

# March OPN Lite B Coronavirus (COVID-19) question specification

## ***Sponsor page wording***

This survey contains questions relating to the recent COVID-19 pandemic, which many people refer to as Coronavirus. It is referred to throughout this survey as Coronavirus (COVID-19). All the information you provide will be used for statistical purposes only and will not be linked to any other data without your specific permission.

Given the national situation there are a lot of government departments and academics who will be using the information from this survey to help make decisions. The questions are being asked on behalf of the following organisations:

Cabinet Office  
Department of Health and Social Care (DHSC)  
Department for Transport (DfT)  
Department for Work and Pensions (DWP)  
HMT  
Kings College London  
Members of the Scientific Advisory Group for Emergencies (SAGE)  
No. 10 Downing Street  
Office for National Statistics (ONS)  
Public Health England (PHE)  
Public Health Wales (PHW)  
Scottish Government  
The Behavioural Insights Team  
University of Sussex  
Welsh Government

***Cov\_1 to 5: Appear after the MCZ questions in the OPN core***

ASK ALL

COV\_1

**And how often do you feel lonely?**

Often/always

Some of the time

Occasionally

Hardly ever

Never

Don't Know

Prefer not to say

ASK ALL

**COV\_2**

**To what extent do you agree with the following statement?**

**If I needed help, there are people who would be there for me.**

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Don't know

Prefer not to say

ASK ALL

**COV\_3**

**Is there anyone living with you who is sick, disabled, or over 70 whom you look after or give special help to?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF HEALILL = 1

**COV\_4**

**Thinking about your health, do you currently have any of the following health conditions, problems or illnesses?**

**Please select all apply**

- Alzheimer's disease or dementia
- Angina or long-term heart problem
- Asthma
- Autism spectrum disorder (ASD) or Asperger's (Asperger syndrome)
- Cancer
- Chronic obstructive pulmonary disease (COPD) or long-term lung problem
- Diabetes
- Epilepsy or other conditions that affect the brain
- High blood pressure
- Kidney or liver disease
- Stroke or cerebral haemorrhage or cerebral thrombosis
- Rheumatoid arthritis
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_4 = Other

**COV\_4Sp**

**Please specify the other condition(s), problem(s) or illness(s) that you currently have**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_4 = Cancer

**COV\_5**

**Are you currently having treatment for your cancer?**

- Yes, chemotherapy
- Yes, radiotherapy
- Yes, other
- No

Not sure

Prefer not to say

**(No DK)**

ASK ALL

**CigNow**

**Do you smoke cigarettes even if occasionally?**

Please do not include electronic cigarettes or vaping.

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF CigNow=2

**CigEver**

**Have you ever smoked cigarettes regularly?**

Please do not include electronic cigarettes or vaping.

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

***The following questions are after the entire OPN core:***

**COV\_IntroB1**

**Thank you for taking part in this survey. As you are probably aware, there have been lots of news stories recently about a virus spreading around the world. The disease is called Covid-19, though many people refer to it as**

**'Coronavirus'. In the questions that we ask you, we refer to it as Coronavirus (COVID-19).**

ASK ALL

**COV\_B6**

**In the last seven days, have you been officially diagnosed with the Coronavirus (COVID-19) by a medical professional?**

Yes

No

Don't Know

Prefer not to say

ASK IF COV\_B6 = 2

**COV\_B7**

**In the past seven days, have you had Coronavirus (COVID-19) symptoms?**

Yes

(Symptoms include, a high temperature or new continuous cough, or both)

No

Don't Know

Prefer not to say

ASK ALL

**COV\_B8**

**In the past seven days, has anyone in your household had Coronavirus (COVID-19) symptoms?**

Yes

(Symptoms include, a high temperature or new continuous cough, or both)

No

Not applicable

Don't Know

Prefer not to say

## COV\_IntroB2

**There is a lot of information around about the Coronavirus (COVID-19) but people have different views about how big a problem it will be. We would like to know your personal opinion. There is no right or wrong answer.**

ASK ALL

## COV\_B9

**How worried or unworried are you about the effect that Coronavirus (COVID-19) is having on your life right now?**

- Very worried
- Somewhat worried
- Neither worried nor unworried
- Somewhat unworried
- Not at all worried
- Don't know
- Prefer not to say

