

I consent to take part in this survey?

(Please cross one)

- ☐ Yes
☐ No

Select the race category that you feel you belong to:

(Please cross one)

- ☐ White or Caucasian
☐ Black, African American or Coloured
☐ American Indian or Alaska Native
☐ Latino or Hispanic
☐ Asian
☐ Pacific Islander or Hawaiian
☐

Other

Select your sex:

(Please cross one)

- ☐ Female
☐ Male

Other

Select your age category:

(Please cross one)

- ☐ 18-25 years old
☐ 26-35 years old
☐ 36-45 years old
☐ 46-55 years old
☐ 56-65 years old
☐ older than 65 years old

Are you employed at the moment?

(Please cross one)

- ☐ Yes
☐ No

How many people currently live with you in your home?

(Please cross one)

- ☐ I live alone
☐ 1-2, including me
☐ 3-5, including me
☐ 6-9, including me
☐ More than 10 people, including me

Have you previously been diagnosed with a mental health condition?

(Please cross one)

- ☐ Yes
☐ No

If you have been diagnosed with a mental health condition, please select it from the list below: (Please cross all that apply)

- ☐ Bipolar
☐ Depression
☐ Generalised anxiety
☐ OCD
☐ Personality Disorder
☐ Schizophrenia
☐ I have not been diagnosed with a mental health condition

How many hours per day did you typically (on average) spend outside of your home/residence before the lockdown began? (Please cross one)

- ☐ 0-1 hours per day
☐ 2-3 hours per day
☐ 4-5 hours per day
☐ 6-8 hours per day
☐ more than 8 hours per day

Do you think that the lockdown is a good idea?

(Please cross one)

- ☐ Yes
☐ No

How stressed did you feel BEFORE the lockdown started?

(Please cross one)

- ☐ Very stressed
☐ Stressed
☐ Neither stressed nor calm
☐ Calm
☐ Very calm

How stressed did you feel BEFORE the lockdown started? (Copy)

(Please cross one)

- ☐ Very stressed
☐ Stressed
☐ Neither stressed nor calm
☐ Calm
☐ Very calm

Have you faced any specific challenges during the lockdown period? Please select as many as apply from the list below: *(Please cross one)*

- ☐ Depression
- ☐ Challenging family relations
- ☐ Problematic romantic relationships
- ☐ Financial stress and pressure
- ☐ Feelings of suicide
- ☐ Substance abuse
- ☐ Gender based violence

Other

During the lockdown, I have communicated with others by doing one or more of the following (select as many as apply to you): *(Please cross one)*

- ☐ Chatting to the people I live with (in person)
- ☐ Talking to family and friends online
- ☐ Talking to family and friends on the phone
- ☐ Video calling
- ☐ WhatsApp groups

Other

During the lockdown, I get my Covid-19 updates and information from the following sources (select as many as apply): *(Please cross all that apply)*

- ☐ Televised speeches from the government
- ☐ Press and media
- ☐ Neighbourhood watch or other local security groups
- ☐ Friends and family
- ☐ Social media
- ☐ I do not get any updates

Other

During the lockdown, I feel better after I have: (select as many as apply)

(Please cross all that apply)

- ☐ Gotten some exercise
- ☐ Watched a movie or television show (not the news)
- ☐ Kept up to date with the latest news (online or on television)
- ☐ Chatted to someone
- ☐ Done some remote work
- ☐ Been doing housework
- ☐ Been sharing a meal with family members

Other

PREVIEW