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

## Citation

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

## Permanent link

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

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AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the Round 5 data (reflected in the "cleaned_deid" versions of the data), (2) Variable Descriptions for each variable in the Round 5 data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from Round 5.

- There was one error in the initial launch of the Round $\mathbf{5}$ survey (normal_date_feb) and a few question questions that caused some confusion among participants due to formatting/logistic issues (bs_fall1, bs_sp2021, vacc_safe series, and vacc_nosafe series). These issues have been highlighted and described below. Briefly:
- normal_date_feb: ERROR IN QUESTION: For the first 266 fully completed and 298 partially completed surveys, there was an error in the question. The question asked for people to enter M/D/Y in the question, but the validation in REDCAP was set at $\mathrm{D} / \mathrm{M} / \mathrm{Y}$. If people used the calendar option, it would automatically be entered as $\mathrm{D} / \mathrm{M} / \mathrm{Y}$, but there is no way to tell, so this question is likely not usable for the first 298 records.
- bs_fall and bs_sp2021: We received reports that if done on phone, the question formatting made it difficult to tell which multiple choice "bubble" corresponded with which option. Use with some caution
- vacc_safe series and vacc_nosafe series: These questions were "rank order" so each option could only be selected once. Some participants struggled with this concept. Worst case scenario this may have caused some participants to end here and not proceed to the following questions. The questions were required so they had to figure out how to respond in order to proceed.
- If you note any errors or any combination of information that could jeopardize confidentiality of participants, please let us know prior to release for open access.
- 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 5

## 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
5. Standardize formatting and spelling of country names and state/provinces
6. Standard formatting and spelling of COVID-19 vaccine names

## Round 5 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 <br> (generated by Redcap) |  |
| redcap_survey_identifier | Always Blank | Timestamp autogenerated by REDCAP |
| round_5_timestamp | This is the SUBJECT ID. This is what is used to identify each <br> individual subject. To enhance confidentiality, we have replaced <br> their given IDs with numbers. |  |
| sub_id | This is the date and time the participants started the Round 5 <br> survey. Participants are instructed to click a button as they start <br> the survey to enter the date and time. It should be in the time <br> zone of the participant. |  |
| date_time_rd5 | During the past month, what time have you usually gone to bed <br> at night? |  |
| psqi_1 | During the past month, how long (in minutes) has it usually taken <br> you to fall asleep each night? |  |
| psqi_2 | During the past month, what time have you usually gotten up in <br> the morning? | During the past month, how many hours of ACTUAL SLEEP did you <br> get at night? (This may be different than the number of hours you <br> spent in bed.) |
| psqi_3 | Cannot get to sleep within 30 minutes | 1, Not during the past month \| 2, Less than once <br> a week \| 3, Once or twice a week | 4, Three or <br> more times a week |
| psqi_4 | 1, Not during the past month \| 2, Less than once <br> a week \| 3, Once or twice a week | 4, Three or <br> more times a week |  |
| psqi_5a | Wake up in the middle of the night or early morning |  |
| psqi_5b |  |  |


| 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 |
| :---: | :---: | :---: |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| psqi_5j2 | Free response to "Please describe below" |  |
| 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 |
| 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 |
| 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 |
| 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 |


| ULTRA-SHORT MUNICH CHRONOTYPE QUESTIONNAIRE (February 2021) |  |  |
| :---: | :---: | :---: |
| mtq_1 | I have been a shift- or night-worker in the past three months |  |
| mtq_2 | Normally, I work ___ days per week. |  |
| mtq_3 | On WORKDAYS I normally fall asleep at: |  |
| mtq_p8 | On WORKDAYS I normally wake up at: |  |
| mtq_p9 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at: |  |
| mtq_p10 | On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at: |  |
| INSOMNIA SEVERITY INDEX (February 2021) |  |  |
| isi_1 | Difficulty falling asleep | 0, None \\| 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| isi_2 | Difficulty staying asleep | 0, None \| 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| isi_3 | Problems waking up to early | 0, None \| 1, Mild | 2, Moderate | 3, Severe | 4, Very Severe |
| 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 |
| 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 |
| isi_6 | How WORRIED/DISTRESSED are you about your current sleep problem? | 0 , Not at all Worried \\| 1, A little | 2, Somewhat | <br> 3, Much \| 4, Very Much Worried |
| 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 |
| PROMIS FATIGUE SCALE |  |  |
| promis_1 | How often did you feel tired? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis_2 | How often did you experience extreme exhaustion? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis_3 | How often did you run out of energy? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis_4 | How often did your fatigue limit you at work (including work at home)? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always |


