

# ONLINE APPENDIX

## Wellbeing in the age of COVID-19

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Unless otherwise specified in the caption, the analyses presented in this appendix were estimated using OLS linear regression on Stata or R with variations of following specification:

- (1)  $\Delta y_{ict} = \beta_0 + \beta_1 \Delta x_{ict} + \beta_2 z_{ict}^T + \omega_c + \tau_t + \varepsilon_i$
- (2)  $\Delta y_{ict} = y_{ict} - y_{ict-1}$
- (3)  $\Delta x_{ict} = x_{ict} - x_{ict-1}$

where  $\Delta y_{ict}$  is the change in the relevant dependent variable of interest (typically a measure of subjective wellbeing) between survey waves for each individual  $i$  in country  $c$  and time  $t$ . This is regressed on the change in a key independent of interest  $\Delta x_{ict}$ , and a set of individual level control variables  $z_{ict}^T$ , as well as country  $\omega_c$  and time  $\tau_t$  fixed effects, and the individual error term  $\varepsilon_i$ .

**Table A1:** Summary statistics

<b>Variable</b>	<b>Obs</b>	<b>Mean</b>	<b>Std.Dev.</b>	<b>Min</b>	<b>Max</b>
Respondents	12333	22039.73	24.89	22018	22111
Life satisfaction	11883	6.879	1.805	0	10
Eudaimonia	11883	7.298	1.985	0	10
Future life satisfaction	9991	7.569	2.034	0	10
UCLA loneliness score	11689	5.165	1.739	3	9
How often do you feel that you lack companionship?	11686	1.8	.744	1	3
How often do you feel left out?	11609	1.56	.666	1	3
How often do you feel isolated?	11678	1.821	.74	1	3
How often do you feel lonely?	11668	1.655	.708	1	3
Happy	11632	3.401	.912	1	5
Sad	11639	2.436	1.141	1	5
Relaxed	11638	3.161	1.066	1	5
Anxious	11640	2.796	1.238	1	5
Inspired	11597	2.975	1.156	1	5
Bored	11638	2.181	1.215	1	5
Proud	11427	2.795	1.175	1	5
Ashamed	11509	1.505	.888	1	5
Activities: Stayed at home except for essentials	11502	5.485	2.204	0	7
Activities: Met up with friends/family face-to-face	11501	1.45	2.1	0	7
Activities: Done moderate or vigorous physical activity	11505	3.289	2.239	0	7
Activities: Been outside for 15 minutes or more	11468	4.624	2.277	0	7
Activities: Received help from friends or family	11496	1.868	2.093	0	7
Activities: Given help to friends or family	11497	2.511	2.163	0	7
Activities: Had a phone or video call with friends or family	11505	3.802	2.216	0	7
Activities: Had a phone or video call with a colleague	11453	2.35	2.224	0	7
Activities: Engaged in a meditation or mindfulness	11506	2.085	2.357	0	7
Activities: Engaged in arts and crafts	11506	2.457	2.307	0	7
Activities: Engaged in DIY home projects	11504	2.034	2.089	0	7
Activities: Played video or computer games	11500	1.203	2.189	0	7
Activities: Played cards or board games	11495	.894	1.557	0	7
Activities: Received help from your neighbours	1710	.443	.987	0	7
Activities: Given help to your neighbours	1706	.596	1.119	0	7
Worries: Losing someone I love	11408	3.02	2.15	0	6
Worries: Health system being overloaded	11409	3.072	2.065	0	6
Worries: School closings	11398	1.656	2.004	0	6
Worries: Small companies going out of business	11408	3.605	1.893	0	6
Worries: Long lasting economic crisis	11407	3.922	1.856	0	6
Worries: Restricted access to food	11408	1.947	1.939	0	6
Worries: Blackouts	11386	.865	1.537	0	6
Worries: Society getting more egoistic	11399	2.634	2.136	0	6
Worries: Becoming unemployed	11373	2.282	2.203	0	6
Media sources: Newspapers or magazines	9207	1.187	2.041	0	6
Media sources: Social media	8265	2.901	2.444	0	6
Media sources:: TV	8608	2.488	2.43	0	6
Media sources:: Websites or online news pages	7776	3.918	2.12	0	6
Media sources:: Radio or podcasts	9144	1.7	2.184	0	6
Age: 18-24	11777	.108	.31	0	1
Age: 25-34	11777	.336	.472	0	1
Age: 35-44	11777	.257	.437	0	1
Age: 45-54	11777	.192	.394	0	1
Age: 55-64	11777	.077	.267	0	1
Age: 65+	11777	.029	.169	0	1

