

Mini Survey!

This is the official, final survey, with correct time schedule (edited in json). Starts 16/03 ends 30/03 (Monday!) - absolute time for each time triggering logic (12,15,18,21) Expiry 60 min. Each triggering logic repeats 13 times (2 weeks, 52 total measurements)

Questions

1 (Q#3): **In the past 3 hours**

2 (Q#4): I found it difficult to relax

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

3 (Q#5): I was very irritable

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

4 (Q#7): I was worrying too much about different things

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

5 (Q#31): I felt nervous, anxious or on edge

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

6 (Q#9): I felt that I had nothing to look forward

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

7 (Q#10): I couldn't seem to experience any positive feeling at all

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

8 (Q#27): **Halfway there!**

9 (Q#14): **In the past 3 hours...**

10 (Q#15): I felt tired

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

11 (Q#17): I was hungry

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

12 (Q#21): I felt like I lack companionship, or that I am not close to people

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

13 (Q#23): I felt angry

- 1) ☐ Not at all
- 2) ☐ Slightly
- 3) ☐ Moderately
- 4) ☐ Very
- 5) ☐ Extremely

14 (Q#29): I spent ___ on meaningful, offline, social interaction

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

15 (Q#19): I spent ___ using social media to kill/pass the time

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

16 (Q#13): I spent ___ listening to music

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

17 (Q#22): I postponed working on a task for ____

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

18 (Q#36): I spent ___ minutes outdoors

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

19 (Q#32): **In the past 3 hours...**

20 (Q#33): I spent ___ occupied with the coronavirus (e.g. watching news, thinking about it, talking to friends about it)

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

21 I spent ___ thinking about my own health, or that of my close friends and family
(Q#34): members, regarding the coronavirus

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

22 (Q#35): I spent ___ at home (including the home of parents/partner)

- 1) ☐ 0 min
- 2) ☐ 1 - 15 min
- 3) ☐ 15 - 60 min
- 4) ☐ 1 - 2 hours
- 5) ☐ > 2 hours

23 (Q#25): Thanks for your time!
Enjoy your next 3 hours!