

Eating behaviour during Covid lockdown - Prolific

Survey Flow

EmbeddedData PROLIFIC_PIDValue will be set from Panel or URL.
Standard: Participant Information Sheet (2 Questions)
Branch: New Branch If If PARTICIPANT INFORMATION SHEET Study Title: The impact of lockdown on health and wellbeing and f... I do not wish to participate Is Selected
EndSurvey: Advanced
Branch: New Branch If If PARTICIPANT INFORMATION SHEET Study Title: The impact of lockdown on health and wellbeing and f... I have read the above and consent to take part in this study Is Selected
Block: Lockdown situation. (12 Questions) Standard: Physical and mental health (6 Questions) Standard: Fruit and vegetable consumption (23 Questions) Standard: Demographics (11 Questions)
EndSurvey: Advanced
EndSurvey:
Page Break

Start of Block: Participant Information Sheet

Q53

PARTICIPANT INFORMATION SHEET

Study Title: The impact of lockdown on health and wellbeing and fruit and vegetable consumption

Investigators:

Thijs van Rens (Department of Economics)

Lola Oyeboade and Lena AlKhudairy (WMS Population Evidence and Technologies)

Thomas Barber and Petra Hanson (Human Metabolism Research Unit and University Hospitals Coventry and Warwickshire)

Ioannis Nezis (School for Life Sciences, Biomedical Science)

Lukasz Walasek (Department of Psychology)

Redzo Mujcic (Warwick Business School)

In this survey, we will ask you some questions about your situation during the Covid-19 lockdown, about your well-being and your mental and physical health, and about your fruit and vegetable consumption both during the lockdown and in normal times. We are interested in finding out whether there is a change in eating behaviour during the lockdown that may contribute to weight gain. We will also ask you some general questions about yourself (e.g. your gender and your age), which will help us understand if different people are affected differently.

This research is funded by the University of Warwick Global Research Priority on Food.

Your participation is completely voluntary. You can withdraw at any time, and for any reason, simply by closing your browser.

No identifiable data will be collected from you as part of this study. This means that once your responses have been submitted to the research team, it will not be possible to withdraw this data as your individual responses cannot be identified. Data will be securely stored on University of Warwick computers and will be processed only for the purpose of scientific analysis. Access to the data will be restricted to the researchers. Summaries may be presented at conferences and included in scientific publications. Data will be reviewed after a period of 10 years, in line with the University of Warwick data retention policy.

Please refer to the University of Warwick Research Privacy Notice which is available here:

<https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice> or by contacting the Information and Data Compliance Team at GDPR@warwick.ac.uk.

This study has been reviewed and given favourable opinion by the University of Warwick's Humanities and Social Science Research Ethics Committee (HSSREC).

If you require further information, please contact J.M.van-Rens@warwick.ac.uk.

Who should I contact if I wish to make a complaint?

Any complaint should be addressed to the person below, who is a senior University of Warwick official entirely independent of this study:

Jane Prewett (Head of Research Governance)

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Email: researchgovernance@warwick.ac.uk

Tel: 024 76 522746

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer, Anjeli Bajaj, Information and Data Director who will investigate the matter: DPO@warwick.ac.uk.

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

If you are concerned about your mental health or wellbeing, [these helplines and support groups](#) can offer expert advice.

Thank you for taking the time to read this Participant Information Leaflet.

- I have read the above and consent to take part in this study (1)
- I do not wish to participate (4)



Q54 Please enter your Prolific ID:

End of Block: Participant Information Sheet

Start of Block: Lockdown situation.

Q14 First, we would like to ask you some questions about the situation you are currently in. Here, we refer to the last two weeks, when we were in “lockdown” to control the Coronavirus.

Q1 What was your work/school situation prior to the lockdown?

