



Questions

Sex: Male () Female ()

Age: _____ years old.

Country of residence:

Peru () Chile () Paraguay () Mexico ()

Colombia () Bolivia () Panama () Ecuador ()

Costa Rica () El Salvador () Honduras () Guatemala ()

Others ()

You have any of the following conditions and/or diseases (you may check more than one):

Obesity () Diabetes mellitus () Heart disease ()

Please respond below according to your perception of the pandemic in recent months:

I have had the perception that...	Strongly disagree	Disagree	Indifferent	Agreed	Very much in agreement
I have been less physically active than before					
I have gained weight during these months					
I have consumed larger amounts of food					
I have consumed more unhealthy food					

In the last week, how often have you...	Never/Not applicable	Some or part of the time	Quite a lot, or for a good part of the time.	Much, or most of the time
I had a hard time relaxing				
I realized that my mouth was dry				
I could not feel any positive feelings				
It became difficult to breathe				
I found it difficult to take the initiative to do things.				
I overreacted in certain situations				
I felt my hands trembling				
I felt I had a lot of nerves				
I was worried about situations in which I might panic or make a fool of myself.				
I felt I had nothing to live for				
I noticed that I was shaking				
I found it difficult to relax				
I felt sad and depressed				

I did not tolerate anything that did not allow me to continue with what I was doing.				
I felt I was at the point of panic				
I couldn't get excited about anything				
I felt I was worth very little as a person				
I felt that I was very irritable				
I felt my heart beating even though I had not made any physical effort.				
I was afraid for no reason				
I felt that life had no meaning				