

Please return your completed Perspectives on the Pandemic survey in the pre-addressed postage-paid envelope to the University of Michigan.

If you have any questions about the survey, please feel free to call us at 1-866-611-6476.

THANK YOU!

Conducted by:

The Survey Research Center at the University of Michigan

Sponsored by: The National Institute on Aging



2021 Perspectives on the Pandemic

It is very important that the questions in this survey be answered by the person to whom the survey is addressed.

If the addressee is unable to complete the survey alone: It can be filled out by someone who knows this person well enough to answer the questions.

If neither the addressee nor another person is able to complete the survey: Please return the survey, with a short note of explanation, in the enclosed, prepaid envelope.

{First Name} – FPO 123456A (barcode)





Conducted by: The Survey Research Center at the University of Michigan Sponsored by: The National Institute on Aging



HEALTH AND RETIREMENT STUDY A Longitudinal Study of Health, Retirement, and Aging Sponsored by the National Institute on Aging

<M. ID>

SEE FRONT COVER LAYOUT ON SEPARATE PDF

PERSPECTIVES ON THE PANDEMIC

ABOUT THIS SURVEY

This is a special one-time survey being conducted by the Health and Retirement Study. Your participation will help us to better understand how the coronavirus pandemic has affected the lives of people like you. The survey asks about your own experiences since March 2020 on a wide variety of topics related to the very difficult year we have just been through. Included in this survey are questions about your health, your economic situation, your opinions about vaccine safety and government response to the pandemic, your relationships with others, and changes to everyday life. In addition, we invite you to tell us about life during the pandemic in your own words.

We hope that you will find this survey interesting to complete. The HRS is widely recognized as a key source of information about the lives of older Americans. For that reason, it is very important for everyone's perspective to be represented. As always, your answers are extremely important to us. Please remember that your participation is voluntary and that you may skip over any questions that you would prefer not to answer.

HOW TO FILL IN THIS SURVEY

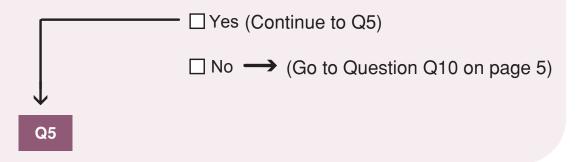
Please answer the questions by:

Marking a box like this: \square

Or writing in a box like this:

Please use a #2 pencil or a blue/black ink ballpoint pen. DO NOT use a felt tip pen.

Sometimes you may find instructions telling you which questions to answer like this:



5

2



Answer

	Section A. COVID-19 Diagnosis and Testing
A1	 Have you had, or do you now have, COVID-19? (Mark [X] ONE box.) Yes Not sure but probably yes No> Go to Question A3 Not sure but probably no> Go to Question A3
A2	Did a doctor or other health care provider tell you that you had COVID-19? (Mark [X] ONE box.) Yes No
A3	Has anyone else you know been diagnosed with COVID-19? (Mark [X] ONE box.) Yes No
A4	 Who was diagnosed with COVID-19? (Mark [X] all that apply.) My spouse/partner A different household member Someone outside my household
A5	Has anyone you know died from COVID-19? (Mark [X] ONE box.) Yes No



A 6	What was this person's relationship to you? (If more than one person you know has died from COVID-19, mark [X] all that apply.)
	 Spouse/Partner Child Parent Sibling Other family member Friend Co-worker Acquaintance/ neighbor
A7	Several months ago we sent our participants a kit to test for antibodies to the virus that causes COVID-19. Antibodies show if you have ever had the virus in the past, not if you have an active infection. Did you return that test kit? (Mark [X] ONE box.) Yes No I live in a nursing home (for safety reasons, HRS did not send kits to nursing homes) I don't recall receiving a test kit
A 8	 Have you been tested for antibodies at any other time? (Mark [X] ONE box.) Yes, and at least one test was positive Yes, and always tested negative No Don't know
A9	Have you ever been tested for an active infection with COVID-19? This test might have been called a viral test. Viral tests check specimens from your nose or your mouth (saliva) to find out if you are currently infected with COVID-19. (Mark [X] ONE box.) Yes ON Go to Question A13



