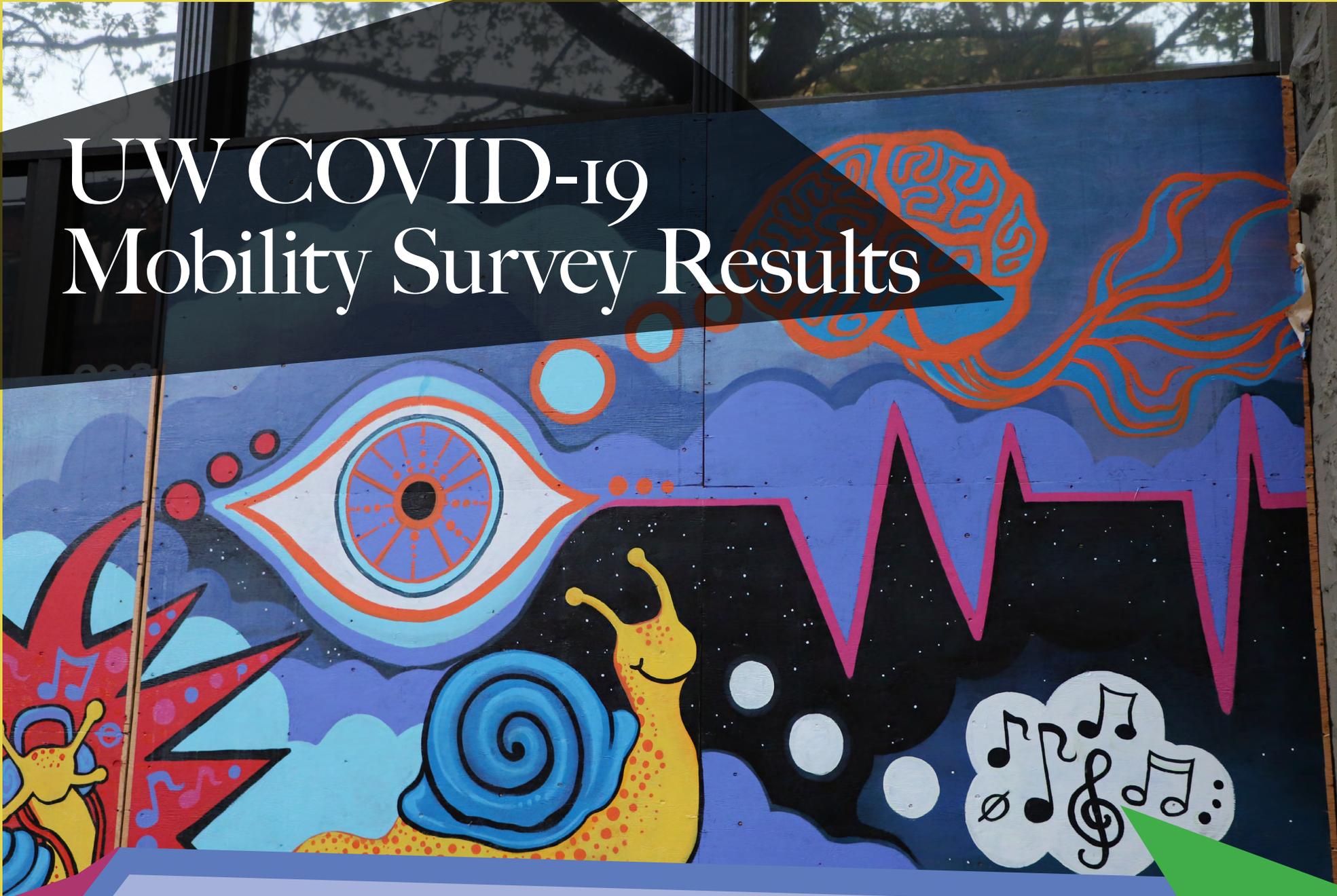


UW COVID-19 Mobility Survey Results



Puget Sound Regional Council



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UW COVID-19 Mobility Survey Results

Puget Sound Regional Council and University of Washington

October 7, 2020

This report includes summary descriptive tables of all questions covered in the UW COVID-19 Mobility Survey, which was distributed between April and June 2020. Table numbering aligns directly with question numbering and will appear in the order in which they have been organized. In addition to numbered tables, there are also reference tables identified by letters.

The survey was distributed by a variety of methods, including through various Puget Sound Regional Council (PSRC) and University of Washington announcements and email distribution lists, as well as those of PSRC's local jurisdiction and community partners. Survey responses came from across the country, but the bulk of the respondents live in Washington state and the vast majority from the four-county central Puget Sound region, including King, Kitsap, Pierce, and Snohomish counties.

Analysis of data: The questions are grouped and reordered into seven sections as detailed in the Table of Contents. Within the Table of Contents, each section is briefly summarized with key findings and the corresponding questions. This report includes the descriptive statistics for each of the survey questions, all of which include the results from the central Puget Sound sample. Some questions are summarized by subgroups. This more in-depth analysis and presentation of results by subgroup (employment status or living condition) is included for select questions - indicated by italics in the Table of Contents. The method for creating subgroups is further described in Section 3 - Subgroup Analysis.

Reading and navigating this report: An introduction and explanation of the organization and presentation of the survey instrument and the results are provided in the first section. This general layout remains consistent throughout this report.

There are navigation links along the bottom of each page to access the different sections. At the end of each section, there is a navigation link to this introduction page.

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No.	Sections	Questions
1	<p>Sample</p> <p>Questions that establish respondents' general behavior changes in response to COVID-19</p> <ul style="list-style-type: none"> • Majority of respondents reported practicing social distance [97%] • Four-fifths of respondents reported working away from home before COVID-19 [80%] • Four-fifths of those respondents reported transitioning to work from home [80%] 	<p>Q1-4, Q30</p> <p>Pages 4-7</p>
2	<p>Subgroup Analysis</p> <p>Questions that provide information on employment and living conditions, allowing for more detailed analysis</p> <ul style="list-style-type: none"> • Two-thirds of respondents can be categorized as previously working away and have transitioned to working from home after COVID-19 [67%] • Living with a partner was the most common among respondents [39%] • Living with (a partner and) children was the second most common among respondents [27%] 	<p>Q2-4, Q27</p> <p><i>Employment:</i> <i>Q27</i></p> <p>Pages 8-10</p>
3	<p>Participant Sociodemographic Information</p> <p>Questions that provide information on respondents' background, including age, gender, education, income, and other characteristics</p> <ul style="list-style-type: none"> • The sample is biased toward working age individuals (ages 30-69) when compared to the general population of the region • Two-thirds of respondents are female [66%] • The sample is biased toward individuals with higher educational attainment and higher household incomes 	<p>Q20-28</p> <p><i>Employment:</i> <i>Q21-28</i></p> <p>Pages 11-21</p>
4	<p>Work from Home</p> <p>Questions that establish respondents' working patterns after transitioning to a work from home setup</p> <ul style="list-style-type: none"> • Majority of respondents reported keeping regular work hours [55%], using video and conference calls [41%], and being productive every work day [48%] <ul style="list-style-type: none"> ○ Those living with children or friends and relatives were least likely to keep regular hours • Approximately one-quarter of respondents reported feeling more productive [24%] <ul style="list-style-type: none"> ○ Those living with partners reported higher rates of feeling more productive ○ Those living with children or friends and relatives reported feeling less productive • Feeling more productive was attributed to have more time without having to commute and less interference from coworkers • Feeling less productive was attributed to less efficient communication 	<p>Q5-9</p> <p><i>Living:</i> <i>Q6-7</i></p> <p>Pages 22-25</p>

No.	Sections	Questions
5	<p>Commute Trips before COVID-19</p> <p>Questions the establish respondents' previous work commute patterns</p> <ul style="list-style-type: none"> • Respondents utilized non-driving modes at high rates before COVID-19 • Commuting trips under 30 minutes were most frequently by single-occupancy vehicles (SOV) • Commuting trips over 30 minutes were most frequently by transit 	<p>Q10-11</p> <p>Pages 26-29</p>
6	<p>Other Trips after COVID-19</p> <p>Questions that establish respondents' reasons for leaving home and the modes used to do so</p> <ul style="list-style-type: none"> • Bulk and occasional shopping were the most popular reasons for leaving home after COVID-19 • Respondents leaving home for shopping most frequently drove (alone or with others) • Exercise was the one type of trip that over half of the respondents reported spending more than 30 minutes [52%] 	<p>Q12-14</p> <p>Pages 30-35</p>
7	<p>Other Changes in Life</p> <p>Questions that provide information on respondents' lifestyle adjustments, including daily activities, food services, and changes in emotional well-being</p> <ul style="list-style-type: none"> • Many individual-level daily adjustments were made voluntarily • Almost half of respondents reported using restaurant take out more frequently [48%], while over half of respondents reported not using other food services • Respondents reported a decrease in physical activity [50%], an increase in screen time for leisure [60%], and a decrease in sleep quality [41%] • Respondents who experienced change in their employment status were more likely to report feeling negative emotions and experiencing some form of negative well-being 	<p>Q15-19</p> <p><i>Employment:</i> <i>Q18-19</i></p> <p>Pages 36-54</p>

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1. Sample

This section contains questions that can be used to select and define samples or subgroups for analysis. Different subgroups answered different sets of questions (see Table B).

Complete Survey Sample

The following summary tables include all participants who responded to this survey.

- **Question 1.** “Are you able to and interested in completing this survey?”

» All survey participants responded to this question.

1 - “Yes, I am 18 years or older and interested in this survey”

2 - “No, I am not 18 years old or not interested in this survey”

Table 1.1. Complete sample

	Overall (N=4506)
1 - Yes	4504 (100%)
2 - No	2 (0%)

Questions are introduced by a bullet and distinguished by light gray. Each question is surrounded by quotation marks and reflects the exact wording from the survey.

The subset of survey respondents who were asked this specific question based on survey logic and other background information is introduced by an additional bullet.

The exact choices provided to survey respondents are included in quotation marks.

The description of the table corresponding to the question is in bold and italics. The numbering scheme reflects the order in which the question was placed in the survey instrument, not the order in which they appear in this report.

- **Question 30.** “What is your Zip or Post Code?”

» All eligible survey participants (18+ years old) responded to this question.

» This was an open-ended question for respondents to enter a numeric response.

Table 30. Participant geographic distribution

	Overall (N=4506)
Central Puget Sound region	3402 (75%)
Other locations	467 (10%)
Missing Location Data	637 (14%)

Any text below the tables provides a technical note or technical interpretation of the results presented for the associated question.

