

Supplemental Appendix

Group responses to all multiple-choice questions are below. The number of respondents to each question from each group are listed in parentheses, and percentages are listed with each response. Some questions only appeared via branching logic, so not all respondents saw all questions. For questions that state “check all that apply,” participants could choose multiple responses, and percentage totals may exceed 100. A solid line indicates that a question had free text responses. We do not report individual responses to free text questions to protect participant anonymity.

Employment, Academics, and Caring Responsibilities

- 1. Are you currently employed?** (47 TBI, 51 NC)
 - Yes (TBI: 72.34%, 34; NC: 82.35%, 42)
 - No (TBI: 27.66%, 13; NC: 17.65%, 9)

- 2. What is your current occupation?** (34 TBI, 42 NC)

- 3. What is your work schedule?** (33 TBI, 42 NC)
 - Full-time (TBI: 78.79%, 26; NC: 80.95%, 34)
 - Part-time (TBI: 12.12%, 4; NC: 11.91%, 5)
 - Flexible schedule or per diem (TBI: 9.09%, 3; NC: 7.14%, 3)

- 4. Are you classified as an essential worker?** (34 TBI, 42 NC)
 - Yes (TBI: 70.59%, 24; NC: 45.24%, 19)
 - No (TBI: 20.59%, 7; NC: 42.86%, 18)
 - I'm not sure (TBI: 8.82%, 3; NC: 11.90%, 5)

- 5. Has your employment status changed since the start of the pandemic?** (46 TBI, 51 NC)
 - No- I was not employed before pandemic, and I'm not employed now. (TBI: 19.56%, 9, NC: 5.88%, 3)
 - No- I'm employed in the same job now as before the pandemic. (TBI: 56.52%, 26, NC: 74.51%, 38)
 - Yes- I was employed before the pandemic, but I'm not employed now. (TBI: 8.70%, 4, NC: 11.77%, 6)
 - Yes- I was not employed before the pandemic, but I am employed now. (TBI: 8.70%, 4, NC: 3.92%, 2)
 - Yes- I have switched jobs since the start of the pandemic. (TBI: 6.52%, 3, NC: 3.92%, 2)

- 6. Please describe your occupation before the pandemic and now.** (3 TBI, 2 NC)

7. Has the nature of your work changed since the start of the pandemic? Please check all that apply. (26 TBI, 38 NC)

- No- I have continued my pre-pandemic work and schedule (TBI: 38.46%, 10, NC: 18.42%, 7)
- Yes- I now work from home all of the time. (TBI: 15.38%, 4, NC: 42.11%, 16)
- Yes- I now work from home some of the time. (TBI: 11.54%, 3, NC: 18.42%, 7)
- Yes- My hours have increased. (TBI: 11.54%, 3, NC: 7.89%, 3)
- Yes- My hours have decreased. (TBI: 19.23%, 5, NC: 21.05%, 8)
- Yes- My pay has increased. (TBI: 0%, 0, NC: 0%, 0)
- Yes- My pay has decreased. (TBI: 3.85%, 1, NC: 5.26%, 2)
- Yes- My responsibilities have changed. (TBI: 3.85%, 1, NC: 18.42%, 7)
- Yes- Other reason, please describe (2 TBI, 4 NC): (TBI: 7.69%, 2, NC: 10.53%, 4)

8. Have the changes to the nature of your job changed the difficulty level of your job? (16 TBI, 31 NC)

- No- my job is about the same. (TBI: 81.25%, 13, NC: 70.97%, 22)
- Yes- My job is harder now. (TBI: 12.50%, 2, NC: 19.35%, 6)
- Yes- My job is easier now. (TBI: 6.25%, 1, NC: 9.68%, 3)

9. Why have these changes affected the difficulty level of your job? (3 TBI, 9 NC)

10. Are you a student? (47 TBI, 51 NC)

- Yes (TBI: 8.51%, 4; NC: 15.69%, 8)
- No (TBI: 91.49%, 43; NC: 84.31%, 43)