| promis_5 | How often were you too tired to think clearly? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | <br> 5, Always |
| :---: | :---: | :---: |
| promis_6 | How often were you too tired to take a bath or shower? | 1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always |
| promis_7 | How often did you have enough energy to exercise strenuously? | ```1, Never \| 2, Rarely | 3, Sometimes | 4, Often | 5, Always``` |
| GENERALIZED ANXIETY DISORDER-7 QUESTIONNAIRE (February 2021) |  |  |
| 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 |
| 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 |
| 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 |
| gad_4 | Trouble relaxing | 0 , Not at all \| 1 , Several days | 2 , More than half the days | 3 , Nearly every day |
| 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 |
| gad_6 | Becoming easily annoyed or irritable | 0 , Not at all\|1, Several days | 2 , More than half the days | 3, Nearly every day |
| 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 |
| PERCEIVED STRESS SCALE (February 2021) |  |  |
| pss_1 | In the last month, how often have you been upset because of something that happened unexpectedly? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |
| pss_2 | In the last month, how often have you felt that you were unable to control the important things in your life? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |
| pss_3 | In the last month, how often have you felt nervous and "stressed"? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |
| pss_4 | In the last month, how often have you felt confident about your ability to handle your personal problems? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |
| pss_5 | In the last month, how often have you felt that things were going your way? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |
| pss_6 | In the last month, how often have you found that you could not cope with all the things that you had to do? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, Fairly Often | 4, Very Often |


| pss_7 | In the last month, how often have you been able to control <br> irritations in your life? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, <br> Fairly Often \| 4, Very Often |
| :--- | :--- | :--- | :--- |
| pss_8 | In the last month, how often have you felt that you were on top <br> of things? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, <br> Fairly Often \| 4, Very Often |
| pss_9 | In the last month, how often have you been angered because of <br> things that were outside of your control? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, <br> Fairly Often \| 4, Very Often |
| pss_10 | In the last month, how often have you felt difficulties were piling <br> up so high that you could not overcome them? | 0, Never \| 1, Almost Never | 2, Sometimes | 3, <br> Fairly Often \| 4, Very Often |
| MULTIFACTORIAL MEMORY QUESTIONNAIRE- SATISFACTION |  |  |


| mmq_14 | I worry that I will forget something important. | 0, Strongly Agree \| 1, Agree | 2, Undecided | 3, Disagree | 4, Strongly Disagree |
| :---: | :---: | :---: |
| mmq_15 | I am embarrassed about my memory. | 0 , Strongly Agree \| 1, Agree | 2, Undecided \| 3, Disagree | 4, Strongly Disagree |
| mmq_16 | I get annoyed or irritated with myself when I am forgetful. | 0 , Strongly Agree \| 1, Agree | 2, Undecided \| 3, Disagree | 4, Strongly Disagree |
| mmq_17 | My memory is good for my age. | 0, Strongly Agree \| 1, Agree | 2, Undecided | 3, Disagree | 4, Strongly Disagree |
| mmq_18 | I worry about my memory ability. | 0 , Strongly Agree \| 1, Agree | 2, Undecided | 3, Disagree | 4, Strongly Disagree |
| DEMOGRAPHIC UPDATE (February 2021) |  |  |
| country_3mo | What country have you been in for a majority of the last 3 months? |  |
| state_3mo | If US/Canada, what State/Province have you been in for a majority of the last 3 months? |  |
| city | Free response to "What city have you been in for a majority of the last 3 months?" |  |
| highrisk_self | Do you consider yourself to be at "high-risk" if you contracted COVID19? | 1 = YES, $0=$ NO |
| highrisk_check__1 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Healthcare Worker, $0=$ they did not select Healthcare Worker |
| highrisk_check__2 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Pre-existing/underlying health condition, $0=$ they did not select Pre-existing/underlying health condition |
| highrisk_check__3 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Essential worker (e.g. grocery clerk, delivery person) , $0=$ they did not select Essential worker (e.g. grocery clerk, delivery person) |
| highrisk_check__4 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Smoker/vaper, $0=$ they did not select Smoker/vaper |
| highrisk_check__5 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Taking immunosuppressive medication, $0=$ they did not select Taking immunosuppressive medication |
| highrisk_check__6 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Live in a "Hot Zone" (e.g. New York City, Italy), $0=$ they did not select Live in a "Hot Zone" (e.g. New York City, Italy) |


