



Boston College daily sleep and well-being survey data during early phase of the COVID-19 pandemic

Citation

Cunningham, Anthony, Eric C. Fields, Elizabeth A. Kensinger. "Boston College daily sleep and well-being survey data during early phase of the COVID-19 pandemic." Sci Data 8, no. 1 (2021). DOI: 10.1038/s41597-021-00886-y

Permanent link

<https://nrs.harvard.edu/URN-3:HUL.INSTREPOS:37373497>

Terms of Use

This article was downloaded from Harvard University's DASH repository, WARNING: No applicable access license found.

Share Your Story

The Harvard community has made this article openly available.
Please share how this access benefits you. [Submit a story](#).

[Accessibility](#)

Boston College COVID-19 Open Access Data Table of Contents:

0. Introductory info
 - a. Table of contents
 - b. Timeline schematic of Study

1. Demographic Data
 - a. README file
 - b. PDF of Survey
 - c. Cleaned and raw data

2. Daily Survey Data
 - a. README file
 - i. General Data information
 - ii. Sleep Data
 - b. PDF of Surveys
 - i. Full version
 - ii. Short version
 - c. Cleaned and raw data
 - i. Sleep Logs (duration, efficiency, etc.)
 - ii. Activity/Steps
 - iii. Contact with Others
 - iv. Virtual Socialization
 - v. Exercise
 - vi. Alcohol Consumption
 - vii. Coronavirus Symptoms/Diagnosis
 - viii. PANAS (f)
 - ix. COVID19 Worry Questions (f)
 - x. PHQ-9 (minus suicidality) (f)
 - xi. And more (see 1b for PDFs of surveys)
 - xii. (f) = Full Survey Only

3. One-time Assessments Round 1-3
 - a. README file for Rounds 1-3
 - b. PDF of Round 1 Survey and Round 1 data (launched on 5.19.2020)
 - i. Pittsburgh Sleep Quality Index (PSQI)
 - ii. Munich Chronotype questionnaire (MTQ) - Prior to Feb 1, 2020
 - iii. Munich Chronotype questionnaire (MTQ) 2 - Last 6 weeks
 - iv. Generalized anxiety disorder (GAD)-7 questionnaire
 - v. Cognitive emotion regulation questionnaire (CERQ)
 - vi. Liebowitz social anxiety scale (LSAS)- added element about pre COVID behavior
 - vii. Big 5 Personality assessment
 - c. PDF of Round 2 Survey and Round 2 data (launched on 6.16.2020)
 - i. Insomnia Severity Index (ISI)
 - ii. Reduced Morningness-Eveningness Questionnaire (rMEQ)
 - iii. Perceived Stress Scale (PSS)
 - iv. Toronto Empathy Questionnaire (TEQ)
 - v. Memory Questions that do not include free-response

- elements
- d. PDF of Round 3 survey and Round 3 data (launched on 6.29.2020)
 - i. Emotion Regulation Questionnaire (ERQ)
 - ii. Brief Self-Control Scale
 - iii. Short Impulsive Behavior Scale
 - iv. Intolerance of Uncertainty Spring
 - v. Wrap-up/Extra Demographics that do not include free response elements (see 3a or 3d for all questions included)
- 4. One-time Assessment Round 4 (launched 9.28.2020)
 - a. README file
 - b. PDF of survey
 - c. Cleaned and Raw data
 - i. PSQI (reassessment)
 - ii. Insomnia Severity Index (reassessment)
 - iii. Munich Chronotype Questionnaire (reassessment)
 - iv. Generalized Anxiety Disorder (GAD-7) reassessment
 - v. COVID memory (reassessment)
 - vi. Peak COVID emotions (reassessment)
 - vii. Pro-social Behavior Assessment
 - viii. News Source assessment
 - ix. COVID Symptoms
 - x. Political Ideology
- 5. One-time Assessment Round 5 (launched 2.27.2021)
 - a. README file
 - b. PDF of Survey
 - c. Cleaned and raw data
 - i. PSQI (reassessment)
 - ii. Insomnia Severity Index (reassessment)
 - iii. Munich Chronotype Questionnaire (reassessment)
 - iv. PROMIS Fatigue Survey
 - v. Generalized Anxiety Disorder (GAD-7) reassessment
 - vi. Perceived Stress Scale (PSS) reassessment
 - vii. Multifactorial Memory Questionnaire
 - viii. Demographic/COVID Diagnosis update
 - ix. COVID Impact/COVID Expectations
 - x. Vaccination Questions
 - xi. Interpersonal Reactivity Index (IRI)
 - xii. Personality Inventory for DSM-5 Brief Form (PID-5-BF)
 - xiii. John Henryism Adaptive Coping Scale (JHACS)
 - xiv. Adverse Childhood Experiences Survey (ACE)
- 6. One-time Assessment Round 6 (launched 4.18.2021)
 - a. README file
 - b. PDF of Survey
 - c. Cleaned and Raw data
 - i. Full version of Daily Survey
 - ii. Liebowitz social anxiety scale (LSAS)- reassessment
 - iii. COVID Impact/COVID Expectations
 - iv. Vaccination Questions

7. One-time Assessment Round 7 (launched 7.16.2021)
 - a. README file
 - b. PDF of Survey (conducted on Qualtrics)
 - c. Cleaned and Raw data
 - i. Vaccination Memory
 - ii. Epworth Sleepiness Scale
 - iii. Connor-Davidson Resilience Scale - 10
 - iv. Pre-Sleep Arousal Scale (PSAS)
 - v. Ford Insomnia Response to Stress Test (FIRST)
 - vi. Multifactorial Memory Questionnaire - Ability

8. One-time Assessment Round 8 (launched 10.28.2021)
 - a. README file
 - b. PDF of Survey
 - c. Cleaned and Raw data
 - i. PSQI (reassessment)
 - ii. Insomnia Severity Index (reassessment)
 - iii. Munich Chronotype Questionnaire (reassessment)
 - iv. PROMIS Fatigue Survey (reassessment)
 - v. Iowa Sleep Disturbance Inventory (extended) ISDI
 - vi. Liebowitz social anxiety scale (LSAS)- reassessment
 - vii. Generalized Anxiety Disorder (GAD-7) reassessment
 - viii. Perceived Stress Scale (PSS) reassessment
 - ix. Demographic/COVID Diagnosis update (no free response)
 - x. Personality Inventory for DSM-5 Brief Form (PID-5-BF)
 - xi. COVID Impact
 - xii. Vaccination Questions (no question about booster)
 - xiii. PROMIS Sleep Related Impairment (SRI)
 - xiv. PROMIS Sleep Disturbance (SD)
 - xv. Memory/nostalgia questions (no free response)
 - xvi. Demographic/COVID Diagnosis update

9. One-time Assessment Round 8 (launched 11.15.2021)
 - a. README file
 - b. PDF of Survey
 - c. Cleaned and Raw data
 - i. Full Version of Daily Survey
 - ii. Estimation questions
 - iii. COVID Diagnosis update
 - iv. COVID Impact (Short-Version)
 - v. Vaccination Questions (incl. inquiry about booster)

10. Additional Information
 - a. COVID19 infection data of all participants across entire study
 - b. COVID19 Outbreak data (compiled in Fall 2020, may be out of date)

11. Code