

CODEBOOK

INTRODUCTION

The COVID-19 pandemic and policies of restricted activities and social contact pose serious risks to people's physical and psychological well-being. Importantly, individuals differ in how they cope with these challenges. The BLINDED FOR REVIEWER project aims to understand these individual differences in well-being during the pandemic.

This codebook provides you with a comprehensive documentation of the first of two key studies that comprise the BLINDED FOR REVIEWER project: a worldwide, 4-week ESM study. It describes its timeline, data sources, instructions, scales, and items, and should enable you to comprehend all stages of data collection. For this purpose, the Codebook is divided into three main sections:

- The first section – Overview – gives you a general description of the study's timeline and data sources. Its main purpose is to guide you through the data collection. This section is best to start with when familiarizing yourself with the study.
- The second section – Instructions – provides you with detailed information on the instructions. This section is intended to give you thorough insight into all stages of data collection.
- The third section – Codebook – includes all information on the data collection on a scale and item level for all data sources. The Codebook specifically informs you about the scales used and their origins. It provides you with the exact wording of each item. All respective response formats and other important item characteristics are mentioned in this section. The variable names in this section also match the variable names in the data files. So, if you ever consider asking for our data, this is the section where you find all the necessary information to specify your data query.
[Please note that this codebook only presents all instructions and items in English. Those have, however, been translated into the

respective languages of the countries where the study was conducted.]

You are cordially invited to collaborate with us on the data. Please see the section “Open Science Framework and Collaboration” for more information on this. In case you recognize any mistakes or potential improvements, please do not hesitate to contact us at BLINDED FOR REVIEWER.

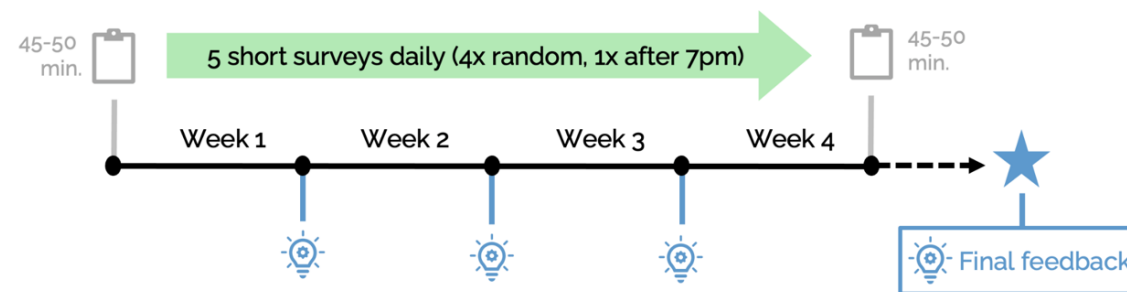
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1 OVERVIEW

1.1 TIMELINE

This study involved three phases of data collection that are illustrated in the graphic below:



In the first phase (T1 trait survey), we assessed participants' demographics and trait measures via self-reports in an online survey. At the end of the survey, they were asked to indicate the time zone of their usual residence and to provide an email address. This information was needed for the second phase. In the second phase (ESM period), participants filled out short daily state surveys over a period of 28 days. They received 5 surveys each day, 4 ESM surveys at a random time between 9 a.m. and 6 p.m., and one daily diary after 7 p.m.

After each of the four weeks, participants received personal feedback. The feedback was designed in a way that it would not influence the participants' responses throughout the study. An excerpt of an exemplary feedback can be found in Appendix B:

- After week 1, they were informed about the number of questionnaires filled out so far. Also, they received information regarding the times they wake up and fall asleep, as well as their sleep quality and energy level. This information becomes more insightful within the course of the study.
- After week 2, they additionally received information regarding their productivity and how often they reported being in certain situations.
- After week 3, they additionally received information on the mean values of these measures in their country's sample (except for the number of questionnaires completed).
- After week 4, they additionally received a summary of the previous feedback as well as insights into their Big Five, their happiness over the course of the month, and their happiness in certain situations.

In the third phase (T2 trait survey), we again assessed participants' demographics and trait measures.

1.2 DATA SOURCES

T1 & T2 trait level assessments	State level ESM assessments	Daily diary assessments
Via online surveys, we assessed participants' demographics, various personality traits (e.g., Big Five, meta-traits, narcissism), various well-being indicators (e.g., life satisfaction, positive and negative affect, loneliness), political attitudes, and several items regarding the COVID-19 pandemic and the war in Ukraine before and after the 4-week ESM assessment phase.	On 28 consecutive days, participants were invited four times daily at random time points via mail to participate in a short survey. After indicating whether they had a social interaction within the last hour, participants were asked questions about that social interaction or another set of questions regarding the last individual activity they had carried out. In addition, various state level well-being indicators were assessed.	At the end of each day, from 7 pm until midnight, participants were invited to fill out a short survey assessing various attitudes and evaluations (e.g., regarding COVID-19, the war in Ukraine, political attitudes).

1.3 OPEN SCIENCE FRAMEWORK

Under the link **BLINDED FOR REVIEWER** in the OSF you can find an official form (*BLINDED FOR REVIEWER.docx*) to apply for a collaboration on the data. If you intend to initiate a collaboration, please first complete the form by providing us with your and your co-researchers details, outlining the research idea, and giving us information on the data sources you need. Second, please adapt the variable selection code (*BLINDED FOR REVIEWER.R*) to indicate the specific variables you like to analyze. Thus, to be able to complete the 2-step application process, you need to provide us with two documents: the data request form and the variable selection code.

To identify the variables, you need for your particular research question, it is helpful, if not necessary, to familiarize yourself with the third part of this codebook, in which we present all variables stored in the respective datasets.

1.4 DATA SETS

[BLINDED FOR REVIEWER _traits.csv] stores the demographic and trait level variables assessed through the self-reports before and after the 4-week ESM assessment phase. Each line represents one participant.	[BLINDED FOR REVIEWER _states.csv] stores the data of the state level ESM assessments. Each line represents one state assessment of one person.	[BLINDED FOR REVIEWER _daily.csv] stores the data of the daily diary assessments. Each line represents one daily diary assessment of one person.
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2 INSTRUCTIONS

*All instructions were either taken from the original instructions (for the cited questionnaires) or self-created.
Constructs without a time indicator were assessed at T1 and T2.*

2.1 T1 & T2 TRAIT SURVEY

Construct	General Instruction
T1 General Instructions	<p>Dear participant!</p> <p>Welcome to the “BLINDED FOR REVIEWER” study! Thank you for your interest in our study. Since the outbreak of the coronavirus (SARS-CoV-2), many of us have faced major challenges regarding our physical health, our emotional well-being and even the cohesion of our society. For this reason, we consider it tremendously important to learn about people's behavior and well-being during the COVID-19 pandemic. Therefore, we cordially invite you to participate in the BLINDED FOR REVIEWER study. With your participation, you can help us make a scientific contribution to coping with this and similar crises.¹</p> <p><u>Structure of the study</u> The study is divided thematically into five blocks. You will go through four of these five blocks immediately today and again after the study is completed. The fifth block will be assessed via multiple daily short surveys, by means of emails containing invitations, sent to you several times a day over the next four weeks. On each page of today's survey, you can</p>

¹ In March 2022, this paragraph was (in some languages) changed to:

Dear Participants,

Thank you for your interest in our study concerning the influence of crisis situations on well-being. Since the spread of the coronavirus (Sars-CoV-2) we find ourselves in a challenging situation concerning our physical health, our emotional well-being and the solidarity in our society. At the end of February 2022 another exceptional situation emerged with the outbreak of war in Ukraine, which poses an additional major challenge for many people.

We consider it incredibly important to gain knowledge about the well-being of people in this period of crisis. Against this background, we cordially invite you to participate in our study.

Together we can make a scientific contribution to the dealings with this and similar crisis situations.

[This modification was realized for German, English, Chinese, Georgian, Italian, Dutch, and Spanish on March 16th, for French and Danish on March 17th, and for Arabic on March 23rd.

These dates also apply to items that were added or changed in reaction to the war in Ukraine as indicated by footnotes.]

Construct	General Instruction
	<p>identify which block you are in by looking at the banner at the top of the page.</p> <p>To thank you for your participation, you will receive personalized feedback regularly. Moreover, we will hold a raffle with cash prizes worth of 7,500€, and we will donate 1€ for each participant to one of three aid organizations. Here is additional information regarding the individual components of the study:</p> <p><u>The preliminary and final survey</u></p> <p>Today's pre-survey and the final survey taken in four weeks will each take about 45-50 minutes to complete. To begin, we will first ask you a few general questions (e.g., regarding your age or gender). You will then proceed through the following four blocks: Personal Attitudes, Well-Being, COVID-19, and Politics.</p> <p><u>The daily short surveys</u></p> <p>For the next four weeks, we will contact you several times a day by email with an invitation to participate in a short survey. We will distinguish between two types of short surveys:</p> <p>Every day, you will receive four invitations to participate in a short survey at random time points between 9:00 am and 6:00 pm. This short survey (about 3 minutes) will always refer to the last hour. Once you receive the invitation, you will always have 45 minutes to participate in the survey. Then the invitation will expire.</p> <p>Every day, you will also receive a fixed invitation at 7:00 pm. In this daily survey (about 2 minutes) you can reflect on your attitudes and experiences of the day, similar to journaling. You can fill out this daily survey at any time during the rest of the evening (the invitation expires at midnight).</p> <p><u>The feedback</u></p> <p>At the end of each week (after 7, 14, and 21 days), we will provide you with feedback on various aspects assessed in the study. For example, you will learn about the situations in which you are particularly productive, how your sleep patterns have evolved over the month, and how you spent your time. With each week, we can provide you with more comprehensive and reliable feedback.</p> <p>Please note that in order for us to provide you with the weekly feedback, you must have completed at least 20% of the short surveys.</p> <p>Finally, when you have successfully completed the study, you will receive a detailed final report in which we will give you feedback on your personality, emotional experience, and many other aspects. Here you will learn how <i>you personally</i> are dealing with the COVID-19 crisis and what your coping strategies are.</p>

Construct**General Instruction**The raffle and the donations

In the voucher raffle, your chances of winning are in your own hands! The more regularly you participate in the short surveys, the higher the prizes you can win. The raffle is structured as follows:

Level		Coupon value	Requirement
1	50 x	20€	Participation in pre and post survey + at least 20% of the short surveys completed
	20 x	50€	
2	15 x	100€	+ at least 40% of the short surveys completed
	10 x	150€	
3	6 x	250€	+ at least 60% of the short surveys completed
	2 x	500€	

With our research, we not only want to make a scientific contribution to coping with the COVID-19 crisis, but we also want to actively support the fight against crises such as the COVID-19 pandemic, environmental degradation or child suffering. Therefore, we will donate 1€ for each participant to one of three aid organizations (up to a total amount of 10,000€). After your successful participation, you can decide whether you want to support Médecins Sans Frontières (MSF), World Wildlife Fund (WWF), or Save the Children.

Please be aware that all participants can only take part in the raffle, initiate a donation, and receive the final report, if they fulfill at least the requirements for level 1!

Please note that you may only participate if you are at least 18 years old!

We appreciate your interest and support.

Your BLINDED FOR REVIEWER team
of BLINDED FOR REVIEWER.

