

Appendix B

Table B1. The table below provides an overview of the descriptive statistics of the measures of state vulnerability, resilience, and social cohesion.

Questionnaire	Questions	Items	T1	T2	T3	Summary type
Life satisfaction	How satisfied were you with your life?		5.77 (5.71/5.82)	4.66 (4.60/4.73)	5.41 (5.35/5.46)	Mean & 95% CI
Emotional state	My emotional state was characterized by..	Valence	1.23 (1.15/1.30)	-0.77 (-0.84/-0.69)	0.93 (0.86/1.00)	Mean & 95% CI
		Arousal	-0.77 (-0.84/-0.70)	-0.27 (-0.34/-0.20)	-0.51 (-0.58/-0.45)	Mean & 95% CI
Place of residence	Did you live at your usual place of residence?	Yes	3366	3312	3392	Total Numbers
		No	156	210	130	Total Numbers
Household	With how many people did you live together?	Alone	879	817	878	Total Numbers
		1	1139	1285	1329	Total Numbers
		2	707	622	581	Total Numbers
		3	449	460	437	Total Numbers
		4	232	218	195	Total Numbers
		5 or more	116	120	102	Total Numbers
	Which of these people have you lived with?	Partner	2041	2121	2092	Total Numbers
		Parents	232	295	234	Total Numbers
		Children	1079	1118	1093	Total Numbers
		Friends / Housemates	362	305	303	Total Numbers
	How many of them required care?	None	2495	2541	2470	Total Numbers
		1	116	120	132	Total Numbers
		2	23	33	25	Total Numbers
		3	7	9	11	Total Numbers
		4	1	1	4	Total Numbers
		5 or more	3	1	3	Total Numbers
Safety measures	Please evaluate to what extent you agree with the following statements	I followed the regulations.	6.94 (6.90/6.98)	7.13 (7.09/7.17)	6.84 (6.80/6.89)	Mean & 95% CI
		The regulations for the protection of the society were overall too strict.	1.79 (1.72/1.86)	2.10 (2.02/2.18)	1.97 (1.90/2.04)	Mean & 95% CI
		The regulations for the protection of the society were overall too weak.	2.86 (2.78/2.94)	2.56 (2.48/2.64)	3.10 (3.02/3.19)	Mean & 95% CI
		The people in my environment adhered too much to the regulations.	2.54 (2.46/2.62)	3.02 (2.93/3.11)	2.66 (2.58/2.74)	Mean & 95% CI
		The people in my environment did not adhere enough to the regulations.	2.25 (2.18/2.32)	2.28 (2.21/2.35)	2.81 (2.73/2.88)	Mean & 95% CI
Optimism	How optimistic were you?		5.69 (5.64/5.75)	4.33 (4.27/4.40)	5.03 (4.97/5.09)	Mean & 95% CI
Alcohol consumption	AUDIT		2.65 (2.58/2.72)	2.52 (2.45/2.60)	2.58 (2.51/2.66)	Mean & 95% CI
	Did you feel as if your alcohol consumption has gotten out of control?		0.43 (0.40/0.47)	0.76 (0.71/0.81)	0.61 (0.56/0.65)	Mean & 95% CI
News	How often did you consume news and information concerning current negative events?		5.04 (4.97/5.11)	6.75 (6.69/6.80)	5.59 (5.52/5.65)	Mean & 95% CI
Mobility	How often did you spend time outdoors in your spare time?		5.52 (5.45/5.58)	5.54 (5.47/5.62)	6.42 (6.37/6.48)	Mean & 95% CI
Stress	How stressed were you?		4.00 (3.93/4.06)	4.59 (4.51/4.66)	3.91 (3.84/3.98)	Mean & 95% CI
Engagement	How much did you participate in social / political engagement?	Social	3.93 (3.85/4.02)	1.29 (1.23/1.35)	2.94 (2.86/3.03)	Mean & 95% CI
		Political	2.95 (2.87/3.03)	1.75 (1.68/1.82)	1.98 (1.91/2.05)	Mean & 95% CI
Belonging	Please move the circles so that they best represent your belonging to the following groups	Me and family	79.45 (78.60/80.29)	76.88 (75.93/77.83)	80.04 (79.19/80.89)	Mean & 95% CI
		Me and friends	75.54 (74.77/76.36)	62.89 (61.90/63.88)	73.28 (72.46/74.10)	Mean & 95% CI
		Me and neighbours	45.66 (44.66/46.66)	39.35 (38.30/40.40)	42.68 (41.68/43.73)	Mean & 95% CI
		Me and population of Berlin	41.90 (40.91/42.88)	32.13 (31.14/33.12)	36.9 (35.9/37.9)	Mean & 95% CI
		Me and German population	37.43 (36.42/38.42)	29.90 (28.89/30.90)	31.81 (30.82/32.81)	Mean & 95% CI
		Me and European population	37.69 (36.66/38.73)	30.93 (29.90/31.97)	32.51 (31.48/33.53)	Mean & 95% CI