ASK IF COV\_B9 = 1 OR 2

## COV\_B10M

**In which way is Coronavirus (COVID-19) affecting your life?**

Please select all that apply

- My health is being affected
- My work is being affected
- Schools and universities are being affected
- My household finances are being affected
- My well-being is being affected  
[for example, boredom, loneliness, anxiety and stress]
- My relationships are being affected
- My caring responsibilities are being affected
- My access to paid or unpaid care is being affected

Availability of groceries, medication and essentials are being affected

Access to groceries, medication and essentials are being affected

Transport is being affected

Personal travel plans are being affected

[for example, holidays and gap year]

Work travel plans are being affected

Life events are being affected

[for example, weddings and funerals]

I am unable to make plans

Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = Other

**COV\_B10MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your life**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M > 1 option (This is just routed off COV\_B10M not COV\_B10MSp)

**COV\_B11**

**Of the worries you told us about, which one are you most concerned about?**

[feed forward the options from above if more than one selected]

Other

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 2 (WORK)

**COV\_B12M**

**In which way is your work being affected?**

Please select all that apply

Increase in hours worked

[for example, over-time]

Decrease in hours worked

[for example, place of work closed or reduced opening times, availability of work]

Closure of own business

[include potential closure and actual closure]

Redundancy

Asked to take leave

[Include paid and unpaid leave]

Unable to take leave

Working long hours with no breaks or reduced breaks

I am worried about my health and safety at work

Asked to work from home

I have to work around childcare

I have to work around other caring responsibilities

Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B12M = Other

**COV\_B12MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your work**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 4 (HOUSEHOLD FINANCES)

**COV\_B13M**



**In which way are your household finances being affected?**

Please select all that apply

- Reduced income
- Use of my savings to cover living costs
- Delay to sick pay
- Delay to State welfare benefits  
[for example, Universal Credit]
- Struggling to pay bills  
[for example, food, energy]
- Care costs increased  
[For example, childcare, social care]
- Providing financial support to friends and family
- Pension value is being affected by economic instability
- Savings value is being affected by economic instability
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B13M = Other

**COV\_B13MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your household finances**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 3 (SCHOOLS AND UNIVERSITIES)

**COV\_B14M**

**In which way are schools and universities being affected?**

Please select all that apply

- My child is unable to attend pre-school and childcare activities
- My child is unable to attend school
- My child is unable to attend college or university
- I am unable to attend school

I am unable to attend college or university  
Uncertainty about exams and qualifications  
Quality of education being affected  
Worried about a move to home schooling  
[for example, teaching over the internet]  
Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B14M = Other

**COV\_B14MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your schools and universities**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 7 (CARING RESPONSIBILITIES)

**COV\_B15M**

**In which way are your caring responsibilities being affected?**

Please select all that apply

I am spending more time caring for others  
I am unable to care for someone I usually support  
[for example, unable to spend as much time as would like to or unable to travel to them]  
I am having to organise remote support for someone vulnerable  
[for example, online grocery shopping]  
Paid care support is reduced  
[for example, childcare, respite care, social care support]  
Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B15M = Other

**COV\_B15MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your caring responsibilities**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 5 (WELLBEING)

**COV\_B16M**

**In which way is your well-being being affected?**

Please select all that apply

- Spending too much time alone
- Spending too much time with others in household
- No one to talk to about my worries
- Strain on my personal relationships
- Strain on my work relationships
- Feeling stressed or anxious
- Feeling bored
- Feeling lonely
- Making my mental health worse
- Feeling worried about the future
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B16M = Other

**COV\_B16MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your wellbeing**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B10M = 6 (RELATIONSHIPS)

**COV\_B17M**

**Which relationships are you most worried about?**

Please select all that apply

- Partner or Spouse
- Children under the age of 18
- Children over the age of 18
- Parent or step-parent
- Grandparents
- Other relatives
- Flatmates or lodgers
- Employer or colleagues
- Neighbours
- Friends
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B17M = Other

**COV\_B17MSp**

**Please specify which other relationships you are most worried about**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B18**

**How worried or unworried are you that Coronavirus (COVID-19) is affecting your friends and family?**

- Very worried
- Somewhat worried
- Neither worried nor unworried
- Somewhat unworried

