



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

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AUTHOR NOTE: Below is (1) a description of the corrections and cleaning that was done to the **Round 8** data (reflected in the “cleaned_deid” versions of the data), (2) Variable Descriptions for each variable in the **Round 8** data, and (3) a description of and explanation of the calculations done for each of the Calculated Variables from **Round 8**.

- 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)**.
- 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 8

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 vaccination dates before 2020 with missing value
5. Standardize formatting and spelling of country names and state/provinces
6. Standard formatting and spelling of COVID-19 vaccine names
7. All free response questions were removed from the analysis as we did not have time to check them for potentially identifiable information
8. **Two questions were accidentally omitted from the full ISDI scale.** The omitted questions only affect the “Sleep Paralysis” and “Sleep Hallucination” subscales of the extended version of the ISDI (and also the total score if the complete sum of ISDI is of interest):
 - a. Number 89: I feel paralyzed when I’m falling asleep or waking up.
 - i. From the Sleep Paralysis subscale
 - ii. In this dataset, the sleep paralysis subscale is therefore calculated as the sum of questions 87, 91, and 93

- b. Number 90: I experience intense dreamlike images as I begin to fall asleep.
 - i. From the Sleep Hallucination subscale
 - ii. In this dataset, the sleep hallucination subscale is therefore calculated as the sum of questions 88, 92, 94, and 95

Round 8 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	MEASURE	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		Identifier autogenerated by REDCAP	
round_8_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_rd8		This is the date and time the participants started the Round 8 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.	
mem_oct1	Fall 2021 Memory Questions	When I think about events from March-May 2020, I remember... my fears related to the spread of the illness	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
mem_oct2	Fall 2021 Memory Questions	...the community working together under difficult circumstances	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
mem_oct3	Fall 2021 Memory Questions	...feeling hope that the efforts will save lives	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
mem_oct4	Fall 2021 Memory Questions	...the social isolation	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree

mem_oct5	Fall 2021 Memory Questions	...the financial uncertainty	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
mem_oct6	Fall 2021 Memory Questions	...feeling interconnected with others even while being physically distant	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
pine_1	Fall 2021 Memory Questions	When you reflect back on the earlier phases of the pandemic and the changes it brought to daily life... How nostalgic do you feel?	1, 1 = Not at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very much
pine_2	Fall 2021 Memory Questions	...To what extent do you feel sentimental for that past time?	1, 1 = Not at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very much
pine_3	Fall 2021 Memory Questions	...How much do you feel a wistful affection for that past time?	1, 1 = Not at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very much
pine_4	Fall 2021 Memory Questions	...To what extent do you feel a longing to return to that former time?	1, 1 = Not at all 2, 2 3, 3 4, 4 5, 5 6, 6 7, 7 = Very much
nostalg_oct	Fall 2021 Memory Questions	When I think back on the events of March-May 2020, part of me longs to return to that time.	1, Strongly Disagree 2, Disagree 3, Neither disagree nor agree 4, Agree 5, Strongly agree
carer_1__1	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= Someone who lives with you, 0 = they did not select Someone who lives with you
carer_1__2	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= Someone who lives elsewhere, and I can access despite current COVID-19 pandemic restrictions , 0 = they did not select Someone who lives elsewhere, and I can access despite current COVID-19 pandemic restrictions

carer_1__3	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= Someone who lives elsewhere, and I cannot access due to current COVID-19 pandemic restrictions , 0 = they did not select Someone who lives elsewhere, and I cannot access due to current COVID-19 pandemic restrictions
carer_1__4	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= Someone who is now in a nursing home or hospital, and I can access despite current COVID-19 pandemic restrictions , 0 = they did not select Someone who is now in a nursing home or hospital, and I can access despite current COVID-19 pandemic restrictions
carer_1__5	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= Someone who is now in a nursing home or hospital, and I cannot access due to current COVID-19 pandemic restrictions , 0 = they did not select Someone who is now in a nursing home or hospital, and I cannot access due to current COVID-19 pandemic restrictions
carer_1__6	Fall 2021 Caretaker Questions	Do you regularly provide unpaid care or assistance (e.g. personal care or support) to any of the following people because of their long-term illness, disability or frailty? (Check all that apply)	1= No, this does not apply , 0 = they did not select No, this does not apply
carer_2	Fall 2021 Caretaker Questions	At any point since the start of the COVID-19 pandemic (since January 2020 to present), did you lose access to this person (these people) due to COVID-19 pandemic restrictions?	1 = YES, 0 = NO
carer_3	Fall 2021 Caretaker Questions	Please provide the approximate dates in which your access was revoked due to COVID-19 pandemic restrictions	
psqi_1	PSQI_Oct21	During the past month, what time have you usually gone to bed at night?	
psqi_2	PSQI_Oct21	During the past month, how long (in minutes) has it usually taken you to fall asleep each night?	

psqi_3	PSQI_Oct21	During the past month, what time have you usually gotten up in the morning?	
psqi_4	PSQI_Oct21	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.)	
psqi_5a	PSQI_Oct21	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
psqi_5b	PSQI_Oct21	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
psqi_5c	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	Free response to "If other, please describe"	
psqi_6	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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	PSQI_Oct21	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
isi_1	Insomnia Severity Index_Oct21	Difficulty falling asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_2	Insomnia Severity Index_Oct21	Difficulty staying asleep	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_3	Insomnia Severity Index_Oct21	Problems waking up to early	0, None 1, Mild 2, Moderate 3, Severe 4, Very Severe
isi_4	Insomnia Severity Index_Oct21	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	Insomnia Severity Index_Oct21	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	Insomnia Severity Index_Oct21	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
isi_7	Insomnia Severity Index_Oct21	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
mtq_1	μMunich ChronoType Questionnaire-Oct21	I have been a shift- or night-worker in the past three months	1 = YES, 0 = NO
mtq_2	μMunich ChronoType Questionnaire-Oct21	Normally, I work ____ days per week.	
mtq_3	μMunich ChronoType Questionnaire-Oct21	On WORKDAYS I normally fall asleep at:	
mtq_p8	μMunich ChronoType Questionnaire-Oct21	On WORKDAYS I normally wake up at:	
mtq_p9	μMunich ChronoType Questionnaire-Oct21	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally fall asleep at:	
mtq_p10	μMunich ChronoType Questionnaire-Oct21	On WORK-FREE DAYS when I DO NOT use an alarm clock, I normally wake up at:	

