



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

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AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the Round 4 data (reflected in the “cleaned_deid” versions of the data), (2) Variable Descriptions for each variable in the Round 4 data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from Round 4.

- If you note any errors or any combination of information that could jeopardize confidentiality of participants, please contact the primary investigators.
- Data for participants should be able to be matched across surveys based on the **Subject ID (sub_id)**.
- There were some similar issues as outlined in the 1a_README_COVID19_daily_survey_SLEEP_DATA_README regarding errors with use of 12- vs. 24-hour clock, specifically in calculations for PSQI and uMTQ. **No times were changed in the reported data**, but we have made a column that notes if 12- or 24-hour clock was assumed
- The code has also been shared on OSF
- Almost all of our data cleaning was just to get it in analyzable shape, and to exclude or correct obvious errors (e.g., misspelled country names) and impossible values. Beyond clearly impossible values (e.g., a participant who says they average 40 hours of sleep per night), we have not removed outliers or other suspect values, because we want to leave decisions on how to deal with these to each researcher.
- We encourage pre-registration of analyses. Here are a few previously done by the authors:
 - <https://osf.io/tb4qv>
 - <https://osf.io/kg6bu>
 - <https://osf.io/7zg5v>
 - <https://osf.io/zn4bx>

Round 4

Corrections and cleaning

1. Rescale PSQI variables to start at 0 rather than 1
2. Replace hours of sleep greater than 24 with missing value
3. Replace days working per week greater than 7 with missing value
4. Replace some unusual/extreme dates (e.g., 0101-01-01) with missing values

Round 4 Variable Descriptions

*Note: Variables in RED TEXT are not included in the de-identified versions of the data. To get access to this data, you must contact Tony Cunningham (acunnin4@bidmc.harvard.edu) and be brought onto the IRB (which is definitely doable)

VARIABLE_NAME	QUESTION_CONTENT	MULTIPLE_CHOICE_RESPONSES_if_any
record_id	This is just the number of times the survey has been taken (generated by Redcap)	
redcap_survey_identifier	ALWAYS BLANK	
round_4_timestamp	Timestamp autogenerated 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_rd4	This is the date and time the participants started the Round 1 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.	
Pittsburgh Sleep Quality Index (Re-assessment)		
fall_psqi_1	During the past month, what time have you usually gone to bed at night?	
fall_psqi_2	During the past month, how long (in minutes) has it usually taken you to fall asleep each night?	
fall_psqi_3	During the past month, what time have you usually gotten up in the morning?	
fall_psqi_4	During the past month, how many hours of ACTUAL SLEEP did you get at night? (This may be different than the number of hours you spent in bed.)	
fall_psqi_5a	Cannot get to sleep within 30 minutes	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5b	Wake up in the middle of the night or early morning	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5c	Have to get up to use the bathroom	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5d	Cannot breathe comfortably	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5e	Cough or snore loudly	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week

fall_psqi_5f	Feel too cold	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5g	Feel too hot	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5h	Had bad dreams	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5i	Had pain	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5j	Other reason(s), please describe below	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_5j2	Free response to "Please describe below"	
fall_psqi_6	During the past month, how would you rate your sleep quality overall?	1, Very good 2, Fairly good 3, Fairly bad 4, Very bad
fall_psqi_7	During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_8	During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week
fall_psqi_9	During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?	1, No problem at all 2, Only a very slight problem 3, Somewhat of a problem 4, A very big problem
Insomnia Severity Index (Re-assessment)		
fall_isi_1	Difficulty falling asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
fall_isi_2	Difficulty staying asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
fall_isi_3	Problems waking up to early	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
fall_isi_4	How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?	0, Very Satisfied 1, Satisfied 2, Moderately Satisfied 3, Dissatisfied 4, Very Dissatisfied
fall_isi_5	How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?	0, Not at all Noticeable 1, A little 2, Somewhat 3, Much 4, Very Much Noticeable
fall_isi_6	How WORRIED/DISTRESSED are you about your current sleep problem?	0, Not at all Worried 1, A little 2, Somewhat 3, Much 4, Very Much Worried
fall_isi_7	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?	0, Not at all Interfering 1, A little 2, Somewhat 3, Much 4, Very Much Interfering
Ultra Short Munich Chronotype Questionnaire (Re-assessment)		

