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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**

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.]]*

# **Mental Health and Well-Being**

## Depression

*ADULTS (18 years+) only [See Section 6.3 for questionnaires for those under 18]*

1. **Over the last two weeks, how often have you been bothered by any of the following problems?**

*Source: PHQ-9*

*Ask the last question only if safe to use in the population being studied*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Not at all | Several days | More than half the days | Nearly every day |
| Little interest or pleasure in doing things |   |   |   |   |
| Feeling down, depressed, or hopeless? |   |   |   |   |
| Trouble falling or staying asleep, or sleeping too much? |   |   |   |   |
| Feeling tired or having little energy? |   |   |   |   |
| Poor appetite or overeating? |   |   |   |   |
| Feeling bad about yourself – or that you are a failure or have let yourself or your family down? |   |   |   |   |
| Trouble concentrating on things, such as reading the newspaper or watching television? |   |   |   |   |
| Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual? |   |   |   |   |
| Thoughts that you would be better off dead or of hurting yourself in some way |  |  |  |  |

## Anxiety

1. **Over the last two weeks, how often have you been bothered by any of the following problems?**

*Source: GAD-7*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Not at all | Several days | More than half the days | 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? |   |   |   |   |

## Loneliness

1. **Here are some questions about how isolated you feel from those around you. For each question, you will be asked about how isolated you have been feeling recently. We will then ask you to compare with how you were feeling before** [March 2020/ 23rd March 2020/5th January 2021]

|  |  |  |
| --- | --- | --- |
|  | *How often I feel like this now* | How often I felt like this BEFORE[March 2020/ 23rd March 2020/5th January 2021] |
|  | *Hardly ever* | *Some of the time* | *Often* | *Hardly ever* | *Some of the time* | *Often* |
| How often do you feel you lack companionship? |  |  |  |  |  |  |
| How often do you feel left out? |  |  |  |  |  |  |
| How often do you feel isolated from others? |  |  |  |  |  |  |
| How often do you feel alone? |  |  |  |  |  |  |

## Focus

1. **Compared with before** [the beginning of the pandemic/the first lockdown/the second lockdown], **which began** [March 2020/ 23rd March 2020/5th January 2021]**, I find thinking and remembering things:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|    | Much improved | A bit improved | No change | A bit worse | Much worse |
| Remembering things about family and friends (e.g., birthdays, addresses) |   |   |   |   |   |
| Recalling recent events / conversations a few days later |   |   |   |   |   |
| Ability to maintain focus / concentration |   |   |   |   |   |
| Learning new things in general |   |   |   |   |   |
| Making decisions on everyday matters |   |   |   |   |   |
| Using your intelligence to understand what is going on and reason through things |   |   |   |   |   |

## Mental healthcare

[the beginning of the pandemic/the first lockdown/the second lockdown], **which began** [March 2020/ 23rd March 2020/5th January 2021]

1. **Before the** [the first lockdown/the second lockdown, **which began** [23rd March 2020/5th January 2021]**, did you have any mental health difficulties?**
	1. Yes
	2. No (Go to Q4)
	3. Don’t know (Go to Q4)
2. **If yes, before** [the first lockdown/the second lockdown, **which began** [23rd March 2020/5th January 2021]**, did you receive support for your mental health difficulty?**
	1. Yes

No (Go to Q4)

1. **If yes, who did you receive help for your mental health difficulties from? (tick all that apply)**
	1. Health care professional
	2. Online helpline/service
	3. NHS phoneline
	4. Other phoneline (such as Samaritans)
	5. Family/friends
	6. Other … [Free text]
	7. None of the above
2. **Since the** [the first lockdown/the second lockdown], **which began** [23rd March 2020/5th January 2021]**, was announced [23rd March], have you had any mental health difficulties?**
	1. Yes
	2. No (Go to next section)
	3. Don’t know (Go to next section)
3. **If yes, since** [the first lockdown/the second lockdown, **which began** [23rd March 2020/5th January 2021]**, was announced, have you tried to access services to support your mental health difficulty?**
	1. Yes
	2. No (go to next section)
4. **If yes did you seek help from any of the following sources? (tick all that apply)**
	1. Health care professional
	2. Online helpline/service
	3. Crisis hotline
	4. Family/friends
	5. Other … [Free text]
5. **If you accessed care from a health care professional in what setting did this occur? (Tick all that apply)**
	1. Face-to-face in primary care / general practice
	2. Face-to-face in general hospital
	3. Face-to-face in acute/psychiatric hospital
	4. Face-to-face elsewhere, please specify: [Free text]
	5. By phone
	6. By video-link
	7. Other … [Free text]
6. **How would you rate the ongoing care you are receiving for your mental health difficulty during lockdown?**
	1. Very good
	2. Good
	3. Fair
	4. Poor
	5. Very poor
7. **How does it compare to the care you received before the**[the first lockdown/the second lockdown, **which began** [23rd March 2020/5th January 2021]**, was announced?**
	1. Much better
	2. Somewhat better
	3. Stayed the same
	4. Somewhat worse
	5. Much worse
8. **Have you had any difficulty accessing care during any lockdown periods?**
	1. Often
	2. Sometimes
	3. Seldom
	4. Never
	5. N/A - Did not access care
9. **If you accessed care from a health care professional in what setting did this occur for your initial assessment/interaction?**
	1. Face-to-face in primary care / general practice
	2. Face-to-face in general hospital
	3. Face-to-face in acute/psychiatric hospital
	4. Face-to-face elsewhere – please specify: [Free text]
	5. By phone
	6. By video-link
	7. Other .. [Free text]
10. **How would you rate the initial assessment/interaction you had with the healthcare professional?**
	1. Very good
	2. Good
	3. Fair
	4. Poor
	5. Very poor
11. **If you received follow-up care from a health care professional in what setting did this occur?**
	1. Face-to-face in general hospital
	2. Face-to-face in acute/psychiatric hospital
	3. Face-to-face elsewhere – please specify: [Free text]
	4. By phone
	5. By video-link
	6. Other … [Free text]
12. **How would you rate your follow-up care with the healthcare professional?**
	1. Very good
	2. Good
	3. Fair
	4. Poor
	5. Very poor

## Free text

1. **Have you experienced any positive aspects to lockdown?**
	1. [Free text]
2. **What are you three main worries at the moment?**
	1. [Free text 1]
	2. [Free text 2]
	3. [Free text 3]
3. **Finally, is there anything else about how the COVID-19 pandemic has affected you (positive and/or negative) that you would like to tell us?**
	1. Yes: [Free Text]
	2. No