promis_1	PROMIS_Oct21	How often did you feel tired?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_2	PROMIS_Oct21	How often did you experience extreme exhaustion?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_3	PROMIS_Oct21	How often did you run out of energy?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_4	PROMIS_Oct21	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	PROMIS_Oct21	How often were you too tired to think clearly?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_6	PROMIS_Oct21	How often were you too tired to take a bath or shower?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_7	PROMIS_Oct21	How often did you have enough energy to exercise strenuously?	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_sd_1	PROMIS_Sleep_Disturbance	My sleep was restless	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sd_2	PROMIS_Sleep_Disturbance	I was satisfied with my sleep	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sd_3	PROMIS_Sleep_Disturbance	My sleep was refreshing	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sd_4	PROMIS_Sleep_Disturbance	I had difficulty falling asleep	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sd_5	PROMIS_Sleep_Disturbance	I had trouble staying asleep	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_sd_6	PROMIS_Sleep_Disturbance	I had trouble sleeping	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_sd_7	PROMIS_Sleep_Disturbance	I got enough sleep	1, Never 2, Rarely 3, Sometimes 4, Often 5, Always
promis_sd_8	PROMIS_Sleep_Disturbance	My sleep quality was	1, Very poor 2, Poor 3, Fair 4, Good 5, Very good

promis_sri_1	PROMIS_Sleep_Related_Impairment	I had a hard time getting things done because I was sleepy	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_2	PROMIS_Sleep_Related_Impairment	I felt alert when I woke up	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_3	PROMIS_Sleep_Related_Impairment	I felt tired	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_4	PROMIS_Sleep_Related_Impairment	I had problems during the day because of poor sleep	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_5	PROMIS_Sleep_Related_Impairment	I had a hard time concentrating because of poor sleep	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_6	PROMIS_Sleep_Related_Impairment	I felt irritable because of poor sleep	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_7	PROMIS_Sleep_Related_Impairment	I was sleepy during the daytime	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
promis_sri_8	PROMIS_Sleep_Related_Impairment	I had trouble staying awake during the day	1, Not at all 2, A little bit 3, Somewhat 4, Quite a bit 5, Very much
gad_1	GAD-7_Oct21	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	GAD-7_Oct21	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	GAD-7_Oct21	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	GAD-7_Oct21	Trouble relaxing	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_5	GAD-7_Oct21	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	GAD-7_Oct21	Becoming easily annoyed or irritable	0, Not at all 1, Several days 2, More than half the days 3, Nearly every day
gad_7	GAD-7_Oct21	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
pss_1	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	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	Perceived_Stress_Scale_Oct21	In the last month, how often have you been able to control irritations in your life?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_8	Perceived_Stress_Scale_Oct21	In the last month, how often have you felt that you were on top of things?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_9	Perceived_Stress_Scale_Oct21	In the last month, how often have you been angered because of things that were outside of your control?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often
pss_10	Perceived_Stress_Scale_Oct21	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0, Never 1, Almost Never 2, Sometimes 3, Fairly Often 4, Very Often

telephone21oct_fear	LSAS_Oct21	Telephoning in Public Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
telephone21oct_avoid	LSAS_Oct21	Telephoning in Public Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
smallgroups21oct_fear	LSAS_Oct21	Participating in small groups Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
smallgroups21oct_avoid	LSAS_Oct21	Participating in small groups Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
eating21oct_fear	LSAS_Oct21	Eating in public places Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
eating21oct_avoid	LSAS_Oct21	Eating in public places Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
drinking21oct_fear	LSAS_Oct21	Drinking with others in public places Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
drinking21oct_avoid	LSAS_Oct21	Drinking with others in public places Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
authority21oct_fear	LSAS_Oct21	Talking to people in authority Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
authority21oct_avoid	LSAS_Oct21	Talking to people in authority Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
acting21oct_fear	LSAS_Oct21	Acting, performing, or giving a talk in front of an audience Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
acting21oct_avoid	LSAS_Oct21	Acting, performing, or giving a talk in front of an audience Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
party21oct_fear	LSAS_Oct21	Going to a party Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
party21oct_avoid	LSAS_Oct21	Going to a party Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
working21oct_fear	LSAS_Oct21	Working while being observed Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
working21oct_avoid	LSAS_Oct21	Working while being observed Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
writing21oct_fear	LSAS_Oct21	Writing while being observed Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe

writing21oct_avoid	LSAS_Oct21	Writing while being observed Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
calling21oct_fear	LSAS_Oct21	Calling someone you don't know very well Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
calling21oct_avoid	LSAS_Oct21	Calling someone you don't know very well Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
talking21oct_fear	LSAS_Oct21	Talking with people you don't know very well Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
talking21oct_avoid	LSAS_Oct21	Talking with people you don't know very well Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
strangers21oct_fear	LSAS_Oct21	Meeting strangers Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
strangers21oct_avoid	LSAS_Oct21	Meeting strangers Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
urinating21oct_fear	LSAS_Oct21	Urinating in a public bathroom Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
urinating21oct_avoid	LSAS_Oct21	Urinating in a public bathroom Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
seated21oct_fear	LSAS_Oct21	Entering a room when others are already seated Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
seated21oct_avoid	LSAS_Oct21	Entering a room when others are already seated Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
attention21oct_fear	LSAS_Oct21	Being the center of attention Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
attention21oct_avoid	LSAS_Oct21	Being the center of attention Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
meeting21oct_fear	LSAS_Oct21	Speaking up at a meeting Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
meeting21oct_avoid	LSAS_Oct21	Speaking up at a meeting Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
test21oct_fear	LSAS_Oct21	Taking a test Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
test21oct_avoid	LSAS_Oct21	Taking a test Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)