Gender: Male	11832	.124	.33	0	1
Gender: Female	11832	.87	.337	0	1
Gender: Other	11832	.006	.077	0	1
Social support: None	9511	.024	.152	0	1
Social support: 1	9511	.107	.309	0	1
Social support: 2	9511	.142	.35	0	1
Social support: 3	9511	.198	.399	0	1
Social support: 4-6	9511	.359	.48	0	1
Social support: 7-9	9511	.099	.299	0	1
Social support: 10+	9511	.071	.256	0	1
Area: city	11803	.379	.485	0	1
Area: Suburbs of a city	11803	.217	.412	0	1
Area: Large town	11803	.128	.334	0	1
Area: Small town	11803	.15	.357	0	1
Area: Village or rural	11803	.125	.331	0	1
Household size	11771	2.856	1.359	1	7
How many adults living with you	11825	1.302	1.05	0	6
How many children living with you	11773	.569	.924	0	6
Education: Less than primary school	11811	.004	.062	0	1
Education: Primary school	11811	.004	.061	0	1
Education: Secondary	11811	.128	.334	0	1
Education: Bachelor's	11811	.428	.495	0	1
Education: Master's	11811	.352	.477	0	1
Education: Doctorate	11811	.067	.251	0	1
Education: None	11811	.018	.132	0	1
Employment: Other	11075	.129	.336	0	1
Employment: Student	11075	.094	.292	0	1
Employment: Full-time	11075	.5	.5	0	1
Employment: Part-time	11075	.117	.321	0	1
Employment: Furloughed	11075	.051	.221	0	1
Employment: Unemployed	11075	.047	.211	0	1
Employment: Out of work	11075	.057	.232	0	1
Employment: Permanently sick or disabled	11075	.005	.07	0	1
Marital status: Single	11169	.242	.428	0	1
Marital status: Relationship, living together	11169	.178	.383	0	1
Marital status: Relationship, living apart	11169	.092	.289	0	1
Marital status: Married, living together	11169	.435	.496	0	1
Marital status: Married, living apart	11169	.01	.101	0	1
Marital status: Divorced	11169	.036	.186	0	1
Marital status: Widowed	11169	.006	.079	0	1

For additional details regarding variable definitions, see the original baseline survey questionnaire on page 8.

**Table A2:** Association between coronavirus cases and subjective wellbeing

Dependent variable	Independent variable	Coefficient	Standard error	P-value	Sig.	Observations	R-squared
Life satisfaction	New coronavirus cases (per million)	-0.070	0.000	0.03	***	9579	0.05107874
Eudaimonia	New coronavirus cases (per million)	0.007	0.741	0.68		9579	0.04158748
Optimism	New coronavirus cases (per million)	-0.014	0.512	0.69		8063	0.02948261
Happy	New coronavirus cases (per million)	-0.037	0.000	0	***	9462	0.02469771
Sad	New coronavirus cases (per million)	0.046	0.000	0.06	***	9470	0.03376169
Relaxed	New coronavirus cases (per million)	-0.044	0.000	0	***	9471	0.01832366
Anxious	New coronavirus cases (per million)	0.100	0.000	0	***	9470	0.04745332
Inspired	New coronavirus cases (per million)	-0.030	0.013	0.08	*	9433	0.02050122
Bored	New coronavirus cases (per million)	0.041	0.001	0.02	***	9467	0.04307431
Proud	New coronavirus cases (per million)	-0.036	0.003	0	**	9301	0.02983203
Ashamed	New coronavirus cases (per million)	0.010	0.260	0.33		9375	0.01962376

\*\*\* < 0.001, \*\* < 0.01, \* < 0.05. Each line represents a separate OLS regression with control variables included for age, gender, employment status, marital status, education, and country life satisfaction averages drawn from the World Happiness Report (2020). Country specific COVID-19 data drawn from Our World In Data. The cut-off values for the affective wellbeing metrics used in the OLS regression are all answers 4 and above on a 1 to 5 point scale. For life satisfaction, eudaimonia (life meaning), and optimism, the regression threshold is 7 and above on a 0-10 point scale.

