



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

1. In a normal week, about a month BEFORE the COVID-19 outbreak...My sleep quality was

Very poor

Poor

Fair

Good

Very good

2. How has this changed since AFTER the COVID-19 outbreak?

It's gotten a lot worse

It's gotten a little worse

Stayed the same

It's gotten a little better

It's gotten a lot better

3. In a normal week, about a month BEFORE the COVID-19 outbreak...My sleep was refreshing

Not at all

A little bit

Somewhat

Quite a bit

Very much

4. How has this changed since AFTER the COVID-19 outbreak?

- It's gotten a lot worse
- It's gotten a little worse
- Stayed the same
- It's gotten a little better
- It's gotten a lot better

5. In a normal week, about a month BEFORE the COVID-19 outbreak...I had a problem with my sleep

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

6. How has this changed since AFTER the COVID-19 outbreak?

- It's gotten a lot worse
- It's gotten a little worse
- Stayed the same
- It's gotten a little better
- It's gotten a lot better

7. In a normal week, about a month BEFORE the COVID-19 outbreak...I had difficulty falling asleep

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much

8. How has this changed since AFTER the COVID-19 outbreak?

- It's gotten a lot worse
- It's gotten a little worse
- Stayed the same
- It's gotten a little better
- It's gotten a lot better

Protocol source: <https://www.phenxtoolkit.org/protocols/view/960301>