| highrisk_check__7 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | 1= Other, $0=$ they did not select Other |
| :---: | :---: | :---: |
| highrisk_check___8 | Are you a member of any of the following high-risk groups for COVID-19? (Check all that apply) | $1=$ None of the above, $0=$ they did not select None of the above |
| highrisk_othercheck | Free response to "If other (high risk), please describe" |  |
| highrisk_other_2 | Do you have a loved one considered to be at "high-risk" if they were to contract COVID19? | 1 = YES, $0=$ NO |
| highrisk_other | Do you live with some one considered to be at "high-risk" if they were to contract COVID19? | 1 = YES, $0=$ NO |
| parent_feb | Are you a parent? | 1 = YES, $0=$ NO |
| children_feb | Did you have children at home with you for a majority of the last 3 months? | 1 = YES, $0=\mathrm{NO}$ |
| how_many_kids_feb | How many children have you had at home with you? |  |
| child_ages_feb__1 | Age range of child(ren) at home included: | $1=0-1$ years old, $0=$ they did not select 0-1 years old |
| child_ages_feb___ 2 | Age range of child(ren) at home included: | 1=2-3 years old, $0=$ they did not select 2-3 years old |
| child_ages_feb___3 | Age range of child(ren) at home included: | $1=3-5$ years old, $0=$ they did not select $3-5$ years old |
| child_ages_feb___4 | Age range of child(ren) at home included: | $1=6-9$ years old, $0=$ they did not select 6-9 years old |
| child_ages_feb___5 | Age range of child(ren) at home included: | $1=10-12$ years old, $0=$ they did not select $10-12$ years old |
| child_ages_feb___6 | Age range of child(ren) at home included: | $1=13-15$ years old, $0=$ they did not select $13-15$ years old |
| child_ages_feb__7 | Age range of child(ren) at home included: | $1=15-17$ years old, $0=$ they did not select 15-17 years old |
| child_ages_feb___8 | Age range of child(ren) at home included: | $1=18+$ years old, $0=$ they did not select $18+$ years old |
| fall_babysit | In the fall of 2020, was your child(ren) in school, daycare, or watched by someone other than a parent on a weekly basis? | 1 = YES, $0=\mathrm{NO}$ |
| fall_babysit_kids | In the fall of 2020, how many children were at school/daycare/watched by a non-parent? |  |


| bs_fall ${ }^{1}$ | In the fall of 2020, how many days a week (on average) was the child(ren) out of the house at school/daycare/watched by a nonparent? |  |
| :---: | :---: | :---: |
| babysit_format | If your child was enrolled in school in the fall of 2020, how would you describe the format? | 0 , Child(ren) were not enrolled in school in fall of 2020 \| 1, Mostly in-person | 2, Mostly hybrid | 3, Mostly remote from the home |
| sp2021_babysit | Currently, is your child(ren) in school, daycare, or watched by someone other than a parent on a weekly basis? | 1 = YES, $0=$ NO |
| sp2021_babysit_kids | Currently, how many children are at school/daycare/watched by a non-parent? |  |
| bs_sp2021 ${ }^{1}$ | Currently, how many days a week (on average) is the child(ren) out of the house at school/daycare/watched by a non-parent? |  |
| sp2021_babysit_format | If your child is currently enrolled in school, how would you describe the format? | 0 , Child(ren) are not currently enrolled in school \| 1, Mostly in-person | 2 , Mostly hybrid | 3, Mostly remote from the home |
| COVID IMPACT UPDATE (February 2021) |  |  |
| covid_test | Have you received a positive test for COVID19? | 1 = YES, $0=$ NO |
| covid_doctor | 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, 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 |
| date_cov | Approximate date you contracted COVID19 <br> (Format: Day/Month/Year) |  |
| add_dets_cov | Additional details of COVID19 diagnosis (including additional dates if contracted more than once) |  |
| cov_long_haul | Have you had long-lasting physical impacts due to your COVID19 diagnosis? | 1 = YES, $0=\mathrm{NO}$ |


| covid_roommate | Has anyone you have lived with contracted COVID19? | $1=\mathrm{YES}, 0=\mathrm{NO}$ |
| :---: | :---: | :---: |
| covid_roommate_2 | Was this confirmed by a test or medical diagnosis? | $1=\mathrm{YES}, 0=\mathrm{NO}$ |
| 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 |
| perished | Has a loved one perished due to COVID19? | 1 = YES, $0=$ NO |
| perished_2 | Has anyone you know personally perished due to COVID19? | 1 = YES, $0=$ NO |
| covpos_1 | Since the start of the pandemic, I have spent more quality time with my immediate family | 1, 1 = Completely disagree \| $2,2\|3,3\| 4,4 \mid 5$, 5 = Completely agree |
| covpos_2 | Since the start of the pandemic, I have been in more contact with extended family and/or friends | 1,1 = Completely disagree $\|2,2\| 3,3\|4,4\| 5$, 5 = Completely agree |
| covpos_3 | Since the start of the pandemic, I have had more time for creative pursuits | 1, 1 = Completely disagree $\|2,2\| 3,3\|4,4\| 5$, <br> 5 = Completely agree |
| covpos_4 | Since the start of the pandemic, I have had more time to prioritize sleep | 1,1 = Completely disagree $\|2,2\| 3,3\|4,4\| 5$, 5 = Completely agree |
| covpos_5 | Since the start of the pandemic, I have benefited financially | 1, 1 = Completely disagree $\|2,2\| 3,3\|4,4\| 5$, 5 = Completely agree |
| covpos_6 | Since the start of the pandemic, I have had more time for my hobbies | 1, 1 = Completely disagree \| $2,2\|3,3\| 4,4 \mid 5$, 5 = Completely agree |
| covpos_7 | Since the start of the pandemic, I have had more time to exercise/focus on my health | $\begin{aligned} & 1,1 \text { = Completely disagree }\|2,2\| 3,3\|4,4\| 5, \\ & 5=\text { Completely agree } \end{aligned}$ |
| positive_free_response | Free response to "Please describe other positive impacts of the COVID19 pandemic and the response to it on your life, if any." |  |
| experience | My experience during the COVID19 pandemic has been... | 1, 1 = Entirely Negative \| $2,2\|3,3\| 4,4=$ Net Neutral \| $5,5\|6,6\| 7,7=$ Entirely Positive |
| covid_impact_free | Free response to "If COVID19 has impacted you directly or indirectly in other ways (both positive and negative) that we have not asked about, please feel free to describe them here." |  |

