

Twin Questionnaire – Covid-19

Please enter your family Gemini ID:

Please enter your first name:

Please enter your date of birth:

This questionnaire is to be completed by each twin separately.

The Coronavirus (COVID-19) pandemic is continuing to cause lots of changes to how we all live. This is a short questionnaire to understand how you are spending your time, how you are keeping in touch with friends and family and your feelings and how you have been feeling since we last contacted you.

In this questionnaire we would like you to tell us your thoughts and feelings on a few topics by answering some questions. There are no 'right' or 'wrong' answers to any questionnaire.

Section A – Your Thoughts about Coronavirus

For the next questions we would like you to think about how you are currently feeling.

	Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly Agree
A1. I think that coronavirus is a very serious issue					
A2. I'm worried that I will catch coronavirus (COVID-19)					
A3. I'm worried that family and friends will catch coronavirus (Covid-19)					
A4. I'm afraid to leave the house right now					
A5. I'm worried I might pass the infection to someone else					
A6. I'm worried we won't have enough food and other essential items					
A7. I'm worried about how much school I have missed					
A8. I'm worried about how much money we have coming in					
A9. I'm worried about the long term impact this will have					

A10. To what degree is your household practicing “social distancing”? Social distancing refers to household members staying home as much as possible to avoid possible spread of the virus

- Not at all
- Somewhat
- Very much

Section B - Your lifestyle

B1. Which of the following do you use to connect to the internet, at home?

- Smartphone (e.g. iphone)
- Desktop
- Tablet (e.g. ipad)
- Laptop
- None

If 'None' skip to B3.

B2. Are you allowed to bring any of the above in to bed at night?

- Yes
- No

B3. Which of the following social media platforms do you use?

- I don't use any social media
- Facebook
- Instagram
- Snapchat
- TikTok
- WhatsApp
- Other, please specify

If 'I don't use any social media' skip to B9.

B4. What is the main reason you use social media?

- To stay in touch with friends and family
- For entertainment
- To find out information
- To be seen by others
- To meet new people
- To stay connected with friends during coronavirus
- Other, please specify....

B5. Over the past month, how often have you been using social media?

- Less than once a week
- Once a week
- A few times a week
- Once a day
- A few times a day
- Once an hour or more

B6. Compared to life before coronavirus, has the amount you use social media changed?

- No, it is the same as before
- Yes, I use it more often as before
- Yes I use it less often as before
- I only started using social media because of the changes caused by coronavirus

B7. Overall, how do you currently feel about social media?

- Very positive
- Positive

- Neither positive nor negative
 - Negative
 - Very negative
- B8.** How much do you agree with this statement: I find it difficult to control how much I use social media.
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
- B9.** Which, if any, are you using to stay connected with family/friends who you no longer see in person due to the coronavirus? (Select all that apply.)
- Texts
 - Phone calls
 - Social Media
 - Video chats or video conferencing (e.g. skype, facetime, google hangouts)
 - Messenger apps
 - Email
 - None of the above
 - Other
- B10.** How often do you communicate (online, via mobile phone) with your friends?
- Less than once a week
 - Once a week
 - A few times a week
 - Once a day
 - A few times a day
 - Once an hour or more
- B11.** How connected would you say you feel to your friends right now?
- More connected than before the coronavirus pandemic
 - About as connect as before the coronavirus pandemic
 - Less connected than before the coronavirus pandemic
- B12.** How often do you communicate with family members (e.g. aunts, uncles, cousins) who you do not live with?
- Less than once a week
 - Once a week
 - A few times a week
 - Once a day
 - A few times a day
 - Once an hour or more
- B13.** How connected would you say you feel to your family who you do not live with right now?
- More connected than before the coronavirus pandemic
 - About as connect as before the coronavirus pandemic
 - Less connected than before the coronavirus pandemic

B14. Most young people have occasional arguments with their parents. How often do you argue with your parent(s)?

- Never
- Hardly ever
- Less than once a week
- More than once a week
- Most days

If 'Never' skip to B16.

B15. Has the amount you argue with your parents changed since the start of the coronavirus pandemic?