Not at all worried  
Don't know  
Prefer not to say

ASK IF COV\_B18 = 1 OR 2

**COV\_B19M**

**In which way are you worried that Coronavirus (COVID-19) is affecting your friends and family?**

Please select all that apply

Their health is being affected  
Work is being affected  
Schools and universities are being affected  
Finances are being affected  
Well-being is being affected  
[for example, boredom, loneliness, anxiety and stress]  
Relationships are being affected  
Availability of groceries, medication and essentials is being affected  
Access to groceries, medication and essentials is being affected  
Transport is being affected  
Personal travel plans are being affected  
[for example, holidays and gap year]  
Work travel plans are being affected  
Life events are being affected  
[for example, weddings and funerals]  
Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B19M = Other

**COV\_B19MSp**

**Please specify the other ways in which Coronavirus (COVID-19) is affecting your friends and family**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B19M > 1 option (This is just routed off COV\_B19M not COV\_B19MSp)

**COV\_B20**

**Of the worries you told us about, which one are you most concerned about for your friends and family?**

[feed forward the options from above if more than one selected]

Other

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

*(COV\_B32, B33 and B34 have been moved to this point in the questionnaire)*

ASK ALL

**COV\_B32**

**In the past seven days, have you purchased extra supplies of groceries and toiletries because of the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B33**

**Do you think that other people have purchased extra supplies of groceries and toiletries because of the Coronavirus (COVID-19) outbreak?**

Yes

No

Don't Know

**If skipped represent question with 'Prefer not to answer'**

ASK ALL

**COV\_B34**

**In the past seven days, have you struggled to get the groceries and toiletries that you wanted because of the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B21**

**How long do you think it will be before your life returns to normal?**

Less than one month

1 to 3 months

4 to 6 months

7 to 9 months

10 to 12 months

More than a year

Not sure

Prefer not to say

ASK ALL

**COV\_B22**

**How do you expect the financial position of your household to change over the next 12 months?**

- Get a lot better
- Get a little better
- Stay the same
- Get a little worse
- Get a lot worse

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B23**

**How do you expect the general economic situation in this country to develop over the next 12 months?**

- Get a lot better
- Get a little better
- Stay the same
- Get a little worse
- Get a lot worse

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B24**

**In view of the general economic situation, do you think now is the right time for people to make major purchases such as furniture or electrical goods?**

- Yes, it is the right time
- Neither right nor wrong time
- No, it is the wrong time

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B25**



**In view of the general economic situation, do you think now is the right time to save?**

- Yes, it is the right time
- Neither right nor wrong time
- No, it is the wrong time

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

***(This is a new question)***

ASK ALL

**COV\_B25B**

**In view of the general economic situation, do you think you will be able to save any money in the next twelve months?**

- Yes
- No
- Don't know
- Prefer not to say

**COV\_IntroB3**

**This next set of questions is about staying at home, social distancing and self-isolating to help stop the spread of Coronavirus (COVID-19).**

**Staying at home is what we have all been asked to do to help avoid spreading the Coronavirus.**

ASK ALL

**COV\_B26**

**What is helping you to cope whilst staying at home?**

Please select all that apply

- Spending time with others that you live with
- Staying in touch with family and friends remotely  
[For example, over the phone or on social media]
- Cooking
- Reading
- Exercising within your home or garden
- Exercising outside of your home once a day  
[for example, a run, walk or cycle, alone or with other people you live with]
- Gardening
- Learning something new
- Watching films
- Working
- Using other online sources of support and information
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B26M = Other

**COV\_B26MSp**

**Please specify what else is helping you cope whilst staying at home**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

**COV\_IntroB3B**

**The next questions are about self-isolation, which is defined as staying at home because you have symptoms or have been in contact with someone who has symptoms.**

ASK ALL

**COV\_B27**

**In the past seven days, have you self-isolated because of the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B28**

**In the past seven days, has anyone living in your household self-isolated because of the Coronavirus (COVID-19) outbreak?**

Yes

No

Not applicable

Don't know

Prefer not to say

ASK ALL

**COV\_B29**

**In the past seven days, do you know someone living outside of your household who has self-isolated because of the Coronavirus (COVID-19) outbreak?**

Yes

No

Don't know

Prefer not to say

**COV\_IntroB3C**

**The next question is about Social distancing, which is defined as trying to avoid contact with other people (keeping at least 2 metres (3 steps) from others).**

ASK ALL

**COV\_B30**

**In the past seven days, have you avoided contact with older people or other vulnerable people because of the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_30 = 1

**COV\_B31**

**Do you have care responsibilities for any of the people you may have had to avoid contact with?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

