



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

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# COVID19 One-Time Assessments: Round 2

In an effort to be able to use the daily survey data to more effectively understand the impact of COVID19 on factors related to mental health and well-being, we will be releasing a short series of additional assessments. This will provide us with further information to better understand risk and protective factors, which will help us manage future waves of this pandemic, as well as future pandemics.

In this assessment, we will be asking you to reflect on your life and experiences since the onset of the COVID19 pandemic, and your emotional response to these events. We will also ask you to reflect on what you think life will be like in the future. We estimate this survey to take 45-60 min, but could take more or less time depending on how much detail you'd like to provide.

As a reminder, this is the second of 3 assessment opportunities this month, and we are also planning a follow up survey at a later time in the future, such as this fall or winter. All of the assessments are optional and you can opt out of receiving notification or reminders about them at any time by emailing [cunninaj@bc.edu](mailto:cunninaj@bc.edu).

As compensation, for each of the 3 assessments that you complete this month, you will receive raffle entries into a NEW raffle for one of 30 \$50 Amazon Gift cards. This raffle will be separate from the one we will be doing for the daily survey, so 40 Amazon Gift cards will be raffled off total.

As always, your health and safety are our number one priority. If diagnosed with COVID-19, we hope and encourage you to seek the treatment and care that you need and recover quickly. Any information that you provide us moving forward will be useful in understanding the effects of COVID-19 and the culture of living through a pandemic, but please do not let keeping up with these surveys interfere with your care in any way.

Thank you!

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Subject ID:

\_\_\_\_\_

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Click 'Now'

\_\_\_\_\_

**COVID19 Reflections**

Entirely negative    Mostly negative    An equal mix    Mostly positive    Entirely positive

When I think about the past 8 weeks, my memories are:                   

When I think about the summer and fall, my predictions are                   

Can you remember when you realized that this was going to be a part of history?     Yes  
 No

How vivid is the memory?     Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?     Not at all  
 Somewhat  
 Moderately  
 Completely

How emotionally arousing was the event at the time of its occurrence?     Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

How emotionally arousing is the memory as you now reflect on it?     Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?     a) Recall this from my own eyes  
 b) See myself as part of the scene

**Significant Closure**

Were you in school or employed at the start of the COVID pandemic?

- Yes  
 No

Did your school or work close YOUR on-sight operations in response to the COVID-19 pandemic?

- Yes  
 No  
(Even if the establishment remained open for essential employees, mark yes if your work was ended or made virtual. )

Was another significant entity or access in your life closed or canceled due to the COVID19 pandemic (e.g. community/senior centers, nursing home visitation abilities, etc.)?

- Yes  
 No

Can you remember when you learned of this closure?

- Yes  
 No

How vivid is the memory?

- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all  
 Somewhat  
 Moderately  
 Completely

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes  
 b) See myself as part of the scene

**Children School Closure**

Are you the parent/guardian/caretaker for school-age children that have been living with you during the pandemic?

- Yes  
 No

Was your primary childcare service closed or cancelled in response to the COVID19 pandemic?

- Yes  
 No  
(School, daycare, nannys, access to family members, etc.)

Can you remember when you learned of this closure?

- Yes  
 No

How vivid is the memory?

- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all  
 Somewhat  
 Moderately  
 Completely

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes  
 b) See myself as part of the scene

**Negative Emotions**

- 
- Can you remember a moment when you felt consumed by negative emotions related to the pandemic?
- Yes  
 No
- 
- How vivid is the memory?
- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid
- 
- How much do you feel like you're re-experiencing or reliving the event when you think back on it?
- Not at all  
 Somewhat  
 Moderately  
 Completely
- 
- How emotionally arousing was the event at the time of its occurrence?
- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing
- 
- How emotionally arousing is the memory as you now reflect on it?
- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing
- 
- Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?
- a) Recall this from my own eyes  
 b) See myself as part of the scene

**Improvement**

Can you remember when you first felt that things were starting to get "better"?

- Yes  
 No  
 I don't feel that way yet

How vivid is the memory?

- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all  
 Somewhat  
 Moderately  
 Completely

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes  
 b) See myself as part of the scene

**COVID Information**

Please do not use any outside references for these responses. Just provide your best guess based on your memory alone.

If you moved during the pandemic, please respond according to the area that you spent the MOST time since our data collection began (March 20, 2020)

How many people in your country had been diagnosed with COVID19 by mid-March?

