

Productivity

Please answer the following questions about your work. Remember that all answers are anonymous.

[Varying response scales]

How many hours have you been working approximately in the past week?

How many hours were you expecting to work over the past week assuming there would be no global pandemic and lockdown?

If you rate your productivity (i.e., outcome) per hour, has it been more or less over the past week compared to a normal week? ["100% less productive" to "0%: as productive as normal" to "≥100% or more productive" (coded as -100, 0, and 100)]

Boredom Proneness Scale

Please indicate to what extent you agree with the following statements.

[Responses will be given on a 7-point Likert scale ranging from 1 (Strongly disagree) to 4 (Strongly agree)]

I often find myself at "loose ends," not knowing what to do.

I find it hard to entertain myself.

Many things I have to do are repetitive and monotonous.

It takes more stimulation to get me going than most people.

I don't feel motivated by most things that I do.

In most situations, it is hard for me to find something to do or see to keep me interested.

Much of the time, I just sit around doing nothing.

Unless I am doing something exciting, even dangerous, I feel half-dead and dull.

Compliance

Please indicate how frequently you engaged in the following behaviours over the past 7 days.

[1 (never complying to this guideline) to 7 (always complying to this guideline)]

Washing hands thoroughly with soap.

Staying at home (except for groceries and 1x exercise per day).

Keeping a 2m (6 feet) distance to others when outside.

Conspiracy beliefs

Please indicate to what extent you agree with each of the following statements.

[Responses will be given on a 7-point scale ranging from 1 (totally disagree) to 7 (totally agree)]

The real truth about Coronavirus is being kept from the public.

The facts about Coronavirus simply do not match what we have been told by 'experts' and the mainstream media.

Coronavirus is a bio-weapon designed by the Chinese government because they are benefiting from the pandemic most.

Coronavirus is just like a normal flu.

Coronavirus is a bio-weapon designed by environmental activists because the environment is benefiting from the virus most

Brief COPE

These items deal with ways you've been coping with the stress in your life in the past week. There are many ways to try to deal with problems. Obviously, different people deal

with things in different ways, but we are interested in how you've tried to deal with it. Use these response choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can.

[see [here](#) for coding instructions]

- I've been turning to work or other activities to take my mind off things.
- I've been concentrating my efforts on doing something about the situation I'm in.
- I've been saying to myself "this isn't real."
- I've been using alcohol or other drugs to make myself feel better.
- I've been getting emotional support from others.
- I've been giving up trying to deal with it.
- I've been taking action to try to make the situation better.
- I've been refusing to believe that it has happened.
- I've been saying things to let my unpleasant feelings escape.
- I've been getting help and advice from other people.
- I've been using alcohol or other drugs to help me get through it.
- I've been trying to see it in a different light, to make it seem more positive.
- I've been criticizing myself.
- I've been trying to come up with a strategy about what to do.
- I've been getting comfort and understanding from someone.
- I've been giving up the attempt to cope.
- I've been looking for something good in what is happening.
- I've been making jokes about it.
- I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.
- I've been accepting the reality of the fact that it has happened.
- I've been expressing my negative feelings.
- I've been trying to find comfort in my religion or spiritual beliefs.
- I've been trying to get advice or help from other people about what to do.
- I've been learning to live with it.
- I've been thinking hard about what steps to take.
- I've been blaming myself for things that happened.
- I've been praying or meditating.
- I've been making fun of the situation.

Dark Triad¹

Please indicate to what extent you agree with the following statements.

- [1 = strongly disagree, 2 = disagree, 3 = neutral (neither agree, nor disagree), 4 = agree, and 5 = strongly agree]
- I tend to manipulate others to get my way.
 - I have used deceit or lied to get my way.
 - I have used flattery to get my way.
 - I tend to exploit others towards my own end.
 - I tend to lack remorse.
 - I tend to not be too concerned with morality or the morality of my actions.
 - I tend to be callous or insensitive.
 - I tend to be cynical.
 - I tend to want others to admire me.
 - I tend to want others to pay attention to me.

¹ The first four items measure M, next four items P, final four items N

I tend to seek prestige or status.
I tend to expect special favors from others.

Diet

Now for some questions on a different topic.

[Responses will be given on a 7-point scale: Never, Less than once a week, Less than 4 times a week but at least once a week, Less than once a day but at least 4 times a week, Once a day, Twice a day, Three times or more a day]

How often you eat fruit, excluding drinking juice?

How often you eat vegetables or salad, excluding potatoes?

Distractions at home

[1 (Not at all) to 7 (Very often)]

I am often distracted from my work (e.g., noisy neighbors, children who need my attention)

I am able to focus on my work for longer time periods

Exercising

Please answer the following questions (please use decimal places, as appropriate):

[The overall score will be computed as followed~\cite{godin1985simple}: 3x mild + 5x moderate + 9x strenuously. Missing responses for one or more of the exercise types will be treated as 0.]

How many hours in the past week have you been mildly exercising (e.g., yoga, archery, fishing from river bank, bowling, horseshoes, golf, snow-mobiling, easy walking)?

