How to manage quarantine—adherence, psychosocial consequences, coping strategies and lifestyle of patients with COVID-19 and their confirmed contacts: study protocol of the CoCo-Fakt surveillance study, Cologne, Germany

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ABSTRACT

Introduction The current coronavirus (SARS-CoV-2) pandemic has placed unprecedented restrictions on people’s lives and routines. To counteract the exponential spread of this virus, a lockdown was implemented in Germany in March 2020. Infected persons and their contacts were also quarantined. Compliance with quarantine measures is essential for containing the spread of the virus and avoiding incalculable consequences in terms of morbidity and mortality. On the other hand, prolonged homestays, particularly quarantining, may lead to fear, panic, anxiety and depression. Hence, determining the psychological response in people during quarantine and their coping strategies is relevant for the counselling and support of affected persons by healthcare workers.

Methods and analysis The CoCo-Fakt-Survey (Cologne-Corona-Beratung und Unterstützung für Index- und KontAKT-Personen während der Quarantäne-Zeit; Cologne-Corona counselling and support for index and contacts during the quarantine period—author’s translation) will examine a cohort of persons in Cologne quarantined since the beginning of the SARS-CoV-2 outbreak during March 2020. The questionnaire will include demographic data, transmission route, health status, knowledge of and adherence to quarantine measurements, psychological impact on individuals and their family members including children, mental health status, and lifestyle (physical activity/sedentary behaviour, relaxation techniques, nutrition, smoking). All Cologne residents who needed to be quarantined due to a coronavirus infection and the individuals with whom they had contact will be surveyed.

Ethics and dissemination No risks have been identified and no complications are expected. Ethics approval was obtained from the Rheinisch-Westfälische Technische Hochschule (RWTH) Aachen Human Ethics Research Committee (351/20), and the research will be conducted in accordance with the approved protocol. The results will be disseminated through peer-reviewed journals and social medicine conferences.

INTRODUCTION

Since the first SARS-CoV-2 infections were described in Wuhu, China, in December 2019, the virus has rapidly spread worldwide, leading to considerable restrictions on the lives of most of the world’s population. Infected people as well as their confirmed contacts have been particularly affected as they must go into quarantine or domestic isolation. The aim of quarantining is to prevent further spread by people who may already be infectious but are not (yet) symptomatic. This quarantine can only be effective, however, if individuals adhere to it. Webster et al integrated 14 studies into a rapid review and showed that the range of adherence to such measures varied from 0% during the 2005 SARS outbreak in Taiwan to almost 93% during a 2009 swine influenza outbreak in Australia.1 Adherence
was influenced by supplying prompt and comprehensible information to the affected persons regarding the reasons for and desired behaviour during quarantine, perceptions of social pressure, the interpretation of self-isolation as an altruistic act, financial security and the provision of daily necessities. A recent Norwegian study showed rather low adherence to COVID-19 pandemic containment measures among 1704 individuals. It was higher at the beginning of the pandemic (April vs May to June) and among symptomatic patients. The authors point out that strategies to improve people’s adherence to quarantine and isolation are required. This is even more important as statistical models have shown that strict adherence to the measures can lead to a flattening of the infection curve. On the other hand, adherence to strict quarantine or isolation measures challenges those affected, particularly on a psychological level. Röhr et al investigated the psychological effects of quarantine during previous coronavirus outbreaks. They included 13 studies in their meta-analysis and described psycho-social consequences such as stress, post-traumatic stress disorder, anger, anxiety, depression, loneliness and stigmatisation, depending on the duration of quarantine and possible economic losses. In the meantime, the first more concrete results on the effects of quarantine have also become available. Ripon et al investigated the occurrence of post-traumatic stress disorder and depression in quarantined people in Bangladesh and showed a significantly increased risk for both entities.

To maintain or positively influence mental health during the quarantine/isolation period, physical activity is recommended by the WHO (“Stay physically active during self-quarantine”) and others. However, it is becoming increasingly apparent that lifestyles during quarantine tend to be characterised by a significantly higher sedentariness, usually combined with an unhealthy diet such as increased snacking and higher alcohol consumption. A Polish study showed that there was a significant increase (up to over 50%) in unhealthy eating and snacking as well as an increase in drinking and smoking behaviour (approximately 15% and 45%, respectively). These changes were particularly apparent in at-risk groups, such as the overweight and obese, or those exhibiting addictive behaviour. Overweight people are considered particularly at risk for SARS-CoV-2 infection, as well as those with other non-communicable diseases such as diabetes mellitus, arterial hypertension and metabolic syndrome. The increased sedentary lifestyle caused by the lockdown or quarantine period may raise this risk due to its unfavourable proinflammatory effects. A decrease in exercise during quarantine has been observed especially among older people. Thus, the authors call for adequate counselling and support systems not only with regard to psychosocial stress and adherence to the relevant rules, but also regarding the respective lifestyle and possible addictive behaviour, although sufficient data to support the effectiveness of these measures have yet to be made available.

In summary, people in quarantine or domestic isolation should receive close and qualified support. However, what such recommendations should contain in concrete terms, or what of them is actually implemented or can be implemented, has so far mostly been based on analogies. This is because, until now, most studies have focused more on the measures and effects of the lockdown, and less on infected individuals and their relevant contacts during the quarantine or isolation period. However, it is still unclear how and especially what people implement during this time and which individual solutions they develop for themselves and possibly also their children.

This surveillance study therefore aims to assess adherence during quarantine and investigate transmission route, postinfection situation, and the possible positive and negative sociodemographic, psychosocial and lifestyle factors that influence overcoming quarantine time in individuals, and their family members including children to generate measures and recommendations for action for the coming months and/or waves of infection. Therefore, the following questions are addressed:

- What psychosocial, mental and organisational challenges do people face during quarantine as a result of infection and during domestic isolation due to contact with an index person?
- What knowledge is available regarding quarantine recommendations and how are they implemented by affected individuals and their confirmed contacts?
- Which positive or negative factors influence the individual's handling of the quarantine rules or quarantine period (eg, family factors, such as single-parent households, number of children, single households, shared apartments)?
- What influence does the quarantine period have on the selected lifestyle factors (physical activity, sedentary behaviour, relaxation techniques, and/or nutrition, smoking and drinking behaviour)?
- Which individual and professional support systems are available and how are they used or evaluated? What should ideal guidance provided by the public health system look like to increase adherence or reduce the psychosocial burden of quarantine?
- What recommendations can be derived from this advice for dealing with the pandemic in the future? What additional measures should be developed?