11. Have your courses transitioned to online learning? (4 TBI, 8 NC)

- Yes (TBI: 75.00%, 3; NC: 87.50%, 7)
- No- still in person (TBI: 25.00%, 1; NC: 12.50%, 1)
- No- they were online previously (TBI: 0%, 0; NC: 0%, 0)

12. Has online learning changed the difficulty level of your coursework? (3 TBI, 7 NC)

- No- My coursework is about the same. (TBI: 33.33%, 1; NC: 28.57%, 2)
- Yes- My coursework is harder now. (TBI: 33.33%, 1; NC: 28.57%, 2)
- Yes- My coursework is easier now. (TBI: 33.33%, 1; NC: 42.86%, 3)

13. Why has online learning affected the difficulty level of your coursework? (1 TBI, 5 NC)

14. Has the pandemic changed your responsibilities for unpaid care/assistance for family members, friends, or other community members? (For example, some parents may need to spend increased time on childcare or homeschooling.) (47 TBI, 51 NC)

- No- My responsibilities are about the same. (TBI: 74.47%, 35, NC: 78.43%, 40)
- Yes- I have more responsibilities now. (TBI: 23.40%, 11, NC: 21.57%, 11)
- No- I have fewer responsibilities now. (TBI: 2.13%, 1, NC: 0%, 0)

15. Please describe the change to your caring responsibilities and how it has affected your daily life. (12 TBI, 10 NC)

Medical Care

16. Have you been diagnosed with COVID-19? (47 TBI, 51 NC)

- Yes- diagnosed and recovered. (TBI: 0%, 0; NC: 1.96%, 1)
- Yes- diagnosed and still ill. (TBI: 0%, 0; NC: 0%, 0)
- Not formally diagnosed, but suspected. (TBI: 6.38%, 3; NC: 5.88%, 3)
- No (TBI: 93.62%, 44; NC: 92.16%, 47)

17. Have you had any medical appointments scheduled since the start of the pandemic? (47 TBI, 51 NC)

- Yes (TBI: 59.57%, 28; NC: 43.14%, 22)
- No (TBI: 40.43%, 19; NC: 56.86%, 29)

18. Did you attend those appointment(s)? (28 TBI, 22 NC)

- No (TBI: 10.71%, 3, NC: 9.09%, 2)
- Yes- in person (TBI: 60.72%, 17, NC: 50.00%, 11)
- Yes- via telehealth (TBI: 28.57%, 8, NC: 40.91%, 9)

19. How did you make the decision as to whether or not to attend these appointment(s)? (26 TBI, 21 NC)

20. Did you find your telehealth appointment to be as successful as an in-person medical visit? (7 TBI, 9 NC)

- Yes (TBI: 71.43%, 5; NC: 88.89%, 8)
- No (TBI: 28.57%, 2; NC: 11.11%, 1)

21. Why or why not? (7 TBI, 9 NC)

- 22. How challenging was it to set up the technology for your telehealth visit?** (7 TBI, 9 NC)
- Not challenging at all (TBI: 71.43%, 5; NC: 88.89%, 8)
 - Challenging, but I did it myself (TBI: 28.57%, 2; NC: 11.11%, 1)
 - Challenging, and I got someone else to help (TBI: 0%, 0; NC: 0%, 0)

- 23. Researchers and healthcare providers are increasingly drawing on telehealth practices during the pandemic. Do you have any experiences or comments that you would like to share that may be useful for improving the quality of telehealth services?** (6 TBI, 6 NC)
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- 24. How have you gotten your medications (primarily) since the start of the pandemic?**

Please check all that apply. (45 TBI, 50 NC)

- Haven't gotten medications- haven't needed them (TBI: 31.11%, 14; NC: 32.00%, 16)
 - Haven't gotten medications- unsure how to do so safely (TBI: 4.44%, 2; NC: 0%, 0)
 - Haven't gotten medications- other reason, please explain: (0 TBI, 1 NC)
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- Went to the pharmacy (went inside) (TBI: 31.11%, 14; NC: 38.00%, 19)
 - Went to the pharmacy (drive through) (TBI: 35.56%, 16; NC: 26.00%, 13)
 - Had them delivered (TBI: 6.67%, 3; NC: 12.00%, 6)
 - Someone else went to the pharmacy for me (TBI: 11.11%, 5; NC: 2.00%, 1)

