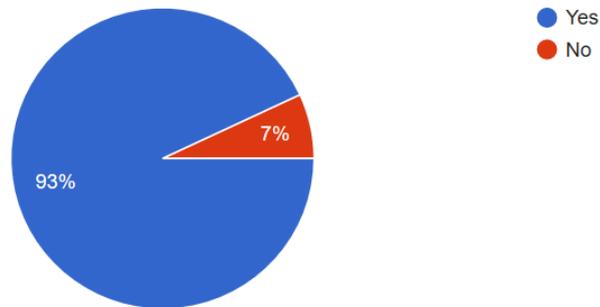


Experiences during the COVID-19 pandemic.

Breda Academy Psychology Class – This research was conducted in May 2020

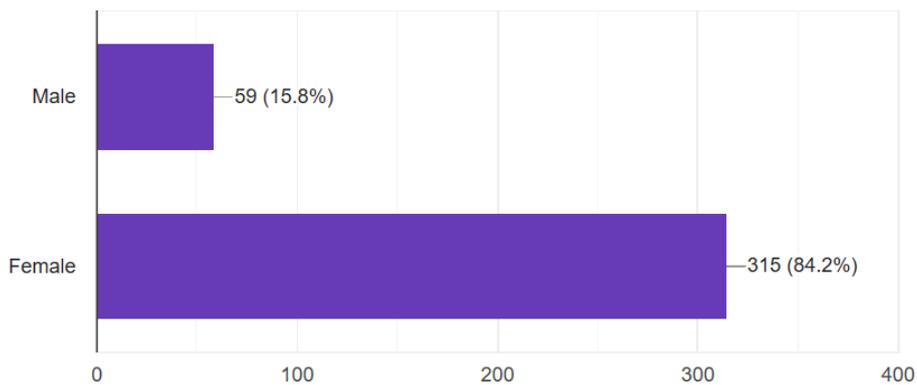
1. Do you currently live in Northern Ireland?

374 responses



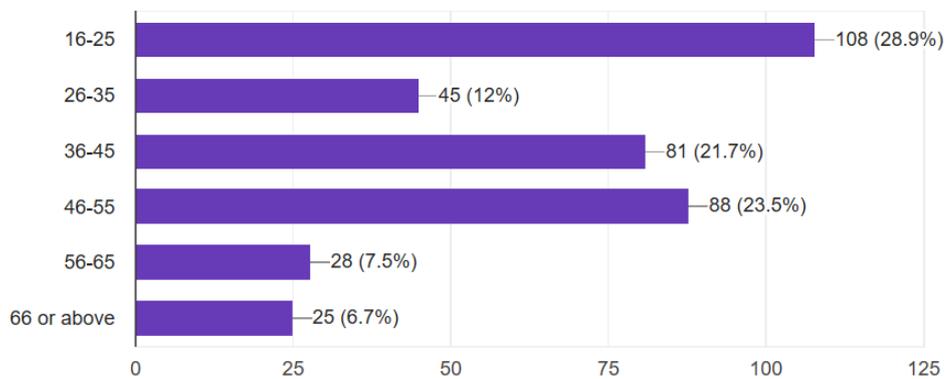
2. What is your gender?

