ISPRM PAPD COVID19 Lifestyle Survey

Start of Block: Default Question Block

Q26 **Welcome!** We are conducting a survey to learn how *COVID19* has impacted the daily habits of **people with and without disabilities** all around the world. Your participation is voluntary and requires approximately 5 minutes. You must be **18 years of age** or older to participate.   After you complete the survey, please share the link if you know of someone with a disability who may be interested. If you have any questions, please contact the ISPRM office.   Would you like to participate? Are you 18 years or older? If yes, check the box and press the arrow to start! ***Thank you!***

* YES, I am 18 years or older, and voluntarily consent to participate (1)

|  |  |
| --- | --- |
| Page Break |  |

Q1 What is your gender?

* Male (1)
* Female (2)
* Other (3)

Q2 What is your age (years)?

* 18 to 24 (1)
* 25 to 39 (2)
* 40 to 60 (3)
* 60 + (4)

Q3 What country do you live in?

▼ Afghanistan (1) ... Zimbabwe (195)

Q4 What is your highest level of education?

* No school (1)
* Primary/Elementary school (2)
* Secondary/Middle or High school (3)
* Bachelor or equivalent (4)
* Postgraduate (5)

Q5 What is your employment status?

* Unemployed (1)
* Student (2)
* Housewife/homemaker (3)
* Employed (part-time or full-time) (4)
* Retired (5)

Q6 Which diseases or health conditions do you have (please select all that apply)?

* Heart disease, or high blood pressure (1)
* Cancer (2)
* Chronic respiratory disease (e.g., chronic obstructive pulmonary disease, asthma, etc.) (3)
* Diabetes mellitus (4)
* Stroke, traumatic brain injury, or brain lesion (e.g., cerebral palsy, Parkinson’s disease, etc.) (5)
* Obesity/overweight (6)
* Other (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* None of the above (8)

Q7 What is your current level of functioning in the following areas (please select between no functioning at all, and full functioning)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | No functioning (1) | Some functioning (2) | Moderate funtioning (3) | Full functioning (4) |
| Mental (intellect, attention, memory, learning, emotional regulation, language, etc.) (1) |  |  |  |  |
| Seeing, hearing and balance (2) |  |  |  |  |
| Voice/vocalization (3) |  |  |  |  |
| Circulatory and autonomic system (blood pressure regulation, etc.) (4) |  |  |  |  |
| Digestion, defecation, urination, sexual (5) |  |  |  |  |
| Movement (joint mobility, muscle power and tone, strength, etc.) (6) |  |  |  |  |

Q8 What is your current level of functioning in the following areas (please select between no functioning at all, and full functioning)?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | No functioning (1) | Some functioning (2) | Moderate functioning (3) | Full functioning (4) |
| Learning, knowledge, and communication (reading, writing, problem-solving, speaking, having conversations) (1) |  |  |  |  |
| Mobility (lifting and carrying objects, picking up and grasping objects, walking, using public and private transportation) (2) |  |  |  |  |
| Self-care (washing yourself, using the toilet, dressing, eating, drinking) (3) |  |  |  |  |
| Domestic life (shopping, cooking, cleaning house, washing dishes, doing laundry) (4) |  |  |  |  |
| Community, social and civic life (community, recreation, religion) (5) |  |  |  |  |
| Relationships (strangers, family, friends, colleagues) (6) |  |  |  |  |

Q9 In what ways did the COVID19 pandemic impact you? (please select all that apply)

* Experienced lockdown (shelter in place) (1)
* Quarantined (8)
* Wore mask in public (2)
* Maintained social distancing (3)
* Income loss/income reduction (4)
* Experienced total job loss/unemployment (5)
* None of the above (6)
* Other: (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q10 Before the pandemic, how many days per week did you usually get 30 minutes of physical exercise?

* None (1)
* 0-1 days/week (2)
* 2-4 days/week (3)
* > 4 days/week (4)

Q11 Before the pandemic, how many days per week did you usually eat at least 5 servings of fruits and vegetables?

* None (1)
* 0-1 days/week (2)
* 2-4 days/week (3)
* > 4 days/week (4)

Q12 Before the pandemic, how many days per week did you usually sleep at least 7-9 hours at night?

* None (1)
* 0-1 days/week (2)
* 2-4 days/week (3)
* > 4 days/week (4)

Q13 Before the pandemic, on average, for how many uninterrupted hours per day did you sit or recline to watch TV, spend screen time, etc. (this *does not* include sleeping)?

* None (1)
* 0-1 days/week (2)
* 2-4 days/week (3)
* > 4 days/week (4)

Q14 Before the pandemic, did you regularly smoke or use tobacco products (cigarettes, cigars, chewing tobacco)?

* Yes (1)
* No (2)

Q15 During the pandemic, my daily physical exercise has been:

* The same as before (1)
* More than before (2)
* Less than before (3)
* Not applicable (4)

Q16 During the pandemic, my daily consumption of fruits and vegetables has been:

* The same as before (1)
* More than before (2)
* Less than before (3)
* Not applicable (4)

Q17 During the pandemic, my nightly hours of sleep have been:

* The same as before (1)
* More than before (2)
* Less than before (3)
* Not applicable (4)

Q18 During the pandemic, my smoking or use of tobacco products has been:

* The same as before (1)
* More than before (2)
* Less than before (3)
* Not applicable (4)

Q19 During the pandemic, on average, for how many uninterrupted hours per day did you sit or recline to watch T.V., spend screen time, etc. (this *does not* include sleeping)?

* None (1)
* 1-3 hours (2)
* 4-7 hours (3)
* > 7 hours (4)

Q20 Generally, during the pandemic, I think my physical health and physical fitness has been:

* The same as before (1)
* Better than before (2)
* Worse than before (3)
* Not applicable (4)

Q21 Generally, during the pandemic, I think my mental health and emotional wellness (i.e. anxiety, depression, sadness, connectedness) has been:

* The same as before (1)
* Better than before (2)
* Worse than before (3)
* Not applicable (4)

Q22 Generally, during the pandemic, I think my daily eating habits have been:

* The same as before (1)
* Better and healthier than before (2)
* Worse and less healthy than before (3)
* Not applicable (4)

Q23 During the pandemic, did you gain weight?

* Yes (1)
* No (2)
* I don’t know (3)

Q25 During the pandemic, did you lose weight?

* Yes (1)
* No (2)
* I don't know (3)

Display This Question:

If During the pandemic, did you gain weight? = Yes

Q24 During the pandemic, I gained:

* < 2.5kg (5lbs) (1)
* 2.6-5kg (5-11lbs) (2)
* 5.4-9.5kg (12-21lbs) (3)
* 10kg or more (22lbs or more) (4)

End of Block: Default Question Block