A10	Have you been tested only once, or multiple times? (Mark [X] ONE box.)						
	OnceMultiple timesDon't know						
A11	 A11 Did the test (or any of the tests if you had more than one), indicate that you had COVID-19? (Mark [X] ONE box.) Yes No						
A12	What was the date of the mo	ost recent	positive test	?			
	Month Day Year						
A13	Several vaccines are now averation with the following statements			. Please	tell us if you	agree or d	isagree
			(Mark	(X) one b	ox in each ro	ow)	
		Strongly agree	Somewhat agree	Neutral	Somewhat disagree	Strongly disagree	Don't know
	vaccines are safe and have side effects						
prote	inated people have good ection from serious illness COVID-19						
	inated people are less likely read COVID-19						
unles	won't go back to normal ss most people are inated						



A14	Are you more concerned about severity of the COVID-19 illness, or are you more concerned about the COVID-19 vaccine side effects? (Mark [X] ONE box.)					
	 I am more concerned about the COVID-19 illness I am more concerned about the COVID-19 vaccine I am equally concerned about both I am not concerned about either Don't know 	e and its sid	le effects			
A15	15 Getting a vaccine for COVID-19 is a personal choice. Below are some reasons people give for why they did or will get a coronavirus vaccine. Please indicate how important each reason is for you.					
		(Mark (X) Very Important	one box in Somewhat Important	each row) Not Important		
	a. I want to protect my family					
	b. I want to protect my community					
	c. I want to protect myself					
	d. My age and health conditions make it important that I receive a vaccine					
	e. My doctor recommends I get a vaccine					
	 f. A vaccine will help me avoid getting seriously ill from the coronavirus 					
	g. It would allow me to feel safe socializing with other people					
	h. It would allow me to feel safe sending my child to school					
	i. It would allow me to feel safe going back to work or volunteer activities					
	j. Other: Specify					



A16 Below are some reasons people give for why they might NOT get a COVID-19 vaccine. Please indicate how important each reason is for you.

	(Mark (X) one box in each		
	Very Important	Somewhat Important	Not Important
a. I am concerned about the side effects and safety			
 b. I am concerned that the COVID-19 vaccine was developed too fast 			
c. I don't think the vaccine has been tested on enough people like me yet			
d. I think the COVID-19 vaccine will not work			
e. I already had COVID-19 and should be immune			
f. The vaccine could give me COVID-19			
g. COVID-19 is not a serious illness			
h. I don't like vaccines			
i. I believe vaccines are dangerous			
j. I don't like needles			
k. I don't think I need a vaccine against COVID-19			
I. My doctor says I should not get a COVID-19 vaccine			
m. I am not a member of any group that is at high risk from COVID-19			
n. Other: Specify			



A17 There are different types of places the COVID-19 vaccine is or could be offered. If you were to receive a COVID-19 vaccine, how willing would you be to receive it at each one of these places? For each location listed below, please mark [X] how willing you would be to receive a COVID-19 vaccine at that location. PLEASE ANSWER A17 EVEN IF YOU HAVE ALREADY RECEIVED A COVID-19 VACCINE

(Mark (X) one box in each row)

	LOCATION	Definitely Willing	Somewhat Willing	Not too Willing		
	a. Doctor's office or clinic					
	b. Hospital					
	c. Pharmacy					
	d. Grocery store					
	e. Local health department					
	f. Local police or fire station					
	g. Local school					
	h. Local sports stadium					
	i. At your workplace					
	j. In your home					
	k. Other location: Specify					
A18	Several vaccines are now available for the coronaviru (Mark [X] ONE box.)	us. Have yo	u gotten a va	ccine?		
	 Yes, I've had two shots Yes, I've had one shot and am waiting for the second Yes, I've had one shot and don't need a second I have an appointment to get one soon - Go to Question A19 No - Go to Question A20 					





A18a	What was the date of your most recent vaccine?
	Month Day Year
A19	Please tell us about your experience getting the vaccine or appointment. Mark (X) all that apply.
	 I had to make many phone calls I had difficulty using online tools to find appointments I got help from friends or family finding available vaccine appointments I had no difficulty