- Yes, we argue much more than before
- Yes, we argue a little more than before
- No, we argue the same amount as before
- Yes, we argue a little less than before
- Yes, we argue much less than before

B16. Overall, how close would you say you are to your parents?

- Not very close
- Fairly close
- Very close
- Extremely close

B17. Has this changed since the start of the coronavirus pandemic?

- Yes, we are much closer than before
- Yes, we are a little closer than before
- No, we are as close as we were before
- Yes, we are a little less close than before
- Yes, we are much less close than before

B18. Who have you spoken with about the coronavirus pandemic?

- Parents
- My twin
- Other brothers
- Friends
- Other family members (grandparents/aunts and uncles, etc.)
- Other, please let us know who...

B19. My knowledge of the coronavirus is primarily informed by:

- None of the above
- People I know in the real world such as friends, family or teachers
- Personalities/influencers, celebrities I follow on social media or YouTube
- News organisations
- Other

B20. On a typical weekday (Monday to Friday) during the 2021 COVID-19 national lockdown, how long did you spend using an electronic devices (e.g. phone, laptop, tablet) to engage in communications with friends or family?

..... hours minutes per day

B21. On a typical weekend day during the 2021 COVID-19 national lockdown, how long did you spend using an electronic devices (e.g. phone, laptop, tablet) to engage in communications with friends or family?

..... hours minutes per day

B22. How do you think the 2021 COVID-19 lockdown restrictions have affected the amount of time you have spent using electronic devices (compared to before)? Do you think the amount of time has...

- Decreased a lot
- Decreased a little
- Stayed the same
- Increased a little
- Increased a lot

Section C - Your sleeping

The following questions relate to your sleep patterns in the last month only. Please focus on your sleep for the majority of nights in the past month. Please answer all questions

C1 During the past month, when have you usually gone to bed at night?

Usual bed time: _____

C2 During the past month, how long has it usually taken you to fall asleep each night.

Number of hours: _____ Number of minutes: _____

C3 During the past month, when have you usually gotten up in the morning?

Usual getting up time: _____

C4 During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spend in bed.)

Number of hours: _____

C5 Since the most recent period of national lockdown caused by the coronavirus (COVID-19) that started in January 2021, have you noticed any changes in your sleeping habits?

SECTION D – Your Life during Strict Lockdown

After Christmas the UK Government introduced more new rules that said all schools were closing for most children and people were only allowed to leave the house to exercise. The strictest rules lasted from January to March 2021. We will call this time the **'2021 strict national lockdown'**.

On a typical weekday **during the 2021 strict national lockdown**, how many hours did you spend doing the following?

	Not at all	<30 mins	30mins-2 hours	3-5 hours	6+ hours
D1. School work					
D2. Audio or video talking with friends/school mates or family					
D3. Communicating with friends or family via email, WhatsApp, text or other messaging services					
D4. Going out for a walk or other general activity					
D5. Going out for moderate or high intensity activity (e.g. running or cycling)					
D6. Exercising at home (e.g. doing yoga, weights, or indoor exercise)					
D7. Gardening					
D8. Spending time with pets					
D9. Taking naps during the day					
D10. Household chores (e.g. cooking, cleaning, tidying)					
D11. Playing cards or board games					
D12. Playing video or computer/app games					
D13. Watching TV, or other online media (Netflix, YouTube, films)					
D14. Listening to music					
D15. Browsing the internet					
D16. Posting or reading content online (e.g. TikTok, Instagram) or blogging					
D17. Reading for pleasure					
D18. Doing arts and crafts					
D19. Doing mindfulness or meditation					
D20. Praying					
D21. Another hobby not already mentioned					
D22. Procrastinating or not doing anything in particular					

Most of the schools across the country were closed during the ‘2021 national lockdown’ between January and March 2021, and we want to find out about how you were learning and doing work during this time.

D23. Did you still go to school during the ‘2021 national lockdown’ between January to March 2021?

- Yes, fulltime
- Yes, part-time
- No

If ‘Yes, full time’ skip to D35.