fall_mtq_1	I have been a shift- or night-worker in the past three months	1 = YES, 0 = NO
fall_mtq_2	Normally, I work ____ days per week.	
fall_mtq_3	On WORKDAYS I normally fall asleep at:	
fall_mtq_4	On WORKDAYS I normally wake up at:	
fall_mtq_5	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at:	
fall_mtq_6	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at:	
Generalized Anxiety Disorder (GAD)-7 (Re-assessment)		
fall_gad_1	Feeling nervous, anxious or on edge	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_2	Not being able to stop or control worrying	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_3	Worrying too much about different things	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_4	Trouble relaxing	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_5	Being so restless that it is hard to sit still	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_6	Becoming easily annoyed or irritable	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
fall_gad_7	Feeling afraid as if something awful might happen	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
COVID19 Memory Re-assessment		
gen_1_fut	When I think about the past 8 weeks, my memories are:	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
gen_2_fut	When I have thought about April-May during the past 8 weeks, my memories are:	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
gen_3_fut	When I think about all that has happened, my memories are:	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
gen_4_fut	When I think about the winter and spring, my predictions are	1, Entirely negative 2, Mostly negative 3, An equal mix 4, Mostly positive 5, Entirely positive
history_fut	Can you remember the moment when you realized that this was going to be a part of history?	1 = YES, 0 = NO
vivid_history_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid

reexp_history_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_history_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_history_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_history_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
work_start_fut	Were you in school or employed at the start of the COVID pandemic?	1 = YES, 0 = NO
work_close_fut	Did your school or work close YOUR on-sight operations in response to the COVID-19 pandemic?	1 = YES, 0 = NO
work_other_fut	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.)?	1 = YES, 0 = NO
work_close_rem_fut	Can you remember the moment when you heard of this closure?	1 = YES, 0 = NO
vivid_work_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_work_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_work_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_work_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_work_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
school_kids_fut	Are you the parent/guardian/caretaker for school-age children that have been living with you during the pandemic?	1 = YES, 0 = NO
school_close_fut	Was your primary childcare service closed or cancelled in response to the COVID19 pandemic?	1 = YES, 0 = NO
school_close_rem_fut	Can you remember the moment when you heard of this closure?	1 = YES, 0 = NO
vivid_school_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid

reexp_school_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_school_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_school_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_school_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
neg_emo_fut	Can you remember a moment when you felt consumed by negative emotions related to the pandemic?	1 = YES, 0 = NO
vivid_neg_emo_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_neg_emo_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_neg_emo_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_neg_emo_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_neg_emo_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
get_better_fut	Can you remember when you first felt that things were starting to get "better"?	1 = YES, 0 = NO
vivid_get_better_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_get_better_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_get_better_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_get_better_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
thirdper_get_better_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
num_march_fut	How many people in your country had been diagnosed with COVID19 by mid-March?	
num_april_fut	How many people in your country had been diagnosed with COVID19 by mid-April?	
us_fut	Were you in the United States for a majority of the time from March 20 - June 20, 2020?	1 = YES, 0 = NO

num_march_us_fut	How many people in your state had been diagnosed with COVID19 by mid-March?	
num_april_us_fut	How many people in your state had been diagnosed with COVID19 by mid-April?	
stayhome_us_fut	Was there a stay-at-home order, or equivalent, in your state during this time?	1 = YES, 0 = NO
stayhome_begin_us_fut	When did it begin? (please enter date as Month/Day/Year)	
stayhome_end_us_fut	When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	
severity_state_fut	I think my state's actions to prevent the spread of COVID19 were:	1, Too severe 2, Appropriate 3, Not severe enough
stayhome_fut	Was there a stay-at-home order, or equivalent, in your country during this time?	1 = YES, 0 = NO
stayhome_begin_fut	When did it begin? (please enter date as Month/Day/Year)	
stayhome_end_fut	When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	
severity_fut	I think my country's actions to prevent the spread of COVID19 were:	1, Too severe 2, Appropriate 3, Not severe enough
sp_mem_7_fut	When I have thought about March-May during the past 8 weeks, I remember my fears related to the spread of the illness	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_8_fut	When I have thought about March-May during the past 8 weeks, I remember the social isolation	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_9_fut	When I have thought about March-May during the past 8 weeks, I remember the financial uncertainty	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_10_fut	When I have thought about March-May during the past 8 weeks, I remember the community working together under difficult circumstances	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_11_fut	When I have thought about March-May during the past 8 weeks, I remember feeling hope that the efforts will save lives	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_12_fut	When I have thought about March-May during the past 8 weeks, I remember feeling interconnected with others even while being physically distant	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_13_fut	When I think about all that has happened, I remember my fears related to the spread of the illness	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_14_fut	When I think about all that has happened, I remember the social isolation	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree

sp_mem_15_fut	When I think about all that has happened, I remember the financial uncertainty	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_16_fut	When I think about all that has happened, I remember the community working together under difficult circumstances	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_17_fut	When I think about all that has happened, I remember feeling hope that the efforts will save lives	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
sp_mem_18_fut	When I think about all that has happened, I remember feeling interconnected with others even while being physically distant	0, Strongly disagree 1, Disagree 2, Neither disagree nor agree 3, Agree 4, Strongly agree
fears_change	Compared to March-May, I now think about my fears related to the spread of the illness:	1, More 2, Less 3, About the same
isolation_change	Compared to March-May, I now think about the social isolation:	1, More 2, Less 3, About the same
finances_change	Compared to March-May, I now think about the financial uncertainty:	1, More 2, Less 3, About the same
community_change	Compared to March-May, I now think about the community working together under difficult circumstances:	1, More 2, Less 3, About the same
hope_change	Compared to March-May, I now think about the hope that the efforts will save lives:	1, More 2, Less 3, About the same
interconnected_change	Compared to March-May, I now think about the feeling of being interconnected with others even while being physically distant:	1, More 2, Less 3, About the same
peak_neg_fut	when was your peak negative emotion	1, March 2, April 3, May 4, June 5, July 6, August 7, September 8, now
peak_neg_intense_fut	How intense was that peak negative emotion?	1, Low 2, Moderate 3, High
peak_pos_fut	when was your peak positive emotion	1, March 2, April 3, May 4, June 5, July 6, August 7, September 8, now
peak_pos_intense_fut	How intense was that peak positive emotion?	1, Low 2, Moderate 3, High
sustained_neg_fut__1	When was your most sustained period of negative emotion	1=March, 0=they did not select March
sustained_neg_fut__2	When was your most sustained period of negative emotion	1=April, 0=they did not select April
sustained_neg_fut__3	When was your most sustained period of negative emotion	1=May, 0=they did not select May
sustained_neg_fut__4	When was your most sustained period of negative emotion	1=June, 0=they did not select June
sustained_neg_fut__5	When was your most sustained period of negative emotion	1=July, 0=they did not select July
sustained_neg_fut__6	When was your most sustained period of negative emotion	1=August, 0=they did not select August
sustained_neg_fut__7	When was your most sustained period of negative emotion	1=September, 0=they did not select September
sustained_neg_fut__8	When was your most sustained period of negative emotion	1=now, 0=they did not select now

sustained_pos_fut__1	When was your most sustained period of positive emotion (check all that apply)	1=March, 0=they did not select March
sustained_pos_fut__2	When was your most sustained period of positive emotion (check all that apply)	1=April, 0=they did not select April
sustained_pos_fut__3	When was your most sustained period of positive emotion (check all that apply)	1=May, 0=they did not select May
sustained_pos_fut__4	When was your most sustained period of positive emotion (check all that apply)	1=June, 0=they did not select June
sustained_pos_fut__5	When was your most sustained period of positive emotion (check all that apply)	1=July, 0=they did not select July
sustained_pos_fut__6	When was your most sustained period of positive emotion (check all that apply)	1=August, 0=they did not select August
sustained_pos_fut__7	When was your most sustained period of positive emotion (check all that apply)	1=September, 0=they did not select September
sustained_pos_fut__8	When was your most sustained period of positive emotion (check all that apply)	1=now, 0=they did not select now
challenging_free_fut	Free response to "In 250 words or less, describe one of the most challenging moments from the past 8 weeks."	
vivid_challenge_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_challenge_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_challenge_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_challenge_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_challenge_fut	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_challenge_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
memory_repeat_chall_fut	If you answered this question in a previous survey, was this the same memory reported?	1, Yes 2, No 3, I don't remember 4, This is the first time I answered this question
positive_free_fut	Free response to "In 250 words or less, describe one of the most positive moments from the past 8 weeks."	
vivid_positive_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_positive_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely

occarousing_positive_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_positive_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_positive_fut	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_positive_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
memory_repeat_positive_fut	If you answered this question in a previous survey, was this the same memory reported?	1, Yes 2, No 3, I don't remember 4, This is the first time I answered this question
mundane_free_fut	Free response to "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"	
vivid_mundane_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_mundane_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_mundane_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_mundane_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
important_mundane_fut	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_mundane_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
memory_repeat_mundane_fut	If you answered this question in a previous survey, was this the same memory reported?	1, Yes 2, No 3, I don't remember 4, This is the first time I answered this question
unusual_free_fut	Free response to "In 250 words or less, describe one moment that, to you, best reflects the unusual circumstances of these past several weeks."	
vivid_unusual_fut	How vivid is the memory?	1, Extremely vague 2, Fairly vague 3, Fairly vivid 4, Extremely vivid
reexp_unusual_fut	How much do you feel like you're re-experiencing the event?	1, Not at all 2, Somewhat 3, Moderately 4, Completely
occarousing_unusual_fut	How emotionally arousing was the event at the time of its occurrence?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing
refarousing_unusual_fut	How emotionally arousing is the memory as you now reflect on it?	1, Completely neutral 2, Fairly neutral 3, Fairly arousing 4, Completely arousing

important_unusual_fut	How important do you think this event will be to you in 6 months?	1, Very unimportant 2, Fairly unimportant 3, Fairly important 4, Very important
thirdper_unusual_fut	Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	1, a) Recall this from my own eyes 2, b) See myself as part of the scene
memory_repeat_unusual_fut	If you answered this question in a previous survey, was this the same memory reported?	1, Yes 2, No 3, I don't remember 4, This is the first time I answered this question
Ritchey Individual Differences in Memory Scale		
ind_diff_1	When I remember events in the past, I can typically remember specific details about: Where the event occurred	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_2	When I remember events in the past, I can typically remember specific details about: When the event occurred	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_3	When I remember events in the past, I can typically remember specific details about: The sequence of what happened during the event	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_4	When I remember events in the past, I can typically remember specific details about: The people who were there	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_5	When I remember events in the past, I can typically remember specific details about: Conversations during the event	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_6	When I remember events in the past, I can typically remember specific details about: My own emotions during the event	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_7	When I remember events in the past, I can typically remember specific details about: The visual appearance of things at the event	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_8	When I remember events in the past, I can typically remember specific details about: Other kinds of perceptual details (e.g., sounds, smells, tastes)	1, Definitely agree 2, Somewhat agree 3, Somewhat disagree 4, Definitely disagree
ind_diff_rem_well	Free response to "Other types of details that you typically remember well"	
ind_diff_forget	Free response to "Other types of details that you typically forget"	
Daley Prosociality Assessment		
prosoc_1	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Lent or donated books or clothes	1 = YES, 0 = NO

prosoc_1_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_1_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_2	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Shared or donated food	1 = YES, 0 = NO
prosoc_2_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_freq_2	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_3	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Delivered food, medications, or other goods to immobilized individuals	1 = YES, 0 = NO
prosoc_3_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_3_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_4	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Gave or donated PPE or other hard to find supplies	1 = YES, 0 = NO
prosoc_4_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_4_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_5	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Sewed homemade masks	1 = YES, 0 = NO
prosoc_5_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_5_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_6	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Checked in with an isolated person	1 = YES, 0 = NO
prosoc_6_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_6_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_7	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Lent or donated money to someone	1 = YES, 0 = NO