\_\_\_\_\_  
(Numbers only, no punctuation)

How many people in your country had been diagnosed with COVID19 by mid-April?

\_\_\_\_\_  
(Numbers only, no punctuation)

Have you been in the United States for a majority of the COVID19 outbreak?

- Yes  
 No

How many people in your state had been diagnosed with COVID19 by mid-March?

\_\_\_\_\_  
(Numbers only, no punctuation)

How many people in your state had been diagnosed with COVID19 by mid-April?

\_\_\_\_\_  
(Numbers only, no punctuation)

Was there a stay-at-home order, or equivalent, in your state?

- Yes  
 No

When did it begin? (please enter date as Month/Day/Year)

\_\_\_\_\_

When did it or when is it scheduled to end? (please enter date as Month/Day/Year)

\_\_\_\_\_  
(If order or recommendation was extended, put the most recently released end date)

I think my state's actions to prevent the spread of COVID19 were:

- Too severe  
 Appropriate  
 Not severe enough

Was there a stay-at-home order, or equivalent, in your country?

- Yes  
 No

When did it begin? (please enter date as Month/Day/Year)

\_\_\_\_\_

When did it or when is it scheduled to end? (please enter date as Month/Day/Year)

\_\_\_\_\_  
(If order or recommendation was extended, put the most recently released end date)

I think my country's actions to prevent the spread of COVID19 were:

- Too severe  
 Appropriate  
 Not severe enough



**Future COVID Expectations**

When do you expect things to feel "normal" again?  
(please enter date as Month/Day/Year)

\_\_\_\_\_ (If you already do, put today's date)

When do you expect that you will first feel comfortable going to the grocery store without wearing a mask? (please enter date as Month/Day/Year)

\_\_\_\_\_ (If you already do, put today's date)

When do you expect that you will return to having mostly in-person meetings? (please enter date as Month/Day/Year)

\_\_\_\_\_ (If you already do, put today's date)

When do you expect large events (concerts, sporting events, conferences) to resume? (please enter date as Month/Day/Year)

\_\_\_\_\_ (If you already do, put today's date)

When do you expect that people will be shaking hands again? (please enter date as Month/Day/Year)

\_\_\_\_\_ (If you already do, put today's date)

How many people in your country do you think will have been diagnosed with COVID19 by mid-August?

\_\_\_\_\_

Do you think COVID19 rates will become lower when the weather gets warmer?

- yes  
 no  
 unsure

**Thoughts about the past**

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
When I think about the past 2-3 months, I remember my fears related to the spread of the illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the past 2-3 months, I remember the community working together under difficult circumstances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the past 2-3 months, I remember feeling hope that the efforts will save lives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the past 2-3 months, I remember the social isolation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the past 2-3 months, I remember the financial uncertainty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the past 2-3 months, I remember feeling interconnected with others even while being physically distant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Thoughts about the future**

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
When I think about the summer and fall, I envision improvements in public health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the summer and fall, I envision continued spread of the illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the summer and fall, I envision improved economic stability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the summer and fall, I envision continued financial uncertainty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I think about the summer and fall, I envision less social isolation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Over the past 2-3 months,**

	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your peak negative emotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How intense was that peak negative emotion?

- Low
- Moderate
- High

**Over the past 2-3 months,**

	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your peak positive emotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How intense was that peak positive emotion?

- Low
- Moderate
- High

**Over the past 2-3 months,**

	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your most sustained period of negative emotion (check all that apply)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when was your most sustained period of positive emotion (check all that apply)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OPTIONAL Free Response Questions**

In 250 words or less, describe one of the most challenging moments from the past 8 weeks.

---

How vivid is the memory?

- Extremely vague
- Fairly vague
- Fairly vivid
- Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all
- Somewhat
- Moderately
- Completely

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral
- Fairly neutral
- Fairly arousing
- Completely arousing

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral
- Fairly neutral
- Fairly arousing
- Completely arousing

How important do you think this event will be to you in 6 months?

- Very unimportant
- Fairly unimportant
- Fairly important
- Very important

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes
- b) See myself as part of the scene

In 250 words or less, describe one of the most positive moments from the past 8 weeks.

---

How vivid is the memory?

- Extremely vague
- Fairly vague
- Fairly vivid
- Extremely vivid

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all
- Somewhat
- Moderately
- Completely

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral
- Fairly neutral
- Fairly arousing
- Completely arousing

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral
- Fairly neutral
- Fairly arousing
- Completely arousing

---

How important do you think this event will be to you in 6 months?