disagreement21oct_fear	LSAS_Oct21	Expressing a disagreement or disapproval to people you don't know very well Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
disagreement21oct_avoid	LSAS_Oct21	Expressing a disagreement or disapproval to people you don't know very well Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
looking21oct_fear	LSAS_Oct21	Looking at people you don't know very well in the eyes Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
looking21oct_avoid	LSAS_Oct21	Looking at people you don't know very well in the eyes Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
report21oct_fear	LSAS_Oct21	Giving a report to a group Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
report21oct_avoid	LSAS_Oct21	Giving a report to a group Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
pickup21oct_fear	LSAS_Oct21	Trying to pick up someone Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
pickup21oct_avoid	LSAS_Oct21	Trying to pick up someone Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
returning21oct_fear	LSAS_Oct21	Returning goods to a store Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
returning21oct_avoid	LSAS_Oct21	Returning goods to a store Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
gparty21oct_fear	LSAS_Oct21	Giving a party Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
gparty21oct_avoid	LSAS_Oct21	Giving a party Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
salesperson21oct_fear	LSAS_Oct21	Resisting a high pressure salesperson Generally (Oct 2021) Fear	0, None 1, Mild 2, Moderate 3, Severe
salesperson21oct_avoid	LSAS_Oct21	Resisting a high pressure salesperson Generally (Oct 2021) Avoidance	0, Never (0%) 1, Occasionally (1-33%) 2, Often (34-66%) 3, Usually (67-100%)
pid_1	Personality_Inventory_for_DSM5	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	Personality_Inventory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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	Personality_Invent ory_for_DSM5	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
isdi_fallasleep	Iowa Sleep Disturbance Inventory	It takes me a long time to fall asleep.	1 = TRUE, 0 = FALSE
isdi_wideawake	Iowa Sleep Disturbance Inventory	Most days I feel wide awake.	1 = TRUE, 0 = FALSE
isdi_nightmares	Iowa Sleep Disturbance Inventory	I have nightmares frequently.	1 = TRUE, 0 = FALSE
isdi_rested	Iowa Sleep Disturbance Inventory	I usually wake up feeling refreshed and rested.	1 = TRUE, 0 = FALSE
isdi_wakefallasleep	Iowa Sleep Disturbance Inventory	If I wake up during the night, I find it difficult to fall asleep again.	1 = TRUE, 0 = FALSE
isdi_naps	Iowa Sleep Disturbance Inventory	I rarely take naps.	1 = TRUE, 0 = FALSE
isdi_lightsleep	Iowa Sleep Disturbance Inventory	My sleep is light.	1 = TRUE, 0 = FALSE

isdi_waketime	Iowa Sleep Disturbance Inventory	I wake up most mornings at roughly the same time.	1 = TRUE, 0 = FALSE
isdi_legs	Iowa Sleep Disturbance Inventory	I sometimes have a hard time falling asleep due to uncomfortable feelings in my legs.	1 = TRUE, 0 = FALSE
isdi_worries	Iowa Sleep Disturbance Inventory	Worries don't keep me up at night.	1 = TRUE, 0 = FALSE
isdi_movesleep	Iowa Sleep Disturbance Inventory	I move my legs or arms a lot when I sleep.	1 = TRUE, 0 = FALSE
isdi_sleepquickly	Iowa Sleep Disturbance Inventory	I tend to fall asleep quickly.	1 = TRUE, 0 = FALSE
isdi_tiredday	Iowa Sleep Disturbance Inventory	I usually feel tired during the day.	1 = TRUE, 0 = FALSE
isdi_nonightmares	Iowa Sleep Disturbance Inventory	I don't have nightmares.	1 = TRUE, 0 = FALSE
isdi_hardwakeweek	Iowa Sleep Disturbance Inventory	I have a hard time waking up during the week.	1 = TRUE, 0 = FALSE
isdi_wakeearly	Iowa Sleep Disturbance Inventory	I sometimes wake up early and can't get back to sleep.	1 = TRUE, 0 = FALSE
isdi_longnaps	Iowa Sleep Disturbance Inventory	I take long naps.	1 = TRUE, 0 = FALSE

isdi_deepsleeper	Iowa Sleep Disturbance Inventory	I am a deep sleeper.	1 = TRUE, 0 = FALSE
isdi_irregularbedtime	Iowa Sleep Disturbance Inventory	My bedtime is very irregular.	1 = TRUE, 0 = FALSE
isdi_legpaincramps	Iowa Sleep Disturbance Inventory	I sometimes have cramps or pain in my legs during the night.	1 = TRUE, 0 = FALSE
isdi_awakeworrying	Iowa Sleep Disturbance Inventory	I sometimes lie awake worrying.	1 = TRUE, 0 = FALSE
isdi_dontmove	Iowa Sleep Disturbance Inventory	I don't move around much in my sleep.	1 = TRUE, 0 = FALSE
isdi_troublefallasleep	Iowa Sleep Disturbance Inventory	I often have trouble falling asleep.	1 = TRUE, 0 = FALSE
isdi_sitdrowsy	Iowa Sleep Disturbance Inventory	I get drowsy when I sit still during the day.	1 = TRUE, 0 = FALSE
isdi_recurringbadreams	Iowa Sleep Disturbance Inventory	I have recurring bad dreams.	1 = TRUE, 0 = FALSE
isdi_energized	Iowa Sleep Disturbance Inventory	I usually feel energized after I wake up.	1 = TRUE, 0 = FALSE
isdi_wakefrequently	Iowa Sleep Disturbance Inventory	I wake up frequently during the night.	1 = TRUE, 0 = FALSE

isdi_napanywhere	Iowa Sleep Disturbance Inventory	I can nap anywhere, in any situation.	1 = TRUE, 0 = FALSE
isdi_awakenoises	Iowa Sleep Disturbance Inventory	I am easily awakened by noises.	1 = TRUE, 0 = FALSE
isdi_eveningsleeptime	Iowa Sleep Disturbance Inventory	I go to sleep most evenings at roughly the same time.	1 = TRUE, 0 = FALSE
isdi_legsensations	Iowa Sleep Disturbance Inventory	I sometimes have unusual feelings in my legs at night, such as creeping, crawling, tingling, burning, or itching sensations.	1 = TRUE, 0 = FALSE
isdi_nervousness	Iowa Sleep Disturbance Inventory	I have trouble sleeping due to nervousness.	1 = TRUE, 0 = FALSE
isdi_kicklegs	Iowa Sleep Disturbance Inventory	I am told that I kick my legs when I sleep.	1 = TRUE, 0 = FALSE
isdi_fallasleepminutes	Iowa Sleep Disturbance Inventory	I fall asleep within minutes of going to bed.	1 = TRUE, 0 = FALSE
isdi_lessenergy	Iowa Sleep Disturbance Inventory	I seem to have less energy than other people I know.	1 = TRUE, 0 = FALSE
isdi_dreamsdisturb	Iowa Sleep Disturbance Inventory	My dreams often disturb me.	1 = TRUE, 0 = FALSE
isdi_feelworsemorning	Iowa Sleep Disturbance Inventory	I feel much worse in the morning than later in the day.	1 = TRUE, 0 = FALSE