- Going to school or college full-time (including on vacation) (1)
 - In paid employment or self-employed (or temporarily away) (2)
 - On a Government scheme for employment training (3)
 - Doing unpaid work for a business that you own, or that a relative owns (4)
 - Waiting to take up paid work already obtained (5)
 - Looking for paid work or a Government training scheme (6)
 - Intending to look for work but prevented by temporary sickness or injury (7)
 - Permanently unable to work because of long-term sickness or disability (8)
 - Retired from paid work (9)
 - Looking after home or family (10)
 - Doing something else (11)
-

Display This Question:

If What was your work/school situation prior to the lockdown? = Doing something else

Q15 Please specify your work/school situation prior to the lockdown

Display This Question:

If What was your work/school situation prior to the lockdown? = Going to school or college full-time (including on vacation)

Or What was your work/school situation prior to the lockdown? = In paid employment or self-employed (or temporarily away)

Or What was your work/school situation prior to the lockdown? = On a Government scheme for employment training

Or What was your work/school situation prior to the lockdown? = Doing unpaid work for a business that you own, or that a relative owns

Q2 Are you currently

- Not working/studying (1)
- Working/studying from home (2)
- Working at your workplace as an essential worker (3)
- Working/studying at your workplace/school for other reason (4)
- Working/studying partly from home, partly at workplace (5)

Display This Question:

If Are you currently = Working/studying at your workplace/school for other reason

Q16 What is the reason that you are working/studying at your workplace/school?

Display This Question:

If Are you currently = Working/studying partly from home, partly at workplace



Q17 Roughly what percentage of the time are you working from home? (%)

Q3 How many other people are there in your household, including yourself? Your household includes everyone living with you in the same house, sharing a kitchen.

- Children 0-4 years (1) _____
- Children 5-11 years (2) _____
- Children 12-17 years (3) _____
- Adults 18-64 years (12) _____
- Adults 65-74 (13) _____
- Adults 75+ (14) _____



Q4 How many bedrooms does your household have?

Q59 Do you have access to a garden or other private outdoor area?

- Yes (23)
- No (24)



Q5 How many times per week do you exercise or go outdoors for active recreation (walk, sports, ...)?

Q6 How do you usually travel to and from work or school?

- Walk (1)
- Run (2)
- Bicycle (3)
- Private car or motorbike (4)
- Public transportation (5)



Q7 Prior to the lockdown, how long was your usual commute time per day (in minutes, both to and from work or school)?

End of Block: Lockdown situation.

Start of Block: Physical and mental health

Q21 We would now like to ask you some questions about your health during the last 2 weeks, while we were in lockdown to control the Coronavirus.

Q9 How was your health in general during the last 2 weeks?

	Very bad (1)	Bad (2)	Fair (3)	Good (4)	Very good (5)
(6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q10 For each of the following four questions, please give an answer on a scale from 0 to 10, where 0 is "not at all" and 10 is "completely".

	0 (not at all) (1)	2.5 (6)	5 (7)	7.5 (9)	10 (completely) (5)
All things considered, how satisfied were you with your life over the last 2 weeks? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, to what extent do you feel that the things that you do in your life are worthwhile? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, how happy did you feel yesterday? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On a scale where 0 is "not at all anxious" and 5 is "completely anxious", overall, how anxious did you feel yesterday? (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11 Compared with how satisfied you usually are with your life (when not in lockdown), would you say that over the last 2 weeks you felt:

	Much less satisfied than usual (1)	Less satisfied than usual (2)	About the same as usual (3)	More satisfied than usual (4)	Much more satisfied than usual (5)
(1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q12 Which of these best describes your experience over the last 2 weeks?

	None of the time (1)	Rarely (2)	Some of the time (3)	Often (4)	All of the time (5)
I've been feeling optimistic about the future (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q13 Have you ever been told by a doctor or nurse that you have depression or anxiety?

- Yes (5)
- No (6)
- Prefer not to answer (7)

End of Block: Physical and mental health

Start of Block: Fruit and vegetable consumption

Q22 Now we are moving on to a different topic, and we would like to ask you a few questions about some of the things you ate and drank yesterday. By yesterday we mean 24 hours from midnight to midnight.

