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

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Introductory Information:

Here are some tips though to get you started:

- The README doc attached is **essential** reading if you're going to use this data. It includes the cleaning we have done and a description of all of the variables (even the raw data got a bit of cleaning for confidentiality purposes)
- As the data is deidentified, we have uploaded it to OSF as .csv files.
- Attachments include:
  - **1b_COVID19_Demographic_Survey.pdf**: PDF copy of the demographic survey
  - **1c_COVID19_demographics_raw_deid**: Raw Demographic Data
  - **1c_COVID19_demographics_cleaned_deid**: Cleaned Demographic Data
  - **2b_COVID19_daily_survey_SHORT_version.pdf**: PDF copy of the short version of the daily survey
  - **2b_COVID19_daily_survey_FULL_version.pdf**: PDF copy of the Full version of the daily survey
  - **2c_COVID19_daily_survey_ALL_raw_deid.csv**: Raw Daily Survey Data (both Short and Full data combined)
  - **2c_COVID19_daily_survey_ALL_cleaned_deid.csv**: Cleaned Daily Survey Data (both Short and Full data combined)
  - ReadMe file for data comprehension
- Information specific to SLEEP DATA can be found in: **1_README_COVID19_daily_survey_SLEEP_DATA_README**
- The exercise questions were the biggest deviation between the short and long survey, so be sure to check that out in the README file if of interest.
- Also, a few questions are **reverse scored** from what you might expect, so please be sure to check out the scales before running your analysis (e.g., stress, isolation, and worry questions in daily survey, 1 = high prevalence, 7 = low prevalence)
- The code to replicate the processed data is also available via OSF
- Almost all of our data cleaning was just to get it in analyzable shape, we have NOT yet attempted to deal with even extreme outliers, as we believe that should be up to the decision of the primary authors.
- Given the size of the dataset, we recommend that authors pre-register their hypotheses before running analyses on the data.

Good luck!

Periods of Daily Survey Data Collection*:
1. Daily March 21 – May 20, 2020
2. Full Survey 2x per week May 21 – June 23, 2020
3. Daily Oct 1 – 14, 2020
4. Daily Oct 31 – Nov 14, 2020
5. Daily Feb 22 – March 8, 2021
6. Daily April 5 – April 18, 2021
7. Daily November 1 – November 15, 2021

*The first week of data collection was all Full surveys. After that week, we introduced the Short version of the daily survey. Unless otherwise noted, during each assessment period from that point forward the Full Survey was sent 2-3x per week with the Short version sent the remaining 3-4 days.

1.
Corrections and Data Processing

Done to Raw Data:
1. Correct mistakes in entering subject ID
2. Drop remaining entries with invalid subject ID
3. Add unique_id column to give a unique identifier to every row

Done to Cleaned Data:
1. Correct mistakes in entering subject ID
2. Drop remaining entries with invalid subject ID
3. Add unique_id column to give a unique identifier to every row
4. Drop incomplete surveys
5. Combine Recap system timestamps from short and full surveys into a single redcap_timestamp column
6. Make fever_temp variable numeric and replace any value that cannot be made numeric with a missing value
7. Subtract 1 from all PHQ9 responses so that the scale starts at 0.
8. If participant said they did not wake during the night, enter 0 for night_awakening time
9. If participant said they did not nap, enter 0 for sleepdiary_naptime
10. If participant said they did not socialize virtually, enter 0 for socialize_min
11. Convert dependent_children variable to numeric and replace observations that cannot be made numeric with missing value
12. Correct country names that were misspelled or used an alternative form (e.g., "USA" vs "UNITED STATES")
13. Convert all state names to two-letter abbreviations and correct misspellings. Only US states have been cleaned. All responses from non-US residents are unaltered.
14. Replace all sleepdiary_sleeplatency values greater than 24 hours with missing value
15. Replace all sleepdiary_naptime values greater than 24 hours with missing value
16. Replace all alcohol_bev values greater than 48 with missing value
17. Replace quarantine_days variables that imply a quarantine beginning before 1/23/20 with missing value

Calculated variables

1. PANAS_PA: PANAS positive affect scale. Sum of panas_interested3, panas_excited3, panas_strong3, panas_enthusiastic3, panas_proud3, panas_alert3, panas_inspired3, panas_determined3, panas_attentive3, panas_active3
2. PANAS_NA: PANAS negative affect scale. Sum of panas_distressed3, panas_upset3, panas_guilty3, panas_scared3, panas_hostile3, panas_irritable3, panas_ashamed3, panas_nervous3, panas_jittery3, panas_afraid3