374 responses



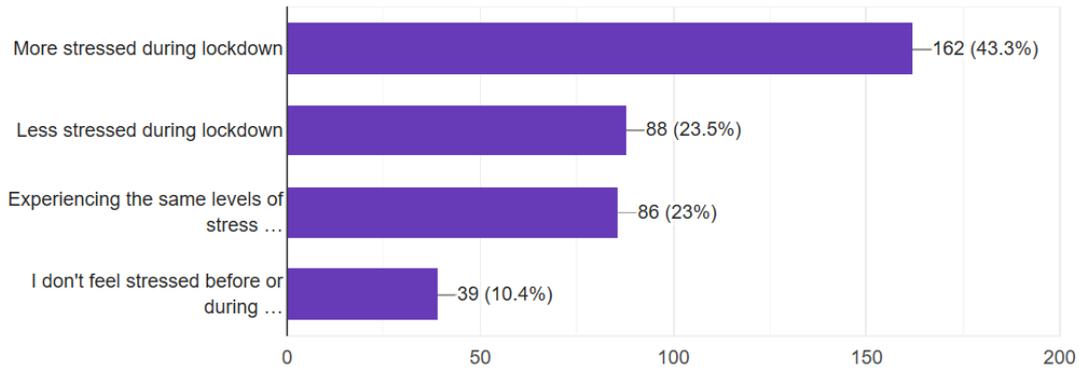
3. Which age group do you belong to?

374 responses



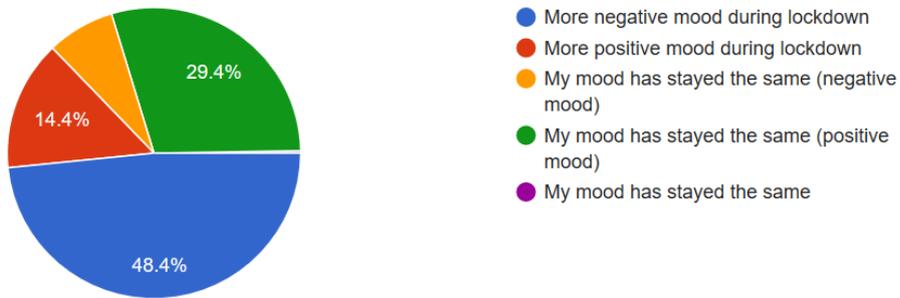
4. On average, how would you compare your stress levels during lockdown to before lockdown?

374 responses



5. On average, how would you compare your mood during lockdown to before lockdown?

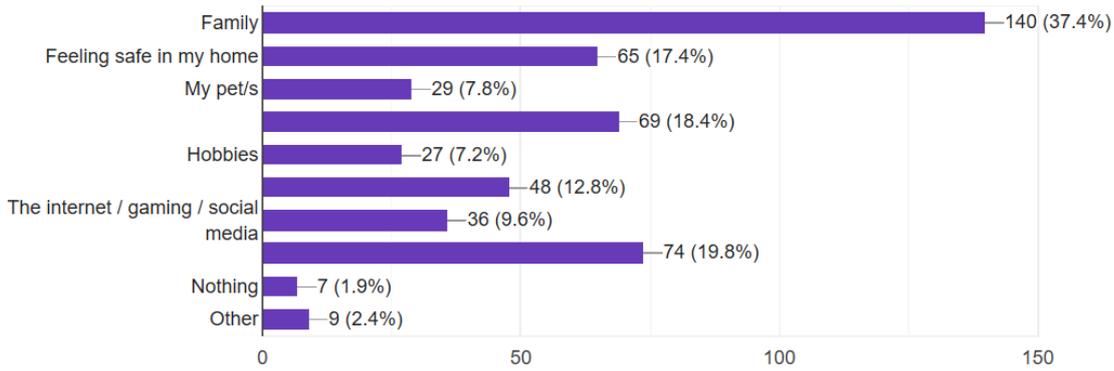
374 responses



(Question 6 on the pilot questionnaire was removed from the final questionnaire)