IF YOU ANSWERED THAT YOU HAVE HAD A VACCINE OR HAVE AN APPOINTMENT AT QUESTION A18, PLEASE GO TO QUESTION A22

IF YOU HAVE NOT HAD A VACCINE OR SCHEDULED AN APPOINTMENT (NO AT QUESTION A18), PLEASE CONTINUE WITH QUESTION A20

0	Why haven't you gotten the vaccine? (Mark [X] all that apply.)
	I am not eligible to get a vaccine
	I don't want to get vaccinated
	I don't know how to schedule an appointment
	I don't know where to go for a vaccine
	I am waiting for a vaccine provider to contact me
	The vaccine providers are too far away
	There is a vession shorters in my community

- There is a vaccine shortage in my community
- I don't have access to transportation
- I don't have access to a phone or computer
- I don't have time

A2

- I am physically unable to travel
- I tried to get the vaccine but was unable to get an appointment
- I tried to get a walk-in vaccination but was unable to get one

Other: Specify



A21	How likely are you to take a vaccine once it is available to you? (Mark [X] ONE box) Very likely Somewhat likely Not very likely Not at all likely
A22	How acceptable is it for employers to require employees to get the COVID-19 vaccine (unless they have a medical reason not to be vaccinated)? (Mark [X] ONE box) Very acceptable Acceptable Unacceptable Very unacceptable
A23	 There has been some talk lately about what to do with the excess COVID-19 vaccines currently available in the U.S. What do you think is the best thing to do with the excess vaccines? (Mark [X] ONE box) Offer them as booster shots to vaccinated people in the U.S. who want them Offer them to unvaccinated people in other countries Dispose of them without using them Use them another way: Specify
A24	 Overall, which one of these statements best describes your experience with COVID-19 so far? (Mark [X] ONE box) I have not had COVID-19 and have had no symptoms of COVID-19 → Go to Section C, Page 12 I have had COVID-19 symptoms, but have not been diagnosed with COVID-19 → Go to Section C, Page 12 I was diagnosed with COVID-19 by a test and/or health care provider but had no symptoms of COVID-19 → Go to Section B, Page 11 I was diagnosed with COVID-19 by a test and/or health care provider and had symptoms of COVID-19 → Go to Section B, Page 11 I was diagnosed with COVID-19 by a test and/or health care provider and had symptoms of COVID-19 → Go to Section B, Page 11



	ergency Room/Hospital Visits have had the coronavirus. Please answer this section (Question A24).
B1 Did you have to go to the emergency r	oom because of the virus? (Mark [X] ONE box.)
B2 Were you admitted to the hospital bec ↓ Yes ↓ No → Go to Question B6	ause of the virus? (Mark [X] ONE box.)
B3 What date were you admitted for your	most recent hospital stay for coronavirus?
B4 Altogether, how many nights did you s # of Nights:	pend in the hospital?
B5 Were you on oxygen or a ventilator where Oxygen only Ventilator only Both oxygen and ventilator Neither one	ile you were in the hospital? (Mark [X] ONE box.)
 (Mark [X] ONE box.) Yes No Not sure; I have health problems, 	problems related to coronavirus infection? but I don't know if they are because of coronavirus Section B



Section C. Health Care

C1	Now we have some questions about health care in general, not just related to coronavirus. During the first year of the pandemic, from March 2020 to March 2021, did you start
	regularly taking prescription medications for any of the following common health problems

	(Mark (X) one box in each row)			each row)
		Yes	No	Not Sure
	a. for pain in your joints or muscles?			
	b. for asthma or allergies or other breathing problems?			
	c. to help you sleep?			
	d. to help relieve anxiety or depression?			
	e. to thin your blood or to prevent blood clots?			
C2	Since March 2020, was there any time when you need prescription medicine, but delayed getting it, or did not Yes No, I did not need care during the pandemic	t get it at all? → Go to Q	(Mark [X] (ONE box.)
C3	not	ncility The i not expos nilable COV	sure to	Other Reason

C3a. major surgery that would have required a hospital C4a. Why did stay of one or more nights? you delay or not get that care? Yes (Mark [X] all that No apply.) C3b. outpatient surgery? C4b. Why did you delay Yes or not get that care? (Mark [X] No all that apply.)