Social Communication

- 25. How many people live with you?** (47 TBI, 51 NC)

- 0—I live alone (TBI: 23.40%, 11; NC: 21.57%, 11)
- 1 (TBI: 19.15%, 9; NC: 31.37%, 16)
- 2 (TBI: 29.79%, 14; NC: 13.73%, 7)
- 3 (TBI: 12.77%, 6; NC: 19.61%, 10)
- 4 (TBI: 6.38%, 3; NC: 5.88%, 3)
- 5+ (TBI: 8.51%, 4; NC: 7.84%, 4)

- 26. Do you have a significant other?** (46 TBI, 51 NC)

- Yes (TBI: 56.52%, 26; NC: 60.78%, 31)
- No (TBI: 43.48%, 20; NC: 39.22%, 20)

- 27. Do you have any pets?** (47 TBI, 51 NC)

- No pets (TBI: 36.17%, 17; NC: 35.30%, 18)
- 1 (TBI: 31.91%, 15; NC: 33.33%, 17)
- 2 (TBI: 12.77%, 6; NC: 27.45%, 14)
- 3 (TBI: 12.77%, 6; NC: 3.92%, 2)
- 4 (TBI: 2.12%, 1; NC: 0%, 0)
- 5+ (TBI: 4.26%, 2; NC: 0%, 0)

28. How many close friends do you have? (47 TBI, 51 NC)

- No close friends (TBI: 12.77%, 6, NC: 3.92%, 2)
- 1 (TBI: 0%, 0, NC: 3.92%, 2)
- 2 (TBI: 14.89%, 7, NC: 13.73%, 7)
- 3 (TBI: 17.02%, 8, NC: 17.65%, 9)
- 4 (TBI: 14.89%, 7, NC: 11.76%, 6)
- 5 (TBI: 19.15%, 9, NC: 17.65%, 9)
- 6 (TBI: 4.26%, 2, NC: 11.76%, 6)
- 7 (TBI: 2.13%, 1, NC: 3.92%, 2)
- 8 (TBI: 6.38%, 3, NC: 3.92%, 2)
- 9 (TBI: 0%, 0, NC: 0%, 0)
- 10+ (TBI: 8.51%, 4, NC: 11.76%, 6)

29. Relative to before the pandemic began, how often do you have in-person social visits with people who do not live in your home? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 72.34%, 34, NC: 76.47%, 39)
- The same amount (TBI: 17.02%, 8, NC: 13.73%, 7)
- More often than before the pandemic (TBI: 8.51%, 4, NC: 7.84%, 4)
- I've never had in-person social visits (TBI: 2.13%, 1, NC: 1.96%, 1)

30. Relative to before the pandemic began, how often do you have virtual (online or on the phone) social visits with people who do not live in your home? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 2.13%, 1; NC: 3.92%, 2)
- The same amount (TBI: 27.66%, 13; NC: 19.61%, 10)
- More often than before the pandemic (TBI: 53.19%, 25; NC: 72.55%, 37)
- I've never had virtual social visits (TBI: 17.02%, 8; NC: 3.92%, 2)

31. Do you stay in touch now with as many people as before the pandemic? (47 TBI, 51 NC)

- Yes (TBI: 51.06%, 24; NC: 43.14%, 22)
- No- I talk to fewer people (TBI: 34.04%, 16; NC: 37.25%, 19)
- No- I talk to more people (TBI: 14.90%, 7; NC: 19.61%, 10)

32. How often do you talk on the phone now? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 4.26%, 2; NC: 3.92%, 2)
- The same amount (TBI: 59.57%, 28; NC: 50.98%, 26)
- More often than before the pandemic (TBI: 36.17%, 17; NC: 45.10%, 23)
- I've never done this (TBI: 0%, 0; NC: 0%, 0)