The central Puget Sound region includes four counties - King, Kitsap, Pierce, Snohomish - in Washington state.

Central Puget Sound Sample

The central Puget Sound sample is not representative of the dataset but includes a large subset of the respondents. This sample was used to conduct the following analyses.

The following summary tables include the participants who are from the central Puget Sound region, namely from King (n=2057), Kitsap (n=64), Pierce (n=296), and Snohomish (n=985) Counties.

- **Question 1.** “Are you able to and interested in completing this survey?”

» All survey participants responded to this question.

1 - “Yes, I am 18 years or older and interested in this survey”

2 - “No, I am not 18 years old or not interested in this survey”

Table 1.2 Puget Sound sample

	Overall (N=3402)
1 - Yes	3402 (100%)
2 - No	0 (0%)

- **Question 2.** “Are you in quarantine* or total isolation* or are you practicing social distancing?”

“* **Being in quarantine or total isolation** means not having contact with any person due to the following circumstances: (1) you have been diagnosed as having COVID-19; (2) you have tested positive for COVID-19; (3) you suspect you may have COVID-19; OR (4) you have been exposed to someone who has COVID-19)”

» All eligible survey participants (18+ years old) responded to this question.

1 - “I am in quarantine or total isolation from any person”

2 - “I am practicing social distancing”

Table 2. Behavior in response to COVID-19

	Overall (N=3402)
1 - Quarantine or total isolation	90 (3%)
2 - Social distancing	3312 (97%)

Since only a very small proportion [3%] of respondents were in quarantine or isolation, the vast majority of survey respondents were still able to travel outside of their home [97%].

- **Question 3. COVID-19 has required many people to stay at home.** This has brought major changes in mobility patterns, especially for those people who used to travel to work.

“What was your employment situation prior to the spread of COVID-19?”

» Survey participants who selected choice 2 (social distancing) in Question 2 responded to this question.

- 1 - “I was not employed/not a student”
- 2 - “I was employed/a student working at home”
- 3 - “I was employed/a student working away from home”
- 4 - “Other”

Table 3. Employment before COVID-19

	Overall (N=3402)
1 - Not employed/student	214 (6%)
2 - Working at home	380 (11%)
3 - Working away from home	2718 (80%)
4 - Other	90 (3%)

Four-fifths of the respondents [80%] reported working away from home prior to COVID-19, which allows for focus on this group of people to understand potential reductions in commute-related travel.

- **Question 4.** “Have you been working from home since social distancing or lock down orders went into effect?”
 - » Survey participants who selected choice 3 (working away from home) in Question 3 responded to this question.

- 1 - “Yes, I am now working from home”
- 2 - “No, I continue to work away from home”
- 3 - “I am no longer employed”

Table 4. Work status after COVID-19

	Overall (N=2718)
1-Work from home	2174 (80%)
2-Continue work away	469 (17%)
3-No longer employed	75 (3%)

Four-fifths [80%] of respondents who used to work away from home changed to work from home, which allows for focus on this group to understand the lifestyle changes associated with this transition.

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2. Subgroup Analysis

Part of the analysis presented here is based on categorization of participants' responses to questions about their work status and their living arrangements.

a. Categorization of survey participants into subgroups by **work status**

The previous three questions define the skip logic of the survey and direct survey respondents to different questions, forming subgroups of respondents with different working/isolation conditions.

- **Question 2.** Are you in quarantine* or total isolation* or are you practicing social distancing?
- **Question 3.** What was your employment situation prior to the spread of COVID-19?
- **Question 4.** Have you been working from home since social distancing or lock down orders went into effect?

Table A. Subgroups based on working status

	Overall (N=3402)
Group 1: total isolation	90 (3%)
Group 2: previously not employed	214 (6%)
Group 3: previously work from home (wfh)	380 (11%)
Group 4: previously work away, post not employed	75 (2%)
Group 5: previously work away, post work away	469 (14%)
Group 6: previously work away, post wfh	2174 (64%)

Table B. Subgroups by work status and questions answered based on survey logic

Questions	Group 1: total isolation (N=90, 3%)	Group 2: previously not employed (N=214, 6%)	Group 3: previously wfh (N=380, 11%)	Group 4: previously work away, post not employed (N=75, 2%)	Group 5: previously work away, post work away (N=469, 14%)	Group 6: previously work away, post wfh (N=2174, 64%)
Q1-4, 30	x	x	x	x	x	x
Q5-11						x
Q12-14		x	x	x		x
Q15-16		x	x	x	x	x
Q17-28	x	x	x	x	x	x

x denotes questions answered

b. Categorization of survey participants into subgroups by living conditions

In addition to considering working conditions, participants were also grouped based on their living conditions, which was asked in the following question.

- **Question 27. What is your living arrangement?**
 - » All survey participants responded to this question.
 - 1 - "I live in a dormitory"
 - 2 - "I live with one or more roommates/friends"
 - 3 - "I live with my partner"
 - 4 - "I live with my child or children under 18 years"
 - 5 - "I live with my partner and a child or children under 18 years"
 - 6 - "I live with one or more relatives"
 - 7 - "I live alone"
 - 8 - "Other"

Table 27.1. All living conditions

	Overall (N=3402)
1 - dormitory	7 (0%)
2 - roommates/friends	218 (6%)
3 - partner	1339 (39%)
4 - child(ren)	94 (3%)
5 - partner and child(ren)	837 (25%)
6 - relatives	314 (9%)
7 - live alone	500 (15%)
8 - other	93 (3%)

The eight options listed above were combined to simplify participants' living conditions. The values in the parentheses refer to the original survey options.

Table 27.2. Simplified living conditions

	Overall (N=3402)
live alone (7)	500 (15%)
children (4,5)	931 (27%)
partner (3)	1339 (39%)
friends & relatives (2,6)	532 (16%)
others (1,8)	100 (3%)

The group "others" is primarily made up of students in dormitories [93%].

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3. Participant Sociodemographic Information

- **Question 20.** “Please tell us if and how many of the following vehicles you and your family have”
» All survey participants responded to this question.

Table 20. Vehicle ownership

	automobile (N=3402)	bike (N=3402)	ebike (N=3402)	motorcycle (N=3402)	other (N=3402)	truck (N=3402)
0	249 (7%)	1002 (29%)	3110 (91%)	3123 (92%)	3209 (94%)	2689 (79%)
1	1360 (40%)	704 (21%)	190 (6%)	185 (5%)	138 (4%)	600 (18%)
2	1301 (38%)	783 (23%)	77 (2%)	68 (2%)	27 (1%)	85 (2%)
3+	492 (14%)	913 (27%)	25 (1%)	26 (1%)	28 (1%)	28 (1%)

The majority of respondents either own an automobile or truck and have access to some form of motorized travel.

- **Question 21.** “Does your family have one or more dogs?”
» All survey participants responded to this question.

0 - “No”

1 - “Yes”

Table 21. Dog ownership

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
0 - no	65 (72%)	148 (69%)	249 (66%)	43 (57%)	247 (53%)	1418 (65%)	2170 (64%)
1 - yes	25 (28%)	66 (31%)	131 (34%)	32 (43%)	222 (47%)	756 (35%)	1232 (36%)

- **Question 22. “Tell us what you do”**
» All survey participants responded to this question.

- 1 - “Staff”
- 2 - “Student”
- 3 - “Faculty”
- 4 - “Business person”
- 5 - “Professional”
- 6 - “Retail”
- 7 - “Homemaker”
- 8 - “Other”

Table 22. Employment

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-Staff	9 (10%)	16 (7%)	41 (11%)	6 (8%)	90 (19%)	444 (20%)	606 (18%)
2-Student	20 (22%)	4 (2%)	67 (18%)	20 (27%)	35 (7%)	249 (11%)	395 (12%)
3-Faculty	2 (2%)	1 (0%)	18 (5%)	1 (1%)	13 (3%)	122 (6%)	157 (5%)
4-Business person	7 (8%)	7 (3%)	31 (8%)	8 (11%)	29 (6%)	131 (6%)	213 (6%)
5-Professional	39 (43%)	36 (17%)	189 (50%)	16 (21%)	233 (50%)	1178 (54%)	1691 (50%)
6-Retail	1 (1%)	1 (0%)	5 (1%)	8 (11%)	4 (1%)	2 (0%)	21 (1%)
8-Other	12 (13%)	116 (54%)	26 (7%)	14 (19%)	65 (14%)	47 (2%)	280 (8%)
7-Homemaker	0 (0%)	33 (15%)	3 (1%)	2 (3%)	0 (0%)	1 (0%)	39 (1%)

- **Question 23. “What is your age?”**
» All survey participants responded to this question.

- 1 - “18-29”
- 2 - “30-39”
- 3 - “40-49”
- 4 - “50-59”
- 5 - “60-69”
- 6 - “70 and above”
- 7 - “Other”

Table 23. Age

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-18 to 29	19 (21%)	7 (3%)	64 (17%)	24 (32%)	69 (15%)	389 (18%)	572 (17%)
2-20 to 39	12 (13%)	21 (10%)	76 (20%)	14 (19%)	99 (21%)	538 (25%)	760 (22%)
3-40 to 49	14 (16%)	24 (11%)	63 (17%)	8 (11%)	101 (22%)	455 (21%)	665 (20%)
4-50 to 59	24 (27%)	51 (24%)	93 (24%)	13 (17%)	139 (30%)	483 (22%)	803 (24%)
5-60 to 69	14 (16%)	51 (24%)	68 (18%)	14 (19%)	58 (12%)	278 (13%)	483 (14%)
6-70+	7 (8%)	60 (28%)	15 (4%)	2 (3%)	3 (1%)	28 (1%)	115 (3%)
7-Other	0 (0%)	0 (0%)	1 (0%)	0 (0%)	0 (0%)	3 (0%)	4 (0%)

Table 23.1 Survey respondent age in comparison to general population

Age Categories	Survey Distribution	ACS Distribution
18-29	17%	22%
30-39	22%	20%
40-49	20%	17%
50-59	24%	17%
60-69	14%	14%
70+	3%	11%

The sample is biased toward individuals within the working age ranges (30-69), with fewer respondents belonging to the youngest and oldest age groups compared to the general population.

- **Question 24.** “What is your gender?”
» All survey participants responded to this question.