		Me and world population		33.33 (32.29/34.38)	28.56 (27.53/31.97)	29.56 (28.54/30.59)	Mean & 95% CI
Trust	How strongly did you trust in..	Family		6.98 (6.92/7.03)	7.02 (6.97/7.08)	7.05 (6.99/7.10)	Mean & 95% CI
		Friends		6.70 (6.65/6.75)	6.60 (6.54/6.65)	6.70 (6.65/6.75)	Mean & 95% CI
		Neighbours		4.10 (4.03/4.16)	4.07 (4.00/4.14)	3.97 (3.90/4.04)	Mean & 95% CI
		Fellow citizens		3.32 (3.27/3.38)	3.14 (3.08/3.19)	3.00 (2.95/3.06)	Mean & 95% CI
		German public-legal media		5.24 (5.17/5.31)	5.45 (5.37/5.52)	5.32 (5.24/5.39)	Mean & 95% CI
		German police		5.29 (5.22/5.35)	5.37 (5.30/5.44)	5.26 (5.19/5.33)	Mean & 95% CI
		Berlin Senat		4.12 (4.06/4.18)	4.37 (4.30/4.44)	4.27 (4.19/4.34)	Mean & 95% CI
		German Chancellor		5.37 (5.30/5.44)	5.63 (5.55/5.70)	5.46 (5.38/5.53)	Mean & 95% CI
		German government		4.72 (4.66/4.79)	5.09 (5.02/5.16)	4.87 (4.80/4.94)	Mean & 95% CI
		German health system		5.88 (5.82/5.94)	6.01 (5.95/6.07)	6.06 (6.00/6.12)	Mean & 95% CI
		Science		6.62 (6.57/6.67)	6.63 (6.58/6.69)	6.61 (6.55/6.66)	Mean & 95% CI
Aggression	How often have you been verbally or physically aggressive towards ...	Partner		0.73 (0.68/0.77)	0.88 (0.83/0.93)	0.60 (0.56/0.63)	Mean & 95% CI
		Family members		0.78 (0.74/0.82)	0.84 (0.79/0.88)	0.59 (0.56/0.63)	Mean & 95% CI
		Friends		0.45 (0.42/0.48)	0.47 (0.44/0.51)	0.38 (0.35/0.41)	Mean & 95% CI
		Neighbours		0.32 (0.29/0.35)	0.31 (0.28/0.34)	0.28 (0.25/0.30)	Mean & 95% CI
		Colleagues		0.60 (0.56/0.63)	0.50 (0.46/0.53)	0.44 (0.40/0.47)	Mean & 95% CI
		Superiors		0.45 (0.42/0.49)	0.40 (0.36/0.43)	0.36 (0.33/0.39)	Mean & 95% CI
		Strangers / other individuals		0.89 (0.85/0.93)	0.88 (0.84/0.93)	0.72 (0.68/0.76)	Mean & 95% CI
	How often have you been a victim of verbal or physical aggression by ...	Partner		0.55 (0.51/0.59)	0.65 (0.61/0.70)	0.50 (0.47/0.54)	Mean & 95% CI
		Family members		0.54 (0.50/0.57)	0.58 (0.54/0.62)	0.48 (0.45/0.52)	Mean & 95% CI
		Friends		0.28 (0.26/0.30)	0.33 (0.30/0.36)	0.29 (0.26/0.32)	Mean & 95% CI
		Neighbours		0.30 (0.28/0.33)	0.30 (0.28/0.33)	0.28 (0.26/0.31)	Mean & 95% CI
		Colleagues		0.52 (0.49/0.56)	0.45 (0.42/0.49)	0.43 (0.39/0.46)	Mean & 95% CI
		Superiors		0.50 (0.47/0.54)	0.42 (0.38/0.46)	0.40 (0.37/0.44)	Mean & 95% CI
		Strangers / other individuals		1.15 (1.10/1.20)	1.11 (1.06/1.17)	0.98 (0.93/1.03)	Mean & 95% CI
Children in household	How many of the people in your household were children (younger than 18)?	None		2556	2549	2563	Total Numbers
		1		495	496	492	Total Numbers
		2		376	375	369	Total Numbers
		3		79	81	79	Total Numbers
		4		13	16	15	Total Numbers
		5 or more		3	5	4	Total Numbers
	Were you a single parent?	Yes		138	133	136	Total Numbers
		No		833	841	882	Total Numbers
	Has it happened in your household that a child has been a witness or victim of verbally or physically aggressive behaviour, or that it has been neglected or overwhelmed?	Yes		136	155	77	Total Numbers
		No		831	819	882	Total Numbers
	How often has at least one adult living (/ who previously lived) in your household with your child threatened to leave you or your child? (or has actually done it?)			0.41 (0.22/0.59)	0.55 (0.34/0.77)	0.64 (0.32/0.96)	Mean & 95% CI

