

# Overview of measures

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The current document contains a selected version of the questionnaires and measures that we administered for the pre-registered (<https://osf.io/uf9dn/>) interdisciplinary project 'Wellbeing, self-oriented and prosocial behaviour among adolescents and students in Rotterdam during Covid-19'. Please note that questionnaires were administered to the students in the language they preferred, either in English or in Dutch. The adolescents only received the Dutch version. The Dutch version of the questionnaires can be found in another document on our OSF page. If you would like to use any of the measures described here, please give credit to the original authors. For the measures that we developed ourselves, we ask you to give us credit by referring to our OSF page: <https://osf.io/uf9dn/>

Note: there are subtle differences between the student and adolescent project regarding the way questions and answer options were formulated. In this document we included the formulation of questions and answers as they were administered to the students. For the exact questions and answers you can use the Dutch documents in the folder 'adolescent questionnaires'.

## Start measures

### Demographic questions

1. Are you male or female?  
*Possible answers: 1) Male, 2) Female, 3) Other: ..., 4) Prefer not to say*
2. In what country were you born?  
*Possible answers: 1) The Netherlands, 2) Belgium, 3) Germany, 4) Morocco, 5) Surinam, 6) Indonesia, 7) China, 8) Japan, 9) Other: ...*
3. In what country was your mother born?  
*Possible answers: 1) The Netherlands, 2) Belgium, 3) Germany, 4) Morocco, 5) Surinam, 6) Indonesia, 7) China, 8) Japan, 9) Other: ...*
4. In what country was your father born?  
*Possible answers: 1) The Netherlands, 2) Belgium, 3) Germany, 4) Morocco, 5) Surinam, 6) Indonesia, 7) China, 8) Japan, 9) Other: ...*
5. Please specify your ethnicity or ethnicities. You can select multiple options.  
*Possible answers: 1) Dutch, 2) Turkish, 3) Moroccan, 4) Surinamese, 5) Antillean, 6) Indonesian/Indian, 7) Polish, 8) North-European, 9) South-European, 10) North-African, 11) Somali/Eritrean/Ethiopian, 12) Afghan/Iraqi/Iranian/Syrian, 13) Latin-American, 14) Chinese/Japanese/Korean, 14) Other ..., 15) Prefer not to say*
6. Are you a student at Erasmus University Rotterdam?  
*Possible answers: 1) Yes, 2) No*
7. Are you currently in your bachelors or your masters?  
*Possible answers: 1) Bachelor, 2) Master, 3) Both, 4) Other: ...*
8. What do you study?  
*Open-ended question*
9. What is the highest degree or level of school your mother has completed?  
*Possible answers: 1) Primary school, 2) High school, 3) Bachelor's degree, 4) Master's degree, 5) Doctorate degree, 6) Other: ..., 7) I don't know*
10. What is the highest degree or level of school your father has completed?  
*Possible answers: 1) Primary school, 2) High school, 3) Bachelor's degree, 4) Master's degree, 5) Doctorate degree, 6) Other: ..., 7) I don't know*
11. Do you currently have a job?  
*Possible answers: 1) Yes, 2) No*
12. If 'yes' to question 11: Do you have an occupation of vital importance? If so, which one?  
*Possible answers: 1) No, 2) (Health)care, 3) Education, 4) Public transport, 5) Food supply, 6) Transportation of fuel, 7) Refuse and waste collection, 8) Childcare, 9) Media and communication, 10) Emergency services, 11) I don't know*
13. Does your mother have an occupation of vital importance? If so, which one?  
*Possible answers: 1) No, 2) (Health)care, 3) Education, 4) Public transport, 5) Food supply, 6) Transportation of fuel, 7) Refuse and waste collection, 8) Childcare, 9) Media and communication, 10) Emergency services, 11) I don't know*
14. Does your father have an occupation of vital importance? If so, which one?  
*Possible answers: 1) No, 2) (Health)care, 3) Education, 4) Public transport, 5) Food supply, 6) Transportation of fuel, 7) Refuse and waste collection, 8) Childcare, 9) Media and communication, 10) Emergency services, 11) I don't know*