prosoc_7_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_7_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
prosoc_8	Since the start of the COVID-19 pandemic, please indicate whether you have engaged in the following activities: Donated blood or platelets	1 = YES, 0 = NO
prosoc_8_freq	I have done this	1, Less than usual 2, 3, Same as usual 4, 5, More than usual
prosoc_8_who	I have done this	1, primarily for family/close friends 2, 3, for both family/close friends and strangers 4, 5, primarily for strangers
Gutchess Social Norm Assessment		
Instructions: The following statements refer to the US STATE that you live in, as a whole. If you are not from the United States, please respond about the COUNTRY that you live in. Please indicate whether you agree or disagree with the following statements using the following scale. Note that the statements sometimes refer to "social norms", which are standards for behavior that are generally unwritten.		
soc_norm_1	There are many social norms that people are supposed to abide by in the state you live in.	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
soc_norm_2	In the state you live in, there are very clear expectations for how people should act in most situations.	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
soc_norm_3	People agree upon what behaviors are appropriate versus inappropriate in most situations in this state	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
soc_norm_4	People in this state have a great deal of freedom in deciding how they want to behave in most situations.	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
soc_norm_5	In this state, if someone acts in an inappropriate way, others will strongly disapprove.	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
soc_norm_6	People in this state almost always comply with social norms.	1, Strongly disagree 2, Moderately disagree 3, Slightly disagree 4, Slightly agree 5, Moderately agree 6, Strongly agree
Ford News Consumption Questionnaire		
Instructions: The following questions will ask you to think about how you have interacted with news/information related to the COVID-19 pandemic since March. For each type of information, please indicate whether you have: a) Attempted to avoid this information, b) Neither avoided or sought out this information, c) Actively sought out new information		
news_1	New scientific developments related to the disease, treatments, and vaccine trials	1, Attempted to avoid this information 2, Neither avoided or sought out this information 3, Actively sought out new information
news_scidev_1	Newspaper	1, Never 2, 3, Sometimes 4, 5, Often
news_scidev_2	Television	1, Never 2, 3, Sometimes 4, 5, Often
news_scidev_3	Radio	1, Never 2, 3, Sometimes 4, 5, Often
news_scidev_4	Online news platforms	1, Never 2, 3, Sometimes 4, 5, Often
news_scidev_5	Social media	1, Never 2, 3, Sometimes 4, 5, Often

news_scidev_6	Friends and family	1, Never 2, 3, Sometimes 4, 5, Often
news_scidev_7	Peer-reviewed Journal	1, Never 2, 3, Sometimes 4, 5, Often
news_2	Policies put in place by local or federal governments to control and manage the disease	1, Attempted to avoid this information 2, Neither avoided or sought out this information 3, Actively sought out new information
news_policy_1	Newspaper	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_2	Television	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_3	Radio	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_4	Online news platforms	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_5	Social media	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_6	Friends and family	1, Never 2, 3, Sometimes 4, 5, Often
news_policy_7	Peer-reviewed Journal	1, Never 2, 3, Sometimes 4, 5, Often
news_3	Personal stories from individuals who have been affected by the pandemic	1, Attempted to avoid this information 2, Neither avoided or sought out this information 3, Actively sought out new information
news_personal_1	Newspaper	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_2	Television	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_3	Radio	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_4	Online news platforms	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_5	Social media	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_6	Friends and family	1, Never 2, 3, Sometimes 4, 5, Often
news_personal_7	Peer-reviewed Journal	1, Never 2, 3, Sometimes 4, 5, Often

Moral Circle Question

moral_circle	<p>We would like you to indicate the extent of your moral circle. By moral circle, we mean the circle of people or other entities for which you are concerned about right and wrong done toward them. At the innermost circle, some people care about their immediate family only, and the outermost circle, people care about the entire universe--all things in existence. Please select the number that depicts the extent of your moral circle. Note that in this scale, the number you select includes the numbers below it as well. So, if you select 10 (all mammals), you are also including numbers 1-9 (up to 'all people on all continents') in your moral circle.</p>	<p>1, 1- all of your immediate family 2, 2- all of your extended family 3, 3- all of your closest friends 4, 4- all of your friends (including distant ones) 5, 5- all of your acquaintances 6, 6- all people you have ever met 7, 7- all people in your country 8, 8- all people on your continent 9, 9- all people on all continents 10, 10- all mammals 11, 11- all amphibians, reptiles, mammals, fish and birds 12, 12- all animals on earth including paramecia and amoebae 13, 13- all animals in the universe, including alien lifeforms 14, 14- all living things in the universe including plants and trees 15, 15- all natural things in the universe including inert entities such as rocks 16, 16- all things in existence</p>
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COVID 19 Diagnosis and Symptom Assessment