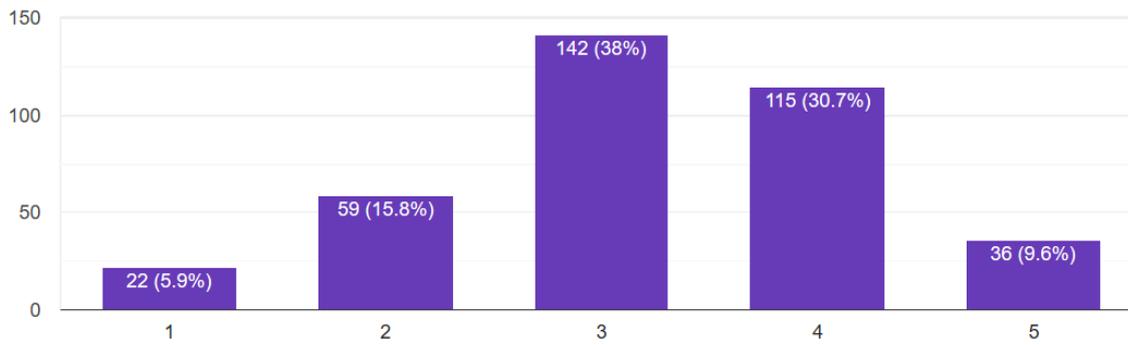
7. Which ONE thing from the list below do you feel has been most beneficial at helping you cope mentally through lockdown? (please tick one only)

374 responses



8. On a scale of 1-5, how content have you felt during lockdown?

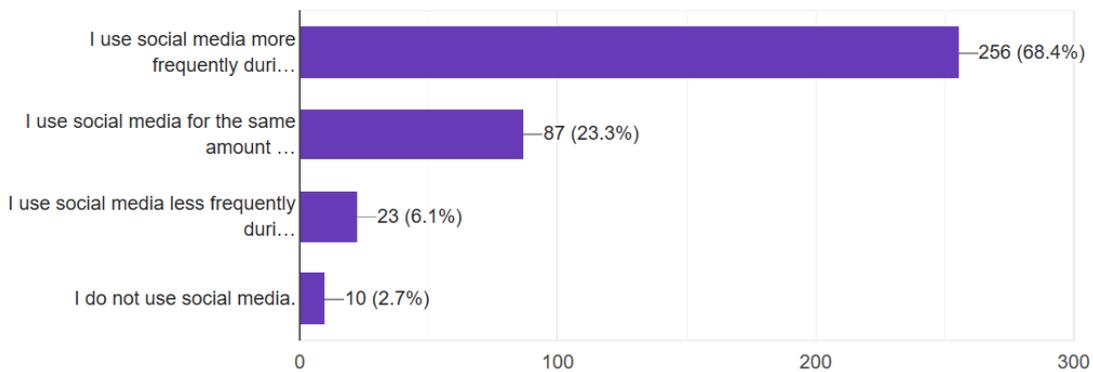
374 responses



(1=not content at all; 5=extremely content)

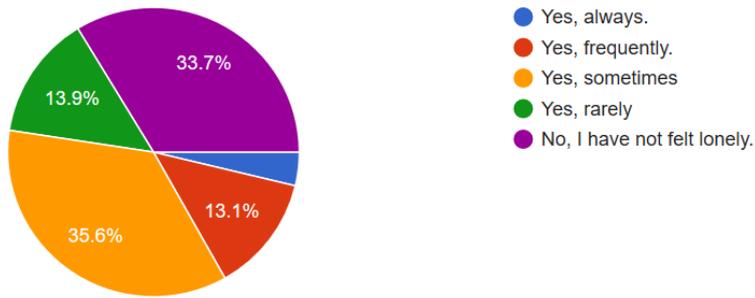
9. On average, how would you compare your social media use during lockdown to before lockdown.

374 responses



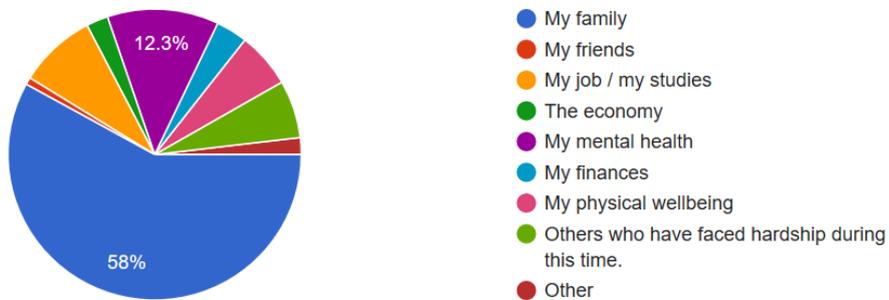
10. Have you experienced loneliness during lockdown?