Q23 Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich.

- Yes (47)
- No (48)
-

Display This Question:

If Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich. = Yes



Q24 How many cereal bowls full of salad did you eat yesterday? (You can record half bowls of salad, such as 1.5, 0.5, etc.)

Q35 Did you eat any pulses yesterday? By pulses we mean lentils and all kinds of peas and beans, including chickpeas and baked beans. Don't count pulses in foods like Chilli con carne.

- Yes (47)
- No (48)

Display This Question:

If Did you eat any pulses yesterday? By pulses we mean lentils and all kinds of peas and beans, incl... = Yes

Q36 How many tablespoons of pulses did you eat yesterday?

- Lentils (1) _____
- Peas (2) _____
- Baked beans (3) _____
- Beans (9) _____
- Chickpeas (4) _____
- Other (5) _____

Q37 Not counting potatoes, did you eat any vegetables yesterday? Please include fresh, raw, tinned and frozen vegetables.

- Yes (47)
- No (48)

Display This Question:

If Not counting potatoes, did you eat any vegetables yesterday? Please include fresh, raw, tinned an... = Yes

Q38 How many tablespoons of vegetables did you eat yesterday?

- Carrots (1) _____
- Tomatoes (2) _____
- Broccoli (3) _____
- Peppers (9) _____
- Corn (4) _____
- Cabbage (5) _____
- Other (10) _____
-

Q39 Apart from anything you have already told us about, did you eat any other dishes made mainly from vegetables or pulses yesterday, such as vegetable lasagne or vegetable curry? Don't count vegetable soups or dishes made mainly from potatoes.

- Yes (47)
- No (48)
-

Display This Question:

If Apart from anything you have already told us about, did you eat any other dishes made mainly from... = Yes



Q40 How many tablespoons of vegetables or pulses did you eat in these kinds of dishes yesterday?

Q41 Compared with the amount of vegetables, salads and pulses you usually eat (when not in lockdown), would you say that yesterday you ate...

	Much less than usual (1)	Less than usual (2)	About the same as usual (3)	More than usual (4)	Much more than usual (5)
(1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q42 Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday?

- Yes (47)
- No (48)

Display This Question:

If Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday? = Yes



Q43 How many small glasses of fruit juice did you drink yesterday? A small glass is about a quarter of a pint.

Q44 Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc.

- Yes (47)
- No (48)

Display This Question:

If Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc. = Yes

Q45 How many of these kinds of fresh fruit did you eat yesterday?

- Bananas (1) _____
- Apples (2) _____
- Oranges/satsumas/mandarins (3)

- Grapes (handfuls) (9) _____
- Other (4) _____
-

Q46 Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc.

- Yes (47)
- No (48)
-

Display This Question:

If Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc. = Yes



Q47 How many tablespoons of dried fruit did you eat yesterday?

Q48 Did you eat any frozen fruit yesterday?

- Yes (47)
- No (48)
-

Display This Question:

If Did you eat any frozen fruit yesterday? = Yes



Q49 How many tablespoons of frozen fruit did you eat yesterday?

Q50 Did you eat any tinned fruit yesterday?

Yes (47)

No (48)

Display This Question:

If Did you eat any tinned fruit yesterday? = Yes



Q51 How many tablespoons of tinned fruit did you eat yesterday?

Q52 Apart from anything you have already told us about, did you eat any other dishes made mainly from fruit yesterday, such as fruit salad or fruit pie? Don't count fruit in yoghurts.

Yes (47)

No (48)

Display This Question:

If Apart from anything you have already told us about, did you eat any other dishes made mainly from... = Yes



Q53 How many tablespoons of fruit did you eat in these kinds of dishes yesterday?

Q54 Compared with the amount of fruit and fruit juice you usually eat and drink (when not in lockdown), would you say that yesterday you ate and drank...

