Questionnaire from internet-based tool

1. Age (years)
2. Gender
   Female
   Male
3. Area of residence currently
   Rural
   City
4. Name of the province you are living in
5. Occupation
   Student
   Farmer
   Worker
   Teacher
   Health care worker
   Business/service personnel
   Professional and technical personnel
   Civil servants and related personnel
   Government official
   Production and transportation Equipment personnel
   Retiree
   Else
6. Education level
   High school
   University
   Completed degree (diploma, bachelor, master)
   None
7. Marital status
8. Knowledge
   Name of COVID-19
   The cause of COVID-19
How to properly wear a surgical mask/disposable surgical mask
The incubation period of COVID-19
Clinical symptoms of COVID-19
Is there any specific drug to treat COVID-19
The transmission route of COVID-19
Masks that can be used to prevent COVID-19
Incubation time
The incubation period contagious
Quarantine time

9. Attitude
Actively acquire COVID-19-related knowledge
Worried about infection
Concerned about the deterioration of the outbreak
Considered the outbreak to be very serious
Knew that preventive measures, such as reducing going out and washing hands frequently, can prevent it.
Went to the hospital after suspecting infection
Immediately report or cut off contact with people returning from Wuhan or its surrounding areas

10. Practice
Purchased a medical surgical mask/disposable surgical mask
Covered nose and mouth with tissues or arms while coughing or sneezing
Washed hands using 7-step protocol

11. Time spent searching for information about COVID-19 (h/day)

12. Social support

13. Living in Wuhan during the outbreaks of COVID-19

14. Have been suffering from baseline psychological or sleep related diseases

15. Having medications for mental or sleep illnesses

16. Monthly income (CNY)
>1000
1000–5000
17. Exercise
   Regular exercise
   No exercise
   Go to gym
18. Your lifestyle work habits
   Irregular work schedule
   Staying up late for work or other things
   Overwork
19. Do you agree with the extension of the opening of classes for the next semester?
20. Clinical symptoms
   Dry cough, fever, poor spirit, malaise, poor appetite, other (write)
21. How often feel paranoid about contacting the novel Corona Virus infection?
22. Usually avoid social contact
23. Often avoid ordering food online/partying
24. Usually have talked with friends about the corona pandemic
25. Often had difficulty sleeping by being worried about the Corona Virus pandemic
26. Often feel affected by the posts on social media about Corona Virus infection
27. Often feel affected by the talks of novel Corona Virus pandemic on the newspaper and news channels
28. Often feel the need to buy and stock all essentials at home
29. Often get afraid if anyone in my social circle or friends reports of being sick
30. Often feel worried about myself and my family regarding the spread of COVID-19 Viral Infection
31. Usually use a mask without any apparent signs and symptoms of the infection
32. The Idea of Novel Corona Viral Infection often makes me nervous leading
to inappropriate behaviors with anyone
33. Often consider anybody I encounter as positive of the virus
34. Usually worried about my studies because of the lockdown
35. Often concerned about our food and financial resources during the lockdown
36. Follow strict personal protective measures (e.g. mask, handwashing, etc.)
37. Read about COVID-19, its prevention and mechanism of transmission
38. Avoid going out in public places to minimize exposure from COVID-19
39. Do relaxation activities, for example, involved in, sports, music, etc.
40. Chat with family and friends to relieve stress and obtain support
41. Use social media and social networks such as Facebook, Twitter, Tiktok, Youtube, etc.
42. Play online games and computer games
43. Talk and motivate myself to face the COVID-19 outbreak with a positive attitude
44. Get help from family physicians or other doctors to reduce my stress and get reassurance
45. Try to be busy at home in activities that would keep my mind away from COVID-19
46. Avoid media news about COVID-19 and related fatalities
47. To travel for work purposes if unable to work from home (expectation that only “critical workers,” such as healthcare professionals, delivery drivers, refuse collectors, food operative, etc. should continue working outside of the home)
48. Current work status
49. Favorite hobbies (gaming, crafts, checking social media etc.)
50. Spending time with family/friends
51. Relaxation (bath, hot water bottle, etc.)
52. Diet/eating well
53. Mindfulness/meditation
54. Praying, worshiping and Bible study, etc.
55. In your city is Public bus, Metro moving?
56. In your city is bike, private car bicycle moving?
57. Are shop, restaurant, super shop open in your city?
58. Do you find easily to get everything you need?
59. Do you find mask, sanitizer easily in your city?
60. Is your city locked down?
61. If yes, then how many days?
62. During lock down do you go outside with mask?
63. Do your school or community frequently alarm you to not to go outside?
64. Have you ever dreamed about the Corona virus in your sleep?
65. Do you check the Corona virus update?
66. How often do you see updates every day?
67. It is very difficult for me to return to normal after a dangerous or exciting task
68. I could sense that my throat was often dry
69. In my mind there is no good feelings and not working
70. I often felt shortness of breath
71. I cannot start any work on my own initiative
72. I have a lot of headaches with no cause for any minor issues
73. Often I feel tremors, especially the hands and feet
74. I feel tensed without any cause
75. Sometimes I fall in stupid situation and it make me worry, don’t know when it will happen again
76. My career is being damaged by the Corona virus
77. I felt like I was getting very restless day by day
78. I cannot find anything to enjoy
79. I often feel alone and lonely
80. Anything that disturb my work is annoying to me
81. I feel afraid that I am going to infected by virus
82. I can’t do anything with encouragement
83. I understand, I never get evaluated as a good person
84. I feel so angry, feeling pain with silly matters
85. Without heavy workload, I feel my heart rate seems abnormal
86. Often I am terrified of being scared for no apparent reason
87. Often my life seemed meaningless and career less
88. Do you want to die or do you intend to hurt yourself because of corona virus? Or do you plan to somehow end yourself?

The online questionnaire was produced through the Wenjuanxin electronic platform (www.wjx.cn). We collected data by sharing the online questionnaire on several social networking platforms (e.g. WeChat, QQ).
All of this questionary has different answers steam accordingly. Such as “yes, no, often, sometimes” also some questions answer steam has range of numbers. We just translated this questionary from Chinese to English by translation app. After collected the data, at first, we remove irrelevant and unnecessary questions; second, we divided our final questionaries data into different parts. Such as, a questionnaire on basic knowledge of COVID-19 was prepared.

**Disease characteristics**

* A total of seven items eight questions
Pathogenic virus (will be coronavirus 2019 – nCoV), virus-host (wildlife), route of transmission (droplet and contact transmission), the incubation time (generally 3–7 days, the longest do not exceed 14 days), the incubation period contagious (infectious) may exist, population susceptibility (generally) and the clinical symptoms (probably a dry cough, fever, poor spirit, malaise, poor appetite), among which are two routes of transmission.

* Related risk factors. Six items in total six questions: Hygienic habits (not washing hands frequently), lifestyle habits (irregular work schedule, staying up late, overwork), basic diseases (self-past/present serious illness), environmental factors (in and out of crowds), protection Consciousness (without masks when going out), other unknown factors (such as low immunity).

* Prevention measures. Seven items and eight questions: protective tools (selection of masks), personal hygiene (hand washing scenes, hand washing methods), environmental
measures (avoid close contact with people), reasonable nutrition (balanced diet), and optimistic attitude (active self-supervision), living habits (regular work and rest), and physical fitness (active exercise), including two personal hygiene questions and one other question.

*Questionnaire on individual response modes during the epidemic period.* How do you feel during the current COVID-19 outbreak? What are the countermeasures?

32 questions coping style was formed.

**Exercise questionnaires**