# AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the *Round 8* data (reflected in the “cleaned\_deid” versions of the data), (2) Variable Descriptions for each variable in the *Round 8* data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from *Round 8*.

# If you note any errors or any combination of information that could jeopardize confidentiality of participants, please let us know prior to release for open access.

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

* 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 8

## 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 vaccination dates before 2020 with missing value
5. Standardize formatting and spelling of country names and state/provinces
6. Standard formatting and spelling of COVID-19 vaccine names
7. All free response questions were removed from the analysis as we did not have time to check them for potentially identifiable information
8. Two questions were accidentally omitted from the full ISDI scale. The omitted questions only affect the “Sleep Paralysis” and “Sleep Hallucination” subscales of the extended version of the ISDI (and also the total score if the complete sum of ISDI is of interest):
   1. Number 89: I feel paralyzed when I’m falling asleep or waking up.
      1. From the Sleep Paralysis subscale
      2. In this dataset, the sleep paralysis subscale is therefore calculated as the sum of questions 87, 91, and 93
   2. Number 90: I experience intense dreamlike images as I begin to fall asleep.
      1. From the Sleep Hallucination subscale
      2. In this dataset, the sleep hallucination subscale is therefore calculated as the sum of questions 88, 92, 94, and 95

# Round 8 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** | **MEASURE** | **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 |  | Identifier autogenerated by REDCAP |  |
| round\_8\_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\_rd8 |  | This is the date and time the participants started the Round 8 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. |  |
| mem\_oct1 | Fall 2021 Memory Questions | When I think about events from March-May 2020, I remember… my fears related to the spread of the illness | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| mem\_oct2 | Fall 2021 Memory Questions | ...the community working together under difficult circumstances | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| mem\_oct3 | Fall 2021 Memory Questions | ...feeling hope that the efforts will save lives | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| mem\_oct4 | Fall 2021 Memory Questions | ...the social isolation | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| mem\_oct5 | Fall 2021 Memory Questions | ...the financial uncertainty | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| mem\_oct6 | Fall 2021 Memory Questions | ...feeling interconnected with others even while being physically distant | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| pine\_1 | Fall 2021 Memory Questions | When you reflect back on the earlier phases of the pandemic and the changes it brought to daily life… How nostalgic do you feel? | 1, 1 = Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 = Very much |
| pine\_2 | Fall 2021 Memory Questions | ...To what extent do you feel sentimental for that past time? | 1, 1 = Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 = Very much |
| pine\_3 | Fall 2021 Memory Questions | ...How much do you feel a wistful affection for that past time? | 1, 1 = Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 = Very much |
| pine\_4 | Fall 2021 Memory Questions | ...To what extent do you feel a longing to return to that former time? | 1, 1 = Not at all | 2, 2 | 3, 3 | 4, 4 | 5, 5 | 6, 6 | 7, 7 = Very much |
| nostalg\_oct | Fall 2021 Memory Questions | When I think back on the events of March-May 2020, part of me longs to return to that time. | 1, Strongly Disagree | 2, Disagree | 3, Neither disagree nor agree | 4, Agree | 5, Strongly agree |
| carer\_1\_\_\_1 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= Someone who lives with you, 0 = they did not select Someone who lives with you |
| carer\_1\_\_\_2 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= Someone who lives elsewhere, and I can access despite current COVID-19 pandemic restrictions , 0 = they did not select Someone who lives elsewhere, and I can access despite current COVID-19 pandemic restrictions |
| carer\_1\_\_\_3 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= Someone who lives elsewhere, and I cannot access due to current COVID-19 pandemic restrictions , 0 = they did not select Someone who lives elsewhere, and I cannot access due to current COVID-19 pandemic restrictions |
| carer\_1\_\_\_4 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= Someone who is now in a nursing home or hospital, and I can access despite current COVID-19 pandemic restrictions , 0 = they did not select Someone who is now in a nursing home or hospital, and I can access despite current COVID-19 pandemic restrictions |
| carer\_1\_\_\_5 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= Someone who is now in a nursing home or hospital, and I cannot access due to current COVID-19 pandemic restrictions , 0 = they did not select Someone who is now in a nursing home or hospital, and I cannot access due to current COVID-19 pandemic restrictions |
| carer\_1\_\_\_6 | Fall 2021 Caretaker Questions | Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply) | 1= No, this does not apply , 0 = they did not select No, this does not apply |
| carer\_2 | Fall 2021 Caretaker Questions | At any point since the start of the COVID-19 pandemic (since January 2020 to present), did you lose access to this person (these people) due to COVID-19 pandemic restrictions? | 1 = YES, 0 = NO |
| carer\_3 | Fall 2021 Caretaker Questions | Please provide the approximate dates in which your access was revoked due to COVID-19 pandemic restrictions |  |
| psqi\_1 | PSQI\_Oct21 | During the past month, what time have you usually gone to bed at night? |  |
| psqi\_2 | PSQI\_Oct21 | During the past month, how long (in minutes) has it usually taken you to fall asleep each night? |  |