METHODS AND ANALYSIS

Study design

Since February 2020, all patients with COVID-19 and their confirmed contacts in Cologne have been contacted by the healthcare office and registered in DiKoMa (Digitales Kontaktmanagement; digital contact management—a database developed by the Department of Information Processing by the city of Cologne). In this context, the individual health status has been recorded, the legal background of quarantining/domestic isolation has been explained, and all persons have been informed that they will also be contacted again for study purposes.
In June/July 2020, an online monitoring study was developed based on the COVID-19 Snapshot Monitoring questionnaire from the University of Erfurt\textsuperscript{17} (COSMO; Prof. Betsch) and the WHO\textsuperscript{18} modified according to the targeted questions. All persons will be included who have a positive SARS-CoV-2 test (quantitative real-time PCR) or are a relevant contact to an infected person, are 16 years of age and older and have provided a written declaration of consent. Exclusion criteria are the absence of a declaration of consent, non-compliance, deceased patients and/or patients in medical or nursing facilities.

This survey will be carried out with the online survey software ‘Unipark’ and sent to the registered persons in the DiKoMa system (figure 1). Answering it will take approximately 30 min, and qualitative data will be evaluated using the MAXQDA software.

**Sample**

Study participants meeting the inclusion criteria will be recruited based on the DiKoMa database in Cologne, Germany. They will receive detailed information outlining the purpose of the study, specific details about participation, and how the data will be stored. They will be informed about confidentiality, that participation is voluntary, and they are free to decline to participate at any point without any negative consequences.

**Survey**

Quantitative and qualitative parameters (‘mixed methods’) will be compiled based on the modified questionnaire of the COVID-19 Snapshot Monitoring study\textsuperscript{17} and WHO\textsuperscript{18} (online supplemental file 1-overview). The survey will be distributed in German, Turkish and English (translated by native speakers; online supplemental file 2-tranlations).
2—English version). A comparable questionnaire will be developed for pregnant women to address their specific situation (not shown).

- Demographic data: age, sex, education, size of apartment/situation (balcony, garden), number of children, family structure and household size, primarily spoken language, occupational status and possible previous illnesses. We will calculate the socioeconomic status (SES) by the education and vocational training based on the categorisation by the German Health Update 2009. Migration background will be based on language spoken at home.

- Route of transmission in the personal environment (‘Yes, namely…’; ‘No, I don’t know’) before the onset of symptoms, risk contacts resulting in quarantine, and more detailed questioning about risk contact (type of contact, contact time and distance; tested positive, personal protective equipment, outdoors/indoors, …).

- Adherence to quarantine measures: hypothetically relevant influencing factors will be presented to the test subjects as statements (eg, ‘When I quarantine, I protect other members of my household’). These factors will be assessed on a six-part endpoint interval scale ranging from ‘I do not agree at all’ (1) to ‘I fully agree’ (6). The quarantine recommendations of the Robert Koch Institute will be presented to the volunteers (eg, ‘Do not allow visitors into your home’). It should then be stated in each case whether the recommendation was known (yes or no), and an assessment should be made on a six-part endpoint interval scale of how the recommendations were implemented and how difficult this was, ranging from ‘I did not implement it at all’ to ‘I fully implemented it / I did not find it difficult at all’ (6).

- Assessment of the COVID-19 specific, postinfection situation: physical and mental performance, state of exhaustion, and so on, scored from ‘Not applicable at all’ (1) to ‘Fully applicable’ (6). Individual concerns such as financial loss, exclusion as a result of quarantine/isolation or infection will also be asked.

- Psychological situation: the two-question test will be used to assess mood prior to the pandemic, in addition, distress will be assessed with the following five items for the period during quarantine adapted from the COSMO study. In detail, item 1 from the generalized anxiety disorder (GAD-7), items 6, 8 and 14 from the Allgemeine Depressionsskala (ADS) and item 19 from the IES-R (impact of event scale) will be integrated into the questionnaire. Based on the COSMO study, a score will be formed from the five items revealing the total reported psychological distress.

- Resilience will be measured using the modified Brief Resilience Scale (eg, ‘I do not need much time to recover from a stressful event’), which ranges from ‘I do not agree at all’ (1) to ‘I fully agree’ (6). In addition, coronavirus-specific items will be used (eg, ‘I know that I will not allow myself to be discouraged’), also scored from ‘I do not agree at all’ (1) to ‘I fully agree’ (6).

- Coping and support: use of possible support systems; help from neighbours or from a circle of friends with four items scored from ‘Not applicable at all’ (1) to ‘Fully applicable’ (6) and free questions. These questions will also be adapted based on the COSMO study.

- Lifestyle: sedentary behaviour, physical activity and relaxation will be recorded before and during the quarantine period as well as nutrition, including alcohol and nicotine consumption (modified according to Ref. 28). Based on the type of sport and intensity, an average baseline metabolic unit (MET) value for the activities will be derived based on the compendium by Ainsworth et al. An average MET value for each sport activity will then be determined from the frequency and duration data using the following formula: MET minutes per week = MET baseline value * frequency per week * duration per unit.

The MET minutes per week of all specified activities before the pandemic and those during the quarantine period will then be summed. Forms of relaxation will be divided into passive and active relaxation, and weekly minutes will be calculated from the frequency and duration data. Sedentary activities will be queried in minutes per week in both professional and private settings. In addition, hobbies and possible changes during the quarantine or isolation period will be recorded. Smoking will be asked for duration and frequency and changes during quarantine. From this, pack years will be calculated by multiplying the number of cigarette packs smoked per day by the number of years smoked. Pack size will be calculated as 20 cigarettes/pack.

**Subgroup analyses: children**

Participants will additionally be asked about their children in the following age groups: under 3 years, 3 to under 6 years, 6 to under 10 years, 10 to under 14 years, 14 to under 16 years. Pre-existing conditions will be recorded as well as how they dealt with the lack of childcare in day care or school, current social contacts and leisure activities as compared with before the lockdown and/or isolation. In terms of children’s well-being, item 1 from the GAD-7, items 6 and 14 from the ADS and item 19 from the IES-R will be integrated into the questionnaire. Based on the COSMO study, a score will be formed from the four items revealing the total reported psychological distress.

