

COVID-19 PANDEMIC IMPACT ON BEHAVIOR

This is a list of potential actions we want to know if you have taken to reduce your risk of exposure to COVID-19. You can say "most or all of the time," "sometimes." or "rarely or never."

can say "most or all of the time," "sometimes," or "rarely or never."	Most/All	Rarely/	
	Times	Sometimes	Never
Staying at home	0	0	0
Avoiding contact with people outside of my home	0	0	0
Washing hands and/or using sanitizer frequently	0	0	0
Staying at least 6 feet away from others	0	0	0
Avoiding large gatherings	0	0	0
Avoiding eating indoors at restaurants/bars	0	0	0
Cancelled planned travel	0	0	0
Wearing a face mask	0	0	0
Not shaking hands or touching people	0	0	0
Not going to work	0	0	0
Wiping down surfaces with disinfectant	0	0	0

C4R Questionnaire | Prepared by MESA December 30, 2020 Page 18 of 24



We would like to know how your activity may have changed since the start of the pandemic in March 2020.

Activity	In the 3 months prior to the pandemic (January to March 2020), did you regularly do this activity?		Are you doing this activity now?		If yes-prior and yes-now: Compared to before the pandemic, are you doing this more, less, or the same amount?			
	No	Yes	No	Yes	More	Less	Same amount	
Walking for exercise	0	0	0	0	0	0	0	
Vigorous activities (like running)	0	0	0	0	0	0	О	
Watching shows or movies	0	0	0	0	0	0	O	If doing this activity now, how much?
Drinking alcoholic beverages	0	0	0	0	0	0	0	drinks/week
Smoking cigarettes	0	0	0	0	О	0	0	cigarettes/day
E-cigarettes (vaping)	0	0	0	0	О	0	0	e-cigarettes/day
Using medical or recreational marijuana/ cannabis	0	0	0	0	О	0	0	uses/week

During the pandemic, are you generally eating and snacking more, less, or the same?

- O More
- O Less
- O Same amount



Has your weight changed since March 2020?

0	Gained weight					
0	Lost weight					
0	No change in weight					
Were	you trying to change your weight si	ince March 2020)?			
0	Yes					
0	No					
How d	oes your general health compare t	o before the par	ndemic?			
0	Better					
0	Worse					
0	About the same					
During	the pandemic, are you generally s	leening more le	ss or the same	.2		
_		reeping more, re	ss, or the same	::		
0	More					
O	Less					
0	Same amount					
	Same amount questions ask about your sleep hal	bits. Pick the ans	swer that best o	describes how oft	en you experier	nced the situation
These						
These	questions ask about your sleep hal	bits. Pick the ans No, not in past 4 weeks	wer that best on Yes, less than once a week	describes how oft Yes, 1 or 2 times a week	en you experier Yes, 3 or 4 times a week	nced the situation Yes, 5 or more times a week
These over th	questions ask about your sleep hal	No, not in	Yes, less than	Yes, 1 or 2	Yes, 3 or 4	Yes, 5 or more
These over the Did yo	questions ask about your sleep hal ne PAST 4 WEEKS.	No, not in past 4 weeks	Yes, less than once a week	Yes, 1 or 2 times a week	Yes, 3 or 4 times a week	Yes, 5 or more times a week
These over the Did yo Did yo Did yo	questions ask about your sleep hal ne PAST 4 WEEKS. u have trouble falling asleep?	No, not in past 4 weeks	Yes, less than once a week	Yes, 1 or 2 times a week	Yes, 3 or 4 times a week	Yes, 5 or more times a week
These over the Did yo Did yo Did yo plan Did yo	questions ask about your sleep hal he PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you	No, not in past 4 weeks O	Yes, less than once a week O	Yes, 1 or 2 times a week	Yes, 3 or 4 times a week	Yes, 5 or more times a week O
These over the Did yo Did yo Did yo plan Did yo	questions ask about your sleep hal he PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you ned to? u have trouble falling back asleep	No, not in past 4 weeks O O	Yes, less than once a week O O	Yes, 1 or 2 times a week O O	Yes, 3 or 4 times a week O O	Yes, 5 or more times a week O O
These over the Did you Did you plan Did you after	questions ask about your sleep hal he PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you ned to? u have trouble falling back asleep	No, not in past 4 weeks O O O Very sound or	Yes, less than once a week O O O Sound or	Yes, 1 or 2 times a week O O O	Yes, 3 or 4 times a week O O O	Yes, 5 or more times a week O O O
These over the Did you Did you plan Did you after Overal over During	questions ask about your sleep hale PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you ned to? u have trouble falling back asleep you woke up too early? Il, was your typical night's sleep the past 4 weeks the past 12 months, have you exp	No, not in past 4 weeks O O O Very sound or restful O	Yes, less than once a week O O O Sound or restful O	Yes, 1 or 2 times a week O O O O Average quality O	Yes, 3 or 4 times a week O O O Restless O	Yes, 5 or more times a week O O O O Very restless O
These over the Did you bid you plan Did you after Overal over During worse	questions ask about your sleep hale PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you ned to? u have trouble falling back asleep you woke up too early? Il, was your typical night's sleep the past 4 weeks It the past 12 months, have you exp?	No, not in past 4 weeks O O O Very sound or restful O	Yes, less than once a week O O O Sound or restful O	Yes, 1 or 2 times a week O O O O Average quality O	Yes, 3 or 4 times a week O O O Restless O	Yes, 5 or more times a week O O O O Very restless O
These over the Did you bid you plan Did you after Overal over During worse	questions ask about your sleep hale PAST 4 WEEKS. u have trouble falling asleep? u wake up several times at night? u wake up earlier than you ned to? u have trouble falling back asleep you woke up too early? Il, was your typical night's sleep the past 4 weeks the past 12 months, have you exp	No, not in past 4 weeks O O O Very sound or restful O	Yes, less than once a week O O O Sound or restful O	Yes, 1 or 2 times a week O O O O Average quality O	Yes, 3 or 4 times a week O O O Restless O	Yes, 5 or more times a week O O O O Very restless O

C4R Questionnaire | Prepared by MESA December 30, 2020 Page 20 of 24