## COVID EXPECTATIONS UPDATE (February 2021)

| normal_date_feb ${ }^{2}$ | When did you expect things to feel "normal" again? (please enter date as Month/Day/Year) |  |
| :---: | :---: | :---: |
| normal_feb | In reality this occurred: | 1, earlier than expected \| 2 , when expected | 3, later than expected, | 4, hasn't happened yet |
| mask_date_feb | When did you expect that you would first feel comfortable going to the grocery store without wearing a mask? (please enter date as Month/Day/Year) |  |
| mask_feb | In reality this occurred: | 1, earlier than expected \| 2 , when expected | 3, later than expected, | 4, hasn't happened yet |
| meetings_date_feb | When did you expect that you would return to having mostly inperson meetings? (please enter date as Month/Day/Year) |  |
| meetings_feb | In reality this occurred: | 1, earlier than expected \| 2 , when expected | 3, later than expected, | 4, hasn't happened yet |
| bigevents_date_feb | When did you expect large events (concerts, sporting events, conferences) to resume? (please enter date as Month/Day/Year) |  |
| bigevents_feb | In reality this occurred: | 1 , earlier than expected \\| 2 , when expected \| 3 , later than expected, | 4, hasn't happened yet |
| shakinghands_date_feb | When did you expect that people would be shaking hands again? (please enter date as Month/Day/Year) |  |
| shakinghands_feb | In reality this occurred: | 1 , earlier than expected \\| 2 , when expected \| 3, later than expected, | 4, hasn't happened yet |
| num_march21 | How many people in your country did you predict would be diagnosed with COVID19 by March 2021 |  |


| VACCINATION INFORMATION |  |  |
| :--- | :--- | :--- |
| vaccination | Have you received any doses of COVID-19 vaccine? | $1=$ YES, $0=$ NO |
| vacc_date | What was the date of your first vaccine dose? |  |
| vacc_type | Which vaccine did you receive? | $0,0\|1,1\| 2,2$ |
| vacc_doses | How many doses of vaccine have you received to date? | 0, No \| 1, Yes, mild side effects | 2, Yes, <br> moderate side effects \| 3, Yes, severe side effects |
| vacc_side_effects | Did you have any side effects to any doses of vaccination? |  |
|  | The vaccine for the new coronavirus (COVID19) is effective in <br> preventing the virus for those individuals who receive the <br> vaccine. However, it is currently unclear whether the COVID19 <br> vaccine prevents vaccinated individuals from spreading the virus <br> to others. <br> vacc_safety <br> Since being vaccinated, have you continued to take safety <br> precautions regarding COVID19? | $1=$ YES, $0=$ NO |


| vacc_safe5 ${ }^{3}$ | I am concerned about the number of hospital resources available | 1, 1) Least Important $\|2,2\| 3,3\|4,4\| 5,5)$ Most Important |
| :---: | :---: | :---: |
| vacc_nosafe1 ${ }^{3}$ | I am healthy and not at risk even if I get sick | 1, 1) Least Important $\|2,2\| 3,3\|4,4\| 5,5 \mid 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe2 ${ }^{3}$ | It is not my responsibility to prevent the spread of the disease | 1, 1) Least Important \| $2,2\|3,3\| 4,4\|5,5\| 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe3 ${ }^{3}$ | I don't think the safety precautions are the solution | 1, 1) Least Important $\|2,2\| 3,3\|4,4\| 5,5 \mid 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe4 ${ }^{3}$ | I don't think this virus is a threat | 1, 1) Least Important \| $2,2\|3,3\| 4,4\|5,5\| 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe5 ${ }^{3}$ | There is conflicting information coming from places of authority regarding the benefits of taking safety precautions | 1, 1) Least Important \| $2,2\|3,3\| 4,4\|5,5\| 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe6 ${ }^{3}$ | The cost to my freedom outweighs the public health risks | 1, 1) Least Important $\|2,2\| 3,3\|4,4\| 5,5 \mid 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe7 ${ }^{3}$ | The financial costs of taking safety precautions outweigh the public health risks | 1, 1) Least Important $\|2,2\| 3,3\|4,4\| 5,5 \mid 6$, $6\|7,7\| 8,8)$ Most Important |
| vacc_nosafe ${ }^{3}$ | I don't have the option to stay at home/take safety precautions. | 1, 1) Least Important \| $2,2\|3,3\| 4,4\|5,5\| 6$, $6\|7,7\| 8,8)$ Most Important |
| INTERPERSONAL REACTIVITY INDEX |  |  |
| iri_1 | I daydream and fantasize, with some regularity, about things that might happen to me. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, \mathrm{D} \mid 4, \mathrm{E}=$ Describes me very well |
| iri_2 | I often have tender, concerned feelings for people less fortunate than me. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_3 | I sometimes find it difficult to see things from the "other guy's" point of view. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_4 | Sometimes I don't feel very sorry for other people when they are having problems. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_5 | I really get involved with the feelings of the characters in a novel. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_6 | In emergency situations, I feel apprehensive and ill-at-ease. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_7 | I am usually objective when I watch a movie or play, and I don't often get completely caught up in it. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> $3, D \mid 4, E=$ Describes me very well |