**Non-responder analysis**

The non-responders will be matched as far as possible to the full sample in DiKoMa to assess, which groups of people were under-represented in the responses or to what extent the sample will be representative. We will perform an analysis of the reasons for non-participation.
or early cancellation based on the feedback via email or in the open questions. Responses will be clustered by topic area. In addition, an analysis will be made of the questions which the participants predominantly refrained from answering.

**Patient and public involvement**

The research questions and methods were developed based on the literature. In order to optimise the survey and align it according to the research questions, affected persons from the personal environment were first approached and asked to answer and assess the draft. From this collective, 20 additional affected persons were then recruited by snowball sampling and the feasibility and duration were tested. Since the online survey is anonymised, no individual results are given to the patients. However, the results and the recommendations or support systems developed from them will be communicated via the press and the homepage of the city and the health department. Therefore, future quarantined persons will benefit from our study if our recommendations are considered in settings which influence their individual needs, worries and coping strategies.

**Data assessment and analysis**

The email addresses necessary for contacting participants will be extracted from DiKoMa. For pseudonymisation, they will be separated from the survey data, and the participants will receive an identification number. This means that third parties will not be able to draw any conclusions about individuals.

The datasets used and/or analysed during the current study will be available from the corresponding author on reasonable request.

The statistical evaluation of all variables will include descriptive statistics (percentage, mean values, SD). Associations between participant characteristics (age, gender, SES, household size, family structure, quarantine duration) and outcomes like the adherence to COVID-19 quarantine measures, postinfection situation, the results of the Brief Resilience Scale, psychosocial items/score, and lifestyle factors (METs, weight change during quarantine/isolation) will be examined in univariable analyses using $\chi^2$ tests, independent t-tests or analysis of variance.

To explore variation in outcomes, multivariable linear regression models will be used to estimate marginal means (with 95% CIs) for continuous variables. Multiple logistic regression will be used to predict categorical variables on multiple independent variables (including ORs and their 95% CIs). All multivariable models will be controlled for age, gender, number of chronic health conditions, language spoken at home (migration background), family structure, SES and month and duration of quarantine. The significance level will be set at $\alpha=0.05$; trends ($\alpha=0.1$) will also be considered, provided they occur in a comprehensible context. Analyses will be performed using the SPSS statistical software V.27.0.

**ETHICS AND DISSEMINATION**

**Ethical and safety considerations**

The study will be conducted according to the Declaration of Helsinki and the principles of Good Clinical Practice. Participation in the survey is on a voluntary basis after obtaining written consent. No risks have been identified and no complications are expected. Ethics approval was obtained from the Rheinisch-Westfälische Technische Hochschule Aachen Human Ethics Research Committee (351/20), and the research will be conducted in accordance with the approved protocol.

**Dissemination**

The results of this study will be disseminated through peer-reviewed journals and social medicine conferences.

**DISCUSSION**

So far, little is known about the personal situation in which quarantined people find themselves and what effects these measures have on those affected. In order to contain the pandemic and break chains of infection, it is important to know the measures and follow them. One of the most important, but certainly most challenging instructions is to maintain quarantine or domestic isolation. Brooks et al showed in their rapid review the necessity to explain the background of the measures to those affected and to communicate very clearly. They suggest that healthcare workers implementing quarantine should be aware of this unique situation. In the context of the COVID-19 pandemic, stressors like the loss of loved ones, financial loss, depressive symptoms, family conflicts and/or domestic violence are described.

Therefore, additional to transmission routes, data on psychological stress, possible coping strategies and individual solutions (also in terms of physical activity, relaxation, etc) will also be an important area of knowledge for optimising counselling, getting evidence for lifestyle recommendations for the quarantine/isolation period, supporting mental health and preventing long-term (psychological) damage. Although corresponding recommendations are available on how to stay active or eat healthy during quarantine/domestic isolation, there are limited data so far on what of these can actually be implemented. Di Renzo et al examined the lifestyle of 3533 Italian participants, aged between 12 and 86 years (76.1% females) during the first lockdown. The results were inconsistent. While the perception of weight gain was observed in 48.6%, 3.3% of smokers decided to quit smoking and a slight increase of physical activity has been reported. Amatori et al examined nutritional choices, physical exercise and mood in 250 college students during the COVID-19 outbreak. Exercise influenced nutritional choices, counteracted the impact of psychological distress on the dietary habits, and mediated the effects of mood states. To the best of our knowledge, there are no comparable data on individuals during imposed home isolation.
Hence, it is of utmost interest to identify as early as possible which individuals need closer monitoring and more intensive support during the quarantine/isolation period and how such support systems must be designed.

On the other hand, healthcare workers are equally burdened. In their meta-analysis, Kisely et al showed that, compared with lower risk controls, staff in contact with affected patients had increased levels of both acute traumatic stress and psychological distress with similar results for continuous outcomes.37

The planned study will therefore support both people in quarantine and healthcare professionals in their work.

Despite our best efforts to include as many participants as possible by tailoring the survey to individuals of different nationalities (German, Turkish and English version), there are limits to this approach. People without an email address will not be contacted, and lower levels of education and/or language barriers might impact the outcomes of the questionnaire. Due to the specific recruitment area, the sample is regionally limited. Based on the DiKoMa database, we will therefore carry out a non-responder analysis to target the people that could not be reached in a possible follow-up examination. The questionnaire’s duration of 30min in a pretest is still acceptable due to its complexity but may have a deterrent effect. In sum, however, despite these possible limitations, we assume that the size of the database will generate valuable insights into pandemic control and, above all, into the care of those in quarantine to allow for better preparation for future waves.

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Contributors

CJ, AK, JN and GAW conducted the study on behalf of the CoCo-Fakt study group. LB conducted the questions in terms of route of transmission, JB regarding the quarantine recommendations, AF and ACG regarding the psychosocial questions, AG regarding physical activity and sedentary lifestyle and MT regarding nutrition. WN, MD, SF, BG and ML are responsible for questions in terms of children’s well-being. NS and NE organised the study and programmed the survey. NS assisted the manuscript writing.

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Competing interests

None declared.

Patient consent for publication

Obtained.