374 responses



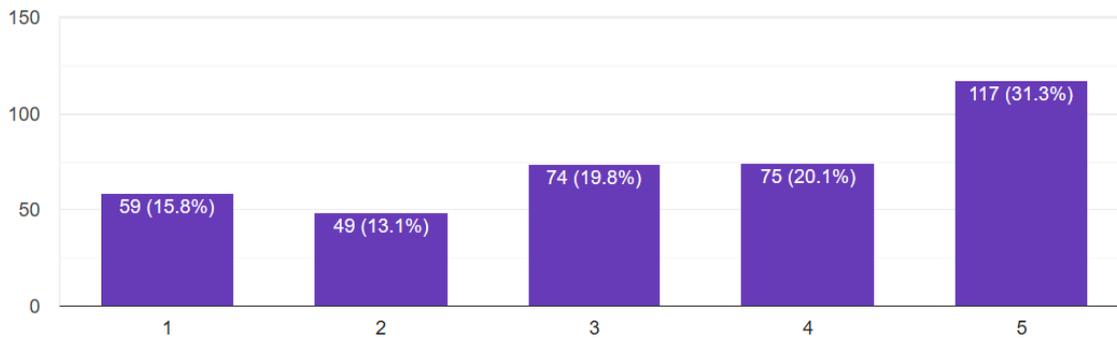
11. Which ONE thing from the list below has been your main concern during the pandemic? (please tick one only)

374 responses



12. To what extent do you agree with the following statement? 'My sleep patterns have deteriorated during lockdown'

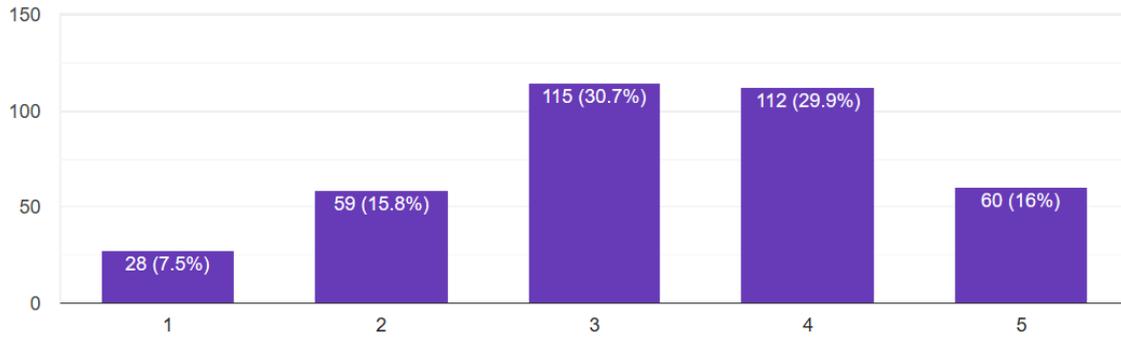
374 responses



(1=strongly disagree; 5=strongly agree)

