

Supplementary: Survey Questions

What zone am I in now?

Demographics:

1. How old are you?
 - a. 34 and below
 - b. 34 – 44 years
 - c. 45 – 64 years
 - d. 65 and above
2. Where do you practice?
 - a. Private community
 - b. Public community
 - c. Hospital
 - d. Others
3. Have you encountered any patient with COVID-19?
 - a. No
 - b. Yes, COVID suspect, later negative
 - c. Yes, COVID positive, outpatient
 - d. Yes, I look after inpatient COVID patients

‘What ZONE AM I IN NOW during COVID-19’?

1. Relating to family & friends
 - a. I feel safer to isolate myself from my family though I have used the appropriate PPE at work. **(fear zone)**
 - b. I aim to use circuit breaker stay-home to improve bonding with my family. **(growth zone)**
 - c. I keep the same contact with my friends within the restrictions imposed by circuit breaker. **(learning zone)**
2. Relating to myself
 - (1) I accept what I cannot control. **(learning zone)**
 - (2) I get upset when I think of the people who have aggravated the COVID situation. **(fear zone)**
 - (3) I have discovered novel routines to enrich my life, despite the COVID outbreak. **(growth zone)**
3. Relating to my practice/ workplace
 - a. I wish I could stop my medical practice till COVID-19 is over. **(fear zone)**
 - b. I learn how best to protect myself and my staff. **(learning zone)**
 - c. I counsel my colleagues/healthcare workers who are stressed and fearful. **(growth zone)**
4. Relating to the community
 - a. I recognise that everyone is trying their best in these difficult times. **(learning zone)**
 - b. I make my talents available to those who need them. **(growth zone)**
 - c. I complain frequently relating to the policies implemented in this COVID period. **(fear zone)**