

Remote Workers well-being and productivity wave 1

Start of Block: Informed Consent

Q3 We are a group of researchers interested in people's well-being and productivity while being quarantined and working remotely. We would like to invite you to take part in a longitudinal research study.

Description: The study consists of three parts, set one week apart from each other. The first survey, which you are about to start, will take around 20min. The other two surveys, to which you will be invited in one week and two weeks time, around 5 minutes each.

Eligibility Requirements: To be eligible to take part in the studies, you must be 18 years of age or older.

Ethics information: Upon completion of the studies, we will inform you in more detail about the ideas we are examining. If you have any questions at any time about the studies, please do not hesitate to contact the researcher (see below for contact details). Participation is voluntary and all responses will be collected anonymously. You are free to withdraw at any time, without giving a reason. However, you cannot withdraw after you completed the study, because we will not be able to identify your data. Contact details of lead researcher Daniel Russo

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Denmark
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Consent Form

You need to agree with each statement to participate. If you do not consent, please close this tab.

	Please consent to each statement (1)
1. I confirm that I have read and understand the Information Sheet for the above study. (1)	<input type="radio"/>
2. I understand that no personal identifiable data will be collected. (2)	<input type="radio"/>
3. I understand that my participation is voluntary and that I am free to withdraw from the project at any time without giving any reason and without penalty. I understand that any data collected up to the point of my withdrawal cannot be withdrawn because it cannot be identified. (3)	<input type="radio"/>
4. I understand that my fully anonymised data will be used for the research purposes outlined above and provided in detail at the end of the survey. (4)	<input type="radio"/>
5. I understand that the data collected about me will be used to support other research in the future, and may be made publicly available to benefit other researchers. (5)	<input type="radio"/>
6. I agree to take part in the study. (6)	<input type="radio"/>

Q54 This questionnaire refers to your feelings of well-being and productivity ONLY of the past week (April 20-26).

☐ I do understand (4)

☐ I do not understand (5)

Q7 Timing
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Page Break



Prolific ID Prolific ID





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

	Strongly disagree (15)	Disagree (16)	Somewhat disagree (17)	Neither agree nor disagree (18)	Somewhat agree (19)	Agree (20)	Strongly agree (21)
In most ways, my life in the past week has been close to my ideal. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life in the past week were excellent. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was satisfied with my life in the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past week, I have gotten the important things I want. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live the past week over again, I would change almost nothing. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


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

0 8 16 24 32 40 48 56 64 72 80

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? ()	

Productivity How many tasks that you were supposed to complete last week did you effectively manage to complete?

0 10 20 30 40 50 60 70 80 90 100

completed tasks in % ()	
-------------------------	---

Productivity If you rate your productivity (i.e., outcome) per hour, has it been more or less over the past week as compared to a normal week?

100% less productive 0% as productive as normal ≥100% or more productive

-100 -80 -60 -40 -20 0 20 40 60 80 100

My current productivity is ()	
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Q53 During the past week, how much time did you spend on each task percentage-wise (%) ?

- _____ Coding (1)
- _____ Bugfixing (2)
- _____ Testing (3)
- _____ Specification (working on/with requirements) (4)
- _____ Reviewing code (5)
- _____ Writing documentation (6)
- _____ Meetings (7)
- _____ Writing and reading Email (8)
- _____ Interruptions (impromptu sync-up meetings) (9)
- _____ Helping (helping, managing or mentoring people) (10)
- _____ Networking (maintaining relationships) (11)
- _____ Learning (12)
- _____ Administrative tasks (13)
- _____ Breaks (14)
- _____ Various (e.g. planning, infrastructure set-up) (15)

Q36 Timing

First Click (1)

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Page Break

End of Block: Informed Consent

Start of Block: Block 1



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

	Strongly disagree (11)	Disagree (12)	Somewhat disagree (13)	Neither agree nor disagree (14)	Somewhat agree (15)	Agree (16)	Strongly agree (17)
I often find myself at "loose ends," not knowing what to do. (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to entertain myself. (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many things I have to do are repetitive and monotonous. (21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It takes more stimulation to get me going than most people. (22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel motivated by most things that I do. (23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In most situations, it is hard for me to find something to do or see to keep me interested. (24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Much of the time, I just sit around doing nothing. (25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Unless I am doing something exciting, even dangerous, I feel half-dead and dull. (26)