isdi_timebacktosleep	Iowa Sleep Disturbance Inventory	When I wake up at night, it takes me a long time to get back to sleep.	1 = TRUE, 0 = FALSE
isdi_dozetv	Iowa Sleep Disturbance Inventory	I doze off while watching TV during the day.	1 = TRUE, 0 = FALSE
isdi_loudnoises	Iowa Sleep Disturbance Inventory	I can sleep through loud noises.	1 = TRUE, 0 = FALSE
isdi_sleeproutine	Iowa Sleep Disturbance Inventory	I have trouble getting my sleep into a proper routine.	1 = TRUE, 0 = FALSE
isdi_legsstill	Iowa Sleep Disturbance Inventory	I cannot keep my legs still when falling asleep.	1 = TRUE, 0 = FALSE
isdi_anxietyasleep	Iowa Sleep Disturbance Inventory	Anxiety sometimes makes it hard for me to fall asleep.	1 = TRUE, 0 = FALSE
isdi_legsjerk	Iowa Sleep Disturbance Inventory	My legs jerk when I sleep.	1 = TRUE, 0 = FALSE
isdi_layawake	Iowa Sleep Disturbance Inventory	I often lay awake in bed for some time before I finally fall asleep.	1 = TRUE, 0 = FALSE
isdi_enoughenergy	Iowa Sleep Disturbance Inventory	I sometimes don't have enough energy to get things done.	1 = TRUE, 0 = FALSE
isdi_nightmareswake	Iowa Sleep Disturbance Inventory	Nightmares cause me to wake at night.	1 = TRUE, 0 = FALSE

isdi_tiredmorning	Iowa Sleep Disturbance Inventory	I often feel more tired in the morning than when I go to sleep.	1 = TRUE, 0 = FALSE
isdi_troublestayasleep	Iowa Sleep Disturbance Inventory	I have trouble staying asleep.	1 = TRUE, 0 = FALSE
isdi_sleepday	Iowa Sleep Disturbance Inventory	I sleep a lot during the day.	1 = TRUE, 0 = FALSE
isdi_sleepthroughanything	Iowa Sleep Disturbance Inventory	People have told me that I can sleep through anything.	1 = TRUE, 0 = FALSE
isdi_wakeirregular	Iowa Sleep Disturbance Inventory	My wake-up time is very irregular.	1 = TRUE, 0 = FALSE
isdi_movelegsuncomfortable	Iowa Sleep Disturbance Inventory	I sometimes move my legs around to relieve uncomfortable sensations at night.	1 = TRUE, 0 = FALSE
isdi_mindraces	Iowa Sleep Disturbance Inventory	My mind sometimes races when I try to sleep.	1 = TRUE, 0 = FALSE
isdi_raretroubleasleep	Iowa Sleep Disturbance Inventory	I rarely have trouble falling asleep.	1 = TRUE, 0 = FALSE
isdi_frighteningdreams	Iowa Sleep Disturbance Inventory	I frequently have frightening dreams.	1 = TRUE, 0 = FALSE
isdi_movearound	Iowa Sleep Disturbance Inventory	I move around a lot in my sleep.	1 = TRUE, 0 = FALSE

isdi_troublewaking	Iowa Sleep Disturbance Inventory	I have trouble waking up in the morning.	1 = TRUE, 0 = FALSE
isdi_wakenoreason	Iowa Sleep Disturbance Inventory	I often wake up during the night for no particular reason.	1 = TRUE, 0 = FALSE
isdi_dozeoffrelax	Iowa Sleep Disturbance Inventory	I doze off when I relax during the day.	1 = TRUE, 0 = FALSE
isdi_sleepdisturbed	Iowa Sleep Disturbance Inventory	My sleep is easily disturbed.	1 = TRUE, 0 = FALSE
isdi_wokenlegs	Iowa Sleep Disturbance Inventory	I have woken up because of uncomfortable feelings in my legs.	1 = TRUE, 0 = FALSE
isdi_thinkingevents	Iowa Sleep Disturbance Inventory	I sometimes have trouble sleeping because I am thinking about the day's events.	1 = TRUE, 0 = FALSE
isdi_kickpunch	Iowa Sleep Disturbance Inventory	I am told that I kick or punch in my sleep.	1 = TRUE, 0 = FALSE
isdi_hardrelaxbedtime	Iowa Sleep Disturbance Inventory	I find it hard to get my body to relax at bedtime.	1 = TRUE, 0 = FALSE
isdi_focustired	Iowa Sleep Disturbance Inventory	I have a hard time focusing during the day because I am tired.	1 = TRUE, 0 = FALSE
isdi_dreamsvividfeel	Iowa Sleep Disturbance Inventory	I have dreams that are so vivid they influence how I feel the following day.	1 = TRUE, 0 = FALSE

isdi_drifteasily	Iowa Sleep Disturbance Inventory	I drift off to sleep easily.	1 = TRUE, 0 = FALSE
isdi_attentiontired	Iowa Sleep Disturbance Inventory	It is difficult for me to pay attention during the day because I am so tired.	1 = TRUE, 0 = FALSE
isdi_dreamsunpleasant	Iowa Sleep Disturbance Inventory	My dreams are often unpleasant.	1 = TRUE, 0 = FALSE
isdi_awakethinking	Iowa Sleep Disturbance Inventory	I sometimes stay awake thinking about things.	1 = TRUE, 0 = FALSE
isdi_tiredwakeup	Iowa Sleep Disturbance Inventory	I usually am still tired when I wake up.	1 = TRUE, 0 = FALSE
isdi_sleeppoorly	Iowa Sleep Disturbance Inventory	I sleep very poorly.	1 = TRUE, 0 = FALSE
isdi_trytoohard	Iowa Sleep Disturbance Inventory	I sometimes try too hard to fall asleep.	1 = TRUE, 0 = FALSE
isdi_strugglealert	Iowa Sleep Disturbance Inventory	I struggle to remain alert during the day.	1 = TRUE, 0 = FALSE
isdi_baddreams	Iowa Sleep Disturbance Inventory	I sometimes have a hard time sleeping due to bad dreams.	1 = TRUE, 0 = FALSE
isdi_upearlier	Iowa Sleep Disturbance Inventory	It is very hard for me when I need to get up earlier in the morning.	1 = TRUE, 0 = FALSE