- 1 - “female”
- 2 - “male”
- 3 - “other”

Table 24. Sex

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-Female	63 (70%)	129 (60%)	229 (60%)	55 (73%)	275 (59%)	1499 (69%)	2250 (66%)
2-Male	26 (29%)	84 (39%)	146 (38%)	19 (25%)	187 (40%)	646 (30%)	1108 (33%)
3-Other	1 (1%)	1 (0%)	5 (1%)	1 (1%)	7 (1%)	29 (1%)	44 (1%)

Table 24.1 Survey respondent sex in comparison to general population

Sex	Survey Distribution	ACS Distribution
Female	67%	50%
Male	33%	50%

The sample is biased toward female individuals [66%] compared to the general population [50%].

- **Question 25.** “What is your level of education?”
» All survey participants responded to this question.

- 1 - “High school”
- 2 - “College 2 yr”
- 3 - “College 4 yr”
- 4 - “Graduate studies”
- 5 - “Post-graduate”
- 6 - “Other”

Table 25. Education

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-High school	7 (8%)	11 (5%)	22 (6%)	6 (8%)	52 (11%)	90 (4%)	188 (6%)
2-College 2yr	14 (16%)	38 (18%)	41 (11%)	25 (33%)	95 (20%)	161 (7%)	374 (11%)
3-College 4yr	29 (32%)	68 (32%)	109 (29%)	19 (25%)	165 (35%)	777 (36%)	1167 (34%)
4-Graduate studies	21 (23%)	49 (23%)	124 (33%)	21 (28%)	76 (16%)	685 (32%)	976 (29%)
5-Post-graduate	16 (18%)	40 (19%)	77 (20%)	2 (3%)	66 (14%)	444 (20%)	645 (19%)
6-Other	3 (3%)	8 (4%)	7 (2%)	2 (3%)	15 (3%)	17 (1%)	52 (2%)

Table 25.1 Survey and ACS education categories

Survey Education Categories	ACS Education Categories
High school	High school
College 2 yr	College
College 4 yr	
Graduate studies	Graduate and Prof
Post-graduate	
Other	

Table 25.2 Survey respondent education in comparison to general population

Education Categories	Survey Distribution	ACS Distribution
High school	6%	20%
College	46%	49%
Graduate and Prof	48%	32%

The sample is biased toward individuals with more education compared to the general population. The sample represents a higher proportion of respondents who have graduate or post-graduate education and a lower proportion of respondents with only high school.

- **Question 26.** “What is your household income?”
 - » All survey participants responded to this question.
 - 1 - “Under \$40,000”
 - 2 - “\$40,000-\$59,999”
 - 3 - “\$60,000-\$89,999”
 - 4 - “\$90,000-\$119,999”
 - 5 - “\$120,000-\$149,999”
 - 6 - “Above \$150,000” 7 - “Other”

Table 26. Household income

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-<\$40,000	11 (12%)	28 (13%)	39 (10%)	25 (33%)	31 (7%)	145 (7%)	279 (8%)
2-\$40,000-\$59,999	14 (16%)	20 (9%)	29 (8%)	7 (9%)	51 (11%)	150 (7%)	271 (8%)
3-\$60,000-\$89,999	17 (19%)	31 (14%)	57 (15%)	20 (27%)	84 (18%)	328 (15%)	537 (16%)
4-\$90,000-\$119,999	18 (20%)	41 (19%)	61 (16%)	10 (13%)	112 (24%)	437 (20%)	679 (20%)
5-\$120,000-\$149,999	10 (11%)	41 (19%)	67 (18%)	5 (7%)	67 (14%)	320 (15%)	510 (15%)
6-\$150,000+	15 (17%)	45 (21%)	115 (30%)	8 (11%)	113 (24%)	735 (34%)	1031 (30%)
7-Other	5 (6%)	8 (4%)	12 (3%)	0 (0%)	11 (2%)	59 (3%)	95 (3%)

Table 26.1 Survey and ACS income categories

Survey Income Categories	ACS Income Categories	Aggregated Income Categories
Under \$40,000	Under \$10,000	Under \$40,000
	\$10,000-\$14,999	
	\$15,000-\$19,999	
	\$20,000-\$24,999	
	\$25,000-\$29,999	
	\$30,000-\$34,999	
	\$35,000-\$39,999	
\$40,000-\$59,000	\$40,000-\$44,999	\$40,000-\$59,000
	\$50,000-\$59,999-\$74,999	
\$60,000-\$89,000	\$60,000-\$74,999	\$60,000-\$149,000
	\$75,000-\$99,999	
\$90,000-\$119,000	\$100,000-\$124,999	
\$120,000-\$149,000	\$125,000-\$149,999	
	\$150,000-\$199,999	
Above \$150,000	Above \$200,000	Above \$150,000

Table 26.2 Survey respondent income in comparison to general population

Income Categories	Survey Distribution	ACS Distribution
Under \$40,000	8%	23%
\$40,000-\$59,000	8%	14%
\$60,000-\$149,000	52%	42%
Above \$150,000	31%	21%

The sample is biased toward individuals from higher income households. The sample is disproportionately smaller for the lowest income groups and disproportionately higher for the higher income groups when compared to the general population. One focus is on commute trip reduction and having these biases in age, education, and income can provide additional data on the target group of respondents who may work away from home but have the option of working from home if desired.

- **Question 27.** “What is your living arrangement?”
 - » All survey participants responded to this question.
 - 1 - “I live in a dormitory”
 - 2 - “I live with one or more roommates/friends”
 - 3 - “I live with my partner”
 - 4 - “I live with my child or children under 18 years”
 - 5 - “I live with my partner and a child or children under 18 years”
 - 6 - “I live with one or more relatives”
 - 7 - “I live alone”
 - 8 - “Other”

Table 27. Living arrangement

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
children	21 (23%)	44 (21%)	89 (23%)	16 (21%)	142 (30%)	619 (28%)	931 (27%)
friends & relatives	24 (27%)	27 (13%)	62 (16%)	23 (31%)	88 (19%)	308 (14%)	532 (16%)
live alone	17 (19%)	35 (16%)	57 (15%)	11 (15%)	64 (14%)	316 (15%)	500 (15%)
others	2 (2%)	8 (4%)	11 (3%)	4 (5%)	20 (4%)	55 (3%)	100 (3%)
partner	26 (29%)	100 (47%)	161 (42%)	21 (28%)	155 (33%)	876 (40%)	1339 (39%)

- **Question 28.** “Do you own or rent the place where you live?”
» All survey participants responded to this question.

- 1 - “Own”
- 2 - “Rent”
- 3 - “Other”

Table 28. Housing tenure

	Group 1: total isolation (N=90)	Group 2: previously not employed (N=214)	Group 3: previously wfh (N=380)	Group 4: previously work away, post not employed (N=75)	Group 5: previously work away, post work away (N=469)	Group 6: previously work away, post wfh (N=2174)	Overall (N=3402)
1-Own	57 (63%)	171 (80%)	260 (68%)	42 (56%)	314 (67%)	1411 (65%)	2255 (66%)
2-Rent	27 (30%)	38 (18%)	108 (28%)	32 (43%)	146 (31%)	715 (33%)	1066 (31%)
3-Other	6 (7%)	5 (2%)	12 (3%)	1 (1%)	9 (2%)	48 (2%)	81 (2%)

Table 28.1 Survey respondent housing tenure in comparison to general population

Housing Tenure	Survey Distribution	ACS Distribution
Own	68%	61%
Rent	32%	39%

The sample resembles the population distribution with a slight bias toward home ownership.

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4. Work from Home

- **Question 5.** "How long have you been working from home?"
 - » Survey participants who selected choice 1 (now working from home) in Question 4 responded to this question.

1 - "Less than three weeks"

2 - "Three to five weeks"

3 - "More than five weeks"

Table 5. Working from home duration

	Overall (N=2174)
1 - 0-3 weeks	8 (0%)
2 - 3-5 weeks	267 (12%)
3 - 5+ weeks	1899 (87%)

Nearly 90% of respondents had been working from home for at least 5 weeks, indicating that they had some time to adjust to a new routine by the time they responded to this survey.

- **Question 6.** "Working at or from home since COVID-19, tell us the conditions under which you are working and how you feel about the situation."
 - » Survey participants who selected choice 1 (now working from home) in Question 4 responded to this question.

1 - "I keep regular hours"

2 - "I spend time on conference or video calls with coworkers"

3 - "I am productive"

Table 6.1. Keep regular hours

	children (N=619)	friends & relatives (N=308)	live alone (N=316)	others (N=55)	partner (N=876)	Overall (N=2174)
1-On some days	96 (16%)	50 (16%)	40 (13%)	6 (11%)	85 (10%)	277 (13%)
2-On most days	205 (33%)	103 (33%)	111 (35%)	16 (29%)	264 (30%)	699 (32%)
3-Every work day	318 (51%)	155 (50%)	165 (52%)	33 (60%)	527 (60%)	1198 (55%)

Table 6.2. Video and conference calls

	children (N=619)	friends & relatives (N=308)	live alone (N=316)	others (N=55)	partner (N=876)	Overall (N=2174)
1-On some days	145 (23%)	110 (36%)	98 (31%)	15 (27%)	250 (29%)	618 (28%)
2-On most days	192 (31%)	91 (30%)	91 (29%)	18 (33%)	266 (30%)	658 (30%)
3-Every work day	282 (46%)	107 (35%)	127 (40%)	22 (40%)	360 (41%)	898 (41%)

Table 6.3. Productive

	children (N=619)	friends & relatives (N=308)	live alone (N=316)	others (N=55)	partner (N=876)	Overall (N=2174)
1-On some days	81 (13%)	67 (22%)	48 (15%)	6 (11%)	107 (12%)	309 (14%)
2-On most days	244 (39%)	109 (35%)	133 (42%)	19 (35%)	327 (37%)	832 (38%)
3-Every work day	294 (47%)	132 (43%)	135 (43%)	30 (55%)	442 (50%)	1033 (48%)

The vast majority of respondents working from home reported experiencing these behaviors or conditions most or every work day. Those with children were least likely to keep regular hours.

- **Question 7.** “Working at or from home since COVID-19, do you feel that, overall, you are more or less productive than you were prior to COVID-19 or when you worked at your work place?”

» Survey participants who selected choice 1 (now working from home) in Question 4 responded to this question.

- 1 - “I am more productive”
- 2 - “I am less productive”
- 3 - “No change in my productivity”

Table 7. Perceived productivity

	children (N=619)	friends & relatives (N=308)	live alone (N=316)	others (N=55)	partner (N=876)	Overall (N=2174)
0-No change in productivity	220 (36%)	105 (34%)	113 (36%)	24 (44%)	355 (41%)	817 (38%)
1-More productive	143 (23%)	71 (23%)	73 (23%)	12 (22%)	219 (25%)	518 (24%)
2-Less productive	256 (41%)	132 (43%)	130 (41%)	19 (35%)	302 (34%)	839 (39%)

Respondents who reported living with a partner and those grouped into the “others” category reported feeling more productive or no change at higher rates than the general sample.

