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

2020/ / (Entry date)

(age) years old

[sex] 2.female 1 male

[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
- 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

2. Decreased 1. Increased 3. Unchanged

: Food intake

1. Increased 2. Decreased 3. Unchanged

: Change in alcohol consumption

1. Changed 2. Unchanged

: Alcohol

1. Increased

3. Unchanged 2. Decreased

consumption : Frequency of

drinking

1. Increased

2. Decreased 3. Unchanged

: Change in exercise and physical activity

1. Changed

2. Unchanged

: In particular	Com Deci Refr close	reased frequency aining from exerci	tead of a se t	ork from home d of other transport going out due to sel to avoid three Cs (cr and confined and end	f-au ow	uarantine ded places,
: Reason for increas	sed fo	ood intake	2	. Stress . Boredom . Others ()
: Reason for decrea	sed f	ood intake	1 2 3	. Others (. Stress . Gradually ate less r . Watched by family . Others (3
: Reason for increas	ed al	cohol consumptic	n	1. Stress 2. Boredom 3. Others (ì
: Reason for decrea	sed a	1. Stress 2. Naturally	felt	less like drinking ald amily members	coha	ol
: Body weight measurement : Body weigh	1. 1.	Took measurement Increased	2.2.	Did not take measurements Decreased	3.	Unchanged
: Change in menta : Anxiety and stres			 2. 2. 		3.	Unchanged
: Status of outpatient visits	1.	Continued	2.	Suspended	3.	Drug therapy alone continued
: Drugs	1.	Continued as prescribed	2.	Adjusted based on the patient's own judgment		
: For lifestyle mana	_	nt Favorable	2.	Unfavorable	3.	No opinion

1. Increased 2. Decreased 3. Unchanged

: Amount of exercise

and physical activity

(April 7, 2020).					
: Telecommuting (working from h: Commute: Commute (Multiple answers all		1.Applica			applicable applicable
1.On foot 2. By train 3.: Walking time when commuting	By bus	4.by car	5.by bicycl	e 6.b	y motorcycle
1.Less than 10 minutes 2.: Holidays per week	10-30 mir	nutes 3.	30-60 min	utes	4.more
1. Less than 1 day2.Number of days working from h				_days	
1-b Please tell us about the state (April 7, 2020).	e <u>after</u> the g	governme	nt's state o	f emerg	sency
: Telecommuting (working from h: Commute	nome)	1.Applica			applicable applicable
: Commute (Multiple answers all 1.0n foot 2. By train 3.: Walking time when commuting	owed) By bus	4.by car	5.by bicycl	e 6.b	y motorcycle
1.Less than 10 minutes 2. : Holidays per week	10-30 mir	nutes 3.	30-60 min	utes	4.more
1. Less than 1 day2.Number of days working from h	_			_days	
2.Dietary life					
2-a Please tell us about the state (April 7, 2020).	<u>before</u> the	e governm	nent's state	of eme	rgency
: Main meal 1.: Frequency of eating out per we	Self-cateri	ng	2. Eating days	out	
: Frequency of drinking sessions			days days		
	priate amou Og of alcoho De is 500 n Jble, 180 m	ol. nl of beer, nl of wine,	2.More 3 180 ml of and 520 n	sake, 1 nl of ca	nned chu-hi.

1-a Please tell us about the state before the government's state of emergency

1. Working conditions

2-b Please tell us abo (April 7, 2020).	ut the state <u> after</u> the govern	ments stat	e of emergency	
The appropriate and The conversion and shochu, 60 ml of v	•	day day 2.More eer, 180 ml ne, and 52	rs 3.None of sake, 110 ml of 0 ml of canned chu-	-hi nt"
3.Activity				
3-a Please tell us abo (April 7, 2020).	ut the state <u>before</u> the gover	nment's sta	ate of emergency	
calisthenics or more a d 1. Ad 2. Ad 3. Ad	inutes of aerobic exercise su , biking, swimming, 3 to 5 da ay (including walking for con chieved 100% chieved 80% chieved 50% ess than 50%	ys a week c		ps
	ontinued for at least 30 minu uspended every 30 minutes a		the body	
: Time spent watchin	g TV per day(hr	rs)		
3-b Please tell us abo (April 7, 2020).	ut the state <u>after</u> the govern	ment's stat	e of emergency	
calisthenics	inutes of aerobic exercise su , biking, swimming, 3 to 5 da; ay (including walking for con	ys a week c		ps
	chieved 100% chieved 80%			

3. Achieved 50%4. Less than 50%

: Sedentary behavior					
1. Cor	ntinued for at least 30 minutes				
2. Sus	spended every 30 minutes and moved the body				
: Time spent watching	TV per day(hrs)				
4.Mental health					
4-a Please tell us abou (April 7, 2020).	it the state <u>before</u> the government's state of emerge)ncy			
: Sleep time per day	(hrs)				
: Stress	Large \leftarrow 5 4 3 2 1 0 \rightarrow Small				
: Anxiety	Large \leftarrow 5 4 3 2 1 0 \rightarrow Small				
4-b Please tell us abou (April 7, 2020).	it the state <u>after</u> the government's state of emergen	СУ			
: 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					
: Motivation	1. Increased 2. Decreased 3. Unchanged				
: Types of stress					
	□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 glycem	nic control treatment				
1. Diet / exer	rcise therapy only				
2. Oral medic					
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 <u>before</u> 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 <u>after</u> 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.