

## A Survey of Mind-Body Practices During Covid-19

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**Who We Are:** Our names are [REDACTED FOR PEER REVIEW], PhD, RN, [REDACTED FOR PEER REVIEW], PhD, RN, and [REDACTED FOR PEER REVIEW], PhD, RN. We are researchers at [REDACTED FOR PEER REVIEW].

**Survey Purpose:** We are interested in learning about the use of mind-body practices for both mental and medical health concerns. We are conducting a survey to learn how individuals are using mind-body practices during the Covid-19 pandemic. Even if you do not believe that you use mind-body practices, we still invite you to complete our survey to understand barriers to using mind-body practices. Participation is completely voluntary, you can stop at any time, and you can choose to not answer questions you do not want to answer. The data from the survey will be used in a publication (an academic journal) that describes the results of the survey. Your identity will not be revealed in this publication. We want to improve the health of our community and the results of this survey will help us in achieving that goal.

**Time:** This survey will take roughly 5-10 minutes of your time.

**Project Approval:** The ethics committee at MSU provided approval for this project. Please contact the chair of the committee with concerns: [mquinn@montana.edu](mailto:mquinn@montana.edu)

**Contact Information:** Please contact [REDACTED FOR PEER REVIEW]

By entering the survey, you provide your informed consent to participate in the study, and for your anonymous data to be used in a publication. Thank you for taking our survey.

Q1. What is your age (in years)?

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Q2. What gender do you identify most closely with?

Male

Female

Other (describe below) \_\_\_\_\_

Q3. Choose one or more races that you consider yourself to be:

- White
  - Black or African American
  - American Indian or Alaska Native
  - Asian
  - Native Hawaiian or Pacific Islander
  - Other (describe below) \_\_\_\_\_
- 

Q4. Are you Spanish, Hispanic, or Latino or none of these?

- Yes
  - None of these
- 

*Display This Question:*

*If Are you Spanish, Hispanic, or Latino or none of these? = Yes*

Q4a. Are you Spanish, Hispanic, or Latino?

- Spanish
- Hispanic
- Latino

Q5. What is your current relationship status?

- Single
  - In a relationship but not married
  - Married
  - Widowed
  - Divorced
  - Other (describe below) \_\_\_\_\_
- 

Q6. What is the highest level of school you have completed or the highest degree you have received?

- Less than the 6th grade
  - Less than high school degree
  - High school graduate (high school diploma or equivalent including GED)
  - Some college but no degree
  - Associate degree in college (2-year)
  - Bachelor's degree in college (4-year)
  - Master's degree
  - Practice doctorate degree (DPT, DNP, etc)
  - Doctoral degree (PhD)
  - Professional degree (JD, MD)
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Q7. What of the following categories best describes your current employment status?

- Employed full time (40 or more hours per week)
- Employed part time (up to 39 hours per week)
- Unemployed and currently looking for work
- Unemployed and NOT currently looking for work
- Student
- Retired
- Homemaker
- Self-employed
- Unable to work, disabled

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*Display This Question:*

*If What of the following categories best describes your current employment status? = Unemployed and currently looking for work*

Q7a. Is your current unemployment due to being laid off because of Covid 19?

- Yes
- No

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*Display This Question:*

*If What of the following categories best describes your current employment status? = Unemployed and NOT currently looking for work*

Q7b. Is your unemployment due to being laid off because of Covid-19?

- Yes
  - No
- 

Q8. Which of the following best describes your current occupation?

- Healthcare worker (physician, nurse, PA, NP, respiratory therapist, healthcare aide, lab technician, etc.)
  - First responder (paramedic, police officer, firefighter, public safety official, etc.)
  - Essential worker (if yes, you will be prompted to specify below)
  - None of the above
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*Display This Question:*

*If Which of the following best describes your current occupation? = Essential worker (if yes, you will be prompted to specify below)*

Q8a. Specify what type of essential worker

- Food and agriculture (grocery, pharmacy, restaurant, farm industry, etc.)
- Energy and utilities (electric, water, gas, solar, etc.)
- Transportation and logistics (truck driver, roadside assistance, parcel/package delivery, etc.)
- Public works and infrastructure services (plumbers, electricians, exterminators, etc.)
- Communications and information technology (phone, radio, television, news, data security, etc.)
- Critical manufacturing
- Other (please describe) \_\_\_\_\_

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Q9. What city do you live in?

\_\_\_\_\_

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Q10. What state do you live in?

\_\_\_\_\_

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Q11. How would you rate your normal physical activity **PRIOR** to the Covid-19 pandemic?

- Low
- Moderate
- High

Q12. How would you rate your physical activity **currently**?

- Low
  - Moderate
  - High
- 

Q13. In general, how would you rate your **physical health**?

- Excellent
  - Very good
  - Good
  - Fair
  - Poor
- 

Q14. In general, how would you rate your **mental health**?

- Excellent
- Very good
- Good
- Fair
- Poor

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The next series of questions refer to the time of “during the Covid-19 pandemic.” The World Health Organization characterized Covid-19 as a pandemic on March 11, 2020. However, given the timeline of the outbreaks of Covid-19, we are using the time period of **January 1, 2020 to the present time** for “during the Covid-19 pandemic.” Mind-body practices are activities we do that help our minds have a positive impact on the body. Some examples of this are acupuncture,

art therapy, prayer, meditation, yoga, massage, dance, Reiki, etc. Other types of mind-body practices are listed in the questions that follow.