15. Are your parents divorced?

*Possible answers: 1) Yes, 2) No, 3) Other: ..., 4) Prefer not to say*

16. Are you currently in a romantic relationship?

*Possible answers: 1) Yes, 2) No, 3) Other: ..., 4) Prefer not to say*

17. Do you currently live in Rotterdam?

*Possible answers: 1) Yes, 2) No, I live somewhere else in the Netherlands, 3) No, I live in a foreign country, 4) Prefer not to say*

18. Whom did you live with before COVID-19?

*Possible answers: 1) I lived with roommates (in student housing), 2) I lived with both my parents (and (step)brother(s)/sister(s)), 3) I lived with my mother (and (step)brother(s)/sister(s)), 4) I lived with my father (and (step)brother(s)/sister(s)), 5) My parents are co-parents (i.e. joint or shared parenting), but I usually lived with my mother (and (step)brother(s)/sister(s)), 6) My parents are co-parents (i.e. joint or shared parenting), but I usually lived with my father (and (step)brother(s)/sister(s)), 7) My parents are co-parents (i.e. joint or shared parenting), I was as often living with both my parents, 8) I lived on my own, 9) I lived together with my partner, 10) Other:*

19. Has your living situation changed since COVID-19?

*Possible answers: 1) No, 2) Yes, please specify: ...*

20. How many (step)brothers and/or (step)sisters do you have?

*Possible answers: 1) 0, 2) 1, 3) 2, 4) 3, 5) 4, 6) 5 or more*

21. If not '0' selected to question 20: With how many (step)brothers and/or (step)sisters do you currently live?

*Possible answers: 1) 0, 2) 1, 3) 2, 4) 3, 5) 4, 6) 5 or more*

22. Do you currently have a neurological and/or psychological disorder? Examples are ADHD, autism, depression, epilepsy, etc.

*Possible answers: 1) Yes, please specify: ..., 2) No, 3) Prefer not to say*

23. Have you ever had a neurological and/or psychological disorder? Examples are ADHD, autism, depression, epilepsy, etc.

*Possible answers: 1) Yes, please specify: ..., 2) No, 3) Prefer not to say*

## Weekly measures

Childhood Trauma Questionnaire (CTQ) – emotional abuse, emotional neglect subscales  
Developed by Thoms, Bernstein, Lobbetael, & Arntz (2009). Only administered to the adolescents.

The following statements are about your childhood and adolescent experiences within your family. Please indicate to what extent you agree with the statements.

1. I felt loved.
2. People in my family felt close to each other.
3. I thought that my parents wished I had never been born.
4. People in my family looked out for each other.
5. People in my family said hurtful or insulting things to me.
6. There was someone in my family that helped me feel that I was important or special.
7. People in my family called me things like 'stupid', 'lazy', or 'ugly'.
8. My family was a source of strength and support.

*Possible answers were: 1) never true, 2) rarely true, 3) sometime true, 4) often true, 5) very often true*

#### Inequality of opportunity questionnaire

*Developed by Green, Sweijen, van de Groep, de Leeuw, Buijzen, Crone (2020). Only administered to the adolescents.*

During the last week did you have:

1. A room in the house where you could do your schoolwork
2. A quiet place where you could concentrate
3. Stable internet connection in order to take online classes
4. A proper functioning laptop/computer/tablet in order to take online classes
5. Someone you live with who could help you with your schoolwork if this was necessary

*Possible answers on a slider: 1 (not at all) – 5 (totally true)*

#### Pandemic questionnaire

*Developed by van de Groep, Sweijen, Green, Zanolie & Crone (2020)*

1. Are you currently in self-isolation? This means that you do not leave your house and do not have any physical contact with the outside world.  
*Possible answers: 1) Yes, 2) No, 3) Other: ...*
2. Do you, your family members, or other people around you **currently** have symptoms of COVID-19?  
*Possible answers: 1) Yes, people in my family or people around me, 2) Yes, myself, 3) No*
3. I feel that at this moment, in this crisis, I can contribute to society.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
4. Why do you have the feeling that you can or cannot contribute to society right now?  
*Open-ended question*
5. I would like to do something to help others during this crisis.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
6. Last week, have you done something to help others during this crisis?  
*Possible answers: 1) Yes, 2) No, but I would like to, 3) No and I do not want to*
7. If 'yes' to question 6: What exactly did you do?  
*Open-ended question*
8. If 'no, but I would like to' to question 6: How would you like to help others during this crisis?  
*Open-ended question*
9. I am less willing to help others because I am afraid to be infected with COVID-19.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*

