

Supplemental Material

Figure S1. Questionnaires of the longitudinal experience sampling study

Baseline Questionnaire:	Weekly Questionnaire I:	Weekly Questionnaire II:	Weekly Questionnaire III:	Weekly Questionnaire IV:	Final Questionnaire:
<ul style="list-style-type: none"> • Sociodemographics (15 items) • Daily Activities Standard (15 items) • Social Contact Standard (25 items) • Sense of Connectedness (48 items) • Main Stressors (23 items) • Flexibility concerning Contact Restrictions (10 items) • Political Attitudes (12 items) • Perceived Vulnerability to Disease (PVD; 15 items) • System Justification (SJ; 8 items) • Right-Wing Authoritarianism (RWA; 9 items) • Need for Structure (Nfs; 12 items) 	<ul style="list-style-type: none"> • Lockdown Situation (5 items) • Social Contact (25 items) • Daily Activities (15 items) • Psychological Well-Being (PWB; 14 items) • Perceived Stress (PSQ; 20 items) • Loneliness (GLS; 11 items) • Work-Life Balance (WLB; 5 items) • Preoccupation with Corona (7 items) • Attitudes towards COVID-19 media and policies (7 items) 	<ul style="list-style-type: none"> • Lockdown Situation (5 items) • Social Contact (25 items) • Daily Activities (15 items) • Psychological Well-Being (PWB; 14 items) • Perceived Stress (PSQ; 20 items) • Loneliness (GLS; 11 items) • Work-Life Balance (WLB; 5 items) • Preoccupation with Corona (7 items) • Attitudes towards COVID-19 media and policies (7 items) 	<ul style="list-style-type: none"> • Lockdown Situation (5 items) • Social Contact (25 items) • Daily Activities (15 items) • Psychological Well-Being (PWB; 14 items) • Perceived Stress (PSQ; 20 items) • Loneliness (GLS; 11 items) • Work-Life Balance (WLB; 5 items) • Preoccupation with Corona (7 items) • Attitudes towards COVID-19 media and policies (7 items) 	<ul style="list-style-type: none"> • Lockdown Situation (5 items) • Social Contact (25 items) • Daily Activities (15 items) • Psychological Well-Being (PWB; 14 items) • Perceived Stress (PSQ; 20 items) • Loneliness (GLS; 11 items) • Work-Life Balance (WLB; 5 items) • Preoccupation with Corona (7 items) • Attitudes towards COVID-19 media and policies (7 items) 	<ul style="list-style-type: none"> • Positive and Negative Consequences of the Pandemic (3 open-ended questions) • Coping Strategies (2 open-ended questions) • Main Stressors (23 items) • Flexibility concerning Contact Restrictions (10 items) • Political Attitudes (12 items) • Sense of Connectedness (48 items) • Personality Traits (60 items)

Note. Questions concerning the lock-down situation covered home office, short-time work, quarantine, and health status.

Confirmatory Factor Analysis of the Connectedness Scales

To investigate the structure of the connectedness scales, three models were tested with *Mplus* robust maximum likelihood estimation (MLR). The 1-factor model consists of one factor that is associated with all 48 connectedness items. The 3-factor model consists of three correlated factors representing close groups (i.e., family and friends), distant groups (i.e., co-workers and neighbours) and abstract groups (i.e., people in Germany and all humanity). The 6-factor model consists of six correlated factors representing family, friends, co-workers, neighbours, people in Germany, and all humanity. The 6-factor model revealed lower RMSEA, SRMR, AIC, and BIC and higher CFI and TFI values compared to the other two models. This indicates that the 6-factor model explains the variance in the connectedness items better than the 1-factor and the 3-factor model.

Table S1. Confirmatory Factor Analysis of Sense of Connectedness

T1 (N = 528)	Chi ²	RMSEA	SRMR	CFI	TFI	AIC	BIC
6-factor model	8367.77***	.114	.083	.571	.546	80539	81218
3-factor model	10834.57***	.131	.136	.427	.400	83559	84187
1-factor model	13091.79***	.145	.141	.295	.264	86753	87368
T2 (N = 474)	Chi ²	RMSEA	SRMR	CFI	TFI	AIC	BIC
6-factor model	8021.35***	.117	.085	.566	.540	72477	73138
3-factor model	10569.40***	.136	.136	.407	.379	75429	76041
1-factor model	12816.50***	.151	.150	.267	.235	78437	79036

Note. RMSEA = root mean square error of approximation; SRMR = standardized root mean square residual; CFI = comparative fit index; TLI = Tucker-Lewis index; AIC = Akaike information criterion; BIC = Bayesian information criterion; smaller RMSEA/SRMR/AIC/BIC and higher CFI/TLI indicate better model fit; *** $p < .001$

Table S2. Correlations between sense of connectedness scales

	1	2	3	4	5	6	M
(1) SoCon Friends	0.25/0.63	.22***	.21***	.30***	.32***	.33***	5.79
(2) SoCon Family	.44***	0.20/0.77	.22***	.35***	.34***	.24***	6.15
(3) SoCon Co-workers	.24***	.20***	0.64/1.35	.35***	.31***	.23***	4.48
(4) SoCon Neighbors	.20***	.17***	.41***	0.51/1.13	.64***	.50***	3.90
(5) SoCon Nation	.25***	.13***	.29***	.59***	0.47/0.84	.81***	4.09
(6) SoCon Humanity	.14***	.06	.22***	.51***	.78***	0.53/0.93	4.08

