

Post-Assessment

Post assessment will be available At 30/03 at 12.00 (as absolute date)Until 03/04 at 23.59 (expiry $4 \times 24 \times 60 + 12 = 6480$ min)

Questions

- 1 (Q#71): Thank you once again for your participation in our BSc Thesis Project!
This is the last questionnaire that you have to submit for this study.
It will take 15 - 20 min to complete.
Thanks for helping advance the science!
- 2 (Q#70): Are you interested in an individual report of your data during this study?
 - 1) ☐ Yes
 - 2) ☐ No
- 3 (Q#72): Please let us know below the email address you would like us to contact you about the report.
- 4 (Q#78): Reminder: "**When answering the following questions, please keep in mind that the data are used anonymously, that is, we will never connect you as a person to the collected data and responses you provide below.**"
- 5 (Q#3): **What is the main reason for missing assessments in the past 2 weeks?**
(all following statements in this page refer to this question)
- 6 (Q#4): I missed assessments due to leisure activities
 - 1) ☐ Never
 - 2) ☐ Rarely
 - 3) ☐ Sometimes
 - 4) ☐ Often
 - 5) ☐ Always

7 (Q#5): I missed assessments due to work or university

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

8 (Q#6): I missed assessments due to lack of motivation

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

9 (Q#7): I missed assessments because they were causing me anxiety or stress

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

10 (Q#9): Phone was on mute

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

11 (Q#80): **What is the main reason for missing assessments in the past 2 weeks?**
(all following statements in this page refer to this question)

12 (Q#10): I missed assessments due to technical problems (app not working correctly)

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

13 (Q#81): I missed assessments due to reasons related to the coronavirus (COVID-19) situation in the Netherlands

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

14 (Q#76): I missed assessments because I did not need more SONA credits

- 1) ☐ Yes
- 2) ☐ No

15 (Q#77): Overall, what was the main reason for missing surveys? (Specify)

16 (Q#52): Completing 4 assessments a day made me feel stressed.

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

17 (Q#12): Did you notice any changes (emotional, behavioral, cognitive) due to the surveys? (specify)

18 (Q#13): Suggestions for any improvements ?

19 (Q#14): **Specific questions 1**

20 (Q#15): I usually buy even an essential item at the last minute.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

21 (Q#16): In preparing for some deadline, I often waste time by doing other things.

- 1) ☐ Extremely uncharacteristics
- 2) ☐ Moderately uncharacteristics
- 3) ☐ Neutral
- 4) ☐ Moderately characteristics
- 5) ☐ Extremely characteristics

22 (Q#17): I usually have to rush to complete a task on time.

- 1) ☐ Extremely uncharacteristics
- 2) ☐ Moderately characteristics
- 3) ☐ Netral
- 4) ☐ Moderately characteristics
- 5) ☐ Extremely characteristics

23 (Q#18): I generally delay before starting on work I have to do.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

24 (Q#19): I do not do assignments until just before they are to be handed in.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

25 (Q#20): **Specific questions 2**

26 (Q#21): I feel left out.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

27 (Q#22): People are around me, but not with me.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

28 (Q#23): There is no one I can turn to.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

29 (Q#24): I lack companionship.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

30 (Q#25): I feel isolated from others.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

31 (Q#26): **Specific questions 3**

32 (Q#64): How would you describe the area where you currently live?

- 1) ☐ Urban
- 2) ☐ Suburban
- 3) ☐ Rural

33 (Q#65): The area I live in offers a lot of possibilities to spend time outdoors.

- 1) ☐ Strongly Disagree
- 2) ☐ Disagree
- 3) ☐ Neutral
- 4) ☐ Agree
- 5) ☐ Strongly Agree

34 (Q#66): The outdoor environment gives me the feeling of being less stressed.

- 1) ☐ Strongly Disagree
- 2) ☐ Disagree
- 3) ☐ Neutral
- 4) ☐ Agree
- 5) ☐ Strongly Agree

35 (Q#67): I would like to spend more time outdoors

- 1) ☐ Strongly Disagree
- 2) ☐ Disagree
- 3) ☐ Neutral
- 4) ☐ Agree
- 5) ☐ Strongly Agree

36 (Q#82): **Specific Questions 5**

During the past three weeks...