Did you delay or not get... СЗ сонт Could Facility The risk of not not exposure to Other afford available COVID-19 Reason C3c. a doctor visit? C4c. Why did you delay or not get Yes that care? (Mark [X] No all that apply.) C3d. dental care? C4d. Why did you delay or not get Yes that care? (Mark [X] No all that apply.) C3e. a prescription? C4e. Why did you delay or not get Yes that care? (Mark [X] No all that apply.) C3f. other types of care? C4f. Why did you delay Yes (Specify:) or not get that care? (Mark [X] all that apply.) No Thinking about any health care that you delayed or did not get due to the pandemic, did **C**5 the missed or delayed care cause... (Mark (X) one box in each row) Not Yes No Sure a. a new physical health problem? b. worsening of an existing physical health problem? c. a new mental health problem? d. worsening of an existing mental health problem?



C6	Since March 2020, did you have a telephone or video visit with a doctor instead of an in- person visit with a doctor? (Mark [X] ONE box.)							
	Yes No							
C7	How likely are you to use telephone or video visits with a doctor in the future? (Mark [X] ONE box.)							
	 Somewhat likely Not very likely Not at all likely 							
C8	C8 Compared to before the pandemic, how have the following things changed for you?							
	(Mark (X) one box in each row) Much Somewhat No Somewhat Muc Better Better Change Worse Wors							
	a. Your energy level?							
	b. Quality of sleep?							
	c. Memory?							
	d. Ability to concentrate?							
	e. Mood?							
	f. Breathing?							
	g. Ability to walk?							
	h. Ability to taste or smell things?							
	i. Digestive issues such as diarrhea?							
	End of Section C							



D1 Because of the continuing coronavirus crisis, starting with January 2021, some fareceived additional economic impact payments.	
Have you (or your spouse/partner) received any payments in 2021? (Mark [X] ON	E DOX.)
Yes No	
D2 How much money did you (and your spouse/partner) receive altogether?	
Dollar Amount Received: \$	
D3 Thinking about your (and your spouse/partner's) financial situation this year, will t payment lead you to mostly increase spending, mostly to increase saving, mostly debt, or what? (Mark [X] ONE box.)	
Increase spending	
Increase saving	
Pay off debt	
Give it to charity	
Give to family or friends	
Other: Specify	
D4 Besides what you indicated in Question D3, will the payment lead you to do any of following? (Mark [X] all that apply.)	f the
Increase spending	
Increase saving	
Pay off debt	
Give it to charity	
Give to family or friends	
Other: Specify	
End of Section D	



	Section E: Work
E1	What kind of work, if any, did you do in early March 2020 before the pandemic started ? (Mark [X] ONE box.)
	 I worked for pay for someone else I was self-employed (I worked for myself / in my own business) I worked for someone else and I also worked for myself I didn't work.
E2	Since March 2020 was there a period of two weeks or more when you were not working? (Mark [X] ONE box.)
	 Yes No → Go to Question E5
E3	Why did you stop working? (Mark [X] all that apply.)
	 Lost job/laid off permanently Furloughed/laid off temporarily Vacation/voluntary time off Illness Care for others who needed me Quit Retired Other: Specify
_	
E4	 Did you work for a month or more between March 2020 and March 2021? Yes No Go to Section F, Page 20



E5	Because of your job, were you considered an essential worker?
	 Yes No I'm not sure
E6	When you worked between March 2020 and March 2021, did you work from home most of the time or did you work at your regular workplace most of the time? Home
E7	At your regular workplace, did you work in close physical contact (within six feet) with your co-workers? If you had more than one job since March 2020, please answer this question for the job you worked at the longest or consider to be your main job. (Mark [X] ONE box.) Always Sometimes Never
E8	At your regular workplace, were you in close physical contact (within six feet) with people who were not your co-workers? (Mark [X] ONE box.) Always Sometimes Never
E9	Regardless of whether you worked from home since March 2020, would you like to work from home after the pandemic is over? (Mark [X] ONE box.) Yes, all of the time Yes, some of the time No My job could not be done from home.