| psqi\_3 | PSQI\_Oct21 | During the past month, what time have you usually gotten up in the morning? |  |
| psqi\_4 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | Free response to “If other, please describe” |  |
| psqi\_6 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 | PSQI\_Oct21 | 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 |
| isi\_1 | Insomnia Severity Index\_Oct21 | Difficulty falling asleep | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| isi\_2 | Insomnia Severity Index\_Oct21 | Difficulty staying asleep | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| isi\_3 | Insomnia Severity Index\_Oct21 | Problems waking up to early | 0, None | 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| isi\_4 | Insomnia Severity Index\_Oct21 | 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 | Insomnia Severity Index\_Oct21 | 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 | Insomnia Severity Index\_Oct21 | 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 | Insomnia Severity Index\_Oct21 | 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 |
| mtq\_1 | μMunich ChronoType Questionnaire- Oct21 | I have been a shift- or night-worker in the past three months | 1 = YES, 0 = NO |
| mtq\_2 | μMunich ChronoType Questionnaire- Oct21 | Normally, I work \_\_\_\_ days per week. |  |
| mtq\_3 | μMunich ChronoType Questionnaire- Oct21 | On WORKDAYS I normally fall asleep at: |  |
| mtq\_p8 | μMunich ChronoType Questionnaire- Oct21 | On WORKDAYS I normally wake up at: |  |
| mtq\_p9 | μMunich ChronoType Questionnaire- Oct21 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at: |  |
| mtq\_p10 | μMunich ChronoType Questionnaire- Oct21 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at: |  |
| promis\_1 | PROMIS\_Oct21 | How often did you feel tired? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_2 | PROMIS\_Oct21 | How often did you experience extreme exhaustion? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_3 | PROMIS\_Oct21 | How often did you run out of energy? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_4 | PROMIS\_Oct21 | How often did your fatigue limit you at work (including work at home)? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_5 | PROMIS\_Oct21 | How often were you too tired to think clearly? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_6 | PROMIS\_Oct21 | How often were you too tired to take a bath or shower? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_7 | PROMIS\_Oct21 | How often did you have enough energy to exercise strenuously? | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_sd\_1 | PROMIS\_Sleep\_Disturbance | My sleep was restless | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sd\_2 | PROMIS\_Sleep\_Disturbance | I was satisfied with my sleep | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sd\_3 | PROMIS\_Sleep\_Disturbance | My sleep was refreshing | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sd\_4 | PROMIS\_Sleep\_Disturbance | I had difficulty falling asleep | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sd\_5 | PROMIS\_Sleep\_Disturbance | I had trouble staying asleep | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_sd\_6 | PROMIS\_Sleep\_Disturbance | I had trouble sleeping | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_sd\_7 | PROMIS\_Sleep\_Disturbance | I got enough sleep | 1, Never | 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis\_sd\_8 | PROMIS\_Sleep\_Disturbance | My sleep quality was | 1, Very poor | 2, Poor | 3, Fair | 4, Good | 5, Very good |
| promis\_sri\_1 | PROMIS\_Sleep\_Related\_Impairment | I had a hard time getting things done because I was sleepy | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_2 | PROMIS\_Sleep\_Related\_Impairment | I felt alert when I woke up | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_3 | PROMIS\_Sleep\_Related\_Impairment | I felt tired | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_4 | PROMIS\_Sleep\_Related\_Impairment | I had problems during the day because of poor sleep | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_5 | PROMIS\_Sleep\_Related\_Impairment | I had a hard time concentrating because of poor sleep | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_6 | PROMIS\_Sleep\_Related\_Impairment | I felt irritable because of poor sleep | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_7 | PROMIS\_Sleep\_Related\_Impairment | I was sleepy during the daytime | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| promis\_sri\_8 | PROMIS\_Sleep\_Related\_Impairment | I had trouble staying awake during the day | 1, Not at all | 2, A little bit | 3, Somewhat | 4, Quite a bit | 5, Very much |
| gad\_1 | GAD-7\_Oct21 | 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 | GAD-7\_Oct21 | 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 | GAD-7\_Oct21 | 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 | GAD-7\_Oct21 | Trouble relaxing | 0, Not at all | 1, Several days | 2, More than half the days | 3, Nearly every day |
| gad\_5 | GAD-7\_Oct21 | 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 | GAD-7\_Oct21 | Becoming easily annoyed or irritable | 0, Not at all | 1, Several days | 2, More than half the days | 3, Nearly every day |
| gad\_7 | GAD-7\_Oct21 | 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 |
| pss\_1 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 | Perceived\_Stress\_Scale\_Oct21 | 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 |