Please can you answer the following questions to help us understand how the changes to schools and home schooling are affecting you.

	I don't have this	Some of the time	All of the time
D24. Do you have a computer, laptop or tablet where you can do school work?			
D25. Do you have all the things you need to do your school work?			
D26. Can you go on the internet?			
D27. Do you get to talk with your teacher or someone from the school?			
D28. Is the school giving you things to do when you are at home?			
D29. Do you know where to get information on how to do school work at home?			
D30. Do you have pens and paper to do your school work?			
D31. Do you have books to read?			
D32. Are you doing activities that help you learn?			

D33. Do you have space at home where you can do your school work?

- Yes
- No

If ‘No’ skip to D35.

D34. Is it quiet?

- Yes
- No

D35. Do you feel you get the support that you need to do your school work from the following:

	Not relevant	No support	A little	A lot
From teachers				
From your family				
From your friends				
From paid tutors				

D36. Have you had to have time off school since the end of the school summer holidays for any of the following reasons?

- You tested positive for coronavirus
- You were self-isolating
- Your school was closed
- Your class or year group was closed

B36.2. How many times have you had to have time off school to self-isolate?
[free text]

D37. On a typical weekday (Monday to Friday) over the past month, how much time have you spent using an electronic device (e.g. laptop, tablet, TV, phone) for home based schooling and/or educational purposes?

..... Hours minutes per day

D38. How do you feel about the following in attending school?

	Not at all concerned	A bit Concerned	Very concerned	Extremely concerned
Catching Covid-19				
Following the new covid rules in school				
Things being different and uncertain now				
The work you need to do now to catch up on things you missed last term				
Your tests, assessments or exams not showing what you're capable of				

Section E - Your physical activity

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sport, school activities, playing with friends, or walking to school. Some examples of physical activity are running, walking quickly, cycling, dancing, skateboarding, swimming, football, and gymnastics. For the next questions, add up all the time you spend in physical activity each day.

After Christmas the UK Government introduced more new rules that said all schools were closing for most children and people were only allowed to leave the house to exercise. The strictest rules lasted from January to March 2021. We will call this time the '**2021 strict national lockdown**'.

E1. When the **2021 strict national lockdown** rules were first put in place how did this make you feel?

- I wish I could have gone out more
- I felt encouraged/motivated to do more physical activity
- They didn't bother me
- They didn't apply to me
- None of these

E2. Did your feelings towards the **2021 strict national lockdown** rules change over time?

- Yes
- No

If yes, how did they change?

- I felt more positive as time went on
- I felt less positive as time went on
- Other

If yes, what was the reason for this change?

[free text]

E3. **During the 2021 strict national lockdown**, how many days per week did you do physical activity like a fast walk, cycle, run, or other physical activity that made you feel at least a little warm and breathe a bit faster?

0, 1, 2, 3, 4, 5, 6, 7

If '0' skip to E4.

On a day that you did some physical activity like this, on average how many minutes did you spend doing it?

0, 10, 20, 30, 40, 50, 60, 90, 120, and 150 or greater

E4. How do you think **2021 strict national lockdown** affected the amount of physical activity **you** did?

- It went down a lot
- it went down a little
- it stayed the same

- it went up little
- it went up a lot

E5. On a scale of 0% (none of it) to 100% (all of it), how much of your physical activity was done in your Home Environment (this includes inside your house or in a garden/outdoor space)

During the 2021 strict national lockdown (0%-100%)

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

In the last 7 days (0%-100%)

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

E6. How do you think **2021 strict national lockdown** affected **the type** of physical activity **you** did?

- It changed a lot
- It changed a little
- it stayed the same

E7. Did you use any online/smartphone/tablet/computer resources to do physical activity during the **2021 strict national lockdown**?

- YES
- NO

If yes, what were these? _____

If yes, will you keep using any of these?

- YES
- NO

E8. Did you start any other type of physical activity during the **2021 strict national lockdown** that you plan to keep doing?

- YES
- NO

If yes describe it here _____

E9. Is there any kind of physical activity that you haven't been able to do since the coronavirus pandemic started that you really miss doing?