E10

Compared to before the pandemic, how did the following aspects of your work change during the pandemic from March 2020 to March 2021?

	(Mark (X) one box in each row)			
	Increased	Stayed about the same	Decreased	Not applicable
a. How much physical effort it takes to do your job				
b. How much stress is caused by your job				
c. Your enjoyment of your job				
d. The risk or danger of your job				
e. Your work schedule interfering with your ability to fulfill personal responsibilities				
f. Job worries or problems distracting you when you are not at work				
g. Not being able to get work done on time because of your home life				
h. How much your family or personal life drains you of the energy you need to do your job				

E11 Consider the employer you worked for or your own business in early March 2020. Was that employer or business affected in any of the following ways because of the coronavirus pandemic? (Mark [X] All that apply.)

- Closed down and remained closed
- Closed down for some time
- Amount of business decreased
- Amount of business increased
- Incurred major losses
- Switched to do something else
- None of the above



E12	Did your employer or business apply for government loans to help get through the pandemic?
	Yes> Go to Question E13
	No Go to Question E14
	Don't know Go to Question E14
E13	Did they receive a loan?
	Yes
	No
	Don't know
E14	ANSWER THIS QUESTION ONLY IF YOU MARKED "Closed down and remained closed" AT QUESTION E11. OTHERWISE SKIP TO QUESTION E15.
	If your employer or your business closed down and has remained closed, do you think it will reopen after the pandemic? (Mark [X] ONE box.)
	Yes
	No
	Don't know
E15	How has the pandemic changed your thinking about when you will retire? (Mark [X] ONE box.)
	I think I will retire sooner than I would have otherwise
	I think I will retire later than I would have otherwise
	The pandemic has not affected my retirement plans
	I already am retired
	End of Section E



Section F. Income and Spending								
F1 This section asks questions about income, spending, and financial well-being. If you live with other people, the questions in this section refer to the income, spending, and well-being of your entire household.								
Since March 2020, has your household's income gone up, gone down or stayed about the same? (Mark [X] ONE box.)								
Income went up Income went down								
Stayed about the same> 0	Go to Questic	on F3						
F2 Overall, how did the following types of	income chan	ige?						
	(N	lark (X) one	box in eac	ch row)				
	Increased	Decreased	No Change	My Household does not have this kind of income				
a. Earnings from work								
b. Income from retirement plans or other assets								
c. Income from business								
d. Income from the government, not counting the impact checks								
e. Other types of income not in this list:								
Specify								
f. Other types of income not in this list:								
Specify	Specify							



F3 Has your household's spending gone up, gone down, or stayed the same since March 2020? (Mark [X] ONE box.)						
Spending went upSpending went downStayed about the same						
F4 Since March 2020, how often did you expe	F4 Since March 2020, how often did you experience any of the following?					
	(M	ark (X) one box	x in each	row) Always		
	Never	Sometimes	Often	or Nearly Always		
a. Missed any regular payments on rent or mortgage						
b. Missed any regular payments on credit cards or other debt						
c. Missed any other regular payments such as utilities or insurance						
d. Could not pay medical bills						
e. Didn't have enough money to buy food						
 f. Had trouble buying food even though had money 						
g. Any other financial hardship not in this list:						
Specify						
End of Section F						



	Section G. Living Arrangements and Caregiving
G1	Did you change where you live for one month or more since March 2020 because of the coronavirus pandemic? (Mark [X] ONE box.)
	 Yes No → Go to Question G3
G2	Where did you move? (Mark [X] all that apply.)
	 To my/our own home To a child's/stepchild's home To a home of some other family member To a friend's home To a health care facility (including nursing home)
	Other place not listed: Specify
G3	 Did someone move in with you for a month or more since March 2020 because of the coronavirus pandemic? (Mark [X] ONE box.) Yes No → Go to Question G5
G4	 Who moved in with you and lived with you for more than a month since March 2020? (Mark [X] all that apply.) One or more of your children (including spouse's or partner's children) One or more of your grandchildren (including spouse's or partner's grandchildren) One or more of your parents (own or spouse's or partner's) One or more other people
G5	Do you currently live alone? (Mark [X] ONE box.) Yes



