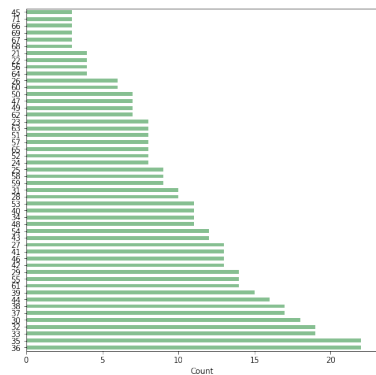


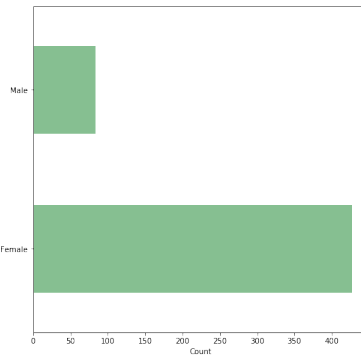
AppendixA. Some important features in the mental health data

Question	Levels	Question	Levels
Q1: What is your age?	10-20 21-30 31-40 41-50 51-60 61-70 71-80 81-90	Q6: What is your role in the healthcare field?	Psychologist Physician Nurse Psychiatrist Social Worker Research coordinator/manager/Public health/Staff etc.
Q9: Are you conducting clinical video visits with your patients from your home?	No Yes	Q10: Does your work require you to follow fixed work schedule while working from home?	No Yes
Q14: Has the number of your worked hours per week changed?	No Yes	Q15: Have you varied your work schedule?	No Yes
Q16: Have your sleep patterns changed?	No Yes	Q17: Has the number of naps you are taking changed?	No Yes
Q18: Has the amount of alcohol you are consuming changed?	No Yes	Q19: In January 2020, approximately how often did you have a drink containing alcohol?	4 or more times a week 2-4 times a month 2-3 times a week Once a month or less Never
Q20: In the last month, approximately how often did you have a drink containing alcohol?	4 or more times a week 2-4 times a month 2-3 times a week Once a month or less Never	Q21: In January 2020, approximately how often did you use marijuana/cannabis?	4 or more times a week 2-4 times a month 2-3 times a week Once a month or less Never

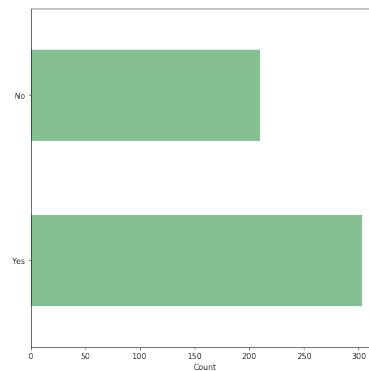
Question	Levels	Question	Levels
Q22: In the last month, approximately how often did you use marijuana/cannabis?	4 or more times a week 2-4 times a month 2-3 times a week Once a month or less Never	Q23: Has the amount of news you are consuming increased since the end of Feb, 2020?	No Yes
Q24: How many hours of COVID-19 related news or social media are you consuming on average per day?	4 or more times a week 2-4 times a month 2-3 times a week Once a month or less Never	Q25: Have you had more "screen time" e.g. use of smartphone, tablet, etc. around bedtime?	No Yes
Q26: Have you changed your movement/exercise?	No Yes	Q27: Has the quality of your diet changed?	No Yes
Q28: Has the amount of food you have been eating per day changed?	No Yes	Q29: Has your mood changed?	No Yes
Q8: Are you currently conducting your job mostly from home now?	No Yes	Q29 (a): Please tell us how your mood has changed. My mood has been:	Much better Moderately better Slightly better About the same Slightly worse Moderately worse Much worse



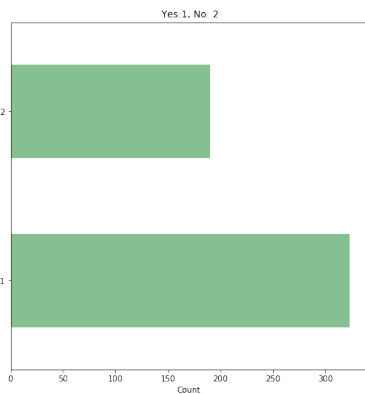
(A) Q1: What is your age?



