

SUPPLEMENTAL MATERIAL – SURVEY

List of questions

REGISTRY

1. Birthdate: day, month, year
2. Which category best describes your current job situation:
 - a. Student
 - b. Shift work / in-call work
 - c. Part-time employee
 - d. Full-time employee
 - e. Freelancer
 - f. Entrepreneur
 - g. Unemployed looking for a job
 - h. Unemployed not looking for a job
 - i. Homemaker
 - j. Retired
 - k. Other (fill in the blank space)
3. School attendance
 - a. No qualification
 - b. 3rd primary
 - c. 5th primary
 - d. Middle school diploma
 - e. High school diploma
 - f. Bachelor degree
 - g. Master degree
 - h. PhD
4. In which nation did you live during the pandemic (Italian Phase 1)?
 - a. Italy
 - b. Other (fill in the blank space)

DOMESTIC ENVIRONMENT

5. Where did you live during the pandemic (Italian Phase 1)?
 - a. At home

- b. Parents' house
- c. Sons' house
- d. Someone else's house (partner's, friends'...)
- e. Facility provided by the employer
- f. Other (fill in the blank space)

SOCIAL ENVIRONMENT: it consists of people with whom we share a relationship that can be professional, friendly and/or familiar.

6. With whom did you spend the pandemic (Italian Phase 1)?

- a. Parents
- b. Sons
- c. Partner/Wife/Husband
- d. Roommate
- e. Colleague
- f. Alone
- g. Other (fill in the blank space)

7. *Please think about the people you shared your time with during the pandemic, how would you describe your relationship with them (consider strength and weaknesses)?*

TECHNOLOGY USE

8. During Phase 1 did you have a stable internet connection?

- a. Yes
- b. No

9. How would you describe your availability of devices (smartphone, tablet, computer)?

- a. Did not have any
- b. One device at disposal and it was enough/efficient for me
- c. One device at disposal and it wasn't enough/efficient for me
- d. At least one device at disposal but I didn't use it
- e. One device at disposal shared with someone else and the experience was positive
- f. One device at disposal shared with someone else but the experience was negative
- g. More than one device at disposal

10. *How did your use or attitude towards these devices have changed?*

OCCUPATIONS: groups of activities that meet our needs (biological, personal, social) and that have a personal or cultural meaning.

11. Before the quarantine, which occupations did require most of your time? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)
- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself
- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

12. Are there other occupations that are important to report?

13. Before the quarantine, which occupations were the most meaningful? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)
- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself
- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

14. Are there other occupations that are important to report?

15. Before the quarantine, which occupations did provide you well-being? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)

- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself
- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

16. Are there other occupations that are important to report

17. During Phase 1, which occupations did require most of your time? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)
- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself
- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

18. Are there other occupations that are important to report

19. During Phase 1, which occupations were the most meaningful? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)
- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself

- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

20. Are there other occupations that are important to report?

21. During Phase 1, which occupations did you give up? (max. 3 answers)

- a. Cooking
- b. Housekeeping (grocery, cleaning, ...)
- c. Taking care of someone else (elderly, disabled people, ...)
- d. Taking care of yourself
- e. Work
- f. Study
- g. Childcare
- h. Taking care of pets
- i. Meeting friends and relatives
- j. Video-calling
- k. Sport
- l. Play/Leisure time
- m. Hobbies/Personal interests

22. Are there other occupations that are important to report?

23. During Phase 1, did you experience wellbeing?

- a. Yes
- b. No
- c. Do not know

24. *If you answered yes to the previous question: what was your source of well-being? If you answered no: why not?*

HABITS

25. How did you perceive your habits during Phase 1?
- a. No changes at all
 - b. Few changes
 - c. Some changes
 - d. Lot of changes
 - e. Completely altered
26. How would you assess your ability to adapt? (New habits, giving up some occupations and/or engaging with new ones)
- a. Did not adapt at all
 - b. I struggled to adapt
 - c. I needed some time to adapt
 - d. I had some highs and lows
 - e. I adapted quite fast
 - f. I adapted easily
27. Did you have the chance to choose how to organize your daily and weekly routines? How did it make you feel?
- a. Absolutely unsatisfied, I did not manage to organize my routine
 - b. Not so good, I managed to organize only a small part of my habits
 - c. Quite well, I managed to organize some of my habits
 - d. Well, I managed to organize most of my habits
 - e. Completely satisfied, I managed to organize all of my habits
28. *Which features of your routine or habits did you miss the most?*
29. *Which features did you recognize as a resource that you will consider for your future?*

PROJECT / PROJECTION

30. *Did you think about your future? Which projects would you like to pursue and which ones required to be changed or abandoned?*

N.B.: the questions reported in cursive are the open ones.