covid_test	At any time since the start of the pandemic, have you received a positive test for COVID19?	1 = YES, 0 = NO
covid_doctor	At any time since the start of the pandemic, have you been diagnosed with COVID19 by a doctor without a formal test?	1 = YES, 0 = NO
covid_belief	Do you believe you have contracted COVID19 at any point since the start of the pandemic, even without a test or formal diagnosis by a doctor?	1 = YES, 0 = NO
severity_cov	How would you rate the severity of the symptoms you experienced/are experiencing?	1, Mild 2, Moderate 3, Severe, but recovered at home 4, Severe and hospitalized 5, Hospitalized and needed a ventilator or other lifesaving treatment
covid_roommate	Has anyone you have lived with contracted COVID19?	1 = YES, 0 = NO
covid_roommate_2	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO
covid_loved	Has a loved one (family or friend) contracted COVID19?	1 = YES, 0 = NO
covid_loved_2	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO
Political Ideology		
political	Please indicate your political ideology	1, Very liberal 2, Liberal 3, Slightly liberal 4, Moderate 5, Slightly conservative 6, Conservative 7, Very Conservative

Round 4 Calculated Variables

Calculated_Variables	Variable_Description	Calculation
fall_PSQIDURAT	FALL PSQI Duration of Sleep	IF (fall_psqi_4) ≥ 7, THEN set value to 0, IF (fall_psqi_4) < 7 and ≥ 6, THEN set value to 1, IF (fall_psqi_4) < 6 and ≥ 5, THEN set value to 2, IF (fall_psqi_4) < 5, THEN set value to 3
fall_PSQIDISTB	FALL PSQI Sleep Disturbance	IF fall_psqi_5b + fall_psqi_5c + fall_psqi_5d + fall_psqi_5e + fall_psqi_5f + fall_psqi_5g + fall_psqi_5h + fall_psqi_5i + fall_psqi_5j = 0, THEN set value to 0 IF fall_psqi_5b + fall_psqi_5c + fall_psqi_5d + fall_psqi_5e + fall_psqi_5f + fall_psqi_5g + fall_psqi_5h + fall_psqi_5i + fall_psqi_5j ≥ 1 and ≤ 9, THEN set value to 1 IF fall_psqi_5b + fall_psqi_5c + fall_psqi_5d + fall_psqi_5e + fall_psqi_5f + fall_psqi_5g + fall_psqi_5h + fall_psqi_5i + fall_psqi_5j > 9 and ≤ 18, THEN set value to 2 IF fall_psqi_5b + fall_psqi_5c + fall_psqi_5d + fall_psqi_5e + fall_psqi_5f + fall_psqi_5g + fall_psqi_5h + fall_psqi_5i + fall_psqi_5j > 18, THEN set value to 3