**COV\_IntroB4**

**Now we would like you to think about how people are supporting each other during the Coronavirus (COVID-19) outbreak. The following statements are about you and your local community.**

ASK ALL

**COV\_B35**

**To what extent do you agree or disagree with the following statement?**

**I have a sense of belonging with other residents in my local community during the Coronavirus (COVID-19) outbreak.**

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree
- Don't know

**If skipped represent question with 'Prefer not to answer' options**

ASK ALL

**COV\_B36**

**To what extent do you agree or disagree with the following statement?**

**If I need help, other local community members would support me during the Coronavirus (COVID-19) outbreak.**

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree
- Don't know

**If skipped represent question with 'Prefer not to answer' options**

ASK ALL

COV\_B37

**To what extent do you agree or disagree with the following statement?**

**I can count on members of my local community if things go wrong during the Coronavirus (COVID-19) outbreak.**

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree
- Don't know

**If skipped represent question with 'Prefer not to answer' options**

ASK ALL

COV\_B38

**To what extent do you agree or disagree with the following statement?**

**Members of my local community will listen to my concerns if I need someone to talk to during the Coronavirus (COVID-19) outbreak.**

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree
- Don't know

**If skipped represent question with 'Prefer not to answer' options**

## **COV\_IntroB5**

**In the next set of questions, please think about how often you have done the following in the past seven days because of the Coronavirus (COVID-19) outbreak.**

ASK ALL

## **COV\_B40**

**In the past seven days how many times have you checked on neighbours who might need help?**

Never

1 to 2 times

3 to 4 times

5 to 6 times

7 or more

Not applicable

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK ALL

## **COV\_B41**

**gone**

**In the past seven days how many times have you gone shopping or done other tasks (such as dog walking) for neighbours?**

Never

1 to 2 times

3 to 4 times

5 to 6 times

7 or more

Not applicable

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK ALL

**COV\_B42**

**In the past seven days how many times have you loaned or shared something with neighbours?**

Never

1 to 2 times

3 to 4 times

5 to 6 times

7 or more

Not applicable

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK ALL

**COV\_B43**

**In the past seven days how many times have you shared information with neighbours?**

Never

1 to 2 times

3 to 4 times

5 to 6 times

7 or more

Not applicable

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK ALL

**COV\_B44**

**Do you think people are doing things to help others more, about the same, or less since the Coronavirus (COVID-19) outbreak?**



More  
About the same  
Less  
Don't know

**If skipped represent question with 'Prefer not to answer' options**

ASK ALL

**COV\_B45**

**Are you part of a local community support group or network, either online or in person?**

Yes  
No  
There is no local community support group or network in my area

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK IF COV\_B45 = 1

**COV\_B46**

**Were you already a member of that local community support group or network before the Coronavirus (COVID-19) outbreak?**

Yes  
No

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

ASK IF COV\_B45 = 2

**COV\_B47**

**Have you considered joining a local community support group or network, either online or in person since, the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' and 'Prefer not to answer' options**

### **COV\_IntroB6**

**It can sometimes be difficult to know where to go for information, and what news or information you should trust. We would like to know about your personal experience of finding information about the Coronavirus (COVID-19).**

ASK ALL

### **COV\_B48**

**Do you feel like you have enough information about what the Coronavirus (COVID-19) is?**

Yes

No

Not sure

**(No Prefer not to say)**

ASK ALL

### **COV\_B49**

**Have you looked for any information about the Coronavirus (COVID-19)?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B49 = 1 (Yes)

**COV\_B50M**

**Where have you found information about the Coronavirus (COVID-19)?**

Please select all that apply

- From a medical professional, such as a GP or nurse
- NHS 111 online coronavirus service
- NHS website or GOV.UK website
- Local NHS health service
- Local council website
- Another website
- Newspapers, print or online
- Social media, such as Facebook, Twitter or Snapchat
- TV or radio
- Friends or family
- Religious organisation
- Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B50M = Other

**COV\_B50MSp**

**Please specify where else you have found information about the Coronavirus (COVID-19)**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B50M > 1 option (This is just routed off COV\_B50 not COV\_B50MSp)

**COV\_B51**

**Of the information sources you told us about, which one was most helpful to you?**

[feed forward the options from above if more than one selected]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B50M > 1 option (This is just routed off COV\_B50 not COV\_B50MSp)

**COV\_B52**

**Of the information sources you told us about, which one did you trust the most?**

[feed forward the options from above if more than one selected]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B53**