☐ ☐ ☐ ☐ ☐ ☐ ☐

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

	never complying to this guideline (1)	- (2)	- (3)	- (5)	- (6)	- (7)	always complying to this guideline (8)
Washing hands thoroughly with soap. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying at home (except for groceries and 1x exercise per day). (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keeping a 2m (6 feet) distance to others when outside. (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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

	Strongly disagree (11)	Disagree (12)	Somewhat disagree (13)	Neither agree nor disagree (14)	Somewhat agree (15)	Agree (16)	Strongly agree (17)
The real truth about Coronavirus is being kept from the public. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The facts about Coronavirus simply do not match what we have been told by 'experts' and the mainstream media. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coronavirus is a bio-weapon designed by the Chinese government because they are benefiting from the pandemic most. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coronavirus is just like a normal flu. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coronavirus is a bio-weapon designed by environmental activists because the environment is benefiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

from the virus
most. (7)



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.

	I've not been doing this at all (4)	- (5)	- (6)	- (7)	I've been doing this a lot (8)
I've been turning to work or other activities to take my mind off things. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been concentrating my efforts on doing something about the situation I'm in. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been saying to myself "this isn't real.". (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been using alcohol or other drugs to make myself feel better. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been getting emotional support from others. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been giving up trying to deal with it. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been taking action to try to make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

the situation
better. (9)

I've been
refusing to
believe that it
has
happened.
(10)

I've been
saying things
to let my
unpleasant
feelings
escape. (11)

I've been
getting help
and advice
from other
people. (12)

I've been
using alcohol
or other drugs
to help me get
through it.
(13)

I've been
trying to see it
in a different
light, to make
it seem more
positive. (14)

I've been
criticizing
myself. (15)

I've been
trying to come
up with a
strategy about
what to do.
(16)

I've been
getting
comfort and
understanding
from

☐☐

someone. (17)					
I've been giving up the attempt to cope. (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been looking for something good in what is happening. (19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been making jokes about it. (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. (21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been accepting the reality of the fact that it has happened. (23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been expressing my negative feelings. (24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been trying to find comfort in my religion or spiritual beliefs. (25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I've been
trying to get
advice or help
from other
people about
what to do.
(26)

☐☐☐☐☐

I've been
learning to
live with it.
(27)

☐☐☐☐☐

I've been
thinking hard
about what
steps to take.
(28)

☐☐☐☐☐

I've been
blaming
myself for
things that
happened.
(29)

☐☐☐☐☐

I've been
praying or
meditating.
(30)

☐☐☐☐☐

I've been
making fun of
the situation.
(31)

☐☐☐☐☐

Q37 Timing

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End of Block: Block 1

Start of Block: Block 2



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

	No agreement (1)	- (2)	Some agreement (3)	- (4)	Much agreement (5)
I felt a sense of contact with people who care for me, and whom I care for. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was lonely. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt close and connected with other people who are important to me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt unappreciated by one or more important people. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt a strong sense of intimacy with the people I spent time with. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had disagreements or conflicts with people I usually get along with. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was successfully completing difficult tasks and projects. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I experienced
some kind of
failure, or was
unable to do
well at
something.
(10)

☐☐☐☐☐

I took on and
mastered hard
challenges.
(11)

☐☐☐☐☐

I did
something
stupid, that
made me
feel
incompetent.
(12)

☐☐☐☐☐

I did well even
at the hard
things. (13)

☐☐☐☐☐

I struggled
doing
something I
should be
good at. (14)

☐☐☐☐☐

I was free to
do things my
own way. (15)

☐☐☐☐☐

I had a lot of
pressures I
could do
without. (16)

☐☐☐☐☐

My choices
expressed my
“true self.”
(17)

☐☐☐☐☐

There were
people telling
me what I had
to do. (18)

☐☐☐☐☐

I was really
doing what
interests me.

☐☐☐☐☐

(19)

I had to do
things against
my will. (20)



Office set-up Please tell us now about your working conditions.

