**Appendix 1**

The online questionnaire used in the study’s survey

**Good day,**

**We encourage you to participate in our scientific study of the current problems in Poland and the rest of the world. The survey is anonymous and its results, in the form of aggregated summaries, will be used solely for scientific purposes. The survey will take about 15 minutes to complete.**

**Your opinions are extremely important to us, so please be serious in your approach to the topic and give honest answers.**

**Thank you in advance for participating in the survey.**

Authors Data

Q1. Together with its positive effects, many negative phenomena and threats have accompanied the development of civilization. Which of the following phenomena would you consider to be the most dangerous? **Please select a maximum of 3 answers (items 1 to 10 were listed in a rotated order for each presentation of the questionnaire)**

1. Environmental pollution
2. The use of chemical compounds and genetic modifications in food products
3. Diseases associated with civilization (e.g., cancer, hypertension, obesity)
4. Outbreaks and pandemics of previously unknown viruses
5. Climate change
6. Poverty
7. Unemployment
8. Exhaustion of non-renewable energy sources
9. The increasing world population
10. Terrorism
11. Other phenomena/threats (please specify) …………………………...................................................
12. Hard to say

Q2. We are currently in an unusual situation: the quarantining of our entire society due to the coronavirus pandemic. Please indicate the degree to which each statement applies to you. (The following items were listed in a rotated order for each presentation of the questionnaire).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1  Definitely yes | 2  Probably yes | 3  Hard to say | 4  Probably not | 5  Definitely not |
| 1. I feel fear for my health | 1 | 2 | 3 | 4 | 5 |
| 1. I feel fear for the health and life of my loved ones | 1 | 2 | 3 | 4 | 5 |
| 1. I am afraid that I will be financially broken by the prolonged pandemic | 1 | 2 | 3 | 4 | 5 |
| 1. I am afraid of losing my job because of the situation | 1 | 2 | 3 | 4 | 5 |
| 1. I finally have more time for myself and the opportunity to catch up | 1 | 2 | 3 | 4 | 5 |
| 1. The prolonged period of social isolation is negatively affecting my mental well-being | 1 | 2 | 3 | 4 | 5 |

Q3. How the restrictions imposed by the government (including leaving home among things) have affected the frequency of your contact with the following people:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Current contacts with: | Definitely less frequent | A little bit less frequent | Unchanged | A little bit more frequent | Definitely more frequent | Not applicable |
| 1) Partner; husband/wife |  |  |  |  |  |  |
| 2) Children |  |  |  |  |  |  |
| 3) Extended family |  |  |  |  |  |  |
| 4) Friends/acquaintances |  |  |  |  |  |  |
| 5) Neighbors |  |  |  |  |  |  |
| 6) Colleagues |  |  |  |  |  |  |

Q4. How the restrictions introduced by the government (including leaving home among things) have affected your relationships with the following people:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Relationship(s) with: | Definitely worsened | Worsened  a bit | Remained unchanged | Improved  a bit | Definitely improved | Not applicable |
| 1) Partner; husband/wife |  |  |  |  |  |  |
| 2) Children |  |  |  |  |  |  |
| 3) Extended family |  |  |  |  |  |  |
| 4) Friends/acquaintances |  |  |  |  |  |  |
| 5) Neighbors |  |  |  |  |  |  |
| 6) Colleagues |  |  |  |  |  |  |

