**Table S3.** Questions measuring degree of adherence by the asking participants how well they managed to follow each of the following guidelines employed by the Norwegian government.

| Item number | Question |
|-------------|----------|
| 1           | I have managed to adhere to the guidelines of not leaving my home unless necessary with regards to medical visits and purchase of essential supplies. |
| 2           | I have managed to adhere to the guidelines of not traveling within the country or outside the country. |
| 3           | I have avoided social gatherings involving more than five peers. |
| 4           | I have managed to adhere to the guidelines of washing my hands regularly. |
| 5           | I have managed to adhere to the guidelines of maintaining a two-meter distance from others when I am outside my home. |
| 6           | I have managed to adhere to the guidelines of avoiding groups larger than five even when meeting peers outdoors or outside of my home/peers’ home. |
| 7           | I have managed to adhere to the guidelines of keeping a two-meter distance from any peers who visit my home, with the exception of those in my household. |
| 8           | I have managed to adhere to the guidelines of avoiding all cultural gatherings and organized sports activities arranged indoors or outdoors. |