

Author's own questionnaire

Dear Respondens,

We would like to ask you to voluntarily and anonymously fill out online questionnaire as a part of scientific research from the University of Rzeszow. The survey concerns about your health-related habits during the outbreak of Covid-19 pandemic. The questions come from author's own questionnaire as well as standardized international questionnaires related to eating habits, physical activity, sleep quality and mental well-being.

Please state that You have read all of the information about the study and that you give a consent to the participation (obligatory field):

YES NO

Thank You in the participation in the study.

PART I (author's own questionnaire) Socio-demographic information

1. **Sex** woman man
2. **Age**
3. **Weight (kg)** **Height (cm)**
4. **Place of residence**
 - Countryside
 - Town < 10 thousand residents
 - Town 10-100 thousand residents
 - City 100-300 thousand residents
 - City 300 thousand- 1 million residents
 - City > 1 million residents
5. **Living conditions**
 - Flat in a block < 50m²
 - Flat in a block 50- 100 m²
 - Flat in a block > 100m²
 - House 50- 100 m²
 - House > 100m²
6. **Number of house members** number of adults.....number of children
7. **Education** Secondary Basic vocational Higher
8. **Employment status during the pandemic**
 - Unemployed professionally active as before
 - Remote work during the pandemic
 - Student/pupil
9. **Type of the work**
10. **Comorbidities**

11. Smoking

- yes, 0-5 years
- yes, 5-10 years
- yes, >10 years
- no
- from time to time

12. Additional information, my status of COVID-19 during the study

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PART II

- **FFQ6- modified version** (respondents provided two answers to each question, i.e. information on the last 7 days in the pandemic period and 7 days before the pandemic period. In original version questions concern about 12 months ago).

Wądołowska L. Validation of food frequency questionnaire [FFQ]. Reproducibility assessment. Bromatol Chem Toksyk. 2005;38,1:27-33.

-**IPAQ-SF - short version (original)**

Biernat E, Stupnicki R, Gajewski AK. Międzynarodowy Kwestionariusz Aktywności Fizycznej (IPAQ) – wersja polska. Wychowanie Fizyczne i Sport. 2007;51,1:47-54.

- **Pittsburgh Sleep Quality Index (PSQI) questionnaire(original)**

Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. Psychiatry Res. 1989;28:193–213.

GAD-7 Anxiety Severity (original)

Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006;166:1092-1097.