33. How often do you use email now? (46 TBI, 50 NC)

- Less often than before the pandemic (TBI: 0%, 0; NC: 8.00%, 4)
- The same amount (TBI: 78.26%, 36; NC: 68.00%, 34)
- More often than before the pandemic (TBI: 17.39%, 8; NC: 22.00%, 11)
- I've never done this (TBI: 4.35%, 2; NC: 2.00%, 1)

34. How often do you use social media (Instagram, Twitter, dating apps, etc.) now? (47 TBI, 49 NC)

- Less often than before the pandemic (TBI: 6.38%, 3; NC: 6.12%, 3)
- The same amount (TBI: 61.70%, 29; NC: 46.94%, 23)
- More often than before the pandemic (TBI: 23.41%, 11; NC: 34.69%, 17)
- I've never done this (TBI: 8.51%, 4; NC: 12.25%, 6)

35. How often do you use text or messaging apps now? (46 TBI, 51 NC)

- Less often than before the pandemic (TBI: 0%, 0; NC: 0%, 0)
- The same amount (TBI: 69.57%, 32; NC: 58.82%, 30)
- More often than before the pandemic (TBI: 30.43%, 14; NC: 41.18%, 21)
- I've never done this (TBI: 0%, 0; NC: 0%, 0)

36. How often do you use video call (Zoom, FaceTime, etc.) now? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 2.13%, 1; NC: 0%, 0)
- The same amount (TBI: 17.02%, 8; NC: 11.77%, 6)
- More often than before the pandemic (TBI: 65.96%, 31; NC: 84.31%, 43)
- I've never done this (TBI: 14.89%, 7; NC: 3.92%, 2)

37. Do you find virtual social visits to be as successful as in-person social visits? (46 TBI, 51 NC)

- Yes (TBI: 15.22%, 7; NC: 25.49%, 13)
- No (TBI: 84.78%, 39; NC: 74.51%, 38)

38. Why or why not? (41 TBI, 46 NC)

39. Do you wear a mask when in public? (47 TBI, 51 NC)

- Yes (TBI: 55.32%, 26; NC: 90.20%, 46)
- No (TBI: 44.68%, 21; NC: 9.80%, 5)

40. Do you find social interactions wearing a mask to be as successful as interactions without a mask? (26 TBI, 45 NC)

- Yes (TBI: 38.46%, 10; NC: 31.11%, 14)
- No (TBI: 61.54%, 16; NC: 68.89%, 31)

41. Why or why not? (23 TBI, 44 NC)

42. Has social distancing changed the quality of your social relationships? (47 TBI, 49 NC)

- No changes (TBI: 51.06%, 24; NC: 51.02%, 25)
- The quality of my relationships has improved (TBI: 10.64%, 5; NC: 8.16%, 4)
- The quality of my relationships has decreased (TBI: 38.30%, 18; NC: 40.82%, 20)

43. Why has social distancing changed the quality of your social relationships? (22 TBI, 24 NC)

44. Please rank the following communication mediums by ease of communication (1 being the easiest, 5 being the hardest). If you don't use one of these mediums, please don't rank it.

	Rated Easiest		Rated At All	
	TBI (n = 47)	NC (n= 51)	TBI (n = 47)	NC (n= 51)
In person	51.06%	56.86%	93.62%	98.04%
Email	14.89%	7.84%	87.23%	88.24%
Phone call	0.00%	5.88%	89.36%	96.08%
Text or messaging	14.89%	19.61%	93.62%	98.04%
Video call	17.02%	5.88%	85.11%	98.04%

45. Why did you choose those rankings? (35 TBI, 46 NC)

Leaving the House

46. Relative to before the pandemic, how often do you leave the house (for a reason other than going to work)? (46 TBI, 50 NC)

- Less often than before the pandemic (TBI: 65.22%, 30, NC: 88.00%, 44)
- The same amount (TBI: 23.91%, 11, NC: 10.00%, 5)
- More often than before the pandemic (TBI: 10.87%, 5, NC: 2.00%, 1)