How many hours in the past week have you been moderately exercising (e.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)?

How many hours in the past week have you been strenuously exercising (e.g., running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long-distance bicycling)?

Financial Situation

Please tell us a bit about your financial situation. Recall that your responses are anonymous.

[0 (the worst possible financial situation) to 10 (Looking ahead six months into the future, what do you expect your financial situation will be like at that time?)]

Using a scale from 0 to 10 where 0 means 'the worst possible financial situation' and 10 means 'the best possible financial situation,' how would you rate your financial situation these days?

Looking ahead six months into the future, what do you expect your financial situation will be like at that time?"

Generalized Anxiety Disorder 7-item

Over the last week, how often have you been bothered by the following problems?

[Responses will be given on a 4-point scale ranging from 1 (Not at all) to 4 (Nearly every day)]

Feeling nervous, anxious or on edge.

Not being able to stop or control worrying.

Worrying too much about different things.

Trouble relaxing.

Being so restless that it is hard to sit still.
Becoming easily annoyed or irritable.
Feeling afraid as if something awful might happen.

Specific Anxiety/COVID-19 concern

Over the last week, how often have you been concerned about the following problem?
[1 (Not at all concerned) to 5 (Extremely concerned)]
How concerned do you feel about COVID-19?

The 24-item brief HEXACO inventory²

Please indicate to what extent you agree with the following statements.
[1 = strongly disagree, 2 = disagree, 3 = neutral (neither agree, nor disagree),
4 = agree, and 5 = strongly agree]

I can look at a painting for a long time.
I make sure that things are in the right spot.
I remain unfriendly to someone who was mean to me.
Nobody likes talking with me.
I am afraid of feeling pain.
I find it difficult to lie.
I think science is boring.
I postpone complicated tasks as long as possible.
I often express criticism.
I easily approach strangers.
I worry less than others.
I would like to know how to make lots of money in a dishonest manner.
I have a lot of imagination.
I work very precisely.
I tend to quickly agree with others.
I like to talk with others.
I can easily overcome difficulties on my own.
I want to be famous.
I like people with strange ideas.
I often do things without really thinking.
Even when I'm treated badly, I remain calm.
I am seldom cheerful.
I have to cry during sad or romantic movies.
I am entitled to special treatment.

De Jong Gierveld Loneliness Scale 6-item

Over the last week, how often have you been bothered by the following problems?
[Responses will be given on a 5-point Likert scale ranging from 1 (Strongly disagree)
to 5 (Strongly agree)]

I experience a general sense of emptiness.

² Scoring table BHI (recode scores of items followed with an 'R' as follows: 5→1, 4→2, 3→3, 2→4, 1→5): Honesty–Humility: 6 (Sincerity), 12R (Fairness), 18R (Greed Avoidance), 24R (Modesty); Emotionality: 5 (Fearfulness), 11R (Anxiety), 17R (Dependence), 23 (Sentimentality); eXtraversion: 4R (Social Self-esteem), 10 (Social Boldness), 16 (Sociability), 22R (Liveliness); Agreeableness: 3R (Forgiveness), 9R (Gentleness), 15 (Flexibility), 21 (Patience); Conscientiousness: 2 (Organization), 8R (Diligence), 14 (Perfectionism), 20R (Prudence); Openness to Experience: 1 (Aesthetic Appreciation), 7R (Inquisitiveness), 13 (Creativity), 19 (Unconventionality). Source: <https://doi.org/10.1016/j.jrp.2013.09.003>

There are plenty of people I can rely on when I have problems.
There are many people I can trust completely.
I miss having people around.
There are enough people I feel close to.
I often feel rejected.

Mental exercise

The questions in this scale ask you about the amount of mental exercising you did during THE LAST WEEK.

[1 (Not at all) to 7 (Very)]

I did a lot to keep my brain active.

I performed mental exercises (e.g., Sudokus, riddles, crosswords).

Motivators and Hygiene factors (Herzberg)³

Please now think about your work, colleagues, and employer. To what extent do you agree with each of the following statements? If one of them does not apply to you, please skip it.

[1 (Strongly disagree) to 6 (Strongly agree)]

I am satisfied with how promotions are handled.

I am satisfied with my chances for promotion lit the future for this job.

I am satisfied with the recognition I received for my accomplishments from my employer.

I am happy with the level of recognition I receive from my peers.

I am satisfied that my job meets my professional needs.

I find my job rewarding.

I am satisfied with the opportunities my employer offers me to learn and develop.

My employer encourages me to get involved in professional organizations.

I am satisfied with the variety or tasks that my job enables me to do.

Overall, I am satisfied with the level of responsibility my employer gives me.

I am satisfied with my relationship with my supervisor.

I am respected by my supervisor.

I feel my direct supervisor is competent.

I am respected by my peers in my department.

I feel that my peers respond to my needs.

I feel corporate policies and procedures in relation to my position are effective.

I am satisfied that policies are consistent with my values.

I enjoy and value team work.

My work environment is enjoyable.

I am satisfied with my salary when compared with others of similar education, background, and position.

My salary is compatible with my job responsibilities.