| telephone21oct\_fear | LSAS\_Oct21 | Telephoning in Public Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| telephone21oct\_avoid | LSAS\_Oct21 | Telephoning in Public Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| smallgroups21oct\_fear | LSAS\_Oct21 | Participating in small groups Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| smallgroups21oct\_avoid | LSAS\_Oct21 | Participating in small groups Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| eating21oct\_fear | LSAS\_Oct21 | Eating in public places Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| eating21oct\_avoid | LSAS\_Oct21 | Eating in public places Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| drinking21oct\_fear | LSAS\_Oct21 | Drinking with others in public places Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| drinking21oct\_avoid | LSAS\_Oct21 | Drinking with others in public places Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| authority21oct\_fear | LSAS\_Oct21 | Talking to people in authority Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| authority21oct\_avoid | LSAS\_Oct21 | Talking to people in authority Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| acting21oct\_fear | LSAS\_Oct21 | Acting, performing, or giving a talk in front of an audience Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| acting21oct\_avoid | LSAS\_Oct21 | Acting, performing, or giving a talk in front of an audience Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| party21oct\_fear | LSAS\_Oct21 | Going to a party Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| party21oct\_avoid | LSAS\_Oct21 | Going to a party Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| working21oct\_fear | LSAS\_Oct21 | Working while being observed Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| working21oct\_avoid | LSAS\_Oct21 | Working while being observed Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| writing21oct\_fear | LSAS\_Oct21 | Writing while being observed Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| writing21oct\_avoid | LSAS\_Oct21 | Writing while being observed Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| calling21oct\_fear | LSAS\_Oct21 | Calling someone you don't know very well Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| calling21oct\_avoid | LSAS\_Oct21 | Calling someone you don't know very well Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| talking21oct\_fear | LSAS\_Oct21 | Talking with people you don't know very well Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| talking21oct\_avoid | LSAS\_Oct21 | Talking with people you don't know very well Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| strangers21oct\_fear | LSAS\_Oct21 | Meeting strangers Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| strangers21oct\_avoid | LSAS\_Oct21 | Meeting strangers Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| urinating21oct\_fear | LSAS\_Oct21 | Urinating in a public bathroom Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| urinating21oct\_avoid | LSAS\_Oct21 | Urinating in a public bathroom Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| seated21oct\_fear | LSAS\_Oct21 | Entering a room when others are already seated Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| seated21oct\_avoid | LSAS\_Oct21 | Entering a room when others are already seated Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| attention21oct\_fear | LSAS\_Oct21 | Being the center of attention Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| attention21oct\_avoid | LSAS\_Oct21 | Being the center of attention Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| meeting21oct\_fear | LSAS\_Oct21 | Speaking up at a meeting Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| meeting21oct\_avoid | LSAS\_Oct21 | Speaking up at a meeting Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| test21oct\_fear | LSAS\_Oct21 | Taking a test Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| test21oct\_avoid | LSAS\_Oct21 | Taking a test Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| disagreement21oct\_fear | LSAS\_Oct21 | Expressing a disagreement or disapproval to people you don't know very well Generally Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| disagreement21oct\_avoid | LSAS\_Oct21 | Expressing a disagreement or disapproval to people you don't know very well Generally Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| looking21oct\_fear | LSAS\_Oct21 | Looking at people you don't know very well in the eyes Generally ( Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| looking21oct\_avoid | LSAS\_Oct21 | Looking at people you don't know very well in the eyes Generally ( Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| report21oct\_fear | LSAS\_Oct21 | Giving a report to a group Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| report21oct\_avoid | LSAS\_Oct21 | Giving a report to a group Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| pickup21oct\_fear | LSAS\_Oct21 | Trying to pick up someone Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| pickup21oct\_avoid | LSAS\_Oct21 | Trying to pick up someone Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| returning21oct\_fear | LSAS\_Oct21 | Returning goods to a store Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| returning21oct\_avoid | LSAS\_Oct21 | Returning goods to a store Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| gparty21oct\_fear | LSAS\_Oct21 | Giving a party Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| gparty21oct\_avoid | LSAS\_Oct21 | Giving a party Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| salesperson21oct\_fear | LSAS\_Oct21 | Resisting a high pressure salesperson Generally (Oct 2021) Fear | 0, None | 1, Mild | 2, Moderate | 3, Severe |
| salesperson21oct\_avoid | LSAS\_Oct21 | Resisting a high pressure salesperson Generally (Oct 2021) Avoidance | 0, Never (0%) | 1, Occasionally (1-33%) | 2, Often (34-66%) | 3, Usually (67-100%) |
