

Section 2 | Behaviour change and knowledge

CORE QUESTIONS

Behaviour change due to the lockdown (adults)

Source for questions 1-2: new questions (piloted in ALSPAC)

- 1. Since COVID-19 emerged in January, but before the official lockdown started on March 23rd 2020, did you change your behaviour by doing any of the following? [tick all that apply]**

I cancelled my usual social activities

I didn't go to work

I didn't attend lectures (if a student)

I didn't go shopping for non-essential things

I didn't go to a grocery store or pharmacy

I didn't leave the house

I wore a face mask outside my home

I tried to avoid physical contact with people

I followed handwashing recommendations

I used hand sanitizer more than usual

I followed coughing and sneezing recommendations

I used tissues more than usual

I wore gloves while going out of my home

I avoided public transport

I avoided going to restaurants/bars/pubs

I avoided going for walks or exercise outside

I avoided taking my children out of my home

- 2. Since the official lockdown announced on March 23rd 2020, have any of the following aspects of your life changed?**

	Decreased a lot	Decreased a little	Stayed the same	Increased a little	Increased a lot	N/A
Amount you sleep						
Amount you smoke/vape						
Amount of alcohol you drink						
Number of hours you work in usual workplace						
Number of hours you work at home						
Time spent talking to family/friends inside my home						
Time spent talking to family/friends outside my home						

Time spent talking to work colleagues						
Practising relaxation/mindfulness/meditation						
Time spent listening to the news on radio or TV						
Time spent using other devices with a screen						
Time spent doing hobbies/things I enjoy						
Amount of fruit you eat						
Amount of vegetables you eat						
Amount of meat you eat						
Amount of fish you eat						
Amount of dairy products (e.g. milk, cheese, eggs)						
Number of savoury snacks you eat						
Number of sweet snacks and confectionary you eat						
Amount of other fast food you eat						
Amount of sugar sweetened drinks (including tea) you drink						
Amount of money you've spent						
Amount of physical activity/exercise you do						
Time spent travelling on public transport						
Time spent travelling in a car						
Time spent travelling on a bike						
Time spent outdoors in the open air (e.g. spending time in the garden, in a park, walking, jogging, other sport)						

Source for question 3: simplified version of a new question (original piloted in ALSPAC)

3. How many people outside those in your household did you speak to in the last week from each of the following age groups: (enter the number of people in each box)

	Remotely (e.g. over the phone, social media or via video media)	Face to face with social distancing	With physical contact (e.g. handshake/hug/kiss, as part of your work etc.)
Children and young adults (<18 years)	<i>(Number of people)</i>	<i>(Number of people)</i>	<i>(Number of people)</i>
Adults (18-69 years)	<i>(Number of people)</i>	<i>(Number of people)</i>	<i>(Number of people)</i>
Elderly (70+ years)	<i>(Number of people)</i>	<i>(Number of people)</i>	<i>(Number of people)</i>

Behaviour change as a result of the lockdown on 23rd March 2020 (children defined as under 18, living in the same household)

-----FOR PARTICIPANTS WITH CHILDREN -----

4. Since the official lockdown was announced on March 23rd, have any of the following aspects of your children’s life changed?

Source for questions 4-8 – new questions

	Decreased a lot	Decreased a little	Stayed the same	Increased a little	Increased a lot	N/A
Amount they sleep						
Amount of physical activity/exercise they do						
Time they spend learning in the house (including home schooling)						
Time they spend playing inside the house						
Amount of time they spend outside the home						
Amount of time they spend in green spaces such as parks or gardens						
Time spent using devices with a screen						
Amount of fruits they eat						
Amount of vegetables they eat						
Amount of meat they eat						
Amount of fish they eat						
Amount of dairy product they eat (e.g. milk, cheese and eggs)						
Amounts of savoury snacks they eat						
Amount of sweets, pastry, ice-cream they eat						
Amount of other fast-foods they eat						
Amount of sugar sweetened beverage including tea they drink						
Time spent outdoors in the open air (e.g. spending time in the garden, in a park, walking, jogging, other sport)						

5. Do you have one or more children in full time education? Include school or college courses and includes children who are schooled at home (Yes/No)

If no, skip to next section.

6. **Before** the official lockdown was announced on the 23rd March 2020, how was each child being educated? (pick the best answer)

	Was going to a school/college in person	Was enrolled on a distance learning course	Was schooled at home
My youngest child			
My second youngest child			
My third youngest child			
My fourth youngest child			
Any other children [opens free text box]			

7. **Since** the official lockdown was announced on 23rd March 2020, how has each child been educated? (pick the best answer)

	Still goes to a school/college in person	Still enrolled on a distance learning course	Now does work set by the school/college at home	Still schooled at home
My youngest child				
My second youngest child				
My third youngest child				
My fourth youngest child				
Any other children [opens free text box]				

8. **Since** the official lockdown was announced on the 23rd March has your child or children had any of these problems accessing education? (tick any that apply)

	Difficulty adapting to remote learning	Limited quality or quantity of remote lessons	Lack of device or internet connection for accessing remote learning	No suitable place in the home to learn
My youngest child				
My second youngest child				
My third youngest child				
My fourth youngest child				
Any other children [opens free text box]				

-----END OF SECTION FOR PARTICIPANTS WITH CHILDREN -----

Information on Covid-19

9. Do you find the official UK Government guidance on COVID-19 easy to understand?

Extremely easy

Somewhat easy

Somewhat difficult

Extremely difficult

10. How would you rate your knowledge about COVID-19?

Extremely good

Somewhat good

Somewhat bad

Extremely bad