	Much less than usual (1)	Less than usual (2)	About the same as usual (3)	More than usual (4)	Much more than usual (5)
(1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Fruit and vegetable consumption

Start of Block: Demographics

Q25 Finally, we would like to ask some questions about you. If you prefer not to answer any of these questions, you can do so, but it would really help our research to have this information, which we will only use strictly anonymously.

Q26 What is your gender?

- Female (11)
- Male (12)
- Other, please describe if you wish: (13)
-
- Prefer not to answer (14)

Q27 What is your age (in years)?

- I am (24) _____
- Prefer not to answer (25)

Q28 How tall are you without shoes? You can answer this question in centimetres or in feet and inches.

- Answer in centimetres (1)
- Answers in feet and inches (2)
- Prefer not to answer (4)

Display This Question:

*If How tall are you without shoes? You can answer this question in centimetres or in feet and inches.
= Answer in centimetres*



Q29 How tall are you without shoes? (in centimetres)

Display This Question:

*If How tall are you without shoes? You can answer this question in centimetres or in feet and inches.
= Answers in feet and inches*

Q30 How tall are you without shoes?

- Feet (4) _____
- Inches (5) _____

Q31 How much do you weigh without clothes and shoes? You can answer this question in kilograms or in stones and pounds.

- Answer in kilograms (1)
- Answer in stones and pounds (2)
- Prefer not to answer (4)

Display This Question:

If How much do you weigh without clothes and shoes? You can answer this question in kilograms or in... = Answer in kilograms



Q32 How much do you weigh without clothes and shoes? (in kilograms)

Display This Question:

If How much do you weigh without clothes and shoes? You can answer this question in kilograms or in... = Answer in stones and pounds

Q33 How much do you weigh without clothes and shoes?

- Stones (5) _____
- Pounds (6) _____

Q34 Compared to the average household or family in the UK, would you say that your family is:

- Much poorer (1)
 - Somewhat poorer (2)
 - As rich (3)
 - Slightly richer (4)
 - Much richer (5)
 - Prefer not to answer (6)
-

Q60 This was the last question. Please click the arrow below to complete the survey.

If you are concerned about your mental health or wellbeing, [these helplines and support groups](#) can offer expert advice.

End of Block: Demographics

Eating behaviour during Covid lockdown - Follow-up

Survey Flow

EmbeddedData PROLIFIC_PIDValue will be set from Panel or URL.
Standard: Participant Information Sheet (2 Questions)
Branch: New Branch If If PARTICIPANT INFORMATION SHEET Study Title: The impact of lockdown on health and wellbeing and f... I do not wish to participate Is Selected
EndSurvey: Advanced
Branch: New Branch If If PARTICIPANT INFORMATION SHEET Study Title: The impact of lockdown on health and wellbeing and f... I have read the above and consent to take part in this study Is Selected
Block: Lockdown situation. (8 Questions) Standard: Physical and mental health (5 Questions) Standard: Fruit and vegetable consumption (25 Questions) Standard: Demographics (9 Questions)
EndSurvey: Advanced
EndSurvey:
Page Break

Start of Block: Participant Information Sheet

Q53

PARTICIPANT INFORMATION SHEET

Study Title: The impact of lockdown on health and wellbeing and fruit and vegetable consumption (follow-up survey)

Investigators:

Thijs van Rens (Department of Economics)

Lola Oyeboade and Lena AlKhudairy (WMS Population Evidence and Technologies)

Thomas Barber and Petra Hanson (Human Metabolism Research Unit and University Hospitals Coventry and Warwickshire)

Ioannis Nezis (School for Life Sciences, Biomedical Science)

Lukasz Walasek (Department of Psychology)

Redzo Mujcic (Warwick Business School)

This is a follow-up survey to a similar survey that was circulated on 27 May of this year. In this survey, we will ask you some questions about your situation after, during and before the Covid-19 lockdown, about your well-being and your mental and physical health, and about your consumption of fruit and vegetables. We are interested in finding out whether there is a change in eating behaviour during the lockdown that may contribute to weight gain. We will also ask you some general questions about yourself (e.g. your weight and the first part of your postcode), which will help us understand if different people are affected differently.