isdi_upearlierthanplanned	Iowa Sleep Disturbance Inventory	I wake up earlier than planned.	1 = TRUE, 0 = FALSE
isdi_sleepybed	Iowa Sleep Disturbance Inventory	I get sleepy as soon as I'm in bed.	1 = TRUE, 0 = FALSE
isdi_baddreamhappened	Iowa Sleep Disturbance Inventory	I have dreams about something bad that happened to me.	1 = TRUE, 0 = FALSE
isdi_wakebeforeneeded	Iowa Sleep Disturbance Inventory	I wake up before I need to.	1 = TRUE, 0 = FALSE
isdi_nightmareshard	Iowa Sleep Disturbance Inventory	Nightmares make it hard for me to fall asleep.	1 = TRUE, 0 = FALSE
isdi_hardcomfortable	Iowa Sleep Disturbance Inventory	I have a hard time getting comfortable in bed.	1 = TRUE, 0 = FALSE
isdi_sleepyday	Iowa Sleep Disturbance Inventory	I often feel sleepy during the day.	1 = TRUE, 0 = FALSE
isdi_nightmaresphysical	Iowa Sleep Disturbance Inventory	Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath).	1 = TRUE, 0 = FALSE
isdi_daytimesleepy	Iowa Sleep Disturbance Inventory	Daytime sleepiness interferes with my activities.	1 = TRUE, 0 = FALSE
isdi_cantmovewakeup	Iowa Sleep Disturbance Inventory	I sometimes find that I can't move my body when I wake up.	1 = TRUE, 0 = FALSE

isdi_intenseimages	Iowa Sleep Disturbance Inventory	I experience intense, dreamlike images as I begin to wake up.	1 = TRUE, 0 = FALSE
isdi_musclesfrozen	Iowa Sleep Disturbance Inventory	My muscles sometimes feel frozen when I wake up.	1 = TRUE, 0 = FALSE
isdi_lyingpresence	Iowa Sleep Disturbance Inventory	Lying in bed, I sense the presence of someone who isn't actually there.	1 = TRUE, 0 = FALSE
isdi_unablemove	Iowa Sleep Disturbance Inventory	When I wake up or fall asleep I am unable to move for a short time.	1 = TRUE, 0 = FALSE
isdi_seehearnotreal	Iowa Sleep Disturbance Inventory	I sometimes see or hear things that are not real when falling asleep or waking up.	1 = TRUE, 0 = FALSE
isdi_dreamlikemorning	Iowa Sleep Disturbance Inventory	I have dream-like images when I awaken in the morning even though I know I am not asleep.	1 = TRUE, 0 = FALSE
country_3mo	DEMO_UPDATE	What country have you been in for a majority of the last 3 months?	
state_3mo	DEMO_UPDATE	If US/Canada, what State/Province have you been in for a majority of the last 3 months?	
city	DEMO_UPDATE	Free response to "What City have you been in for a majority of the last 3 months?"	
highrisk_self	DEMO_UPDATE	Do you consider yourself to be at "high-risk" if you contracted COVID19?	1 = YES, 0 = NO
highrisk_check__1	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	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	DEMO_UPDATE	Free response to "If other, please describe"	
highrisk_other_2	DEMO_UPDATE	Do you have a loved one considered to be at "high-risk" if they were to contract COVID19?	1 = YES, 0 = NO
highrisk_other	DEMO_UPDATE	Do you live with some one considered to be at "high-risk" if they were to contract COVID19?	1 = YES, 0 = NO
parent_feb	DEMO_UPDATE	Are you a parent?	1 = YES, 0 = NO
children_feb	DEMO_UPDATE	Did you have children at home with you for a majority of the last 3 months?	1 = YES, 0 = NO
how_many_kids_oct21	DEMO_UPDATE	How many children have you had at home with you?	
child_ages_oct21__1	DEMO_UPDATE	Age range of child(ren) at home included:	1= 0-1 years old, 0 = they did not select 0-1 years old
child_ages_oct21__2	DEMO_UPDATE	Age range of child(ren) at home included:	1= 2-3 years old, 0 = they did not select 2-3 years old
child_ages_oct21__3	DEMO_UPDATE	Age range of child(ren) at home included:	1= 3-5 years old, 0 = they did not select 3-5 years old

child_ages_oct21__4	DEMO_UPDATE	Age range of child(ren) at home included:	1= 6-9 years old, 0 = they did not select 6-9 years old
child_ages_oct21__5	DEMO_UPDATE	Age range of child(ren) at home included:	1= 10-12 years old, 0 = they did not select 10-12 years old
child_ages_oct21__6	DEMO_UPDATE	Age range of child(ren) at home included:	1= 13-15 years old, 0 = they did not select 13-15 years old
child_ages_oct21__7	DEMO_UPDATE	Age range of child(ren) at home included:	1= 15-17 years old, 0 = they did not select 15-17 years old
child_ages_oct21__8	DEMO_UPDATE	Age range of child(ren) at home included:	1= 18+ years old, 0 = they did not select 18+ years old
covid_test	COVID_Impact_Up date	Have you received a positive test for COVID19?	1 = YES, 0 = NO
covid_doctor	COVID_Impact_Up date	Have you been diagnosed with COVID19 by a doctor without a formal test?	1 = YES, 0 = NO
covid_belief	COVID_Impact_Up date	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	COVID_Impact_Up date	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	COVID_Impact_Up date	Approximate date you contracted COVID19 (Format: Day/Month/Year)	
add_dets_cov	COVID_Impact_Up date	Free response to "Additional details of COVID19 diagnosis (including additional dates if contracted more than once)"	
cov_long_haul	COVID_Impact_Up date	Have you had long-lasting physical impacts due to your COVID19 diagnosis?	1 = YES, 0 = NO
covid_roommate	COVID_Impact_Up date	Has anyone you have lived with contracted COVID19?	1 = YES, 0 = NO