Provenance and peer review

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Supplemental material

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References

19 Saß AC, Lange C, Finger JD. “Gesundheit in Deutschland aktuell” – Neue Daten für Deutschland und Europa. Hintergrund und
Supplement 1. Overview, MCQ: multiple choice question, OQ: open question

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<th>Dimension</th>
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<th>Number of items (Without filter)</th>
<th>Item format</th>
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<td>3</td>
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<td>14 (Personal 8, Apartment 6)</td>
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<td>Yes/No (2), OQ (4)</td>
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<td>Corona assessment</td>
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<td>1</td>
<td>6-point Likert scale (1)</td>
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<td>Quarantine recommendations</td>
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<td>3</td>
<td>Yes/No (19), 6-point Likert scale (38)</td>
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<td>Quarantine implementation</td>
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<td>1</td>
<td>OQ (3), Yes/No (2)</td>
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<td>23</td>
<td>MCQ (2), OQ (12), Yes/No (9), Yes/No with OQ (3) 6-point Likert scale (4)</td>
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<td>Nutrition</td>
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<td>Lifestyle during Quarantine</td>
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<td>MCQ (3), MCQ with OQ (7), OQ (20), Yes/No (6), 6-point Likert scale (1)</td>
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<td>Smoking</td>
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276 69
Supplement 2. Questionnaire (English version)

Online-Survey

Information on the study (sub-projects A, B, G)

CoCo-Fakt – Cologne-Corona-Beratung und Unterstützung Für Index- und Kontakt-Personen während der Quarantäne-Zeit
(Cologne-Corona counselling and support for index patients and contacts during the quarantine period)

Thank you for your interest in the survey. Following the provided link, you have arrived at our survey on the online platform. Your participation in the study is voluntary. All information that you provide is anonymous. Only your email address was used to process this online procedure. It will be irretrievably deleted after your participation. However, before you decide for or against participating, you should understand why this survey is being conducted and what is involved. Please take the time to read the following information carefully and decide whether or not you want to participate. If you have any questions about the survey, you can always contact the persons mentioned in the link to the privacy policy. They will answer your questions as soon as possible.

Dear study participant,

Since the first infections with the COVID-19 virus were described in Wuhan in December 2019, it has spread worldwide within a very short time and led to considerable restrictions in the lives of all people. To date, little is known about the care and course of the disease during the domestic isolation or quarantine period. This includes not only the patients themselves, but also contact persons of the first order who have been designated as contact persons according to the Infection Protection Act (IfSG). Due to the duration of possible restrictive measures, it is therefore relevant to investigate the respective approaches and creative solutions in relation to their personal situation, and to elaborate which factors are important/have an impact on the course of the disease.

The purpose of this online survey is therefore to gain knowledge about relevant aspects of the COVID-19 infection and/or the quarantine/domestic isolation. Understanding the handling of the consequences on a medical as well as psychosocial level is necessary – even if some time has passed since the quarantine, to generate recommendations for the proceeding months. The questionnaire includes questions regarding your current situation, how you deal with it, your lifestyle and personal assessment as well as that of your children or – if applicable, of your pregnancy. It was developed on the basis of the World Health Organization's COVID-19 Snapshot Monitoring (COSMO) survey. Answering the questions will take about 30 minutes.

Privacy Policy

The city's health department collects personal data from you for the purpose of scientific monitoring. The protection of your personal data is a central concern. Accordingly, we feel obliged to comply with the legal requirements, in particular the European Basic Data Protection Regulation (hereinafter referred to as “DSGVO”), the Data Protection Act of the State of North Rhine-Westphalia (DSG NRW), the Infection Protection Act (IfSG) and the Higher Education Act of the State of North Rhine-Westphalia.
Please follow this link to participate in the survey in Turkish:

Anketin türkçe versiyonuna katılmak istiyorum.

Please follow this link to participate in the survey in German:

Ich möchte an der deutschen Version des Fragebogens teilnehmen.

1) Date of completion: ____________ (day/month/year)

Personal Background

Please answer the following personal information

2) What is your age? ______________ years

3) What is your sex?
   o Female
   o Male
   o Other

4) Which language do you mainly speak? ______________

5) How many school years did you complete? ______________

6) What is your highest professional qualification?
   Please include degrees obtained in foreign countries by selecting an equivalent German degree.
   o Job training, professional internship
   o Job preparation year
   o Apprenticeship, dual system vocational training
   o Vocational qualification at a technical college, preparatory college for intermediate service in public administration
   o Training centres/schools for health and social professions: One-year Programmes (e.g. nursing assistant, geriatric nurse, paramedic)
   o Training centres/schools for health and social professions: Two-year Programmes (e.g. massage therapist, hydro therapist, Pharmaceutical Technical Assistant (PTA), podiatrist)
   o Training centres/schools for health and social professions: Three-year Programmes (e.g. physiotherapy, health and nursing care, Medical Technician (MTA), geriatric care)
   o Training centres/schools for educators
   o Master craftsman, technician or equivalent technical college degree
   o Technical school of the DDR
   o Specialist academy (“Fachakademie”, only in Bavaria)
   o University/technical college degree
   o Other: ______________
7) **Do you have any chronic diseases?**
- Yes
- No
- I don't know

8) **If yes, do you have any of the following diseases?**
You can select multiple answers.
- Asthma, including allergic asthma
- Chronic bronchitis, chronic obstructive pulmonary disease, pulmonary emphysema
- Heart attack, coronary heart disease
- Congestive heart failure
- Stroke
- Diseases of the musculoskeletal system
- Diabetes -- type 1 or type 2 (excluding gestational diabetes)
- Hypertension/high blood pressure
- Hypercholesterolemia
- Allergies, such as hay fever, allergic reactions of the eyes or skin, food allergies or other allergies (excluding allergic asthma)
- Chronic liver diseases
- Chronic kidney problems or kidney failure
- Depression
- Cancer, which type? _______________
- Inflammatory bowel disease (Crohn's disease, ulcerative colitis)
- Other: _______________

9) **Are you in a relationship (including marriage)?**
- Yes
- No

10) **Do you have children?**
- Yes
- No

11) **If yes, do you have children under the age of 3?**
- Yes
- No (Please continue with question 22)
Children under 3

You have stated that you have a child/children under the age of 3. Please think of your child/children in this age group now.

12) How many children under the age of 3 do you have?

   Number of boys: _______________
   Number of girls: _______________
   Number of others: _______________

13) Does your child / do your children under the age of 3 have any chronic diseases?
   If you have more than one child of this age group, please enter the respective diseases for the respective sex and indicate the number of sick children.

   o No
   o Boys: Yes, the following: _______________
   o Girls: Yes, the following: _______________
   o Other: Yes, the following: _______________

14) How many of your children under the age of 3 were in quarantine? _______________

15) How did your child/children feel during the quarantine period?