This research is funded by the University of Warwick Global Research Priority on Food.

Your participation is completely voluntary. You can withdraw at any time, and for any reason, simply by closing your browser.

No identifiable data will be collected from you as part of this study. This means that once your responses have been submitted to the research team, it will not be possible to withdraw this data as your individual responses cannot be identified. Data will be securely stored on University of Warwick computers and will be processed only for the purpose of scientific analysis. Access to the data will be restricted to the researchers. Summaries may be presented at conferences and included in scientific publications. Data will be reviewed after a period of 10 years, in line with the University of Warwick data retention policy.

Please refer to the University of Warwick Research Privacy Notice which is available here:

<https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice>

or by contacting the Information and Data Compliance Team at GDPR@warwick.ac.uk.

This study has been reviewed and given favourable opinion by the University of Warwick's

Humanities and Social Science Research Ethics Committee (HSSREC).

If you require further information, please contact J.M.van-Rens@warwick.ac.uk.

Who should I contact if I wish to make a complaint?

Any complaint should be addressed to the person below, who is a senior University of Warwick official entirely independent of this study:

Jane Prewett (Head of Research Governance)

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Email: researchgovernance@warwick.ac.uk

Tel: 024 76 522746

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer, Anjeli Bajaj, Information and Data Director who will investigate the matter: DPO@warwick.ac.uk.

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

If you are concerned about your mental health or wellbeing, [these helplines and support groups](#) can offer expert advice.

Thank you for taking the time to read this Participant Information Leaflet.

- I have read the above and consent to take part in this study (1)
- I do not wish to participate (4)



Q54 Please enter your Prolific ID:

End of Block: Participant Information Sheet

Start of Block: Lockdown situation.

Q14 First, we would like to ask you some questions about the situation you are currently in. Here, we refer to the last two weeks, when the “lockdown” to control the Coronavirus had been largely released.

Q2 Are you currently

- Not working/studying (1)
 - Working/studying from home (2)
 - Working/studying at your workplace/school (3)
 - Working/studying partly from home, partly at workplace/school (5)
-

Display This Question:

If Are you currently = Working/studying partly from home, partly at workplace/school



Q17 Roughly what percentage of the time are you working from home? (%)



Q61 How many people are in your household, including yourself? Your household includes everyone living with you in the same house, sharing a kitchen.

Display This Question:

If How many people are in your household, including yourself? Your household includes everyone living... Text Response Is Greater Than or Equal to 2

Q3 What ages are the members of your household, including yourself?

- Children 0-4 years (1) _____
- Children 5-11 years (2) _____
- Children 12-17 years (3) _____
- Adults 18-64 years (12) _____
- Adults 65-74 (13) _____
- Adults 75+ (14) _____



Q5 How many times per week do you exercise or go outdoors for active recreation (walk, sports, ...)?

Q65 How do you usually get your shopping, and has this changed with the lockdown?

Before the lockdown (1)	▼ I use public transport (bus, taxi) to get my shopping (1) ... I rely on volunteers/others to get my shopping (6)
During the lockdown (6)	▼ I use public transport (bus, taxi) to get my shopping (1) ... I rely on volunteers/others to get my shopping (6)
Now (after the lockdown) (7)	▼ I use public transport (bus, taxi) to get my shopping (1) ... I rely on volunteers/others to get my shopping (6)

Q9 When you are deciding what to buy when food shopping, how often do you consider your health?

	Never (1)	Seldom (3)	Sometimes (4)	Often (5)	Almost always (6)
(6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Lockdown situation.

Start of Block: Physical and mental health

Q21 We would now like to ask you some questions about your health during the last two weeks, when the “lockdown” to control the Coronavirus had been largely released.

Q68 How was your health in general during the last 2 weeks?

	Very bad (1)	Bad (2)	Fair (3)	Good (4)	Very good (5)
(6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q10 For each of the following four questions, please give an answer on a scale from 0 to 10, where 0 is "not at all" and 10 is "completely".