fall_psqi_2NEW	FALL PSQI Recode of psqi_2 for Latency question	IF fall_psqi_2 \geq 0 and \leq 15, THEN set value of fall_psqi_2new to 0, IF fall_psqi_2 > 15 and \leq 30, THEN set value of fall_psqi_2new to 1, IF fall_psqi_2 > 30 and \leq 60, THEN set value of fall_psqi_2new to 2, IF fall_psqi_2 > 60, THEN set value of fall_psqi_2new to 3
fall_PSQILATEN	FALL PSQI Sleep Latency	IF fall_psqi_5a + fall_psqi_2new = 0, THEN set value to 0 IF fall_psqi_5a + fall_psqi_2new \geq 1 and \leq 2, THEN set value to 1 IF fall_psqi_5a + fall_psqi_2new \geq 3 and \leq 4, THEN set value to 2 IF fall_psqi_5a + fall_psqi_2new \geq 5 and \leq 6, THEN set value to 3
fall_PSQIDAYDYS	FALL PSQI Day Dysfunction due to sleepiness	IF fall_psqi_8 + fall_psqi_9 = 0, THEN set value to 0 IF fall_psqi_8 + fall_psqi_9 \geq 1 and \leq 2, THEN set value to 1 IF fall_psqi_8 + fall_psqi_9 \geq 3 and \leq 4, THEN set value to 2 IF fall_psqi_8 + fall_psqi_9 \geq 5 and \leq 6, THEN set value to 3
fall_PSQI_TIB	FALL PSQI Time In Bed	Calculation of Fall Time in Bed (number of hours between bed time and rise time) after correcting for 24 hour clock usage
fall_PSQI_TIB_12	FALL PSQI Time in Bed was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
fall_PSQI_sleep_eff	FALL PSQI Sleep Efficiency (number)	fall_psqi_4/(fall_psqi_3 - fall_psqi_1)
fall_PSQIHSE	FALL PSQI Sleep Efficiency (score for PSQI total)	IF fall_psqi_sleep_eff \geq 85, THEN set value to 0 IF fall_psqi_sleep_eff < 85 and \geq 75, THEN set value to 1 IF fall_psqi_sleep_eff < 75 and \geq 65, THEN set value to 2 IF fall_psqi_sleep_eff < 65, THEN set value to 3
fall_PSQISLPQUAL	FALL PSQI Overall Sleep Quality	fall_psqi_6
fall_PSQIMEDS	FALL PSQI Needs Meds to Sleep	fall_psqi_7
fall_PSQI_TOTAL	FALL 2020 PSQI Total Score	SUM of fall_psqiDURAT + fall_psqiDISTB + fall_psqiLATEN + fall_psqiDAYDYS + fall_psqiHSE + fall_psqiSLPQUAL + fall_psqiMEDS
fall_ISI_Total	FALL 2020 Insomnia Severity Index Total Score	SUM of fall_isi_1 + fall_isi_2 + fall_isi_3 + fall_isi_4 + fall_isi_5 + fall_isi_6 + fall_isi_7
fall_mtg_freedays	Number of free days per week in Fall 2020	Subtract (7 - fall_mtg_2)
fall_mtg_workdays	Number of work days per week in Fall 2020	Equals fall_mtg_2
fall_mtg_workday_sleeponset	Typical work day sleep onset Fall 2020	Equals fall_mtg_3
fall_mtg_workday_sleepend	Typical work day sleep end Fall 2020	Equals fall_mtg_p8
fall_mtg_freeday_sleeponset	Typical free day sleep onset Fall 2020	Equals fall_mtg_p9
fall_mtg_freeday_sleepend	Typical free day sleep end Fall 2020	Equals fall_mtg_p10

fall_mtq_workday_sleepduration	Typical work day sleep duration Fall 2020	Subtract (fall_mtq_workday_sleepend) - (fall_mtq_workday_sleeponset)
fall_mtq_workday_sleepduration_12	Typical work day sleep duration in fall was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
fall_mtq_freeday_sleepduration	Typical free day sleep duration Fall 2020	Subtract (fall_mtq_freeday_sleepend) - (fall_mtq_freeday_sleeponset)
fall_mtq_freeday_sleepduration_12	Typical free day sleep duration in fall was calculated assuming the participant responded with a 12hour or 24hour clock. We did not change any of the times in the original data.	1 = 12 hour clock assumed, 0 = 24 hour clock assumed.
fall_mtq_workday_sleepmidpoint	Typical work day sleep midpoint Fall 2020	Sum of [(fall_mtq_workday_sleeponset) + (fall_mtq_workday_sleepduration)]/2
fall_mtq_freeday_sleepmidpoint	Typical free day sleep midpoint Fall 2020	Sum of [(fall_mtq_freeday_sleeponset) + (fall_mtq_freeday_sleepduration)]/2
fall_mtq_avg_wk_sleepduration	Average sleep duration Fall 2020	Calculate [(fall_mtq_workday_sleepduration)*(fall_mtq_workdays) + (fall_mtq_freeday_sleepduration)*(fall_mtq_freedays)]/7
fall_mtq_chronotype	Chronotype Fall 2020	IF [(fall_mtq_freeday_sleepduration) ≤ (fall_mtq_workday_sleepduration), then this equals (fall_mtq_freeday_sleepmidpoint) IF [(fall_mtq_freeday_sleepduration) > (fall_mtq_workday_sleepduration), then this equals (fall_mtq_freeday_sleepmidpoint) - [(fall_mtq_freeday_sleepduration) - (fall_mtq_workday_sleepduration)/2]
fall_gad_7_total	FALL 2020 GAD-7 Total Score	SUM of fall_gad_1 + fall_gad_2 + fall_gad_3 + fall_gad_4 + fall_gad_5 + fall_gad_6 + fall_gad_7