	Strongly disagree (11)	Disagree (12)	Somewhat disagree (13)	Neither agree nor disagree (14)	Somewhat agree (15)	Agree (16)	Strongly agree (17)
In my home office, I do have the technical equipment to do the work I need to do (e.g., appropriate computer, screen, stable and fast internet connection) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do have all the software and access rights I need on my computer to work effectively from home (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My office chair and desk are comfortable, ergonomic, and designed to prevent back pain or other related issues. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



communication 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.

	Strongly disagree (1)	- (2)	- (3)	- (4)	- (5)	Strongly agree (6)
I feel that my colleagues and line manager have been supporting me over the past week. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my colleagues and line manager believed in me over the past week. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, I am happy with the interactions with my colleagues and line managers over the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Quality of Sleep Quality of sleep:

	very low (1)	- (2)	- (3)	- (4)	- (5)	- (6)	very high (7)
How has the quality of your sleep overall been in the past week? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Stress The questions in this scale ask you about your feelings and thoughts during the last week.

	Never (1)	Almost never (2)	Somethimes (3)	Fairly often (4)	Very often (5)
In the last week, how often have you felt that you were unable to control the important things in your life? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt confident about your ability to handle your personal problems? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt that things were going your way? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt difficulties were piling up so high that you could not overcome them? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Daily Routines The questions in this scale ask you about a typical day during the last week.

	Does not apply at all (1)	- (2)	- (3)	- (4)	- (5)	- (6)	Fully applies (7)
I am getting up and going to bed roughly at the same time every day during the past week. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am exercising roughly at the same time (e.g., going for a walk every day at noon). (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am eating roughly at the same time every day. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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

	Not at all (1)	- (2)	- (3)	- (4)	Very (5)
I am good at resisting temptation. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I had more self-discipline. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often act without thinking through all the alternatives. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Technological Skills Your technological skills:

	Far too little (22)	- (23)	- (24)	- (25)	- (26)	- (27)	Perfectly (28)
How well do your technological skills equip you for working remotely from home? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Volunteering The questions in this scale ask you about specific behaviour that you might have done during the last week.

	Not at all (1)	- (2)	- (3)	- (4)	- (5)	- (6)	Very often (7)
I have been volunteering in my community (e.g., supported elderly or other people in high risk groups) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been supporting my family (e.g., home schooling my children) (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been supporting friends and family members (e.g., listened to the worries of my friends) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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

	Strongly disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly agree (5)
Nobody likes talking with me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I easily approach strangers. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to talk with others. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am seldom cheerful. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q38 Timing

First Click (1)

Last Click (2)

Page Submit (3)

Click Count (4)

Page Break

Diet Now for some questions on a different topic.Eating habits:

	Never (1)	Less than once a week (2)	Less than 4 times a week but at least once a week (3)	Less than once a day but at least 4 times a week (11)	Once a day (12)	Twice a day (13)	Three times or more a day (14)
How often you eat fruit, excluding drinking juice? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often you eat vegetables or salad, excluding potatoes? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Distractions at home Distractions at home:

	Not at all (20)	Sometimes (21)	About half the time (22)	Most of the time (23)	Very often (24)
I am often distracted from my work (e.g., noisy neighbors, children who need my attention) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to focus on my work for longer time periods (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

Exercising Please answer the following questions (please use **decimal places**, as appropriate): 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. Using a scale from 0 to 10, where 0 means "the worst possible financial situation" and 10 means "the best possible financial situation".

	0 (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (11)
How would you rate your financial situation these days? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking ahead six months into the future, what do you expect your financial situation will be like at that time?" (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Not at all (1)	Once last week (4)	More than once (5)	Nearly every day (9)	Every day (10)
Feeling nervous, anxious or on edge. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Anxiety COVID-19 Over the last week, have you been concerned about the following problem?

	Not at all concerned (1)	- (2)	- (3)	- (4)	Extremely concerned (5)
How concerned do you feel about COVID-19? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How concerned do you feel about future pandemics? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Loneliness Over the last week, how much do the following statements apply to you?

	Not at all (37)	Once last week (38)	More than once (39)	Nearly every day (40)	Every day (41)
I experience a general sense of emptiness. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I miss having people around. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel rejected. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Loneliness 2 Over the last week, how much do the following statements apply to you?