| pid\_1 | Personality\_Inventory\_for\_DSM5 | People would describe me as reckless. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_2 | Personality\_Inventory\_for\_DSM5 | I feel like I act totally on impulse. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_3 | Personality\_Inventory\_for\_DSM5 | Even though I know better, I can't stop making rash decisions. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_4 | Personality\_Inventory\_for\_DSM5 | I often feel like nothing I do really matters. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_5 | Personality\_Inventory\_for\_DSM5 | Others see me as irresponsible. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_6 | Personality\_Inventory\_for\_DSM5 | I'm not good at planning ahead. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_7 | Personality\_Inventory\_for\_DSM5 | My thoughts often don't make sense to others. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_8 | Personality\_Inventory\_for\_DSM5 | I worry about almost everything. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_9 | Personality\_Inventory\_for\_DSM5 | I get emotional easily, often for very little reason. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_10 | Personality\_Inventory\_for\_DSM5 | I fear being alone in life more than anything else. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_11 | Personality\_Inventory\_for\_DSM5 | I get stuck on one way of doing things, even when it's clear it won't work. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_12 | Personality\_Inventory\_for\_DSM5 | I have seen things that weren't really there. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_13 | Personality\_Inventory\_for\_DSM5 | I steer clear of romantic relationships. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_14 | Personality\_Inventory\_for\_DSM5 | I'm not interested in making friends. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_15 | Personality\_Inventory\_for\_DSM5 | I get irritated easily by all sorts of things. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_16 | Personality\_Inventory\_for\_DSM5 | I don't like to get too close to people. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_17 | Personality\_Inventory\_for\_DSM5 | It's no big deal if I hurt other peoples' feelings. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_18 | Personality\_Inventory\_for\_DSM5 | I rarely get enthusiastic about anything. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_19 | Personality\_Inventory\_for\_DSM5 | I crave attention. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_20 | Personality\_Inventory\_for\_DSM5 | I often have to deal with people who are less important than me. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_21 | Personality\_Inventory\_for\_DSM5 | I often have thoughts that make sense to me but that other people say are strange. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_22 | Personality\_Inventory\_for\_DSM5 | I use people to get what I want. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_23 | Personality\_Inventory\_for\_DSM5 | I often "zone out" and then suddenly come to and realize that a lot of time has passed. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_24 | Personality\_Inventory\_for\_DSM5 | Things around me often feel unreal, or more real than usual. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid\_25 | Personality\_Inventory\_for\_DSM5 | It is easy for me to take advantage of others. | 0, Very False or Often False | 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| isdi\_fallasleep | Iowa Sleep Disturbance Inventory | It takes me a long time to fall asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_wideawake | Iowa Sleep Disturbance Inventory | Most days I feel wide awake. | 1 = TRUE, 0 = FALSE |
| isdi\_nightmares | Iowa Sleep Disturbance Inventory | I have nightmares frequently. | 1 = TRUE, 0 = FALSE |
| isdi\_rested | Iowa Sleep Disturbance Inventory | I usually wake up feeling refreshed and rested. | 1 = TRUE, 0 = FALSE |
| isdi\_wakefallasleep | Iowa Sleep Disturbance Inventory | If I wake up during the night, I find it difficult to fall asleep again. | 1 = TRUE, 0 = FALSE |
| isdi\_naps | Iowa Sleep Disturbance Inventory | I rarely take naps. | 1 = TRUE, 0 = FALSE |
| isdi\_lightsleep | Iowa Sleep Disturbance Inventory | My sleep is light. | 1 = TRUE, 0 = FALSE |
| isdi\_waketime | Iowa Sleep Disturbance Inventory | I wake up most mornings at roughly the same time. | 1 = TRUE, 0 = FALSE |
| isdi\_legs | Iowa Sleep Disturbance Inventory | I sometimes have a hard time falling asleep due to uncomfortable feelings in my legs. | 1 = TRUE, 0 = FALSE |
| isdi\_worries | Iowa Sleep Disturbance Inventory | Worries don't keep me up at night. | 1 = TRUE, 0 = FALSE |
| isdi\_movesleep | Iowa Sleep Disturbance Inventory | I move my legs or arms a lot when I sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepquickly | Iowa Sleep Disturbance Inventory | I tend to fall asleep quickly. | 1 = TRUE, 0 = FALSE |
| isdi\_tiredday | Iowa Sleep Disturbance Inventory | I usually feel tired during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_nonightmares | Iowa Sleep Disturbance Inventory | I don't have nightmares. | 1 = TRUE, 0 = FALSE |
| isdi\_hardwakeweek | Iowa Sleep Disturbance Inventory | I have a hard time waking up during the week. | 1 = TRUE, 0 = FALSE |
| isdi\_wakeearly | Iowa Sleep Disturbance Inventory | I sometimes wake up early and can't get back to sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_longnaps | Iowa Sleep Disturbance Inventory | I take long naps. | 1 = TRUE, 0 = FALSE |
| isdi\_deepsleeper | Iowa Sleep Disturbance Inventory | I am a deep sleeper. | 1 = TRUE, 0 = FALSE |
| isdi\_irregularbedtime | Iowa Sleep Disturbance Inventory | My bedtime is very irregular. | 1 = TRUE, 0 = FALSE |
| isdi\_legpaincramps | Iowa Sleep Disturbance Inventory | I sometimes have cramps or pain in my legs during the night. | 1 = TRUE, 0 = FALSE |
| isdi\_awakeworrying | Iowa Sleep Disturbance Inventory | I sometimes lie awake worrying. | 1 = TRUE, 0 = FALSE |
| isdi\_dontmove | Iowa Sleep Disturbance Inventory | I don't move around much in my sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_troublefallasleep | Iowa Sleep Disturbance Inventory | I often have trouble falling asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_sitdrowsy | Iowa Sleep Disturbance Inventory | I get drowsy when I sit still during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_recurringbaddreams | Iowa Sleep Disturbance Inventory | I have recurring bad dreams. | 1 = TRUE, 0 = FALSE |
| isdi\_energized | Iowa Sleep Disturbance Inventory | I usually feel energized after I wake up. | 1 = TRUE, 0 = FALSE |
| isdi\_wakefrequently | Iowa Sleep Disturbance Inventory | I wake up frequently during the night. | 1 = TRUE, 0 = FALSE |
| isdi\_napanywhere | Iowa Sleep Disturbance Inventory | I can nap anywhere, in any situation. | 1 = TRUE, 0 = FALSE |