Aggression children	How often has it occurred that a child in your household had to take on the responsibility of a significantly older child or adult?		0.71 (0.45/0.98)	1.06 (0.77/1.34)	0.71 (0.39/1.04)	Mean & 95% CI
	How often has an adult locked in a child of your household in a closet, attic, basement, garage, or another possibly very narrow, dark place?		0 (0/0)	0.02 (0/0.04)	0.01 (-0.01/0.04)	Mean & 95% CI
	How often did it occur that at least one parent (or other main caregiver / parent-like person) failed to understand the feelings of a child in your household and to be there for them?		1.83 (1.53/2.13)	2.64 (2.32/2.96)	2.06 (1.66/2.47)	Mean & 95% CI
	How often has at least one adult in your household purposely pushed, pinched, slapped, punched, or kicked a child in your household?		0.28 (0.16/0.41)	0.35 (0.22/0.49)	0.32 (0.18/0.46)	Mean & 95% CI
	How often has at least one adult in your household purposely pushed, pinched, slapped, punched, or kicked a child in your household?		0.76 (0.51/1.02)	1.37 (1.07/1.67)	1.05 (0.70/1.40)	Mean & 95% CI
	How often has a child in your household witnessed adults living in your household arguing violently with each other?		1.76 (1.44/2.09)	2.47 (2.11/2.83)	1.79 (1.38/2.21)	Mean & 95% CI
	How often has a child in your household seen adults beat their mother / father or another adult in the household so badly that they were severely injured?		0.07 (-0.02/0.15)	0.06 (-0.03/0.16)	0.01 (-0.01/0.04)	Mean & 95% CI
Income	Were you gainfully employed?	Yes	2893	2675	2768	Total Numbers
		No	629	847	754	Total Numbers
Occupation	How many hours did you work on average per week		36.17 (35.75/36.58)	33.44 (32.93/33.96)	34.66 (34.20/35.12)	Mean & 95% CI
	How high was your workload?		5.85 (5.79/5.91)	5.29 (5.21/5.38)	5.49 (5.41/5.56)	Mean & 95% CI
	What percentage of your working time did you spend in home office		12.82 (11.92/13.71)	54.31 (52.64/55.99)	37.24 (35.74/38.74)	Mean & 95% CI
	What percentage of your working time did you spend at your usual workplace?		68.68 (67.23/70.12)	35.98 (34.38/37.58)	51.82 (50.25/53.39)	Mean & 95% CI
Financial	How would you rate your financial security?		5.62 (5.55/5.69)	5.57 (5.50/5.64)	5.80 (5.73/5.86)	Mean & 95% CI
	How difficult was it, to cover basic needs? (e.g. groceries, rent etc.)?		1.01 (0.96/1.07)	1.14 (1.08/1.20)	0.83 (0.78/0.88)	Mean & 95% CI
Contact	How often did you have contact with...	Partner	3.74 (3.71/3.76)	3.68 (3.64/3.71)	3.72 (3.70/3.75)	Mean & 95% CI
		Family members	2.60 (2.56/2.64)	1.87 (1.82/1.92)	2.47 (2.43/2.52)	Mean & 95% CI
		Friends	2.50 (2.47/2.53)	1.09 (1.05/1.12)	2.24 (2.21/2.28)	Mean & 95% CI
		Colleagues	3.17 (3.13/3.21)	1.55 (1.50/1.61)	2.20 (2.15/2.25)	Mean & 95% CI
		Superiors	2.65 (2.61/2.70)	1.24 (1.19/1.29)	1.72 (1.67/1.77)	Mean & 95% CI
		Other individuals	2.19 (2.16/2.23)	1.02 (0.99/1.05)	1.51 (1.48/1.55)	Mean & 95% CI
	On average, how pleasant were the personal interactions with the following people?	Partner	2.33 (2.27/2.39)	2.20 (2.14/2.27)	3.25 (3.20/3.30)	Mean & 95% CI
		Family members	2.62 (2.57/2.68)	2.00 (1.94/2.06)	2.77 (2.72/2.82)	Mean & 95% CI
		Friends	2.97 (2.93/3.01)	1.85 (1.79/1.91)	2.93 (2.89/2.98)	Mean & 95% CI
		Colleagues	1.57 (1.52/1.63)	0.84 (0.79/0.90)	1.61 (1.55/1.67)	Mean & 95% CI
		Superiors	0.95 (0.89/1.01)	0.43 (0.38/0.48)	0.99 (0.92/1.05)	Mean & 95% CI
		Other individuals	0.83 (0.78/0.88)	0.11 (0.06/0.15)	0.47 (0.42/0.52)	Mean & 95% CI
Online contact	How often did you have online contact with ...	Partner	2.24 (2.18/2.29)	1.91 (1.86/1.97)	2.17 (2.11/2.22)	Mean & 95% CI
		Family members	2.35 (2.32/2.39)	2.55 (2.51/2.59)	2.44 (2.40/2.48)	Mean & 95% CI
		Friends	2.50 (2.46/2.53)	2.68 (2.65/2.72)	2.51 (2.48/2.54)	Mean & 95% CI
		Colleagues	1.82 (1.78/1.87)	2.23 (2.18/2.27)	2.07 (2.02/2.11)	Mean & 95% CI
		Superiors	1.45 (1.40/1.49)	1.83 (1.78/1.88)	1.66 (1.61/1.70)	Mean & 95% CI
		Other individuals	1.30 (1.27/1.34)	1.18 (1.15/1.22)	1.15 (1.12/1.19)	Mean & 95% CI
		Partner	1.84 (1.77/1.90)	1.66 (1.60/1.73)	2.62 (2.55/2.68)	Mean & 95% CI
		Family members	2.43 (2.38/2.49)	2.51 (2.46/2.56)	2.66 (2.61/2.71)	Mean & 95% CI