37 (Q#83): I started washing my hands more frequently and more thoroughly due to the coronavirus (COVID-19) situation

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

38 (Q#84): I avoided social activities with many people due to the coronavirus (COVID-19) situation

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

39 (Q#85): The coronavirus (COVID-19) situation had an impact on my mental health (e.g. stress, anxiety, depressed mood)

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

40 (Q#86): I was well informed by Leiden University about the coronavirus (COVID-19)

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

41 (Q#87): I was well informed by Dutch officials (e.g. government) about the coronavirus (COVID-19)

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

42 (Q#88): The actions of Leiden University and Dutch officials regarding the coronavirus (COVID-19) reduced my stress levels

- 1) ☐ Totally Disagree
- 2) ☐ Partially Disagree
- 3) ☐ Neutral
- 4) ☐ Partially Agree
- 5) ☐ Totally Agree

43 (Q#90): **During the past three weeks...**

44 (Q#89): Did you have any symptoms that may indicate a coronavirus (COVID-19) infection (e.g. fever, cough, shortness of breath)?

- 1) ☐ Yes
- 2) ☐ No

45 (Q#91): Did you get diagnosed with coronavirus (COVID-19)?

- 1) ☐ Yes
- 2) ☐ No

46 (Q#94): If yes, when did you get diagnosed? (DD/MM/YY)

47 (Q#95): Do you have close friends or family members diagnosed with the coronavirus (COVID-19)?

- 1) ☐ Yes
- 2) ☐ No

48 (Q#96): If yes, how many?

49 (Q#97): **Questionnaire 1**

50 (Q#98): In the past week, I found it hard to wind down.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

51 (Q#99): In the past week, I was aware of dryness of my mouth

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

52 (Q#100): In the past week, I couldn't seem to experience any positive feeling at all

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

53 (Q#101): In the past week, I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion).

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

54 (Q#102): In the past week, I found it difficult to work up the initiative to do things.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

55 (Q#103): In the past week, I tended to over-react to situations.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

56 (Q#104): In the past week, I experienced trembling (eg, in the hands).

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

57 (Q#105): In the past week, I felt that I was using a lot of nervous energy.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

58 (Q#106): In the past week, I was worried about situations in which I might panic and make a fool of myself.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

59 (Q#107): In the past week, I felt that I had nothing to look forward to

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

60 (Q#108): In the past week, I found myself getting agitated

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

61 (Q#109): In the past week, I found it difficult to relax

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

62 (Q#110): In the past week, I felt down-hearted and blue

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

63 (Q#111): In the past week, I was intolerant of anything that kept me from getting on with what I was doing

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

64 (Q#112): In the past week, I felt I was close to panic

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

65 (Q#113): In the past week, I was unable to become enthusiastic about anything

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

66 (Q#114): In the past week, I felt I wasn't worth much as a person

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

67 (Q#115): In the past week, I felt that I was rather touchy

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

68 (Q#116): In the past week, I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

69 (Q#117): In the past week, I felt scared without any good reason

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

70 (Q#118): In the past week, I felt that life was meaningless

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

71 (Q#53): **Specific questions 6**

72 (Q#54): Do you have problems with tiredness?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

73 (Q#55): Do you need to rest more?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

74 (Q#56): Do you feel sleepy or drowsy?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

75 (Q#57): Do you have problems starting things?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

76 (Q#58): Do you start things without difficulty but get weak as you go on?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

77 (Q#59): Do you lack energy?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

78 (Q#60): Do you have less strength in your muscles?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

79 (Q#61): Do you feel weak?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

80 (Q#62): Do you have difficulties concentrating?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

81 (Q#63): Do you think as clearly as usual?

- 1) ☐ Better than usual
- 2) ☐ No worse than usual
- 3) ☐ Worse than usual
- 4) ☐ Much worse than usual

82 (Q#74): Thank you for completing the post-assessment!

83
(Q#73): **The researcher team will get in touch with you soon, about the results of the 25 euro bol.com raffle, and about the individual "Know yourself" report.**
Good luck with your studies :)