Construct	General Instruction
T1 Data Protection	<i>A detailed data privacy statement was displayed to the participants that is excluded here for the sake of brevity. Only after giving consent, they were able to participate in the study.</i>
T1 Participant Code	<p>In order to store your pseudonymized data, we require a personal code word. You can use this code word, for example, if you want to delete your data afterwards. Therefore, please note your code word separately in order to be able to contact us in the course of the study! Please enter the following information to create your code word: (If you do not know one or both parents, please enter "XX" or "01" in the fields).</p> <p>First and last letter of your mother's first name (e.g., KARIN = KN) First and last letter of your father's first name (e.g., MAX = MX) First and last letter of your first name (e.g., FLORIAN = FN) Day of your mother's birth (e.g., July 01, 1960 = 01)</p>
T2 General Instructions	<p>Once again, thank you very much for your participation in the BLINDED FOR REVIEWER study over the last four weeks!</p> <p>To conclude the study, we ask you to once again go through the four thematic blocks of the opening survey.</p> <p>Please also answer all these questions with full concentration. By doing so, you will help us to obtain complete and meaningful data sets that will enable us to gain optimal insights into the spread of COVID-19 as well as into social interactions, emotions and the management of crises in everyday life. There are no right or wrong answers here, it's all about your personal assessments.</p>
T1 Demographics	At the beginning of the first survey we ask you for some general socio-demographic information.
T2 Demographics	To begin with, we again would like to ask you to provide some general socio-demographic information.
Personality	Let's get started! The first block is about your personal attitudes. There are no right or wrong answers here. Just always answer all questions intuitively and spontaneously. Click on continue to start with the first block.

Construct	General Instruction
Big Five (BFI-2)	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 indicate the extent to which you agree with the following statements. You can rate your answers between 1 (disagree strongly) and 5 (agree strongly).
Meta-Traits (Stability & Plasticity)	Please indicate the extent to which you agree with the following statements. You can rate your answers between 1 (disagree strongly) and 5 (agree strongly).
Narcissism + Self-Esteem (NARQ-S + 1 SE Item)	Please indicate how much the following statements apply to you. You can rate your answers between 1 (not agree at all) and 6 (agree completely).
Honesty-Humility (10 items from HEXACO-60)	Please indicate the extent to which you agree or disagree.
Preference for Solitude	Please indicate the extent to which you agree or disagree with the following statements.
Items related to the war in Ukraine	Now we would like to ask you a few questions with regard to the war in Ukraine.
COPE Ukraine	Now, please indicate the extent to which the following statements apply to your thoughts and actions in the context of the current war in Ukraine. Please make an indication for each statement. You can rate your answers on a scale from 1 (Not at all) to 4 (A lot).
Well-Being	You have already completed the first and by far the largest block! The next part is about your well-being. Again, there are no right or wrong answers, and you can simply answer the questions intuitively. Click on continue to start with the second block.
Life Satisfaction (SWLS)	Please indicate the extent to which you agree or disagree with the following statements. You can grade your answers between 1 (strongly disagree) and 7 (strongly agree).

Construct	General Instruction
Positive and Negative Affect (3 items from PANAS-X (PA & NA, respectively))	Now we would like to know from you how you feel in general. The following words describe different feelings and sensations. Read each word and then rate the intensity on the scale next to each word. You have the option of choosing between five gradations. Please indicate how you feel in general.
Psychological Well-Being (PWB-18)	Please indicate the extent to which you agree with the following statements. You can grade your answers between 1 (strongly disagree) and 7 (strongly agree).
Loneliness (UCLA Loneliness Scale Short Form)	Please answer the following questions now.
Value Fulfilment Scale (VFS)	<p>What is important to you? Write down at least 6 things that are especially important to you! These could be personal attributes, accomplishments, goals for the future, relationships, or anything else that has a high value for you.</p> <p>Now respond to the following questions, referring to the values you listed above and any other values that are especially important to you.</p>
Items related to the COVID-19 pandemic	Great! You're already well over halfway through! Now we'll move on to the "COVID-19" topic block. Here we are interested in your general attitudes, feelings and thoughts about the COVID-19 pandemic. Click on continue to start with the third block.
Coping Strategies (Brief COPE)	Now, please indicate the extent to which the following statements apply to your thoughts and actions in the context of the current COVID-19 pandemic. Please make an indication for each statement. You can rate your answers on a scale from 1 (Not at all) to 4 (A lot).
Political Attitudes	You almost made it! In the last block, we ask you to answer a few more questions about your political attitudes. After that, today's part is finished. Click on continue to start with the last block.
General Attitudes (combination of scales)	<p>Now it will be about your general political attitude and world view.</p> <p>Now we would like to know your opinion on some general statements about politics. For each of the following statements, please indicate to what extent they do apply or do not apply to you.</p>

Construct	General Instruction
Threat Perception Towards Ethnic-Religious Minorities	The following statements refer to people in your country who belong to a different ethnic, religious, or national group than yourself. For each statement, please indicate the extent to which you agree with that statement.
Perceived Societal Marginalization (WGM)	Please indicate the extent to which you agree with the following statements.
Social Dominance Orientation (SDO short)	Please indicate the extent to which you agree with the following statements.
Right-Wing Authoritarianism (KSA-3)	How much would you agree to the following statements?
Conspiracy Mentality (CMQ) + COVID-related items	How likely do you think it is that the following statements are true? You can express your conviction between the poles “Certainly not”, “Unlikely”, “Likely” and “Certainly”.
T1 Email	<p>It is done!</p> <p>These were all the statements in today's questionnaire. Finally, we now ask you to enter your email address, which we can use to contact you for the daily short surveys.</p> <p>Please now enter your email address where we may notify you of upcoming surveys.</p>
T1 Final Instructions	<p>Thank you for completing the first questionnaire. You should receive a confirmation email from us within the next 10 minutes. Please check your spam folder as well.</p> <p>Please complete the short questionnaires that we will send you by email several times a day over the next four weeks. To do this, we will ask you four times a day about your last social interaction or other activity, and once a day, starting at 7:00 pm, we will ask you questions about the past day.</p> <p>The questionnaires will be emailed to you at random times that will change from day to day. After receiving an email, you will have 45 minutes to complete the questionnaire. After 45 minutes, the completion time will expire and you will have to wait for the next email.</p>

Construct	General Instruction
	<p>Please remember to check your emails regularly and participate at as many time points as possible (preferably all of them). This will allow you to make the best possible scientific contribution to our understanding of the COVID-19 crisis and allow us to give you meaningful feedback on your behavior and emotions.</p> <p>In order to send you the questionnaires at the correct time, we have assessed the time zone in which you are currently located. If this did not work or you will be staying primarily in a different time zone during the next four weeks, you can select this here:</p>
T2 Final Information	<p>Thank you for completing the last questionnaire, and for your successful participation in our study!</p> <p>Below you can indicate whether you would like to participate in the raffle for 7,500€. You will then receive your personalized feedback by mail in the next days. Likewise, if you should be chosen as a winner in the raffle, we will also contact you by email.</p> <p>If you have any questions, please feel free to check our website. Here you will find frequent questions and answers as well as the ways to contact us: BLINDED FOR REVIEWER</p>

2.2 ESM EVENTS

Construct	General Instruction
Momentary context	Please describe your behavior during the LAST HOUR below....
Momentary well-being & State personality	Please describe below how you felt in the interaction / individual activity....

2.3 DAILY DIARY

Construct	General Instruction
Items related to the COVID-19 pandemic	For the following questions, please think of the past day.
Work-related (study-related), outgroup-related & feedback items	For the following questions, please refer to the past day...

2.4 FEEDBACK SURVEY

Construct	General Instruction
T2 Feedback	Please answer the following questions in order to help us optimize future studies.

3 CODEBOOK

Unless indicated otherwise, items were self-created.

Items with an asterisk () need to be recoded.*

Items in square brackets are instructions for the participants that require no response.

Items with suffix ‘_tx’ were assessed in T1 and T2 trait survey. The ‘x’ serves as a placeholder for the number indicating the respective survey.

3.1 T1 TRAIT SURVEY

Variable Name	Item	Response Format
Demographic Information		
country_t1	In which country do you live at the moment?	Multiple choice (For the choice of countries please refer to appendix A at the end of this codebook.)
citizenship_t1	Do you have citizenship in this country?	Multiple choice: 1 (yes), 2 (no)
immigrant_t1	Do you have an immigrant background (were you or your parents born outside this country)?	Multiple choice: 1 (yes), 2 (no)
sex_t1	Gender:	Multiple choice: 1 (female), 2 (male), 3 (other, namely:)
sex_other_t1 ²		Open question
age_t1	Age:	Open question: integer

² This item was only displayed if sex_t1 = 3 (other, namely:).

Variable Name	Item	Response Format
quantity_household_tx	How many people (including yourself) live in your household?	Open question: integer
relationship_household_tx ³	Who lives in your household with you? Select all appropriate categories:	Multiple response: 1 (roommates), 2 (friends), 3 (partner), 4 (parents), 5 (son/daughter), 6 (other family members)
educational_attainment_tx	Please indicate your highest educational qualification obtained:	Multiple choice: 1 (no qualification), 2 (primary education), 3 (lower secondary education (not qualifying for university studies)), 4 (higher secondary education (qualifying for university studies)), 5 (bachelor's degree), 6 (master's degree / diploma / state examination), 7 (doctorate or PhD)
professional_status_tx	Please state your current professional status:	Multiple choice: 1 (in school education), 2 (in study), 3 (in vocational training), 4 (in full-time employment), 5 (in part-time employment), 6 (entrepreneur / self-employment), 7 (in full-time parental or care leave / full-time housewife/househusband), 8 (not in employment / looking for work), 9 (retired)
entrepreneur_status_tx ⁴	You indicated that you are an entrepreneur / self-employed. To what category would you assign yourself?	Multiple choice: 1 (full-time entrepreneur/self-employed with own employees), 2 (full-time entrepreneur/self-employed without own employees), 3 (part-time entrepreneur/self-employed with own employees), 4 (part-time entrepreneur/self-employed without own employees)

³ This item was only displayed if quantity_household > 1.

⁴ This item was only displayed if professional_status_tx = 6 (entrepreneur / self-employment).

Variable Name	Item	Response Format
course_of_study_tx ⁵	Please indicate the type of degree program in which you are enrolled:	Multiple choice: 1 (bachelor), 2 (master), 3 (diploma), 4 (state examination), 5 (other)
semester_tx ⁵	Semester of study:	Open question: integer
field_of_study_tx ⁵	Subject of study:	Open question
side_job_tx ⁵	Do you have a side job alongside your studies?	Multiple choice: 1 (yes), 2 (no)
marketing_t1	How did you become aware of our study? (<i>voluntary information</i>)	Multiple response: 1 (University events / organisations (e.g., lecture, newsletter, student council, etc.)), 2 (Press articles / releases), 3 (Social media advertising (e.g., Facebook, Instagram)), 4 (Online forums / social media groups (e.g., Reddit, Facebook groups)), 5 (Flyers / posters), 6 (Acquaintances (friends, family, etc.)), 7 (Other, namely...)
marketing_other_t1 ⁶		Open question

⁵ This item was only displayed if professional status = 2 (in study).

⁶ This item was only displayed if marketing = 7 (Other, namely...).

