

	Measures
1	BFI-2 (Extraversion Facet Only)
2	Satisfaction with Life
3	UCLA Loneliness
4	Balanced Measure of Psychological Needs (Relatedness Facet Only)
5	Social Distancing (2 items)

**BFI-2 – Extraversion Facet
(Soto & John, 2017)**

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 use the following scale to indicate the extent to which you agree or disagree with that statement.

(1 = Strongly disagree, 2 = Disagree, 3 = Somewhat disagree, 4 = Neither agree nor disagree, 5 = Somewhat agree, 6 = Agree, 7 = Strongly agree)

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.

Satisfaction With Life Scale
(Diener, Emmons, Larsen, & Griffin, 1985)

Please rate your agreement with each of the five statements below. Use the 7-point scale provided.

(1 = Strongly disagree, 2 = Disagree, 3 = Somewhat disagree, 4 = Neither agree nor disagree, 5 = Somewhat agree, 6 = Agree, 7 = Strongly agree)

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

UCLA Loneliness
(Russell, Peplau, & Cutrona, 1980)

Directions: Indicate how often you feel the way described in each of the following statements.
Circle one number for each.

(Never = 1, Rarely = 2, Sometimes = 3, Often = 4)

1. I feel in tune with the people around me*
2. I lack companionship
3. There is no one I can turn to
4. I do not feel alone*
5. I feel part of a group of friends*
6. I have a lot in common with the people around me*
7. I am no longer close to anyone
8. My interests and ideas are not shared by those around me
9. I am an outgoing person (REMOVED)
10. There are people I feel close to*
11. I feel left out
12. My social relationships are superficial
13. No one really knows me well
14. I feel isolated from others
15. I can find companionship when I want it*
16. There are people who really understand me*
17. I am unhappy being so withdrawn
18. People are around me but not with me
19. There are people I can talk to*
20. There are people I can turn to*

* Reverse Coded

**Balanced Measure of Psychological Needs – Relatedness Facet
(Sheldon & Hilpert, 2012)**

Please read each of the following statements carefully. Select the point on the scale that represents how true each statement is for you over the past week (7 days).

(1 = Strongly disagree, 2 = Disagree, 3 = Somewhat disagree, 4 = Neither agree nor disagree, 5 = Somewhat agree, 6 = Agree, 7 = Strongly agree)

1. I felt a sense of contact with people who care for me, and whom I care for. (relatedness)
2. I was lonely. (relatedness)
3. I felt close and connected with other people who are important to me. (relatedness)
4. I felt unappreciated by one or more important people. (relatedness)
5. I felt a strong sense of intimacy with the people I spent time with. (relatedness)
6. I had disagreement or conflicts with people I usually get along with. (relatedness)

Social 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.

1. Are you currently practicing social or physical distancing?
 - a. Yes
 - b. No
2. **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+