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**Wellcome Trust LPS Questionnaire Resource**

**Updated: June 2021**

**Notes**

1. To reference data collected using this resource describe with:

*Data gathered from questionnaire(s) provided by Wellcome Longitudinal Population Study Covid-19 Steering Group and Secretariat (221574/Z/20/Z)*

1. To contact the secretariat for updates, support and advice email

[**wellcomecovid-19@bristol.ac.uk**](mailto:wellcomecovid-19@bristol.ac.uk)

1. If using logos, please use the Wellcome Covid-19 logo on your questionnaire for participants alongside your own institution.
2. Please tag [@covid19qs](https://twitter.com/covid19qs) on twitter and/or link to <http://www.bristol.ac.uk/alspac/researchers/wellcome-covid-19/> where appropriate.

# a. Formatting & Details

All questions that were not from ALSPAC questionnaire 1 and 2 have been given a source tag.

**Red text** indicates where the question’s original wording has been amended.

*[[Italic text in double squares bracket is note about question, not to be shown to participant.]]*

# Lifestyle

## Impact on life

**Consider repeating/replacing these questions for the different lockdown periods**

1. **Since the start of the pandemic in March 2020, have any of the following aspects of your life changed? (*If you didn't do the activity before, and aren't doing it now, please select 'not applicable'.)***
   * 1. Amount you sleep
     2. Amount of physical activity/exercise you do
     3. Visiting green space (e.g. park, beach, woodland; not your garden)
     4. Amount you smoke/vape
     5. Amount of alcohol you drink
     6. Number of hours you work outside your home
     7. Number of hours you work at home
     8. Time spent travelling on public transport
     9. Time spent travelling in a car
     10. Time spent on a bike
     11. Time spent on computer, tablet or phone (playing games, accessing the internet etc)
     12. Time spent watching TV
     13. Time spent talking to family/friends **inside** your home (face to face or on the phone/online)
     14. Time spent talking to family/friends **outside** your home (face to face or on the phone/online)
     15. Time spent talking to work colleagues (face to face or on the phone/online)
     16. Practising relaxation/mindfulness/meditation
     17. Time spent listening to the news
     18. Time spent learning new things
     19. Time spent doing hobbies/things you enjoy
     20. Amount you eat
     21. Amount of fruit you eat
     22. Amount of vegetables you ear
     23. Amount of meat you eat
     24. Amount of fish you eat
     25. Amount of dairy products (e.g., milk, cheese, eggs) you eat
     26. Amount of savoury snacks you eat
     27. Number of sweet snacks and confectionary you eat
     28. Amount of other fast food you eat
     29. Amount of sugar sweetened drinks (including tea) you drink
     30. Amount of money you’ve spent
         + 1. Decreased a lot
           2. Decreased a little
           3. Stayed the same
           4. Increased a little
           5. Increased a lot
           6. Not applicable
2. **Which of the following best described your isolation status during the [*first / second*] lockdown, which began [*23rd March 2020 / 5th January 2021*]? [tick all that apply]**
   1. I lived my life as normal
   2. I did not self-isolate, but I cut down on my usual activities as a precaution/I did social distancing
   3. I did not self-isolate specifically, but I stopped going to work like normal and worked from home
   4. I self-isolated due to diagnosis of Covid-19 or possible symptoms
   5. I self-isolated because I have an existing medical condition or am categorised as high risk
   6. I self-isolated as I was worried about spreading it to others or getting ill (but I am not high risk)
   7. I self-isolated to protect a family member, friend or housemate who has an existing medical condition/is high risk
   8. I self-isolated as it was ordered by the government or local authority as part of a lockdown
   9. I self-isolated but this is NOT because of Covid-19 but because of another reason e.g. a pre-existing health condition or disability
3. **Which of the following best describes how often you left the house during the [*first / second*] lockdown, which began [*23rd March 2020 / 5th January 2021*]?** 
   1. I did not leave the house
   2. I rarely left the house and when I did, I had little interaction with others (e.g. for exercise)
   3. I rarely left the house but had to visit somewhere with lots of people (e.g. supermarket, hospital)
   4. I had to leave the house often and was in contact with other people (e.g. working outside the house or using public transport)
4. **Before 23rd March 2020, how many days a week would you leave the house/garden (e.g., to work, go to college/university, shop, exercise)?**
   1. Every day
   2. 4-6 days
   3. 1-3 days
   4. Never
5. **Since 23rd March 2020, how many days a week do you leave the house (e.g. to work, shop or exercise)?**

Every day

4-6 days

1-3 days

Never

1. **Since 5th January 2021, how many days a week do you leave the house (e.g. to work, shop or exercise)?**

Every day

4-6 days

1-3 days

Never

## Digital access and leisure

[*SOURCE: CovidLife survey]*

We would like to know about how you spend your time. This will include how much time you spend on different activities and how you keep in touch with your friends and family. We would like to understand how this has changed since COVID-19 measures were introduced.