	On average, how pleasant were the personal interactions with the following people?	Friends	2.70 (2.66/2.75)	2.68 (2.63/2.73)	2.81 (2.77/2.85)	Mean & 95% CI
		Colleagues	1.23 (1.18/1.28)	1.27 (1.22/1.32)	1.56 (1.50/1.61)	Mean & 95% CI
		Superiors	0.66 (0.61/0.71)	0.71 (0.66/0.77)	0.98 (0.92/1.04)	Mean & 95% CI
		Other individuals	0.66 (0.62/0.70)	0.46 (0.41/0.50)	0.58 (0.53/0.62)	Mean & 95% CI
Burden	How burdened did you feel by the following factors?	Negative political events and media coverage	3.19 (3.12/3.26)	5.11 (5.04/5.18)	4.30 (4.22/4.37)	Mean & 95% CI
		Financial or economic problems	2.00 (1.93/2.07)	2.41 (2.32/2.49)	2.14 (2.07/2.22)	Mean & 95% CI
		Loss of job or insolvency of a private company for yourself or someone in your household	0.87 (0.81/0.93)	1.59 (1.51/1.67)	1.33 (1.26/1.41)	Mean & 95% CI
		Problems with the supply of basic needs or the procurement of goods and services	0.84 (0.79/0.90)	2.11 (2.04/2.19)	0.90 (0.84/0.95)	Mean & 95% CI
		Personal physical health problems	2.25 (2.18/2.33)	2.10 (2.02/2.18)	1.95 (1.87/2.03)	Mean & 95% CI
		Physical health problems of friends, family members or colleagues	2.40 (2.32/2.47)	2.54 (2.46/2.63)	2.28 (2.20/2.35)	Mean & 95% CI
		Personal mental health problems	1.77 (1.69/1.84))	2.33 (2.24/2.41)	1.94 (1.86/2.02)	Mean & 95% CI
		Mental health problems of friends, family members or colleagues	1.88 (1.81/1.95)	2.36 (2.28/2.44)	2.03 (1.96/2.10)	Mean & 95% CI
		Personal increased risk of catching an infectious disease	1.06 (0.99/1.12)	2.23 (2.14/2.31)	1.94 (1.86/2.02)	Mean & 95% CI
		Increased risk of an infectious disease among friends, family members or colleagues	1.52 (1.45/1.59)	3.63 (3.54/3.71)	2.93 (2.85/3.02)	Mean & 95% CI
		Problems concerning childcare, difficulties in coordinating childcare and work	0.56 (0.51/0.61)	1.26 (1.17/1.34)	0.77 (0.71/0.83)	Mean & 95% CI
		Tension or conflicts at home or family conflicts	1.58 (1.51/1.65)	2.00 (1.92/2.08)	1.50 (1.43/1.57)	Mean & 95% CI
		Tension or conflicts with friends and / or acquaintances	0.94 (0.90/0.99)	1.18 (1.12/1.24)	0.95 (0.89/1.00)	Mean & 95% CI
		Stressful experiences (e.g. conflicts) at work, university or other occupation	2.06 (1.99/2.13)	2.12 (2.04/2.20)	1.80 (1.73/1.88)	Mean & 95% CI
		Increased workload	3.13 (3.04/3.21)	3.12 (3.02/3.22)	3.07 (2.98/3.16)	Mean & 95% CI
		Housing conditions such as tight living space (e.g. no access to a private outdoor area, too many roommates)	0.97 (0.91/1.04)	1.49 (1.41/1.57)	1.09 (1.03/1.16)	Mean & 95% CI
		Loss of a loved one through separation or death	0.87 (0.80/0.93)	0.86 (0.80/0.93)	0.79 (0.72/0.85)	Mean & 95% CI
		Limitations of social contacts and / or opportunities to participate in social events	1.13 (1.06/1.19)	4.71 (4.63/4.79)	3.16 (3.09/3.24)	Mean & 95% CI
		Limited travel options (private or business)	0.97 (0.91/1.04)	4.52 (4.43/4.61)	3.76 (3.67/3.85)	Mean & 95% CI
		Limited leisure opportunities and / or little exercise	1.38 (1.31/1.44)	4.71 (4.63/4.79)	3.35 (3.27/3.43)	Mean & 95% CI
		Discrimination based on your migration status	0.20 (0.17/0.23)	0.18 (0.15/0.21)	0.14 (0.12/0.17)	Mean & 95% CI
		Discrimination based on your sexual orientation	0.18 (0.15/0.20)	0.12 (0.09/0.14)	0.12 (0.10/0.15)	Mean & 95% CI
		Discrimination based on your gender	0.60 (0.55/0.64)	0.35 (0.32/0.39)	0.35 (0.31/0.38)	Mean & 95% CI
		Other reasons	0.80 (0.74/0.85)	1.11 (1.04/1.18)	0.98 (0.94/1.04)	Mean & 95% CI

Prosocial	How many times have the following people offered you help or have done something for you?	Partner	3.06 (3.03/3.10)	3.08 (3.05/3.12)	3.05 (3.02/3.09)	Mean & 95% CI
		Family members	2.34 (2.30/2.37)	2.27 (2.23/2.31)	2.34 (2.31/2.38)	Mean & 95% CI
		Friends	2.11 (2.08/2.15)	1.89 (1.85/1.92)	2.05 (2.01/2.09)	Mean & 95% CI
		Neighbours	0.96 (0.93/0.99)	0.91 (0.87/0.94)	0.87 (0.83/0.90)	Mean & 95% CI
		Colleagues	1.60 (1.56/1.64)	1.34 (1.30/1.38)	1.38 (1.34/1.42)	Mean & 95% CI
		Superiors	1.17 (1.13/1.21)	1.04 (1.00/1.08)	1.02 (0.98/1.06)	Mean & 95% CI
		Strangers/Other individuals	0.67 (0.64/0.69)	0.46 (0.44/0.49)	0.52 (0.50/0.55)	Mean & 95% CI
	How often have you offered your help or have done something for the following people?	Partner	3.25 (3.22/3.29)	3.21 (3.17/3.24)	3.17 (3.13/3.20)	Mean & 95% CI
		Family members	2.73 (2.69/2.76)	2.67 (2.63/2.71)	2.60 (2.57/2.64)	Mean & 95% CI
		Friends	2.37 (2.34/2.41)	2.08 (2.04/2.11)	2.15 (2.12/2.19)	Mean & 95% CI
		Neighbours	1.19 (1.16/1.23)	1.17 (1.14/1.21)	1.03 (0.99/1.06)	Mean & 95% CI
		Colleagues	1.99 (1.95/2.03)	1.65 (1.61/1.70)	1.66 (1.62/1.70)	Mean & 95% CI
		Superiors	1.49 (1.44/1.53)	1.20 (1.15/1.24)	1.20 (1.16/1.24)	Mean & 95% CI
		Strangers/Other individuals	1.04 (1.00/1.07)	0.75 (0.71/0.78)	0.75 (0.72/0.78)	Mean & 95% CI
	In your perception, how much time did you allocate towards helping others?		3.19 (3.13/3.25)	3.13 (3.07/3.19)	3.01 (2.95/3.07)	Mean & 95% CI
Stress	Perceived Stress Scale (PSS4)		5.86 (5.77/5.95)	7.09 (6.99/7.19)	6.05 (5.9/6.15)	Mean & 95% CI
Subjective expectation of competence	Allgemeine Selbstwirksamkeit Kurzskala (ASKU)		4.37 (4.34/4.39)	4.04 (4.76/4.07)	4.18 (4.16/4.21)	Mean & 95% CI
Internet	How much time did you spend online in order to nurture social bonds?	3.86 (3.79/3.93)	4.84 (4.76/4.91)	4.06 (3.99/4.14)	Mean & 95% CI
		... in order to participate in debates / express your opinion?	1.44 (1.38/1.50)	1.79 (1.72/1.86)	1.57 (1.51/1.64)	Mean & 95% CI
		... for entertainment?	4.50 (4.42/4.58)	4.95 (4.88/5.03)	4.32 (4.24/4.40)	Mean & 95% CI
		... for distraction/ out of boredom?	3.90 (3.82/3.98)	4.21 (4.12/4.29)	3.45 (3.37/3.53)	Mean & 95% CI
		... for information research?	5.66 (5.60/5.72)	6.00 (5.94/6.06)	5.37 (5.31/5.43)	Mean & 95% CI
		... for work (at your external workplace)?	4.07 (3.97/4.17)	3.42 (3.31/3.53)	3.29 (3.19/3.39)	Mean & 95% CI
		... for work in home office?	1.36 (1.28/1.44)	3.44 (3.32/3.55)	2.76 (2.66/2.87)	Mean & 95% CI
		... to do home-schooling / education?	1.18 (1.11/1.25)	2.19 (2.10/2.28)	1.74 (1.65/1.82)	Mean & 95% CI
		... for other reasons?	2.13 (2.06/2.21)	2.38 (2.30/2.46)	2.10 (2.03/2.17)	Mean & 95% CI
Addictive substances	How strong was your desire for the following activities?	(Online-)videogames	1.10 (1.04/1.17)	1.44 (1.37/1.52)	1.17 (1.10/1.23)	Mean & 95% CI
		Watch series, films or TV	3.73 (3.66/3.81)	4.59 (4.51/4.68)	3.84 (3.76/3.92)	Mean & 95% CI
		Online-shopping	2.31 (2.24/2.38)	2.85 (2.77/2.93)	2.38 (2.31/2.45)	Mean & 95% CI
		Use of social networks (e.g. Instagram, Facebook, TikTok, etc.)	2.71 (2.62/2.80)	3.19 (3.09/3.28)	2.78 (2.69/2.87)	Mean & 95% CI
		Online-gambling	0.08 (0.06/0.09)	0.09 (0.07/0.11)	0.08 (0.06/0.10)	Mean & 95% CI
		Internet pornography	0.92 (0.87/0.98)	0.98 (0.92/1.04)	0.87 (0.81/0.93)	Mean & 95% CI
		Other internet surfing	2.68 (2.61/2.75)	2.74 (2.66/2.82)	2.21 (2.14/2.28)	Mean & 95% CI
		... backpain?	2.14 (2.07/2.21)	2.37 (2.29/2.45)	1.92 (1.84/1.99)	Mean & 95% CI