| isdi\_awakenoises | Iowa Sleep Disturbance Inventory | I am easily awakened by noises. | 1 = TRUE, 0 = FALSE |
| isdi\_eveningsleeptime | Iowa Sleep Disturbance Inventory | I go to sleep most evenings at roughly the same time. | 1 = TRUE, 0 = FALSE |
| isdi\_legsensations | Iowa Sleep Disturbance Inventory | I sometimes have unusual feelings in my legs at night, such as creeping, crawling, tingling, burning, or itching sensations. | 1 = TRUE, 0 = FALSE |
| isdi\_nervousness | Iowa Sleep Disturbance Inventory | I have trouble sleeping due to nervousness. | 1 = TRUE, 0 = FALSE |
| isdi\_kicklegs | Iowa Sleep Disturbance Inventory | I am told that I kick my legs when I sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_fallasleepminutes | Iowa Sleep Disturbance Inventory | I fall asleep within minutes of going to bed. | 1 = TRUE, 0 = FALSE |
| isdi\_lessenergy | Iowa Sleep Disturbance Inventory | I seem to have less energy than other people I know. | 1 = TRUE, 0 = FALSE |
| isdi\_dreamsdisturb | Iowa Sleep Disturbance Inventory | My dreams often disturb me. | 1 = TRUE, 0 = FALSE |
| isdi\_feelworsemorning | Iowa Sleep Disturbance Inventory | I feel much worse in the morning than later in the day. | 1 = TRUE, 0 = FALSE |
| isdi\_timebacktosleep | Iowa Sleep Disturbance Inventory | When I wake up at night, it takes me a long time to get back to sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_dozetv | Iowa Sleep Disturbance Inventory | I doze off while watching TV during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_loudnoises | Iowa Sleep Disturbance Inventory | I can sleep through loud noises. | 1 = TRUE, 0 = FALSE |
| isdi\_sleeproutine | Iowa Sleep Disturbance Inventory | I have trouble getting my sleep into a proper routine. | 1 = TRUE, 0 = FALSE |
| isdi\_legsstill | Iowa Sleep Disturbance Inventory | I cannot keep my legs still when falling asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_anxietyasleep | Iowa Sleep Disturbance Inventory | Anxiety sometimes makes it hard for me to fall asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_legsjerk | Iowa Sleep Disturbance Inventory | My legs jerk when I sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_layawake | Iowa Sleep Disturbance Inventory | I often lay awake in bed for some time before I finally fall asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_enoughenergy | Iowa Sleep Disturbance Inventory | I sometimes don't have enough energy to get things done. | 1 = TRUE, 0 = FALSE |
| isdi\_nightmareswake | Iowa Sleep Disturbance Inventory | Nightmares cause me to wake at night. | 1 = TRUE, 0 = FALSE |
| isdi\_tiredmorning | Iowa Sleep Disturbance Inventory | I often feel more tired in the morning than when I go to sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_troublestayasleep | Iowa Sleep Disturbance Inventory | I have trouble staying asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepday | Iowa Sleep Disturbance Inventory | I sleep a lot during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepthroughanything | Iowa Sleep Disturbance Inventory | People have told me that I can sleep through anything. | 1 = TRUE, 0 = FALSE |
| isdi\_wakeirregular | Iowa Sleep Disturbance Inventory | My wake-up time is very irregular. | 1 = TRUE, 0 = FALSE |
| isdi\_movelegsuncomfortable | Iowa Sleep Disturbance Inventory | I sometimes move my legs around to relieve uncomfortable sensations at night. | 1 = TRUE, 0 = FALSE |
| isdi\_mindraces | Iowa Sleep Disturbance Inventory | My mind sometimes races when I try to sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_raretroubleasleep | Iowa Sleep Disturbance Inventory | I rarely have trouble falling asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_frighteningdreams | Iowa Sleep Disturbance Inventory | I frequently have frightening dreams. | 1 = TRUE, 0 = FALSE |
| isdi\_movearound | Iowa Sleep Disturbance Inventory | I move around a lot in my sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_troublewaking | Iowa Sleep Disturbance Inventory | I have trouble waking up in the morning. | 1 = TRUE, 0 = FALSE |
| isdi\_wakenoreason | Iowa Sleep Disturbance Inventory | I often wake up during the night for no particular reason. | 1 = TRUE, 0 = FALSE |
| isdi\_dozeoffrelax | Iowa Sleep Disturbance Inventory | I doze off when I relax during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepdisturbed | Iowa Sleep Disturbance Inventory | My sleep is easily disturbed. | 1 = TRUE, 0 = FALSE |
| isdi\_wokenlegs | Iowa Sleep Disturbance Inventory | I have woken up because of uncomfortable feelings in my legs. | 1 = TRUE, 0 = FALSE |
| isdi\_thinkingevents | Iowa Sleep Disturbance Inventory | I sometimes have trouble sleeping because I am thinking about the day's events. | 1 = TRUE, 0 = FALSE |
| isdi\_kickpunch | Iowa Sleep Disturbance Inventory | I am told that I kick or punch in my sleep. | 1 = TRUE, 0 = FALSE |
| isdi\_hardrelaxbedtime | Iowa Sleep Disturbance Inventory | I find it hard to get my body to relax at bedtime. | 1 = TRUE, 0 = FALSE |
| isdi\_focustired | Iowa Sleep Disturbance Inventory | I have a hard time focusing during the day because I am tired. | 1 = TRUE, 0 = FALSE |
| isdi\_dreamsvividfeel | Iowa Sleep Disturbance Inventory | I have dreams that are so vivid they influence how I feel the following day. | 1 = TRUE, 0 = FALSE |
| isdi\_drifteasily | Iowa Sleep Disturbance Inventory | I drift off to sleep easily. | 1 = TRUE, 0 = FALSE |
| isdi\_attentiontired | Iowa Sleep Disturbance Inventory | It is difficult for me to pay attention during the day because I am so tired. | 1 = TRUE, 0 = FALSE |
| isdi\_dreamsunpleasant | Iowa Sleep Disturbance Inventory | My dreams are often unpleasant. | 1 = TRUE, 0 = FALSE |
| isdi\_awakethinking | Iowa Sleep Disturbance Inventory | I sometimes stay awake thinking about things. | 1 = TRUE, 0 = FALSE |
| isdi\_tiredwakeup | Iowa Sleep Disturbance Inventory | I usually am still tired when I wake up. | 1 = TRUE, 0 = FALSE |
| isdi\_sleeppoorly | Iowa Sleep Disturbance Inventory | I sleep very poorly. | 1 = TRUE, 0 = FALSE |