| iri_8 | I try to look at everybody's side of a disagreement before I make a decision. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| :---: | :---: | :---: |
| iri_9 | When I see someone being taken advantage of, I feel kind of protective towards them. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_10 | I sometimes feel helpless when I am in the middle of a very emotional situation. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_11 | I sometimes try to understand my friends better by imagining how things look from their perspective. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> $3, \mathrm{D} \mid 4, \mathrm{E}=$ Describes me very well |
| iri_12 | Becoming extremely involved in a good book or movie is somewhat rare for me. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> 3, D \| 4, E = Describes me very well |
| iri_13 | When I see someone get hurt, I tend to remain calm. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_14 | Other people's misfortunes do not usually disturb me a great deal. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_15 | If I'm sure I'm right about something, I don't waste much time listening to other people's arguments. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_16 | After seeing a play or movie, I have felt as though I were one of the characters. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> 3, D \| 4, E = Describes me very well |
| iri_17 | Being in a tense emotional situation scares me. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_18 | When I see someone being treated unfairly, I sometimes don't feel very much pity for them. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_19 | I am usually pretty effective in dealing with emergencies. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_20 | I am often quite touched by things that I see happen. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, \mathrm{D} \mid 4, \mathrm{E}=$ Describes me very well |
| iri_21 | I believe that there are two sides to every question and try to look at them both. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_22 | I would describe myself as a pretty soft-hearted person. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_23 | When I watch a good movie, I can very easily put myself in the place of a leading character. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> 3, D \| 4, E = Describes me very well |


| iri_24 | I tend to lose control during emergencies. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> 3, $D \mid 4, E=$ Describes me very well |
| :---: | :---: | :---: |
| iri_25 | When I'm upset at someone, I usually try to "put myself in his shoes" for a while. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_26 | When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, D \mid 4, E=$ Describes me very well |
| iri_27 | When I see someone who badly needs help in an emergency, I go to pieces. | $0, A=$ Does NOT describe me well \| $1, B\|2, C\|$ <br> $3, \mathrm{D} \mid 4, \mathrm{E}=$ Describes me very well |
| iri_28 | Before criticizing somebody, I try to imagine how I would feel if I were in their place. | $0, \mathrm{~A}=$ Does NOT describe me well \| $1, \mathrm{~B}\|2, \mathrm{C}\|$ <br> $3, \mathrm{D} \mid 4, \mathrm{E}=$ Describes me very well |
| PERSONALITY INVENTORY FOR DSM-5 |  |  |
| pid_1 | People would describe me as reckless. | 0, Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_2 | I feel like I act totally on impulse. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_3 | Even though I know better, I can't stop making rash decisions. | 0, Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_4 | I often feel like nothing I do really matters. | 0, Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_5 | Others see me as irresponsible. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_6 | I'm not good at planning ahead. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_7 | My thoughts often don't make sense to others. | 0, Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_8 | I worry about almost everything. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |


| pid_9 | I get emotional easily, often for very little reason. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| :---: | :---: | :---: |
| pid_10 | I fear being alone in life more than anything else. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_11 | I get stuck on one way of doing things, even when it's clear it won't work. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_12 | I have seen things that weren't really there. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_13 | I steer clear of romantic relationships. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_14 | I'm not interested in making friends. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_15 | I get irritated easily by all sorts of things. | 0, Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_16 | I don't like to get too close to people. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_17 | It's no big deal if I hurt other peoples' feelings. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_18 | I rarely get enthusiastic about anything. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_19 | I crave attention. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_20 | I often have to deal with people who are less important than me. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |


| pid_21 | I often have thoughts that make sense to me but that other people say are strange. | 0, Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| :---: | :---: | :---: |
| pid_22 | I use people to get what I want. | 0 , Very False or Often False \| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_23 | I often "zone out" and then suddenly come to and realize that a lot of time has passed. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_24 | Things around me often feel unreal, or more real than usual. | 0, Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| pid_25 | It is easy for me to take advantage of others. | 0 , Very False or Often False \\| 1, Sometimes or Somewhat False | 2, Sometimes or Somewhat True | 3, Very True or Often True |
| JOHN HENRYISM ACTIVE COPING SCALE |  |  |
| jhacs_1 | I've always felt that I could make of my life pretty much what I wanted to make of it | 1, Completely false \| 2 , Somewhat false | 3 , Neutral|4, Somewhat true | 5, Completely true |
| jhacs_2 | Once I make up my mind to do something, I stay with it until the job is completely done | 1, Completely false \| 2 , Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_3 | I like doing things that other people thought could not be done | 1, Completely false \| 2 , Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_4 | When things don't go the way I want them to, that makes me work even harder | 1, Completely false \| 2, Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_5 | Sometimes I feel if anything is going to be done right, I have to do it myself | 1, Completely false \| 2 , Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_6 | It's not always easy, but I manage to find a way to do the things I really need to get done | 1, Completely false \| 2 , Somewhat false | 3 , Neutral|4, Somewhat true | 5, Completely true |
| jhacs_7 | Very seldom have I been disappointed with the results of my work. | 1, Completely false \| 2 , Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_8 | I feel that I am the kind of individual who stands up for what she believes in, regardless of the consequences | 1, Completely false \| 2 , Somewhat false | 3 , Neutral|4, Somewhat true | 5, Completely true |


