Online news platforms | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_5 | Social media | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_6 | Friends and family | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_scidev\_7 | Peer-reviewed Journal | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_2 | Policies put in place by local or federal governments to control and manage the disease | 1, Attempted to avoid this information | 2, Neither avoided or sought out this information | 3, Actively sought out new information |
| news\_policy\_1 | Newspaper | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_2 | Television | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_3 | Radio | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_4 | Online news platforms | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_5 | Social media | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_6 | Friends and family | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_policy\_7 | Peer-reviewed Journal | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_3 | Personal stories from individuals who have been affected by the pandemic | 1, Attempted to avoid this information | 2, Neither avoided or sought out this information | 3, Actively sought out new information |
| news\_personal\_1 | Newspaper | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_2 | Television | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_3 | Radio | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_4 | Online news platforms | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_5 | Social media | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_6 | Friends and family | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| news\_personal\_7 | Peer-reviewed Journal | 1, Never | 2, | 3, Sometimes | 4, | 5, Often |
| **Moral Circle Question** | | |
| moral\_circle | We would like you to indicate the extent of your moral circle. By moral circle, we mean the circle of people or other entities for which you are concerned about right and wrong done toward them. At the innermost circle, some people care about their immediate family only, and the outermost circle, people care about the entire universe--all things in existence. Please select the number that depicts the extent of your moral circle. Note that in this scale, the number you select includes the numbers below it as well. So, if you select 10 (all mammals), you are also including numbers 1-9 (up to 'all people on all continents') in your moral circle. | 1, 1- all of your immediate family | 2, 2- all of your extended family | 3, 3- all of your closest friends | 4, 4- all of your friends (including distant ones) | 5, 5- all of your acquaintances | 6, 6- all people you have ever met | 7, 7- all people in your country | 8, 8- all people on your continent | 9, 9- all people on all continents | 10, 10- all mammals | 11, 11- all amphibians, reptiles, mammals, fish and birds | 12, 12- all animals on earth including paramecia and amoebae | 13, 13- all animals in the universe, including alien lifeforms | 14, 14- all living things in the universe including plants and trees | 15, 15- all natural things in the universe including inert entities such as rocks | 16, 16- all things in existence |
| **COVID 19 Diagnosis and Symptom Assessment** | | |
| covid\_test | At any time since the start of the pandemic, have you received a positive test for COVID19? | 1 = YES, 0 = NO |
| covid\_doctor | At any time since the start of the pandemic, 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 since the start of the pandemic, 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 |
| **Political Ideology** | | |
| political | Please indicate your political ideology | 1, Very liberal | 2, Liberal | 3, Slightly liberal | 4, Moderate | 5, Slightly conservative | 6, Conservative | 7, Very Conserative |

# Round 4 Calculated Variables

|  |  |  |
| --- | --- | --- |
| **Calculated\_Variables** | **Variable\_Description** | **Calculation** |
| fall\_PSQIDURAT | FALL PSQI Duration of Sleep | IF (fall\_psqi\_4) ≥ 7, THEN set value to 0, IF (fall\_psqi\_4) < 7 and ≥ 6, THEN set value to 1, IF (fall\_psqi\_4) < 6 and ≥ 5, THEN set value to 2, IF (fall\_psqi\_4) < 5, THEN set value to 3 |
| fall\_PSQIDISTB | FALL PSQI Sleep Disturbance | IF fall\_psqi\_5b + fall\_psqi\_5c + fall\_psqi\_5d + fall\_psqi\_5e + fall\_psqi\_5f + fall\_psqi\_5g + fall\_psqi\_5h + fall\_psqi\_5i + fall\_psqi\_5j = 0, THEN set value to 0 |
| IF fall\_psqi\_5b + fall\_psqi\_5c + fall\_psqi\_5d + fall\_psqi\_5e + fall\_psqi\_5f + fall\_psqi\_5g + fall\_psqi\_5h + fall\_psqi\_5i + fall\_psqi\_5j ≥ 1 and ≤ 9, THEN set value to 1 |
