

Appendix 1- Questionnaire

1.Socio-demographic data

Gender

Age

Civil state

Children (Y/N)

Age of younger son

Education

Workload (Full time/Part time /Unemployed/Student/Retired)

2. Emotions

Please indicate up to what extent you felt the following emotions during the last week, being 1 nothing and 5 a lot:

Calm	1	2	3	4	5
Nervous	1	2	3	4	5
Sad	1	2	3	4	5
Relaxed	1	2	3	4	5
Concerned	1	2	3	4	5

3. Teleworking

3.1. Is your professional activity compatible with teleworking?

3.2. Is teleworking conducted from home?

3.3. If you replied "Yes" to the previous question, in which part of the house are you typically working?

3.4. The equipment you are using for teleworking:

I already had it

I bought it

A friend/colleague borrowed me

Was provided by my employer

Other

3.5. The expenses with teleworking (internet, equipment, furniture) will be covered by the employer?

3.6. Are overtime hours reimbursed?

3.7. Do you need to communicate with colleagues in teleworking?

3.8. If you replied Yes, please indicate, in Column 1, all the tools that you use and, in column 2, the three more frequent ones:

	1	2
E-mail	<input type="checkbox"/>	<input type="checkbox"/>
Messenger	<input type="checkbox"/>	<input type="checkbox"/>
WhatsApp	<input type="checkbox"/>	<input type="checkbox"/>
Facebook	<input type="checkbox"/>	<input type="checkbox"/>
Microsoft Teams	<input type="checkbox"/>	<input type="checkbox"/>
Zoom Colibri	<input type="checkbox"/>	<input type="checkbox"/>
Skype	<input type="checkbox"/>	<input type="checkbox"/>
Slack	<input type="checkbox"/>	<input type="checkbox"/>
Linkedin	<input type="checkbox"/>	<input type="checkbox"/>
Others	<input type="checkbox"/>	<input type="checkbox"/>

If you replied "Others", please indicate which ones

3.9. What new tools did you start using during teleworking?

E-mail	<input type="checkbox"/>
Messenger	<input type="checkbox"/>
WhatsApp	<input type="checkbox"/>
Facebook	<input type="checkbox"/>
Microsoft Teams	<input type="checkbox"/>
Zoom Colibri	<input type="checkbox"/>
Skype	<input type="checkbox"/>
Slack	<input type="checkbox"/>
Linkedin	<input type="checkbox"/>
Other	<input type="checkbox"/>

3.10. How did you learn to use them?

Online Tutorial

Friends

Family

Training by employer/institution

Co-workers

Other

3.11. Did your professional daily routine changed?

3.12. If you replied "Yes", what has changed?

3.13. The workload in teleworking, when compared with regular work, is:

Higher

The same

Lesser

3.14. Have you enrolled in online courses to gain useful skills for your professional activity?

3.15. If you replied "Yes", what drove you?

Personal choice
Employer suggestion

3.16. How often do you communicate with your...

	+1x day	1x day	1 x week	x month
Close family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enlarged family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3.17. Before the pandemic and the national emergency, how often did you communicate with your...

	+1x day	1x day	1 x week	1xmonth
Close family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enlarged family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Technologies of communication and information

4.1. Have you been using communication technologies for leisure during the pandemic?

4.2. Did you use to shop online?

4.3. Currently, the frequency of online shopping increased?

4.3.1. If yes, of which goods?

5. Physical activity

5.1. Were you physically active before the pandemic?

5.1.1. If "yes", what type of physical activity? (Sports/Recreational)

5.1.2. If "Yes", how often?

Once a month

Once a week

One to three times a week

5.1.3. If "Yes", the physical activity took place:

Inside the house

Outside the house

5.1.4. The physical activity was done:

Alone

With one more person

In group

5.2. The physical activity changed since the beginning of the first lockdown?

Decreased

Did not change

Increased

5.3. Currently, how often do you engage in physical activity?

Once a month

Once a week

2 to 3 times a week

5 to 7 times a week

I do not

5.4. Currently, the physical activity takes place:

Inside the house

Outside the house

5.5. Currently, do you have a fixed routine for physical activity?

5.6. Currently, the physical activity is done:

Alone

With one person

In group

5.7. What is the type and quantity of physical activity required for your professional activity?

I am not employed (retired, unemployed)

I spend most of the time seated (office work)

I spend most of the time walking or standing but without significant effort

My work requires physical effort

My work requires intense physical activity

5.8. The type and quantity of physical activity has changed since the first lockdown?