

## **Study 1 Measures**

### **Social Connectedness (Time 1; Lee, Draper, & Lee, 2001)**

The following are a number of statements that reflect various ways in which we view ourselves. Rate the degree to which you agree or disagree with each statement using the scale below. There is no right or wrong answer. Do not spend too much time with any one statement.

**1 – Strongly disagree**

**2 – Disagree**

**3 – Mildly disagree**

**4 – Mildly agree**

**5 – Agree**

**6 – Strongly agree**

1. I feel distant from people.
2. I don't feel related to most people.
3. I feel like an outsider.
4. I see myself as a loner.
5. I feel disconnected from the world around me.
6. I don't feel I participate with anyone or any group.
7. I feel close to people.
8. Even around people I know, I don't feel that I really belong.
9. I am able to relate to my peers.
10. I catch myself losing a sense of connectedness with society.
11. I am able to connect with other people.
12. I feel understood by the people I know.
13. I see people as friendly and approachable.
14. I fit in well in new situations.
15. I have little sense of togetherness with my peers.
16. My friends feel like family.
17. I find myself actively involved in people's lives.
18. Even among my friends, there is no sense of brother/sisterhood.
19. I am in tune with the world.

## **Social Connectedness (Time 2; Lee, Draper, & Lee, 2001)**

The following are a number of statements that reflect various ways in which we view ourselves. **Please think about the past 7 days**, and rate the degree to which you agree or disagree with each statement using the scale below. There is no right or wrong answer. Do not spend too much time with any one statement.

**1 – Strongly disagree**

**2 – Disagree**

**3 – Mildly disagree**

**4 – Mildly agree**

**5 – Agree**

**6 – Strongly agree**

1. I feel distant from people.
2. I don't feel related to most people.
3. I feel like an outsider.
4. I see myself as a loner.
5. I feel disconnected from the world around me.
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### **Lethargy (Time 1 and Time 2; Bourrier, in prep.)**

Please select the option that best represents your response to each question. We want to know how you are feeling about each of these questions **in the present moment**.

- 1 = Not at all**
- 2 = Slightly**
- 3 = Moderately**
- 4 = Fairly**
- 5 = Very**
- 6 = Extremely**

- 1. I am fatigued right now.
- 2. Mentally, I am feeling exhausted.
- 3. Physically, I am feeling exhausted.
- 4. My thinking is slowed down.
- 5. I am not thinking clearly.
- 6. I am having difficulty paying attention
- 7. I am feeling sleepy or drowsy.
- 8. I am lacking in energy.
- 9. I am having difficulty remembering information.
- 10. I am feeling less alert

## **Extraversion (Time 2) (Soto & John, 2017)**

In reference to the questions below, **please think back to life before Covid-19—before social distancing was required and before your day to day life was disrupted**. Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please select the option next to each statement to indicate the extent to which you agree or disagree with that statement.

**I am someone who....**

1. Is outgoing, sociable
2. Has an assertive personality
3. Rarely feels excited or eager
4. Tends to be quiet
5. Is dominant, acts as a leader
6. Is less active than other people
7. Is sometimes shy, introverted
8. Finds it hard to influence people
9. Is full of energy
10. Is talkative
11. Prefers to have others take charge
12. Shows a lot of enthusiasm

### **Instruction Check (for the measure above)**

When you answered the question on the previous page, did you think primarily about:

- a. Your typical personality before the COVID-19 pandemic
- b. Your personality during the COVID-19 pandemic

## Scale of Positive and Negative Experiences (Diener, et al., 2009; Time 2)

Please think about what you have been doing and experiencing **during the past 7 days**. Then report how much you experienced each of the following feelings, using the scale below.

- 1 = Very Rarely or Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Very Often or Always

- 1. Positive
- 2. Negative
- 3. Good
- 4. Bad
- 5. Pleasant
- 6. Unpleasant
- 7. Happy
- 8. Sad
- 9. Afraid
- 10. Joyful
- 11. Angry
- 12. Contented

### **Social/Physical Distancing Items**

Social distancing (or physical distancing) is described as a practice in which you are primarily spending time at home, avoiding crowded places, and not physically going to school or work.

Are you currently practicing social or physical distancing?  
(Yes/No)

**Think about yesterday.** Aside from your household members, how many people got within 6 feet or less from you?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5 –10
- g. 11 –20
- h. 20+