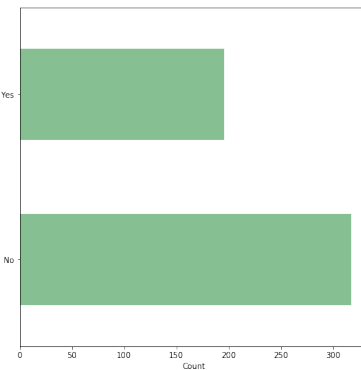
(B) Q2: What is your gender?



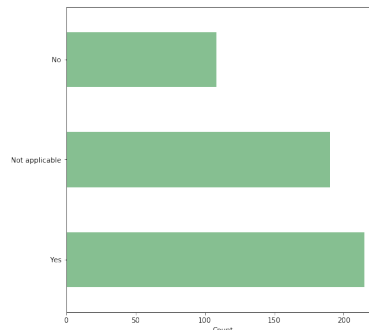
(C) Q8: Are you currently conducting your job mostly from home now?



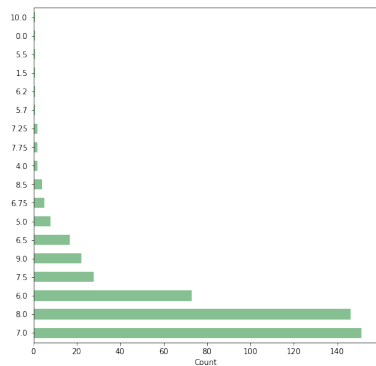
(D) Q9: Are you conducting clinical video visits with your patients from your home?



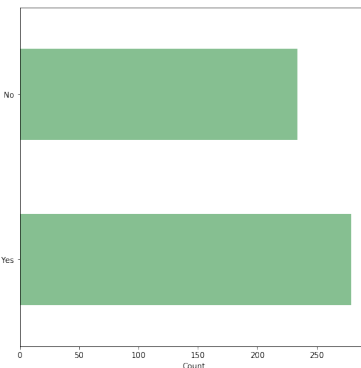
(E) Q10: Does your work require you to follow a fixed work schedule while working from home?



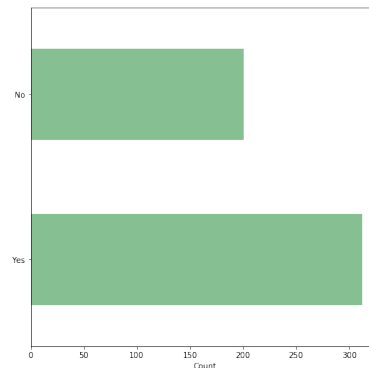
(F) Q11: Are children home from school in the house?



(G) Q12: Approximately how many hours did you sleep on an average work night in January 2020?

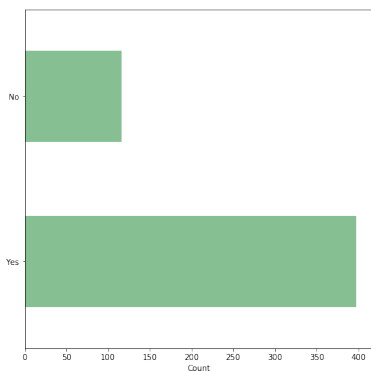


(H) Q14: Has the number of your work hours per week changed?

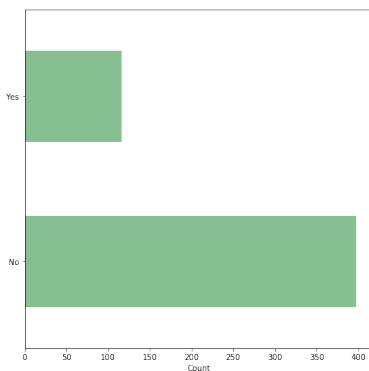


(I) Q15: Have you varied your work schedule?