- **Question 8.** “Tell us why you feel more productive working at or from home after COVID-19”

» Survey participants who selected choice 1 (more productive) in Question 7 responded to this question.

- 1 - “I have more time because I am not commuting”
- 2 - “I have faster internet connection”
- 3 - “There is less interference from co-workers”
- 4 - “My tasks are more clearly spelled out”
- 5 - “I work more hours”
- 6 - “Other” (*respondents had the option to provide an open-ended response*)

Table 8. Reasons for feeling more productive

	1 - Not commuting (N=518)	2 - Faster internet (N=518)	3 - Less interference (N=518)	4 - Clearer tasks (N=518)	5 - Work more hours (N=518)	6 - Other (N=518)
not selected	81 (16%)	491 (95%)	106 (20%)	439 (85%)	337 (65%)	393 (76%)
selected	437 (84%)	27 (5%)	412 (80%)	79 (15%)	181 (35%)	125 (24%)

For individuals who reported feeling more productive, they attributed this to having more time because of not having to commute. Less interference from coworkers was the second most frequently chosen reason for feeling more productive.

- **Question 9.** “Tell us why you feel less productive working at or from home after COVID-19”
» Survey participants who selected choice 2 (less productive) in Question 7 responded to this question.

- 1 - “I have less time because of housework”
- 2 - “I have less time to work because of interference from children or family living with me”
- 3 - “My internet connection is poor”
- 4 - “I don’t have good equipment (computer, printer, etc.)”
- 5 - “Communication with co-workers is less efficient”
- 6 - “Other” (*respondents had the option to provide an open-ended response*)

Table 9. Reasons for feeling less productive

	1 - Housework (N=839)	2 - Interference from family (N=839)	3 - Poor internet connection (N=839)	4 - Quality of equipment (computer etc.) (N=839)	5 - Less efficient communication (N=839)	6 - Other (N=839)
not selected	704 (84%)	542 (65%)	722 (86%)	629 (75%)	346 (41%)	372 (44%)
selected	135 (16%)	297 (35%)	117 (14%)	210 (25%)	493 (59%)	467 (56%)

While individuals reported feeling more productive because of less interference from co-workers, those who reported feeling less productive most often cited less efficient communication with coworkers. The second most frequently chosen response was ‘other’ which indicates that respondents are experiencing a variety of other reasons for not feeling as productive, beyond the choices provided in the survey.

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5. Commute Trips before COVID-19

- **Question 10.** “*Before the COVID-19 pandemic, what mode(s) of transport did you use to commute to work and how often did you use them on an average week?*”
 - » Survey participants who selected choice 1 (now working from home) in Question 4 responded to this question.

- 1 - “Walk”
- 2 - “bicycle or scooter”
- 3 - “e-Bike or e-scooter”
- 4 - “Bike or scooter share”
- 5 - “Transit (bus or rail)”
- 6 - “Car or vanpool (2 or more persons)”
- 7 - “Uber, Lyft, taxi”
- 8 - “Driving (alone)”

Table 10.1. Commuting modes before COVID-19

Frequency	1 - Walk (N=2174)	2 - bike or scooter (N=2174)	3 - e-bike or e- scooter (N=2174)	4 - bike or scooter share (N=2174)	5 - Transit (N=2174)	6 - Car or van pool (N=2174)	7 - Uber, Lyft, taxi (N=2174)	8 - Driving alone (N=2174)
0-Never	1615 (74%)	1906 (88%)	2130 (98%)	2135 (98%)	1047 (48%)	1891 (87%)	2094 (96%)	988 (45%)
1-One day/week	95 (4%)	81 (4%)	18 (1%)	22 (1%)	160 (7%)	73 (3%)	68 (3%)	196 (9%)
2-Two day/week	38 (2%)	45 (2%)	5 (0%)	7 (0%)	86 (4%)	30 (1%)	5 (0%)	83 (4%)
3-Three day/week	45 (2%)	39 (2%)	4 (0%)	4 (0%)	130 (6%)	39 (2%)	5 (0%)	95 (4%)
4-Four day/week	75 (3%)	49 (2%)	11 (1%)	2 (0%)	208 (10%)	39 (2%)	1 (0%)	123 (6%)
5-Every day	306 (14%)	54 (2%)	6 (0%)	4 (0%)	543 (25%)	102 (5%)	1 (0%)	689 (32%)

The eight commuting modes and six commuting frequencies listed above were combined to simplify participants' commuting habits.

Table 10.2. Simplified commuting modes before COVID-19

Frequency	bike or scooter (N=2174)	car or van pool (N=2174)	driving alone (N=2174)	transit (N=2174)	uber, lyft, taxi (N=2174)	walk (N=2174)
1 - one or two days/week	145 (7%)	103 (5%)	279 (13%)	246 (11%)	73 (3%)	133 (6%)
2 - more than half of the week	172 (8%)	180 (8%)	907 (42%)	881 (41%)	7 (0%)	426 (20%)
3 - never	1857 (85%)	1891 (87%)	988 (45%)	1047 (48%)	2094 (96%)	1615 (74%)

Respondents reported high rates of non-driving modes for commuting in the forms of transit, bicycle, and walking prior to COVID-19. This may reflect a high proportion of office workers who are more likely to have regular schedules and commute to a regular work location served by transit. Those living with children have more drive alone trips and fewer transit trips.

- **Question 11.** “Before the COVID-19 pandemic, on an average day how long was your one-way commute to work by mode?”
 - » All survey participants who selected choice 1 (now working from home) in Question 4 responded to this question.
- 1 - “Walk”
 - 2 - “bicycle or scooter”
 - 3 - “e-Bike or e-scooter”
 - 4 - “Bike or scooter share”
 - 5 - “Transit (bus or rail)”
 - 6 - “Car or vanpool (2 or more persons)”
 - 7 - “Uber, Lyft, taxi”
 - 8 - “Driving (alone)”

Table 11.1. Commute duration before COVID-19

Frequency	1 - Walk (N=2174)	2 - bike or scooter (N=2174)	3 - e-bike or e-scooter (N=2174)	4 - bike or scooter share (N=2174)	5 - Transit (N=2174)	6 - Car or van pool (N=2174)	7 - Uber, Lyft, taxi (N=2174)	8 - Driving alone (N=2174)
0-NA	1603 (74%)	1877 (86%)	2112 (97%)	2127 (98%)	1018 (47%)	1882 (87%)	2074 (95%)	946 (44%)
1-<15min	235 (11%)	54 (2%)	18 (1%)	14 (1%)	92 (4%)	62 (3%)	44 (2%)	300 (14%)
2-16 to 30min	179 (8%)	109 (5%)	21 (1%)	14 (1%)	299 (14%)	90 (4%)	38 (2%)	435 (20%)
3-31 to 45min	80 (4%)	63 (3%)	13 (1%)	6 (0%)	297 (14%)	78 (4%)	12 (1%)	278 (13%)
4-45 to 60min	43 (2%)	46 (2%)	5 (0%)	6 (0%)	296 (14%)	40 (2%)	5 (0%)	146 (7%)
5->1hr	34 (2%)	25 (1%)	5 (0%)	7 (0%)	172 (8%)	22 (1%)	1 (0%)	69 (3%)

The eight commuting modes and six commuting time options listed above were combined to simplify participants' commuting habits.

Original Commuting Modes	Simplified Commuting Modes	Original Duration Categories	Simplified Duration Categories
1 - Walk	1 - walk	1 - Less than 15 minutes	1 - less or equal to 30 min
2 - Bicycle or scooter	2 - bike or scooter	2 - 16 to 30 minutes	
3 - Bike or scooter share		3 - 31 to 45 minutes	2 - more than 30 min
4 - e-Bike or e-scooter		4 - 46 to 60 minutes	
5 - Transit (bus or rail)	3 - transit	5 - More than one hour	
5 - Car pool (2 or more people)	4 - HOV	0 - Not applicable	0 - never
6 - Uber, Lyft, taxi	5 - TNC		
7 - Driving (alone)	6 - SOV		
0 - I don't travel for this purpose	0 - NA		

Table 11.2. Simplified commuting duration before COVID-19

Duration	1 - walk (N=2174)	2 - bike or scooter (N=2174)	3 - transit (N=2174)	4 - driving alone (N=2174)	5 - uber, lyft, taxi (N=2174)	6 - car and van pool (N=2174)
1 - less or equal to 30 min	414 (19%)	181 (8%)	391 (18%)	735 (34%)	82 (4%)	152 (7%)
2 - more than 30 min	157 (7%)	158 (7%)	765 (35%)	493 (23%)	18 (1%)	140 (6%)
3 - never	1603 (74%)	1835 (84%)	1018 (47%)	946 (44%)	2074 (95%)	1882 (87%)

Before COVID-19, driving alone was the most frequently reported commuting mode for trips lasting 30 minutes or less. Transit was the most frequently reported commuting mode for trips greater than 30 minutes.

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6. Other Trips after COVID-19

- **Question 12.** “*Since COVID-19 social distancing, do you leave home? If you do, what is your purpose for leaving and how often do you do so?*”

» Survey participants who selected choice 1 (now working from home) or 3 (no longer employed) in Question 4 responded to this question. Participants who selected choice 2 (continue to work away from home) in Question 4 did not respond to this question.

- 1 - “To do bulk shopping for food and goods”
- 2 - “To do occasional shopping for food and goods”
- 3 - “To exercise”
- 4 - “To take children outdoors”
- 5 - “To take care of friends or family members”
- 6 - “To take care of an animal”

Table 12. Purpose and frequency of leaving home

Frequency	1 - bulk shopping (N=2843)	2 - occasional shopping (N=2843)	3 - exercise (N=2843)	4 - take children outdoors (N=2843)	5 - take care of friends or family (N=2843)	6 - take care of an animal (N=2843)
0-Never	707 (25%)	581 (20%)	532 (19%)	2208 (78%)	2190 (77%)	2111 (74%)
1->Once a day	3 (0%)	4 (0%)	270 (9%)	137 (5%)	14 (0%)	331 (12%)
2-Once a day	7 (0%)	21 (1%)	999 (35%)	250 (9%)	24 (1%)	247 (9%)
3-Every two days	26 (1%)	287 (10%)	678 (24%)	137 (5%)	64 (2%)	53 (2%)
4-Once a week	971 (34%)	1211 (43%)	291 (10%)	90 (3%)	262 (9%)	38 (1%)
5-Once every two weeks	1129 (40%)	739 (26%)	73 (3%)	21 (1%)	289 (10%)	63 (2%)

The most popular trips for leaving home were bulk shopping and occasional shopping. Respondents living alone made fewer bulk shopping trips, while people living with partners made relatively more frequent occasional shopping trips. More than four-fifths of people did some form of exercise.