Psychosomatic	How much did you suffer from exhaustion / tiredness?	3.22 (3.15/3.29)	3.57 (3.49/3.66)	2.97 (2.90/3.05)	Mean & 95% CI
		... sleep disorders?	2.28 (2.21/2.36)	2.83 (2.74/2.91)	2.21 (2.13/2.29)	Mean & 95% CI
		... headache / migraine?	1.43 (1.37/1.49)	1.69 (1.62/1.76)	1.34 (1.28/1.41)	Mean & 95% CI
		... cardiovascular problems?	0.62 (0.57/0.66)	0.75 (0.70/0.80)	0.62 (0.57/0.67)	Mean & 95% CI
		... gastrointestinal complaints	1.21 (1.15/1.27)	1.36 (1.29/1.43)	1.09 (1.03/1.15)	Mean & 95% CI
		... cold symptoms (e.g. throat-, nose- und ear pain, cough, etc.)?	1.45 (1.39/1.51)	0.92 (0.87/0.98)	0.46 (0.42/0.50)	Mean & 95% CI
Depression	Patient Health Questionnaire (PHQ4)		1.34 (1.30/1.38)	1.89 (1.84/1.94)	1.47 (1.43/1.52)	Mean & 95% CI
Chance	Please evaluate the following statements.	Crises or problems have also brought positive changes for me personally.	4.40 (4.32/4.48)	4.30 (4.23/4.38)	4.35 (4.28/4.43)	Mean & 95% CI
		Crises and problems have also brought positive changes for society in general.	3.81 (3.74/3.88)	3.87 (3.80/3.95)	3.80 (3.72/3.87)	Mean & 95% CI
Coping	How much have the following things helped you to overcome crises and problems?	Support from others	5.13 (5.05/5.20)	4.98 (4.91/5.06)	5.18 (5.11/5.26)	Mean & 95% CI
		Physical exercise	4.06 (3.97/4.15)	3.96 (3.87/4.06)	4.27 (4.18/4.36)	Mean & 95% CI
		Spend time in nature	4.96 (4.88/5.04)	5.47 (5.39/5.55)	5.79 (5.72/5.86)	Mean & 95% CI
		Humour	5.96 (5.90/6.02)	5.85 (5.79/5.92)	5.87 (5.81/5.94)	Mean & 95% CI
		Religion, spirituality, meditation	1.75 (1.67/1.83)	1.66 (1.58/1.74)	1.60 (1.52/1.68)	Mean & 95% CI
		Cultural offerings (also online)	3.33 (3.25/3.42)	2.14 (2.06/2.22)	2.55 (2.47/2.63)	Mean & 95% CI
		Music	5.14 (5.06/5.21)	4.90 (4.82/4.98)	4.90 (4.82/4.99)	Mean & 95% CI
		Actively changing the situation	5.04 (4.96/5.12)	3.56 (3.48/3.65)	4.34 (4.27/4.42)	Mean & 95% CI
		Trying to accept the situation	4.70 (4.63/4.77)	5.27 (5.20/5.34)	5.02 (4.95/5.09)	Mean & 95% CI
		Distraction	4.57 (4.50/4.64)	4.67 (4.60/4.75)	4.50 (4.43/4.58)	Mean & 95% CI
		Open display of emotions when you are not doing well	3.85 (3.77/3.93)	3.67 (3.59/3.75)	3.69 (3.61/3.77)	Mean & 95% CI
		Mentally plan the next steps ahead	5.35 (5.28/5.42)	4.54 (4.46/4.61)	4.78 (4.70/ 4.85)	Mean & 95% CI
Anxiety	How anxious were you?		1.25 (1.21/1.29)	1.83 (1.78/1.89)	1.42 (1.37/1.47)	Mean & 95% CI
Fear	How much did you fear to run out of food?	0.27 (0.24/0.30)	1.30 (1.24/1.36)	0.31 (0.28/0.34)	Mean & 95% CI
		... to run out of toilet paper?	0.21 (0.18/0.24)	1.45 (1.38/1.52)	0.22 (0.19/0.24)	Mean & 95% CI
		... to run out of disinfectants, cleaning agents or soap?	0.25 (0.22/0.28)	1.36 (1.29/1.42)	0.29 (0.26/0.32)	Mean & 95% CI
		... to not have enough money at your disposal?	1.01 (0.95/1.06)	1.43 (1.36/1.50)	1.02 (0.96/1.08)	Mean & 95% CI
		... to catch a disease or a virus?	1.44 (1.38/1.50)	3.74 (3.66/3.82)	2.71 (2.64/2.79)	Mean & 95% CI
		... to lose your job?	0.79 (0.74/0.85)	1.51 (1.43/1.59)	1.08 (1.01/1.15)	Mean & 95% CI
		... that the health system could be overwhelmed?	0.97 (0.91/1.04)	4.27 (4.19/4.35)	2.48 (2.41/2.55)	Mean & 95% CI
		... that your existence is threatened?	0.78 (0.73/0.84)	1.67 (1.59/1.75)	1.15 (1.09/1.22)	Mean & 95% CI
		... that there could be an economic crisis?	1.75 (1.68/1.81)	4.30 (4.22/4.38)	3.50 (3.42/3.58)	Mean & 95% CI
		... that a political crisis could arise?	2.22 (2.15/2.29)	3.96 (3.88/4.04)	3.59 (3.51/3.67)	Mean & 95% CI
		... that international conflicts could intensify?	3.37 (3.30/3.45)	4.34 (4.26/4.42)	3.96 (3.88/4.04)	Mean & 95% CI

