

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?

	Most of the time	Some-times	Rarely	Not at all
a. Recurring thoughts about the outbreak and its effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Recurring nightmares about the outbreak and its effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Avoiding activities that remind you of the outbreak and its effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Avoiding thoughts or feelings about the outbreak and its effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Feeling jumpy or easily startled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling on guard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