G6 If you live with sor	G6 If you live with someone else, who is that? (Mark [X] all that apply.)							
 My spouse or partner One or more children or grandchildren (including spouse's or partner's) One or more parents (own or spouse's or partner's) One or more other people 								
G7 The coronavirus pandemic has affected many aspects of families' lives and many people have needed help. Because of the coronavirus pandemic, did anyone living outside your household help you (and your spouse/partner) with money or paying bills, shopping for groceries, errands, rides, or chores, or with advice, encouragement, moral or emotional support? (Mark [X] ONE box.) Yes No								
G8 Who helped you w	G8 Who helped you with (Mark [X] all that apply.)							
		(Neighbor(s)		No one		
	Child(ren)	Parent(s)		or other		helped		
	or grand- child(ren)	or other relative(s)	Friend(s)	non- relative(s)	Other	me/us with this		
a. money or paying bills	-		Friend(s)		Other			
 a. money or paying bills b. shopping for groceries, errands, rides, or chores 	-		Friend(s)		Other			
b. shopping for groceries, errands,	-		Friend(s)		Other			
 b. shopping for groceries, errands, rides, or chores c. advice, encouragement, moral or 	child(ren)	relative(s)	you (and yo	relative(s)	artner) he	with this		



G10 Whom did you help with...

	(Mark [X] all that apply.)					
	Child(ren) or grand- child(ren)	Parent(s) or other relative(s)	Friend(s)	Neighbor(s) or other non- relative(s)	Other	l/we helped no one with this
a. money or paying bills						
b. shopping for groceries, errands, rides, or chores						
c. advice, encouragement, moral or emotional support						
	Er	nd of Section	on G			



Section H. Everyday Life during the Pandemic

Since March 2020, the coronavirus pandemic has led to many changes in everyday life. We are interested in hearing how much these changes have affected you.

H1

On a scale from 0 to 10 where 0 means "not at all worried" and 10 means "very worried," during the first year of the pandemic from March 2020 to March 2021, how worried were you about...

	(Mark (X) one box in each row) Not at all worried	Very worried
a. your own health?		10
b. the health of others in your family?		10
c. your financial situation?	0 1 2 3 4 5 6 7 8 9	10
d. being able to get help if you needed it from family, friends, or others?		10
e. what will happen in the future?	0 1 2 3 4 5 6 7 8 9	10
	ere 0 means "no control at all" and 10 means "very mu r of the pandemic from March 2020 to March 2021 ho	

(Mark (X) one box in each row) No control Very much at all control a. the amount of control you had over your health? b. the amount of control you had over your social life? c. the amount of control you had over your financial situation ?



During the first year of the pandemic from March 2020 to March 2021, to what degree did you feel...

H3

H4

H5

		(Mark (X) one box in each row)			
	Very much	Quite a bit	Moderately	A little	Not at all
a. hopeful?					
b. happy?					
c. calm?					
d. content?					
e. determined?					
f. bored?					
g. distressed?					
h. afraid?					
i. worried?					
j. lonely?					
k. sad?					
I. nervous?					
Since March 2020, was there ever a WEEKS OR MORE IN A ROW?	time when	you felt s	ad, blue, or de	pressed I	FOR TWO
 Yes> Go to Question H6 No Don't know 					
Since March 2020, was there EVER lost interest in most things like hobbic Yes	es, work, o				



H6	ANSWER H6-H8 ONLY IF YOU MARKED "YES" TO G QUESTION H5. ALL OTHERS SHOULD SKIP TO QU			S"TO		
	Please think of the two-week period when these feelings of sadness or loss of interest were at their worst. During that two-week period did the feelings or loss of interest usually last all day long, most of the day, about half the day, or less than half the day?					
	 All day long Most of the day About half the day Less than half the day 					
H7	Did you feel this way every day, almost every day, or le	ess often dur	ring the two	weeks?		
	 Every day Almost every day Less often 					
H8	During those two weeks did	(Mark (X)	one box in	each row) Don't		
		Yes	No	Know		
	a. you feel tired out or low energy all the time?					
	b. you lose your appetite?					
	c. your appetite increase?					
	d. you have more trouble falling asleep than you usually do?					
	e. you have a lot more trouble concentrating than usual?					
	f. you feel down on yourself, no good, or worthless?					
	g. you think a lot about death either your own, someone else's, or death in general?					