Fear behaviour	How much did you do the following things?	Stock up on food	0.96 (0.91/1.01)	2.40 (2.33/2.47)	0.72 (0.68/0.77)	Mean & 95% CI
		Stock up on toilet paper	0.47 (0.44/0.51)	1.51 (1.45/1.57)	0.41 (0.38/0.44)	Mean & 95% CI
		Stock up on disinfectants, cleaning agents or soap	0.58 (0.54/0.62)	1.55 (1.49/1.62)	0.55 (0.51/0.59)	Mean & 95% CI
		Withdraw large sums of cash from the account	0.27 (0.24/0.30)	0.58 (0.53/0.62)	0.27 (0.24/0.30)	Mean & 95% CI
Resilience	How quickly did you recover after demanding / stressful moments?		5.06 (5.01/5.12)	4.62 (4.55/4.69)	4.95 (4.89/5.01)	Mean & 95% CI
	How difficult was it for you to recover from demanding / stressful situations?		5.00 (4.94/5.06)	4.58 (4.52/4.65)	4.89 (4.82/4.96)	Mean & 95% CI

Table B2. The table below provides an overview of the scales and self-generated questions administered to participants as part of state measures assessment.

Construct	Short	Questions	Items	Response scale	Reference
Life satisfaction	Lezu_state	How satisfied were you with your life?		0 (dissatisfied) – 8 (very satisfied)	Self-generated
Emotional state	Gefühlslage	My emotional state was characterized by..	Valence	axis affect grid -4 (unpleasant feelings) – 4 (pleasant feelings)	Self-generated
			Arousal	axis affect grid -4 (low arousal/ activation) – 4 (high arousal/ activation)	
Place of residence	Wohnort	Did you live at your usual place of residence?		Yes/No	Self-generated
Household	Haushalt_Personen	How many people did you live with?		0 (alone) – 5 (5 or more)	Self-generated
	HH_Personen	With whom of these people have you lived with?	Partner	Yes/No	Self-generated
			Parents		
			Children		
			Friends / Housemates		
Haushalt_pflegebedürftig	How many of those required care?		0 (None) – 5 (5 or more)	Self-generated	
Safety precautions	Schutzmaßnahmen	Please evaluate to what extent you agree with the following statements:	I followed the regulations.	Slider: 0 (fully disagree) – 8 (fully agree)	Self-generated
			The regulations for the protection of the society were overall too strict.		
			The regulations for the protection of the society were overall too weak.		
			The people in my environment adhered too much to the regulations.		
			The people in my environment did not adhere enough to the regulations.		
Optimism	Optimismus_state	How optimistic were you?		Slider: 0 (not at all) – 8 (highly optimistic)	Self-generated
Alcohol consumption	AUDIT			(Bush et al., 1998; Rumpf et al., 2001)	
	Alkohol_Kontrolle	Did you feel like your alcohol consumption has gotten out of control?		Slider: 0 (not at all) – 8 (very much)	Self-generated
News	Nachrichten	How often did you consume news and information concerning current negative events?		Slider: 0 (not at all) – 8 (very often)	Self-generated
Mobility	Mobilität	How often did you spend time outdoors in your time off?		Slider: 0 (not at all) – 8 (very often)	Self-generated
Stress	Stress	How stressed were you?		Slider: 0 (not at all) – 8 (highly stressed)	Self-generated
Engagement	Partizipation_sozial	How much did you participate in social / political engagement?	Social	Slider: 0 (not at all) – 8 (very much)	Self-generated
	Partizipation_politisch		Political		
Belonging	Belonging_Familie	Please draw circle so that they best represent your belonging to the following groups	Me and family	Draw circles (0-100)	Self-generated
			Me and friends		
			Me and neighbours		
			Me and Berlin population		
			Me and German population		
			Me and European population		
			Me and world population		
			Family		
			Friends		
			Neighbours		