| jhacs_9 | In the past, even when things got really tough, I never lost sight of my goals | 1, Completely false \| 2 , Somewhat false | 3, Neutral|4, Somewhat true | 5, Completely true |
| :---: | :---: | :---: |
| jhacs_10 | It's important for me to be able to do things in the way I want to do them rather than the way other people want me to do them | 1, Completely false \| 2, Somewhat false | 3, Neutral|4, Somewhat true | 5, Completely true |
| jhacs_11 | I don't let my personal feelings get in the way of doing a job | 1, Completely false \| 2 , Somewhat false | 3 , Neutral | 4, Somewhat true | 5, Completely true |
| jhacs_12 | Hard work helped me to get ahead in life. | 1 , Completely false \| 2 , Somewhat false | 3 , Neutral|4, Somewhat true | 5, Completely true |
| ADVERSE CHILDHOOD EVENTS QUESTIONNAIRE |  |  |
| ace_1 | Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt? | 1 = YES, $0=$ NO |
| ace_2 | Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured? | 1 = YES, $0=$ NO |
| ace_3 | Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you? | 1 = YES, $0=\mathrm{NO}$ |
| ace_4 | Did you often or very often feel that No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other? | $1=\mathrm{YES}, 0=\mathrm{NO}$ |
| ace_5 | Did you often or very often feel that You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? | 1 = YES, $0=$ NO |
| ace_6 | Were your parents ever separated or divorced? | $1=\mathrm{YES}, 0=\mathrm{NO}$ |
| ace_7 | Was your mother or stepmother Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit at least a few minutes or threatened with a gun or knife? | 1 = YES, $0=$ NO |


| ace_8 | Did you live with anyone who was a problem drinker or alcoholic <br> or who used street drugs? | $1=$ YES, $0=$ NO |
| :--- | :--- | :--- |
| ace_9 | Was a household member depressed or mentally ill, or did a <br> household member attempt suicide? | $1=$ YES, $0=$ NO |
| ace_10 | Did a household member go to prison? | $1=$ YES, $0=$ NO |
| ace_11 | Did you experience peer victimization (assault, physical <br> intimidation, or emotional victimization by a non-sibling peer)? | $1=$ YES, $0=$ NO |
| ace_12 | Was there a time in your life when your parents were always <br> arguing? | $1=$ YES, $0=$ NO |
| ace_13 | Did you experience property victimization (experience of a <br> robbery, theft, or vandalism by a non-sibling perpetrator)? | $1=$ YES, $0=$ NO |
| ace_14 | Did someone close to you have a bad accident or illness? | $1=$ YES, $0=$ NO |
| ace_15 | Were you exposed to community violence (including witnessing <br> an assault, experiencing a household theft, having someone close <br> murdered, witnessing a murder, experiencing a riot, or being in a <br> war zone)? | $1=$ YES, $0=$ NO |
| ace_16 | Did you ever have below average grades in school? | $1=$ YES, $0=$ NO |
| ace_17 | Did one of your parents ever lose their job or couldn't find work? | $1=$ YES, $0=$ NO |
| ace_18 | Did you ever not have any good friends? | $1=$ YES, $0=$ NO |
| round_5_complete | This is autogenerated from REDCAP | $2=$ COMPLETE, $0=$ NOT COMPLETE |

${ }^{1}$ NOTE: Received reports that if done on phone, the question formatting made it difficult to tell which multiple choice "bubble" corresponded with which option. Use with some caution
${ }^{2}$ ERROR IN QUESTION: For the first 266 fully completed and 298 partially completed surveys, there was an error in the question. The question asked for people to enter M/D/Y in the question, but the validation in REDCAP was set at D/M/Y. If people used the calendar option, it would automatically be entered as $\mathrm{D} / \mathrm{M} / \mathrm{Y}$, but there is no way to tell, so this question is likely not usable for the first 298 records.
${ }^{3}$ NOTE: These questions were "rank order" so each option could only be selected once. Some participants struggled with this concept. Worst case scenario this may have caused some participants to end here and not proceed to the following questions. The questions were required so they had to figure out how to respond in order to proceed. (in my defense, it was clearly stated in the instructions and we've done rank order questions before!)