H9 The next two questions are about the amount of contact with those family and friends who do not live with you. First, think about the amount of **in-person contact** you had. Compared with the months prior to March 2020 how did the amount of in-person contact you had change during the first year of the pandemic from March 2020 to March 2021? Did the amount of in-person contact with...

	(Mark (X) one box in each row)				
	Increase	Decrease	About the same	Doesn't apply to me	
a. your children					
b. your grandchildren					
c. your parents or in-laws					
d. other family members					
e. your friends					
f. your neighbors					

H10 Now, please think about the **other kinds of contact** you had with those family and friends who do not live with you, such as telephone or internet contact using phone, email, Facetime, Facebook, Skype, Zoom, or social media. Compared with the months prior to March 2020 how did the amount of this type of contact you had change during the first year of the pandemic from March 2020 to March 2021? Did the amount of this type of contact with...

(Mark (X) one box in each row)

crease	Decrease	About the same	Doesn't apply to me
	crease	creaseDecreaseII<	5



H11

Since March 2020, how has the quality of any of your relationships with people outside your household changed? Is the quality of your relationship with...

	(Mark (X) one box in each row)			SW)
	Better	Worse	About the same	Doesn't apply to me
a. your children				
b. your grandchildren				
c. your parents or in-laws				
d. other family members				
e. your friends				
f. your neighbors				
H12 Since March 2020, how often have you exp example, because of your race/ethnicity, ag physical appearance, religion, or other reas Often Sometimes Hardly ever Never	e, gender,	financial sta	atus, disabilit	/ life (for y, weight,
 H13 Is this about the same, more, or less often the same About the same More often Less often 	han before	e the outbrea	ak? (Mark [X	ONE box.)



During the first year of the pandemic from March 2020 to March 2021, how often did you...

H14

		(Mark (X) one box in each row)				
	Always	Most of the time	Half the time	Less than half the time	Never	Doesn't apply to me
a. wear a mask around other people outside your home (for example, in shops)?						
b. keep distance from others when you went outside your home?						
c. wash your hands with soap or use hand sanitizer after being around others?						
Compared to the months before Mar	ch 2020 k	now mu	h did v	ur activiti	ies char	nae durina

H15 Compared to the months before March 2020, how much did your activities change during the first year of the pandemic from March 2020 to March 2021? Was there a change in how <u>often</u> you...

	(Mark (A) one box in each row)					
	Did more <u>often</u>	Did less <u>often</u>	About the same	Did not do before March 2020 and do not do now		
a. left your home?						
b. went shopping?						
c. traveled to visit family members?						
d. traveled to visit friends?						
e. attended religious services outside your home?						
f. prayed, meditated or did other spiritual activities at home?						
g. exercised at home?						



H15 солт

Compared to the months before March 2020, how much did your activities change during the first year of the pandemic from March 2020 to March 2021? Was there a change in how **often** you...

(Mark (X) one box in each row)

	Did more often	Did less often	About the same	Did not do before March 2020 and do not do now
h. walked outside your home?				
i. did hobbies, crafts, or puzzles?				
j. watched TV, Netflix, stream movies, or shows?				
k. volunteered?				
I. did garden work or home repairs?				
m. read books, magazines, or newspapers (in print or digitally)?				
n. ate or drank in a restaurant, café, or bar?				
o. spent time in a public park, beach, or nature area?				
p. visited an arts or cultural site (for example, museum, theater, art gallery)?				
q. exercised in a recreational facility (for example, gym, studio, pool)?				
r. provided or assisted your children or grandchildren with home schooling?				
s. cooked meals?				
t. drank alcohol?				
u. ate chips, candies, or other junk food?				
v. used cigarettes, e-cigarettes, or other tobacco?				



