

Mental health

Since the last week:

12.1.	I get angry frequently with slight provocation.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.2.	Does this happen more or less since the start of the COVID-19 social distancing measures?	A lot more More About the same Less A lot less
12.3.	I have felt frustrated with things in general.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.4.	Does this happen more or less since the start of the COVID-19 social distancing measures?	A lot more More About the same Less A lot less
12.5.	I have felt bored.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.6.	Does this happen more or less since the start of the COVID-19 social distancing measures?	A lot more More About the same Less A lot less
12.7.	I have worried about my financial situation.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.8.	Does this happen more or less since the start of the COVID-19 social distancing measures?	A lot more More About the same Less A lot less
General:		
12.9.	I feel frustrated because of the COVID-19 restrictions	Totally agree Agree Agree nor disagree Disagree Totally disagree

12.10.	I am confused about what I can or cannot do due to COVID-19.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.11.	I am afraid to acquire COVID-19.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.12.	I experience obsessive or compulsive behaviors with regards to hand washing.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.13.	I am afraid of touching items outside my house.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.14.	I cannot stop thinking about the COVID-19 epidemic.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.15.	I have nightmares about the current situation.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.16.	I feel that there is enough protective gear (gloves, mouth masks, sterilizing alcohol) available for me.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.17.	I feel the Government fails to provide enough, adequate and true information concerning the COVID-19 outbreak.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.18.	If I have to sneeze or cough in my household, I try to hide this from the people around me.	Totally agree Agree Agree nor disagree Disagree Totally disagree
12.19.	If I would be outside and I would have to sneeze or cough, I would try to hide this from the people around me.	Totally agree Agree Agree nor disagree Disagree Totally disagree

12.20.	How would you rate your overall mental health	Poor Fair Good Very good Excellent
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In the past two weeks, how often have you been bothered by...

12.21.	...feeling down, depressed or hopeless?
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12.22.	Does this happen more or less since the start of the lockdown?
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