

Appendix A: Questionnaire

Section 1: Socio-demographics	
1	Gender
2	Where do you live? Urban region/ Rural area
3	Nationality: Omani/Non Omani
4	Age
5	Level of education
6	How would you describe your household income compared to other households in your country?
7	Occupation
8	What is your household composition?
9	How many people are currently living in your home?
10	Have you lost your job or had any pay reduction in your salary due to COVID-19? Yes/No
Section 2: Food buying and consumption behavior	
11	<p>Below is a list of food-related behaviors. Please indicate how that behavior has changed for you as a result of the coronavirus (COVID-19) becoming serious in your country (7-point response scale: never = 0; first time = 1; much less = 2; slightly less = 3; about the same = 4; moderately more = 5; much more = 6.)</p> <ul style="list-style-type: none"> • Buying local food (produced in your country) • Ordering groceries online • Buying food in person from a large supermarket • Buying food in person from a small supermarket or grocery store • Having meals delivered directly to my home
12	<p>What has changed in your shopping behavior during the outbreak of COVID-19 and lockdown?</p> <ul style="list-style-type: none"> • I go shopping less than usual • I go shopping like I used to • I go shopping more than usual
13	<p>What has changed in the extent of your purchase during the outbreak of COVID-19 and lockdown?</p> <ul style="list-style-type: none"> • I buy a lot more than usual • I buy more than usual • I buy as same as usual • I buy less than usual • I buy a lot less than usual
14	<p>Since the coronavirus (COVID-19) became serious in your country, have you eaten or drunk more or less of the following foods? (7-point response scale)</p> <ul style="list-style-type: none"> • Fruits/ Vegetables • Meat • Healthy food

<ul style="list-style-type: none"> • Unhealthy food (Fast food) • Water • Can • Candy, Cookies, cakes, and pastries • Healthy Snacks • Unhealthy snacks • Packaged frozen foods • Canned food
<p>15 Since the coronavirus (COV-19) became serious in your country, have you done more or less of the following food related activities than you used to? (7-point response scale)</p> <ul style="list-style-type: none"> • Eating at home alone • Eating with family members • Eating out (e.g. restaurants/cafeteria/fast food) • Eating at someone else's place (e.g. family, friends) • Ordering take-away or fast food meals with deliveries • Cooking and preparing food • Spending a lot of time cooking • Making easy meals (e.g., instant foods, etc.) • Eating between meals (e.g. snacks)
<p>16 Have you stocked up on food and beverages because of the coronavirus (COVID-19)? Yes/No</p>
<p>17 What type of food you stocked up the most during the outbreak of COVID-19 and lockdown? (Please select all that apply)</p> <ul style="list-style-type: none"> • Cereals and their products (bread, rice, pasta, flour, etc.) • Roots and tubers (potatoes, etc.) • Legumes (e.g. peas, chickpeas) • Sugar • Oil • Fruits and vegetables • Meat and meat products • Fish and seafood • Milk and dairy products • Canned food • None
<p>18 Since the COVID-19 outbreak, did you notice that any of these items is less available? (Please select all that apply)</p> <ul style="list-style-type: none"> • Cereals and products (bread, rice, pasta, flour, etc.) • Roots and tubers (potatoes, etc.) • Legumes (e.g. peas, chickpeas) • Sugar • Oil • Fruits and vegetables • Meat and meat products • Fish and seafood

<ul style="list-style-type: none"> • Milk and dairy products • Canned food • None
<p>19 Since the COVID-19 outbreak, did you notice any price increase for any of these items? (Please select all that apply)</p> <ul style="list-style-type: none"> • Cereals and products (bread, rice, pasta, flour, etc.) • Roots and tubers (potatoes, etc.) • Legumes (e.g. peas, chickpeas) • Sugar • Oil • Fruits and vegetables • Meat and meat products • Fish and seafood • Milk and dairy products • Canned food • None
<p>20 How does stocking up on items make you feel? (5-point response scale: 1 (not at all),...5 (very much))</p> <ul style="list-style-type: none"> • Stocking up on items makes me feel less anxious • Stocking up on items makes me feel more secure • Stocking up on items comforts me • Stocking up on items gives me a sense of control
<p>21 Please indicate how concerned you have been since COVID-19 became serious in your country about the following food-related issues? 5-point response scale: 1 (not at all),...5 (very much))</p> <ul style="list-style-type: none"> • Obtaining enough food • Obtaining a variety of food • Access to healthy and safe food • Food prices rising • Food spreading COVID-19
<p>22 Regarding changes in your food related behaviors since the outbreak of COVID-19: Yes/No</p> <ul style="list-style-type: none"> • Do you buy more food out of fear or anxiety? • Do you eat more food out of fear, anxiety or boredom? • Are you wasting more food than usual? • Are you more aware of how much food you waste?
<p>23 How has your food wastage changed during the outbreak of COVID-19 and lockdown?</p> <ul style="list-style-type: none"> • It has become much less • Less • Has not changed • More • Much more

Section 3: Emotions

24 Please indicate your negative feelings since the onset of COVID-19 (5-point response scale: 1 (not at all),...5 (very much))

- Nervous
- Worried
- Depressed
- Sad
- Scared
- Bored

25 Please indicate your positive feelings since the onset of COVID-19 (5-point response scale: 1 (not at all),... 5 (very much))

- Calm
- Optimistic
- Excited
- Happy