13. Rate how productively you have spent your time during lockdown.

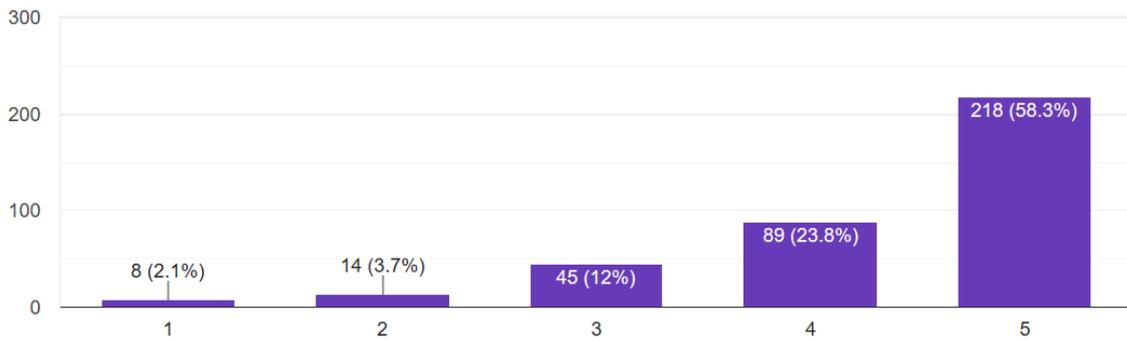
374 responses



(1=unproductive; 5=productive)

14. To what extent do you agree with the following statement? 'I miss social interactions with others'

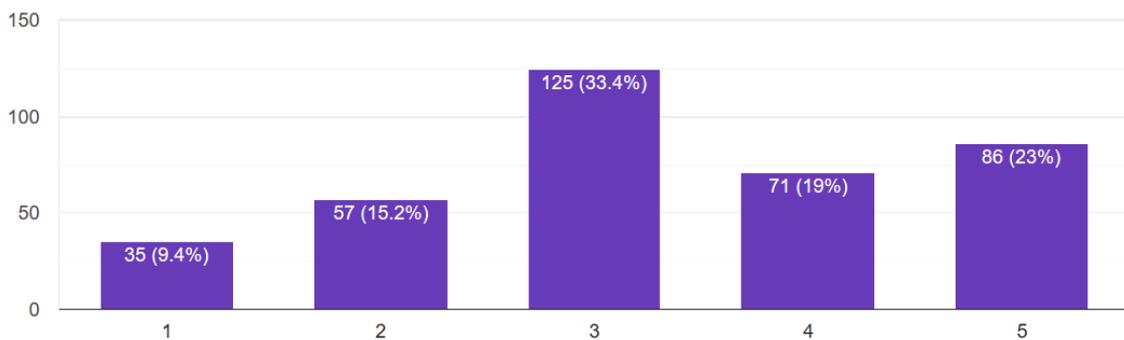
374 responses



(1=strongly disagree; 5=strongly agree)

15. To what extent do you agree with the following statement? 'I love having more free time than before lockdown'

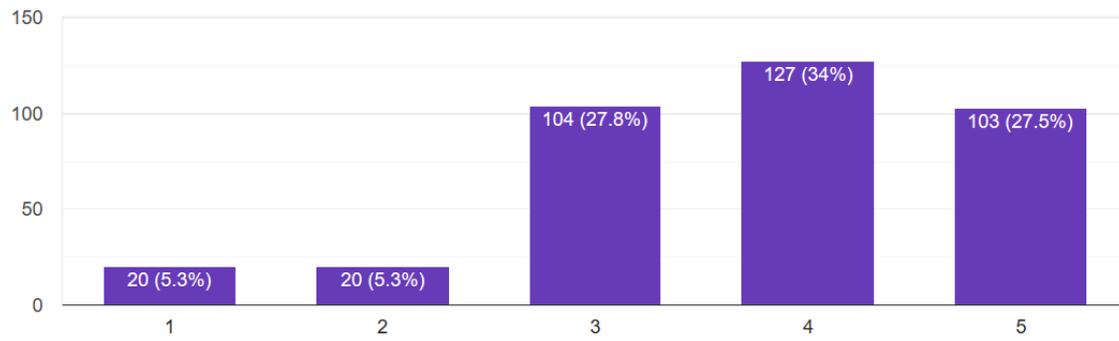
374 responses



(1=strongly disagree; 5=strongly agree)

16. To what extent do you agree with the following statement? 'I believe I have made / will make positive changes to my life due to having experienced this lockdown'.

374 responses



(1=strongly disagree; 5=strongly agree)