- **Question 13.** “*Since COVID-19 social distancing, what mode of transport do you typically use when you leave home for various trips?*”
 - » Survey participants who responded to Question 12 responded to this question.

Activities
1 - “To do bulk shopping for food and goods”
2 - “To do occasional shopping for food and goods”
3 - “To exercise”
4 - “To take children outdoors”
5 - “To take care of friends or family members”
6 - “To take care of an animal”

Transport Modes
1 - “Walk”
2 - “Bicycle or scooter”
3 - “Bike or scooter share”
4 - “e-Bike or e-scooter”
5 - “Transit (bus or rail)”
6 - “Car pool (2 or more people)”
7 - “Uber, Lyft, taxi”
8 - “Driving (alone)”
0 - “I don’t travel for this purpose”

Table 13.1. Modes of transport by activity

Mode	1 - bulk shopping (N=2843)	2 - occasional shopping (N=2843)	3 - exercise (N=2843)	4 - take children outdoors (N=2843)	5 - care for friends or family (N=2843)	6 - care for an animal (N=2843)
0-Don't travel for this purpose	635 (22%)	524 (18%)	699 (25%)	2248 (79%)	2154 (76%)	2132 (75%)
1-Walk	179 (6%)	471 (17%)	1813 (64%)	456 (16%)	81 (3%)	591 (21%)
2-Bike	17 (1%)	46 (2%)	162 (6%)	37 (1%)	8 (0%)	0 (0%)
3-Bikeshare	1 (0%)	4 (0%)	5 (0%)	0 (0%)	1 (0%)	0 (0%)
4-Ebike	7 (0%)	14 (0%)	10 (0%)	6 (0%)	5 (0%)	2 (0%)
5-Transit	20 (1%)	12 (0%)	0 (0%)	1 (0%)	5 (0%)	2 (0%)
6-HOV	376 (13%)	259 (9%)	56 (2%)	43 (2%)	104 (4%)	17 (1%)
7-TNC	3 (0%)	2 (0%)	0 (0%)	1 (0%)	3 (0%)	1 (0%)
8-SOV	1605 (56%)	1511 (53%)	98 (3%)	51 (2%)	482 (17%)	98 (3%)

The eight commuting mode options were combined to simplify participants' commuting habits.

Original Commuting Modes	Simplified Commuting Modes
1 - Walk	1 - walk
2 - Bicycle or scooter	2 - bike or scooter
3 - Bike or scooter share	
4 - e-Bike or e-scooter	
5 - Transit (bus or rail)	3 - transit
5 - Car pool (2 or more people)	4 - HOV
6 - Uber, Lyft, taxi	5 - TNC
7 - Driving (alone)	6 - SOV
0 - I don't travel for this purpose	0 - NA

Table 13.2. Simplified modes of transport by activity

Mode	1 - bulk shopping (N=2843)	2 - occasional shopping (N=2843)	3 - exercise (N=2843)	4 - take children outdoors (N=2843)	5 - care for friends or family (N=2843)	6 - care for an animal (N=2843)
0-NA	635 (22%)	524 (18%)	699 (25%)	2248 (79%)	2154 (76%)	2132 (75%)
1-walk	179 (6%)	471 (17%)	1813 (64%)	456 (16%)	81 (3%)	591 (21%)
2-bike or ebike	25 (1%)	64 (2%)	177 (6%)	43 (2%)	14 (0%)	2 (0%)
3-transit	20 (1%)	12 (0%)	0 (0%)	1 (0%)	5 (0%)	2 (0%)
4-HOV	376 (13%)	259 (9%)	56 (2%)	43 (2%)	104 (4%)	17 (1%)
5-TNC	3 (0%)	2 (0%)	0 (0%)	1 (0%)	3 (0%)	1 (0%)
6-SOV	1605 (56%)	1511 (53%)	98 (3%)	51 (2%)	482 (17%)	98 (3%)

Driving (SOV or HOV) was the most popular transportation mode used for shopping. Roughly one-fifth of respondents used non-motorized modes for occasional shopping. Overall, the proportion of respondents using transit was low for all daily trips. The highest proportion of non-motorized trips was for exercise.

- **Question 14.** “*Since COVID-19 social distancing, how long are these trips, on average (one-way between house and destination OR total trip from home back to home if your trip has no particular destination, e.g. for exercise, to take children outdoors)?*”

» Survey participants who responded to Question 13 responded to this question.

Activities	Commuting Duration
1 - “To do bulk shopping for food and goods”	1 - “Less than 15 minutes”
2 - “To do occasional shopping for food and goods”	2 - “16 to 30 minutes”
3 - “To exercise”	3 - “31 to 45 minutes”
4 - “To take children outdoors”	4 - “46 to 60 minutes”
5 - “To take care of friends or family members”	5 - “More than one hour”
6 - “To take care of an animal”	0 - “Not applicable”

Table 14.1. Duration of activity

Duration	1 - bulk shopping (N=2843)	2 - occasional shopping (N=2843)	3 - exercise (N=2843)	4 - take children outdoors (N=2843)	5 - care for friends or family (N=2843)	6 - care for an animal (N=2843)
0-NA	653 (23%)	528 (19%)	696 (24%)	2247 (79%)	2178 (77%)	2144 (75%)
1-<15min	972 (34%)	1200 (42%)	269 (9%)	106 (4%)	140 (5%)	158 (6%)
2-16 to 30min	441 (16%)	496 (17%)	395 (14%)	99 (3%)	137 (5%)	235 (8%)
3-31 to 45min	171 (6%)	267 (9%)	532 (19%)	156 (5%)	94 (3%)	139 (5%)
4-46 to 60min	268 (9%)	230 (8%)	570 (20%)	128 (5%)	71 (2%)	97 (3%)
5->1hr	338 (12%)	122 (4%)	381 (13%)	107 (4%)	223 (8%)	70 (2%)

The six commuting duration options were combined to simplify participants' commuting habits.

Original Duration Categories	Simplified Duration Categories
1 - Less than 15 minutes	1 - less or equal to 30 min
2 - 16 to 30 minutes	
3 - 31 to 45 minutes	2 - more than 30 min
4 - 46 to 60 minutes	
5 - More than one hour	
0 - Not applicable	0 - never

Table 14.2. Simplified duration of activity (Simplified)

Duration	1 - bulk shopping (N=2843)	2 - occasional shopping (N=2843)	3 - exercise (N=2843)	4 - take children outdoors (N=2843)	5 - care for friends or family (N=2843)	6 - care for an animal (N=2843)
0 - never	653 (23%)	528 (19%)	696 (24%)	2247 (79%)	2178 (77%)	2144 (75%)
1 - less or equal to 30 min	1413 (50%)	1696 (60%)	664 (23%)	205 (7%)	277 (10%)	393 (14%)
2 - more than 30 min	777 (27%)	619 (22%)	1483 (52%)	391 (14%)	388 (14%)	306 (11%)

More than half of the respondents traveled for exercise for more than half an hour. Other trips tended to last less than half an hour.

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7. Other Changes in Life

- Question 15.** *“Many of us have adjusted our daily activities due to the risk of COVID-19. Here are some of the changes people have made in recent weeks, please indicate if you made these changes in response to the risk of COVID-19, and reasons for doing so.”*
 - » Survey participants who selected choice 2 (social distancing) in Question 2 responded to this question.

Daily Activities
1 - “Canceled a non-urgent doctor or dentist appointment”
2 - “Worn a face mask”
3 - “Canceled or postponed work travel”
4 - “Canceled or postponed personal travel”
5 - “Canceled or postponed work or school activities”
6 - “Kept children at home instead of attending school”
7 - “Stockpiled food or water”
8 - “Avoided eating at restaurants”
9 - “Avoided going to bars”
10 - “Canceled or postponed social activities”
11 - “Avoided public places”
12 - “Avoided crowds”
13 - “Avoided contact with high-risk people”
14 - “Practiced social distancing”
15 - “Washed or sanitized hands”

Reason
1 - “I did this voluntarily”
2 - “I did this because someone or everyone else did”
3 - “I did this because of government recommendation”
4 - “I did this because of government mandate”
5 - “I did not do this”
0 - “Not applicable to me”

Table 15.1. Reasons for making lifestyle adjustments after COVID-19

Duration	1 - canceled medical appointment (N=3312)	2 - worn a face mask (N=3312)	3 - canceled or postponed work travel (N=3312)	4 - canceled or postponed personal travel (N=3312)	5 - canceled or postponed work or school activities (N=3312)
0-NA	982 (30%)	38 (1%)	1825 (55%)	615 (19%)	909 (27%)
1-Voluntarily	1277 (39%)	2004 (61%)	586 (18%)	1607 (49%)	821 (25%)
2-Someone/everyone else did	172 (5%)	205 (6%)	117 (4%)	116 (4%)	200 (6%)
3-Government recommendation	181 (5%)	685 (21%)	217 (7%)	398 (12%)	377 (11%)
4-Government mandate	397 (12%)	75 (2%)	364 (11%)	439 (13%)	745 (22%)
5-Did not do this	303 (9%)	305 (9%)	203 (6%)	137 (4%)	260 (8%)

Duration	10 - canceled or postponed social activities (N=3312)	6 - kept children at home (N=3312)	7 - stockpiled food or water (N=3312)	8 - avoided eating at restaurant (N=3312)	9 - avoided going to bars (N=3312)
0-NA	84 (3%)	2348 (71%)	454 (14%)	88 (3%)	710 (21%)
1-Voluntarily	1924 (58%)	197 (6%)	1066 (32%)	1672 (50%)	1511 (46%)
2-Someone/everyone else did	125 (4%)	26 (1%)	185 (6%)	49 (1%)	27 (1%)
3-Government recommendation	504 (15%)	107 (3%)	61 (2%)	343 (10%)	233 (7%)
4-Government mandate	629 (19%)	568 (17%)	11 (0%)	933 (28%)	769 (23%)
5-Did not do this	46 (1%)	66 (2%)	1535 (46%)	227 (7%)	62 (2%)

Duration	11 - avoided public places (N=3312)	12 - avoided crowds (N=3312)	13 - avoided contact with high-risk people (N=3312)	14 - practiced social distancing (N=3312)	15 - sanitized hands (N=3312)
0-NA	24 (1%)	29 (1%)	159 (5%)	4 (0%)	5 (0%)
1-Voluntarily	2110 (64%)	2412 (73%)	2586 (78%)	2440 (74%)	2935 (89%)
2-Someone/everyone else did	45 (1%)	29 (1%)	22 (1%)	66 (2%)	25 (1%)
3-Government recommendation	526 (16%)	422 (13%)	307 (9%)	532 (16%)	286 (9%)
4-Government mandate	393 (12%)	378 (11%)	175 (5%)	248 (7%)	52 (2%)
5-Did not do this	214 (6%)	42 (1%)	63 (2%)	22 (1%)	9 (0%)

The six reasons listed above were combined to simplify participants' responses.