Personality

Big Five (BFI-2)

Soto, C. J. & John, O. P. (2017). The next big five inventory (bfi-2): Developing and assessing a hierarchical model with 15 facets to enhance bandwidth, fidelity, and predictive power. *Journal of Personality and Social Psychology*, 113(1), 117–143. [10.1037/pspp0000096](https://doi.org/10.1037/pspp0000096)

bfi2_1_tx	I am someone who is outgoing, sociable.	Rating scale: 1 (disagree strongly), 2 (disagree a little), 3 (neutral; no opinion), 4 (agree a little), 5 (agree strongly)
bfi2_2_tx	I am someone who is compassionate, has a soft heart.	”
bfi2_3_tx*	I am someone who tends to be disorganized.	”
bfi2_4_tx*	I am someone who is relaxed, handles stress well.	”
bfi2_5_tx*	I am someone who has few artistic interests.	”
bfi2_6_tx	I am someone who has an assertive personality.	”
bfi2_7_tx	I am someone who is respectful, treats others with respect.	”
bfi2_8_tx*	I am someone who tends to be lazy.	”
bfi2_9_tx*	I am someone who stays optimistic after experiencing a setback.	”
bfi2_10_tx	I am someone who is curious about many different things.	”
bfi2_11_tx*	I am someone who rarely feels excited or eager.	”

bfi2_12_tx*	I am someone who tends to find fault with others.	Rating scale: 1 (disagree strongly), 2 (disagree a little), 3 (neutral; no opinion), 4 (agree a little), 5 (agree strongly)
bfi2_13_tx	I am someone who is dependable, steady.	”
bfi2_14_tx	I am someone who is moody, has up and down mood swings.	”
bfi2_15_tx	I am someone who is inventive, finds clever ways to do things.	”
bfi2_16_tx*	I am someone who tends to be quiet.	”
bfi2_17_tx*	I am someone who feels little sympathy for others.	”
bfi2_18_tx	I am someone who is systematic, likes to keep things in order.	”
bfi2_19_tx	I am someone who can be tense.	”
bfi2_20_tx	I am someone who is fascinated by art, music, or literature.	”
bfi2_21_tx	I am someone who is dominant, acts as a leader.	”
bfi2_22_tx*	I am someone who starts arguments with others.	”
bfi2_23_tx*	I am someone who has difficulty getting started on tasks.	”
bfi2_24_tx*	I am someone who feels secure, comfortable with self.	”

bfi2_25_tx*	I am someone who avoids intellectual, philosophical discussions.	Rating scale: 1 (disagree strongly), 2 (disagree a little), 3 (neutral; no opinion), 4 (agree a little), 5 (agree strongly)
bfi2_26_tx*	I am someone who is less active than other people.	”
bfi2_27_tx	I am someone who has a forgiving nature.	”
bfi2_28_tx*	I am someone who can be somewhat careless.	”
bfi2_29_tx*	I am someone who is emotionally stable, not easily upset.	”
bfi2_30_tx*	I am someone who has little creativity.	”
bfi2_31_tx*	I am someone who is sometimes shy, introverted.	”
bfi2_32_tx	I am someone who is helpful und unselfish with others.	”
bfi2_33_tx	I am someone who keeps things neat and tidy.	”
bfi2_34_tx	I am someone who worries a lot.	”
bfi2_35_tx	I am someone who values art and beauty.	”
bfi2_36_tx*	I am someone who finds it hard to influence people.	”
bfi2_37_tx*	I am someone who is sometimes rude to others.	”
bfi2_38_tx	I am someone who is efficient, gets things done.	”
bfi2_39_tx	I am someone who often feels sad.	”
bfi2_40_tx	I am someone who is complex, a deep thinker.	”

bfi2_41_tx	I am someone who is full of energy.	Rating scale: 1 (disagree strongly), 2 (disagree a little), 3 (neutral; no opinion), 4 (agree a little), 5 (agree strongly)
bfi2_42_tx*	I am someone who is suspicious of others' intentions.	”
bfi2_43_tx	I am someone who is reliable, can always be counted on.	”
bfi2_44_tx*	I am someone who keeps their emotions under control.	”
bfi2_45_tx*	I am someone who has difficulty imagining things.	”
bfi2_46_tx	I am someone who is talkative.	”
bfi2_47_tx*	I am someone who can be cold and uncaring.	”
bfi2_48_tx*	I am someone who leaves a mess, doesn't clean up.	”
bfi2_49_tx*	I am someone who rarely feels anxious or afraid.	”
bfi2_50_tx*	I am someone who thinks poetry and plays are boring.	”
bfi2_51_tx	I am someone who prefers to have others take charge.	”
bfi2_52_tx	I am someone who is polite, courteous to others.	”
bfi2_53_tx	I am someone who is persistent, works until the task is finished.	”
bfi2_54_tx	I am someone who tends to feel depressed, blue.	”
bfi2_55_tx*	I am someone who has little interest in abstract ideas.	”

bfi2_56_tx	I am someone who shows a lot of enthusiasm.	Rating scale: 1 (disagree strongly), 2 (disagree a little), 3 (neutral; no opinion), 4 (agree a little), 5 (agree strongly)
bfi2_57_tx	I am someone who assumes the best about people.	”
bfi2_58_tx*	I am someone who sometimes behaves irresponsibly.	”
bfi2_59_tx	I am someone who is temperamental, gets emotional easily.	”
bfi2_60_tx	I am someone who is original, comes up with new ideas.	”
Meta-Traits (Stability & Plasticity) <i>self-created items based on</i> DeYoung, C. G. (2010). Toward a theory of the big five. <i>Psychological Inquiry</i> , 21(1), 26–33. 10.1080/10478401003648674		
stab_1_tx	I get out of control.	Rating scale: 1 (disagree strongly), 2 (disagree moderately), 3 (neutral; no opinion), 4 (agree moderately), 5 (agree strongly), 6 (agree strongly)
stab_3_tx	I am self-destructive.	”
stab_8_tx	I find life difficult.	”
stab_10_tx	I feel that others misunderstand me.	”
stab_17_tx	I feel that my life lacks direction.	”
plas_1_tx	I have a strong personality.	”
plas_3_tx	I have a natural talent for influencing people.	”

plas_6_tx	I am able to come up with new and different ideas.	Rating scale: 1 (disagree strongly), 2 (disagree moderately), 3 (neutral; no opinion), 4 (agree moderately), 5 (agree strongly), 6 (agree strongly)
plas_11_tx	I have leadership abilities.	”
plas_15_tx	I am an original thinker.	”
Narcissism + Self-Esteem (NARQ-S + 1 SE Item) NARQ-S: Leckelt, M., Wetzel, E., Gerlach, T. M., Ackerman, R. A., Miller, J. D., Chopik, W. J., Penke, L., Geukes, K., Küfner, A. C., Hutteman, R., & Richter, D. (2018). Validation of the Narcissistic Admiration and Rivalry Questionnaire Short Scale (NARQ-S) in convenience and representative samples. <i>Psychological Assessment</i> , 30(1), 86-96. 10.1037/pas0000433		
narq_1_tx	I react annoyed if another person steals the show from me.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
narq_2_tx	I deserve to be seen as a great personality.	”
narq_3_tx	I want my rivals to fail.	”
narq_4_tx	Being a very special person gives me a lot of strength.	”
narq_5_tx	I manage to be the center of attention with my outstanding contributions.	”
narq_6_tx	Most people are somehow losers.	”
self_esteem_tx	All in all, I am satisfied with myself.	Slider: 1 (not agree at all) - 10 (agree completely)

Honesty-Humility (10 items from HEXACO-60)

Ashton, M. C., & Lee, K. (2009). The HEXACO-60: A short measure of the major dimensions of personality. *Journal of Personality Assessment*, 91(4), 340-345. [10.1080/00223890902935878](https://doi.org/10.1080/00223890902935878)

hex60_1_tx	I wouldn't use flattery to get a raise or promotion at work, even if I thought it would succeed.	Rating scale: 1 (strongly disagree), 2 (disagree), 3 (neutral (neither agree nor disagree)), 4 (agree), 5 (strongly agree)
hex60_2_tx	If I knew that I could never get caught, I would be willing to steal a million dollars.	”
hex60_3_tx	Having a lot of money is not especially important to me.	”
hex60_4_tx	I think that I am entitled to more respect than the average person is.	”
hex60_5_tx	If I want something from someone, I will laugh at that person's worst jokes.	”
hex60_6_tx	I would never accept a bribe, even if it were very large.	”
hex60_7_tx	I would get a lot of pleasure from owning expensive luxury goods.	”
hex60_8_tx	I want people to know that I am an important person of high status.	”
hex60_9_tx	I wouldn't pretend to like someone just to get that person to do favors for me.	”
hex60_10_tx	I'd be tempted to use counterfeit money, if I were sure I could get away with it.	”

Preference for Solitude

Nestler, S., Back, M. & Egloff, B. (2011) Psychometrische Eigenschaften zweier Skalen zur Erfassung interindividueller Unterschiede in der Präferenz zum Alleinsein. *Diagnostica*. 57(2). 57-67. [10.1026/0012-1924/a000032](https://doi.org/10.1026/0012-1924/a000032)

As the publication provides items in German, they were translated into English.

ipa_1_tx	I often have a strong desire to be alone.	Rating scale: 1 (not agree at all), 2, 3, 4, 5, 6 (agree completely)
ipa_2_tx	I enjoy spending time alone.	”
ipa_3_tx	I need a lot of time for myself.	”
ipa_4_tx	I like to spend an evening at home by myself.	”

Ukraine-Related Items

Behavior, Emotions, and Evaluations

ukraine_behavior_2_tx	I show my solidarity with Ukraine (for example through donations, participation in protests or public positioning).	Rating Scale: 1 (Strongly disagree), 2 (Disagree), 3 (Rather Disagree), 4 (Rather Agree), 5 (Agree), 6 (Strongly agree)
ukraine_behavior_3_tx	I purposefully reduce my news consumption concerning the war in Ukraine.	”
ukraine_behavior_4_tx	I prepare myself for further escalation of the conflict by keeping vital goods in stock (for example water, toilet paper, canned products or petrol).	”
ukraine_emo_1_tx	I am worried about my physical well-being due to the war in Ukraine.	”

ukraine_emo_2_tx	I am worried about the physical well-being of my family due to the war in Ukraine.	Rating Scale: 1 (Strongly disagree), 2 (Disagree), 3 (Rather Disagree), 4 (Rather Agree), 5 (Agree), 6 (Strongly agree)
ukraine_emo_3_tx	I am worried about my psychological well-being due to the war in Ukraine.	”
ukraine_emo_4_tx	I am worried when I consume news about the war in Ukraine.	”
ukraine_emo_5_tx	I am worried that the war will spread to other countries.	”
ukraine_emo_6_tx	I am worried about the economic situation in my country.	”
ukraine_emo_7_tx	I strongly feel for the affected people in the war zone.	”
ukraine_eval_1_tx	I assume that due to the war in Ukraine the third world war will come.	”
ukraine_eval_3_tx	I consider an increase in the defence budget in my country reasonable.	”
ukraine_eval_4_tx	I consider reporting of the public media in my country concerning the war in Ukraine factual.	”
ukraine_behavior_1_tx	How much news do you consume in comparison to before the war in Ukraine?	Slider: 1 (clearly less) – 10 (clearly more)
ukraine_eval_2_tx	I consider the political proceedings of my country concerning the war in Ukraine ...	Slider: 1 (very wrong) – 10 (very right)

COPE Ukraine

Carver, C. S. (1997). You want to measure coping but your protocol's too long: Consider the Brief COPE. *International Journal of Behavioral Medicine*, 4, 92-100. [10.1207/s15327558ijbm0401_6](https://doi.org/10.1207/s15327558ijbm0401_6)

Participants were asked to fill out this questionnaire with respect to the war in Ukraine (see section 'Instructions').

ukraine_cope_1_tx	I've been turning to work or other activities to take my mind off things.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
ukraine_cope_2_tx ⁷	I've been concentrating my efforts on doing something about the situation in Ukraine.	”
ukraine_cope_3_tx	I've been saying to myself "This isn't real".	”
ukraine_cope_4_tx	I've been using alcohol or other drugs to make myself feel better.	”
ukraine_cope_5_tx	I've been getting emotional support from others.	”
ukraine_cope_6_tx	I've been giving up trying to deal with the war in Ukraine.	”
ukraine_cope_7_tx	I've been taking action to try to make my own situation better.	”
ukraine_cope_8_tx ⁸	I've been refusing to believe that the war in Ukraine is happening.	”
ukraine_cope_9_tx	I've been giving free reign to my feelings.	”
ukraine_cope_10_tx	I've been getting help and advice from other people.	”

⁷ Before March 18th, this item read identical to the general version of the Brief COPE (namely, 'I've been concentrating my efforts on doing something about the situation I'm in.').