**Table A3:** Effect of changes in activities on loneliness

	Effect of increasing activity one day per week on loneliness					Effect of increasing activity three days per week or more on loneliness				
	Coef.	Error	P-stat	Sig.	Obs.	Coef.	Error	P-stat	Sig.	Obs.
Stayed at home for everything apart for essential activities	0.004	0.002	0.047	*	3145	0.007	0.041	0.746		449
Met up with people face to face socially, not for work e.g. friends, family	-0.004	0.003	0.103		1676	-0.034	0.038	0.076		517
Been outside for 15 minutes or more	-0.009	0.003	0.002	**	872	-0.038	0.039	0.049	*	497
Done moderate or vigorous physical activity that raises your heart rate for 15+ minutes	-0.002	0.003	0.461		568	0.018	0.042	0.388		411
Received help from friends or family	0.000	0.003	0.921		201	0.016	0.039	0.396		496
Given help to friends or family	0.003	0.002	0.228		733	0.030	0.037	0.106		538
Had a phone or video call with a friend or family member	-0.012	0.003	0.000	***	1744	-0.061	0.042	0.004	**	413
Had a phone or video call with a colleague for work related purposes	0.001	0.003	0.730		419	-0.004	0.042	0.864		407
Engaged in meditation or mindfulness	-0.007	0.003	0.027	*	692	-0.069	0.044	0.002	**	374
Engaged in an arts or crafts activity at home e.g. painting, creative writing,	-0.005	0.003	0.074		1875	-0.031	0.040	0.119		454
Engaged in DIY home projects, gardening, woodworking, or similar	-0.006	0.003	0.030	*	1151	-0.004	0.045	0.854		364
Played video or computer games	-0.005	0.003	0.084		457	-0.034	0.046	0.146		334
Played cards or board games	-0.006	0.004	0.107		868	-0.004	0.063	0.899		178

\*\*\* < 0.001, \*\* < 0.01, \* < 0.05. Each row represents a separate OLS regression with the percent change in loneliness between survey waves as the dependent variable and changes in activity levels as the key independent variable of interest. Control variables were included in each regression for age, gender, employment status, marital status, education, and country life satisfaction averages drawn from the World Happiness Report (2020). Error bars represent 95% confidence intervals.

**Table A4:** Effect of increased worries on life satisfaction

	Life satisfaction	Standard error	T-value	P-value	Sig.	Observations	Prevalence
Losing someone I love	-0.042	0.010	-4.001	0.000	**	7678	43.4%
Health system being overloaded	0.003	0.010	0.318	0.751		7678	45.0%
School closings	-0.039	0.011	-3.387	0.001	**	7662	20.8%
Small companies going out of business	-0.008	0.011	-0.734	0.463		7679	54.5%
Long lasting economic crisis	-0.011	0.012	-0.942	0.346		7675	62.2%
Restricted access to food supplies	-0.001	0.012	-0.107	0.915		7679	23.4%
Blackouts	-0.032	0.015	-2.159	0.031	*	7654	9.0%
Society getting more egoistic	-0.022	0.010	-2.248	0.025	*	7663	36.8%
Becoming unemployed	-0.031	0.011	-2.722	0.007	**	7638	31.5%

\*\*\* < 0.001, \*\* < 0.01, \* < 0.05. Each row represents a separate OLS regression with the change in life satisfaction between waves as the dependent variable and becoming worried about each domain as the key independent variable of interest. Respondents were classified as worried by reporting 4 or above on a 0-6 scale for each concern. Control variables included in each regression for age, gender, employment status, marital status, education, and country average life satisfaction levels drawn from the World Happiness Report. (2020). Error bars represent 95% confidence intervals.