Original Reason Categories	Simplified Reason Categories
0 - NA	0 - not applicable
1 - Voluntarily	2 - voluntarily/everyone else did
2 - Someone/everyone else did	
3 - Government recommendation	3 - government recommend/mandate
4 - Government mandate	
5 - Did not do this	1 - I did not do this

Table 15.2. Simplified reasons for making lifestyle adjustments after COVID-19

Changes	1 - canceled doctor appointment (N=3312)	2 - worn face mask (N=3312)	3 - canceled or postponed work travel (N=3312)	4 - canceled or postponed personal travel (N=3312)	5 - canceled or postponed work or school activities (N=3312)
0-not applicable	982 (30%)	38 (1%)	1825 (55%)	615 (19%)	909 (27%)
1-did not do this	303 (9%)	305 (9%)	203 (6%)	137 (4%)	260 (8%)
2-voluntarily/everyone else did	1449 (44%)	2209 (67%)	703 (21%)	1723 (52%)	1021 (31%)
3-government recommend/mandate	578 (17%)	760 (23%)	581 (18%)	837 (25%)	1122 (34%)

Changes	10 - avoided or postponed social activities (N=3312)	6 - kept children at home (N=3312)	7 - stockpiled food or water (N=3312)	8 - avoided eating at restaurant (N=3312)	9 - avoided going to bars (N=3312)
0-not applicable	84 (3%)	2348 (71%)	454 (14%)	88 (3%)	710 (21%)
1-did not do this	46 (1%)	66 (2%)	1535 (46%)	227 (7%)	62 (2%)
2-voluntarily/everyone else did	2049 (62%)	223 (7%)	1251 (38%)	1721 (52%)	1538 (46%)
3-government recommend/mandate	1133 (34%)	675 (20%)	72 (2%)	1276 (39%)	1002 (30%)

Changes	11 - avoided public spaces (N=3312)	12 - avoided crowds (N=3312)	13 - avoided contact with high-risk people (N=3312)	14 - practiced social distancing (N=3312)	15 - sanitized hands (N=3312)
0-not applicable	24 (1%)	29 (1%)	159 (5%)	4 (0%)	5 (0%)
1-did not do this	214 (6%)	42 (1%)	63 (2%)	22 (1%)	9 (0%)
2-voluntarily/everyone else did	2155 (65%)	2441 (74%)	2608 (79%)	2506 (76%)	2960 (89%)
3-government recommend/mandate	919 (28%)	800 (24%)	482 (15%)	780 (24%)	338 (10%)

Many of the individual-level daily adjustments were made voluntarily, such as wearing a face mask, avoiding crowds, and practicing social distancing.

- **Question 16.** “*Many of us have adjusted our daily activities due to the risk of COVID-19. Compared to a few weeks ago (i.e. prior to the spread of COVID-19), please indicate whether you have made changes in utilizing the following services*”
» Survey participants who responded to Question 15 responded to this question.

Daily Activities	Reason
1 - “Restaurant delivery services”	1 - “Using more”
2 - “Restaurant take-out”	2 - “Using the same amount”
3 - “Restaurant curb-side pickup”	3 - “Using less”
4 - “Meal kit delivery services, such as Hello Fresh and Blue Apron”	0 - “Do not use”
5 - “On-demand food delivery services, such as Door Dash or Grubhub”	
6 - “Grocery delivery service”	
7 - “Grocery order pickup”	

Table 16. Food service utilization

Frequency	1 - restaurant delivery (N=3312)	2 - restaurant take-out (N=3312)	3 - restaurant curb-side pickup (N=3312)	4 - meal kit delivery (N=3312)	5 - on demand food delivery (N=3312)	6 - grocery delivery (N=3312)	7 - grocery pickup (N=3312)
0-Do not use	1831 (55%)	635 (19%)	1743 (53%)	3048 (92%)	2296 (69%)	2468 (75%)	2700 (82%)
1-Using more	752 (23%)	1603 (48%)	1271 (38%)	95 (3%)	648 (20%)	662 (20%)	468 (14%)
2-Using same	481 (15%)	549 (17%)	172 (5%)	140 (4%)	244 (7%)	121 (4%)	100 (3%)
3-Using less	248 (7%)	525 (16%)	126 (4%)	29 (1%)	124 (4%)	61 (2%)	44 (1%)

With respect to getting food items or meals, restaurant take-out - a more traditional method - was by far the most popular. New technologies that enable us to have groceries or meals delivered became more popular during this time (compared to data from the [2019 Puget Sound Regional Household Travel Survey](#)) but were still utilized at relatively low rates, particularly for this highly educated and well-resourced sample of respondents.

- **Question 17.** “Compared to the time before the spread of COVID-19, how much has your daily life changed in the following areas?”
 - » All survey participants responded to this question.

Daily Activities	
1 - “Amount of physical activity or exercise”	14 - “House work (cleaning, laundry)”
2 - “Amount of time spent outside in nature or parks”	15 - “Meal preparation, cooking”
3 - “Amount of food consumed”	16 - “Time spent with children in household”
4 - “Amount of alcohol consumed”	17 - “Face-to-face interaction with family in household”
5 - “Amount of sleep”	18 - “Face-to-face interaction with family not in household”
6 - “Quality of sleep”	19 - “Face-to-face interaction with friends”
7 - “Use of sleep, anxiety, or stress medication”	20 - “Electronic interaction with family (e.g. Skype, FaceTime, phone calls, texting)”
8 - “Use of cannabis/recreational drugs”	21 - “Electronic interaction with friends (e.g. Skype, FaceTime, phone calls, texting)”
9 - “Screen time for leisure (excludes work)”	22 - “Time spent on social media”
10 - “Screen time for work”	23 - “Time spent watching the news”
11 - “Work hours”	24 - “Time spent listening to music”
12 - “Household income”	25 - “Time spent meditating or praying”
13 - “Yard or garden work”	26 - “Time spent on a personal hobby”

Reason
1 - “Increased a lot”
2 - “Increased somewhat”
3 - “No change”
4 - “Decreased somewhat”
5 - “Decreased a lot”
0 - “Not applicable to me”

Table 17.1. Changes in daily life

Changes	1 - physical activity (N=3402)	2 - time spent in outside in nature or park (N=3402)	3 - amount of food consumption (N=3402)	4 - amount of alcohol consumed (N=3402)	5 - amount of sleep (N=3402)	6 - quality of sleep (N=3402)
0-NA	18 (1%)	35 (1%)	1 (0%)	653 (19%)	2 (0%)	5 (0%)
1-Increased a lot	287 (8%)	258 (8%)	182 (5%)	205 (6%)	209 (6%)	139 (4%)
2-Increased somewhat	770 (23%)	808 (24%)	1119 (33%)	893 (26%)	1059 (31%)	528 (16%)
3-No change	622 (18%)	623 (18%)	1667 (49%)	1308 (38%)	1354 (40%)	1332 (39%)
4-Decreased somewhat	818 (24%)	763 (22%)	395 (12%)	201 (6%)	619 (18%)	1021 (30%)
5-Decreased a lot	887 (26%)	915 (27%)	38 (1%)	142 (4%)	159 (5%)	377 (11%)

Changes	10 - screen time for work (N=3402)	11 - work hours (N=3402)	12 - household income (N=3402)	7 - use of sleep, anxiety, or stress medication (N=3402)	8 - use of cannabis/recreational drugs (N=3402)	9 - screen time for leisure (N=3402)
0-NA	212 (6%)	174 (5%)	75 (2%)	1899 (56%)	2460 (72%)	62 (2%)
1-Increased a lot	1147 (34%)	242 (7%)	9 (0%)	86 (3%)	60 (2%)	726 (21%)
2-Increased somewhat	951 (28%)	669 (20%)	129 (4%)	297 (9%)	197 (6%)	1269 (37%)
3-No change	980 (29%)	1620 (48%)	2444 (72%)	1040 (31%)	640 (19%)	1065 (31%)
4-Decreased somewhat	80 (2%)	504 (15%)	475 (14%)	53 (2%)	23 (1%)	213 (6%)
5-Decreased a lot	32 (1%)	193 (6%)	270 (8%)	27 (1%)	22 (1%)	67 (2%)

Changes	13 - yard or garden work (N=3402)	14 - house work (N=3402)	15 - meal preparation (N=3402)	16 - time spent with children in household (N=3402)	17 - face-to-face interaction with family in household (N=3402)	18 - face-to-face interaction with family outside household (N=3402)
0-NA	689 (20%)	15 (0%)	25 (1%)	2174 (64%)	567 (17%)	414 (12%)
1-Increased a lot	438 (13%)	413 (12%)	793 (23%)	631 (19%)	1090 (32%)	45 (1%)
2-Increased somewhat	1102 (32%)	1377 (40%)	1384 (41%)	357 (10%)	879 (26%)	137 (4%)
3-No change	1073 (32%)	1459 (43%)	1066 (31%)	206 (6%)	725 (21%)	676 (20%)
4-Decreased somewhat	64 (2%)	110 (3%)	110 (3%)	15 (0%)	58 (2%)	462 (14%)
5-Decreased a lot	36 (1%)	28 (1%)	24 (1%)	19 (1%)	83 (2%)	1668 (49%)

Changes	19 - face-to-face interaction with friends (N=3402)	20 - electronic interaction with family (N=3402)	21 - electronic interaction with friends (N=3402)	22 - time spent on social media (N=3402)	23 - time watching the news (N=3402)	24 - time spent listening to music (N=3402)
0-NA	104 (3%)	115 (3%)	83 (2%)	291 (9%)	211 (6%)	47 (1%)
1-Increased a lot	25 (1%)	962 (28%)	1056 (31%)	497 (15%)	548 (16%)	306 (9%)
2-Increased somewhat	40 (1%)	1515 (45%)	1440 (42%)	1177 (35%)	1169 (34%)	1042 (31%)
3-No change	188 (6%)	746 (22%)	715 (21%)	1271 (37%)	1124 (33%)	1705 (50%)
4-Decreased somewhat	373 (11%)	46 (1%)	72 (2%)	126 (4%)	205 (6%)	231 (7%)
5-Decreased a lot	2672 (79%)	18 (1%)	36 (1%)	40 (1%)	145 (4%)	71 (2%)

Changes	25 - time spent meditating or praying (N=3402)	26 - time spent on personal hobby (N=3402)
0-NA	1098 (32%)	161 (5%)
1-Increased a lot	127 (4%)	306 (9%)
2-Increased somewhat	506 (15%)	1084 (32%)
3-No change	1541 (45%)	1383 (41%)
4-Decreased somewhat	99 (3%)	292 (9%)
5-Decreased a lot	31 (1%)	176 (5%)

The six frequencies listed above were combined to simplify participants' feelings in response to COVID-19.