Round 5 Calculated Variables

| Calculated_Variables | Variable_Description | Calculation |
| :---: | :---: | :---: |
| Feb21_PSQIDURAT | PSQI Duration of Sleep | IF (psqi_4) $\geq 7$, THEN set value to 0 , IF (psqi_4) $<7$ and $\geq 6$, THEN set value to 1 , IF (psqi_ 4 ) $<6$ and $\geq 5$, THEN set value to 2 , IF (psqi_4) < 5, THEN set value to 3 |
| Feb21_PSQIDISTB | PSQI Sleep Disturbance | IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_ $5 j=0$, THEN set value to 0 ; IF psqi_ $5 b$ + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j $\geq 1$ and $\leq 9$, THEN set value to 1 ; IF psqi_ $5 b+$ psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_ $5 i+$ psqi_ $5 j>9$ and $\leq 18$, THEN set value to 2 ; IF psqi_ $5 b+$ psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_ $5 i+$ psqi_ $5 j>18$, THEN set value to 3 |
| Feb21_psqi_2NEW | PSQI Recode of psqi_2 for Latency question | IF psqi_ $2 \geq 0$ and $\leq 15$, THEN set value of psqi_2new to 0 , IF psqi_ $2>15$ and $\leq 30$, THEN set value of psqi_2new to 1 , IF psqi_ $2>30$ and $\leq 60$, THEN set value of psqi_2new to 2 , IF psqi_ $2>60$, THEN set value of psqi_2new to 3 |
| Feb21_PSQILATEN | PSQI Sleep Latency | IF psqi_5a + psqi_2new $=0$, THEN set value to 0; IF psqi_5a + psqi_2new $\geq 1$ and $\leq 2$, THEN set value to 1 ; IF psqi_5a + psqi_2new $\geq 3$ and $\leq 4$, THEN set value to 2 ; IF psqi_5a + psqi_ 2 new $\geq 5$ and $\leq 6$, THEN set value to 3 |
| Feb21_PSQIDAYDYS | PSQI Day Dysfunction due to sleepiness | IF psqi_ $8+$ psqi_ $9=0$, THEN set value to 0; IF psqi_ $8+$ psqi_ $9 \geq$ 1 and $\leq 2$, THEN set value to 1 ; IF psqi_ $8+$ psqi_ $9 \geq 3$ and $\leq 4$, THEN set value to 2 ; IF psqi_ $8+$ psqi_ $9 \geq 5$ and $\leq 6$, THEN set value to 3 |
| Feb21_PSQI_TIB | PSQI Time In Bed | Calculation of Time in Bed (number of hours between bed time and rise time) after correcting for 24 hour clock usage |
| Feb21_PSQI_TIB_12 | PSQI Time in Bed was calculated assuming the participant responded with a 12 hour or 24 hour clock. We did not change any of the times in the original data. | 1 = 12 hour clock assumed, 0=24 hour clock assumed. |
| Feb21_PSQI_sleep_eff | PSQI Sleep Efficiency (number) | Equals psqi_4/(psqi_3-psqi_1) |

$\left.\begin{array}{|l|l|l|l|} & & \begin{array}{l}\text { IF PSQI_sleep_eff } \geq \text { 85, THEN set value to 0; IF PSQI_sleep_eff < } \\ 85 \text { and } \geq \text { 75, THEN set value to 1; IF PSQI_sleep_eff < 75 and } \geq\end{array} \\ \text { Feb21_PSQIHSE } & \text { PSQI Sleep Efficiency (score for PSQI total) } \\ 65, \text { THEN set value to 2; IF PSQI_sleep_eff < 65, THEN set value } \\ \text { to 3 }\end{array}\right]$