| isdi\_trytoohard | Iowa Sleep Disturbance Inventory | I sometimes try too hard to fall asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_strugglealert | Iowa Sleep Disturbance Inventory | I struggle to remain alert during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_baddreams | Iowa Sleep Disturbance Inventory | I sometimes have a hard time sleeping due to bad dreams. | 1 = TRUE, 0 = FALSE |
| isdi\_upearlier | Iowa Sleep Disturbance Inventory | It is very hard for me when I need to get up earlier in the morning. | 1 = TRUE, 0 = FALSE |
| isdi\_upearlierthanplanned | Iowa Sleep Disturbance Inventory | I wake up earlier than planned. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepybed | Iowa Sleep Disturbance Inventory | I get sleepy as soon as I'm in bed. | 1 = TRUE, 0 = FALSE |
| isdi\_baddreamhappened | Iowa Sleep Disturbance Inventory | I have dreams about something bad that happened to me. | 1 = TRUE, 0 = FALSE |
| isdi\_wakebeforeneed | Iowa Sleep Disturbance Inventory | I wake up before I need to. | 1 = TRUE, 0 = FALSE |
| isdi\_nightmareshard | Iowa Sleep Disturbance Inventory | Nightmares make it hard for me to fall asleep. | 1 = TRUE, 0 = FALSE |
| isdi\_hardcomfortable | Iowa Sleep Disturbance Inventory | I have a hard time getting comfortable in bed. | 1 = TRUE, 0 = FALSE |
| isdi\_sleepyday | Iowa Sleep Disturbance Inventory | I often feel sleepy during the day. | 1 = TRUE, 0 = FALSE |
| isdi\_nightmaresphysical | Iowa Sleep Disturbance Inventory | Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath). | 1 = TRUE, 0 = FALSE |
| isdi\_daytimesleepy | Iowa Sleep Disturbance Inventory | Daytime sleepiness interferes with my activities. | 1 = TRUE, 0 = FALSE |
| isdi\_cantmovewakeup | Iowa Sleep Disturbance Inventory | I sometimes find that I can't move my body when I wake up. | 1 = TRUE, 0 = FALSE |
| isdi\_intenseimages | Iowa Sleep Disturbance Inventory | I experience intense, dreamlike images as I begin to wake up. | 1 = TRUE, 0 = FALSE |
| isdi\_musclesfrozen | Iowa Sleep Disturbance Inventory | My muscles sometimes feel frozen when I wake up. | 1 = TRUE, 0 = FALSE |
| isdi\_lyingpresence | Iowa Sleep Disturbance Inventory | Lying in bed, I sense the presence of someone who isn't actually there. | 1 = TRUE, 0 = FALSE |
| isdi\_unablemove | Iowa Sleep Disturbance Inventory | When I wake up or fall asleep I am unable to move for a short time. | 1 = TRUE, 0 = FALSE |
| isdi\_seehearnotreal | Iowa Sleep Disturbance Inventory | I sometimes see or hear things that are not real when falling asleep or waking up. | 1 = TRUE, 0 = FALSE |
| isdi\_dreamlikemorning | Iowa Sleep Disturbance Inventory | I have dream-like images when I awaken in the morning even though I know I am not asleep. | 1 = TRUE, 0 = FALSE |
| country\_3mo | DEMO\_UPDATE | What country have you been in for a majority of the last 3 months? |  |
| state\_3mo | DEMO\_UPDATE | If US/Canada, what State/Province have you been in for a majority of the last 3 months? |  |
| city | DEMO\_UPDATE | Free response to “What City have you been in for a majority of the last 3 months?” |  |
| highrisk\_self | DEMO\_UPDATE | Do you consider yourself to be at "high-risk" if you contracted COVID19? | 1 = YES, 0 = NO |
| highrisk\_check\_\_\_1 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | 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 | DEMO\_UPDATE | Free response to “If other, please describe” |  |
| highrisk\_other\_2 | DEMO\_UPDATE | Do you have a loved one considered to be at "high-risk" if they were to contract COVID19? | 1 = YES, 0 = NO |
| highrisk\_other | DEMO\_UPDATE | Do you live with some one considered to be at "high-risk" if they were to contract COVID19? | 1 = YES, 0 = NO |
| parent\_feb | DEMO\_UPDATE | Are you a parent? | 1 = YES, 0 = NO |
| children\_feb | DEMO\_UPDATE | Did you have children at home with you for a majority of the last 3 months? | 1 = YES, 0 = NO |
| how\_many\_kids\_oct21 | DEMO\_UPDATE | How many children have you had at home with you? |  |
| child\_ages\_oct21\_\_\_1 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 0-1 years old, 0 = they did not select 0-1 years old |
| child\_ages\_oct21\_\_\_2 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 2-3 years old, 0 = they did not select 2-3 years old |
| child\_ages\_oct21\_\_\_3 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 3-5 years old, 0 = they did not select 3-5 years old |
| child\_ages\_oct21\_\_\_4 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 6-9 years old, 0 = they did not select 6-9 years old |
| child\_ages\_oct21\_\_\_5 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 10-12 years old, 0 = they did not select 10-12 years old |
| child\_ages\_oct21\_\_\_6 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 13-15 years old, 0 = they did not select 13-15 years old |
| child\_ages\_oct21\_\_\_7 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 15-17 years old, 0 = they did not select 15-17 years old |
| child\_ages\_oct21\_\_\_8 | DEMO\_UPDATE | Age range of child(ren) at home included: | 1= 18+ years old, 0 = they did not select 18+ years old |
| covid\_test | COVID\_Impact\_Update | Have you received a positive test for COVID19? | 1 = YES, 0 = NO |
| covid\_doctor | COVID\_Impact\_Update | Have you been diagnosed with COVID19 by a doctor without a formal test? | 1 = YES, 0 = NO |
| covid\_belief | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 |
| date\_cov | COVID\_Impact\_Update | Approximate date you contracted COVID19   (Format: Day/Month/Year) |  |
| add\_dets\_cov | COVID\_Impact\_Update | Free response to “Additional details of COVID19 diagnosis (including additional dates if contracted more than once)“ |  |
| cov\_long\_haul | COVID\_Impact\_Update | Have you had long-lasting physical impacts due to your COVID19 diagnosis? | 1 = YES, 0 = NO |
| covid\_roommate | COVID\_Impact\_Update | Has anyone you have lived with contracted COVID19? | 1 = YES, 0 = NO |
| covid\_roommate\_2 | COVID\_Impact\_Update | Was this confirmed by a test or medical diagnosis? | 1 = YES, 0 = NO |
| covid\_loved | COVID\_Impact\_Update | Has a loved one (family or friend) contracted COVID19? | 1 = YES, 0 = NO |