<table>
<thead>
<tr>
<th></th>
<th>Not at all or less than 1 day</th>
<th></th>
<th></th>
<th></th>
<th>Always or every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>The child/children felt nervous, anxious, or on edge.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>The child/children felt depressed.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>The child/children felt lonely.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Thoughts about its/their experiences during the Coronavirus pandemic cause it/them to have physical reactions, such as sweating, trouble breathing, nausea or a pounding heart.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

16) Did your child/children visit a kindergarten or day care centre before the contact ban on March 16?

   o Yes
   o No
17) How did you handle the lack of childcare (e.g. kindergarten/day care)?

_______________________________________________________________________
_______________________________________________________________________

18) How often did your child/children meet social contacts outside the immediate family (grandparents, friends) before the contact ban on March 16?

- Not at all
- Once every 2 weeks
- Once per week
- Several times per week
- Daily

19) How did you handle the lack of social contacts (e.g. grandparents, friends) of your child/children?

_______________________________________________________________________
_______________________________________________________________________

20) Did your child/children regularly visit a (sports) club or music school before the contact ban on March 16?

- No
- Yes, a (sports) club
- Yes, a music school
- Yes, private music lessons
- Yes, other: __________________________

21) How did you handle the lack of leisure activities?

_______________________________________________________________________
_______________________________________________________________________

These questions were extended analogously to the following age groups:

- 3 to under 6 years
- 6 to under 10 years
- 10 to under 14 years
- 14 to under 16 years

From the age group of 6 years old children (and older) the terms kindergarten and day care were replaced by school
Housing situation

Please enter the following information about your housing situation.

22) Does your house/apartment have...

- a garden
- a balcony or terrace
- both
- neither

23) How many rooms does your home have? _______________

*Please note: Kitchen, hallway and bathroom do not count as rooms.*

24) Do you live alone?

*Please note: This refers to the household where you spent most of your quarantine.*

- Yes (Please continue with question 28)
- No

25) How many adults permanently live in your household (other than you)? _______________

26) Is it possible in your household to be alone in a room during quarantine?

- Yes
- No

27) Did you have to isolate yourself from your partner/your children/your family during quarantine?

- Yes, in a shared apartment
- Yes, in a separate apartment
- No, because: _______________

Your quarantine situation

28) Why did you have to quarantine?

- I tested positive for the coronavirus.
- I was a contact person. (Please continue with question 30)
- I was a contact person several times. (Please continue with question 30)
- I was a contact person and was tested positive for the coronavirus afterwards. (Please continue with question 30)
- I was a travel returnee. (Please continue with question 43)
- Other: _______________ (Please continue with question 43)
- I don’t know. (Please continue with question 43)
Index patients

29) How would you personally describe the course of the disease after quarantine?
   - Completely symptom-free
   - Mild symptoms
   - 1-3 days of noticeable symptoms
   - Severe feeling of sickness
   - Disease-related anxiety
   - Other: _______________

30) Do you have a suspicion how you might have been infected?
   - Yes
   - No (Please continue with question 40)

If yes, we would like to ask you about the situation in which you may have been infected / had contact with a coronavirus patient.

31) I may have been infected / had contact with a coronavirus patient in the following situation:
    *Please indicate the situation that you think was most likely.*
   - With family members who live with me
   - With family members who do not live with me
   - With friends or acquaintances (not at a celebration / party)
   - At work
   - At school / university / day care
   - I received medical treatment (doctor's office, hospital, rehabilitation clinic)
   - On public transport (bus / train / tram)
   - While shopping
   - During sport (in a club / in the gym)
   - At a celebration / party / family celebration with approx. ________ people
   - At a concert
   - In a restaurant / bar / café
   - When singing (e.g. in a choir)
   - In a religious institution (church / mosque)
   - Other: _______________

32) Did the person you had contact with wear a mask?
   - Community mask
   - Medical face mask
   - FFP2 mask
   - FFP3 mask
   - Other: _______________
   - No
   - I don’t know
33) I wore the following protection during the contact:
   You can select multiple answers.
   
   o None
   o Community mask
   o Medical face mask
   o FFP2 mask
   o FFP3 mask
   o Protective gown
   o Gloves
   o Other: _______________
   o I don’t know

34) The contact took place within enclosed spaces:
   
   o Yes
   o No

35) The total time of contact was (added up): _______________ min

36) The distance during contact was: _______________ m

37) If the contact took place at the workplace: What applies to you?
   
   o I work as a healthcare professional (medical staff)
   o I work as a healthcare professional (nursing staff; nursing home / outpatient nursing service)
   o I work in an office with _______________ other people
   o I work in the retail sector
   o I work in a school / day care centre
   o I work in the following field: _______________

38) If the contact took place on public transport (bus / train / tram): How often do you use public transport per week?
   
   o 1–2 days per week
   o 3–4 days per week
   o 5–7 days per week

39) If the contact took place within enclosed spaces: How regularly was the room aired out?
   
   o Permanently
   o Several times per hour
   o Every 1 to 2 hours
   o Less than every 2 hours
   o There was a ventilation system
   o Not at all
   o I do not know (anymore)
Your quarantine situation (continued)

40) Have you quarantined more than once?
   o Yes
   o No

41) If you quarantined only once: How long did you quarantine for?
   From: _______________ (day/month/year) To: _______________ (day/month/year)

42) If you quarantined more than once: When was the first time you quarantined?
   From: _______________ (day/month/year) To: _______________ (day/month/year)
   When did you quarantine again?
   From: _______________ (day/month/year) To: _______________ (day/month/year)
   When did you quarantine again?
   From: _______________ (day/month/year) To: _______________ (day/month/year)

Knowledge of the quarantine recommendations – Part I

In this section we would like to find out how you got information about the recommendations for dealing with the quarantine and to what extent you were able to implement them.

43) Please indicate to what extent you agree with the following statements.

<table>
<thead>
<tr>
<th></th>
<th>I fully agree</th>
<th></th>
<th></th>
<th></th>
<th>I do not agree at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I think the new coronavirus is dangerous.</td>
<td>O O O O O O O</td>
<td></td>
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<tr>
<td>2. It was clearly explained to me why I should go into quarantine.</td>
<td>O O O O O O O</td>
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<tr>
<td>3. It was clearly explained to me how I should behave in quarantine.</td>
<td>O O O O O O O</td>
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<tr>
<td>4a. I think the quarantine measures are too strict.</td>
<td>O O O O O O O</td>
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<tr>
<td>4b. I think the quarantine measures are too loose.</td>
<td>O O O O O O O</td>
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<tr>
<td>5a. When I quarantine, I protect myself.</td>
<td>O O O O O O O</td>
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<tr>
<td>5b. When I quarantine, I protect other members of my household.</td>
<td>O O O O O O O</td>
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<tr>
<td>5c. If I quarantine, I will protect our society from the further spread of the coronavirus.</td>
<td>O O O O O O O</td>
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</table>
6. People in my professional and social environment expected me to implement the quarantine measures.