**Do you feel like you have enough information about how to protect yourself from the Coronavirus (COVID-19)?**

Yes

No

Not sure

Prefer not to say

ASK ALL

**COV\_B54**

**Do you feel like you have enough information about the UK's plan for dealing with the Coronavirus (COVID-19)?**

Yes

No

Not sure

Prefer not to say

ASK ALL

**COV\_B55M**

**The official NHS guidance and government advice statements on how to reduce the spread of Coronavirus (COVID-19) is being updated regularly. Which of the following NHS guidance and official government advice statements are you aware of?**

Please select all that apply

Everyone must stay at home to help stop the spread of coronavirus.

[This includes people of all ages – even if you do not have any symptoms or other health conditions.]

You can only leave your home to shop for basic essentials – only when you really need to

You can only leave your home to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with

You can only leave your home for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person

You can only leave your home to travel to and from work – but only where this is absolutely necessary

Those who are ‘high risk’ should not leave their home – they should not go out to do shopping, visit friends or family, or attend any gatherings

Those who are ‘high risk’ should avoid close contact with other people in their home as much as possible

Wash your hands with soap and water often – do this for at least 20 seconds

Always wash your hands when you get home or into work

Use hand sanitiser gel if soap and water are not available

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the bin immediately and wash your hands afterwards

Try to avoid close contact with people who are unwell

Try to keep at least 2 metres (3 steps) from other people, particularly older people or those with long-term health conditions

Self-isolate at home for seven days if you have a high temperature.

Self-isolate at home for seven days if you have a new, continuous cough

Families urged to stay at home for 14 days if any member of the household is ill

Everyone to stop non-essential contact with others  
do not touch your eyes, nose or mouth if your hands are not clean  
Use the NHS 111 online coronavirus service (only call 111 if you cannot  
get help online)  
Other government advice (please specify)

Or

None of these

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B55M = Other government advice

**COV\_B55MSp**

**Please specify what other NHS guidance and government advice statements  
you are aware of**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B56**

**What other advice on how to reduce the spread of Coronavirus (COVID-19) are  
you aware of?**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

**COV\_IntroB7**

**We would like to know about the actions you personally are taking to protect  
yourself and others against the Coronavirus (COVID-19). There is no right or  
wrong answer to these questions, but please answer as accurately as you can.**

ASK ALL

**COV\_B57**

**In the past seven days, have you washed your hands with soap and water to avoid infection?**

Yes

No

Don't know

Prefer not to say

ASK IF COV\_B57 = 1

**COV\_B58**

**Have you been washing your hands with soap and water more, less or the same since the Coronavirus (COVID-19) outbreak?**

More

Less

Same as before

Don't know

Prefer not to say

ASK ALL

**COV\_B59**

**In the past seven days, have you cleaned your hands with a sanitiser to avoid infection?**

Yes

No

Don't know

Prefer not to say

ASK IF COV\_B59 = 1

**COV\_B60**

**Have you used a sanitiser more, less or the same since the Coronavirus (COVID-19) outbreak?**

More  
Less  
Same as before  
Don't know  
Prefer not to say

ASK IF (COV\_B57 = 1 OR COV\_B59 = 1) AND (WRKING = 1 OR CASWRK = 1) OR (OWNBUS = 1)

**COV\_B61**

**Have you washed your hands with soap and water or sanitiser straight away when arriving at work?**

Yes  
No  
Not applicable

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (COV\_B57 = 1 OR COV\_B59 = 1)

**COV\_B62**

**Have you washed your hands with soap and water or sanitiser straight away when arriving at home?**

Yes  
No  
Not applicable

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (COV\_B57 = 1 OR COV\_B59 = 1)

**COV\_B63**

**Have you washed your hands with soap and water or sanitiser before eating?**

Yes  
No



If skipped represent question with 'Don't know' 'Prefer not to answer' options

ASK ALL

**COV\_B64**

**In the past seven days, have you used tissues to catch coughs or sneezes?**

Yes

No

Don't know

Prefer not to say

ASK IF COV\_B64 = 1

**COV\_B65**

**Have you used a tissue to catch coughs or sneezes more, less or the same since the Coronavirus (COVID-19) outbreak?**

More

Less

Same as before

Don't know

Prefer not to say

ASK ALL

**COV\_B66**

**In the past seven days, have you avoided physical contact with other people (such as shaking hands) to avoid infection?**