Q5. To what extent do you agree with the following statements? (The following items were listed in a rotated order for each presentation of the questionnaire).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Definitely agree | Slightly agree | Hard to say | Slightly disagree | Definitely disagree |
| 1. The restrictions introduced by the government in the fight against the pandemic are too strict | 1 | 2 | 3 | 4 | 5 |
| 1. People leaving the house for a walk are acting irresponsibly in the present situation | 1 | 2 | 3 | 4 | 5 |
| 1. The period of social restrictions imposed by the government in the fight against the virus should not be extended any further | 1 | 2 | 3 | 4 | 5 |
| 1. I believe that, for the good of the economy, decisions should not be taken to close borders and many business | 1 | 2 | 3 | 4 | 5 |
| 1. The coronavirus is part of the political and economic war between the US and China | 1 | 2 | 3 | 4 | 5 |
| 1. The virus was deliberately released to reduce the problem of overpopulation in the world | 1 | 2 | 3 | 4 | 5 |
| 1. The global economy will recover quickly after the pandemic has been fought | 1 | 2 | 3 | 4 | 5 |
| 1. The media have unnecessarily spread panic in society by exaggerating the situation | 1 | 2 | 3 | 4 | 5 |
| 1. The pandemic will strengthen solidarity in the country | 1 | 2 | 3 | 4 | 5 |
| 1. Thanks to the pandemic, people will understand what is really important in life | 1 | 2 | 3 | 4 | 5 |
| 1. God is using the current situation to try to speak to people who have turned their backs on him | 1 | 2 | 3 | 4 | 5 |

Q6. In the **current situation**, which member of your household mainly performs the following tasks?

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Me | Wife /  husband / partner | Me and my husband / wife / partner equally | My mother or father (mother-in-law or father-in-law) | Grand-mother or grand-father | House-keeper | Someone else | Not applicable |
| Cleaning | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Cooking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Supporting the home education of children | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Childcare | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

Q7. Was the above division of responsibilities different before the restrictions on leaving home were introduced?

1. Yes (if yes, go to the next question: Q8)
2. No (go to question Q9)

Q8. Which member of your household mainly performed the following tasks **before** the restrictions on leaving homewere introduced?

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Me | Wife / husband / partner | Me and my husband / wife / partner equally | My mother or father (mother-in-law or father-in-law) | Grand-mother or grand-father | House-keeper | Someone else | Not applicable |
| Cleaning | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Cooking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Supporting the home education of children | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Childcare | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

Q9. Please indicate the degree to which the following statements apply to you. (The following items were listed in a rotated order for each presentation of the questionnaire).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Definitely yes | Probably yes | Hard to say | Probably not | Definitely not |
| 1. I strictly adhere to the restrictions imposed by the government in the fight against the pandemic | 1 | 2 | 3 | 4 | 5 |
| 1. I have acquired appropriate food supplies to allow myself to stay at home for a long period of time | 1 | 2 | 3 | 4 | 5 |
| 1. I have been wearing a mask for a long time when leaving the house | 1 | 2 | 3 | 4 | 5 |
| 1. In the current situation, I would not offer my hand to greet anyone except members of my household | 1 | 2 | 3 | 4 | 5 |
| 1. I meet my friends and family outside my household quite regularly | 1 | 2 | 3 | 4 | 5 |
| 1. I follow information about the pandemic daily, and monitor incidence statistics | 1 | 2 | 3 | 4 | 5 |
| 1. If I developed coronavirus symptoms, I would immediately contact the appropriate infectious disease hospital or sanitary department | 1 | 2 | 3 | 4 | 5 |
| 1. I would get vaccinated if a coronavirus vaccine was already available | 1 | 2 | 3 | 4 | 5 |
| 1. I am now trying to take care of my immunity better by engaging in appropriate healthy behavior | 1 | 2 | 3 | 4 | 5 |
| 1. I try to go for a walk regularly or engage in other outdoor activities | 1 | 2 | 3 | 4 | 5 |
| 1. I try to get involved in social campaigns to support those who particularly need help in the current situation | 1 | 2 | 3 | 4 | 5 |
| 1. I now devote more time than before to prayer and other religious practices | 1 | 2 | 3 | 4 | 5 |
| 1. At Easter, I adhered less strictly to the recommendations about not leaving home and not meeting other people | 1 | 2 | 3 | 4 | 5 |

Q10. To what extent do you agree with the following statements? (The following items were listed in a rotated order for each presentation of the questionnaire).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Definitely agree | Slightly agree | Hard to say | Slightly disagree | Definitely disagree |
| I know exactly what to do if I observe coronavirus symptoms in myself or members of my household | 1 | 2 | 3 | 4 | 5 |
| Coronavirus is nothing more than a worse type of flu | 1 | 2 | 3 | 4 | 5 |
| In order not to get infected with coronavirus, it is enough to wash your hands often and avoid large clusters of people | 1 | 2 | 3 | 4 | 5 |
| Animals may carry coronavirus | 1 | 2 | 3 | 4 | 5 |

**Script for obtaining socio-demographic information:**

M1. Gender

1. Woman
2. Man

M2. What year were your born? …………………………

M3. What is your highest level of education?

