**Appendix 1**

Place a number in the box that best describes how the COVID-19 Virus has affected you

0 = No Effect

10 = Severe Effect

Anxiety levels 0 1 2 3 4 5 6 7 8 9 10

Mood Symptoms 0 1 2 3 4 5 6 7 8 9 10

Functioning: Social 0 1 2 3 4 5 6 7 8 9 10

Functioning: Occupation 0 1 2 3 4 5 6 7 8 9 10

Quality of Life 0 1 2 3 4 5 6 7 8 9 10

**Additional comments:**

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Likert scale variables were explained to each individual thoroughly prior to questioning. Participants were informed that 0 equated to no impact, 1–3 equated to a mild impact, 4–6 equated to a moderate impact, 7–9 equated to a severe impact and 10 equated to a very severe impact. Participants were informed that the higher the number, the greater the impact of the COVID-19 pandemic for them and this was the same for all five items. Patients were advised that when scoring these items those scores had to relate to the impact COVID-19 had on their lives rather than their general mood/anxiety/functioning/ quality of life. For example, in terms of social and occupational functioning and quality of life, patients were asked to briefly explain their typical routine prior to the COVID-19 pandemic and mandated restrictions and were subsequently asked to rate out of 10 how significantly these variables have been altered or impacted upon due to the COVID-19 pandemic, with 0 meaning no change and 10 being a very severe effect or impact. Each individual was given the opportunity to ask further questions to clarify the Likert scale ensuring their full understanding of the Likert scale.

**Appendix 2.** Free-Text Data pertaining to the impact of the COVID-19 pandemic

**Please describe your experience of the COVID-19 pandemic?**

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**Prompts for participants regarding the potential impact of the COVID-19 pandemic**

* Adverse impacts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Beneficial aspects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Impact on vocational / occupation functioning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Impact on social functioning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Concerns for a return of the COVID-19 pandemic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Changes to your life due to COVID-19 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Appendix 2.** Correlation of Likert Scale Data with Psychometric Instruments

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Anxiety**  ρ, p | **Mood**  ρ, p | **Social Functioning**  ρ, p | **Occupational Functioning**  ρ, p | **Quality of Life**  ρ, p | **BAI**  ρ, p | **BDI**  ρ, p | **BHS**  ρ, p |
| **Baseline**  Anxiety  Mood  Social Functioning  Occupational Functioning  Quality of Life  BAI  BDI  BHI | -  0.71, <0.001  0.39, 0.02  0.36, 0.03  0.54, 0.001  0.61, <0.001  0.72, <0.001  0.46, 0.005 | 0.71, <0.001  -  0.56, <0.001  0.24, 0.16  0.75, <0.001  0.71, <0.001  0.72, <0.001  0.56, <0.001 | 0.39, 0.02  0.56, <0.001  -  0.31, 0.07  0.55, <0.001  0.61, <0.001  0.51, 0.001  0.49, 0.003 | 0.36, 0.03  0.24, 0.16  0.31, 0.07  -  0.37, 0.03  0.11, 0.51  0.31, 0.06  0.14, 0.42 | 0.54, 0.001  0.75, <0.001  0.55, <0.001  0.37, 0.03  -  0.58, <.001  0.59, <0.001  0.47, 0.004 | 0.61, <0.001  0.72, <0.001  0.61, <0.001  0.11, 0.51  0.58, <0.001  -  0.77, <0.001  0.68, <0.001 | 0.72, <0.001  0.71, <0.001  0.51, 0.001  0.31, 0.06  0.69, <0.001  0.77, <0.001  -  0.78, <0.001 | 0.46, 0.005  0.57, <0.001  0.49, 0.003  0.14, 0.43  0.47, 0.004  0.68, <0.001  0.78, <0.001  - |
| **Follow-Up Visit 2**  Anxiety  Mood  Social Functioning  Occupational Functioning  Quality of Life  BAI  BDI  BHS | -  0.73, <0.001  0.47, 0.009  0.20, 0.30  0.23, 0.22  0.39, 0.07  0.35, 0.10  0.34, 0.11 | 0.73, <0.001  -  0.37, 0.05  0.27, 0.16  0.17, 0.38  0.45, 0.03  0.43, 0.04  0.42, 0.05 | 0.47, 0.009  0.37, 0.04  -  0.00, 1.00  0.15, 0.43  -0.50, 0.82  -0.08, 0.71  0.21, 0.33 | 0.20, 0.30  0.27, 0.16  0.00, 1.00  -  -0.17, 0.39  0.05, 0.84  -0.18, 0.42  -0.54, 0.008 | 0.23, 0.22  0.17, 0.38  0.15, 0.43  -0.17, 0.39  -  0.21, 0.33  0.03, 0.90  0.24, 0.27 | 0.39, 0.07  0.45, 0.03  -0.05, 0.83  0.05, 0.84  0.21, 0.33  -  0.80, <0.001  0.61, 0.002 | 0.35, 0.10  0.43, 0.04  -0.08, 0.71  -0.18, -0.42  0.03, 0.90  0.80, <0.001  -  0.69, <0.001 | 0.34, 0.11  0.42, 0.05  0.21, 0.33  -0.54, 0.008  0.24, 0.27  0.61, 0.002  0.69, <0.001  - |

BAI = Beck Anxiety Inventory, BDI = Beck Depression Inventory, BHS = Beck Hopelessness Scale