covid_roommate_2	COVID_Impact_Up date	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO
covid_loved	COVID_Impact_Up date	Has a loved one (family or friend) contracted COVID19?	1 = YES, 0 = NO
covid_loved_2	COVID_Impact_Up date	Was this confirmed by a test or medical diagnosis?	1 = YES, 0 = NO
perished	COVID_Impact_Up date	Has a loved one perished due to COVID19?	1 = YES, 0 = NO
perished_2	COVID_Impact_Up date	Has anyone you know personally perished due to COVID19?	1 = YES, 0 = NO
covpos_1	COVID_Impact_Up date	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 5, 5 = Completely agree
covpos_2	COVID_Impact_Up date	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	COVID_Impact_Up date	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, 5 = Completely agree
covpos_4	COVID_Impact_Up date	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	COVID_Impact_Up date	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	COVID_Impact_Up date	Since the start of the pandemic, I have had more time for my hobbies	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
covpos_7	COVID_Impact_Up date	Since the start of the pandemic, I have had more time to exercise/focus on my health	1, 1 = Completely disagree 2, 2 3, 3 4, 4 5, 5 = Completely agree
positive_free_resp onse	COVID_Impact_Up date	Free response to "Please describe other positive impacts of the COVID19 pandemic and the response to it on your life, if any."	
experience	COVID_Impact_Up date	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	COVID_Impact_Update	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."	
vaccination	Vaccination_Information_Update	Have you received any doses of COVID-19 vaccine?	1 = YES, 0 = NO
vacc_date	Vaccination_Information_Update	What was the date of your first vaccine dose?	
vacc_type	Vaccination_Information_Update	Which vaccine did you receive?	
vacc_doses	Vaccination_Information_Update	How many doses of vaccine have you received to date?	0, 0 1, 1 2, 2
vacc_side_effects	Vaccination_Information_Update	Did you have any side effects to any doses of vaccination?	0, No 1, Yes, mild side effects 2, Yes, moderate side effects 3, Yes, severe side effects
vacc_plan	Vaccination_Information_Update	Do you plan to receive a COVID-19 vaccination when the opportunity arrives?	1 = YES, 0 = NO
round_8_complete		This is autogenerated from REDCAP ; 2 = COMPLETE, 0 = NOT COMPLETE	

Round 8 Calculated Variables

Calculated_Variables	Variable_Description	Calculation
NEG_MEMORY_Total	Negative Memory Questions Summed Score	Sum of mem_oct1 + REVERSE mem_oct2 + REVERSE mem_oct3 + mem_oct4 + mem_oct5 + REVERSE mem_oct6
Nostalgia_Total	Nostalgia Questions Summed Score	Sum of pine_1 + pine_2 + pine_3 + pine_4
Oct21_PSQIDURAT	PSQI Duration of Sleep	IF (psqi_4) ≥ 7, THEN set value to 0, IF (psqi_4) < 7 and ≥ 6, THEN set value to 1, IF (psqi_4) < 6 and ≥ 5, THEN set value to 2, IF (psqi_4) < 5, THEN set value to 3
Oct21_PSQIDISTB	PSQI Sleep Disturbance	IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j = 0, THEN set value to 0; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j ≥ 1 and ≤ 9, THEN set value to 1; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j > 9 and ≤ 18, THEN set value to 2; IF psqi_5b + psqi_5c + psqi_5d + psqi_5e + psqi_5f + psqi_5g + psqi_5h + psqi_5i + psqi_5j > 18, THEN set value to 3
Oct21_psqi_2NEW	PSQI Recode of psqi_2 for Latency question	IF psqi_2 ≥ 0 and ≤ 15, THEN set value of psqi_2new to 0, IF psqi_2 > 15 and ≤ 30, THEN set value of psqi_2new to 1, IF psqi_2 > 30 and ≤ 60, THEN set value of psqi_2new to 2, IF psqi_2 > 60, THEN set value of psqi_2new to 3
Oct21_PSQILATEN	PSQI Sleep Latency	IF psqi_5a + psqi_2new = 0, THEN set value to 0; IF psqi_5a + psqi_2new ≥ 1 and ≤ 2, THEN set value to 1; IF psqi_5a + psqi_2new ≥ 3 and ≤ 4, THEN set value to 2; IF psqi_5a + psqi_2new ≥ 5 and ≤ 6, THEN set value to 3
Oct21_PSQIDAYDYS	PSQI Day Dysfunction due to sleepiness	IF psqi_8 + psqi_9 = 0, THEN set value to 0; IF psqi_8 + psqi_9 ≥ 1 and ≤ 2, THEN set value to 1; IF psqi_8 + psqi_9 ≥ 3 and ≤ 4, THEN set value to 2; IF psqi_8 + psqi_9 ≥ 5 and ≤ 6, THEN set value to 3
Oct21_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

Oct21_PSQI_TIB_12	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.
Oct21_PSQI_sleep_eff	PSQI Sleep Efficiency (number)	Equals $psqi_4 / (psqi_3 - psqi_1)$
Oct21_PSQIHSE	PSQI Sleep Efficiency (score for PSQI total)	IF PSQI_sleep_eff \geq 85, THEN set value to 0; IF PSQI_sleep_eff $<$ 85 and \geq 75, THEN set value to 1; IF PSQI_sleep_eff $<$ 75 and \geq 65, THEN set value to 2; IF PSQI_sleep_eff $<$ 65, THEN set value to 3
Oct21_PSQISLPQUAL	PSQI Overall Sleep Quality	Equals psqi_6
Oct21_PSQIMEDS	PSQI Needs Meds to Sleep	Equals psqi_7
Oct21_PSQI_TOTAL	PSQI Total Score	Sum of PSQIDURAT + PSQIDISTB + PSQILATEN + PSQIDAYDYS + PSQIHSE + PSQISLPQUAL + PSQIMEDS
Oct21_ISI_Total	Oct2021 Insomnia Severity Index Total	Sum of isi_1 + isi_2 + isi_3 + isi_4 + isi_5 + isi_6 + isi_7
Oct21_mtg_freedays	Number of free days per week Oct2021	Subtract (7 - mtq_2)
Oct21_mtg_workdays	Number of work days per week Oct2021	Equals mtq_2

Oct21_mtq_workday_sleeponset	Typical work day sleep onset Oct2021	mtq_3
Oct21_mtq_workday_sleepend	Typical work day sleep end Oct2021	mtq_p8
Oct21_mtq_freeday_sleeponset	Typical free day sleep onset Oct2021	mtq_p9
Oct21_mtq_freeday_sleepend	Typical free day sleep end Oct2021	mtq_p10
Oct21_mtq_workday_sleepduration	Typical work day sleep duration Oct2021	Subtract (Oct21_mtq_workday_sleepend) - (Oct21_mtq_workday_sleeponset)
Oct21_mtq_workday_sleepduration_12	Typical work day sleep duration Oct2021 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.
Oct21_mtq_freeday_sleepduration	Typical free day sleep duration Oct2021	Subtract (Oct21_mtq_freeday_sleepend) - (Oct21_mtq_freeday_sleeponset)