Trust	Vertrauen	How strongly did you trust..	Fellow citizens	Slider: 0 (not at all) – 8 (very strongly)	Self-generated
			German public-legal media		
			German police		
			Berlin Senat		
			German Chancellor		
			German government		
			German health system		
			Science		
Aggression	Aggression_Täter	How often have you been verbally or physically aggressive towards ...	Partner	Slider: 0 (not at all) – 8 (very often)	Self-generated
			Family members		
			Friends		
			Neighbours		
			Colleagues		
			Superiors		
			Strangers / other individuals		
	Aggression_Opfer	How often have you been a victim of verbal or physical aggression by ...	Partner	Slider: 0 (not at all) – 8 (very often)	Self-generated
			Family members		
			Friends		
			Neighbours		
			Colleagues		
			Superiors		
			Strangers / other individuals		
Children in household	Haushalt_Kinder	How many of the people in your household were children (younger than 18)?	0 (none) – 5 (5 or more)	Self-generated	
	Alonerziehend	Were you a single parent?	Yes/No	Self-generated	
	Aggression_Kinder_screening	Has it happened in your household that a child has been a witness or victim of verbally or physically aggressive behaviour, or that it has been neglected or overwhelmed?	Yes/No	Self-generated	
Aggression children	Aggression_Kinder	How often has at least one adult living (/ who previously lived) in your household with your child? threatened to leave you or your child? (or has actually done it?)	Slider: 0 (not at all) – 8 (very often)	Self-generated	
		How often has it occurred that a child in your household had to take on the responsibility of a significantly older child or adult?			
		How often has an adult locked in a child of your household in a closet, attic, basement, garage, or other, possibly very narrow, dark place?			
		How often did it occur that at least one parent (or other main caregiver / parent-like person) failed to understand the feelings of a child in your household and to be there for them?			
		How often has at least one adult in your household purposely pushed, pinched, slapped, punched, or kicked a child in your household?			
		How often has at least one adult in your household purposely pushed, pinched, slapped, punched, or kicked a child in your household?			
		How often has a child in your household seen how adults living in your household arguing violently?			
		How often has a child in your household seen adults beat their mother / father or another adult in the household so badly that they were severely injured?			
Income	Erwerb	Were you gainfully employed?	Yes/No	Self-generated	

Occupation	Beruf_Arbeitszeit	How many hours did you work on average per week		Numeric entrance 0-100	Self-generated
	Beruf_Aufkommen	How high was your workload?		0 (no workload) – 8 (very high)	Self-generated
	Beruf_Homeoffice	What percentage of your working time did you spend working in home office		Slider: 0 (0%) – 100 (100%)	Self-generated
	Beruf_Arbeitsplatz	What percentage of your working time did you spend at your external workplace?		Slider: 0 (0%) – 100 (100%)	Self-generated
Financial	Finanzen_Mittel	How would you rate your financial security?		Slider: 0 (very low) – 8 (very high)	Self-generated
	Finanzen_Grundbedürfnisse	How difficult was it, to cover basic needs? (e.g. groceries, rent etc.)?		Slider: 0 (not at all) – 8 (very difficult)	Self-generated
Contact	Kontakt_Person	How often did you have contact with...	Partner	Single choice: 0 (never) – 4 (very often)	Self-generated
			Family members		
			Friends		
			Colleagues		
			Superiors		
			Other individuals		
	Kontakt_Person_Valenz	On average, how pleasant were the personal interactions with the following people?	Partner	Slider: -4 (very unpleasant) – 0 (neutral) – 4 (very pleasant)	Self-generated
			Family members		
			Friends		
			Colleagues		
			Superiors		
			Other individuals		
Online contact	Kontakt_online	How often did you have online contact with ...	Partner	Single choice: 0 (never) – 4 (very often)	Self-generated
			Family members		
			Friends		
			Colleagues		
			Superiors		
			Other individuals		
	Kontakt_online_Valenz	On average, how pleasant were the personal interactions with the following people?	Partner	Slider: -4 (very unpleasant) – 0 (neutral) – 4 (very pleasant)	Self-generated
			Family members		
			Friends		
			Colleagues		
			Superiors		
			Other individuals		
			Negative political events and media coverage		
			Financial or economic problems		
			Loss of job or insolvency of a private company for yourself or someone in your household		
			Problems with the supply of basic needs or the procurement of goods and services		
			Personal physical health problems		

Burden	Belastung	How burdened did you feel by the following factors?	Physical health problems of friends, family members or colleagues	Slider: 0 (not at all) – 8 (highly burdened)	Self-generated
			Personal mental health problems		
			Mental health problems of friends, family members or colleagues		
			Personal increased risk of catching an infectious disease		
			Increased risk of an infectious disease among friends, family members or colleagues		
			Problems concerning childcare, difficulties in coordinating childcare and work		
			Tension or conflicts at home or family conflicts		
			Tension or conflicts with friends and / or acquaintances		
			Stressful experiences (e.g. conflicts) at work, university or other occupation		
			Increased workload		
			Housing conditions such as tight living space (e.g. no access to a private outdoor area, too many roommates)		
			Loss of a loved one through separation or death		
			Limitations of social contacts and / or opportunities to participate in important social events		
			Limited travel options (private or business)		
			Limited leisure opportunities and / or little exercise		
			Discrimination based on your migration status		
			Discrimination based on your sexual orientation		
			Discrimination based on your gender		
			Other reasons		
Prosocial	Prosozial_Frequenz_Other	How many times have the following people offered you help or have done something for you?	Partner	Single choice: 0 (never) – 4 (very often)	Self-generated
			Family members		
			Friends		
			Neighbours		
			Colleagues		
			Superiors		
			Strangers/Other individuals		
	Prosozial_Frequenz_Self	How often have you offered your help or have done something for the following people?	Partner	Single choice: 0 (never) – 4 (very often)	Self-generated
			Family members		
			Friends		
			Neighbours		
			Colleagues		