3. worry_scale: Sum of worry_health, family_health, community_1health, national_health, worry_finances
4. PHQ9 (Note: suicidality question was removed at request of IRB): Sum of depression1, depression2, depression3, depression4, depression5, depression6, depression7, depression8
5. exercise: Combines information for all sleepdiary_exercise variables to indicate whether participants exercised (1) or did not (0)
6. fever_temp_C: fever_temp with all participants who responded in Fahrenheit converted to Celsius
7. normal_days: normal with all units converted to days

VARIABLE DESCRIPTIONS:

Demographic Variable Descriptions

record_id	This is just the number of times the survey has been taken (generated by Redcap)
sub_id	This is the **SUBJECT ID.** This is what is used to identify each individual subject. To enhance confidentiality, we have replaced their given IDs with numbers.
date_time	This is the date and time the participants completed the Demographic survey. Participants are instructed to click a button as they start the survey to enter the date and time. It should be in the time zone of the participant.
time_zone	Free response question for time zone of participant.
country	Free response question for country
state	Optional Free response request for state, territory, or provence.
age1	Age, a number was required to be entered
bio_sex	Biological sex, 1 = female, 2 = male
gender	Gender, 1 = Female, 2 = Male, 3 = Non-binary/Third Gender, 4 = Prefer to self-describe, 5 = Prefer not to say
gender_description	Free response if they selected to self-describe. Should be OK to include in de-identified data but should probably do a quick check b4 release
transgender2	Transgender, 1 = Yes, 2 = No, 3 = Prefer not to say
sexual_orientation	Sexual orientation, 1 = Gay/Lesbian, 2 = Bisexual, 3 = Straight/heterosexual, 4 = Prefer to self-describe, 5 = Prefer not to say
so_description	Free response if they selected to self-describe sexual orientation. Should be OK to include in de-identified data but should probably do a quick check b4 release
ethnicity___1	Ethnicity, they could technically check more than one, hopefully nobody did because it wouldn't make sense. 1 in this row = Hispanic
ethnicity___2	1 in this row = Not Hispanic
ethnicity___3	1 in this row = Prefer not to say
race1___1	Race, they could check more than one. 1 in this row = African American

race1___2	Race, they could check more than one. 1 in this row = Asian
race1___3	Race, they could check more than one. 1 in this row = White
race1___4	Race, they could check more than one. 1 in this row = Hispanic/Latinx
race1___5	Race, they could check more than one. 1 in this row = Native Hawaiian or Other Pacific Islander
race1___6	Race, they could check more than one. 1 in this row = American Indian/ Alaska Native
race1___7	Race, they could check more than one. 1 in this row = More than one race/ Prefer to self-describe
race1___8	Race, they could check more than one. 1 in this row = Unknown
race1___9	Race, they could check more than one. 1 in this row = Prefer not to say
race_description	Free response if they selected to self-describe race. Should be OK to include in de-identified data but should probably do a quick check b4 release
military	Military status, 1 = civilian, 2 = active military, 3 = veteran
marital	Marital status, 1 = Single, 2 = In a relationship, 3 = Married, 4 = Separated/Divorced, 5 = Widowed
disability___1	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Sensory impairment (vision/hearing)
disability___2	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Mobility impairment
disability___3	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Learning disability
disability___4	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Mental Health Disorder
disability___5	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Disability or impairment not listed above
disability___6	Disability questions, they could select more than one, if 1 they said they have been diagnosed, 0 they left blank: Prefer not to say
medical	Any serious medical problems, 1 = yes, 0 = no

dependents	Number of dependents (Required to be a number). If possible it would be nice to have this broken up as binary (yes/no they have kids) and then also the number of dependents the person has
dependent_children	OPTIONAL response of the number of children living at home with them "right now", unfortunately didn't set it as a number entry, so this row will probably need some cleaning up
housing	How many people total are they living with "right now", required to be a number
income	Approximate household income: 1 = $0-$25,000, 2 = $25,001-$50,000, 3 = $50,001 - $75,000, 4 = $75,001 - $100,000, 5 = $100,001 - $150,000, 6 = $150,001 - $250,000, 7 = $250,000+
education	Highest level of education: 1 = Some high school, 2 = High School Diploma or GED, 3 = Some college, 4 = College degree, 5 = Some post-bacc education, 6 = Graduate, Medical, or Professional degree
student	Are you currently a full-time student, 1 = yes, 0 = no
school	Free response to "What type of school do you go to?"
year_study	If yes to student, Year of study
employed	If No to student, then asked if currently employed, 1 = yes, 0 = no
occupation	Free response to "What is your occupation?"
working_home	If yes to employed, 1 = No, 2 = Yes - part-time, 3 = Yes - full-time
employment_covid	If no to employed, has COVID impacted their employmen status, 1 = yes, 0 = no
institution_measures	Everyone asked this, has your institution (workplace, college, etc) taken any measures in response to covid19, 1 = yes, 0 = no
institution_describe	Free response to "If yes (your institution has taken measures), please describe"
normal	These two questions give 1 combined response, how long do people think until things will "return to normal", required to be JUST A NUMBER
normal_units	These two questions give 1 combined response, they then select the units to go along with the number the entered in "normal", 1 = days, 2 = weeks, 3 = months. The set up of these two questions did confuse some ppl but I think will end up making the responses the most reliable