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7. During my quarantine, I had difficulties providing myself with the things I needed for everyday life (e.g. groceries, drugstore items).

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Knowledge of the quarantine recommendations – Part II

1) **Recommendation: Do not leave your apartment/house.**

Were you aware of this recommendation during your quarantine? Yes □ No □

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<tbody>
<tr>
<td>I fully implemented it</td>
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<td>I did not implement it at all</td>
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Did you implement this recommendation?

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<tr>
<td>I did not find it difficult at all</td>
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<td>It was very difficult for me</td>
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How difficult did you find it to implement this recommendation?

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2) **Recommendation: Do not allow visitors into your home.**

Were you aware of this recommendation during your quarantine? Yes □ No □

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<td>I fully implemented it</td>
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<td>I did not implement it at all</td>
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Did you implement this recommendation?

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<td>It was very difficult for me</td>
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</table>

How difficult did you find it to implement this recommendation?

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</table>

3) **Recommendation**: Avoid personal contact with postmen and delivery services. If contact is necessary, wear a face mask.

Were you aware of this recommendation during your quarantine?  
- Yes □  
- No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th></th>
<th>O</th>
<th>O</th>
<th>O</th>
<th>O</th>
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</tr>
</thead>
<tbody>
<tr>
<td>I did not find it difficult at all</td>
<td>O</td>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
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</tbody>
</table>

How difficult did you find it to implement this recommendation?  
- O  
- O  
- O  
- O  

The following questions are only addressed to those participants who do not live alone. If you live alone, please continue with question 44.

4) **Recommendation**: Stay separate from other household members in a separate room.

Were you aware of this recommendation during your quarantine?  
- Yes □  
- No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
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<tr>
<td>I did not find it difficult at all</td>
<td>O</td>
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</table>

How difficult did you find it to implement this recommendation?  
- O  
- O  
- O  
- O  

5) **Recommendation**: Sleep separately from other household members in a separate room. If this is not possible, sleep in a separate bed with at least one metre distance to the next bed.

Were you aware of this recommendation during your quarantine?  
- Yes □  
- No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
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<tr>
<td>I did not find it difficult at all</td>
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</table>

How difficult did you find it to implement this recommendation?  
- O  
- O  
- O  
- O  

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6) **Recommendation:** Only have contact with other household members if you need their help.

Were you aware of this recommendation during your quarantine?  Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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<td></td>
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</tbody>
</table>

I did not find it difficult at all  It was very difficult for me

How difficult did you find it to implement this recommendation?  O

7) **Recommendation:** Keep a distance of at least 1.5m to other household members.

Were you aware of this recommendation during your quarantine?  Yes □  No □

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<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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</tbody>
</table>

I did not find it difficult at all  It was very difficult for me

How difficult did you find it to implement this recommendation?  O

8) **Recommendation:** Wear a face mask when in contact with other household members.

Were you aware of this recommendation during your quarantine?  Yes □  No □

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<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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<tbody>
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<td></td>
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</tbody>
</table>

I did not find it difficult at all  It was very difficult for me

How difficult did you find it to implement this recommendation?  O
9) **Recommendation:** Take your meals in a different room than the other household members.

Were you aware of this recommendation during your quarantine? Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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</thead>
<tbody>
<tr>
<td>I did not find it difficult at all</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>It was very difficult for me</td>
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</table>

How difficult did you find it to implement this recommendation? 0 0 0 0 0

10) **Recommendation:** Use the bathroom, hallway, kitchen and other common rooms only when absolutely necessary.

Were you aware of this recommendation during your quarantine? Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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<tbody>
<tr>
<td>I did not find it difficult at all</td>
<td>0</td>
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<tr>
<td>It was very difficult for me</td>
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</table>

How difficult did you find it to implement this recommendation? 0 0 0 0 0

11) Does your household have more than one toilet? Yes □  No □

If yes, **Recommendation:** Use only one of the toilets. Other members of the household should not use this toilet.

Were you aware of this recommendation during your quarantine? Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not implement it at all</th>
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<tbody>
<tr>
<td>I did not find it difficult at all</td>
<td>0</td>
<td>0</td>
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<tr>
<td>It was very difficult for me</td>
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</table>

How difficult did you find it to implement this recommendation? 0 0 0 0 0
### Recommendation: The bathroom you use should be cleaned at least once a day.

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not find it difficult at all</th>
<th>I did not implement it at all</th>
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<tr>
<td>Yes □  No □</td>
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</table>

### Recommendation: Surfaces frequently touched by you (bedside table, door handles, smartphone, work surfaces...) should be cleaned once a day.

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not find it difficult at all</th>
<th>I did not implement it at all</th>
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<td>Yes □  No □</td>
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### Recommendation: Air all rooms regularly.

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<th>I fully implemented it</th>
<th>I did not find it difficult at all</th>
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<tr>
<td>Yes □  No □</td>
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</table>
15) **Recommendation: Sneeze into the crook of your arm or use a disposable tissue.**

| Did you implement this recommendation? | I fully implemented it | | | | | I did not implement it at all |
|---------------------------------------|------------------------|---|---|---|---|
| Yes □ No □ | ○ | ○ | ○ | ○ | ○ |

Did you implement this recommendation?  

<table>
<thead>
<tr>
<th>I did not find it difficult at all</th>
<th>It was very difficult for me</th>
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<tr>
<td>Yes □ No □</td>
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How difficult did you find it to implement this recommendation?  

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<th>It was very difficult for me</th>
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<tr>
<td>Yes □ No □</td>
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16) **Recommendation: Wash your hands regularly for at least 20 seconds, particularly after blowing your nose or sneezing.**

| Did you implement this recommendation? | I fully implemented it | | | | | I did not implement it at all |
|---------------------------------------|------------------------|---|---|---|---|
| Yes □ No □ | ○ | ○ | ○ | ○ | ○ |

Did you implement this recommendation?  

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<th>It was very difficult for me</th>
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How difficult did you find it to implement this recommendation?  

