

## Supplementary document: survey questions, variables and coding

Labels	Questions	Responses	Coding
<b>Covid-19 impact</b>			
<b>Perceived behaviour change</b>			
	In what ways has the COVID-19 pandemic affected you and your family:		
Snacks	We are eating more snacks (e.g. crisps, chocolate) than we usually do.	Strongly disagree	0 — No increase
		Disagree	
		Neither agree nor disagree	1 — More
		Agree	
		Strongly agree	
Fruit & vegetable	We are eating more fruit and vegetables than we usually do.	Strongly disagree	1 — No increase
		Disagree	
		Neither agree nor disagree	0 — More
		Agree	
		Strongly agree	
Screen time	We are having more screen time - including television, smart phone, and computer - than we usually do.	Strongly disagree	0 — No increase
		Disagree	
		Neither agree nor disagree	1 — More
		Agree	
		Strongly agree	
Physical activity	We are more physically active -that includes walking and exercise - than we usually do.	Strongly disagree	1 — No increase
		Disagree	
		Neither agree nor disagree	0 — More
		Agree	
		Strongly agree	
Mealtime routine	We are following mealtime routine more than we usually do.	Strongly disagree	1 — No increase
		Disagree	
		Neither agree nor disagree	0 — More
		Agree	
		Strongly agree	
Bedtime routine	We are following bedtime routine more than we usually do.	Strongly disagree	1 — No increase
		Disagree	
		Neither agree nor disagree	0 — More
		Agree	
		Strongly agree	
<b>Mental health</b>			
Psychological distress	Over the last two weeks, how often have you been bothered by the following problems:		
	Feeling nervous, anxious, or on edge	Not at all	0
		Several days	1
		More than half the days	2
		Nearly everyday	3
	Not at all	0	

	Not being able to stop or control worrying	Several days	1	
		More than half the days	2	
		Nearly everyday	3	
	Feeling down, depressed, or hopeless	Not at all	0	
		Several days	1	
		More than half the days	2	
	Little interest or pleasure in doing things	Nearly everyday	3	
		Not at all	0	
		Several days	1	
		More than half the days	2	
		Nearly everyday	3	
		PHQ-4	PHQ-4 Score	Ranges from 0-12
	4 groups	0-2	0 — None	
3-5		1 — Mild		
6-8		2 — Moderate		
9-12		3 — Severe		
2 groups		0-2	0 — None	
	3-12	1 — Yes		
Worry about family	Worried about family members and close friends	Not at all	0	
		Several days	1	
		More than half the days	2	
		Nearly everyday	3	
	Worry about family 2 groups	Not at all	0 — No	
	Several days —nearly everyday	1 — Yes		
<b>Participating research</b>	Has COVID-19 negatively affected your desire to participate in research?	Not at all	0 — No	
		A little bit		
		Moderately	1 — Yes	
		Quite a bit		
		Extremely		
<b>The ways of receiving health information</b>	Has COVID-19 affected the way you prefer to receive and communicate health-related information with health professionals?	Yes	1 — Yes	
		No	0 — No	
	How likely is it that you would use the following modes to receive and communicate health-related information with health professionals?	Face-to-face	Unlikely	0 — No
			Possibly	
			Likely	1 — Yes
			Almost certain	
			Certain	
		Telephone	Unlikely	0 — No
			Possibly	
			Likely	1 — Yes
			Almost certain	
			Certain	
		SMS	Unlikely	0 — No
			Possibly	
			Likely	1 — Yes
Almost certain				

	Video conference	Certain	0 — No
		Unlikely	
		Possibly	
		Likely	
		Almost certain	
	Website	Certain	1 — Yes
		Unlikely	
		Possibly	
		Likely	
		Almost certain	
	Social media	Certain	0 — No
		Unlikely	
		Possibly	
		Likely	
		Almost certain	
	Booklets	Certain	1 — Yes
		Unlikely	
		Possibly	
		Likely	
		Almost certain	
<b>Sources of information</b>			
<b>Covid-19 related</b>	Since COVID-19 outbreak, have you followed COVID-19 related information based on information or advice from the following individuals?		
	Government officials	Yes	1 — Yes
		No	0 — No
	Health professionals	Yes	1 — Yes
		No	0 — No
	Family members	Yes	1 — Yes
		No	0 — No
	Social media	Yes	1 — Yes
		No	0 — No
	Educators	Yes	1 — Yes
		No	0 — No
	<b>Food &amp; beverage</b>	Since COVID-19 outbreak, have you changed the types of food and beverages that you and your family purchase or eat based on information or advice from the following individuals?	
Government officials		Yes	1 — Yes
		No	0 — No
Health professionals		Yes	1 — Yes
		No	0 — No
Family members		Yes	1 — Yes
		No	0 — No
Social media		Yes	1 — Yes
		No	0 — No
Educators		Yes	1 — Yes
		No	0 — No

<b>Physical Activity</b>	Since COVID-19 outbreak, have you or your family changed your physical activity level e.g. walking, exercise based on information or advice from the following individuals?		
	Government officials	Yes	1 — Yes
		No	0 — No
	Health professionals	Yes	1 — Yes
		No	0 — No
	Family members	Yes	1 — Yes
		No	0 — No
	Social media	Yes	1 — Yes
		No	0 — No
	Educators	Yes	1 — Yes
		No	0 — No