**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, <0.0010.39, 0.020.36, 0.030.54, 0.0010.61, <0.0010.72, <0.0010.46, 0.005 | 0.71, <0.001-0.56, <0.0010.24, 0.160.75, <0.0010.71, <0.0010.72, <0.0010.56, <0.001 | 0.39, 0.020.56, <0.001-0.31, 0.070.55, <0.0010.61, <0.0010.51, 0.0010.49, 0.003 | 0.36, 0.030.24, 0.160.31, 0.07-0.37, 0.030.11, 0.510.31, 0.060.14, 0.42 | 0.54, 0.0010.75, <0.0010.55, <0.0010.37, 0.03-0.58, <.0010.59, <0.0010.47, 0.004 | 0.61, <0.0010.72, <0.0010.61, <0.0010.11, 0.510.58, <0.001-0.77, <0.0010.68, <0.001 | 0.72, <0.0010.71, <0.0010.51, 0.0010.31, 0.060.69, <0.0010.77, <0.001-0.78, <0.001 | 0.46, 0.0050.57, <0.0010.49, 0.0030.14, 0.430.47, 0.0040.68, <0.0010.78, <0.001- |
| **Follow-Up Visit 2** Anxiety Mood Social Functioning Occupational Functioning Quality of Life BAI BDI BHS | -0.73, <0.0010.47, 0.0090.20, 0.300.23, 0.220.39, 0.070.35, 0.100.34, 0.11 | 0.73, <0.001-0.37, 0.050.27, 0.160.17, 0.380.45, 0.030.43, 0.040.42, 0.05 | 0.47, 0.0090.37, 0.04-0.00, 1.000.15, 0.43-0.50, 0.82-0.08, 0.710.21, 0.33 | 0.20, 0.300.27, 0.160.00, 1.00--0.17, 0.390.05, 0.84-0.18, 0.42-0.54, 0.008 | 0.23, 0.220.17, 0.380.15, 0.43-0.17, 0.39-0.21, 0.330.03, 0.900.24, 0.27 | 0.39, 0.070.45, 0.03-0.05, 0.830.05, 0.840.21, 0.33-0.80, <0.0010.61, 0.002 | 0.35, 0.100.43, 0.04-0.08, 0.71-0.18, -0.420.03, 0.900.80, <0.001-0.69, <0.001 | 0.34, 0.110.42, 0.050.21, 0.33-0.54, 0.0080.24, 0.270.61, 0.0020.69, <0.001- |

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