Oct21_mtg_freeday_sleepduration_12	Typical free day sleep duration Oct2021 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.
Oct21_mtg_workday_sleepmidpoint	Typical work day sleep midpoint Oct2021	Sum of (Oct21_mtg_workday_sleeponset) + (Oct21_mtg_workday_sleepduration)/2
Oct21_mtg_freeday_sleepmidpoint	Typical free day sleep midpoint Oct2021	Sum of (Oct21_mtg_freeday_sleeponset) + (Oct21_mtg_freeday_sleepduration)/2
Oct21_mtg_avg_wk_sleepduration	Average sleep duration Oct2021	Calculate [(Oct21_mtg_workday_sleepduration)*(Oct21_mtg_workdays) + (Oct21_mtg_freeday_sleepduration)*(Oct21_mtg_freedays)]/7
Oct21_mtg_chronotype	Chronotype Oct2021	IF [(Oct21_mtg_freeday_sleepduration) ≤ (Oct21_mtg_workday_sleepduration), then this equals (Oct21_mtg_freeday_sleepmidpoint); IF [(Oct21_mtg_freeday_sleepduration) > (Oct21_mtg_workday_sleepduration), then this equals (Oct21_mtg_freeday_sleepmidpoint) - [(Oct21_mtg_freeday_sleepduration) - (Oct21_mtg_workday_sleepduration)]/2]
Oct21_PROMIS_Total	Oct 2021 Promis Fatigue Scale	Sum of promis_1 + promis_2 + promis_3 + promis_4 + promis_5 + promis_6 + REVERSED promis_7
PROMIS_Sleep_Disturbance_Total	Oct 2021 Promis Sleep Disturbanc Scale	Sum of promis_sd_1 + REVERSED promis_sd_2 + REVERSED promis_sd_3 + promis_sd_4 + promis_sd_5 + promis_sd_6 + REVERSED promis_sd_7 + REVERSED promis_sd_8
PROMISE_SRI_Total	Oct 2021 PROMIS Sleep Related Impairment	Sum of promis_sri_1 + REVERSED promis_sri_2 + promis_sri_3 + promis_sri_4 + promis_sri_5 + promis_sri_6 + promis_sri_7 + promis_sri_8

Oct21_gad_7_total	Sum of GAD-7 Questions	Sum of gad_1 + gad_2 + gad_3 + gad_4 + gad_5 + gad_6 + gad_7
Oct21_PSS_TOTAL	Oct 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
LSAS_Fear	LSAS Fear Subscale (Oct 2021)	Sum of telephone_fear + smallgroups_fear + eating_fear + drinking_fear + authority_fear + acting_fear + party_fear + working_fear + writing_fear + calling_fear + talking_fear + strangers_fear + urinating_fear + seated_fear + attention_fear + meeting_fear + test_fear + disagreement_fear + looking_fear + report_fear + pickup_fear + returning_fear + gparty_fear + salesperson_fear
LSAS_Anxiety	LSAS Anxiety Subscale (Oct 2021)	Sum of telephone_avoid + smallgroups_avoid + eating_avoid + drinking_avoid + authority_avoid + acting_avoid + party_avoid + working_avoid + writing_avoid + calling_avoid + talking_avoid + strangers_avoid + urinating_avoid + seated_avoid + attention_avoid + meeting_avoid + test_avoid + disagreement_avoid + looking_avoid + report_avoid + pickup_avoid + returning_avoid + gparty_avoid + salesperson_avoid
LSAS_TOTAL	LSAS Total Score (Oct 2021)	Sum of telephone_fear + telephone_avoid + smallgroups_fear + smallgroups_avoid + eating_fear + eating_avoid + drinking_fear + drinking_avoid + authority_fear + authority_avoid + acting_fear + acting_avoid + party_fear + party_avoid + working_fear + working_avoid + writing_fear + writing_avoid + calling_fear + calling_avoid + talking_fear + talking_avoid + strangers_fear + strangers_avoid + urinating_fear + urinating_avoid + seated_fear + seated_avoid + attention_fear + attention_avoid + meeting_fear + meeting_avoid + test_fear + test_avoid + disagreement_fear + disagreement_avoid + looking_fear + looking_avoid + report_fear + report_avoid + pickup_fear + pickup_avoid + returning_fear + returning_avoid + gparty_fear + gparty_avoid + salesperson_fear + salesperson_avoid
PID_Oct21_Total_Raw_Score	PERSONALITY INVENTORY FOR DSM-5: Total Sum	Sum of pid_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 + pid_15 + pid_16 + pid_17 + pid_18 + pid_19 + pid_20 + pid_21 + pid_22 + pid_23 + pid_24 + pid_25

PID_Oct21_Total_Negative_Affect	PERSONALITY INVENTORY FOR DSM-5: Negative Affect Subscale	Sum of pid_8 + pid_9 + pid_10 + pid_11 + pid_15
PID_Oct21_Total_Detachment	PERSONALITY INVENTORY FOR DSM-5: Detachment Subscale	Sum of pid_4 + pid_13 + pid_14 + pid_16 + pid_18
PID_Oct21_Total_Antagonism	PERSONALITY INVENTORY FOR DSM-5: Antagonism Subscale	Sum of pid_17 + pid_19 + pid_20 + pid_22 + pid_25
PID_Oct21_Total_Disinhibition	PERSONALITY INVENTORY FOR DSM-5: Disinhibition Subscale	Sum of pid_1 + pid_2 + pid_3 + pid_5 + pid_6
PID_Oct21_Total_Psychoticism	PERSONALITY INVENTORY FOR DSM-5: Psychoticism Subscale	Sum of pid_7 + pid_12 + pid_21 + pid_23 + pid_24