**Table A5:** Effect of increased media use on worries and fears

Dependent variable	Independent variable	Coefficient	St. Error	p-value	Sig	Observations	R-squared
Losing someone I love	Media: Newspapers or magazines	0.097	0.015	0.000	***	4122	0.015
Losing someone I love	Media: Social media	0.146	0.013	0.000	***	3208	0.047
Losing someone I love	Media: Television	0.148	0.017	0.000	***	3588	0.028
Losing someone I love	Media: Websites or online news pages	0.123	0.014	0.000	***	2738	0.037
Losing someone I love	Media: Radio or podcasts	0.130	0.014	0.000	***	4081	0.028
Health system being overloaded	Media: Newspapers or magazines	0.089	0.015	0.000	***	4123	0.016
Health system being overloaded	Media: Social media	0.158	0.013	0.000	***	3209	0.049
Health system being overloaded	Media: Television	0.164	0.017	0.000	***	3591	0.034
Health system being overloaded	Media: Websites or online news pages	0.183	0.014	0.000	***	2737	0.066
Health system being overloaded	Media: Radio or podcasts	0.126	0.014	0.000	***	4079	0.026
School closings	Media: Newspapers or magazines	0.047	0.014	0.001	***	4113	0.013
School closings	Media: Social media	0.046	0.012	0.000	***	3205	0.017
School closings	Media: Television	0.023	0.015	0.137		3582	0.011
School closings	Media: Websites or online news pages	0.073	0.013	0.000	***	2736	0.027
School closings	Media: Radio or podcasts	0.062	0.013	0.000	***	4072	0.014
Small companies going out of business	Media: Newspapers or magazines	0.062	0.013	0.000	***	4122	0.014
Small companies going out of business	Media: Social media	0.086	0.012	0.000	***	3209	0.025
Small companies going out of business	Media: Television	0.100	0.015	0.000	***	3588	0.021
Small companies going out of business	Media: Websites or online news pages	0.113	0.013	0.000	***	2738	0.037
Small companies going out of business	Media: Radio or podcasts	0.097	0.013	0.000	***	4081	0.021
Long lasting economic crisis	Media: Newspapers or magazines	0.069	0.012	0.000	***	4120	0.014
Long lasting economic crisis	Media: Social media	0.090	0.012	0.000	***	3209	0.028
Long lasting economic crisis	Media: Television	0.108	0.014	0.000	***	3588	0.022
Long lasting economic crisis	Media: Websites or online news pages	0.124	0.012	0.000	***	2737	0.046
Long lasting economic crisis	Media: Radio or podcasts	0.097	0.012	0.000	***	4078	0.022
Restricted access to food supplies	Media: Newspapers or magazines	0.094	0.013	0.000	***	4122	0.019
Restricted access to food supplies	Media: Social media	0.095	0.012	0.000	***	3209	0.025
Restricted access to food supplies	Media: Television	0.143	0.015	0.000	***	3589	0.034

Restricted access to food supplies	Media: Websites or online news pages	0.149	0.014	0.000	***	2738	0.053
Restricted access to food supplies	Media: Radio or podcasts	0.102	0.013	0.000	***	4080	0.023
Blackouts	Media: Newspapers or magazines	0.043	0.011	0.000	***	4107	0.010
Blackouts	Media: Social media	0.074	0.010	0.000	***	3202	0.031
Blackouts	Media: Television	0.081	0.012	0.000	***	3576	0.019
Blackouts	Media: Websites or online news pages	0.098	0.011	0.000	***	2731	0.041
Blackouts	Media: Radio or podcasts	0.073	0.011	0.000	***	4065	0.018
Society getting more egoistic	Media: Newspapers or magazines	0.058	0.016	0.000	***	4118	0.009
Society getting more egoistic	Media: Social media	0.080	0.014	0.000	***	3209	0.019
Society getting more egoistic	Media: Television	0.135	0.018	0.000	***	3585	0.023
Society getting more egoistic	Media: Websites or online news pages	0.074	0.016	0.000	***	2736	0.019
Society getting more egoistic	Media: Radio or podcasts	0.122	0.015	0.000	***	4076	0.021
Becoming unemployed	Media: Newspapers or magazines	0.062	0.014	0.000	***	4101	0.011
Becoming unemployed	Media: Social media	0.081	0.012	0.000	***	3194	0.022
Becoming unemployed	Media: Television	0.059	0.016	0.000	***	3571	0.013
Becoming unemployed	Media: Websites or online news pages	0.093	0.014	0.000	***	2723	0.027
Becoming unemployed	Media: Radio or podcasts	0.072	0.013	0.000	***	4060	0.014

