Please respond to each question or statement for a typical week BEFORE and AFTER the COVID-19 outbreak. There are no "right" or "wrong" responses, so please answer each question as honestly and accurately as you can.

<table>
<thead>
<tr>
<th>Question</th>
<th>BEFORE</th>
<th>AFTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt worthless</td>
<td>Never</td>
<td>Rarely, Sometimes, Often, Always</td>
</tr>
<tr>
<td>2) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>3) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt helpless</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
<td></td>
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<tr>
<td>4) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
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<tr>
<td>5) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt depressed</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
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<tr>
<td>6) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
<td></td>
</tr>
</tbody>
</table>
7) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt hopeless  

- Never  
- Rarely  
- Sometimes  
- Often  
- Always

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

9) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt like a failure  

- Never  
- Rarely  
- Sometimes  
- Often  
- Always

10) 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

11) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt unhappy  

- Never  
- Rarely  
- Sometimes  
- Often  
- Always

12) 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

13) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt that I had nothing to look forward to  

- Never  
- Rarely  
- Sometimes  
- Often  
- Always

14) 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
<table>
<thead>
<tr>
<th>Question</th>
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<tbody>
<tr>
<td>15) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt that nothing could cheer me up</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
</tr>
<tr>
<td>16) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
</tr>
<tr>
<td>17) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt uneasy</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
</tr>
<tr>
<td>18) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
</tr>
<tr>
<td>19) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt nervous</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
</tr>
<tr>
<td>20) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
</tr>
<tr>
<td>21) In a normal week, about a month BEFORE the COVID-19 outbreak...many situations made me worry</td>
<td>Never, Rarely, Sometimes, Often, Always</td>
</tr>
<tr>
<td>22) How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
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<tr>
<td></td>
<td>Question</td>
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<tr>
<td>23</td>
<td>In a normal week, about a month BEFORE the COVID-19 outbreak...my worries overwhelmed me</td>
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<tr>
<td>24</td>
<td>How has this changed since AFTER the COVID-19 outbreak?</td>
</tr>
<tr>
<td>25</td>
<td>In a normal week, about a month BEFORE the COVID-19 outbreak...I felt tense</td>
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<tr>
<td>26</td>
<td>How has this changed since AFTER the COVID-19 outbreak?</td>
</tr>
<tr>
<td>27</td>
<td>In a normal week, about a month BEFORE the COVID-19 outbreak...I had difficulty calming down</td>
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<tr>
<td>28</td>
<td>How has this changed since AFTER the COVID-19 outbreak?</td>
</tr>
<tr>
<td>29</td>
<td>In a normal week, about a month BEFORE the COVID-19 outbreak...I had sudden feelings of panic</td>
</tr>
<tr>
<td>30</td>
<td>How has this changed since AFTER the COVID-19 outbreak?</td>
</tr>
</tbody>
</table>
31) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt nervous when my normal routine was disturbed

- Never
- Rarely
- Sometimes
- Often
- Always

32) 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

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

- Very poor
- Poor
- Fair
- Good
- Very good

34) 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

35) 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

36) 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

37) 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

38) 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
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<th>Question</th>
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</tr>
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<tbody>
<tr>
<td>39)</td>
<td>In a normal week, about a month BEFORE the COVID-19 outbreak...I had difficulty falling asleep</td>
<td>Not at all, A little bit, Somewhat, Quite a bit, Very much</td>
</tr>
<tr>
<td>40)</td>
<td>How has this changed since AFTER the COVID-19 outbreak?</td>
<td>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</td>
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*Questions 1 – 40 above have been re-numbered and are listed as questions # 100 - 139*