	0 (not at all) (1)	2.5 (6)	5 (7)	7.5 (9)	10 (completely) (5)
All things considered, how satisfied were you with your life over the last 2 weeks? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, to what extent do you feel that the things that you do in your life are worthwhile? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, how happy did you feel yesterday? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday? (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q12 Which of these best describes your experience over the last 2 weeks?

	None of the time (1)	Rarely (2)	Some of the time (3)	Often (4)	All of the time (5)
I've been feeling optimistic about the future (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11 Compared with how satisfied you usually were with your life (before the lockdown), would you say that you felt:

	Much less satisfied than usual (1)	Less satisfied than usual (2)	About the same as usual (3)	More satisfied than usual (4)	Much more satisfied than usual (5)
During the lockdown (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now (after the lockdown) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Physical and mental health

Start of Block: Fruit and vegetable consumption

Q22 Now we are moving on to a different topic, and we would like to ask you a few questions about some of the things you ate and drank yesterday. By yesterday we mean 24 hours from midnight to midnight.

Q23 Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich.

- Yes (47)
- No (48)

Display This Question:

If Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich. = Yes



Q24 How many cereal bowls full of salad did you eat yesterday? (You can record half bowls of salad, such as 1.5, 0.5, etc.)

Q35 Did you eat any pulses yesterday? By pulses we mean lentils and all kinds of peas and beans, including chickpeas and baked beans. Don't count pulses in foods like Chilli con carne.

- Yes (47)
- No (48)

Display This Question:

If Did you eat any pulses yesterday? By pulses we mean lentils and all kinds of peas and beans, incl... = Yes

Q36 How many tablespoons of pulses did you eat yesterday?

- Lentils (1) _____
- Peas (2) _____
- Baked beans (3) _____
- Beans (9) _____
- Chickpeas (4) _____
- Other (5) _____

Q37 Not counting potatoes, did you eat any vegetables yesterday? Please include fresh, raw, tinned and frozen vegetables.

- Yes (47)
- No (48)

Display This Question:

If Not counting potatoes, did you eat any vegetables yesterday? Please include fresh, raw, tinned an... = Yes

Q38 How many tablespoons of vegetables did you eat yesterday?

- Carrots (1) _____
- Tomatoes (2) _____
- Broccoli (3) _____
- Peppers (9) _____
- Corn (4) _____
- Cabbage (5) _____
- Other (10) _____
-

Q39 Apart from anything you have already told us about, did you eat any other dishes made mainly from vegetables or pulses yesterday, such as vegetable lasagne or vegetable curry? Don't count vegetable soups or dishes made mainly from potatoes.

- Yes (47)
- No (48)
-

Display This Question:

If Apart from anything you have already told us about, did you eat any other dishes made mainly from... = Yes



Q40 How many tablespoons of vegetables or pulses did you eat in these kinds of dishes yesterday?

Q42 Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday?

Yes (47)

No (48)

Display This Question:

If Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday? = Yes



Q43 How many small glasses of fruit juice did you drink yesterday? A small glass is about a quarter of a pint.

Q44 Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc.

Yes (47)

No (48)

Display This Question:

If Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc. = Yes

Q45 How many of these kinds of fresh fruit did you eat yesterday?

Bananas (1) _____

Apples (2) _____

Oranges/satsumas/mandarins (3)

Grapes (handfuls) (9) _____

Other (4) _____

Q46 Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc.

- Yes (47)
- No (48)

Display This Question:

If Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc. = Yes



Q47 How many tablespoons of dried fruit did you eat yesterday?

Q48 Did you eat any frozen fruit yesterday?

- Yes (47)
- No (48)

Display This Question:

If Did you eat any frozen fruit yesterday? = Yes



Q49 How many tablespoons of frozen fruit did you eat yesterday?

Q50 Did you eat any tinned fruit yesterday?

- Yes (47)
- No (48)
-

Display This Question:

If Did you eat any tinned fruit yesterday? = Yes



Q51 How many tablespoons of tinned fruit did you eat yesterday?