47. How have you gotten your groceries (primarily) since the start of the pandemic? Please check all that apply. (46 TBI, 51 NC)

- Went to the store (went inside the store) (TBI: 76.09%, 35, NC: 80.39%, 41)
- Curbside pickup (TBI: 17.39%, 8, NC: 19.61%, 10)
- Had them delivered (TBI: 17.39%, 8, NC: 11.76%, 6)
- Someone else went to the store for me (TBI: 13.04%, 6, NC: 9.80%, 5)

48. How challenging was it to use the technology to order groceries for pickup or delivery? (15 TBI, 13 NC)

- Not challenging at all (TBI: 86.67%, 13, NC: 100%, 13)
- Challenging, but I did it myself (TBI: 0%, 0, NC: 0%, 0)
- Challenging, and I got someone else to help (TBI: 13.33%, 2, NC: 0%, 0)

49. Do you have trouble deciding for what purposes to leave the house? (47 TBI, 51 NC)

- Yes (TBI: 23.40%, 11; NC: 33.33%, 17)
- No (TBI: 76.60%, 36; NC: 66.67%, 34)

50. How do you decide whether to leave the house in a certain situation? (42 TBI, 46 NC)

Sources of Information

51. How often do you read/watch/listen to the news, relative to before the pandemic? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 21.28%, 10; NC: 19.61%, 10)
- The same amount (TBI: 51.06%, 24; NC: 39.21%, 20)
- More often than before the pandemic (TBI: 27.66%, 13; NC: 41.18%, 21)

52. Where do you get information about the pandemic and public health recommendations? Please check all that apply. (47 TBI, 51 NC)

- Conversations with friends and family (TBI: 55.32%, 26, NC: 68.63%, 35)
- Conversations with my medical professionals (TBI: 23.40%, 11, NC: 27.45%, 14)
- Government news briefings (TBI: 34.04%, 16, NC: 50.98%, 26)
- Government websites (TBI: 14.89%, 7, NC: 33.33%, 17)
- Newspaper or newspaper website (TBI: 25.53%, 12, NC: 54.90%, 28)
- News radio (TBI: 29.79%, 14, NC: 17.65%, 9)
- Social media (e.g., Facebook or Twitter) (TBI: 36.17%, 17, NC: 45.10%, 23)
- Television news or television network website (TBI: 59.57%, 28, NC: 47.06%, 24)
- Other, please describe: _____ (8 TBI, 6 NC)

53. Please rank the following sources of information by how much you trust them (1 being the most trustworthy, 8 being the least):

	Rated Most Trustworthy		Rated At All	
	TBI (n = 46)	NC (n= 51)	TBI (n = 46)	NC (n= 51)
Conversation with friends and family	19.57%	3.92%	86.96%	94.12%
Conversation with medical professionals	32.61%	41.18%	86.96%	98.04%
Government news briefings	10.87%	11.76%	80.43%	96.08%
Government websites	4.35%	7.84%	84.78%	96.08%
Newspaper or newspaper websites	2.17%	7.84%	80.43%	94.12%
News radio	0.00%	7.84%	80.43%	92.16%
Social media	10.87%	9.80%	91.30%	94.12%
Television news or network website	6.52%	5.88%	95.65%	98.04%

54. Why did you choose those rankings? (34 TBI, 40 NC)

It's obvious from the news that people have strong and differing reactions to national/local authority responses to the pandemic.