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Q15. During the Covid-19 pandemic, have you been participating in mind-body practices?

- Yes
- No
- I don't know

*Skip To: End of Block If During the Covid-19 pandemic, have you been participating in mind-body practices? = No*

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Q16. Which mind-body practices did you participate in between January 1, 2020 to the present time?

	Yes	No
Acupressure	<input type="radio"/>	<input type="radio"/>
Acupuncture	<input type="radio"/>	<input type="radio"/>
Art therapy	<input type="radio"/>	<input type="radio"/>
Breathing techniques	<input type="radio"/>	<input type="radio"/>
Color therapy	<input type="radio"/>	<input type="radio"/>
Dance movement therapy (with a certified dance movement therapist)	<input type="radio"/>	<input type="radio"/>
Energy therapy (Reiki, etc)	<input type="radio"/>	<input type="radio"/>
Guided imagery	<input type="radio"/>	<input type="radio"/>
Healing touch	<input type="radio"/>	<input type="radio"/>



Hypnosis	<input type="radio"/>	<input type="radio"/>
Massage therapy	<input type="radio"/>	<input type="radio"/>
Meditation	<input type="radio"/>	<input type="radio"/>
Movement therapy (with a certified movement therapist)	<input type="radio"/>	<input type="radio"/>
Music therapy	<input type="radio"/>	<input type="radio"/>
Pilates	<input type="radio"/>	<input type="radio"/>
Physical activity (describe below)	<input type="radio"/>	<input type="radio"/>
Prayer	<input type="radio"/>	<input type="radio"/>
Qigong	<input type="radio"/>	<input type="radio"/>
Relaxation techniques	<input type="radio"/>	<input type="radio"/>
Spinal manipulation	<input type="radio"/>	<input type="radio"/>
Spiritual healing (	<input type="radio"/>	<input type="radio"/>
Tai-Chi	<input type="radio"/>	<input type="radio"/>
Yoga	<input type="radio"/>	<input type="radio"/>
Other mind-body practice (describe below)	<input type="radio"/>	<input type="radio"/>

Q17. If you selected more than one, which mind-body practice did you engage in the most often?

- Acupressure
  - Acupuncture
  - Art therapy
  - Breathing techniques
  - Color therapy
  - Dance movement therapy (with a certified dance movement therapist)
  - Energy therapy (Reiki, etc)
  - Guided imagery
  - Healing touch
  - Hypnosis
  - Massage therapy
  - Meditation
  - Movement therapy (with a certified movement therapist)
  - Music therapy
  - Prayer
  - Pilates
  - Physical activity (describe below)
- 
- Qigong
  - Relaxation techniques
  - Spinal manipulation

- Spiritual healing
  - Yoga
  - Tai-Chi
  - Other mind-body practice (describe below)
- 

Q18. Please identify if any of the below have been barriers to mind-body practice during the Covid-19 pandemic.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Irregularity in schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exhaustion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Student commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wandering of mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inability to practice in a group setting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of access to resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Low mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weather (rain, snow, extreme heat, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of interest in mind-body practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (describe below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q19. How often on average (per week) did you engage in mind-body practices?

- < 1 time per week
  - 1 time per week
  - 2-3 times per week
  - 4-5 times per week
  - 6-7 times per week
  - 8-9 times per week
  - 10+ times per week
-

Q20. On the days you engaged in mind-body practices, how long was your activity?

- 5 minutes or less
- Up to 10 minutes
- Up to 20 minutes
- Up to 30 minutes
- Up to 40 minutes
- Up to 50 minutes
- Up to 60 minutes
- More than 60 minutes

Q21. Has your engagement in mind-body practices increased or decreased during this time compared to prior to the Covid-19 pandemic?

- Increased
  - Decreased
  - No change
  - I don't know
-

Q22. During the Covid-19 pandemic, please identify the reasons that you engage in mind-body practices.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Prevent illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Treat illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promote health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cope with low mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cope with anxious mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (describe below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q23. Please identify if any of the below have been barriers to mind-body practice during the Covid-19 pandemic.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree

Irregularity in schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exhaustion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Student commitments or responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wandering of mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inability to practice in group setting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of access to resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weather (rain, snow, extreme heat, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (describe below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q24. Please identify your beliefs regarding mind-body practices during the Covid-19 pandemic.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
My sleep is better because of mind-body practice(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My energy level is better because of mind-body practice(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My health has improved because of mind-body practice(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My diet is better because of mind-body practice(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mind-body practice(s) have helped me to attain or maintain a healthier mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mind-body practice(s) have helped me to attain or maintain a healthier weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drink less alcohol because of mind-body practice(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



I am happier  
because of  
mind-body  
practice(s)

My  
relationships  
with others are  
better because  
of mind-body  
practice(s)

I feel less  
stressed  
because of  
mind-body  
practice(s)

Other  
(describe  
below)