Original Change Categories	Simplified Change Categories
1 - "Increased a lot"	1 - Increase
2 - "Increased somewhat"	
3 - "No change"	2 - No change
4 - "Decreased somewhat"	3 - Decrease
5 - "Decreased a lot"	
0 - "Not applicable to me"	0 - Not applicable

Table 17.2. Simplified changes in daily life

Changes	amount of alcohol consumed (N=3402)	amount of food consumption (N=3402)	amount of sleep (N=3402)	physical activity (N=3402)	quality of sleep (N=3402)	time spent in outside in nature or park (N=3402)
0-not applicable	653 (19%)	1 (0%)	2 (0%)	18 (1%)	5 (0%)	35 (1%)
1-increase	1098 (32%)	1301 (38%)	1268 (37%)	1057 (31%)	667 (20%)	1066 (31%)
2-no change	1308 (38%)	1667 (49%)	1354 (40%)	622 (18%)	1332 (39%)	623 (18%)
3-decrease	343 (10%)	433 (13%)	778 (23%)	1705 (50%)	1398 (41%)	1678 (49%)

Changes	household income (N=3402)	screen time for leisure (N=3402)	screen time for work (N=3402)	use of cannabis/recreational drugs (N=3402)	use of sleep, anxiety, or stress medication (N=3402)	work hours (N=3402)
0-not applicable	75 (2%)	62 (2%)	212 (6%)	2460 (72%)	1899 (56%)	174 (5%)
1-increase	138 (4%)	1995 (59%)	2098 (62%)	257 (8%)	383 (11%)	911 (27%)
2-no change	2444 (72%)	1065 (31%)	980 (29%)	640 (19%)	1040 (31%)	1620 (48%)
3-decrease	745 (22%)	280 (8%)	112 (3%)	45 (1%)	80 (2%)	697 (20%)

Changes	face-to-face interaction with family in household (N=3402)	face-to-face interaction with family outside household (N=3402)	house work (N=3402)	meal preparation (N=3402)	time spent with children in household (N=3402)	yard or garden work (N=3402)
0-not applicable	567 (17%)	414 (12%)	15 (0%)	25 (1%)	2174 (64%)	689 (20%)
1-increase	1969 (58%)	182 (5%)	1790 (53%)	2177 (64%)	988 (29%)	1540 (45%)
2-no change	725 (21%)	676 (20%)	1459 (43%)	1066 (31%)	206 (6%)	1073 (32%)
3-decrease	141 (4%)	2130 (63%)	138 (4%)	134 (4%)	34 (1%)	100 (3%)

Changes	electronic interaction with family (N=3402)	electronic interaction with friends (N=3402)	face-to-face interaction with friends (N=3402)	time spent listening to music (N=3402)	time spent on social media (N=3402)	time watching the news (N=3402)
0-not applicable	115 (3%)	83 (2%)	104 (3%)	47 (1%)	291 (9%)	211 (6%)
1-increase	2477 (73%)	2496 (73%)	65 (2%)	1348 (40%)	1674 (49%)	1717 (50%)
2-no change	746 (22%)	715 (21%)	188 (6%)	1705 (50%)	1271 (37%)	1124 (33%)
3-decrease	64 (2%)	108 (3%)	3045 (90%)	302 (9%)	166 (5%)	350 (10%)

Changes	time spent meditating or praying (N=3402)	time spent on personal hobby (N=3402)
0-not applicable	1098 (32%)	161 (5%)
1-increase	633 (19%)	1390 (41%)
2-no change	1541 (45%)	1383 (41%)
3-decrease	130 (4%)	468 (14%)

A few highlights include changes in physical activity, screen time for leisure, amount of sleep, and quality of sleep.

- Half of respondents [50%] report a decrease in physical activity, while close to one-third [31%] report an increase.
- Two-thirds [60%] of respondents report an increase in screen time for leisure.
- Over three-quarters [77%] of respondents report no change or an increase in the amount of sleep, but two-fifths [41%] report a decrease in sleep quality.

- **Question 18.** *“Many of us have adjusted our daily activities due to the risk of COVID-19, which might have impacted your feelings. Over the past two weeks, how often have you been bothered by any of the following problems?”*

» All survey participants responded to this question.

1 - “Little interest or pleasure in doing things”

2 - “Feeling down, depressed, or hopeless”

Table 18.1. Problems experienced after COVID-19 (all respondents)

Frequency	1 - Little interest or pleasure (N=3402)	2 - Down, depressed, or hopeless (N=3402)
0 - "Not at all"	1594 (47%)	1502 (44%)
1 - "Several days"	1306 (38%)	1436 (42%)
2 - "More than half the days"	324 (10%)	281 (8%)
3 - "Nearly every day"	178 (5%)	183 (5%)

Table 18.1.1. Problems experienced after COVID-19 (Group 1: Total isolation, 3%)

Frequency	1 - Little interest or pleasure (N=90)	2 - Down, depressed, or hopeless (N=90)
0 - "Not at all"	29 (32%)	33 (37%)
1 - "Several days"	33 (37%)	33 (37%)
2 - "More than half the days"	13 (14%)	11 (12%)
3 - "Nearly every day"	15 (17%)	13 (14%)

Table 18.1.2. Problems experienced after COVID-19 (Group 2: Previously not employed, 6%)

Frequency	1 - Little interest or pleasure (N=214)	2 - Down, depressed, or hopeless (N=214)
0 - "Not at all"	124 (58%)	112 (52%)
1 - "Several days"	63 (29%)	76 (36%)
2 - "More than half the days"	17 (8%)	14 (7%)
3 - "Nearly every day"	10 (5%)	12 (6%)

Table 18.1.3. Problems experienced after COVID-19 (Group 3: Previously work from home, 11%)

Frequency	1 - Little interest or pleasure (N=380)	2 - Down, depressed, or hopeless (N=380)
0 - "Not at all"	181 (48%)	170 (45%)
1 - "Several days"	130 (34%)	150 (39%)
2 - "More than half the days"	48 (13%)	38 (10%)
3 - "Nearly every day"	21 (6%)	22 (6%)

Table 18.1.4. Problems experienced after COVID-19 (Group 4: Previously work away, post not employed, 2%)

Frequency	1 - Little interest or pleasure (N=75)	2 - Down, depressed, or hopeless (N=75)
0 - "Not at all"	17 (23%)	13 (17%)
1 - "Several days"	34 (45%)	35 (47%)
2 - "More than half the days"	13 (17%)	20 (27%)
3 - "Nearly every day"	11 (15%)	7 (9%)

Table 18.1.5. Problems experienced after COVID-19 (Group 5: Previously work away, post work away, 14%)

Frequency	1 - Little interest or pleasure (N=469)	2 - Down, depressed, or hopeless (N=469)
0 - "Not at all"	240 (51%)	238 (51%)
1 - "Several days"	155 (33%)	154 (33%)
2 - "More than half the days"	54 (12%)	50 (11%)
3 - "Nearly every day"	20 (4%)	27 (6%)

Table 18.1.6. Problems experienced after COVID-19 (Group 6: Previously work away, post work from home, 64%)

Frequency	1 - Little interest or pleasure (N=2174)	2 - Down, depressed, or hopeless (N=2174)
0 - "Not at all"	1003 (46%)	936 (43%)
1 - "Several days"	891 (41%)	988 (45%)
2 - "More than half the days"	179 (8%)	148 (7%)
3 - "Nearly every day"	101 (5%)	102 (5%)

More than half of the respondents reported some form of negative mental well-being. A higher proportion of people reporting these problems were those who experienced change (transition in working conditions: from work away to work from home or from employed to not employed). Individuals who did not experience a change did not report these feelings as often.

- **Question 19.** “Below is a list of *problems and complaints that people sometimes have*. Read each line carefully and select the column that best describes how much discomfort that problem has caused you during the past two weeks including today.”

» All survey participants responded to this question.

- 1 - “Nervousness or shakiness inside”
- 2 - “Suddenly scared for no reason”
- 3 - “Feeling fearful”
- 4 - “Feeling tense or keyed up”
- 5 - “Spells of terror or panic”
- 6 - “Feeling so restless you couldn’t sit still”

Table 19.1. Negative feelings in response to COVID-19 (all respondents)

Frequency	1 - nervousness (N=3402)	2 - suddenly scared (N=3402)	3 - fearful (N=3402)	4 - tense or keyed up (N=3402)	5 - terror or panic (N=3402)	6 - restless (N=3402)
0-Not at all	1924 (57%)	2585 (76%)	1649 (48%)	1033 (30%)	2795 (82%)	1924 (57%)
1-A little bit	972 (29%)	526 (15%)	1165 (34%)	1216 (36%)	364 (11%)	869 (26%)
2-Moderately	318 (9%)	170 (5%)	368 (11%)	626 (18%)	125 (4%)	336 (10%)
3-Quite a bit	151 (4%)	100 (3%)	181 (5%)	434 (13%)	83 (2%)	209 (6%)
4-Extremely	37 (1%)	21 (1%)	39 (1%)	93 (3%)	35 (1%)	64 (2%)

Table 19.1.1. Negative feelings in response to COVID-10 (Group 1: Total isolation, 3%)

Frequency	1 - nervousness (N=90)	2 - suddenly scared (N=90)	3 - fearful (N=90)	4 - tense or keyed up (N=90)	5 - terror or panic (N=90)	6 - restless (N=90)
0-Not at all	40 (44%)	55 (61%)	34 (38%)	23 (26%)	65 (72%)	46 (51%)
1-A little bit	29 (32%)	16 (18%)	25 (28%)	28 (31%)	12 (13%)	19 (21%)
2-Moderately	10 (11%)	8 (9%)	14 (16%)	14 (16%)	4 (4%)	9 (10%)
3-Quite a bit	7 (8%)	9 (10%)	13 (14%)	17 (19%)	7 (8%)	10 (11%)
4-Extremely	4 (4%)	2 (2%)	4 (4%)	8 (9%)	2 (2%)	6 (7%)