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<tr>
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<tr>
<td>Yes □ No □</td>
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17) **Recommendation: Keep used tissues, gloves and other waste in a lidded bin in your room.**

| Did you implement this recommendation? | I fully implemented it | | | | | I did not implement it at all |
|---------------------------------------|------------------------|---|---|---|---|
| Yes □ No □ | ○ | ○ | ○ | ○ | ○ |

Did you implement this recommendation?  

<table>
<thead>
<tr>
<th>I did not find it difficult at all</th>
<th>It was very difficult for me</th>
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How difficult did you find it to implement this recommendation?  

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<tbody>
<tr>
<td>Yes □ No □</td>
<td>○</td>
</tr>
</tbody>
</table>
18) **Recommendation:** After washing your hands, use paper towels or a towel that is only used by you and change it daily.

Were you aware of this recommendation during your quarantine?  Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not find it difficult at all</th>
<th>I did not implement it at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>How difficult did you find it to implement this recommendation?</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

19) **Recommendation:** Wash your clothes at a minimum of 60 degrees and separately from the laundry of other household members.

Were you aware of this recommendation during your quarantine?  Yes □  No □

<table>
<thead>
<tr>
<th>Did you implement this recommendation?</th>
<th>I fully implemented it</th>
<th>I did not find it difficult at all</th>
<th>I did not implement it at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>How difficult did you find it to implement this recommendation?</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

44) If you generally found it difficult to implement the quarantine measures: Exactly what made the implementation difficult for you?  
*Please name the aspects that you consider most important.*

1) I found the implementation difficult because ____________________________
2) I found the implementation difficult because ____________________________
3) I found the implementation difficult because ____________________________

**Mental Situation**

In this section we would like to know how you felt during the quarantine period and how you and others could be supported during this phase.

Please think back to the last four weeks before the contact ban was implemented on March 16.
45) Please answer the following questions according to your situation before the contact ban is implemented on March 16.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) During the past month, have you often been bothered by feeling down, depressed, or hopeless?</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>b) During the past month, have you often been bothered by little interest or pleasure in doing things?</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

46) Please indicate how much you agree with the following statements regardless of the quarantine situation.

<table>
<thead>
<tr>
<th>Statement</th>
<th>I fully agree</th>
<th>I do not agree at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>I tend to bounce back quickly after hard times.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I have a hard time making it through stressful events.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>It does not take me long to recover from a stressful event.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>It is hard for me to snap back when something bad happens.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I usually come through difficult times with little trouble.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I tend to take a long time to get over set-backs in my life.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I am generally satisfied with my life situation.</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

47) Below you will find descriptions of how you may have mostly felt or behaved during the quarantine period.

Please select the answer that best matches/matched your state of health during this phase.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all or less than 1 day</th>
<th>Always or every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>I felt nervous, anxious, or on edge.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I felt depressed.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I felt lonely.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I felt hopeful about the future.</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Thoughts about my experiences during the</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
Coronavirus pandemic caused me to have physical reactions, such as sweating, trouble breathing, nausea or a pounding heart.

48) How much do/did the following statements apply to you during the quarantine period?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Fully applicable</th>
<th></th>
<th></th>
<th>Not applicable at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>I receive support offers from family, friends or neighbours.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I have a plan for my daily routine in terms of sleep, work, or physical activities.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I discover activities that make it easier for me to stay at home.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I make phone calls or exchange information with family, friends and acquaintances via digital media.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I am bored.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I cannot do anything to influence the situation in a positive way.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

49) Please answer the following questions regarding your experience during the quarantine period.

<table>
<thead>
<tr>
<th>Question</th>
<th>I fully agree</th>
<th></th>
<th></th>
<th>I do not agree at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>I always find ways for myself to continue.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I know that I will not allow myself to be discouraged.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I learn important and useful lessons for my life.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I learn ways to better cope with it next time.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
50) What helped you most during the quarantine period?
Please name the aspects that you consider most important.

1) What helped me the most was ____________________________
2) What helped me the most was ____________________________
3) What helped me the most was ____________________________

51) What did you worry about most during the quarantine period?
Please name the aspects that you consider most important.

1) What I worried about most was ____________________________
2) What I worried about most was ____________________________
3) What I worried about most was ____________________________

52) Did your quarantine result in financial losses or did you have higher financial expenses than usual?
Please name the aspects that you consider most important.

1) I had financial losses/higher financial expenses because ____________________________
2) I had financial losses/higher financial expenses because ____________________________
3) I had financial losses/higher financial expenses because ____________________________

53) Did you make use of professional support systems, such as helplines?

- Yes, the following: ____________________________
- No (Please continue with question 55)

54) If so, would you recommend them to others?

- Yes, because ____________________________
- No, because ____________________________

55) Which further measures would you like to see or would you have liked to see?
Please name the aspects that you consider most important.

1) I would like/would have liked ____________________________
2) I would like/would have liked ____________________________
3) I would like/would have liked ____________________________

56) Were you excluded due to your quarantine period?

- In the professional environment
  - Yes
  - Partly
  - No
b) In your private environment

- Yes
- Partly
- No

Eating behaviour during the quarantine period

57) Which meal would you consider your main meal?

- Breakfast
- Lunch
- Dinner
- Other: ____________________

58) Did anything change with regard to your meals during the quarantine period?

- Yes
- No (Please continue with question 60)

59) If yes, what changed with regard to your meals during the quarantine period?

<table>
<thead>
<tr>
<th>Eating healthier</th>
<th>Yes</th>
<th>No</th>
<th>Partly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating less healthy</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>More snacks between meals</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>More nibbling (e.g. while watching TV, working etc.)</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Other: ___________________________</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

60) How often do you consume the following foods each week?

<table>
<thead>
<tr>
<th></th>
<th>Several times per day</th>
<th>Once per day</th>
<th>Several times per week</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet food (e.g. chocolate, gummi bears etc.)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Salty food (e.g. chips, nuts etc.)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Fresh vegetables</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
61) Did anything change regarding the food you eat during the quarantine period?
   - Yes
   - No (Please continue with question 63)

62) If yes, what changed during the quarantine period with regard to the food you eat?
   You can select multiple answers.
   - I eat more
   - I eat less
   - I eat more sweets
   - I eat less sweets
   - I eat more salty snacks
   - I eat less salty snacks
   - I eat more fruit
   - I eat less fruit
   - I eat more vegetables
   - I eat less vegetables
   - I eat more consciously
   - I eat less consciously
   - I eat healthier
   - I eat less healthy
   - Other: ____________________

63) Did your body weight change during the quarantine period?
   - Yes
   - No (Please continue with question 65)

64) If yes, how did your body weight change during the quarantine period?
   - I lost ____________ kg.
   - I gained ____________ kg.
Lifestyle before the Corona pandemic

Exercise and relaxation

In this section we would like to know if and how it was possible to adapt your usual lifestyle to the quarantine period. Therefore, we will first ask you about your usual activities before the Corona pandemic in order to compare them with the changes.

