

Questionnaire on life change in the state of emergency, and on self-restraint to prevent the spread of SARS-CoV-2 infection

【Entry date】 2020/____/____

【age】 _____years old

【sex】 1.male 2.female

【Occupation】 Please circle the number of the applicable item.

1. Administrative position
2. Specialist job and technical job
3. Clerical workers
4. Sales workers
5. Service workers
6. Security workers
7. Agricultural, forestry, and fishery workers
8. Manufacturing process workers
9. Transportation and machine operation workers
10. Construction and mining workers
11. Carrying, cleaning, packaging, and related workers
12. Unemployment after forced retirement
13. Unemployment
14. Houseworkers
15. Others

Please tell us about the changes before and after the government's state of emergency (April 7, 2020).

- | | | | |
|--|--------------|--------------|--------------|
| : Change in working conditions | 1. Changed | 2. Unchanged | |
| : Change in dietary life | 1. Changed | 2. Unchanged | |
| : Frequency of eating | 1. Increased | 2. Decreased | 3. Unchanged |
| : Food intake | 1. Increased | 2. Decreased | 3. Unchanged |
| : Change in alcohol consumption | 1. Changed | 2. Unchanged | |
| : Alcohol consumption | 1. Increased | 2. Decreased | 3. Unchanged |
| : Frequency of drinking | 1. Increased | 2. Decreased | 3. Unchanged |
| : Change in exercise and physical activity | 1. Changed | 2. Unchanged | |

1. Working conditions

1-a Please tell us about the state before the government's state of emergency (April 7, 2020).

- : Telecommuting (working from home) 1. Applicable 2. Not applicable
- : Commute 1. Applicable 2. Not applicable
- : Commute (Multiple answers allowed)
1. On foot 2. By train 3. By bus 4. by car 5. by bicycle 6. by motorcycle
- : Walking time when commuting
1. Less than 10 minutes 2. 10-30 minutes 3. 30-60 minutes 4. more
- : Holidays per week
1. Less than 1 day 2. 1-2 days 3. More
- : Number of days working from home per week _____ days

1-b Please tell us about the state after the government's state of emergency (April 7, 2020).

- : Telecommuting (working from home) 1. Applicable 2. Not applicable
- : Commute 1. Applicable 2. Not applicable
- : Commute (Multiple answers allowed)
1. On foot 2. By train 3. By bus 4. by car 5. by bicycle 6. by motorcycle
- : Walking time when commuting
1. Less than 10 minutes 2. 10-30 minutes 3. 30-60 minutes 4. more
- : Holidays per week
1. Less than 1 day 2. 1-2 days 3. More
- : Number of days working from home per week _____ days

2. Dietary life

2-a Please tell us about the state before the government's state of emergency (April 7, 2020).

- : Main meal 1. Self-catering 2. Eating out
- : Frequency of eating out per week _____ days
- : Frequency of drinking sessions per week _____ days
- : Drinking amount 1. Appropriate amount 2. More 3. None

The appropriate amount is 20g of alcohol.

The conversion amount by type is 500 ml of beer, 180 ml of sake, 110 ml of shochu, 60 ml of whiskey double, 180 ml of wine, and 520 ml of canned chu-hi. Only one type per day, if it is 20g or less, it is considered as "appropriate amount".

: Sedentary behavior

1. Continued for at least 30 minutes
2. Suspended every 30 minutes and moved the body

: Time spent watching TV per day _____(hrs)

4.Mental health

4-a Please tell us about the state before the government's state of emergency (April 7, 2020).

: Sleep time per day _____(hrs)

: Stress Large ← 5 4 3 2 1 0 → Small

: Anxiety Large ← 5 4 3 2 1 0 → Small

4-b Please tell us about the state after the government's state of emergency (April 7, 2020).

: Sleep time per day _____(hrs)

: Stress Large ← 5 4 3 2 1 0 → Small

: Anxiety Large ← 5 4 3 2 1 0 → Small

: smile 1. Increased 2. Decreased 3. Unchanged

: Frustration 1. Increased 2. Decreased 3. Unchanged

: Motivation 1. Increased 2. Decreased 3. Unchanged

- : Types of stress
- SARS-CoV-2
 - Declaration of the state of emergency
 - Economic aspects
 - Work
 - Family
 - School closure for their own children
 - Change in employment status
 - Lack of objects
 - Others

5.drug therapy

: Please our glycemic control treatment

1. Diet / exercise therapy only
2. Oral medicine
3. Injections such as insulin and GLP agonists

: Self-monitoring of blood glucose 1. Performing 2. Not performing

5-a Please tell us about the state before the government's state of emergency (April 7, 2020)

: Regarding oral drugs or injections

1. Adhered to the instructions
2. Adjusted based on the patient's own judgment
3. Used irregularly

: Frequency of blood glucose measurement

1. Adhered to the instructions
2. Adjusted based on the patient's own judgment
3. Used irregularly

: Shortage of drugs

1. Yes
2. No

5-b Please tell us about the state after the government's state of emergency (April 7, 2020)

: Regarding oral drugs or injections

1. Adhered to the instructions
2. Adjusted based on the patient's own judgment
3. Used irregularly

: Frequency of blood glucose measurement

1. Adhered to the instructions
2. Adjusted based on the patient's own judgment
3. Used irregularly

: Shortage of drugs

1. Yes
2. No

Thank you for your help.