1. **Please tell us which of the following you currently have access to. (Select all that apply)**
   1. Landline telephone
   2. Basic mobile phone (for phone calls and texts only)
   3. Smartphone
   4. Desktop computer
   5. Laptop computer
   6. iPad or other tablet
   7. Kindle or other e-reader
   8. Gaming console
   9. Unlimited internet access
   10. None of the above
2. **Thinking back to just before COVID-19 measures were introduced (i.e., January 2020), on an average weekday, how many hours per day did you:**
   1. [Answer table below]
3. **Thinking back to just before COVID-19 measures were introduced (i.e., January 2020), on an average weekend day, how many hours per day did you:**
   1. [Answer table below]
4. **On an average weekday now, how many hours per day do you:**
   1. [Answer table below]
5. **On an average weekend day now, how many hours per day do you:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | None | Less than 1 | 1-2 | 3-4 | 5-6 | 7-8 | 9+ |
| Watch TV |  |  |  |  |  |  |  |
| Watch TV on catch up services, e.g., BBC iPlayer |  |  |  |  |  |  |  |
| Use streaming services, e.g., Netflix, Amazon Prime |  |  |  |  |  |  |  |
| Watch YouTube videos |  |  |  |  |  |  |  |
| Listen to the radio or podcasts |  |  |  |  |  |  |  |
| Play video games on PC/laptop or games console |  |  |  |  |  |  |  |
| Use a computer or laptop for work |  |  |  |  |  |  |  |
| Use a computer or laptop (not for gaming or for work) |  |  |  |  |  |  |  |
| Use your phone, or tablet |  |  |  |  |  |  |  |
| Read books for pleasure (including e-books) |  |  |  |  |  |  |  |
| Look at or use social media |  |  |  |  |  |  |  |

## Alcohol consumption

Will need to include a ‘drinkogram (see here:<https://www.bris.ac.uk/media-library/sites/alspac/documents/participants/drinkogram.pdf>) for ALSPAC version to translate common types of alcoholic drinks and their amounts into a standard number of drinks (units), based on strength and volume.

1. **Before the first lockdown (i.e. since 23rd March 2020), how often did you have a drink containing alcohol?**
   1. Never (Skip to Q4)
   2. 2-4 times a month
   3. 2-3 times a week
   4. 4 or more times a week
2. **Before the first lockdown, how many units (standard measures) did you have on a typical day when you were drinking?**
   1. 1 or 2
   2. 3 or 4
   3. 5 or 6
   4. 7 to 9
   5. 10 or more
3. **Before the first lockdown, how often did you have more than six units (standard measures) on one occasion?**
   1. Never
   2. Less than monthly
   3. Monthly
   4. Weekly
   5. Daily or almost daily
4. **During the first lockdown (i.e., between 23rd March 2020 and 4th July 2020), how often did you have a drink containing alcohol?**
   1. Never (Skip to next section)
   2. Monthly or less
   3. 2-4 times a month
   4. 2-3 times a week
   5. 4 or more times a week
5. **During the first lockdown, how many units (standard measures) did you have on a typical day when you are drinking?**
   1. 1 or 2
   2. 3 or 4
   3. 5 or 6
   4. 7 to 9
   5. 10 or more
6. **During the first lockdown, how often did you have more than six units (standard measures) on one occasion?**
   1. Never
   2. Less than monthly
   3. Monthly
   4. Weekly
   5. Daily or almost daily
7. **After the second lockdown was announced, (i.e., after 5th January 2021), how often do you have a drink containing alcohol?**
   1. Never (Skip to next section)
   2. Monthly or less
   3. 2-4 times a month
   4. 2-3 times a week
   5. 4 or more times a week
8. **After the second lockdown was announced, how many units (standard measures) do you have on a typical day when you are drinking?**
   1. 1 or 2
   2. 3 or 4
   3. 5 or 6
   4. 7 to 9
   5. 10 or more
9. **After the second lockdown was announced, how often do you have more than six units (standard measures) on one occasion?**
   1. Never
   2. Less than monthly
   3. Monthly
   4. Weekly
   5. Daily or almost daily