I am satisfied with the special privileges my position gives me.

I am satisfied with the level of influence my position has within the company.

I feel my job is secure.

I am NOT worried about losing my job.

I am satisfied that my assignments are aligned with my personal objectives.

I am satisfied with the quality of meetings I have with my peers.

I am satisfied with the quality of meetings I have with my supervisor.

³ See Tables 1 and 2 in Green (2009) for how to code the items.

I will make an effort to look for another position elsewhere during the next year.

Need for Cognition

For each statement below, please indicate to what extent it is characteristic of you.

[Responses will be given on a 5-point scale ranging from 1 (extremely uncharacteristic of me) to 5 (extremely characteristic of me)]

I would prefer complex to simple problems.

I like to have the responsibility of handling a situation that requires a lot of thinking.

Thinking is not my idea of fun. (R)

I would rather do something that requires little thought than something that is sure to challenge my thinking abilities. (R)

I really enjoy a task that involves coming up with new solutions to problems.

I would prefer a task that is intellectual, difficult, and important to one that is somewhat important but does not require much thought.

The balanced measure of psychological needs

Please read each of the following statements carefully, thinking about how true it was for you in the past week.

[Responses will be given on a 1 (no agreement) to 3 (some agreement) to 5 (much agreement) scale; first six items measure relatedness, next competence, finally autonomy]

I felt a sense of contact with people who care for me, and whom I care for.

I was lonely.

I felt close and connected with other people who are important to me.

I felt unappreciated by one or more important people.

I felt a strong sense of intimacy with the people I spent time with.

I had disagreements or conflicts with people I usually get along with.

I was successfully completing difficult tasks and projects.

I experienced some kind of failure, or was unable to do well at something.

I took on and mastered hard challenges.

I did something stupid, that made me feel incompetent.

I did well even at the hard things.

I struggled doing something I should be good at.

I was free to do things my own way.

I had a lot of pressures I could do without.

My choices expressed my "true self."

There were people telling me what I had to do.

I was really doing what interests me.

I had to do things against my will.

Office set-up

Please tell us now about your working conditions.

[1 (Strongly disagree) to 7 (Strongly agree)]

In my home office, I do have the technical equipment to do the work I need to do (e.g., appropriate PC, printer, stable and fast internet connection)

On the computer or laptop I use while working from home I do have the software and access rights I need.

My office chair and desk are comfortable and designed to prevent back pain or other related issues.

Quality and quantity of social contacts outside of work

The following questions refer to your social contacts outside of work.

[1 (Strongly disagree) to 6 (Strongly agree)]

I feel that the people with whom I have been in contact over the past week support me.

I feel that the people with whom I have been in contact over the past week believe in me.

I am happy with the amount of social contact I had in the past week.

Quality and quantity of communication with colleagues and line managers

The following questions refer to communication with colleagues and line managers. If you don't have any colleagues or line managers, please skip the following three items.

[1 (Strongly disagree) to 6 (Strongly agree)]

I feel that my colleagues and line manager have been supporting me over the past week.

I feel that my colleagues and line manager believed in me over the past week.

Overall, I am happy with the interactions with my colleagues and line managers over the past week.

Quality of Sleep

[Responses will be given on a 7-point scale ranging from 1 (very low) to 7 (perfectly)]

How has the quality of your sleep overall been in the past week?

Perceived Stress Scale (PSS-4)

The questions in this scale ask you about your feelings and thoughts during THE LAST WEEK.

[Responses: 0 = never, 1 = almost never, 2 = sometimes, 3 = fairly often, 4 = very often.]

In the last month, how often have you felt that you were unable to control the important things in your life?

In the last month, how often have you felt confident about your ability to handle your personal problems?

In the last month, how often have you felt that things were going your way?

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Daily Routines

The questions in this scale ask you about a typical day during THE LAST WEEK.

[1 (Does not apply at all) to 7 (Fully applies)]

I am getting up and going to bed roughly at the same time every day during the past week.

I am exercising roughly at the same time (e.g., going for a walk every day at noon).

I am eating roughly at the same time every day".

Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Please be open and honest in your responding.

In most ways, my life in the past week has been close to my ideal.
The conditions of my life in the past week were excellent.
I was satisfied with my life in the past week.
In the past week, I have gotten the important things.
If I could live the past week over again, I would change almost nothing.

Brief Self-Control Scale

Using the scale provided, please indicate how much each of the following statements reflects how you typically are.

[Responses will be given on a 5-point scale ranging from 1 (Not at all) to 5 (Very)]

I am good at resisting temptation.

I wish I had more self-discipline.

I often act without thinking through all the alternatives.

Technological Skills

[Responses will be given on a 7-point scale ranging from 1 (Not at all) to 7 (A lot)]

How well are your technological skills equip you for working remotely from home?

Volunteering

The questions in this scale ask you about specific behaviour that you might have done during THE LAST WEEK.

I have been volunteering in my community (e.g., supported elderly or other people in high risk groups)

I have been supporting my family (e.g., home schooling my children)

I have been supporting friends and family members (e.g., listened to the worries of my friends)