55. Overall, how would you judge the federal government's response to the pandemic? (46 TBI, 51 NC)

- Under-reaction (TBI: 39.13%, 18; NC: 56.86%, 29)
- Appropriate reaction (TBI: 36.96%, 17; NC: 39.22%, 20)
- Over-reaction (TBI: 23.91%, 11; NC: 3.92%, 2)

56. Overall, how would you judge your local government's response to the pandemic? (47 TBI, 51 NC)

- Under-reaction (TBI: 21.28%, 10, NC: 29.41%, 15)
- Appropriate reaction (TBI: 51.06%, 24, NC: 58.82%, 30)
- Over-reaction (TBI: 27.66%, 13, NC: 11.77%, 6)

57. Overall, how would you judge the news media's response to the pandemic? (47 TBI, 50 NC)

- Under-reaction (TBI: 10.64%, 5; NC: 4.00%, 2)
- Appropriate reaction (TBI: 27.66%, 13; NC: 44.00%, 22)
- Over-reaction (TBI: 61.70%, 29; NC: 52.00%, 26)

58. Why did you choose those response ratings? (35 TBI, 38 NC)

Experiencing the Pandemic

59. Has the COVID-19 pandemic significantly affected your daily life? (47 TBI, 51 NC)

- Yes (TBI: 57.45%, 27; NC: 76.47%, 39)
- No (TBI: 42.55%, 20; NC: 23.53%, 12)

60. On what approximate date would you say that the COVID-19 pandemic began to have significant effects for your life? (27 TBI, 39 NC)

61. Have the effects of the COVID-19 pandemic ended for you? (I.e., has your life gone "back to normal"?) (27 TBI, 39 NC)

- Yes (TBI: 3.70%, 1; NC: 2.56%, 1)
- No (TBI: 96.30%, 26; NC: 97.44%, 38)

62. On what approximate date would you say that the COVID-19 pandemic ended for you? (1 TBI, 1 NC)

- 63. Has the way you experience your days changed since before the pandemic?** (47 TBI, 51 NC)
- My days feel the same as before the pandemic. (TBI: 27.66%, 13; NC: 5.88%, 3)
 - My days run together more than they did before the pandemic. (TBI: 59.57%, 28; NC: 84.32%, 43)
 - My days feel more different from each other than before the pandemic. (TBI: 12.77%, 6; NC: 9.80%, 5)

Relative to before the pandemic, how do you experience the following units of time?:

64. My hours: (47 TBI, 51 NC)

- Feel shorter than before the pandemic (TBI: 23.40%, 11, NC: 27.45%, 14)
- Feel the same (TBI: 68.09%, 32, NC: 49.02%, 25)
- Feel longer than before the pandemic (TBI: 8.51%, 4, NC: 23.53%, 12)

65. My days: (47 TBI, 51 NC)

- Feel shorter than before the pandemic (TBI: 27.66%, 13; NC: 35.29%, 18)
- Feel the same (TBI: 59.57%, 28; NC: 29.41%, 15)
- Feel longer than before the pandemic (TBI: 12.77%, 6; NC: 35.30%, 18)

66. My weeks: (47 TBI, 51 NC)

- Feel shorter than before the pandemic (TBI: 25.53%, 12; NC: 33.33%, 17)
- Feel the same (TBI: 48.94%, 23; NC: 37.26%, 19)
- Feel longer than before the pandemic (TBI: 25.53%, 12; NC: 29.41%, 15)

67. My months: (47 TBI, 51 NC)

- Feel shorter than before the pandemic (TBI: 29.79%, 14; NC: 39.22%, 20)
- Feel the same (TBI: 53.19%, 25; NC: 33.33%, 17)
- Feel longer than before the pandemic (TBI: 17.02%, 8; NC: 27.45%, 14)

68. Relative to before the pandemic, do you think about the future: (46 TBI, 51 NC)

- Less often than before the pandemic (TBI: 6.52%, 3; NC: 11.77%, 6)
- The same amount (TBI: 60.87%, 28; NC: 56.86%, 29)
- More often than before the pandemic (TBI: 32.61%, 15; NC: 31.37%, 16)

69. Relative to before the pandemic, thinking about the future feels: (47 TBI, 51 NC)

- Easier than before the pandemic (TBI: 2.12%, 1; NC: 3.92%, 2)
- The same (TBI: 59.58%, 28; NC: 29.41%, 15)
- Harder than before the pandemic (TBI: 38.30%, 18; NC: 66.67%, 34)