⁸ Before March 18th, this item read identical to the general version of the Brief COPE (namely, 'I've been refusing to believe that it has happened.').

ukraine_cope_11_tx	I've been using alcohol or other drugs to help me get through the current situation with the war in Ukraine.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
ukraine_cope_12_tx	I've been trying to see things in a different light.	”
ukraine_cope_13_tx	I've been criticizing and blaming myself.	”
ukraine_cope_14_tx	I've been trying to come up with a strategy about what to do.	”
ukraine_cope_15_tx	I've been getting comfort and understanding from someone.	”
ukraine_cope_16_tx	I've been giving up the attempt to cope.	”
ukraine_cope_17_tx	I've been looking for something good in what has happened to us in the course of the war in Ukraine.	”
ukraine_cope_18_tx	I've been making jokes about the war in Ukraine.	”
ukraine_cope_19_tx	I've been doing something to take my mind off things.	”
ukraine_cope_20_tx	I've been accepting the reality of the fact that the the war in Ukraine has happened.	”
ukraine_cope_21_tx	I've been showing openly how bad I feel.	”
ukraine_cope_22_tx	I've been trying to find comfort in my religion or spiritual beliefs.	”
ukraine_cope_23_tx	I've been trying to get advice or help from other people about what to do.	”
ukraine_cope_24_tx	I've been learning to live with it.	”

ukraine_cope_25_tx	I've been thinking hard about what behavior would be appropriate in the context of a war in Ukraine.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
ukraine_cope_26_tx	I've been blaming myself for things that happened.	”
ukraine_cope_27_tx	I've been praying or meditating.	”
ukraine_cope_28_tx	I've been making fun of the situation.	”

Well-Being

Life Satisfaction (SWLS)

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75.

[10.1207/s15327752jpa4901_13](https://doi.org/10.1207/s15327752jpa4901_13)

swls_1_tx	In most ways my life is close to my ideal.	Rating scale: 1 (strongly disagree), 2 (disagree), 3 (slightly disagree), 4 (neither agree nor disagree), 5 (slightly agree), 6 (agree), 7 (strongly agree)
swls_2_tx	The conditions of my life are excellent.	”
swls_3_tx	I am satisfied with my life.	”
swls_4_tx	So far I have gotten the important things I want in life.	”
swls_5_tx	If I could live my life over, I would change almost nothing.	”

Positive & Negative Affect (3 items from PANAS-X (PA & NA, respectively))

Watson, D., & Clark, L. A. (1994). The PANAS-X: Manual for the Positive and Negative Affect Schedule-Expanded Form. Ames: The University of Iowa

panasx_1_tx	angry	Rating scale: 1 (very slightly or not at all), 2 (a little), 3 (moderately), 4 (quite a bit), 5 (extremely)
panasx_2_tx	afraid	”
panasx_3_tx	sad	”
panasx_4_tx	happy	”
panasx_5_tx	enthusiastic	”
panasx_6_tx	relaxed	”

Psychological Well-Being (PWB-18)

Ryff, C. D., & Keyes, C. L. M. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727.

[10.1037/0022-3514.69.4.719](https://doi.org/10.1037/0022-3514.69.4.719)

pwb_1_tx*	I like most parts of my personality.	Rating scale: 1 (strongly disagree), 2 (somewhat disagree), 3 (a little disagree), 4 (neither agree nor disagree), 5 (a little agree), 6 (somewhat agree), 7 (strongly agree)
pwb_2_tx*	When I look at the story of my life, I am pleased with how things have turned out so far.	”
pwb_3_tx*	Some people wander aimlessly through life, but I am not one of them.	”
pwb_4_tx	The demands of everyday life often get me down.	”

pwb_5_tx	In many ways I feel disappointed about my achievements in life.	Rating scale: 1 (strongly disagree), 2 (somewhat disagree), 3 (a little disagree), 4 (neither agree nor disagree), 5 (a little agree), 6 (somewhat agree), 7 (strongly agree)
pwb_6_tx	Maintaining close relationships has been difficult and frustrating for me.	”
pwb_7_tx	I live life one day at a time and don't really think about the future.	”
pwb_8_tx*	In general, I feel I am in charge of the situation in which I live.	”
pwb_9_tx*	I am good at managing the responsibilities of daily life.	”
pwb_10_tx	I sometimes feel as if I've done all there is to do in life.	”
pwb_11_tx*	For me, life has been a continuous process of learning, changing, and growth.	”
pwb_12_tx*	I think it is important to have new experiences that challenge how I think about myself and the world.	”
pwb_13_tx*	People would describe me as a giving person, willing to share my time with others.	”
pwb_14_tx	I gave up trying to make big improvements or changes in my life a long time ago.	”
pwb_15_tx	I tend to be influenced by people with strong opinions.	”

pwb_16_tx	I have not experienced many warm and trusting relationships with others.	Rating scale: 1 (strongly disagree), 2 (somewhat disagree), 3 (a little disagree), 4 (neither agree nor disagree), 5 (a little agree), 6 (somewhat agree), 7 (strongly agree)
pwb_17_tx*	I have confidence in my own opinions, even if they are different from the way most other people think.	”
pwb_18_tx*	I judge myself by what I think is important, not by the values of what others think is important.	”
Loneliness (UCLA Loneliness Scale Short Form) Luhmann, M., Bohn, J., Holtmann, J., Koch, T. & Eid, M. (2016). I'm lonely, can't you tell? Convergent validity of self- and informant ratings of loneliness. <i>Journal of Research in Personality</i> , 61, 50–60. 10.1016/j.jrp.2016.02.002		
loneliness_1_tx	How often do you feel that you lack companionship?	Rating scale: 1 (Never), 2 (Rarely), 3 (Sometimes), 4 (Always)
loneliness_2_tx*	How often do you feel that you are ‘in tune’ with the people around you?	”
loneliness_3_tx*	How often do you feel that there are people you can talk to?	”
loneliness_4_tx	How often do you feel left out?	”
loneliness_5_tx*	How often do you feel that there are people you can turn to?	”
loneliness_6_tx*	How often do you feel that you have a lot in common with the people around you?	”
loneliness_7_tx*	How often do you feel close to people?	”

loneliness_8_tx	How often do you feel isolated from others?	Rating scale: 1 (Never), 2 (Rarely), 3 (Sometimes), 4 (Always)
loneliness_9_tx*	How often do you feel part of a group of friends?	”
Value Fulfillment Scale (VFS) <i>Publication in preparation.</i>		
vfs_value_1_tx, ... vfs_value_10_tx	What is important to you? Write down at least 6 things that are especially important to you! These could be personal attributes, accomplishments, goals for the future, relationships, or anything else that has a high value for you.	Open question Up to 10 values could be entered.
[vfs_info_1]	Now respond to the following questions, referring to the values you listed above and any other values that are especially important to you.	Rating scale: 1 (strongly disagree), 2 (somewhat disagree), 3 (a little disagree), 4 (neither agree nor disagree), 5 (a little agree), 6 (somewhat agree), 7 (strongly agree)
vfs_1_tx	I am making good progress toward achieving my values.	”
vfs_2_tx	I am generally successful in living up to my values.	”
vfs_3_tx	I often find myself in situations where two or more of my values are in conflict with each other.	”
vfs_4_tx	Sometimes I don't think that I will ever be able to fulfill all of my important values.	”
vfs_5_tx	I live out my values on a daily basis.	”
vfs_6_tx	I have difficulty integrating my values into my everyday life.	”

vfs_7_tx	My values support each other and fit well together.	Rating scale: 1 (strongly disagree), 2 (somewhat disagree), 3 (a little disagree), 4 (neither agree nor disagree), 5 (a little agree), 6 (somewhat agree), 7 (strongly agree)
vfs_8_tx	I have doubts about whether some of my values are right for me.	”
vfs_9_tx	My closest friends think that I am living up to my values well.	”
vfs_10_tx	I often find that pursuing one of my values causes problems for me.	”
vfs_11_tx	I often pursue activities that fulfill multiple of my values.	”

COVID-19

Coping Strategies (Brief COPE)

Carver, C. S. (1997). You want to measure coping but your protocol's too long: Consider the Brief COPE. *International Journal of Behavioral Medicine*, 4, 92-100. [10.1207/s15327558ijbm0401_6](https://doi.org/10.1207/s15327558ijbm0401_6)

cope_1_tx	I've been turning to work or other activities to take my mind off things.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
cope_2_tx	I've been concentrating my efforts on doing something about the situation I'm in.	”
cope_3_tx	I've been saying to myself "This isn't real".	”
cope_4_tx	I've been using alcohol or other drugs to make myself feel better.	”

cope_5_tx	I've been getting emotional support from others.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
cope_6_tx	I've been giving up trying to deal with the COVID-19 pandemic.	”
cope_7_tx	I've been taking action to try to make my own situation better.	”
cope_8_tx	I've been refusing to believe that it has happened.	”
cope_9_tx	I've been giving free reign to my feelings.	”
cope_10_tx	I've been getting help and advice from other people.	”
cope_11_tx	I've been using alcohol or other drugs to help me get through the current Covid-19 pandemic.	”
cope_12_tx	I've been trying to see things in a different light.	”
cope_13_tx	I've been criticizing and blaming myself.	”
cope_14_tx	I've been trying to come up with a strategy about what to do.	”
cope_15_tx	I've been getting comfort and understanding from someone.	”
cope_16_tx	I've been giving up the attempt to cope.	”
cope_17_tx	I've been looking for something good in what has happened to us in the course of the COVID-19 pandemic.	”
cope_18_tx	I've been making jokes about the COVID-19 pandemic.	”

cope_19_tx	I've been doing something to take my mind off things.	Rating scale: 1 (Not at all), 2 (A little), 3 (A medium amount), 4 (A lot)
cope_20_tx	I've been accepting the reality of the fact that the COVID-19 pandemic has happened.	”
cope_21_tx	I've been showing openly how bad I feel.	”
cope_22_tx	I've been trying to find comfort in my religion or spiritual beliefs.	”
cope_23_tx	I've been trying to get advice or help from other people about what to do.	”
cope_24_tx	I've been learning to live with it.	”
cope_25_tx	I've been thinking hard about what behavior would be appropriate in the COVID-19 pandemic.	”
cope_26_tx	I've been blaming myself for things that happened.	”
cope_27_tx	I've been praying or meditating.	”
cope_28_tx	I've been making fun of the situation.	”
Risk Estimations		
[intro_tx]	Now it is about your assessment and personal handling of the COVID-19 pandemic.	
risk_self_tx	How high do you estimate the risk of the coronavirus for yourself?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)

risk_closeothers_tx	How high do you estimate the risk of the coronavirus for your close personal environment (partner, close friends, etc.)?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)
risk_society_tx	How high do you estimate the risk of the coronavirus for society as a whole?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)
parents_alive_tx	Do you still have one or more living parents or grandparents?	Multiple choice: 1 (yes), 2 (no)
risk_parents_tx ⁹	How high do you estimate the risk of the coronavirus for your parents or grandparents?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)
Evaluations		
[eval_intro1_tx]	Please indicate below where you would place your opinion between the two poles of "way too little" and "way overblown".	
[eval_intro2_tx]	When it comes to the coronavirus and its containment...	
eval_politics_tx	... the government's crisis management is:	Slider: 1 (way too little) - 10 (way overblown)
eval_panic_tx	... the people's panic is:	”
eval_journalism_tx	... the journalistic reporting is:	”
eval_socialmedia_tx	... the discussion on social media is:	”
[eval_limitations_tx]	How strongly do you think that the following areas of public life should only be available to those who have been fully vaccinated or recovered?	