| covid\_loved\_2 | COVID\_Impact\_Update | Was this confirmed by a test or medical diagnosis? | 1 = YES, 0 = NO |
| perished | COVID\_Impact\_Update | Has a loved one perished due to COVID19? | 1 = YES, 0 = NO |
| perished\_2 | COVID\_Impact\_Update | Has anyone you know personally perished due to COVID19? | 1 = YES, 0 = NO |
| covpos\_1 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | Free response to “Please describe other positive impacts of the COVID19 pandemic and the response to it on your life, if any.” |  |
| experience | COVID\_Impact\_Update | 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 | COVID\_Impact\_Update | 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.” |  |
| vaccination | Vaccination\_Information\_Update | Have you received any doses of COVID-19 vaccine? | 1 = YES, 0 = NO |
| vacc\_date | Vaccination\_Information\_Update | What was the date of your first vaccine dose? |  |
| vacc\_type | Vaccination\_Information\_Update | Which vaccine did you receive? |  |
| vacc\_doses | Vaccination\_Information\_Update | How many doses of vaccine have you received to date? | 0, 0 | 1, 1 | 2, 2 |
| vacc\_side\_effects | Vaccination\_Information\_Update | Did you have any side effects to any doses of vaccination? | 0, No | 1, Yes, mild side effects | 2, Yes, moderate side effects | 3, Yes, severe side effects |
| vacc\_plan | Vaccination\_Information\_Update | Do you plan to receive a COVID-19 vaccination when the opportunity arrives? | 1 = YES, 0 = NO |
| round\_8\_complete |  | This is autogenerated from REDCAP ; 2 = COMPLETE, 0 = NOT COMPLETE |  |

# Round 8 Calculated Variables

|  |  |  |
| --- | --- | --- |
| **Calculated\_Variables** | **Variable\_Description** | **Calculation** |
| NEG\_MEMORY\_Total | Negative Memory Questions Summed Score | Sum of mem\_oct1 +REVERSE mem\_oct2 +REVERSE mem\_oct3 +mem\_oct4 +mem\_oct5 +REVERSE mem\_oct6 |
| Nostalgia\_Total | Nostalgia Questions Summed Score | Sum of pine\_1 +pine\_2 +pine\_3 +pine\_4 |
| Oct21\_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 |
| Oct21\_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 |
| Oct21\_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 |
| Oct21\_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 |
| Oct21\_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 |
| Oct21\_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 |
| Oct21\_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. |
| Oct21\_PSQI\_sleep\_eff | PSQI Sleep Efficiency (number) | Equals psqi\_4/(psqi\_3 - psqi\_1) |
| Oct21\_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 |
| Oct21\_PSQISLPQUAL | PSQI Overall Sleep Quality | Equals psqi\_6 |
| Oct21\_PSQIMEDS | PSQI Needs Meds to Sleep | Equals psqi\_7 |
| Oct21\_PSQI\_TOTAL | PSQI Total Score | Sum of PSQIDURAT + PSQIDISTB + PSQILATEN + PSQIDAYDYS + PSQIHSE + PSQISLPQUAL + PSQIMEDS |
| Oct21\_ISI\_Total | Oct2021 Insomnia Severity Index Total | Sum of isi\_1 + isi\_2 + isi\_3 + isi\_4 + isi\_5 + isi\_6 + isi\_7 |
| Oct21\_mtq\_freedays | Number of free days per week Oct2021 | Subtract (7 - mtq\_2) |
| Oct21\_mtq\_workdays | Number of work days per week Oct2021 | Equals mtq\_2 |
| Oct21\_mtq\_workday\_sleeponset | Typical work day sleep onset Oct2021 | mtq\_3 |
| Oct21\_mtq\_workday\_sleepend | Typical work day sleep end Oct2021 | mtq\_p8 |
| Oct21\_mtq\_freeday\_sleeponset | Typical free day sleep onset Oct2021 | mtq\_p9 |
| Oct21\_mtq\_freeday\_sleepend | Typical free day sleep end Oct2021 | mtq\_p10 |
| Oct21\_mtq\_workday\_sleepduration | Typical work day sleep duration Oct2021 | Subtract (Oct21\_mtq\_workday\_sleepend) - (Oct21\_mtq\_workday\_sleeponset) |
| Oct21\_mtq\_workday\_sleepduration\_12 | Typical work day sleep duration Oct2021 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. |
| Oct21\_mtq\_freeday\_sleepduration | Typical free day sleep duration Oct2021 | Subtract (Oct21\_mtq\_freeday\_sleepend) - (Oct21\_mtq\_freeday\_sleeponset) |
| Oct21\_mtq\_freeday\_sleepduration\_12 | Typical free day sleep duration Oct2021 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. |
| Oct21\_mtq\_workday\_sleepmidpoint | Typical work day sleep midpoint Oct2021 | Sum of (Oct21\_mtq\_workday\_sleeponset) + (Oct21\_mtq\_workday\_sleepduration)/2 |
| Oct21\_mtq\_freeday\_sleepmidpoint | Typical free day sleep midpoint Oct2021 | Sum of (Oct21\_mtq\_freeday\_sleeponset) + (Oct21\_mtq\_freeday\_sleepduration)/2 |
| Oct21\_mtq\_avg\_wk\_sleepduration | Average sleep duration Oct2021 | Calculate [(Oct21\_mtq\_workday\_sleepduration)\*(Oct21\_mtq\_workdays) + (Oct21\_mtq\_freeday\_sleepduration)\*(Oct21\_mtq\_freedays)]/7 |
| Oct21\_mtq\_chronotype | Chronotype Oct2021 | IF [(Oct21\_mtq\_freeday\_sleepduration) ≤ (Oct21\_mtq\_workday\_sleepduration), then this equals (Oct21\_mtq\_freeday\_sleepmidpoint); IF [(Oct21\_mtq\_freeday\_sleepduration) > (Oct21\_mtq\_workday\_sleepduration), then this equals (Oct21\_mtq\_freeday\_sleepmidpoint) - [(Oct21\_mtq\_freeday\_sleepduration) -(Oct21\_mtq\_workday\_sleepduration)/2] |
| Oct21\_PROMIS\_Total | Oct 2021 Promis Fatigue Scale | Sum of promis\_1 + promis\_2 + promis\_3 + promis\_4 + promis\_5 + promis\_6 + REVERSED promis\_7 |
| PROMIS\_Sleep\_Disturbance\_Total | Oct 2021 Promis Sleep Disturbanc Scale | Sum of promis\_sd\_1 + REVERSED promis\_sd\_2 + REVERSED promis\_sd\_3 + promis\_sd\_4 + promis\_sd\_5 + promis\_sd\_6 + REVERSED promis\_sd\_7 + REVERSED promis\_sd\_8 |
| PROMISE\_SRI\_Total | Oct 2021 PROMIS Sleep Related Impairment | Sum of promis\_sri\_1 + REVERSED promis\_sri\_2 + promis\_sri\_3 + promis\_sri\_4 + promis\_sri\_5 + promis\_sri\_6 + promis\_sri\_7 + promis\_sri\_8 |
| Oct21\_gad\_7\_total | Sum of GAD-7 Questions | Sum of gad\_1 + gad\_2 + gad\_3 + gad\_4 + gad\_5 + gad\_6 + gad\_7 |
| Oct21\_PSS\_TOTAL | Oct 2021 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 |
| LSAS\_Fear | LSAS Fear Subscale (Oct 2021) | 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 | LSAS Anxiety Subscale (Oct 2021) | 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 | LSAS Total Score (Oct 2021) | 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 |
