

# Mood & Sleep

40%

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.

- 1) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt worthless
- Never  
Rarely  
Sometimes  
Often  
Always
- 
- 2) 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
- 
- 3) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt helpless
- Never  
 Rarely  
 Sometimes  
 Often  
 Always
- 
- 4) 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
- 
- 5) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt depressed
- Never  
 Rarely  
 Sometimes  
 Often  
 Always
- 
- 6) 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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7) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt hopeless

Never  
 Rarely  
 Sometimes  
 Often  
 Always

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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

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

Never  
 Rarely  
 Sometimes  
 Often  
 Always

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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

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

Never  
 Rarely  
 Sometimes  
 Often  
 Always

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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

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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

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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

15) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt that nothing could cheer me up

- Never
- Rarely
- Sometimes
- Often
- Always

16) 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

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

- Never
- Rarely
- Sometimes
- Often
- Always

18) 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

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

- Never
- Rarely
- Sometimes
- Often
- Always

20) 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

21) In a normal week, about a month BEFORE the COVID-19 outbreak...many situations made me worry

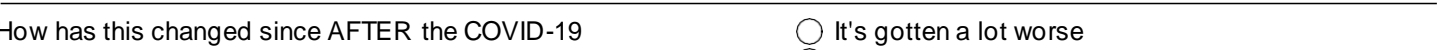
- Never
- Rarely
- Sometimes
- Often
- Always

22) 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



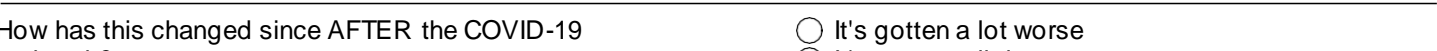
- 23) In a normal week, about a month BEFORE the COVID-19 outbreak...my worries overwhelmed me
- Never
  - Rarely
  - Sometimes
  - Often
  - Always



- 24) 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



- 25) In a normal week, about a month BEFORE the COVID-19 outbreak...I felt tense
- Never
  - Rarely
  - Sometimes
  - Often
  - Always



- 26) 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



- 27) In a normal week, about a month BEFORE the COVID-19 outbreak...I had difficulty calming down
- Never
  - Rarely
  - Sometimes
  - Often
  - Always



- 28) 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



- 29) In a normal week, about a month BEFORE the COVID-19 outbreak...I had sudden feelings of panic
- Never
  - Rarely
  - Sometimes
  - Often
  - Always



- 30) 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

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



- 39) In a normal week, about a month BEFORE the COVID-19 outbreak...I had difficulty falling asleep
- Not at all
  - A little bit
  - Somewhat
  - Quite a bit
  - Very much
- 

- 40) 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

*\*Questions 1 – 40 above have been re-numbered and are listed as questions # 100 - 139*