additional_info	Free response to "Please describe any additional demographic information that you would like us to know"
covid19_demographics_complete	Generated by REDCAP, 2 = yes, 0 = no
normal_days	Response to 'normal' with all units converted to days

Daily Survey Variable Descriptions:

unique_id	Unique ID we generated posthoc for each survey entry. It is created as 'record_id' + 'S' (for short version) or 'L' (for long version)
record_id	This is just the number of times the survey has been taken. (generated by Redcap)
redcap_repeat_instrument	This is the VERSION of the survey. For the short version it says "covid19_short_survey". For the full/long version, it just says "covid19"
redcap_repeat_instance	Not important, always 1
redcap_survey_identifier	Not important, always blank
covid19_timestamp	This is the Redcap generated timestamp for when the FULL SURVEY was taken, but if the survey wasn't completed it says "[not completed]". (short survey timestamp is near end of variables)
sub_id	This is the **SUBJECT ID**. This is what is used to use to sync up the responses from individual participants. To enhance confidentiality, we have replaced their given IDs with numbers.
todays_date	This is the participant entered date and time the participants completed the Demographic survey. Participants are instructed to click a button as they start the survey to enter the date and time. It should be in the time zone of the participant.
sleepdiary_bedtime	This is the time the participants **got into bed**. Required to be in military format (eg. 20:00). Most likely between 19:00 and 03:00, but I'm sure I have some unusual schedules and I know for a fact some night shift workers. Also many mistakes here with people not using 24 hour format correctly
sleepdiary_fallasleep	This is the time the participants estimated that they **tried to fall asleep**. Not necessarily when they did fall asleep, but at least turned off the lights and attempted. Required to be in 24-hour format (eg. 20:00). Many mistakes here with people not using 24 hour format correctly

sleepdiary_sleeplatency	This is how many minutes it took the participants to fall asleep from when they started trying. Required number entry
sleepdiary_wakes	This is the number of times that the participants estimated they woke up last night. It was multiple choice ranging from 0 up to 5+, 0=0, 1=1, 2=2, 3=3, 4=4, 5+ = 5
night_awakening_time	This is the number of minutes that participants spent awake throughout the night. Required number entry
sleepdiary_waketime	This is the time the participants estimated that they **woke up in the morning**. Not necessarily when they did fall asleep, but at least turned off the lights and attempted. Required to be in military format (eg. 08:00). Most likely between 05:00 and 12:00, but I'm sure I have some unusual schedules and I know for a fact some night shift workers. Many mistakes here with people not using 24 hour format correctly
sleepdiary_outofbed	This is the time the participants estimated that they **physically got out of bed in the morning**. Required to be in military format (eg. 08:00). Most likely between 05:00 and 12:00, but I'm sure I have some unusual schedules and I know for a fact some night shift workers. Many mistakes here with people not using 24 hour format correctly
sleepdiary_fellasleep	This is a question on their perception of difficulty falling asleep the night before. 1 = It was easy, 2 = It took some time, 3 = It was difficult. **Only asked in full version.**
sleepdiary_dreams	This is whether or not they remembered dreaming the night before, 1 = Yes, 2 = No, 3 = I don't recall. If they say yes to this it breaks out to the dream content question (potentially identifiable info that has been excluded)
sleepdiary_dreamcontent	Free response to "Please describe in as much detail as you'd like the content of your dreams last night."
sleepdiary_nap	This is a question of if they napped the previous day, 1 = Yes, 0 = No
sleepdiary_naptime	This is the number of minutes that the participant napped. Required number entry
cst	This is whether or not they used a sleep tracker or not to help record their responses (useful to some sleep researchers), 1 = Yes, 0 = No
sleepdiary_info	Free response to "Feel free to include any other relevant information about your sleep here, including any disturbances that contributed to you waking up during the night."
step_counter	This is whether or not they have a step counter, 1 = Yes, 0 = No
steps	If they say yes to the above, this asks for the number of steps. It is an optional response but if they answer, must be a number
leave_house	This is a question of whether they left the house yesterday, 1 = Yes, 0 = No
visit	Free response to "What places did you visit outside of your home yesterday?"
people_contact	This question asks how many people did the participants come within social distance contact with outside of their family (within 6ft or 2 meters). Response is required to be a number