- Very unimportant  
 Fairly unimportant  
 Fairly important  
 Very important

---

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes  
 b) See myself as part of the scene

---

In 250 words or less, describe one typical or mundane event (e.g. shopping, work, lines) that took on new meaning in the last 8 weeks

---

---

How vivid is the memory?

- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

---

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all  
 Somewhat  
 Moderately  
 Completely

---

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

---

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing

---

How important do you think this event will be to you in 6 months?

- Very unimportant  
 Fairly unimportant  
 Fairly important  
 Very important

---

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes  
 b) See myself as part of the scene

---

In 250 words or less, describe one moment that, to you, best reflects the unusual circumstances of these past several weeks.

---

---

How vivid is the memory?

- Extremely vague  
 Fairly vague  
 Fairly vivid  
 Extremely vivid

---

How much do you feel like you're re-experiencing or reliving the event when you think back on it?

- Not at all  
 Somewhat  
 Moderately  
 Completely

---

How emotionally arousing was the event at the time of its occurrence?

- Completely neutral  
 Fairly neutral  
 Fairly arousing  
 Completely arousing



---

How emotionally arousing is the memory as you now reflect on it?

- Completely neutral
- Fairly neutral
- Fairly arousing
- Completely arousing

---

How important do you think this event will be to you in 6 months?

- Very unimportant
- Fairly unimportant
- Fairly important
- Very important

---

Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?

- a) Recall this from my own eyes
- b) See myself as part of the scene

**ISI: For each question, please select the number that best describes your answer. Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).**

	None	Mild	Moderate	Severe	Very Severe
Difficulty falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problems waking up to early	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

- Very Satisfied  
 Satisfied  
 Moderately Satisfied  
 Dissatisfied  
 Very Dissatisfied

How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

- Not at all Noticeable  
 A little  
 Somewhat  
 Much  
 Very Much Noticeable

How WORRIED/DISTRESSED are you about your current sleep problem?

- Not at all Worried  
 A little  
 Somewhat  
 Much  
 Very Much Worried

To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

- Not at all Interfering  
 A little  
 Somewhat  
 Much  
 Very Much Interfering

**Reduced MEQ**

What time would you get up if you were entirely free to plan your day?

- 5:00-6:30AM
- 6:30-7:45AM
- 7:45-9:45AM
- 9:45-11:00AM
- 11:00AM-12NOON
- 12NOON-5:00AM

During the first half--hour after you wake up in the morning, how tired do you feel?

- Very tired
- Fairly tired
- Fairly refreshed
- Very refreshed

At what time of day do you feel you become tired as a result of need for sleep?

- 8:00-9:00PM
- 9:00-10:15PM
- 10:15PM-12:45AM
- 12:45-2:00AM
- 2:00-3:00AM

At what time of the day do you think that you reach your "feeling best" peak?

- 5:00-8:00AM
- 8:00-10:00AM
- 10:00AM-5:00PM
- 5:00-10:00PM
- 10:00PM-5:00AM

One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?

- Definitely a "morning" type
- Rather more a "morning" than an "evening" type
- Rather more an "evening" than a "morning" type
- Definitely an "evening" type

**Perceived Stress Scale: The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.**

	Never	Almost Never	Sometimes	Fairly Often	Very Often
In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you been angered because of things that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**TEQ: Below is a list of statements. Please read each statement carefully and rate how frequently you feel or act in the manner described. Circle your answer on the response form. There are no right or wrong answers or trick questions. Please answer each question as honestly as you can.**

	Never	Rarely	Sometimes	Often	Always
When someone else is feeling excited, I tend to get excited too.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people's misfortunes do not disturb me a great deal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It upsets me to see someone being treated disrespectfully.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I remain unaffected when someone close to me is happy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy making other people feel better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have tender, concerned feelings for people less fortunate than me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When a friend starts to talk about his/her problems, I try to steer the conversation towards something else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tell when others are sad even when they do not say anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find that I am "in tune" with other people's moods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not feel sympathy for people who cause their own serious illnesses.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I become irritated when someone cries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am not really interested in how other people feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get a strong urge to help when I see someone who is upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see someone being treated unfairly, I do not feel very much pity for them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it silly for people to cry out of happiness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When I see someone being taken advantage of, I feel kind of protective towards him/her.