10. Last week, have you met with friends in a public place like a park or mall?  
*Possible answers: 1) Yes, 2) No, 3) Other: ...*
11. Last week, have you met with a friend while you were coughing, experiencing a sore throat, having a runny nose, or having other health complaints?  
*Possible answers: 1) Yes, 2) No, 3) Other: ...*
12. I understand that people are hoarding at supermarkets right now.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
13. I would at this moment go to a party at a friends home if my friends were to organize one.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
14. I think it is important that people stay at home and limit their contact with the outside world.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
15. If you are not among the risk group you do not have to strictly follow the governments' rules.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
16. I feel tense and/or uneasy.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
17. I am experiencing negative thoughts and worry about what is happening in the world.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
18. I worry about the family members and/or people around me who have the symptoms of COVID- 19.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
19. Do you sometimes worry that your family will experience financial problems because of COVID-19?  
*Possible answers: 1) Very often, 2) Reasonably often, 3) Sometimes, 4) Barely, 5) Never*
20. I believe that, at home, we are too much in each other's personal space since the schools/universities are closed and most people have to work at home.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*
21. I prefer to be home as little time as possible, otherwise there is too much tension at home.  
*Possible answers: 1) Entirely agree, 2) Mostly agree, 3) Somewhat agree, 4) Neither agree nor disagree, 5) Somewhat disagree, 6) Mostly disagree, 7) Entirely disagree*

### Opportunities for Prosocial Actions (OPA) – Emotional support subscale

*Not yet validated, adjusted to match pandemic situation*

We would like to know more about the things you did for your friends and family **for the past 24 hours**. This does **not** include someone with whom you have a romantic relationship. You will get questions about multiple things you could do for someone else. Here we do **not** refer to activities you would get payed for, or you would be punished for if you would not perform them. We are only interested in what you **did by yourself**. Please fill out below whether you performed the activities for your friends and family **for the past 24 hours**.

1. I comforted friends when they were upset.
2. I sent a message to friends, to be kind.
3. I did my best to spend time with friends.
4. I comforted family members when they were upset.
5. I sent a message to family members and/or called them, to be kind.
6. I did my best to spend time with my family.

*Filled out using a Likert Scale: 0) Not at all – 5) A lot*

### Profile of Mood States (POMS) – Vigor, Tension and Depression subscales

*Developed by Wald & Mellenbergh (1990)*

Below is a list of words that describe feelings people have. Please indicate the extent to which the meaning of the word best describes how you feel **right now**. Do not think too long about your answer. It is your first impression that counts. There are no wrong answers. Each answer is right, if it represents your own mood. Do not skip any words. The description best describes how I feel **right now**: 1) Not at all, 2) A little, 3) Moderately, 4) Quite a lot, 5) Extremely

1. Depressed
2. Discouraged
3. Active
4. Nervous
5. Gloomy
6. Vigorous
7. Panicky
8. Hopeless
9. Lively
10. Tense
11. Sad
12. Full of pep
13. Restless
14. Lonely
15. Cheerful
16. Anxious
17. Unhappy
18. Uneasy

## 19. Worthless

Contributions to Society (Bijdragen aan Maatschappij; BAM) – crisis  
*Developed by van de Groep, Sweijen, Green, Zanolie & Crone (2020)*

Please indicate whether you agree with the following statements.

1. I contributed to society in the past 24 hours. Note that contributing to society can take many different forms such as through work, volunteering, or your social contacts.
2. I helped others in the past 24 hours.
3. I made an effort for people around me in the past 24 hours.