Note. SoCon = Sense of Connectedness. Variances (within/between) are depicted in the diagonal. Correlations within participants are depicted below the diagonal; correlations between participants are depicted above the diagonal. *** $p < .001$; $N = 480$

Table S3. Means and 95% confidence intervals of the variables over time

	Direct Contact Friends M [95% CI]	Media Contact Friends M [95% CI]	SoCon Friends M [95% CI]
Week 0	1.99 [1.81; 2.16]	1.55 [1.40; 1.70]	
Week 1	0.87 [0.63; 1.11]	2.30 [1.98; 2.61]	6.01 [5.87; 6.15]
Week 2	0.93 [0.73; 1.14]	2.26 [2.00; 2.53]	5.93 [5.73; 6.13]
Week 3	0.97 [0.76; 1.18]	2.12 [1.90; 2.35]	5.78 [5.56; 6.00]
Week 4	1.07 [0.89; 1.25]	1.95 [1.76; 2.14]	5.75 [5.64; 5.87]
Week 5	1.33 [1.10; 1.56]	1.86 [1.67; 2.06]	5.67 [5.52; 5.82]
Week 6	1.52 [1.22; 1.81]	1.79 [1.55; 2.03]	5.78 [5.57; 6.00]
Week 7	1.88 [1.47; 2.29]	1.55 [1.27; 1.83]	5.67 [5.46; 5.88]
Week 8	2.28 [1.60; 2.95]	1.76 [1.32; 2.05]	5.54 [5.33; 5.76]

	Direct Contact Family M [95% CI]	Media Contact Family M [95% CI]	SoCon Family M [95% CI]
Week 0	2.92 [2.68; 3.17]	1.20 [1.08; 1.33]	
Week 1	3.99 [3.48; 4.51]	1.71 [1.41; 2.01]	6.28 [6.14 6.43]
Week 2	3.71 [3.30; 4.13]	1.47 [1.28; 1.67]	6.18 [5.97 6.39]
Week 3	3.69 [3.33; 4.05]	1.39 [1.23; 1.55]	6.35 [6.12 6.58]
Week 4	4.02 [3.70; 4.35]	1.36 [1.20; 1.52]	6.13 [6.01 6.26]
Week 5	3.67 [3.31; 4.04]	1.39 [1.22; 1.56]	6.03 [5.87 6.18]
Week 6	3.76 [3.32; 4.20]	1.27 [1.08; 1.46]	6.28 [6.05 6.51]
Week 7	3.19 [2.67; 3.72]	1.32 [1.08; 1.57]	6.01 [5.78 6.23]
Week 8	3.17 [2.42; 3.92]	1.34 [0.94; 1.74]	5.89 [5.66 6.12]

	Direct Contact Neighbors M [95% CI]	Media Contact Neighbors M [95% CI]	SoCon Neighbors M [95% CI]
Week 0	0.53 [0.45; 0.62]	0.12 [0.06; 0.18]	
Week 1	0.42 [0.29; 0.56]	0.11 [0.01; 0.21]	4.07 [3.89; 4.26]
Week 2	0.33 [0.25; 0.41]	0.07 [0.02; 0.12]	3.98 [3.71; 4.25]
Week 3	0.44 [0.34; 0.55]	0.06 [0.01; 0.12]	3.85 [3.55; 4.14]
Week 4	0.54 [0.46; 0.63]	0.08 [0.03; 0.12]	3.97 [3.82; 4.13]
Week 5	0.57 [0.46; 0.67]	0.16 [0.06; 0.26]	3.86 [3.66; 4.06]
Week 6	0.57 [0.46; 0.67]	0.10 [0.04; 0.16]	3.63 [3.33; 3.92]
Week 7	0.44 [0.31; 0.57]	0.09 [0.01; 0.18]	3.81 [3.52; 4.10]
Week 8	0.43 [0.31; 0.56]	0.11 [0.01; 0.20]	3.63 [3.34; 3.93]

	Direct Contact Co-workers M [95% CI]	Media Contact Co-workers M [95% CI]	SoCon Co-workers M [95% CI]
Week 0	2.82 [2.47; 3.18]	0.77 [0.55; 0.99]	
Week 1	1.34 [1.08; 1.60]	0.93 [0.70; 1.16]	4.75 [4.54; 4.96]
Week 2	1.01 [0.79; 1.23]	1.09 [0.91; 1.27]	4.38 [4.08; 4.68]
Week 3	0.97 [0.79; 1.15]	0.98 [0.83; 1.13]	4.47 [4.14; 4.79]
Week 4	0.88 [0.66; 1.09]	0.94 [0.75; 1.14]	4.53 [4.36; 4.71]
Week 5	0.95 [0.68; 1.23]	1.14 [0.96; 1.32]	4.34 [4.12; 4.56]
Week 6	1.17 [0.88; 1.46]	1.05 [0.83; 1.27]	4.19 [3.87; 4.52]
Week 7	1.07 [0.62; 1.53]	1.05 [0.63; 1.46]	4.54 [4.22; 4.86]
Week 8	1.22 [1.05; 1.40]	1.14 [1.03; 1.26]	4.17 [3.84; 4.49]