⁹ This item was only displayed if parents_alive = 1 (yes).

limit_gastro_tx ¹⁰	Gastronomy (e.g., restaurants etc.)	Rating scale: 1 (strongly oppose), 2, 3, 4, 5, 6 (strongly in favor)
limit_nightlife_tx ¹⁰	Nightlife (e.g., clubs and bars)	”
limit_workplace_tx ¹⁰	Working at the workplace (e.g., in the office or in a factory)	”
limit_higheredu_tx ¹⁰	Educational institutions (e.g., universities)	”
limit_services_tx ¹⁰	Body-related services (e.g., hairdressing salons)	”
[eval_intro3_tx]	Please answer the following questions on a scale from 1 (does not apply at all) to 6 (applies completely).	
[eval_intro4_tx]	Regarding the coronavirus and its containment...	
eval_self_cautious_tx	... I am acting with caution.	Rating scale: 1 (Does not apply at all), 2, 3, 4, 5, 6 (Applies completely)
eval_self_restrictive_tx	... I am placing restrictions on myself.	”
eval_self_recomendations_tx	... I am following the recommended measures.	”
eval_self_irresponsible_tx	... I am acting irresponsibly.	”
Corona Exposure		
aff_self_positive_tx	Have you tested positive for the coronavirus, and therefore are or have been infected?	Multiple choice: 1 (yes), 2 (no)

¹⁰ This item was added to the survey on 2021/11/12.

aff_self_date_tx ¹¹	When exactly were you diagnosed with an infection with the coronavirus?	Date in the form yyyy-mm-dd
aff_self_severecourse_tx ¹¹	Have you had a severe course of and/or have you been hospitalized for COVID-19?	Multiple choice: 1 (yes), 2 (no)
aff_self_longcovid_tx ¹¹	Did you continue to have health problems as a result of your infection months later ("long COVID")?	Multiple choice: 1 (yes), 2 (no)
aff_self_riskgroup_tx	Do you count one or more people in your household in the risk group for the coronavirus?	Rating scale: 1 (none at all), 2, 3, 4, 5, 6 (extremely)
aff_self_occupation_tx	Can you continue to pursue your occupation/part-time job?	Rating scale: 1 (none at all), 2, 3, 4, 5, 6 (extremely)
aff_self_monetaryproblems_tx	Do you face financial problems as a result of the COVID-19 pandemic?	Rating scale: 1 (none at all), 2, 3, 4, 5, 6 (extremely)
Media Consumption		
media_1_tx	How closely do you follow news about national politics (including those related to the COVID-19 pandemic) on television, radio, printed newspapers, or the internet?	Rating scale: 1 (none at all), 2, 3, 4, 5, 6 (extremely)
media_2_tx	How much trust do you have in the mass media (e.g., television stations, newspapers, etc.) to report the news completely, accurately, and fairly?	Rating scale: 1 (none at all), 2, 3, 4, 5, 6 (extremely)

¹¹ This item was only displayed if only displayed if aff_self_positive = 1 (yes).

Emotional Impact		
[emo_intro_tx]	People often react very differently to major upheavals. To what extent have you found and do you find the experience with the COVID-19 pandemic:	
emo_impact_1_tx	Interesting?	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (extremely)
emo_impact_2_tx	Annoying?	”
emo_impact_3_tx	Frightening?	”
emo_impact_4_tx	Liberating?	”
emo_impact_5_tx	Exciting?	”
emo_impact_6_tx	Depressing?	”
emo_impact_7_tx	Boring?	”
[corona_intro_tx]	How worried have you been about:	
corona_worries_1_tx	Becoming infected?	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (extremely)
corona_worries_2_tx	Friends or family becoming infected?	”
corona_worries_3_tx	Your mental/emotional health being influenced by the coronavirus?	”
corona_positivechanges_tx	Has the COVID-19 pandemic in your region led to any positive or negative changes in your life?	Slider: 1 (very negative changes) - 10 (very positive changes)

corona_duration_tx	How much longer do you think the COVID-19 pandemic will last?	Multiple choice: 1 (less than six months), 2 (six months to one year), 3 (one to two years), 4 (more than two years)
Social Impact		
[soc_impact_intro_tx]	To what extent do you think the coronavirus will ultimately:	
soc_impact_1_tx	Bring people together?	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (extremely)
soc_impact_2_tx	Tear society apart?	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (extremely)
soc_impact_3_tx	To what extent have your personal contacts with people outside your home improved or worsened compared to before the COVID-19 pandemic?	Slider: 1 (much worsened) - 10 (much improved)
soc_impact_4_tx	How burdensome have the exit restrictions been for you?	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (extremely)
[soc_connection_intro_tx]	With respect to your social world, to what extent has the COVID-19 outbreak influenced how socially connected you feel to:	
soc_connection_1_tx	Your family?	Slider: 1 (much less connected) - 10 (much more connected)
soc_connection_2_tx	Your friends?	”
soc_connection_3_tx	The people in your workplace or school (e.g., co-workers, customers, clients, and fellow students)?	”
soc_connection_4_tx	Your country?	”

Vaccination		
vaccinated_tx	What is your current COVID-19 vaccination status where you live?	Multiple choice: 1 (I am officially considered fully vaccinated.), 2 (I am officially considered partially vaccinated.), 3 (I have not been vaccinated yet.)
vacc_transition_tx ¹²	I have recently been vaccinated with the vaccination required for full protection, but am still in the transition phase to be officially recognized as fully vaccinated.	Multiple choice: 1 (yes), 2 (no)
vacc_intention_second_tx ¹³	I would like to receive the follow-up vaccination.	Slider: 1 (definitely not) - 10 (definitely yes)
vacc_intention_tx ¹⁴	I want to get vaccinated.	Slider: 1 (definitely not) - 10 (definitely yes)
vaccinated_booster_tx ¹⁵	Did you already get a booster vaccination?	Multiple Choice: 1 (yes), 2 (no)
vacc_intention_booster_tx ¹⁶	I would like to receive a booster vaccination.	Slider: 1 (definitely not) - 10 (definitely yes)
vaccine_first_tx ¹⁵	Which vaccine did you get for your first vaccination?	Multiple Choice: 1 (Vaccination not (yet) received.), 2 (AstraZeneca/University of Oxford), 3 (Biontech/Pfizer (Comirnaty)), 4 (Johnson&Johnson), 5 (Moderna), 6 (Abdala (CIGB-66)), 7 (Ad5-nCov (CanSino Biologics)), 8 (BBIBP (Sinopharm)), 9 (Covacin (BBV152)),

¹² This item was only displayed if vaccinated = 2 (I am officially considered partially vaccinated.).

¹³ This item was only displayed if vaccinated = 2 (I am officially considered partially vaccinated.) and vacc_transition = 2 (no).

¹⁴ This item was only displayed if vaccinated = 3 (I have not been vaccinated yet.).

¹⁵ This item was only displayed if vaccinated = 1 (I am officially considered fully vaccinated.) or 2 (I am officially considered partially vaccinated.).

¹⁶ This item was only displayed if vaccinated_booster = 2 (no).

		10 (COVIran Bakarar (Shifa Pharmed)), 11 (Covishield), 12 (CoviVac), 13 (EpiVacCorona (Vector Institute)), 14 (Minhai COVID-19 Vaccine), 15 (QazCovid-In (Kazakhstan)), 16 (RBD-Dimer (Zhifei)), 17 (Sinovac (CoronaVac)), 18 (Sputnik Light), 19 (Sputnik V), 20 (Tak-919 (Takeda)), 21 (Vero Zellen (Sinopharm)), 22 (ZyCoV-D (Zydus Cadila))
vacc_time_first_tx ¹⁷	When did you get your first vaccination?	Multiple Choice: 1 (Vaccination not (yet) received.), 2 (December (2020)), 3 (January (2021)), 4 (February (2021)), 5 (March (2021)), 6 (April (2021)), 7 (May (2021)), 8 (June (2021)), 9 (July (2021)), 10 (August (2021)), 11 (September (2021)), 12 (October (2021)), 13 (November (2021)), 14 (December (2021)), 15 (January (2022)),

¹⁷ This item was only displayed if vaccinated = 1 (I am officially considered fully vaccinated.) or 2 (I am officially considered partially vaccinated.).

		16 (February (2022)), 17 (March (2022)), 18 (April (2022)), 19 (May (2022)), 20 (June (2022)), 21 (July (2022)), 22 (August (2022)), 23 (September (2022)), 24 (October (2022)), 25 (November (2022)), 26 (December (2022))
vaccine_second_tx ¹⁸	Which vaccine did you get for your second vaccination?	Multiple Choice (see vaccine_first)
vacc_time_second_tx ¹⁸	When did you get your second vaccination?	Multiple Choice (see vacc_time_first)
vaccine_third_tx ¹⁹	Which vaccine did you get for your third vaccination?	Multiple Choice (see vaccine_first)
vacc_time_third_tx ¹⁹	When did you get your third vaccination?	Multiple Choice (see vacc_time_first)
[vacc_reason_intro_tx]	How much do you agree with the following reasons for or against a COVID-19 vaccination?	
vacc_pro_reason_1_tx	Vaccination contributes to the fight against the pandemic.	Rating scale: 1 (disagree strongly), 2, 3, 4, 5, 6 (agree strongly)
vacc_pro_reason_2_tx	By being vaccinated, I get my rights back / benefit from freedoms.	”
vacc_pro_reason_3_tx	Vaccination gives me hope not to get sick myself.	”

¹⁸ This item was only displayed if vaccinated = 1 (I am officially considered fully vaccinated.) or 2 (I am officially considered partially vaccinated.).