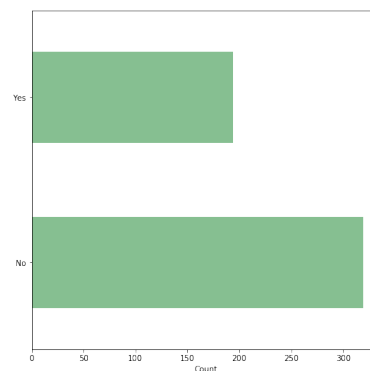
FIGURE A.1 Frequency bar charts after the preprocessing phase



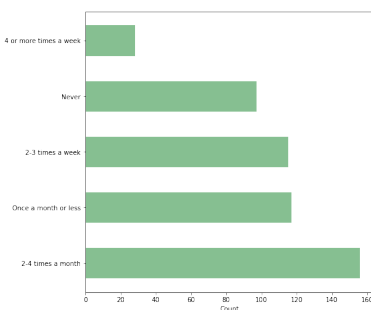
(A) Q16: Have your sleep patterns changed?



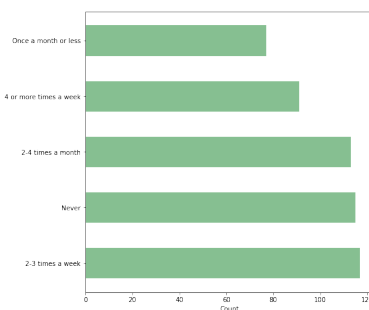
(B) Q17: Has the number of naps you are taking changed?



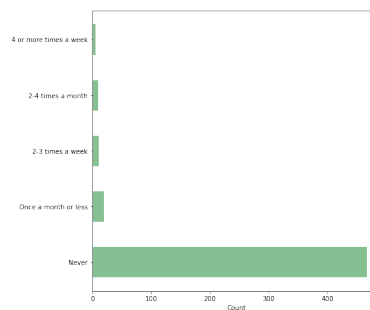
(C) Q18: Has the amount of alcohol you are consuming changed?



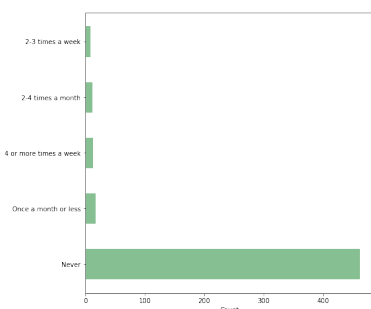
(D) Q19: In January 2020, approximately how often did you have a drink containing alcohol?



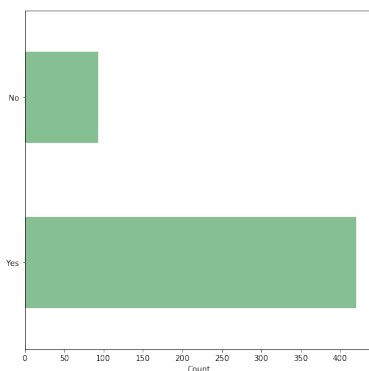
(E) Q20: In the last month, approximately how often did you have a drink containing alcohol?



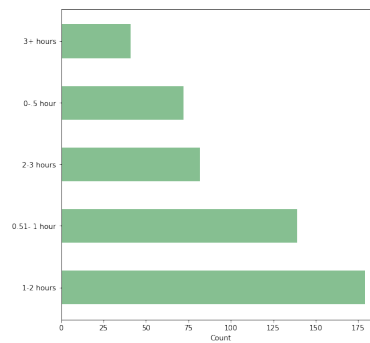
(F) Q21: In January 2020, approximately how often did you use marijuana/cannabis (recreational or medical)?



(G) Q22: In the last month, approximately how often did you use marijuana/cannabis (recreational or medical)?



(H) Q23: Has the amount of news you are consuming increased since the end of Feb, 2020?



(I) Q24: How many hours of COVID-19 related news or social media are you consuming on average per day?

FIGURE A.2 Frequency bar charts after the preprocessing phase

