

Questionnaire items

Age

Sex

Did you hesitate to visit the hospital due to the COVID-19 pandemic?

Hesitated

Did not hesitate

Has your symptom improved as a result of self-quarantine due to the COVID-19 pandemic?

Improved

Stable

Deteriorated

Not answered

How has your exercise habit changed as a result of the COVID-19 pandemic?

Increased

Stable

Decreased

No exercise habit

EQ-5D-5L: Under each heading, please tick the ONE box that best describes your health before pandemic and TODAY.

MOBILITY

I have no problems in walking about

I have slight problems in walking about

I have moderate problems in walking about

I have severe problems in walking about

I am unable to walk about

SELF-CARE

I have no problems washing or dressing myself

I have slight problems washing or dressing myself

I have moderate problems washing or dressing myself

I have severe problems washing or dressing myself

I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

I have no problems doing my usual activities

I have slight problems doing my usual activities

I have moderate problems doing my usual activities

I have severe problems doing my usual activities

I am unable to do my usual activities
PAIN / DISCOMFORT

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

ANXIETY / DEPRESSION

- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

ADL: Please tick the ONE box that best describes your health before pandemic and TODAY.

Rank J1: Daily life is almost independent, and patients can go outside using different means of transportation without assistance from other individuals

Rank J2: Patients can go outside in the home vicinity without assistance from other individuals

Rank A1: Patients live independently indoors but require assistance to go out; moreover, they stay out of bed for most of the day

Rank A2: Patients live independently indoors but require assistance to go out; however, they seldom go out and take several bed rests during the day

Rank B: Patients require some assistance living indoors and spend most of the day in bed; however, they keep sitting up