**Questionnaire for media use and mental health during the outbreak of COVID-19**

**Basic Information**

Gender:

Age: \_\_\_ (Fill in the blank)

Marital status:

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1. The number of people in your family: \_\_\_

2. Current location (province or city): \_\_\_

3. Is there anyone you know was infected by COVID-19?

Options: **0** no, **1** yes

4. How much does the outbreak of COVID-19 impact your life?

Options: **1** no impact 🡪 **5** severe impact

5. Are you reunited with your family currently?

Options: **0** not reunion, **1** reunion

6. You get along well with your family.

Options: **1** totally disagree 🡪 **5** totally agree

7. Did you share any epidemic-related information on social media?

Options: **0** no, **1** yes

8. Did you actively search for updates on epidemic-related news？

Options: **1** never, **2** occasionally, **3** most of the time, **4** everyday

9. You are optimistic about the situation of this epidemic.

Options: **1** totally disagree 🡪 **5** totally agree

**Media Use**

# Media use type/time

From 0=0h to 12=12h and above 12h

1. In the last week, how long did you spend watching TV programs about the epidemic, listening to radio about the epidemic, and reading the newspaper about the epidemic?

2. In the last week, how long did you spend browsing online news (e.g., Today's headlines, NetEase, and SINA) about the epidemic?

3. In the last week, how long did you spend watching videos (e.g., Tik Tok, Kuaishou, and Bilibili) about the epidemic?

4. In the last week, how long did you spend browsing social media service's news feed?

5. In the last week, how long did you spend browsing the epidemic-related information on Weibo?

# Media content

5-point Likert-type (from 1=never to 5=always)

1.The information about the severity of the national and regional outbreak in the last week.

(eg: How often do you view the information about the severity of the national and regional outbreak in the last week?)

2. The source of the disease, the history of the virus transmission (such as the source of SARS, Ebola virus, etc., the occurrence history, and knowledge of wild animals such as bats) and prevention knowledge (whether it is necessary to wear a mask, choose the type of mask, how to wash your hands correctly, etc.)

3. Interpretation and judgment of well-known experts and government officials (such as Nanshan Zhong and others)

4. Information about the surrounding disease infection and the severity of infection obtained through the circle of friends, Weibo, friends and family.

5. News reports on hospitals, doctors on duty and people seeking help.

6. Reports on the heroic deeds of the medical staff, the support and assistance from the community.

**Mental Health**

# Positive and Negative Affect Scale

5-point Likert-type (from 1=almost none to 5=extremely much)

1. Interested

2. Distressed

3. Energetic

4. Upset

5. Strong

6. Guilty

7. Scared

8. Hostile

9. Enthusiastic

10. Proud

11. Irritable

12. Alert

13. Ashamed

14. Inspired

15. Nervous

16. Determined

17. Attentive

18. Jittery

19. Active

20. Afraid

* Positive affect: 1, 3, 5, 9, 10, 12, 14, 16, 17, 19
* Negative affect: 2, 4, 6, 7, 8, 11, 13, 15, 18, 20

# Death Anxiety Questionnaire

5-point Likert-type (from 1=strongly disagree to 5=strongly agree)

1. My heart beat faster when I hear of the message that the outbreak of COVID-19 might cause death.

2. I'm afraid that I can’t take responsibility for the people I loved if I’m infected.

3. I’m afraid to die because of the outbreak.

4. The topic of coronavirus causing mortality makes me feel distressed.

# Meaning in Life Questionnaire

7-point scale (from 1=absolutely untrue to 7=absolutely true)

1. In the face of the severe outbreak, I still understand my life’s meaning.

2. Whether or not the outbreak occurs, I am always looking to find my life’s purpose.

3. Even though the outbreak occurs, I still have a good sense of what makes my life meaningful.

4. I am seeking a purpose or mission for my life.

# Empathy-Sympathy Questionnaire

# 5-point Likert-type (from 1=totoally disagree to 5=totally agree)

1. I would feel fear when I know someone was infected by the coronavirus.

2. If other people feel nervous and worried due to the outbreak, I would feel nervous and worried too.

3. I would sympathize with the infected patients.

4. \*I often think that people's infection has nothing to do with me.

\*: Reverse scoring

# Depression Anxiety Stress Scale

4-point scale (from 1=never to 4=always)

1. Hard to wind down

2. Aware of dryness of mouth

3. No positive feeling

4. Breathing problem

5. No initiative

6. Over-react

7. Trembling

8. Lack of energy

9. Anxiety and worried

10. No expectations

11. Getting agitated

12. Difficult to relax

13. Downhearted

14. Intolerant

15. Close to panic

16. Unable about things

17. Wasn’t worth much

18. Rather touchy

19. Abnormal activity of my heart

20. Felt scared

21. Feel Life meaningless

* Depression: 3, 5, 10, 13, 16, 17, 21
* Anxiety: 2, 4, 7, 9, 15, 19, 20
* Stress: 1, 6, 8, 11, 12, 14, 18

**State boredom**

7-point scale (from 1=totoally disagree to 7=fully agree)

During the last week, I often find myself at loose ends, not knowing what to do.

During the last week, Many things I have to do are repetitive and monotonous.

During the last week, Much of the time I just sit around doing nothing.