ISDI_TOTAL	ISDI Total Score	<p> isdi_fallasleep + REVERSED isdi_wideawake + isdi_nightmares + REVERSED isdi_rested + isdi_wakefallasleep + REVERSED isdi_naps + isdi_lightsleep + REVERSED isdi_waketime + isdi_legs + REVERSED isdi_worries + isdi_movesleep + REVERSED isdi_sleepquickly + isdi_tiredday + REVERSED isdi_nonightmares + isdi_hardwakeweek + isdi_wakeearly + isdi_longnaps + REVERSED isdi_deepsleeper + isdi_irregularbedtime + isdi_legpainscramps + isdi_awakeworrying + REVERSED isdi_dontmove + isdi_troublefallasleep + isdi_sitdrowsy + isdi_recurringbaddreams + REVERSED isdi_energized + isdi_wakefrequently + isdi_napanywhere + isdi_awakenoises + REVERSED isdi_eveningsleeptime + isdi_legsensations + isdi_nervousness + isdi_kicklegs + REVERSED isdi_fallasleepminutes + isdi_lessenergy + isdi_dreamsdisturb + isdi_feelworsemorning + isdi_timebacktosleep + isdi_dozetv + REVERSED isdi_loudnoises + isdi_sleeproutine + isdi_legsstill + isdi_anxietyasleep + isdi_legsjerk + isdi_layawake + isdi_enoughenergy + isdi_nightmareswake + isdi_tiredmorning + isdi_troublestayasleep + isdi_sleepday + REVERSED isdi_sleepthroughanything + isdi_wakeirregular + isdi_movelegsuncomfortable + isdi_mindraces + REVERSED isdi_raretroubleasleep + isdi_frighteningdreams + isdi_movearound + isdi_troublewaking + isdi_wakenoreason + isdi_dozeoffrelax + isdi_sleepdisturbed + isdi_wokenlegs + isdi_thinkingevents + isdi_kickpunch + isdi_hardrelaxbedtime + isdi_focustired + isdi_dreamsvividfeel + REVERSED isdi_drifteasily + isdi_attentiontired + isdi_dreamsunpleasant + isdi_awakethinking + isdi_tiredwakeup + isdi_sleeppoorly + isdi_trytoohard + isdi_strugglealert + isdi_baddreams + isdi_upearlier + isdi_upearlierthanplanned + REVERSED isdi_sleepybed + isdi_baddreamhappened + isdi_wakebeforeneed + isdi_nightmareshard + isdi_hardcomfortable + isdi_sleepyday + isdi_nightmaresphysical + isdi_daytimesleepy + isdi_cantmovewakeup + isdi_intenseimages + isdi_musclesfrozen + isdi_lyingpresence + isdi_unablemove + isdi_seehearnotreal + isdi_dreamlikemorning </p>
ISDI_Nightmares	ISDI Nightmare Subscale	<p> Sum of isdi_nightmares + REVERSED isdi_nonightmares + isdi_recurringbaddreams + isdi_dreamsdisturb + isdi_nightmareswake + isdi_frighteningdreams + isdi_dreamsvividfeel + isdi_dreamsunpleasant + isdi_baddreams + isdi_baddreamhappened + isdi_nightmareshard + isdi_nightmaresphysical </p>

ISDI_Initial_Insomnia	ISDI Initial Insomnia Subscale	Sum of isdi_fallasleep + REVERSED isdi_sleepquickly + isdi_troublefallsleep + REVERSED isdi_fallasleepminutes + isdi_layawake + REVERSED isdi_raretroubleasleep + isdi_hardrelaxbedtime + REVERSED isdi_drifteasily + isdi_trytoohard + REVERSED isdi_sleepybed + isdi_hardcomfortable
ISDI_Fatigue	ISDI Fatigue Subscale	Sum of REVERSED isdi_wideawake + isdi_tiredday + isdi_sitdrowsy + isdi_lesseenergy + isdi_enoughenergy + isdi_focustired + isdi_attentiontired + isdi_strugglealert + isdi_sleepyday + isdi_daytimesleepy
ISDI_Nonrestorative_Sleep	ISDI Nonrestorative Sleep Subscale	Sum of REVERSED isdi_rested + isdi_hardwakeweek + REVERSED isdi_energized + isdi_feelworsemorning + isdi_tiredmorning + isdi_troublewaking + isdi_tiredwakeup + isdi_upearlier
ISDI_Daytime_Disturbances	ISDI Daytime Disturbance Subscale	Sum of ISDI_Fatigue + ISDI_Nonrestorative_Sleep
ISDI_Fragmented_sleep	ISDI Fragmented Sleep Subscale	Sum of isdi_wakefallsleep + isdi_wakeearly + isdi_wakefrequently + isdi_timebacktosleep + isdi_troublestayasleep + isdi_wakenoreason + isdi_sleppoorly + isdi_upearlierthanplanned + isdi_wakebeforeneed
ISDI_Anxiety_Night	ISDI Anxiety at Night Subscale	Sum of REVERSED isdi_worries + isdi_awakeworrying + isdi_nervousness + isdi_anxietyasleep + isdi_mindraces + isdi_thinkingevents + isdi_awakethinking
ISDI_Light_Sleep	ISDI Light Sleep Subscale	Sum of isdi_lightsleep + REVERSED isdi_deepsleeper + isdi_awakenoises + REVERSED isdi_loudnoises + REVERSED isdi_sleepthroughanything + isdi_sleepdisturbed
ISDI_Movement_Night	ISDI Movement at Night Subscale	Sum of isdi_movesleep + REVERSED isdi_dontmove + isdi_kicklegs + isdi_legsjerk + isdi_movearound + isdi_kickpunch
ISDI_Sensations_Night	ISDI Sensations at Night Subscale	Sum of isdi_legs + isdi_legpaincramps + isdi_legsensations + isdi_legsstill + isdi_movelegsuncomfortable + isdi_wokenlegs
ISDI_Excessive_Sleep	ISDI Excessive Sleep Subscale	Sum of REVERSED isdi_naps + isdi_longnaps + isdi_napanywhere + isdi_dozetv + isdi_sleepday + isdi_dozeoffrelax
ISDI_Irregular_Schedule	ISDI Irregular Sleep Subscale	Sum of REVERSED isdi_waketime + isdi_irregularbedtime + REVERSED isdi_eveningsleeptime + isdi_sleeproutine + isdi_wakeirregular

ISDI_Sleep_Paralysis	ISDI Sleep Paralysis Subscale	Sum of isdi_cantmovewakeup + isdi_musclesfrozen + isdi_unablemove
ISDI_Sleep_Hallucinations	ISDI Sleep Hallucinations Subscale	Sum of isdi_intenseimages + isdi_lyingpresence + isdi_seehearnotreal + isdi_dreamlikemorning