\*\*\* < 0.001, \*\* < 0.01, \* < 0.05. Each row represents a separate OLS regression with the change in worry (on a 0 to 6-point scale from not at all worried to very worried) between waves as the dependent variable and increasing the frequency media source consumption (on a 0 to 6-point scale from never to everyday) as the key independent variable of interest. Control variables included in each regression for age, gender, employment status, marital status, education, and country average life satisfaction levels drawn from the World Happiness Report. (2020).





\* Dear participant,

Thank you for your continued participation. This is the second round of the longitudinal study. This survey has five sections. In each section you will find questions that are identical or similar to the ones you have answered before. This is deliberate, so please don't skip them.

Each section will take approximately 2-3 minutes. Do you have 10 minutes to complete the survey?

- Yes! Take me to the survey.
- No, not right now.

## Section 1 of 5

In this first section, we would like to ask some **GENERAL** questions about you.

\* All things considered, how satisfied are you with your life as a whole nowadays?

Completely dissatisfied											Completely satisfied	Don't know
0	1	2	3	4	5	6	7	8	9	10		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* Overall, to what extent do you feel that the things you do in your life are worthwhile?

Not at all worthwhile											Completely worthwhile	Don't know
0	1	2	3	4	5	6	7	8	9	10		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



\* Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

You can't be too careful	0	1	2	3	4	5	6	7	8	9	10	Most people can be trusted	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* How much do you personally trust each of these institutions IN THE COUNTRY YOU LIVE IN?

	Not at all	0	1	2	3	4	5	6	7	8	9	10	Completely	Don't know
National government	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local government	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Police	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



\* As your best guess, overall how satisfied with your life do you expect to be in ONE YEARS TIME?

Completely dissatisfied											Completely satisfied	Don't know
0	1	2	3	4	5	6	7	8	9	10		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* IN THE PAST WEEK, how often did you feel the following ways?

	Hardly ever or never	Some of the time	Often	Don't know
This past week, how often did you feel that you lack companionship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This past week, how often did you feel left out?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This past week, how often did you feel isolated from others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This past week, how often did you feel lonely?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Section 2 of 5

That was the end of Section 1. In this short second section, we would like to ask you about your experiences **IN THE PAST WEEK**.

\* Please indicate to what extent you have felt this way during **THE PAST WEEK**:

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely	Don't know
Happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inspired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bored	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ashamed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Section 3 of 5

That was the end of Section 2. Just three more sections remaining. In Section 3, we would like to ask you questions about your behavior and activities IN THE PAST WEEK.

IN THE PAST 7 DAYS, how many days have you:

	0	1	2	3	4	5	6	7
Stayed at home. By this we mean avoiding leaving the house for everything apart from exercise, shopping for essentials, or medical need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Met up with people face to face socially, not for work (e.g. friends, family, relatives or social meetings with colleague)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Done moderate or vigorous physical activity (activity that raises your heart rate and makes you breathe faster and feel warmer) for 15 minutes or more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been outside for 15 minutes or more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, how many days have you:

	0	1	2	3	4	5	6	7
Received help from friends or family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Given help to friends or family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had a phone or video call with a friend or family member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had a phone or video call with a colleague for work related purposes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, how many days have you:

	0	1	2	3	4	5	6	7
Engaged in a meditation or mindfulness practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engaged in an arts or crafts activity at home (e.g. painting, creative writing, sewing, playing music, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engaged in DIY home projects, gardening, woodworking, or similar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Played video or computer games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Played cards or board games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, generally speaking, how has your sleep been?

Very poor	Not good	Average	Good	Very good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, how often did you use the following social media platforms to communicate directly with others?