Q52 Apart from anything you have already told us about, did you eat any other dishes made mainly from fruit yesterday, such as fruit salad or fruit pie? Don't count fruit in yoghurts.

Yes (47)

No (48)

Display This Question:

If Apart from anything you have already told us about, did you eat any other dishes made mainly from... = Yes



Q53 How many tablespoons of fruit did you eat in these kinds of dishes yesterday?

Q73 Compared with the amount of fruit and vegetables you usually ate before the lockdown, would you say that you ate and drank...

	Much less (6)	Less (7)	About the same (8)	More (9)	Much more (10)
During the lockdown (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now (after the lockdown) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display This Question:

If Compared with the amount of fruit and vegetables you usually ate before the lockdown, would you s... != During the lockdown [About the same]

Q74 Can you please describe the reason(s) **why** your consumption of fruit and vegetables changed **during the lockdown**? (optional - you may leave this question blank)[*For instance: changes to shopping habits, motivation to eat healthily, less/more money available*]

Display This Question:

If Compared with the amount of fruit and vegetables you usually ate before the lockdown, would you s... != Now (after the lockdown) [About the same]

Q75 Can you please describe the reason(s) **why** your consumption of fruit and vegetables is different **now**, compared to before the lockdown? (**optional - you may leave this question blank**)[*For instance: changes to shopping habits, motivation to eat healthily, less/more money available*]

Q70 Do you agree or disagree with the following statements about your food shopping?

	Strongly agree (13)	Somewhat agree (14)	Neither agree nor disagree (15)	Somewhat disagree (16)	Strongly disagree (17)
I can afford to buy the fruit and vegetables I want in my usual shops (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buying more fruit and vegetables would be difficult on my budget (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of money prevents me from eating healthily (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Fruit and vegetable consumption

Start of Block: Demographics

Q25 Finally, we would like to ask some questions about you. If you prefer not to answer any of these questions, you can do so, but it would really help our research to have this information, which we will only use strictly anonymously.

Q31 How much do you weigh without clothes and shoes? You can answer this question in kilograms or in stones and pounds.

- Answer in kilograms (1)
- Answer in stones and pounds (2)
- Prefer not to answer (4)

Display This Question:

If How much do you weigh without clothes and shoes? You can answer this question in kilograms or in... = Answer in kilograms



Q32 How much do you weigh without clothes and shoes? (in kilograms)

Display This Question:

If How much do you weigh without clothes and shoes? You can answer this question in kilograms or in... = Answer in stones and pounds

Q33 How much do you weigh without clothes and shoes?

Stones (5) _____

Pounds (6) _____

Q76 How has your weight changed **compared to before the lockdown started?**

	I gained a lot of weight (6)	I gained some weight (7)	My weight is about the same (8)	I lost some weight (9)	I lost a lot of weight (10)
During the lockdown (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now (after the lockdown) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display This Question:

If How has your weight changed compared to before the lockdown started? != During the lockdown [My weight is about the same]

Or How has your weight changed compared to before the lockdown started? != Now (after the lockdown) [My weight is about the same]

Q77 What do you think is/are the reason(s) for the change in your weight? (**optional - you may leave this question blank**)*[For instance: changes to screen time, level of activity, social support and activities, sleeping, motivation to have a healthy lifestyle, eating behaviour, intake of alcohol, smoking]*

Q62 What is your postcode area (first one or two letters of your postcode)?

▼ B-Birmingham (21) ... Prefer not to answer (16)

Display This Question:

If What is your postcode area (first one or two letters of your postcode)? != Other

And What is your postcode area (first one or two letters of your postcode)? != Prefer not to answer



Q63 And the numbers of the **first part** of your postcode? (one or two digits only, please)

Q60 This was the last question. Please click the arrow below to complete the survey.

If you are concerned about your mental health or wellbeing, [these helplines and support groups](#) can offer expert advice.

End of Block: Demographics