1. Primary
2. Gymnasium
3. Vocational
4. Secondary
5. Bachelor’s degree
6. Master’s degree
7. Doctorate

M4. What is your marital status?

1. Single
2. Married
3. Divorced
4. Widow/widower

M5. How many adults (including you) live in your household? ….

M6. How many children (under 18 years of age) live in your household? …. **(do not ask if M5 = 1)**

M7. What is your current professional situation?

1. I work full-time as before
2. I work full-time remotely
3. I work as before, but for a shorter amount of time
4. I work remotely for a shorter amount of time
5. I am receiving care allowance
6. I am on holiday leave
7. I am on unpaid leave
8. I am unemployed
9. I am retired
10. I am a student
11. Other situation, please specify............................................

M8. In what type of area do you live?

1. Village
2. City of up to 19,999 residents
3. City 20,000 – 199,999 residents
4. City 200,000 – 499,999 residents
5. City with over 500,000 residents

M9. How do you assess your health?

1. Very good
2. Good
3. Moderate
4. Poor
5. Very poor

M10. How do you assess the financial situation of your household?

1. Very good
2. Good
3. Moderate
4. Poor
5. Very poor

M11. How do you think that the current situation in the country relating to the coronavirus pandemic will affect the financial situation of your household?

1. The situation will get a lot worse
2. The situation will get a bit worse
3. The situation will remain unchanged
4. The situation will improve a bit
5. The situation will improve a lot
6. Hard to say

M12. How often do you usually attend masses, services or other religious meetings? (when not socially isolating)

1. Several times a week
2. Once a week
3. 1-2 times a month
4. Several times a year
5. Once every few years
6. Not at all

M13. Is any of your family or close friends:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes | No | Don’t know |
| Infected with coronavirus |  |  |  |
| Under quarantine |  |  |  |

M14. In general, are you satisfied with your life?

1. Definitely yes
2. Probably yes
3. Probably not
4. Definitely not
5. Hard to say

M15. Would you say that you are the type of person who is lucky or unlucky?

1. I would consider myself to be lucky
2. I would consider myself to be unlucky
3. It depends on the circumstances

M16. How do you mainly obtain information on the spread of the coronavirus and the pandemic situation? Please indicate a maximum of two main sources.

1. Television (which station do you watch most often? – please select one): TVP (including TVP Info), TVN (including TVN24), Polsat (including Polsat News), TV Trwam, Other (please specify)
2. Radio
3. The press
4. Online news websites (which do you use most often? ………………– please give no more than two)
5. Social networking sites on the Internet
6. Friends and family
7. Other sources, please specify..................................
8. I do not seek out this information

M17. If you had the opportunity to receive 50 PLN for sure or 100 PLN if you correctly predicted the result of a coin toss, which would you choose?

1. I would take the 50 PLN that I would get for sure
2. I would choose the coin toss with the possibility of winning 100 PLN

M18. Which political grouping would currently have the best chance of having your support in Sejm elections?  (1 items 1 to 5 were listed in a rotated order for each presentation of the questionnaire)

1)  EC Law and Justice (Law and Justice, United Poland, Coalition)

2)  EC Civic Coalition (Civic Platform, Modern, Polish Initiative, the Greens)

3)  EC Democratic Left Alliance (“Left” – Democratic Left Alliance, Spring, Left Together)

4)  EC Freedom and Independence Confederation (KORWiN, National Movement, Braun)

5)  EC Polish People’s Party (“PSL-Polish Coalition” – Polish People’s Party, Kukiz’15)

6)  A different political grouping

7) None

8) Hard to say