¹⁹ This item was only displayed if vaccinated_booster = 1 (yes).

vacc_pro_reason_4_tx	The vaccination gives me hope not to infect others (the risk of infection is reduced).	Rating scale: 1 (disagree strongly), 2, 3, 4, 5, 6 (agree strongly)
vacc_contra_reason_1_tx	I worry about the long-term health consequences of the vaccination.	”
vacc_contra_reason_2_tx	I do not consider the vaccination to be effective against the COVID-19 disease.	”
vacc_contra_reason_3_tx	I consider the coronavirus harmless.	”
vacc_contra_reason_4_tx	I think that the vaccination is unnecessary when most of the rest of the population gets vaccinated.	”
vacc_contra_reason_5_tx	I distrust the pharmaceutical companies behind the vaccines.	”
vacc_envy_tx ²⁰	I find / found it unfair that I could not be (completely) vaccinated yet.	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (very strongly)
vacc_order_agree_tx	I can understand the order in which the vaccines are / were administered.	”
vacc_oblig_agree_tx	I support mandatory vaccination.	”
“Getting Back to Normal”		
[back_normal_intro_tx]	To what extent would you agree with the following statements?	
back_normal_1_tx	I am looking forward to being able to meet people more often in the future.	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (very strongly)

²⁰ This item was only displayed if vaccinated = 2 (I am officially considered partially vaccinated.) or 3 (I have not been vaccinated yet.).

back_normal_2_tx	I am looking forward to being able to enjoy my free time more in the future again.	Rating scale: 1 (not at all), 2, 3, 4, 5, 6 (very strongly)
back_normal_3_tx	I am afraid to be in large groups of people again.	”
back_normal_4_tx	I think that without the COVID-19 pandemic, I will be more stressed again.	”
back_normal_5_tx	I will prefer to spend more time at home even without restrictions.	”
back_normal_6_tx	I feel uncomfortable with going back to the way life was before the pandemic once it is over.	”
back_normal_7_tx	I don't think that there will be any more normality like there was before the COVID-19 pandemic.	”
back_normal_8_tx	I am worried that I will have less time for myself again after the pandemic.	”
back_normal_9_tx	I am looking forward to getting back into a normal work schedule like before the pandemic.	”
back_normal_10_tx	I am looking forward to being able to go on vacation again carefree.	”

Political Attitudes

General Attitudes

The items trust_general, satisfaction_democracy and political_efficacy1-4 were retrieved from

Roßteutscher, S., Schoen, H., Schmitt-Beck, R., Weßels, B., Wolf, C. Bieber, I., Stövsand, L-C., Dietz, M., Scherer, P. & Wagner, A. (2019): Vor- und Nachwahl-Querschnitt (Kumulation) (GLES 2017). GESIS Datenarchiv, Köln: ZA6802 Datenfile Version 3.0.1. [10.4232/1.13236](#)

As the publication provides items in German, they were translated into English.

trust_general_tx	Generally speaking: Do you think that most people can be trusted, or that you cannot be careful enough when dealing with other people?	Slider: 1 (you cannot be too careful) - 10 (most people can be trusted)
trust_government_tx	How much do you trust the government in your country?	Slider: 1 (do not trust at all) - 10 (trust fully)
trust_science_tx	How much do you trust scientific people and institutions?	Slider: 1 (do not trust at all) - 10 (trust fully)
satisfaction_democracy_tx	How satisfied are you - all in all - with the way democracy works in your country?	Slider: 1 (not at all satisfied) - 10 (very satisfied)
political_left_right_tx	How do you GENERALLY view your political attitudes, on a scale from extreme left to extreme right?	Slider: 1 (extreme left) - 10 (extreme right)
outgroup_quantity_tx	How much contact do you have with people in your country who belong to a different ethnic, religious, or national group than yourself?	Rating scale: 1 (none), 2, 3, 4, 5, 6 (very much)
outgroup_quality_tx	Overall, how would you rate your contact with people in your country who belong to a different ethnic, religious, or national group than yourself?	Slider: 1 (very negative) - 10 (very positive)
political_efficacy_1_tx	Political issues are often difficult for me to understand.	Slider: 1 (does not apply at all) - (10 fully applies)

political_efficacy_2_tx	The parties only want the votes, they are not interested in their voters' opinions.	Slider: 1 (does not apply at all) - (10 fully applies)
political_efficacy_3_tx	Today's problems are so complicated that politics can no longer solve them.	”
political_efficacy_4_tx	The world has become so confusing that one does not even know what to do next.	”
religiosity_tx	How religious do you consider yourself to be?	Slider: 1 (not at all religious) - 10 (very religious)
spirituality_tx	Regardless of whether you consider yourself religious: How spiritual do you consider yourself to be?	Slider: 1 (not at all spiritual) - 10 (very spiritual)
subjective_status_tx	Imagine a 10-step ladder that represents the social positions of the population in your country. Where would you place yourself and your own family on this ladder if 1 means 'at the bottom' and 10 means 'at the top'?	Slider: 1 (at the bottom) - 10 (at the top)
Threat Perception Towards Ethnic-Religious Minorities Landmann, H., Gaschler, R. & Rohmann, A. (2019). What is threatening about refugees? Identifying different types of threat and their association with emotional responses and attitudes towards refugee migration. <i>European Journal of Psychology</i> , 49(7). 10.1002/ejsp.2593		
threat_perception_1_tx	These people threaten the way of life and the values in our country.	Rating scale: 1 (strongly disagree), 2, 3, 4, 5, 6 (strongly agree)
threat_perception_2_tx	The values and beliefs of these people are incompatible with those of people in our country.	”
threat_perception_3_tx	The costs of integration programs for these people put a strain on our country.	”

threat_perception_4_tx	These people threaten the economic situation in our country.	Rating scale: 1 (strongly disagree), 2, 3, 4, 5, 6 (strongly agree)
threat_perception_5_tx	These people threaten the public safety in our country.	”
threat_perception_6_tx	Because of these people, there are more acts of violence in our country.	”

Perceived Societal Marginalization (WGM)

Bollwerk, M., Back, M., & Schlipphak, B. (2020). Perceived Societal Marginalization. Retrieved from osf.io/mu782/.

economic_marginalization_tx	The work of people like me is not valued enough by society.	Rating scale: 1 (strongly disagree), 2, 3, 4, 5, 6 (strongly agree)
political_marginalization_tx	Most politicians do not care what people like me think.	”
cultural_marginalization_tx	The values of people like me are becoming less and less important in society.	”
political_marginalization_2_tx	The problems of people like me are unimportant to most politicians.	”
economic_marginalization_2_tx	No matter how hard we work, people like me are not appreciated.	”
cultural_marginalization_2_tx	The customs, traditions, and manners of people like me are less and less appreciated.	”

Social Dominance Orientation (SDO short)

Ho, A. K., Sidanius, J., Kteily, N., Sheehy-Skeffington, J., Pratto, F., Henkel, K. E., Foels, R., & Stewart, A. L. (2015). The nature of social dominance orientation: Theorizing and measuring preferences for intergroup inequality using the new sdo7 scale. *Journal of Personality and Social Psychology*, 109(6), 1003–1028. [10.1037/pspi0000033](https://doi.org/10.1037/pspi0000033)

sdo_1_tx	An ideal society requires some groups to be on top and others to be on the bottom.	Rating scale: 1 (strongly oppose), 2 (somewhat oppose), 3 (slightly oppose), 4 (neutral), 5 (slightly favor), 6 (somewhat favor), 7 (strongly favor)
sdo_2_tx	Some groups of people are simply inferior to other groups.	”
sdo_3_tx	No single group should dominate in society.	”
sdo_4_tx	Groups at the bottom are just as deserving as groups at the top.	”
sdo_5_tx	Group equality should not be our primary goal.	”
sdo_6_tx	It is unjust to try to make groups equal.	”
sdo_7_tx	We should do what we can to equalize conditions for different groups.	”
sdo_8_tx	We should work to give all groups an equal chance to succeed.	”

Right-Wing Authoritarianism (KSA-3)

Nießen, D., Schmidt, I., Beierlein, C., & Lechner, C.M. (2019). An English-language adaptation of the Authoritarianism Short Scale (KSA-3). Zusammenstellung sozialwissenschaftlicher Items und Skalen (ZIS). [10.6102/zis272](https://www.zis.de/Item/10.6102/zis272)

ksa3_1_tx	We should take strong action against misfits and slackers in society.	Rating scale: 1 (do not agree at all), 2 (hardly agree), 3 (somewhat agree), 4 (mostly agree), 5 (completely agree)
ksa3_2_tx	Troublemakers should really be made to feel that they are not welcome in society.	”
ksa3_3_tx	Societal rules should be enforced without pity.	”
ksa3_4_tx	We need strong leaders so that we can live safely in society.	”
ksa3_5_tx	People should leave important societal decisions up to leader figures.	”
ksa3_6_tx	We should be grateful for leaders telling us exactly what we can do.	”
ksa3_7_tx	Traditions should definitely be maintained and kept alive.	”
ksa3_8_tx	Well-established behaviors should not be questioned.	”
ksa3_9_tx	It's always best to do things the usual way.	”

Conspiracy Mentality + COVID-Related Items

CMQ: Bruder, M., Haffke, P., Neave, N., Nouripanah, N., & Imhoff, R. (2013). Measuring individual differences in generic beliefs in conspiracy theories across cultures: Conspiracy mentality questionnaire. *Frontiers in Psychology*, 4, 225. [10.3389/fpsyg.2013.00225](https://doi.org/10.3389/fpsyg.2013.00225)

cmq_1_tx	I think that many very important things happen in the world that the public never gets informed about.	Slider: 1 (certainly not) -10 (certainly)
cmq_2_tx	I think that politicians usually do not tell us the true motives for their decisions.	”
cmq_3_tx	I think that government agencies closely monitor all citizens.	”
cmq_4_tx	I think that events which superficially seem to lack a connection are often the result of secret activities.	”
cmq_5_tx	I think that there are secret organizations that greatly influence political decisions.	”
covid_1_tx	I think that the coronavirus was grown in a laboratory.	”
covid_2_tx	I think that the COVID-19 vaccines contain dangerous and/or manipulative substances.	”
covid_3_tx	I think that the COVID-19 pandemic is a pretext to impose oppressive measures.	”
covid_4_tx	I think that global organizations are responsible for the Corona pandemic.	”

3.2 ESM-EVENTS

Variable Name	Item	Response Format
Momentary Context		
situation_type	During the LAST HOUR I did the following activities (tick all that apply).	Multiple response: 1 (Productive activity (work, learning, etc.)), 2 (Routine activity (household, eating, shopping, getting around, etc.)), 3 (Physical activity (sports, yoga, etc.)), 4 (Relaxation (sleeping, watching TV, reading, walking, etc.)), 5 (Creative activities (playing a musical instrument, writing, photography, etc.))
social_interaction	Did you interact with other people during the LAST HOUR? A social interaction can be defined as an exchange between two or more people that lasts at least 5 minutes. This includes both direct interactions in person and interactions on a smartphone or computer (e.g., talking on the phone, texting, chatting, social media).	Multiple choice: 1 (yes), 2 (no)
interaction_quantity ²¹	How many people did you interact with during the LAST HOUR?	Open question
[social_interaction_info] ²¹	Please describe your LAST social interaction below....	
selection_medium ²¹	The interaction took place as follows (tick all that apply):	Multiple response: 1 (in-person conversation), 2 (conversation on the phone), 3 (SMS / chat (e.g., WhatsApp)), 4 (email), 5 (video call (e.g., Zoom)), 6 (via other methods)

²¹ This item was only displayed if social interaction = 1 (yes).

Variable Name	Item	Response Format
selection_partners ²²	I have interacted with the following people (tick all that apply):	Multiple response: 1 (work colleague(s) (supervisors, other employees, etc.)), 2 (family member(s) (parents, grandparents, siblings, etc.)), 3 (friend(s)), 4 (partner(s)), 5 (own child(ren)), 6 (acquaintance(s)), 7 (flatmate(s)), 8 (stranger(s)), 9 (other)
selection_topics ²²	We talked about the following topics (tick all that apply):	Multiple response: 1 (work), 2 (training / studies / other education), 3 (leisure activities / interests), 4 (other people), 5 (personal issues / problems), 6 (COVID-19), 7 (politics), 8 (other topics), 9 ²³ (war in Ukraine)
shared_reality ²²	My interaction partner(s) and I shared the same thoughts and feelings about the topic.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
shared_personality ²²	My interaction partner(s) and I had a similar personality.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
social_support ²²	My interaction partner(s) supported me emotionally.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
interaction_depth ²²	How superficial vs. profound was the interaction?	Slider: 1 (very superficial) - 10 (very profound)
interaction_closeness ²²	How well did you know your interaction partner(s)?	Slider: 1 (not at all) - 10 (very well)

²² This item was only displayed if social interaction = 1 (yes).

²³ This choice was added in March 2022.