socialize	This asks if they did anything to socialize virtually or via phone with family/friends, 1=Yes, 0=No
socialize_min	If yes to the above, how many minutes did they spend doing virtual/phone socialization. Required to be a number response
sleepdiary_exercise	This exercise question is the biggest deviation between the Short and Full Versions of the survey. In the Short Version they were allowed to select multiple entries. In the Full Version they were only allowed to select one. This row is the response to the Full Survey days when they were only able to select ONE option. 0= No, 1 = Yes, In the morning, 2 = Yes, in the afternoon, 3 = Yes, in the evening.
alcohol_bev	This is the number of alcoholic beverages that they consumed the day before, required to be a number.
quarantine	This is whether or not the participants perceived themselves to be in quarantine, 1 = Yes, 0 = No (participants had a lot of questions about this one. We are getting clarity in the Round 3 assessment).
quarantine_days	If yes, this asks how many days they have been in quarantine, required to be a number
fever	This asks participants if they are currently experiencing a fever, 1 = Yes, 0 = no
feverseverity	If yes to fever, then asked to rate severity from 1 = Mild, 2, 3, 4 = Moderate, 5, 6, 7 = Severe. Ones that aren't defined didn't have a particular descriptor but were along the scale
fever_temp	If yes to fever, then we ask for there temperature. This was not set as a number entry only. This was corrected in the "cleaned" version of the data. The raw version remains uncorrected.
temp_measure	If yes to fever, then here I ask them to tell me if the temp reported above is recorded in C or F, 1 = Celsius, 2 = Farenheit
respiratory	This asks participants if they are currently experiencing respiratory symptoms, 1 = Yes, 0 = No
respiratory_describe	Free response to "If yes (to respiratory symptoms), please describe"
respiratory_severity	If yes to respiratory symptoms, then asked to rate severity from 1 = Mild, 2, 3, 4 = Moderate, 5, 6, 7 = Severe. Ones that aren't defined didn't have a particular descriptor but were along the scale
tested	Have they been tested for COVID19 (I do not specify the time, just if they have at all), 1 = Yes, 0 = No
covid_status	Have they been diagnosed with COVID19 (I do not specify the time, just if they have been at all), 1 = Yes, 0 = No
panas_interested3	For all of the PANAS questions, the adjective it's asking about is in the variable name. The actual PANAS questions go from Interested to afraid. The scale for each is 1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_distressed3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_excited3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**

panas_upset3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_strong3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_guilty3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_scared3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_hostile3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_enthusiastic3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_proud3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_irritable3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_alert3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_ashamed3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_inspired3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_nervous3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_determined3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_attentive3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_jittery3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_active3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_afraid3	1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**

panas_sad3	These three are NOT part of the PANAS, I just tacked them on the end. Same scale though: 1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_happy3	These three are NOT part of the PANAS, I just tacked them on the end. Same scale though: 1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
panas_angry3	These three are NOT part of the PANAS, I just tacked them on the end. Same scale though: 1 = Very slightly/not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely **Only asked in full version.**
isolation	**Asks about how socially isolated they feel, 1 = completely isolated, 2, 3, 4, 5, 6, 7= Not isolated at all/Socially fulfilled. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
worry_health	**How worried about own health are they, 1 = Completely consumed with worry, 2, 3, 4, 5, 6, 7= Not Worried at all. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
family_health	**How worried are they about health of family and friends, 1 = Completely consumed with worry, 2, 3, 4, 5, 6, 7= Not Worried at all. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
community_1health	**How worried are they about the health of those in their community, 1 = Completely consumed with worry, 2, 3, 4, 5, 6, 7= Not Worried at all. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
national_health	**How worried are they about COVID19 being a national/global public health crisis, 1 = Completely consumed with worry, 2, 3, 4, 5, 6, 7= Not Worried at all. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
worry_finances	**How worried are they about the personal financial impact of COVID19, 1 = Completely consumed with worry, 2, 3, 4, 5, 6, 7= Not Worried at all. Ones that aren't defined didn't have a particular descriptor but were along the scale **Only asked in full version.**
stress	**Asks overall how stressed are they currently feeling, 1 = Completely Consumed by Stress, 2, 3, 4, 5, 6, 7= Not Stressed at all. Ones that aren't defined didn't have a particular descriptor but were along the scale**
depression1	PHQ9 is a depression measure that has 9 questions, but I wasn't allowed to ask the last one bc it's about suicidality, so we went with the first 8. **Scale should go from 0-3 but Redcap reported the responses as 1-4. In the "cleaned version" we have fixed this so the range is 0-3 (scale reported here to reflect this). In the "raw version" it remains 1-4.** Descriptor: PHQ9- Little interest or pleasure in doing things, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**