Yes

No

Don't know

Prefer not to say

ASK IF COV\_B66 = 1

**COV\_B67**

**Have you avoided physical contact with people more, less or the same since the Coronavirus (COVID-19) outbreak?**

More

Less

Same as before

Don't know

Prefer not to say

ASK ALL

**COV\_B68**

**In the past seven days have you cleaned your home more than usual since the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (WRKING = 1 OR CASWRK = 1) OR (OWNBUS = 1)

**COV\_B69**

**In the past seven days, have you worked from home because of the Coronavirus (COVID-19) outbreak?**

Yes

No

Not able to work from home

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

## COV\_IntroB7

**These next questions ask about your transport and travel since the Coronavirus (COVID-19) outbreak.**

ASK ALL

### COV\_B70M

**In the past seven days, for what reasons have you travelled?**

**Please select all apply**

For work

For voluntary work

For medical or dentist appointments

To care for someone else

[For example, friends or family]

Meeting up with people in a public place

Meeting up with people in a personal place

[for example, visiting family and friends at their home or yours]

Taking part in a regular indoor activity

(for example, attending an exercise class or place of worship)

To take children to or from school (or for other activities)

For outdoor exercise

[for example, going for a walk or hike, run or cycle]

Visit a tourist attraction

To shop for groceries and toiletries

To run errands

[for example, pay bills, withdraw money from bank, visit post office]

Travel within the UK for holidays or short breaks

Travel outside of the UK for work

Travel outside of the UK for holidays or short breaks

Other (please specify)

OR

None of the above

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B70M = Other

**COV\_B70MSp**

**Please specify the reasons you have travelled**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B70M <> 'None of the above' OR 'DK' OR 'RF'

**COV\_B71M**

**Which of the places that you travelled to were crowded?**

**Please select all apply**

Place of work

Place of voluntary work

Medical or dental office

The public place you met others

The personal place you met others

[for example, visiting family and friends at their home or yours]

The place that you took part in a regular indoor activity

(for example, attending an exercise class or place of worship)

Children's school (or other activities)

Where you did outdoor exercise

[for example, going for a walk or hike, run or cycle]

The tourist attraction you visited

Where you shopped for groceries and toiletries

Where you went to run errands

[for example, the bank or post office]

Where you travelled to within the UK for holidays or short breaks

Where you travelled to outside of the UK for work

Where you travelled to outside of the UK for holidays or short breaks

Other (please specify)

OR

None of the places were crowded

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B71 = Other

**COV\_B71Sp**

**Please specify the places that were crowded**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B72**

**In the past seven days, have you ordered anything that will be delivered to you?**

Yes

[for example, groceries and toiletries, takeaway food, clothes, flowers)

No

Not applicable

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B73**

**In the past seven days, have you ordered anything that will be delivered to another person?**

Yes

[for example, groceries and toiletries, takeaway food, clothes, flowers)

No

Not applicable

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (WRKING = 1 OR CASWRK = 1 OR OWNBUS = 1 OR Everwk = 1)

**COV\_B74M**

**Thinking of your main job, which modes of transport did you use to travel to work before the Coronavirus (COVID-19) outbreak?**

Please select all that apply

Underground, metro, light rail, tram

Train

Bus, minibus or coach

Motorcycle, scooter or moped

Car or van

Taxi or minicab

Bicycle

On foot

Not applicable

Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B74M = Other

**COV\_B74MSp**

**Please specify the other modes of transport you used before the Coronavirus (COVID-19) outbreak**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B74M > 1 option (This is just routed off COV\_B74 not COV\_B74MSp)

**COV\_B75**

**Thinking of the distance travelled, which mode of transport did you use for the longest part of your journey to work?**

[feed forward the options from above if more than one selected]

Other

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (WRKING = 1 OR CASWRK = 1 OR OWNBUS = 1 OR Everwk = 1)

**COV\_B76**

**In the past seven days, have you changed your modes of transport to work because of the Coronavirus (COVID-19) outbreak?**

Yes

No

Have not worked in the past seven days

Unable to work due to caring responsibilities for family members or friends

Unable to work as self-isolating (you or members of your household)

Working at home

Not applicable

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B76 = 1

**COV\_B77M**

**Which modes of transport have you started to use to travel to work?**

Please select all that apply

Underground, metro, light rail, tram

Train

Bus, minibus or coach  
Motorcycle, scooter or moped  
Car or van  
Taxi or minicab  
Bicycle  
On foot  
Not applicable  
Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B77M = Other