Variable Name	Item	Response Format
evaluation_self ²⁴	How were your feelings towards your interaction partner(s)?	Slider: 1 (very negative) - 10 (very positive)
evaluation_other ²⁴	How were the feelings of your interaction partner(s) towards you?	Slider: 1 (very negative) - 10 (very positive)
evaluation_interaction ²⁴	How positive or negative was the interaction overall?	Slider: 1 (very negative) - 10 (very positive)
interaction_duration ²⁴	How long did the interaction last?	Multiple choice: 1 (5-15 minutes), 2 (16-30 minutes), 3 (31-60 minutes), 4 (over 60 minutes)
Intergroup Contact		
interaction_group ²⁴	Did your interaction partner(s) belong to a different ethnic, religious, or national group than you?	Multiple choice: 1 (yes), 2 (no), 3 (not sure)
shared_group ²⁵	The groups my interaction partner(s) and I belonged to are similar.	Rating scale: 1 (Does not apply at all), 2, 3, 4, 5, 6 (Applies totally)
interaction_gender ²⁴	To which gender did your interaction partner(s) belong? (tick all that apply)	Multiple response: 1 (Male), 2 (Female), 3 (Diverse), 4 (Not sure)
corumination_general ²⁴	To what extent did you and/or your interaction partner(s) talk about your bad moods and/or something that bothers one / both/ all of you?	Rating scale: 1 (None at all), 2, 3, 4, 5, 6 (Extremely)
corumination_reappraisal ²⁶	The others' perspective helped us to see things in a different light.	Rating scale: 1 (not agree at all), 2, 3, 4, 5, 6 (agree completely)

²⁴ This item was only displayed if social_interaction = 1 (yes).

²⁵ This item was only displayed if interaction_group = 1 (yes).

²⁶ This item was only displayed if corumination_general > 1.

Variable Name	Item	Response Format
corumination_cobrooding ²⁷	We complained or vented about the same things over and over again.	Rating scale: 1 (not agree at all), 2, 3, 4, 5, 6 (agree completely)
[personality_info] ²⁷	Please indicate below to what extent you would agree or disagree with the following statements in relation to the interaction:	
state_e1 ²⁷	I acted sociable.	Rating scale: 1 (not agree at all), 2, 3, 4, 5, 6 (agree completely)
state_e2 ²⁷	I acted assertive.	”
state_a1 ²⁷	I acted friendly.	”
state_a2 ²⁷	I acted humble.	”
[activity_info] ²⁸	Please describe your LAST individual activity below....	
activity_type ²⁸	What exactly was the last individual activity you carried out?	Multiple choice: 1 (participating in virtual meetings or events), 2 (working / studying), 3 (surfing the Internet), 4 (using social media), 5 (commuting, traveling), 6 (household, running errands), 7 (physical activity, sports), 8 (watching TV / films, reading, playing (internet) games), 9 (other education (e.g., online course, tutorials, workshop)), 10 (creative activities (e.g., playing a musical instrument, singing, painting, photography)), 11 (resting, doing nothing), 12 (informing myself about COVID-19), 13 (eating, drinking),

²⁷ This item was only displayed if corumination_general > 1.

²⁸ This item was only displayed if social_interaction = 2 (no).

Variable Name	Item	Response Format
		14 (other), 15 ²⁹ (inform myself about the war in Ukraine)
activity_place ³⁰	Where did you carry out this activity?	1 (bar, party), 2 (café, restaurant), 3 (house of friends), 4 (university campus, library), 5 (sports centre, gym), 6 (home), 7 (religious institution), 8 (supermarket, shop, mall), 9 (work (not your home office)), 10 (vehicle), 11 (outdoors, park or nature), 12 (other)
activity_duration ³⁰	How long did you do the activity?	Multiple choice: 1 (1-15 minutes), 2 (16-30 minutes), 3 (31-60 minutes), 4 (over 60 minutes)
[rating_info] ³⁰	Please indicate below to what extent you would agree or disagree with these statements in relation to the activity:	
fun ³⁰	I enjoyed the activity.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
fit_personality ³⁰	The activity suited my personality.	”
fit_strain ³⁰	The activity neither over- nor under-challenged me.	”
intellectual ³⁰	The activity stimulated me intellectually.	”
typical ³⁰	The activity was unusual for me.	”
positive ³⁰	I perceived the activity as positive.	”

²⁹ This choice was added in March 2022.

³⁰ This item was only displayed if social_interaction = 2 (no).

Variable Name	Item	Response Format
goal_oriented ³¹	The activity was about completing a task.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
autonomy ³¹	I was completely self-determined during the activity.	”
mentally_taxing ³¹	The activity was mentally demanding.	”
physically_taxing ³¹	The activity was physically demanding.	”
concentrated ³¹	I was fully concentrated.	”
flow ³¹	I was in flow.	”
productivity ³¹	I was productive / got things done.	”
procrastination ³¹	I have been putting off tasks.	”
Momentary Well-Being		
state_na_1	I felt angry.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
state_na_2	I felt anxious.	”
state_na_3	I felt sad.	”
state_pa_1	I felt happy.	”

³¹ This item was only displayed if social_interaction = 2 (no).

Variable Name	Item	Response Format
state_pa_2	I felt excited.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
state_pa_3	I felt relaxed.	”
state_social_wb_1	I felt lonely.	”
state_social_wb_2	I felt valued and accepted by others.	”
state_sw1	I felt satisfied with myself.	”
state_vf	I acted in accordance with my values.	”
state_vc	Two or more of my values conflicted with each other.	”
state_auth	I felt in tune with my "true self".	”
energy	My energy level was high.	”
State Personality		
state_o_1	I was imaginative.	Rating scale: 1 (not agree at all), 2 (disagree), 3 (somewhat disagree), 4 (somewhat agree), 5 (agree), 6 (agree completely)
state_o_2	I was curious.	”

3.3 DAILY STATES

Variable Name	Item	Response Format
COVID-Related Items		
infected	Did you test positive for COVID-19 today and/or are you currently infected for sure?	Multiple choice: 1 (yes), 2 (no)
symptoms ³²	Which of the following symptoms do you have?	Multiple response: 1 (cough), 2 (common cold), 3 (fever), 4 (impaired sense of smell or taste), 5 (sore throat), 6 (shortness of breath), 7 (headache and aching of limbs), 8 (other symptoms), 9 (no symptoms)
concerns_infect ³²	How afraid were you today of infecting another person with the coronavirus?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)
vaccinated ³³	Have you been vaccinated today?	Multiple choice: 1 (yes), 2 (no)
vaccinated_somptoms ³⁴	Which of the following side effects did you experience?	Multiple response: 1 (fatigue/tiredness), 2 (headache), 3 (swelling of the lymph nodes), 4 (vomiting), 5 (chills), 6 (fever), 7 (aching limbs), 8 (no side effects)
concerns_self ³³	How high was your fear today of contracting the coronavirus?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)
concerns_other	How afraid were you today that friends or family members will become infected with the coronavirus?	Rating scale: 1 (very low), 2, 3, 4, 5, 6 (very high)

³² This item was only displayed if infected = 1 (yes).

³³ This item was only displayed if infected = 2 (no).

³⁴ This item was only displayed if vaccinated = 1 (yes).

Variable Name	Item	Response Format
optimism_development ³⁵	I think that the crisis will be over soon.	Rating scale: 1 (Strongly disagree), 2, 3, 4, 5, 6 (Strongly agree)
optimism_society ³⁶	I think that as a society, we will emerge stronger from the crisis.	Rating scale: 1 (Strongly disagree), 2, 3, 4, 5, 6 (Strongly agree)
satisfaction_politics	How satisfied were you today with the policy regarding the COVID-19 crisis?	Rating scale: 1 (very dissatisfied), 2, 3, 4, 5, 6 (very satisfied)
ukraine_worries ³⁷	Today, I was worried about the war in Ukraine.	Rating Scale: 1 (strongly disagree), 2, 3, 4, 5, 6 (strongly agree)
satisfaction_politics_ukraine ³⁷	How content were you with the politics of your country concerning the war in Ukraine today?	Rating Scale: 1 (very dissatisfied), 2, 3, 4, 5, 6 (very satisfied)
quarantine	Are you in quarantine today?	Multiple choice: 1 (yes), 2 (no)
Work-Related (Study-Related) Items		
home_office_1	Did you work/study from home today? (Home Office)	Multiple choice: 1 (yes), 2 (no)
home_office_2 ³⁸	Were you required to work from home?	Multiple choice: 1 (Yes), 2 (No, I decided to do that on my own), 3 (No, I always work from home)

³⁵ This item was changed to 'I think that the COVID-19 crisis will be over soon' after the items about the war in Ukraine had been added to clarify what crisis is referred to.

³⁶ This item was changed to 'I think that as a society we will emerge stronger from the COVID-19 crisis' after the items about the war in Ukraine had been added to clarify which crisis is referred to.

³⁷ This item was added to the survey in March 2021.

³⁸ This item was only displayed if home_office1 = 1 (yes).

Outgroup-Related Items		
prejudices_outgroup	How positive vs. negative have you been towards people that belong to a different ethnic, religious, or national group than yourself today?	Slider: 1 (very negative) - 10 (very positive)
prejudices_general	How positive or negative have you felt towards people in your country in general today?	Slider: 1 (very negative) - 10 (very positive)
threat_outgroup	How threatened have you felt by people that belong to a different ethnic, religious, or national group than yourself today?	Slider: 1 (not at all threatened) - 10 (extremely threatened)
threat_general	How threatened have you felt by people in your country in general today?	Slider: 1 (not at all threatened) - 10 (extremely threatened)
similarity_outgroup	How similar have you felt to people that belong to a different ethnic, religious, or national group than yourself today?	Slider: 1 (not at all similar) - 10 (extremely similar)
similarity_general	How similar have you felt to people in your country in general today?	Slider: 1 (not at all similar) - 10 (extremely similar)
Items for Feedback		
fall_asleep	What time did you fall asleep last night?	Open question in the format hh:mm
waking_up	What time did you wake up this morning?	Open question in the format hh:mm
sleep_quality	How would you rate the quality of your sleep last night?	Rating scale: 1 (very poor), 2, 3, 4, 5, 6 (very good)

3.4 T2 TRAIT SURVEY

The T2 trait survey is identical with the T1 trait survey, except for an altered demographic questionnaire and a few additional items.

The Polish study also contained an additional questionnaire since March 30th 2022 that was implemented after the IPA questionnaire.

Variable Name	Item	Response Format
Demographics		
quantity_household_t2	How many people (including yourself) live in your household?	Open question: integer
relationship_household_t2 ³⁹	Who lives in your household with you? Select all appropriate categories:	Multiple response: 1 (roommates), 2 (friends), 3 (partner), 4 (parents), 5 (son/daughter), 6 (other family members)
educational_attainment_t2	Please indicate your highest educational qualification obtained:	Multiple choice: 1 (no qualification), 2 (primary education), 3 (lower secondary education (not qualifying for university studies)), 4 (higher secondary education (qualifying for university studies)), 5 (bachelor's degree), 6 (master's degree / diploma / state examination), 7 (doctorate or PhD)
professional_status_t2	Please state your current professional status:	Multiple choice: 1 (in school education), 2 (in study), 3 (in vocational training), 4 (in full-time employment), 5 (in part-time employment), 6 (entrepreneur / self-employment), 7 (in full-time parental or care leave / full-time housewife/househusband), 8 (not in employment / looking for work), 9 (retired)

³⁹ This item was only displayed if quantity_household[_t2] > 1.