depression2	PHQ9- Feeling down, depressed, or hopeless, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression3	PHQ9-Trouble falling asleep, staying asleep, or sleeping too much, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression4	PHQ9- Feeling tired or having little energy, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression5	PHQ9- Poor appetite or overeating, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression6	PHQ9- Feeling bad about yourself- or that you are a failure or that you have let yourself or your family down 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression7	PHQ9-Trouble concentrating on things, such as reading the news or watching television, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
depression8	PHQ9-Moving or speaking so slowly that other people could have noticed? - or the opposite problem - being so fidgety or restless that you have been moving around a lot more than usual, 0 = Not at all, 1 = Some of the time, 2 = More than half the time, 3 = Almost all of the time **Only asked in full version.**
full_open	In Full version only, free response to "OPTIONAL: Please let us know anything else you feel like sharing since the last assessment."
covid19_complete	This is an autogenerated thing from REDCAP from the Full Survey dates, 2 = completed, 0 = partially completed
covid19_short_survey_timestamp	This is the Redcap generated timestamp for when the SHORT SURVEY was taken, but if the survey wasn't completed it says "[not completed]". (full survey timestamp is near beginning of variables)
sleepdiary_exercise___0	In the SHORT version of the survey, they were able to select multiple options. If there is a '1' here, then No they did not exercise for 20 minutes or more the previous day. If '0' they did not select it.
sleepdiary_exercise___1	In the SHORT version of the survey, they were able to select multiple options. If there is a '1' here, then they exercised for 20 minutes or more the previous day **in the morning**. If '0' they did not select it.
sleepdiary_exercise___2	In the SHORT version of the survey, they were able to select multiple options. If there is a '1' here, then they exercised for 20 minutes or more the previous day **in the afternoon** If '0' they did not select it.
sleepdiary_exercise___3	In the SHORT version of the survey, they were able to select multiple options. If there is a '1' here, then they exercised for 20 minutes or more the previous day **in the evening** If '0' they did not select it.
open_question	Free response to "Please let us know anything else you feel like sharing about the last 24 hours."

covid19_short_survey_complete	This is an autogenerated thing from REDCAP from the Short Survey dates, 2 = completed, 0 = partially completed
april_18_timestamp	Timestamp for the extended April 18th version of the survey (included some extra measures)
april_18_complete	This is an autogenerated thing from REDCAP from April 18th date, 2 = completed, 0 = partially completed
nov15_timestamp	Timestamp for the extended November 15th version of the survey (included some extra measures)
nov15_complete	This is an autogenerated thing from REDCAP from the November 15th date, 2 = completed, 0 = partially completed
redcap_timestamp	This a combined row of Redcap time stamps from the short and full versions of the survey ("covid19_short_survey_timestamp" and "covid19_timestamp")
ref_date	This is the date that we believe the participant was referring to. In some cases these need to be corrected if we believed the participant was "catching up" on surveys.
days_elapsed	Number of days that have elapsed since start of data collection (3.21.2020)
PANAS_PA	PANAS positive affect scale. Sum of panas_interested3, panas_excited3, panas_strong3, panas_enthusiastic3, panas_proud3, panas_alert3, panas_inspired3, panas_determined3, panas_attentive3, panas_active3
PANAS_NA	PANAS negative affect scale. Sum of panas_distressed3, panas_upset3, panas_guilty3, panas_scared3, panas_hostile3, panas_irritable3, panas_ashamed3, panas_nervous3, panas_jittery3, panas_afraid3
worry_scale	Sum of worry_health, family_health, community_1health, national_health, worry_finances
PHQ9	(Note: suicidality question was removed at request of IRB): Sum of depression1, depression2, depression3, depression4, depression5, depression6, depression7, depression8
exercise	This exercise question is the biggest deviation between the Short and Full Versions of the survey. In the Short Version they were allowed to select multiple entries. In the Full Version they were only allowed to select one. To address this, here we have combined information for all sleepdiary_exercise variables to indicate whether participants exercised (1) or did not (0)
fever_temp_C	fever_temp with all participants who responded in Fahrenheit converted to Celsius