

## Appendix 1. Multidimensional Scale of Perceived Social Support [MSPSS]

**Instructions:** We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement.

Circle the “1” if you **Very Strongly Disagree**  
 Circle the “2” if you **Strongly Disagree**  
 Circle the “3” if you **Mildly Disagree**  
 Circle the “4” if you are **Neutral**  
 Circle the “5” if you **Mildly Agree**  
 Circle the “6” if you **Strongly Agree**  
 Circle the “7” if you **Very Strongly Agree**

	Very Strongly Disagree	Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree	Very Strongly Agree
1. There is a special person who is around when I am in need.	1	2	3	4	5	6	7
2. There is a special person with whom I can share joys and sorrows.	1	2	3	4	5	6	7
3. My family really tries to help me.	1	2	3	4	5	6	7
4. I get the emotional help & support I need from my family.	1	2	3	4	5	6	7
5. I have a special person who is a real source of comfort to me.	1	2	3	4	5	6	7
6. My friends really try to help me.	1	2	3	4	5	6	7
7. I can count on my friends when things go wrong.	1	2	3	4	5	6	7
8. I can talk about my problems with my family.	1	2	3	4	5	6	7
9. I have friends with whom I can share my joys and sorrows.	1	2	3	4	5	6	7
10. There is a special person in my life who cares about my feelings.	1	2	3	4	5	6	7
11. My family is willing to help me make decisions.	1	2	3	4	5	6	7
12. I can talk about my problems with my friends.	1	2	3	4	5	6	7

## Appendix 2. Sociodemographic and Personal Questionnaire

1. How old are you?
2. What is your gender? (man/woman/other)
3. What is your marital status? (single/in relationship/married/separated/divorced/widowed/other)
4. How many children do you have? (0/1/2/3/4 or more)
5. What is your level of education? (12 years or less, without diploma/12 years with diploma/B.A./M.A. or higher/other)
6. What is your occupation? (office job/physical job/housewife/retired unemployed/other)
7. What is your socioeconomic status? (low/low-average/average/average-high/high)
8. What is your level of religious observance? (secular/traditional/ultraorthodox)
9. Do you have any medical or functional restrictions/disabilities? If yes, please specify (yes/no)
10. Are you currently on medication for a chronic condition? (yes/no)
11. Do you have a previous history of depression/anxiety? (yes/no)
12. Have you taken antidepressants or tranquilizers in the past? (yes/no)
13. What is your current state of health? (healthy/healthy but in quarantine/diagnosed with COVID-19 currently in quarantine/have another disease)
14. Do you know people diagnosed with COVID-19? (yes/no)
15. If you know people diagnosed with COVID-19, what is the severity of the disease from 1 (not severe at all) to 10 (very severe)? If you know more than one person, please refer to the person closest to you.
16. If you know people diagnosed with COVID-19, what is the degree of proximity from 1 (not close at all) to 10 (very close)? If you know more than one person, please refer to the one you consider the closest to you.
17. Do you know someone who has died of COVID-19? (yes/no)
18. What is your occupational status as a result of the COVID-19? (full time job/partially employed/unpaid vacation/lost my job/unemployed/retired)
19. In your opinion, what are your chances of returning to your previous field of activity after the current crisis? (very likely/somewhat likely/not very likely)
20. Are the financial resources available to you sufficient for the next 3 months? (not enough at all/hardly enough/enough/definitely enough/my resources will suffice for the next 3 months but not for a year)

21. On average, how many hours a day do you spend on media news updates (TV/Radio/Internet)? (none at all/1 h or less/1–2 h/2–3 h/more than 3 h)
22. Did you exercise regularly prior to the lockdown? (yes/no)
23. Have you kept up your exercise regime at home during COVID-19? (yes/no)

### **Appendix 3. Acronyms**

COVID-19: Coronavirus disease 2019

MSPSS: Multidimensional Perceived Social Support Scale

GAD-7: Generalized Anxiety Disorder-7 Score

SARS-COV-2: Severe Acute Respiratory Syndrome Coronavirus 2

IQR: Interquartile Range

OR: Odds Ratios

SARS: Severe Acute Respiratory Syndrome

PTSD: Post-Traumatic Stress Disorder

CI: Confidence Interval