 H16 Since March 2020, have you learned how to use a new technology device (for example, an iPad), application, or computer program? (Mark [X] ONE box.) Yes No 					
H17 In your neighborhood, compared to before 2020, what is the availability now of	ore the co				arch
	(Mark (X) one box in each row)				
	More	About the same	Less	Does not apply to my neighborhood	Don't know
a. community events and gatherings (for example, fairs, markets, live music)?					
b. places to shop?					
c. places to eat and drink?					
d. places to receive healthcare?					
e. places to be physically active?					
f. places to learn (for example, museums, galleries, libraries, classes)?					
g. places to socialize with people around your own age?					
h. places to socialize with people of different ages?					



H18 In your opinion, during the first year of the pandemic from March 2020 to March 2021, did the government in your state and local area do too much or too little of the following steps to slow the spread of the virus?

	Definitely too much	Somewhat too much	About Right	Somewhat too little	Definitely too little
a. Requiring masks?					
b. Closing schools?					
c. Closing places of worship?					
d. Closing restaurants?					
e. Closing bars?					
f. Closing hair salons?					
g. Closing gyms?					
h. Closing movie theaters?					
i. Banning evictions?					
j. Banning utility shut-offs?					

(Mark (X) one box in each row)

H19

During the first year of the pandemic from March 2020 to March 2021, how often would you say that people in your area wore masks that cover their nose and mouth when in public places such as stores? (Mark [X] ONE box.)

- Most of the time
- More than half the time
- Half the time
- Less than half the time
- Rarely or never



H20	 These next questions are about household pets. Did you have one or more pets in early March 2020? (Mark [X] ONE box.) Yes No, didn't have pets in early March 2020 but have gotten pets since then → Go to Question H25 No, didn't have pets in early March 2020 and haven't gotten pets since then → Go to Question H27
H21	 What kind of pets did you have in early March 2020? (Mark [X] all that apply.) Dog Cat Bird Small furry animal like a ferret, rabbit, hamster, guinea pig Scaly animal like a lizard, gecko, snake Fish Other: Specify
H22	Compared to the months prior to March 2020, did you spend more, less, or about the same amount of time with your pet(s) during the first year of the pandemic from March 2020 to March 2021? (Mark [X] ONE box.) More Less About the same
H23	Compared to the months prior to March 2020, did you worry about your pet(s) more, less, or about the same during the first year of the pandemic from March 2020 to March 2021? (Mark [X] ONE box.) More Less About the same



H24	Have you gotten any new pets since March 2020? (Mark [X] ONE box.)					
	Yes No					
H25	 What kind of new pet(s) did you get since March 202 Dog Cat Bird Small furry animal like a ferret, rabbit, hamster, g Scaly animal like a lizard, gecko, snake Fish Other: Specify 	` <u>-</u> -	ll that appl	y.)		
H26 Think back to how you felt in early March 2020 before the pandemic started. Since that time, has your pet (or all of your pets if you have more than one), helped to (Mark (X) one box in each row) Does not yes Yes No Does not apply						
	a. reduce your anxiety?					
	b. make you happier?					
	c. make other people in your household happier?					



H27 Even in hard times, sometimes people experience good things and learn new things about themselves. Please think about your own experiences since March 2020. How much do you agree or disagree with the following statements?

(Mark (X) one box in each row)

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
a. I tend to recover quickly after difficult times like this one.						
 b. I have learned some positive things from this situation about myself. 						
 c. I found greater meaning in work or my other activities and hobbies. 						
d. I now feel more in touch with people in my local community.						
e. I found new ways to connect socially with other people						
f. I am now more appreciative of things that I had taken for granted before.						

H28 Please use the space below to tell us about how the coronavirus pandemic has affected your life. First, what were the worst things?



H29	And what were the best things?
H30	Were the questions in this questionnaire answered by the person to whom this questionnaire was addressed, or did someone else answer for that person? (Mark [X] ONE box.)
	Yes, the questions were answered by the person to whom the questionnaire was addressed
	The questions were answered by that person's spouse or partner
	The questions were answered by that person's son or daughter
	The questions were answered by someone else: Please say if you are a relative, a friend, a care provider, or what:
H31	Approximately, how long did it take you to complete this questionnaire?
	# of minutes



H32	Please add any comments that you wish in the space below.

End of Section H

We thank you for taking your time for this important study!



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