| PID\_Oct21\_Total\_Raw\_Score | PERSONALITY INVENTORY FOR DSM-5: Total Sum | Sum ofpid\_1 + pid\_2 + pid\_3 + pid\_4 + pid\_5 + pid\_6 + pid\_7 + pid\_8 + pid\_9 + pid\_10 + pid\_11 + pid\_12 + pid\_13 + pid\_14 + pid\_15 + pid\_16 + pid\_17 + pid\_18 + pid\_19 + pid\_20 + pid\_21 + pid\_22 + pid\_23 + pid\_24 + pid\_25 |
| PID\_Oct21\_Total\_Negative\_Affect | PERSONALITY INVENTORY FOR DSM-5: Negative Affect Subscale | Sum of pid\_8 + pid\_9 + pid\_10 + pid\_11 + pid\_15 |
| PID\_Oct21\_Total\_Detachment | PERSONALITY INVENTORY FOR DSM-5: Detachment Subscale | Sum of pid\_4 + pid\_13 + pid\_14 + pid\_16 + pid\_18 |
| PID\_Oct21\_Total\_Antagonism | PERSONALITY INVENTORY FOR DSM-5: Antagonism Subscale | Sum of pid\_17 + pid\_19 + pid\_20 + pid\_22 + pid\_25 |
| PID\_Oct21\_Total\_Disinhibition | PERSONALITY INVENTORY FOR DSM-5: Disinhibition Subscale | Sum of pid\_1 + pid\_2 + pid\_3 + pid\_5 + pid\_6 |
| PID\_Oct21\_Total\_Psychoticisim | PERSONALITY INVENTORY FOR DSM-5:Psychoticism Subscale | Sum of pid\_7 + pid\_12 + pid\_21 + pid\_23 + pid\_24 |
| ISDI\_TOTAL | ISDI Total Score | isdi\_fallasleep + REVERSED isdi\_wideawake + isdi\_nightmares + REVERSED isdi\_rested + isdi\_wakefallasleep + REVERSED isdi\_naps + isdi\_lightsleep + REVERSED isdi\_waketime + isdi\_legs + REVERSED isdi\_worries + isdi\_movesleep + REVERSED isdi\_sleepquickly + isdi\_tiredday + REVERSED isdi\_nonightmares + isdi\_hardwakeweek + isdi\_wakeearly + isdi\_longnaps + REVERSED isdi\_deepsleeper + isdi\_irregularbedtime + isdi\_legpaincramps + isdi\_awakeworrying + REVERSED isdi\_dontmove + isdi\_troublefallasleep + isdi\_sitdrowsy + isdi\_recurringbaddreams + REVERSED isdi\_energized + isdi\_wakefrequently + isdi\_napanywhere + isdi\_awakenoises + REVERSED isdi\_eveningsleeptime + isdi\_legsensations + isdi\_nervousness + isdi\_kicklegs + REVERSED isdi\_fallasleepminutes + isdi\_lessenergy + isdi\_dreamsdisturb + isdi\_feelworsemorning + isdi\_timebacktosleep + isdi\_dozetv + REVERSED isdi\_loudnoises + isdi\_sleeproutine + isdi\_legsstill + isdi\_anxietyasleep + isdi\_legsjerk + isdi\_layawake + isdi\_enoughenergy + isdi\_nightmareswake + isdi\_tiredmorning + isdi\_troublestayasleep + isdi\_sleepday + REVERSED isdi\_sleepthroughanything + isdi\_wakeirregular + isdi\_movelegsuncomfortable + isdi\_mindraces + REVERSED isdi\_raretroubleasleep + isdi\_frighteningdreams + isdi\_movearound + isdi\_troublewaking + isdi\_wakenoreason + isdi\_dozeoffrelax + isdi\_sleepdisturbed + isdi\_wokenlegs + isdi\_thinkingevents + isdi\_kickpunch + isdi\_hardrelaxbedtime + isdi\_focustired + isdi\_dreamsvividfeel + REVERSED isdi\_drifteasily + isdi\_attentiontired + isdi\_dreamsunpleasant + isdi\_awakethinking + isdi\_tiredwakeup + isdi\_sleeppoorly + isdi\_trytoohard + isdi\_strugglealert + isdi\_baddreams + isdi\_upearlier + isdi\_upearlierthanplanned + REVERSED isdi\_sleepybed + isdi\_baddreamhappened + isdi\_wakebeforeneed + isdi\_nightmareshard + isdi\_hardcomfortable + isdi\_sleepyday + isdi\_nightmaresphysical + isdi\_daytimesleepy + isdi\_cantmovewakeup + isdi\_intenseimages + isdi\_musclesfrozen + isdi\_lyingpresence + isdi\_unablemove + isdi\_seehearnotreal + isdi\_dreamlikemorning |
| ISDI\_Nightmares | ISDI Nightmare Subscale | Sum of isdi\_nightmares + REVERSED isdi\_nonightmares + isdi\_recurringbaddreams + isdi\_dreamsdisturb + isdi\_nightmareswake + isdi\_frighteningdreams + isdi\_dreamsvividfeel + isdi\_dreamsunpleasant + isdi\_baddreams + isdi\_baddreamhappened + isdi\_nightmareshard + isdi\_nightmaresphysical |
| ISDI\_Initial\_Insomnia | ISDI Initial Insomnia Subscale | Sum of isdi\_fallasleep + REVERSED isdi\_sleepquickly + isdi\_troublefallasleep + REVERSED isdi\_fallasleepminutes + isdi\_layawake + REVERSED isdi\_raretroubleasleep + isdi\_hardrelaxbedtime + REVERSED isdi\_drifteasily + isdi\_trytoohard + REVERSED isdi\_sleepybed + isdi\_hardcomfortable |
| ISDI\_Fatigue | ISDI Fatigue Subscale | Sum of REVERSED isdi\_wideawake + isdi\_tiredday + isdi\_sitdrowsy + isdi\_lessenergy + isdi\_enoughenergy + isdi\_focustired + isdi\_attentiontired + isdi\_strugglealert + isdi\_sleepyday + isdi\_daytimesleepy |
| ISDI\_Nonrestorative\_Sleep | ISDI Nonrestorative Sleep Subscale | Sum of REVERSED isdi\_rested + isdi\_hardwakeweek + REVERSED isdi\_energized + isdi\_feelworsemorning + isdi\_tiredmorning + isdi\_troublewaking + isdi\_tiredwakeup + isdi\_upearlier |
| ISDI\_Daytime\_Disturbances | ISDI Daytime Disturbance Subscale | Sum of ISDI\_Fatigue + ISDI\_Nonrestorative\_Sleep |
| ISDI\_Fragmented\_sleep | ISDI Fragmented Sleep Subscale | Sum of isdi\_wakefallasleep + isdi\_wakeearly + isdi\_wakefrequently + isdi\_timebacktosleep + isdi\_troublestayasleep + isdi\_wakenoreason + isdi\_sleeppoorly + isdi\_upearlierthanplanned + isdi\_wakebeforeneed |
| ISDI\_Anxiety\_Night | ISDI Anxiety at Night Subscale | Sum of REVERSED isdi\_worries + isdi\_awakeworrying + isdi\_nervousness + isdi\_anxietyasleep + isdi\_mindraces + isdi\_thinkingevents + isdi\_awakethinking |
| ISDI\_Light\_Sleep | ISDI Light Sleep Subscale | Sum of isdi\_lightsleep + REVERSED isdi\_deepsleeper + isdi\_awakenoises + REVERSED isdi\_loudnoises + REVERSED isdi\_sleepthroughanything + isdi\_sleepdisturbed |
| ISDI\_Movement\_Night | ISDI Movement at Night Subscale | Sum of isdi\_movesleep + REVERSED isdi\_dontmove + isdi\_kicklegs + isdi\_legsjerk + isdi\_movearound + isdi\_kickpunch |
| ISDI\_Sensations\_Night | ISDI Sensations at Night Subscale | Sum of isdi\_legs + isdi\_legpaincramps + isdi\_legsensations + isdi\_legsstill + isdi\_movelegsuncomfortable + isdi\_wokenlegs |
| ISDI\_Excessive\_Sleep | ISDI Excessive Sleep Subscale | Sum of REVERSED isdi\_naps + isdi\_longnaps + isdi\_napanywhere + isdi\_dozetv + isdi\_sleepday + isdi\_dozeoffrelax |
| ISDI\_Irregular\_Schedule | ISDI Irregular Sleep Subscale | Sum of REVERSED isdi\_waketime + isdi\_irregularbedtime + REVERSED isdi\_eveningsleeptime + isdi\_sleeproutine + isdi\_wakeirregular |
| ISDI\_Sleep\_Paralysis | ISDI Sleep Paralysis Subscale | Sum of isdi\_cantmovewakeup + isdi\_musclesfrozen + isdi\_unablemove |
| ISDI\_Sleep\_Hallucinations | ISDI Sleep Hallucinations Subscale | Sum of isdi\_intenseimages + isdi\_lyingpresence + isdi\_seehearnotreal + isdi\_dreamlikemorning |