Mental and Physical Well-Being

70. Has the pandemic affected your sense of mental and physical well-being? (47 TBI, 51 NC)

- Yes (TBI: 51.06%, 24; NC: 66.67%, 34)
- No (TBI: 48.94%, 23; NC: 33.33%, 17)

71. Why or why not? (40 TBI, 49 NC)

72. Relative to before the pandemic, how satisfied are you with your life? (45 TBI, 51 NC)

- Less satisfied than before the pandemic (TBI: 17.78%, 8, NC: 29.41%, 15)
- The same (TBI: 66.67%, 30, NC: 60.79%, 31)
- More satisfied than before the pandemic (TBI: 15.55%, 7, NC: 9.80%, 5)

73. To what extent do you feel like the things you are doing in your life are worthwhile, relative to before the pandemic? (47 TBI, 51 NC)

- Less than before the pandemic (TBI: 10.64%, 5; NC: 23.53%, 12)
- The same (TBI: 63.83%, 30; NC: 66.67%, 34)
- More than before the pandemic (TBI: 25.53%, 12; NC: 9.80%, 5)

Many people are experiencing changes in their daily habits since the start of the pandemic. Please answer the following questions about your current behaviors.

74. During the past week, how much have you slept? (46 TBI, 51 NC)

- Less than before the pandemic (TBI: 15.22%, 7; NC: 15.69%, 8)
- About the same (TBI: 76.09%, 35; NC: 58.82%, 30)
- More than before the pandemic (TBI: 8.69%, 4; NC: 25.49%, 13)

75. During the past week, how has the quality of your sleep been? (47 TBI, 50 NC)

- Worse than before the pandemic (TBI: 21.28%, 10; NC: 28.00%, 14)
- About the same (TBI: 72.34%, 34; NC: 60.00%, 30)
- Better than before the pandemic (TBI: 6.38%, 3; NC: 12.00%, 6)

76. Over the past week, how often have you drunk alcohol? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 10.64%, 5; NC: 5.88%, 3)
- About the same (TBI: 40.42%, 19; NC: 39.22%, 20)
- More often than before the pandemic (TBI: 21.28%, 10; NC: 33.33%, 17)
- I don't drink alcohol (TBI: 27.66%, 13; NC: 21.57%, 11)

77. Over the past week, how often have you smoked? (47 TBI, 51 NC)

- Less often than before the pandemic (TBI: 0%, 0; NC: 1.96%, 1)
- About the same (TBI: 25.53%, 12; NC: 3.92%, 2)
- More often than before the pandemic (TBI: 4.26%, 2; NC: 0%, 0)
- I don't smoke (TBI: 70.21%, 33; NC: 94.12%, 48)

- 78. Over the past week, how often have you eaten?** (47 TBI, 51 NC)
- Less often than before the pandemic (TBI: 10.64%, 5; NC: 7.84%, 4)
 - About the same (TBI: 76.59%, 36; NC: 66.67%, 34)
 - More often than before the pandemic (TBI: 12.77%, 6; NC: 25.49%, 13)

- 79. Over the past week, how has your diet been?** (46 TBI, 51 NC)
- Less healthy than before the pandemic (TBI: 21.74%, 10; NC: 31.37%, 16)
 - About the same (TBI: 69.56%, 32; NC: 52.94%, 27)
 - Healthier than before the pandemic (TBI: 8.70%, 4; NC: 15.69%, 8)

- 80. What has been most challenging for you about the pandemic?** (41 TBI, 46 NC)
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Traumatic Brain Injury

- 81. Do you think the pandemic has been more challenging for you because you have a traumatic brain injury?** (46 TBI)
- Yes (30.43%, 14)
 - No (69.57%, 32)

- 82. Why or why not?** (38 TBI)
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- 83. Researchers and healthcare providers are looking for ways to improve supports for individuals with TBI during the COVID-19 pandemic. Do you have any suggestions for types of support that would be helpful?** (34 TBI)
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- 84. It's not possible to know how the COVID-19 pandemic will impact all individuals, and we may not have captured your experience with this survey. Is there anything else that is important for us to know?** (32 TBI, 30 NC)
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