**COV\_B77MSp**

**Please specify the other modes of transport you have started to use to travel to work**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B77M > 1 option (This is just routed off COV\_B77 not COV\_B77MSp)

**COV\_B78**

**Thinking of the distance travelled, which mode of transport did you use for the longest part of your journey to work?**

[feed forward the options from above if more than one selected]

Other

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B79M**

**In the past seven days, which modes of transport have you used for personal travel?**

Please select all that apply



Underground, metro, light rail, tram  
Train  
Bus, minibus or coach  
Motorcycle, scooter or moped  
Car or van  
Taxi or minicab  
Bicycle  
On foot  
Not applicable  
Other (please specify)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B79M = Other

**COV\_B79MSp**

**Please specify the other modes of transport you used for personal travel**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B79M > 1 option (This is just routed off COV\_B79 not COV\_B79MSp)

**COV\_B80**

**Thinking of the distance travelled, which mode of transport did you use for the longest part of your journey?**

[feed forward the options from above if more than one selected]

Other

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B81M**

**In the past seven days, have any of the following affected your travel decisions?**

Please select all that apply

Government advice or policy

Employer's advice or policy

Advice from colleagues, friends or family

Information from the media and social media

Decrease in hours worked

[for example, place of work closed or reduced opening times,  
availability of work]

Lack of transport

Unable to travel due to illness

[Including Coronavirus (COVID-19)]

Other (please specify)

Or

My travel decisions have not been affected

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B81M = Other

**COV\_B81MSp**

**Please specify what else has affected your travel decisions**

STRING[200]

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK ALL

**COV\_B82M**

**In the past seven days, have any of your plans been postponed or cancelled because of the Coronavirus (COVID-19) outbreak?**

Please select all that apply

Meeting up with people  
(for example, in a public or personal place)

Taking part in a regular activity  
(for example, voluntary work, attending an exercise class or place of worship)

Attending large public gatherings  
(for example, sports event or concert)

Travel within the UK

Travel outside of the UK

Plans have not changed

I had no plans

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B82M = 4 (Travel within the UK)

**COV\_83**

**Was this travel within the UK for personal or work purposes?**

personal purpose  
(for example, a holiday or a family wedding)

work purpose  
(for example, a business meeting or conference)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_B82M = 5 (Travel outside of the UK)

**COV\_84**

**Was this travel outside the UK for personal or work purposes?**

personal purpose  
(for example, a holiday or a family wedding)

work purpose  
(for example, a business meeting or conference)

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (Wrking = 1 and STAT = 1) or caswrk = 1 or (Ownbus = 1 and Ownbusb <> 1)

**COV\_85**

**In the past seven days, has your place of work temporarily closed due to government guidance about the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF (Wrking = 1 and STAT = 2) or (Ownbus = 1 and Ownbusb = 1)

**COV\_86**

**In the past seven days, has your business temporarily closed due to government guidance about the Coronavirus (COVID-19) outbreak?**

Yes

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

ASK IF COV\_85 = 1 OR COV\_86 = 1

**COV\_86**

**Are you still being paid?**

Yes, full pay

Yes, partial pay

No

**If skipped represent question with 'Don't know' 'Prefer not to answer' options**

***Outro and thank you page:***

Thank you, you are almost done.

Your help so far has been invaluable.

To receive your £10 gift voucher please provide an email address:

[OPEN TEXT]

Your name and email address will be shared with [Sodexo](#) to send your gift voucher and will not be used for any other purposes without your permission.

You will receive instructions by email about how to claim your voucher within 20 days of completing the survey.

**NEXT PAGE**

We would like to contact you in future to let you know about the findings from this study and invite you to take part in future research.

Are you happy for us to use your email address for these purposes?

Yes / No

To take part in future research by phone, please provide your telephone number:

[OPEN TEXT]

***Final page:***

**Thank you for your help!**

**The official advice for England:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

**The official advice for Scotland:**

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

**The official advice for Wales:**

[https://www.nhsdirect.wales.nhs.uk/coronavirus\(2019ncov\)/](https://www.nhsdirect.wales.nhs.uk/coronavirus(2019ncov)/)

**Find guidance, advice and tips on how to maintain your mental wellbeing by visiting the NHS websites:**

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.nhs.uk/oneyou/every-mind-matters/>