	Direct Contact Others M [95% CI]	Media Contact Others M [95% CI]	SoCon Nation M [95% CI]	SoCon Humanity M [95% CI]
Week 0	1.65 [1.47; 1.83]	0.68 [0.56; 0.79]		
Week 1	0.70 [0.47; 0.94]	0.51 [0.32; 0.70]	4.27 [4.10; 4.44]	4.23 [4.05; 4.41]
Week 2	0.72 [0.50; 0.95]	0.45 [0.29; 0.60]	4.14 [3.90; 4.39]	4.16 [3.90; 4.42]
Week 3	0.87 [0.65; 1.08]	0.50 [0.35; 0.64]	4.21 [3.94; 4.47]	4.23 [3.95; 4.50]
Week 4	0.78 [0.62; 0.95]	0.43 [0.33; 0.54]	4.11 [3.97; 4.25]	4.08 [3.93; 4.23]
Week 5	0.76 [0.59; 0.92]	0.49 [0.36; 0.62]	4.04 [3.87; 4.22]	4.01 [3.82; 4.20]
Week 6	0.68 [0.49; 0.87]	0.50 [0.35; 0.65]	4.06 [3.79; 4.32]	4.14 [3.86; 4.42]
Week 7	0.67 [0.47; 0.87]	0.58 [0.37; 0.80]	3.90 [3.64; 4.16]	3.91 [3.64; 4.18]
Week 8	0.86 [0.49; 1.23]	0.57 [0.33; 0.80]	3.75 [3.48; 4.01]	3.66 [3.39; 3.94]

	Psychological Well-being M [95% CI]	Perceived Stress M [95% CI]	Work-Life Balance M [95% CI]
Week 1	4.73 [4.56; 4.89]	3.38 [3.22; 3.54]	4.81 [4.61; 5.02]
Week 2	4.75 [4.62; 4.89]	3.38 [3.26; 3.51]	4.65 [4.48; 4.81]
Week 3	4.94 [4.82; 5.07]	3.25 [3.13; 3.38]	4.73 [4.57; 4.88]
Week 4	4.99 [4.87; 5.11]	3.22 [3.11; 3.33]	4.70 [4.56; 4.84]
Week 5	4.97 [4.84; 5.10]	3.37 [3.24; 3.50]	4.58 [4.43; 4.74]
Week 6	4.89 [4.73; 5.05]	3.46 [3.29; 3.62]	4.60 [4.41; 4.80]
Week 7	4.89 [4.69; 5.09]	3.52 [3.33; 3.72]	4.52 [4.30; 4.75]
Week 8	4.92 [4.62; 5.21]	3.51 [3.23; 3.80]	4.59 [4.27; 4.91]

Sense of Connectedness Scales (English and German)

Connectedness Scale (English)

To what extent do you agree with the following statements? 1 = not at all, 7 = extremely

1. How close do you feel to each of the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

2. How often do you use the word “we” to refer to the following groups of people?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

3. How much would you say you have in common with the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

4. How much do you identify with (that is, feel a part of, feel love toward, have concern for) each of the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

5. How much would you say you care (feel upset, want to help) when bad things happen to one of the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

6. How much do you want to be a responsible member of the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

7. When they are in need, how much do you want to help the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

8. How much do you believe in being loyal to the following groups?

People within my circle of friends
People within my family
Co-workers
People in my neighbourhood
People in Germany
People all over the world

Connectedness Scale (German)

Inwiefern stimmen Sie den folgenden Aussagen zu?

1 = überhaupt nicht, 7 = sehr

1. Wie nah fühlen Sie sich den folgenden Gruppen momentan?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

2. Wie oft würden Sie momentan das Wort 'wir' verwenden, um sich auf folgende Gruppen zu beziehen?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

3. Wie viel haben Sie momentan mit folgenden Gruppen gemeinsam?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

4. Wie stark identifizieren Sie sich momentan mit den folgenden Gruppen (d.h. fühlen sich als Teil von, empfinden Zuneigung und Sorge für)?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

5. Wie stark würden Sie sagen sorgen Sie sich (fühlen sich beunruhigt, wollen helfen), wenn einer der folgenden Gruppen etwas Schlechtes widerfährt?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

6. Wie gern möchten Sie ein verantwortungsvolles Mitglied folgender Gruppen sein?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

7. Wenn die folgende Gruppe in Not ist, wie stark möchten Sie helfen?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

8. Wie wichtig ist es Ihnen, loyal gegenüber folgenden Gruppen zu sein?

Menschen in meinem Freundeskreis
Menschen in meiner Familie
Kollegen/Kolleginnen
Menschen in meiner Nachbarschaft
Menschen in Deutschland
Menschen auf der ganzen Welt