| IF fall\_psqi\_5b + fall\_psqi\_5c + fall\_psqi\_5d + fall\_psqi\_5e + fall\_psqi\_5f + fall\_psqi\_5g + fall\_psqi\_5h + fall\_psqi\_5i + fall\_psqi\_5j > 9 and ≤ 18, THEN set value to 2 |
| IF fall\_psqi\_5b + fall\_psqi\_5c + fall\_psqi\_5d + fall\_psqi\_5e + fall\_psqi\_5f + fall\_psqi\_5g + fall\_psqi\_5h + fall\_psqi\_5i + fall\_psqi\_5j > 18, THEN set value to 3 |
| fall\_psqi\_2NEW | FALL PSQI Recode of psqi\_2 for Latency question | IF fall\_psqi\_2 ≥ 0 and ≤ 15, THEN set value of fall\_psqi\_2new to 0, IF fall\_psqi\_2 > 15 and ≤ 30, THEN set value of fall\_psqi\_2new to 1, IF fall\_psqi\_2 > 30 and ≤ 60, THEN set value of fall\_psqi\_2new to 2, IF fall\_psqi\_2 > 60, THEN set value of fall\_psqi\_2new to 3 |
| fall\_PSQILATEN | FALL PSQI Sleep Latency | IF fall\_psqi\_5a + fall\_psqi\_2new = 0, THEN set value to 0 |
| IF fall\_psqi\_5a + fall\_psqi\_2new ≥ 1 and ≤ 2, THEN set value to 1 |
| IF fall\_psqi\_5a + fall\_psqi\_2new ≥ 3 and ≤ 4, THEN set value to 2 |
| IF fall\_psqi\_5a + fall\_psqi\_2new ≥ 5 and ≤ 6, THEN set value to 3 |
| fall\_PSQIDAYDYS | FALL PSQI Day Dysfunction due to sleepiness | IF fall\_psqi\_8 + fall\_psqi\_9 = 0, THEN set value to 0 |
| IF fall\_psqi\_8 + fall\_psqi\_9 ≥ 1 and ≤ 2, THEN set value to 1 |
| IF fall\_psqi\_8 + fall\_psqi\_9 ≥ 3 and ≤ 4, THEN set value to 2 |
| IF fall\_psqi\_8 + fall\_psqi\_9 ≥ 5 and ≤ 6, THEN set value to 3 |
| fall\_PSQI\_TIB | FALL PSQI Time In Bed | Calculation of Fall Time in Bed (number of hours between bed time and rise time) after correcting for 24 hour clock usage |
| fall\_PSQI\_TIB\_12 | FALL 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. |
| fall\_PSQI\_sleep\_eff | FALL PSQI Sleep Efficiency (number) | fall\_psqi\_4/(fall\_psqi\_3 - fall\_psqi\_1) |
| fall\_PSQIHSE | FALL PSQI Sleep Efficiency (score for PSQI total) | IF fall\_psqi\_sleep\_eff ≥ 85, THEN set value to 0 |
| IF fall\_psqi\_sleep\_eff < 85 and ≥ 75, THEN set value to 1 |
| IF fall\_psqi\_sleep\_eff < 75 and ≥ 65, THEN set value to 2 |
| IF fall\_psqi\_sleep\_eff < 65, THEN set value to 3 |
| fall\_PSQISLPQUAL | FALL PSQI Overall Sleep Quality | fall\_psqi\_6 |
| fall\_PSQIMEDS | FALL PSQI Needs Meds to Sleep | fall\_psqi\_7 |
| fall\_PSQI\_TOTAL | FALL 2020 PSQI Total Score | SUM of fall\_psqiDURAT + fall\_psqiDISTB + fall\_psqiLATEN + fall\_psqiDAYDYS + fall\_psqiHSE + fall\_psqiSLPQUAL + fall\_psqiMEDS |
| fall\_ISI\_Total | FALL 2020 Insomnia Severity Index Total Score | SUM of fall\_isi\_1 + fall\_isi\_2 + fall\_isi\_3 + fall\_isi\_4 + fall\_isi\_5 + fall\_isi\_6 + fall\_isi\_7 |
| fall\_mtq\_freedays | Number of free days per weekin Fall 2020 | Subtract (7 - fall\_mtq\_2) |
| fall\_mtq\_workdays | Number of work days per week in Fall 2020 | Equals fall\_mtq\_2 |
| fall\_mtq\_workday\_sleeponset | Typical work day sleep onset Fall 2020 | Equals fall\_mtq\_3 |
| fall\_mtq\_workday\_sleepend | Typical work day sleep end Fall 2020 | Equals fall\_mtq\_p8 |
| fall\_mtq\_freeday\_sleeponset | Typical free day sleep onset Fall 2020 | Equals fall\_mtq\_p9 |
| fall\_mtq\_freeday\_sleepend | Typical free day sleep end Fall 2020 | Equals fall\_mtq\_p10 |
| fall\_mtq\_workday\_sleepduration | Typical work day sleep duration Fall 2020 | Subtract (fall\_mtq\_workday\_sleepend) - (fall\_mtq\_workday\_sleeponset) |
| fall\_mtq\_workday\_sleepduration\_12 | Typical work day sleep duration in fall 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. |
| fall\_mtq\_freeday\_sleepduration | Typical free day sleep duration Fall 2020 | Subtract (fall\_mtq\_freeday\_sleepend) - (fall\_mtq\_freeday\_sleeponset) |
| fall\_mtq\_freeday\_sleepduration\_12 | Typical free day sleep duration in fall 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. |
| fall\_mtq\_workday\_sleepmidpoint | Typical work day sleep midpoint Fall 2020 | Sum of [(fall\_mtq\_workday\_sleeponset) + ((fall\_mtq\_workday\_sleepduration)]/2 |
| fall\_mtq\_freeday\_sleepmidpoint | Typical free day sleep midpoint Fall 2020 | Sum of [(fall\_mtq\_freeday\_sleeponset) + (fall\_mtq\_freeday\_sleepduration)]/2 |
| fall\_mtq\_avg\_wk\_sleepduration | Average sleep duration Fall 2020 | Calculate [(fall\_mtq\_workday\_sleepduration)\*(fall\_mtq\_workdays) + (fall\_mtq\_freeday\_sleepduration)\*(fall\_mtq\_freedays)]/7 |
| fall\_mtq\_chronotype | Chronotype Fall 2020 | IF [(fall\_mtq\_freeday\_sleepduration) ≤ (fall\_mtq\_workday\_sleepduration), then this equals (fall\_mtq\_freeday\_sleepmidpoint) |
| IF [(fall\_mtq\_freeday\_sleepduration) > (fall\_mtq\_workday\_sleepduration), then this equals (fall\_mtq\_freeday\_sleepmidpoint) - [(fall\_mtq\_freeday\_sleepduration) -(fall\_mtq\_workday\_sleepduration)/2] |
| fall\_gad\_7\_total | FALL 2020 GAD-7 Total Score | SUM of fall\_gad\_1 + fall\_gad\_2 + fall\_gad\_3 + fall\_gad\_4 + fall\_gad\_5 + fall\_gad\_6 + fall\_gad\_7 |