|  |  | (Feb21_mtq_freeday_sleepduration)*(Feb21_mtq_freedays)]/7 |
| :---: | :---: | :---: |
| Feb21_mtq_chronotype | Chronotype Feb2021 | IF [(Feb21_mtq_freeday_sleepduration) $\leq$ (Feb21_mtq_workday_sleepduration), then this equals (Feb21_mtq_freeday_sleepmidpoint); IF [(Feb21_mtq_freeday_sleepduration) > (Feb21_mtq_workday_sleepduration), then this equals (Feb21_mtq_freeday_sleepmidpoint) - <br> [(Feb21_mtq_freeday_sleepduration) - <br> (Feb21_mtq_workday_sleepduration)/2] |
| Feb21_ISI_Total | Feb 2021 Insomnia Severity Index Total | Sum of isi_1 + isi_2 + isi_3 + isi_4 + isi_5 + isi_6 + isi_7 |
| Feb21_PROMIS_Total | Feb 2021 Promis Fatigue Scale | Sum of promis_1 + promis_2 + promis_3 + promis_4 + promis_5 + promis_6 + REVERSED promis_7 |
| Feb21_PSS_TOTAL | Feb 2021 Perceived Stress Scale Total | Sum of pss_1 + pss_2 + pss_3 + REVERSED pss_4 + REVERSED pss_5 + pss_6 + REVERSED pss_7 + REVERSED pss_8 + pss_9 + pss_10 |
| Feb21_gad_7_total | Sum of GAD-7 Questions | Sum of gad_1 + gad_2 + gad_3 + gad_4 + gad_5 + gad_6 + gad_7 |
| MMQ_Satisfaction_Feb21 | Total Multimodal Memory QuestionnaireSatisfaction scale | Sum of REVERSED mmq_1 + mmq_2 + REVERSED mmq_3 + mmq_4 + mmq_5 + REVERSED mmq_6 + mmq_7 + mmq_8 + REVERSED mmq_9 + mmq_10 + mmq_11 + REVERSED mmq_12 + REVERSED mmq_13 + mmq_14 + mmq_15 + mmq_16 + REVERSED mmq_17 + mmq_18 |
| Feb21_COVID_Pos_Total | COVID "Silver Linings" Total Feb 2021 | Sum of covpos_1 + covpos_2 + covpos_3 + covpos_4 + covpos_5 + covpos_6 + covpos_7 |
| IRI_Perspective_Taking | Interpersonal Reactivity IndexPerspective Taking Scale | Sum of REVERSED iri_3 + iri_8 + iri_11 + REVERSED iri_15 + iri_21 + iri_25 + iri_28 |
| IRI_Fantasy | Interpersonal Reactivity Index - Fantasy Scale | Sum of iri_1 + iri_5 + REVERSED iri_7 + REVERSED iri_12 + iri_16 + iri_23 + iri_26 |
| IRI_Empathic_Concern | Interpersonal Reactivity Index - Empathic Concern Scale | Sum of iri_2 + REVERSED iri_4 + iri_9 + REVERSED iri_14 + REVERSED iri_18 + iri_20 + iri_22 |
| IRI_Personal_Distress | Interpersonal Reactivity Index - Personal Distress Scale | Sum of iri_6 + iri_10 + REVERSED iri_13 + iri_17 + REVERSED iri_19 + iri_24 + iri_27 |
| PID_Total_Raw_Score | PERSONALITY INVENTORY FOR DSM-5: Total Sum | Sum ofpid_1 + pid_2 + pid_3 + pid_4 + pid_5 + pid_6 + pid_7 + pid_8 + pid_9 + pid_10 + pid_11 + pid_12 + pid_13 + pid_14 + |


|  |  | $\begin{aligned} & \text { pid_15 + pid_16 + pid_17 + pid_18 + pid_19 + pid_20 + pid_21 } \\ & \text { + pid_22 + pid_23 + pid_24 + pid_25 } \end{aligned}$ |
| :---: | :---: | :---: |
| PID_Total_Negative_Affect | PERSONALITY INVENTORY FOR DSM-5: Negative Affect Subscale | Sum of pid_8 + pid_9 + pid_10 + pid_11 + pid_15 |
| PID_Total_Detachment | PERSONALITY INVENTORY FOR DSM-5: Detachment Subscale | Sum of pid_4 + pid_13 + pid_14 + pid_16 + pid_18 |
| PID_Total_Antagonism | PERSONALITY INVENTORY FOR DSM-5: Antagonism Subscale | Sum of pid_17 + pid_19 + pid_20 + pid_22 + pid_25 |
| PID_Total_Disinhibition | PERSONALITY INVENTORY FOR DSM-5: Disinhibition Subscale | Sum of pid_1 + pid_2 + pid_3 + pid_5 + pid_6 |
| PID_Total_Psychoticisim | PERSONALITY INVENTORY FOR DSM- <br> 5:Psychoticism Subscale | Sum of pid_7 + pid_12 + pid_21 + pid_23 + pid_24 |
| JHACS_TOTAL | JOHN HENRYISM ACTIVE COPING SCALE: Total Score | Sum of jhacs_1 + jhacs_2 + jhacs_3 + jhacs_4 + jhacs_5 + jhacs_6 + jhacs_7 + jhacs_8 + jhacs_9 + jhacs_10 + jhacs_11 + jhacs_12 |
| ACE_Original_10 | ADVERSE CHILDHOOD EVENTS QUESTIONNAIRE: Original 10 Score | $\begin{aligned} & \text { Sum of ace_1 + ace_2 + ace_3 + ace_4 + ace_5 + ace_6 + ace_7 } \\ & + \text { ace_ }+ \text { ace_ } 9+\text { ace_10 } \end{aligned}$ |
| ACE_Added_8 | ADVERSE CHILDHOOD EVENTS QUESTIONNAIRE: New 8 score | $\begin{aligned} & \text { Sum of ace_11 + ace_12 + ace_13 + ace_14 + ace_15 + ace_16 } \\ & \text { + ace_17 + ace_18 } \end{aligned}$ |
| ACE_TOTAL | ADVERSE CHILDHOOD EVENTS QUESTIONNAIRE: Total Score | Sum of ace_1 + ace_2 + ace_3 + ace_4 + ace_5 + ace_6 + ace_7 + ace_ 8 + ace_ 9 + ace_10 + ace_11 + ace_12 + ace_13 + ace_14 <br> + ace_15 + ace_16 + ace_17 + ace_18 |