Table 19.1.2. Negative feelings in response to COVID-10 (Group 2: Previously not employed, 6%)

Frequency	1 - nervousness (N=214)	2 - suddenly scared (N=214)	3 - fearful (N=214)	4 - tense or keyed up (N=214)	5 - terror or panic (N=214)	6 - restless (N=214)
0-Not at all	136 (64%)	169 (79%)	104 (49%)	78 (36%)	185 (86%)	145 (68%)
1-A little bit	53 (25%)	31 (14%)	78 (36%)	79 (37%)	16 (7%)	38 (18%)
2-Moderately	15 (7%)	6 (3%)	20 (9%)	28 (13%)	7 (3%)	22 (10%)
3-Quite a bit	9 (4%)	6 (3%)	10 (5%)	28 (13%)	5 (2%)	7 (3%)
4-Extremely	1 (0%)	2 (1%)	2 (1%)	1 (0%)	1 (0%)	2 (1%)

Table 19.1.3. Negative feelings in response to COVID-10 (Group 3: Previously work from home, 11%)

Frequency	1 - nervousness (N=380)	2 - suddenly scared (N=380)	3 - fearful (N=380)	4 - tense or keyed up (N=380)	5 - terror or panic (N=380)	6 - restless (N=380)
0-Not at all	216 (57%)	278 (73%)	193 (51%)	123 (32%)	292 (77%)	208 (55%)
1-A little bit	101 (27%)	68 (18%)	122 (32%)	129 (34%)	58 (15%)	99 (26%)
2-Moderately	41 (11%)	18 (5%)	36 (9%)	64 (17%)	14 (4%)	44 (12%)
3-Quite a bit	14 (4%)	14 (4%)	22 (6%)	51 (13%)	14 (4%)	26 (7%)
4-Extremely	8 (2%)	2 (1%)	7 (2%)	13 (3%)	2 (1%)	3 (1%)

Table 19.1.4. Negative feelings in response to COVID-10 (Group 4: Previously work away, post not employed, 2%)

Frequency	1 - nervousness (N=75)	2 - suddenly scared (N=75)	3 - fearful (N=75)	4 - tense or keyed up (N=75)	5 - terror or panic (N=75)	6 - restless (N=75)
0-Not at all	33 (44%)	49 (65%)	27 (36%)	15 (20%)	55 (73%)	31 (41%)
1-A little bit	22 (29%)	15 (20%)	23 (31%)	26 (35%)	9 (12%)	16 (21%)
2-Moderately	9 (12%)	8 (11%)	15 (20%)	17 (23%)	5 (7%)	18 (24%)
3-Quite a bit	10 (13%)	3 (4%)	8 (11%)	15 (20%)	5 (7%)	8 (11%)
4-Extremely	1 (1%)	0 (0%)	2 (3%)	2 (3%)	1 (1%)	2 (3%)

Table 19.1.5. Negative feelings in response to COVID-10 (Group 5: Previously work away, post work away, 14%)

Frequency	1 - nervousness (N=469)	2 - suddenly scared (N=469)	3 - fearful (N=469)	4 - tense or keyed up (N=469)	5 - terror or panic (N=469)	6 - restless (N=469)
0-Not at all	291 (62%)	373 (80%)	276 (59%)	185 (39%)	393 (84%)	286 (61%)
1-A little bit	118 (25%)	60 (13%)	134 (29%)	143 (30%)	43 (9%)	111 (24%)
2-Moderately	41 (9%)	20 (4%)	35 (7%)	82 (17%)	16 (3%)	37 (8%)
3-Quite a bit	13 (3%)	14 (3%)	18 (4%)	45 (10%)	11 (2%)	24 (5%)
4-Extremely	6 (1%)	2 (0%)	6 (1%)	14 (3%)	6 (1%)	11 (2%)

Table 19.1.6. Negative feelings in response to COVID-10 (Group 6: Previously work away, post work from home, 64%)

Frequency	1 - nervousness (N=2174)	2 - suddenly scared (N=2174)	3 - fearful (N=2174)	4 - tense or keyed up (N=2174)	5 - terror or panic (N=2174)	6 - restless (N=2174)
0-Not at all	1208 (56%)	1661 (76%)	1015 (47%)	609 (28%)	1805 (83%)	1208 (56%)
1-A little bit	649 (30%)	336 (15%)	783 (36%)	811 (37%)	226 (10%)	586 (27%)
2-Moderately	202 (9%)	110 (5%)	248 (11%)	421 (19%)	79 (4%)	206 (9%)
3-Quite a bit	98 (5%)	54 (2%)	110 (5%)	278 (13%)	41 (2%)	134 (6%)
4-Extremely	17 (1%)	13 (1%)	18 (1%)	55 (3%)	23 (1%)	40 (2%)

The five frequencies listed above were combined to simplify participants' feelings in response to COVID-19.

Original Change Categories	Simplified Change Categories
0 - "Not at all"	0 - not at all
1 - "A little bit"	1 - moderate
2 - "Moderately"	
3 - "Quite a bit"	2 - a lot
4 - "Extremely"	

Table 19.2. Simplified negative feelings in response to COVID-19 (all respondents)

Frequency	1 - nervousness (N=3402)	2 - suddenly scared (N=3402)	3 - fearful (N=3402)	4 - tense or keyed up (N=3402)	5 - terror or panic (N=3402)	6 - restless (N=3402)
0 - not at all	1924 (57%)	2585 (76%)	1649 (48%)	1033 (30%)	2795 (82%)	1924 (57%)
1 - moderate	1290 (38%)	696 (20%)	1533 (45%)	1842 (54%)	489 (14%)	1205 (35%)
2 - a lot	188 (6%)	121 (4%)	220 (6%)	527 (15%)	118 (3%)	273 (8%)

Table 19.2.1. Simplified negative feelings in response to COVID-19 (Group 1: Total isolation, 3%)

Frequency	1 - nervousness (N=90)	2 - suddenly scared (N=90)	3 - fearful (N=90)	4 - tense or keyed up (N=90)	5 - terror or panic (N=90)	6 - restless (N=90)
0 - not at all	40 (44%)	55 (61%)	34 (38%)	23 (26%)	65 (72%)	46 (51%)
1 - moderate	39 (43%)	24 (27%)	39 (43%)	42 (47%)	16 (18%)	28 (31%)
2 - a lot	11 (12%)	11 (12%)	17 (19%)	25 (28%)	9 (10%)	16 (18%)

Table 19.2.2. Simplified negative feelings in response to COVID-19 (Group 2: Previously not employed, 6%)

Frequency	1 - nervousness (N=214)	2 - suddenly scared (N=214)	3 - fearful (N=214)	4 - tense or keyed up (N=214)	5 - terror or panic (N=214)	6 - restless (N=214)
0 - not at all	136 (64%)	169 (79%)	104 (49%)	78 (36%)	185 (86%)	145 (68%)
1 - moderate	68 (32%)	37 (17%)	98 (46%)	107 (50%)	23 (11%)	60 (28%)
2 - a lot	10 (5%)	8 (4%)	12 (6%)	29 (14%)	6 (3%)	9 (4%)

Table 19.2.3. Simplified negative feelings in response to COVID-19 (Group 3: Previously work from home, 11%)

Frequency	1 - nervousness (N=380)	2 - suddenly scared (N=380)	3 - fearful (N=380)	4 - tense or keyed up (N=380)	5 - terror or panic (N=380)	6 - restless (N=380)
0 - not at all	216 (57%)	278 (73%)	193 (51%)	123 (32%)	292 (77%)	208 (55%)
1 - moderate	142 (37%)	86 (23%)	158 (42%)	193 (51%)	72 (19%)	143 (38%)

Frequency	1 - nervousness (N=380)	2 - suddenly scared (N=380)	3 - fearful (N=380)	4 - tense or keyed up (N=380)	5 - terror or panic (N=380)	6 - restless (N=380)
2 - a lot	22 (6%)	16 (4%)	29 (8%)	64 (17%)	16 (4%)	29 (8%)

Table 19.2.4. Simplified negative feelings in response to COVID-19 (Group 4: Previously work away, post not employed, 2%)

Frequency	1 - nervousness (N=75)	2 - suddenly scared (N=75)	3 - fearful (N=75)	4 - tense or keyed up (N=75)	5 - terror or panic (N=75)	6 - restless (N=75)
0 - not at all	33 (44%)	49 (65%)	27 (36%)	15 (20%)	55 (73%)	31 (41%)
1 - moderate	31 (41%)	23 (31%)	38 (51%)	43 (57%)	14 (19%)	34 (45%)
2 - a lot	11 (15%)	3 (4%)	10 (13%)	17 (23%)	6 (8%)	10 (13%)

Table 19.2.5. Simplified negative feelings in response to COVID-19 (Group 5: Previously work away, post work away, 14%)

Frequency	1 - nervousness (N=469)	2 - suddenly scared (N=469)	3 - fearful (N=469)	4 - tense or keyed up (N=469)	5 - terror or panic (N=469)	6 - restless (N=469)
0 - not at all	291 (62%)	373 (80%)	276 (59%)	185 (39%)	393 (84%)	286 (61%)
1 - moderate	159 (34%)	80 (17%)	169 (36%)	225 (48%)	59 (13%)	148 (32%)
2 - a lot	19 (4%)	16 (3%)	24 (5%)	59 (13%)	17 (4%)	35 (7%)

Table 19.2.6. Simplified negative feelings in response to COVID-19 (Group 6: Previously work away, post work from home, 64%)

Frequency	1 - nervousness (N=2174)	2 - suddenly scared (N=2174)	3 - fearful (N=2174)	4 - tense or keyed up (N=2174)	5 - terror or panic (N=2174)	6 - restless (N=2174)
0 - not at all	1208 (56%)	1661 (76%)	1015 (47%)	609 (28%)	1805 (83%)	1208 (56%)
1 - moderate	851 (39%)	446 (21%)	1031 (47%)	1232 (57%)	305 (14%)	792 (36%)
2 - a lot	115 (5%)	67 (3%)	128 (6%)	333 (15%)	64 (3%)	174 (8%)

Similarly, a higher proportion of people reporting these negative emotions were those who experienced change (transition in working conditions or unemployment). Individuals who did not experience a change did not report these feelings as often.

