CHANGES IN YOUR WELLBEING

1. DURING the COVID-19 outbreak, in a typical week, how often have you felt lonely?
   - Every day
   - Most days
   - Some days
   - Rarely
   - Never

2. Is this more often, less often or about the same as a typical week before the COVID-19 outbreak started?
   - More often
   - Less often
   - About the same

3. DURING the COVID-19 outbreak, in a typical week, how often have you felt you couldn't get any time to yourself?
   - Every day
   - Most days
   - Some days
   - Rarely
   - Never

4. Is this more often, less often or about the same as a typical week before the COVID-19 outbreak started?
   - More often
   - Less often
   - About the same
5. DURING the COVID-19 outbreak, in a typical week, how would you rate the quality of your sleep?

☐ Good; I fall asleep within 30 minutes most nights and if I wake up I go back to sleep easily.
☐ Fair; It usually takes me more than 30 minutes to fall asleep or if I wake up I have a hard time going back to sleep.
☐ Poor; I am sleeping very little for short amounts of time.

6. Is this better, worse, or about the same as a typical week before the COVID-19 outbreak started?

☐ Sleep better
☐ Sleep worse
☐ About the same

7. DURING the COVID-19 outbreak, in a typical week, how worried or anxious have you felt about the outbreak?

☐ Not at all
☐ Mild; I worry about it on some days.
☐ Moderate; I worry about it some of the time on more than half the days.
☐ Severe; I worry about it nearly every day, during the day and at night.

8. DURING the COVID-19 outbreak, in a typical week, how sad or depressed have you felt about the outbreak?

☐ Not at all
☐ Mild; I feel sad about it on some days.
☐ Moderate; I feel sad about it on more than half the days for some of the time.
☐ Severe; I feel sad about it nearly every day, during the day and at night.
9. **DURING the COVID-19 outbreak, how much of the time have the following symptoms bothered you?**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Most of the time</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Not at all</th>
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</thead>
<tbody>
<tr>
<td>a. Recurring thoughts about the outbreak and its effects</td>
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<td>b. Recurring nightmares about the outbreak and its effects</td>
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<td>c. Avoiding activities that remind you of the outbreak and its effects</td>
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<td>d. Avoiding thoughts or feelings about the outbreak and its effects</td>
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<td>e. Feeling jumpy or easily startled</td>
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<td>f. Feeling on guard</td>
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</tbody>
</table>

10. **DURING the COVID-19 outbreak, in a typical week, how often have you felt hopeful about the future?**

- [ ] Every day
- [ ] Most days
- [ ] Some days
- [ ] Rarely
- [ ] Never

11. **Is this more often, less often or about the same as a typical week before the COVID-19 outbreak started?**

- [ ] More often
- [ ] Less often
- [ ] About the same