	I did not use this platform	Less than once per day	Once per day	Multiple times per day	Once per hour	Multiple times per hour	Don't know
Facebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YouTube	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instagram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snapchat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TikTok	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tinder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LinkedIn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WhatsApp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, how often did you use the following social media platforms to look at or browse content?

	I did not use this platform	Less than once per day	Once per day	Multiple times per day	Once per hour	Multiple times per hour	Don't know
Facebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YouTube	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instagram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snapchat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TikTok	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tinder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LinkedIn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WhatsApp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Section 4 of 5

**That was the end of the Section 3. This is the second to last section. In this section, we would like to ask you some questions about the novel coronavirus, COVID-19.**

Are you or have you been infected with the novel coronavirus?

- Yes, confirmed
- Yes, but not yet confirmed
- No
- Don't know

Do you know people in your immediate social environment who are or have been infected with the novel coronavirus?

- Yes, confirmed
- Yes, but not yet confirmed
- No
- Don't know

Crises often involve fears and worries. Please let us know, IN THE PAST WEEK, how much did you worry about...

	Not at all						Very much	
	1	2	3	4	5	6	so	Don't know
							7	
Losing someone I love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health system being overloaded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School closings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Small companies going out of business	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Long lasting economic crisis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted access to food supplies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blackouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Society getting more egoistic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming unemployed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IN THE PAST 7 DAYS, how many days did you use the following sources of information to stay informed about the novel coronavirus COVID-19?

	0	1	2	3	4	5	6	7
Newspapers or magazines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media (e.g. Facebook, Twitter, YouTube, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Websites or online news pages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radio or podcasts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are you following the recommendations from local authorities to prevent the spread of the novel coronavirus COVID-19?

Not at all							Very much so	
1	2	3	4	5	6	7	Don't know	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you think that others are following the recommendations from local authorities to prevent the spread of COVID-19?

Not at all							Very much so	
1	2	3	4	5	6	7	Don't know	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 5 of 5

That was the end of Section 4. This is the final section. Here we would like to ask you for some demographic information.

How many people, if any, are there with whom you can discuss intimate and personal matters?

None	1	2	3	4-6	7-9	10 or more	Don't know
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What is your current employment status?

- Student
- Employed, full-time
- Employed, part-time
- Furloughed, temporary leave
- Not employed, actively looking for a job
- Not employed, NOT actively looking for a job
- Permanently sick or disabled
- Community or military service
- Other (please specify)

What was your disposable monthly household income (income after taxes) in DECEMBER 2019?

Enter numerical input

What is your expected disposable monthly household income (income after taxes) THIS MONTH, APRIL 2020?

Enter numerical input

What currency is that in?

What is your current civil status?

- Single
- In a relationship, living together
- In a relationship, living apart
- Married, living together
- Married, living apart
- Divorced
- Widowed
- Other (please specify)


Do you currently have any of the following medical conditions? With this we mean that a doctor has told you that you have this condition, and that you are either currently being treated for or bothered by this condition.

(Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Asthma   |
| <input type="checkbox"/> High cholesterol    | <input type="checkbox"/> Other chronic lung disease                           |
| <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Clinically diagnosed depression                      |
| <input type="checkbox"/> Heart disease       | <input type="checkbox"/> Clinically diagnosed anxiety                         |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Other clinically diagnosed mental health condition   |
| <input type="checkbox"/> Alzheimer's disease | <input type="checkbox"/> Other clinically diagnosed physical health condition |
| <input type="checkbox"/> Cancer              | <input type="checkbox"/> None of the above                                    |

In general, would you say your health is:

Poor	Fair	Good	Very good	Excellent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Thank you for taking part in this research!**

**Your answers are really helpful for us in understanding the effects of COVID-19 on people's behavior and personal wellbeing.**

**We will be re-contacting you next week with a shorter follow-up survey that we hope you will happy to complete so we can track how your experiences change over time.**

**Please note, this invitation will come from [info@happinessresearchinstitute.com](mailto:info@happinessresearchinstitute.com) and may go to your junk folder.**

**\*\*\* PLEASE FOLLOW THE LATEST GOVERNMENT ADVICE \*\*\***

**\*\*\* STAY AT HOME AND SAVE LIVES \*\*\***