- YES
- NO

If yes what do you miss? (tick all that apply)

- Swimming
- PE at school
- going to the gym or leisure centre
- Team sports
- Racquet sports (like tennis or badminton)
- going for walks or runs
- Other _____

E10. Are there any types of physical activity you have been glad you haven't been able to do?

- YES

NO

If yes what? (tick all that apply)

- Swimming
- PE at school
- going to the gym or leisure centre
- Team sports
- Racquet sports (like tennis or badminton)
- going for walks or runs
- Other _____

E11. If you had to give one piece of advice to someone your age about how to be physically active during an unusual time (like coronavirus) what would you tell them?

Please describe here: _____

Section F - Your Eating Habits

The following statements are about your eating habits and the types of foods you have been eating. When answering think about your eating habits, and how they might have changed, since the start of the **2021 strict national lockdown** (beginning in January this year).

	Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly agree
F1. I have been snacking more often (e.g. on crisps, chocolate)					
F2. I have been drinking more sugary drinks (e.g. fizzy pop)					
F3. I have been drinking more water					
F4. I have been eating more fruits and/or vegetables than usual.					
F5. I have been eating more convenience foods and/or fast food than usual.					
F6. I have eaten with my family at the table more often					
F7. I have eaten in front of the TV or while using an electronic device more often.					
F8. I have been involved in preparing meals more than usual.					

F9. Is there anything else that you would like to tell us about your eating habits?

Section G - Your Personality and Mood

The following statements are about your personality and mood. The response options change for different questions, so please make sure you read the possible answers carefully before responding.

	Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly Agree
G1. If I fail at school, I am a failure as a person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G2. If someone does a task at school better than me, then I feel like I failed at the whole task	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G3. If I do not do well all the time, people will not respect me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G4. The fewer mistakes I make, the more people will like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G5. I set higher goals for myself than most people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G6. I have extremely high goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G7. Other people seem to accept lower standards from themselves than I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G8. I expect higher performance in my daily tasks than most people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Strongly Agree	Agree Somewhat	Disagree Somewhat	Strongly Disagree
G9. When I feel bad, I will often do things I later regret in order to make myself feel better now.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G10. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strongly Agree	Agree Somewhat	Disagree Somewhat	Strongly Disagree	
G11. When I am upset, I often act without thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

G12. When I feel rejected, I will often say things that I later regret.

	Almost never	Sometimes	About half the time	Most of the time	Almost always
G13. I have difficulty making sense out of my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G14. I am confused about how I feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G15. When I'm upset, I believe that I will remain that way for a long time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G16. When I'm upset, I believe that I'll end up feeling very depressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G17. When I'm upset, I believe that there is nothing I can do to make myself feel better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G18. When I'm upset, I start to feel very bad about myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G19. When I'm upset, my emotions feel overwhelming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Below are a list of words that describe different feelings and emotions. Read each word and tick the appropriate answer next to that word, to indicate the extent to which you have felt this way **during the past week:**

	Very slightly	A little	Moderately	Quite a bit	Extremely
G20. Joyful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G21. Cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G22. Happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G23. Lively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G24. Proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G25. Miserable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G26. Mad (very angry)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G27. Afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G28. Scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G29. Sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly Agree	Agree	Disagree	Strongly Disagree
G30. I like myself the way I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G31. I wish I were someone else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hardly Ever	Some of the Time	Often	
G32. How often do you feel that you don't have any friends to talk or turn to if you need it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
G33. How often do you feel lonely or isolated from others at school or at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	Never	Once or twice a month	Around once a week	Several times a week
G34. In the past few months, how often have you been bullied? For example, by way of insulting, calling names, laughed at, hitting, being excluded, ignored or talked about?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G35. Have you ever been teased or made fun of by other kids or someone in your family specifically because of your weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G36. What are your three biggest worries at the moment?				
Worry 1:				
Worry 2:				
Worry 3:				
Is there anything else you would like to tell us about your experiences during the Coronavirus pandemic?				

Thank You!