Variable Name	Item	Response Format
entrepreneur_status_t2 ⁴⁰	You indicated that you are an entrepreneur / self-employed. To what category would you assign yourself?	Multiple choice: 1 (full-time entrepreneur/self-employed with own employees), 2 (full-time entrepreneur/self-employed without own employees), 3 (part-time entrepreneur/self-employed with own employees), 4 (part-time entrepreneur/self-employed without own employees)
course_of_study_t2 ⁴¹	Please indicate the type of degree program in which you are enrolled:	Multiple choice: 1 (bachelor), 2 (master), 3 (diploma), 4 (state examination), 5 (other)
semester_t2 ⁴¹	Semester of study:	Open question: integer
field_of_study_t2 ⁴¹	Subject of study:	Open question
side_job_t2 ⁴¹	Do you have a side job alongside your studies?	Multiple choice: 1 (yes), 2 (no)
Peak-End Rule Related Items		
[instructions]	Please indicate to what extent you agree with the following statements.	
aggr1_state_na1_t2	Over the course of the last four weeks, I have felt anxious.	Multiple Choice: 1 (I strongly disagree), 2 (I disagree), 3 (I rather disagree), 4 (I rather agree), 5 (I agree), 6 (I strongly agree)
aggr1_state_pa1_t2	Over the course of the last four weeks, I have felt happy.	”

⁴⁰ This item was only displayed if professional_status[_t2] = 6 (entrepreneur / self-employment).

⁴¹ This item was only displayed if professional status[_t2] = 2 (in study).

Variable Name	Item	Response Format
aggr1_state_energy_t2	Over the course of the past four weeks, my energy levels have been high.	”
aggr1_evaluation_interaction_t2	Overall, how positive or negative have your social interactions been over the past four weeks?	Slider: 1 (very negative) - 10 (very positive)
[instructions2]	Over the past four weeks, you have regularly shared how you felt following a social interaction or individual activity. What would you say was your average response to the following statements?	
aggr2_state_na2_t2	I felt anxious.	Multiple Choice: 1 (I strongly disagree), 2 (I disagree), 3 (I rather disagree), 4 (I rather agree), 5 (I agree), 6 (I strongly agree)
aggr2_state_pa1_t2	I felt happy.	”
aggr2_state_energy_t2	My energy level was high.	”
aggr2_evaluation_interaction_t2	How was the interaction overall – positive or negative?	Slider: 1 (very negative) - 10 (very positive)
Additional items		
raffle_t2	Do you want to take part in the raffle?	Multiple choice: 1 (yes), 2 (no)
charity_t2	To which aid organization should we donate 1€ for your participation?	Multiple choice: 1 (Médecins Sans Frontières (MSF)), 2 (WWF), 3 (Save the Children), 4 (I don't want you to donate to any of these organizations)

Variable Name	Item	Response Format
legit_t2	Lastly, please indicate whether you have answered the questions in this survey conscientiously (this does not affect your chances in the raffle or similar).	Multiple choice: 1 (Yes, I answered the questions conscientiously), 2 (No, I did not answer the questions conscientiously)

3.5 FEEDBACK-SURVEY

Variable Name	Item	Response Format
fb_count	How many feedback emails did you receive as part of the study?	Multiple choice: 1 (1), 2 (2), 3 (3), 4 (4)
fb_info	How much do you agree or disagree with the following statements?	Rating scale: 1 (Strongly disagree), 2 (Disagree), 3 (Somewhat disagree), 4 (Somewhat agree), 5 (Agree), 6 (Strongly agree)
fb_motivation	The feedback motivated me to take part in the study.	”
fb_increase_motivation	It motivated me that the amount of feedback increased over the course of the study.	”
fb_accurate	I found the feedback to be accurate.	”
fb_helpful	I found the feedback helpful.	”
fb_interesting	I found the feedback interesting.	”
fb_own	I am interested in feedback and profiling of my person.	”
fb_comparison	I am interested in comparing my feedback to that of other participants in the study.	”
fb_influence	The feedback influenced my behavior.	”
fb_privacy	I had privacy concerns	”

Variable Name	Item	Response Format
fb_frequency	I rate the frequency of the feedback as:	Multiple choice: 1 (Far too often), 2 (A little too often), 3 (Just right), 4 (A little too rare), 5 (Far too rare)
fb_categories	Feedback on these categories was particularly appealing to me:	Multiple response: 1 (Sleep times), 2 (Sleep quality and energy level), 3 (Situations), 4 (The comparison to other participants), 5 (Personality profile), 6 (Coping strategies), 7 (Emotional experience)
fb_ideas	Based on the feedback given: Are there any other aspects that would have interested you? If yes, please indicate which:	Open question

4 APPENDIX

Appendix A Answer choices for country

1 (Afghanistan)	28 (Burma)	55 (Equatorial Guinea)	82 (Iraq)
2 (Albania)	29 (Burundi)	56 (Eritrea)	83 (Ireland)
3 (Algeria)	30 (Cabo Verde)	57 (Estonia)	84 (Israel)
4 (Andorra)	31 (Cambodia)	58 (Eswatini)	85 (Italy)
5 (Angola)	32 (Cameroon)	59 (Ethiopia)	86 (Jamaica)
6 (Antigua and Barbuda)	33 (Canada)	60 (Fiji)	87 (Japan)
7 (Argentina)	34 (Central African Republic)	61 (Finland)	88 (Jordan)
8 (Armenia)	35 (Chad)	62 (France)	89 (Kazakhstan)
9 (Australia)	36 (Chile)	63 (Gabon)	90 (Kenya)
10 (Austria)	37 (China)	64 (Gambia)	91 (Kiribati)
11 (Azerbaijan)	38 (Colombia)	65 (Georgia)	92 (North Korea)
12 (Bahamas)	39 (Comoros)	66 (Germany)	93 (South Korea)
13 (Bahrain)	40 (Congo (Brazzaville))	67 (Ghana)	94 (Kosovo)
14 (Bangladesh)	41 (Congo (Kinshasa))	68 (Greece)	95 (Kuwait)
15 (Barbados)	42 (Costa Rica)	69 (Grenada)	96 (Kyrgyzstan)
16 (Belarus)	43 (Côte d'Ivoire)	70 (Guatemala)	97 (Laos)
17 (Belgium)	44 (Croatia)	71 (Guinea)	98 (Latvia)
18 (Belize)	45 (Cuba)	72 (Guinea-Bissau)	99 (Lebanon)
19 (Benin)	46 (Cyprus)	73 (Guyana)	100 (Lesotho)
20 (Bhutan)	47 (Czech Republic)	74 (Haiti)	101 (Liberia)
21 (Bolivia)	48 (Denmark)	75 (Holy See)	102 (Libya)
22 (Bosnia and Herzegovina)	49 (Djibouti)	76 (Honduras)	103 (Liechtenstein)
23 (Botswana)	50 (Dominica)	77 (Hungary)	104 (Lithuania)
24 (Brazil)	51 (Dominican Republic)	78 (Iceland)	105 (Luxembourg)
25 (Brunei)	52 (Ecuador)	79 (India)	106 (Madagascar)
26 (Bulgaria)	53 (Egypt)	80 (Indonesia)	107 (Malawi)
27 (Burkina Faso)	54 (El Salvador)	81 (Iran)	108 (Malaysia)

109 (Maldives)	131 (North Macedonia)	153 (Saudi Arabia)	176 (Togo)
110 (Mali)	132 (Norway)	154 (Senegal)	177 (Tonga)
111 (Malta)	133 (Oman)	155 (Serbia)	178 (Trinidad and Tobago)
112 (Marshall Islands)	134 (Pakistan)	156 (Seychelles)	179 (Tunisia)
113 (Mauritania)	135 (Palau)	157 (Sierra Leone)	180 (Turkey)
114 (Mauritius)	136 (Panama)	158 (Singapore)	181 (Turkmenistan)
115 (Mexico)	137 (Papua New Guinea)	159 (Slovakia)	182 (Tuvalu)
116 (Federated States of Micro- nesia)	138 (Paraguay)	160 (Slovenia)	183 (Uganda)
117 (Moldova)	139 (Peru)	161 (Solomon Islands)	184 (Ukraine)
118 (Monaco)	140 (Philippines)	162 (Somalia)	185 (United Arab Emirates)
119 (Mongolia)	141 (Poland)	163 (South Africa)	186 (United Kingdom)
120 (Montenegro)	142 (Portugal)	164 (South Sudan)	187 (United States of America)
121 (Morocco)	143 (Qatar)	165 (Spain)	188 (Uruguay)
122 (Mozambique)	144 (Romania)	166 (Sri Lanka)	189 (Uzbekistan)
123 (Namibia)	145 (Russia)	167 (Sudan)	190 (Vanuatu)
124 (Nauru)	146 (Rwanda)	168 (Suriname)	191 (Venezuela)
125 (Nepal)	147 (Saint Kitts and Nevis)	169 (Sweden)	192 (Vietnam)
126 (Netherlands)	148 (Saint Lucia)	170 (Switzerland)	193 (Yemen)
127 (New Zealand)	149 (Saint Vincent and the Gren- adines)	171 (Syria)	194 (Zambia)
128 (Nicaragua)	150 (Samoa)	172 (Tajikistan)	195 (Zimbabwe)
129 (Niger)	151 (San Marino)	173 (Tanzania)	
130 (Nigeria)	152 (Sao Tome and Principe)	174 (Thailand)	
		175 (Timor-Leste)	

APPENDIX B

EXAMPLE OF FINAL FEEDBACK

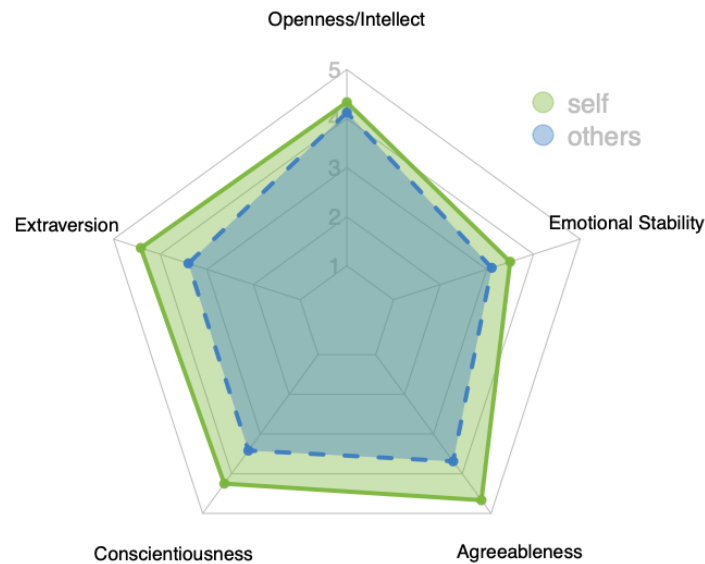
Your personality profile

What is it about?

At the beginning of the study, we gave you a set of statements and asked you to indicate the extent to which they applied to you (e.g., “I tend to be quiet” or “I tend to be messy”). This questionnaire was designed to assess your **personality traits**.

Personality is a very important topic in psychology. Because a person’s personality is very complex, psychology uses models to explain human personality as simply as possible. The best researched personality model is the “Big Five” model. As the name suggests, it is based on five main traits: Openness, Conscientiousness, Extraversion, Agreeableness and Emotional Stability. These are described in detail on the next page.

In the following chart, you can see your score for each of the five personality traits (1 = low expression, 5 = high expression) as well as the mean value across all individuals for comparison.



Your happiness level over the course of the study

In the following chart, you can first see how your happiness level has developed over time. Take another look at your calendar and see if you can associate any sharp upward or downward outliers with specific events!

For comparison, we've also provided you with average data from the other study participants:

