

I consent to take part in this survey?

(Please tick one)

- Yes
- No

Select the race category that you feel you belong to:

(Please tick 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 tick one)

- Female
- Male

Other

Select your age category:

(Please tick 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

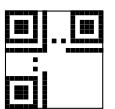
Are you employed at the moment?

(Please tick one)

- Yes
- No

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How many people currently live with you in your home?

(Please tick 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 tick one)

- Yes
- No

If you have been diagnosed with a mental health condition, please select it from the list below: (Please tick 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 tick 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

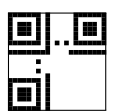
Do you think that the lockdown is a good idea?

(Please tick one)

- Yes
- No

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How stressed did you feel BEFORE the lockdown started?

(Please tick one)

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

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

(Please tick 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 tick 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):

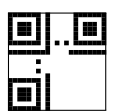
(Please tick one)

- 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

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

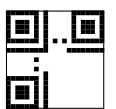
During the lockdown, I feel better after I have: (select as many as apply) *(Please tick all that apply)*

- 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

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