

Q1 Have any of your friends or family tested positive for COVID-19?

- Yes (1)
- No (2)

Q2 Are you providing homeschooling due to COVID-19?

- Yes (3)
 - No (4)
 - N/A (5)
-

Q3 Are you providing homecare (caretaking of elderly, disabilities, etc.) due to COVID-19?

- Yes (3)
 - No (4)
 - N/A (5)
-

Q4 Are you working remotely as of recent due to the COVID-19?

- Yes (3)
 - No (4)
 - N/A (6)
-

Display This Question:

If Q4 = 3

Q5 If so, how many hours a day?

- < 1 hour (1)
- > 1 hour to 5 hours (2)
- > 5 hours to 8 hours (3)
- > 8 hours (4)

Display This Question:

If Q4 = 3

Q6 How have the expectations of your work changed since COVID-19?

- Much more (1)
 - Moderately more (2)
 - Slightly more (3)
 - About the same (4)
 - Slightly less (5)
 - Moderately less (6)
 - Much less (7)
-

Q7 How much sleep are you getting currently during COVID-19?

- 0 - 2 hours (1)
 - 2 - 4 hours (2)
 - 4 - 6 hours (3)
 - 6 - 8 hours (11)
 - 8 - 10 hours (12)
 - 10 - 12 hours (13)
-

Q8 Is this more or less than before COVID-19?

- More (1)
 - Less (2)
 - Unchanged (3)
-

Q9 How many minutes / hours a day are you currently getting regular exercise during COVID-19?

- 0 (1)
 - 1-30 min (2)
 - 30min - 1hr (3)
 - >1hr (4)
-

Q10 Is this more or less than before COVID-19?

- More (1)
 - Less (2)
 - Unchanged (3)
-

Q11 How many minutes / hours a day are you currently using meditation during COVID-19?

- 0 (1)
 - 1-30 min (2)
 - 30min - 1hr (3)
 - >1hr (4)
-

Q12 Is this more or less than before COVID-19?

- More (1)
 - Less (2)
 - Unchanged (3)
-

Q13 How many minutes / hours a day are you currently connecting with family / friends through telecommunication or virtually during COVID-19?

- 0 (1)
- 1-30 min (2)
- 30min - 1hr (3)
- >1hr (4)

Q14 Is this more or less than before COVID-19?

- More (1)
- Less (2)
- Unchanged (3)

Module contains questions 60, 26-29, 32, 52, 63, 33, and 64-68, respectively, from original survey.