65) Were you active in sports before the Corona period? Yes □ No □

<table>
<thead>
<tr>
<th>Type of exercise</th>
<th>How often per week?</th>
<th>For how many minutes each?</th>
<th>Independently</th>
<th>In a club</th>
<th>In a gym and/or with a coach</th>
<th>Media/online-based offer</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Intensity: □ very light □ light □ moderate □ vigorous □ very vigorous</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Intensity: □ very light □ light □ moderate □ vigorous □ very vigorous</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Intensity: □ very light □ light □ moderate □ vigorous □ very vigorous</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

66) Did you regularly do relaxation activities (e.g. yoga, meditation) before the corona pandemic? Yes □ No □

<table>
<thead>
<tr>
<th>Relaxation activity</th>
<th>How often per week?</th>
<th>For how many minutes each?</th>
<th>Independently</th>
<th>In a club</th>
<th>In a gym and/or with a coach</th>
<th>Media/online-based offer</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>2. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>3. ______________</td>
<td>______</td>
<td>______</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
67) On average, how many hours per week did you usually spend sitting before the corona pandemic? (e.g. in the car, on the sofa, while watching TV, ...)

<table>
<thead>
<tr>
<th>At work</th>
<th>In your private environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office work without screen work</td>
<td>□ h</td>
</tr>
<tr>
<td>Office work with screen work</td>
<td>□ h</td>
</tr>
<tr>
<td>(e.g. computer):</td>
<td></td>
</tr>
<tr>
<td>Driving a car:</td>
<td>□ h</td>
</tr>
<tr>
<td>Other: _________________________</td>
<td>□ h</td>
</tr>
<tr>
<td>Other: _________________________</td>
<td>□ h</td>
</tr>
</tbody>
</table>

Lifestyle during the quarantine period

68) How did you feel during the quarantine period?

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Fully applicable</th>
<th>Not applicable at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel/felt limited in my physical performance.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>I feel/felt exhausted.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>I feel/felt tired.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>I always feel/felt physically fit.</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

69) Were you active in sports during the quarantine period? Yes □ No □
2. ________________________   _____   _____ |   O   O   O   O   O   O
   Intensity: □ very light □ light □ moderate □ vigorous □ very vigorous

3. ________________________   _____   _____ |   O   O   O   O   O   O
   Intensity: □ very light □ light □ moderate □ vigorous □ very vigorous

70) Did you regularly do relaxation activities (e.g. yoga, meditation) **during** the quarantine period? Yes ☐ No ☐

<table>
<thead>
<tr>
<th>Relaxation activity</th>
<th>How often per week?</th>
<th>For how many minutes each?</th>
<th>Indepently</th>
<th>In a club</th>
<th>In a gym and/or with a coach</th>
<th>Media/online-based offer</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ________________________   _____   _____</td>
<td>O   O   O   O   O   O</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. ________________________   _____   _____</td>
<td>O   O   O   O   O   O</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. ________________________   _____   _____</td>
<td>O   O   O   O   O   O</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

71) On average, how many hours per week did you usually spend sitting **during** the quarantine period? (e.g. in the car, on the sofa, while watching TV,...)

<table>
<thead>
<tr>
<th>At work</th>
<th>In your private environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office work without screen work</td>
<td>Computer/phone/tablet:</td>
</tr>
<tr>
<td>Office work with screen work (e.g. computer):</td>
<td>TV</td>
</tr>
<tr>
<td>Other: ________________________</td>
<td>Reading/writing</td>
</tr>
<tr>
<td>Other: ________________________</td>
<td>Hobbies (sewing, handicrafts, etc.):</td>
</tr>
<tr>
<td></td>
<td>Other: ________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

72) What else did you do to relax during the quarantine period (e.g. by reading, watching television, playing games...)?

*You can select multiple answers.*

- Reading
- Playing board games
- Watching TV
- Exercising

---

- Playing music
- Crafting
- Gardening
- Hobby: ____________
- Other: ____________

### Lifestyle during the quarantine period – others

<table>
<thead>
<tr>
<th>How often do you typically drink alcohol outside the quarantine period?</th>
<th>Never</th>
<th>1x/month</th>
<th>2-3x/month</th>
<th>2-3x/week</th>
<th>4 and more times/week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

**Did this change during the quarantine period?**
- No
- Yes, insofar as ____________

**One alcoholic beverage corresponds to e.g. a small bottle of beer with 0.33l, a small glass of wine with 0.125l, a glass of sparkling wine or a double drink/schnapps**

<table>
<thead>
<tr>
<th>If you drink alcohol in a day, how many alcoholic beverages do you typically drink outside of quarantine time?</th>
<th>1 – 2</th>
<th>3 – 4</th>
<th>5 – 6</th>
<th>7 – 9</th>
<th>10 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

**Did it change during the quarantine period?**
- No
- Yes, insofar as ____________

**One alcoholic beverage corresponds to e.g. a small bottle of beer with 0.33l, a small glass of wine with 0.125l, a glass of sparkling wine or a double drink/schnapps**

<table>
<thead>
<tr>
<th>How many times did you drink more than 6 alcoholic beverages in one day during the quarantine period?</th>
<th>Never</th>
<th>Less than 1x/month</th>
<th>1x/month</th>
<th>1x/week</th>
<th>Daily or almost daily</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

**Did it change during the quarantine period?**
- No
- Yes, insofar as ____________

73) Do you smoke?  
- No
- Yes, since ________ years

74) If yes, how often do you smoke?  
- Daily
- ________ days a week

75) How many cigarettes do you smoke?  
- ________ per day
76) Did anything change in your smoking behaviour during the quarantine period?

- Yes, I smoke less
- Yes, I smoke more
- Yes, other: _________________________________________________________________
- No

If you have any comments on individual questions or would you like to tell us anything else, you can do so here: _________________________________________________________________
__________________________________________________________

Thank you for your support!