	Not at all (37)	- (38)	- (39)	- (40)	Absolutley (41)
There are plenty of people I can rely on when I have problems. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are many people I can trust completely. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough people I feel close to. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental exercise The questions in this scale ask you about your mental exercising during the last week.

	Not at all (11)	- (12)	- (13)	- (14)	- (15)	- (16)	Very (17)
I did a lot to keep my brain active. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I performed mental exercises (e.g., Sudokus, riddles, crosswords, meditation). (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MWMS Why do you or would you put efforts into your current job?

	Not at all (1)	Very little (2)	A little (3)	Moderately (4)	Strongly (5)	Very strongly (6)	Completely (7)
To get others' approval (e.g., supervisor, colleagues, family, clients ...). (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because others will respect me more (e.g., supervisor, colleagues, family, clients...). (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To avoid being criticized by others (e.g., supervisor, colleagues, family, clients...). (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because others will reward me financially only if I put enough effort in my job (e.g., employer, supervisor...). (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because others offer me greater job security if I put enough effort in my job (e.g., employer, supervisor...). (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(7)

Because I
risk losing my
job if I don't
put enough
effort in it. (8)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Because I
have fun
doing my job.
(9)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Because
what I do in
my work is
exciting. (10)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Because the
work I do is
interesting.
(11)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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social contacts The following questions refer to your social contacts outside of work.

	Strongly disagree (1)	- (2)	- (3)	- (4)	- (5)	Strongly agree (6)
I feel that the people with whom I have been in contact over the past week support me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that the people with whom I have been in contact over the past week believe in me. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the amount of social contact I had in the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Block 3

Start of Block: Demographics and debriefing

Q41 You almost made it! Now some questions about yourself.

What is your gender?

- ☐ Woman (1)
- ☐ Man (2)
- ☐ Non-binary (3)
- ☐ Prefer not to disclose (5)
- ☐ Prefer to self-describe (6) _____
-

Q43 In which country are you currently based?

- ☐ United Kingdom (1)
- ☐ United States (2)
- ☐ Other: (3) _____

Skip To: Q52 If Q43 != 2

Q45 In which state do you currently reside?

▼ Alabama (1) ... Wyoming (52)

Q52 Is there still a lockdown where you are living (i.e., are still all schools and non-essential shops closed)?

- ☐ Yes (1)
- ☐ Unsure (2)
- ☐ No (3)

Q48 How old are you?

18 26 34 43 51 59 67 75 84 92 100

In years: ()



Q58 My living situation at the moment:

☐ Living alone (3)

☐ Living with other people (4)

Skip To: Q49 If Q58 = 3

Q59 How many of the people you're living with at the moment are

☐

Babies / Infants (0-1 years old) (3)

☐

Toddlers (1-3 years old) (4)

☐

Children (4- 11 years old) (9)

☐

Teenagers (12- 17 years old) (10)

☐

Adults (18+ years old) (11)

Q49 What type of organization do you work for?

- ☐ Public (1)
- ☐ Private (2)
- ☐ Other (3)
- ☐ Unsure (4)
-

Q50 What was your approximate yearly household income before taxes in US-Dollar in 2019?

- ☐ (4)
- ☐ 20,000-40,000 (5)
- ☐ 40,001-60,000 (6)
- ☐ 60,001-80,000 (7)
- ☐ 80,001-100,000 (8)
- ☐ >100,000 (9)
-

Q51 What percentage of your time have you been working remotely (i.e., not physically in your office) over the past 12 months?

0 10 20 30 40 50 60 70 80 90 100

% of your work time ()



Q54 In the past twelve month, how often did you fly for work (each boarding a plane counts as one flight)?

☐

Flights shorter than 1500km (800 miles): (1)

☐

Flights between 1500-4500km (800 - 2600miles): (2)

☐

Flights over 4500km (2600 miles): (3)

Page Break

Q53

Thank you for participating in the first wave of this longitudinal study. We will contact you again in approximately one week and in two weeks and ask you to complete a shorter survey. It is important for us that you participate in all three waves.

Do you have any comments so far?

Q55 If you have any questions, please feel free to contact us:

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End of Block: Demographics and debriefing