			Superiors		
			Strangers/Other individuals		
	Prosozial_Aufwand	In your perception, how much time did you allocate towards helping others?		Slider: 0 (very little) – 8 (a lot)	Self-generated
Stress	Perceived Stress Scale (PSS4)			(PSS-4; Cohen, Kamarck & Mermelstein, 1983)	
Subjective expectation of competence	Allgemeine Selbstwirksamkeit Kurzskala (ASKU)			(ASKU; Beierlein et al., 2013)	
Internet	Compulsive Internet use scale (CIUS)			(Bush et al., 1998; Rumpf et al., 2001)	
	Internet	How much time did you spend online in order to nurture social bonds?	Slider: 0 (none at all) – 8 (a lot)	Self-generated
			... in order to participate in debates / express your opinion?		
			... for entertainment?		
			... for distraction/ out of boredom?		
			... for information research?		
			... for work (at your external workplace)?		
			... for work in home office?		
			... to do home-schooling / education?		
			... for other?		
Addictive substances	Suchtmittel	How strong was your desire for the following activities?	(Online-)videogames	Slider: 0 (not at all) – 8 (very strong)	Self-generated
			Watch series, films or TV		
			Online-shopping		
			Use of social networks (e.g. Instagram, Facebook, TikTok, etc.)		
			Online-gambling		
			Internet pornography		
			Other internet surfing		
Psychosomatic	Psychosomatik	How much did you suffer from backpain?	Slider: 0 (not at all) – 8 (very much)	Self-generated
			... exhaustion / tiredness?		
			... sleep disorders?		
			... headaches / migraine?		
			... cardiovascular problems?		
			... gastrointestinal complaints		
			... cold symptoms (e.g. throat-, nose- und ear pain, cough, etc.)?		
Depression	Patient Health Questionnaire (PHQ2)			(PHQ-2; Löwe, Kroenke & Gräfe, 2005)	
Loneliness	Einsamkeit	How lonely did you feel?		Slider: 0 (not at all) – 8 (very lonely)	Self-generated
Chance	Chance	Please evaluate the following statements.	Crises or problems have also brought positive changes for me personally.		Self-generated

			Crises and problems have also brought positive changes for society in general.	Slider: 0 (not true at all) – 8 (perfectly true)	
Coping	Coping	How much have the following things helped you to overcome crises and problems?	Support from others	Slider: 0 (not at all) – 8 (very much)	Self-generated
			Physical exercise		
			Spend time in nature		
			Humour		
			Religion, spirituality, meditation		
			Cultural offerings (also online)		
			Music		
			Actively changing the situation		
			Trying to accept the situation		
			Distraction		
			Open display of emotions when you are not doing well		
			Mentally plan the next steps ahead		
Anxiety	Ängstlich	How anxious were you?		Slider: 0 (not at all) – 8 (very anxious)	Self-generated
	Generalized Anxiety Disorder Scale (GAD-2)			(GAD-2; Kroenke et al., 2007)	
Fear	Angst	How much did you fear to run out of food?	Slider: 0 (not at all) – 8 (very anxious)	Self-generated
			... to run out of toilet paper?		
			... to run out of disinfectants, cleaning agents or soap?		
			... to not have any money at your disposal?		
			... to get infected with diseases or viruses?		
			... to lose your job?		
			... that the health system could be overloaded?		
			... that your existence is threatened?		
			... that there could be an economic crisis?		
			... that a political crisis could arise?		
			... that international conflicts could intensify?		
Fear behaviour	Angst_Verhaltensweisen	How much did you do the following things?	Stock up on food	Slider: 0 (not at all) – 8 (very much)	Self-generated
			Stock up on toilet paper		
			Stock up on disinfectants, cleaning agents or soap		
			Withdraw large sums of cash from the account		
Resilience	Widerstand_schnell	How quickly did you recover after demanding / stressful moments?		Slider: 0 (very slowly) – 8 (very quickly)	Self-generated
	Widerstand_leicht	How difficult was it for you to recover from demanding / stressful situations?			

Perspective Taking:

These perspective taking exercises were performed prior to participants completing the retrospective questionnaires for T1, T2, T3.

1. T1 – Pre-lockdown period.

The first phase covers the **period before the acute corona crisis** and relates to the month of **January 2020**

[January 2020 (before to the crisis)]

The following questionnaire relates to the phase in January 2020, and thus to the time frame prior to the acute corona crisis.

Please take a moment to remember this period. You recently celebrated Christmas and New Year’s Eve and you have just started into the year 2020. Newspapers reported about the bushfires in Australia, the climate demonstrations related to the World Economic Forum in Davos and the panda bear twins in the Berlin Zoo. Please think specifically about personal events in January 2020, as well as any regular activities or trips you did during that period. Also, please review the expectations and plans you had at the start of the year 2020. Ideally, you could take a look into your personal planner to recall personal appointments or meetings to put yourself into that time period as good as possible.

2. T2 – Lockdown period.

The second phase is defined as the **period of lockdown** and refers to the month **between mid-March and mid-April 2020**

[mid-March – mid-April 2020 (lockdown)]

The following questionnaire refers to the lockdown phase between mid-March and mid-April 2020.

Please take a moment to remember this period. After carnival meetings in North Rhine-Westphalia, the coronavirus also spread faster and faster in Germany. News from Italy and Spain showed long queues in front of supermarkets and overcrowded hospitals. In Germany, schools, stores, restaurants, etc. were closed. Public life mostly came to a stop. Angela Merkel addressed the population in a TV speech and called on people to stay at home whenever possible. Please think specifically about personal events in mid-March and mid-April 2020, as well as any regular activities or trips you did during that period. Ideally, you could take a look into your personal planner to recall personal appointments or meetings to put yourself into said time period as best as possible.

3. T3 – Re-opening period.

The third phase describes the **timeframe of relaxation of the restrictions** and refers to the month of **June 2020**

[June 2020 (relaxations)]

The following questionnaire refers to the phase of relaxations in June 2020.

Please take a moment to remember this period. Stores, hairdressers as well as gastronomy gradually reopened. Public life resumed with restrictions, such as the requirement to wear a mask. Anti-racism protests following the death of George Floyd were held in Germany and elsewhere. COVID-19 broke out on a large scale at the Tönnies slaughterhouse in Westphalia, and the Corona warning app was released. Berlin schools started their summer vacations and some headed off to holidays. Now please also think about personal events in June 2020 as well as regular activities or trips you pursued during this period. It is best to look at your calendar again to recall private appointments or encounters and thereby put yourself in this time as well as possible.