



11. Has your sleeping time and pattern been altered?

- (a) Yes (b) No

12. Are you involved in any kind of physical activity?

- (a) Yes (b) No

(c) If yes, then, what kind of activity?

- (c.1) Sports (c.2) Dance (c.3) Yoga (c.4) Any other

13. In this lockdown, how much time you spend worrying about your physical health and emotional concern?

- (a) Most of the time (b) Sometime (c) Rarely (d) No major fear

14. In this lockdown, have you thought of helping the needy?

- (a) Yes (b) No

15. Quick review; now, while answering these questions, please think about how many days each of the following has occurred in the last two weeks?

15.1. Over the last 2 weeks, how many days have you been nervous, anxious or, on edge?

- (a) 2-3 days (b) Week (c) More than a week (d) Not felt so

15.2. How many days have you not been able to stop or, control worrying?

- (a) Very often (b) Often (c) Don't have major concerns

15.3. How many days have you worried too much about different things?

- (a) Quite often (b) Rarely (c) Very often (d) No such experience

15.4. How many days have you had trouble relaxing?

- (a) Often (b) Quite often (c) Rarely (d) Not felt so

15.5. How many days have you been so restless that it was hard to sit still?

- (a) Once or twice (b) Often (c) Usually (d) No such experience

15.6. How many days have you been easily annoyed or, irritable?

- (a) Quite often (b) Usually (c) Rarely (d) Able to maintain calm

15.7. How many days have you felt afraid as if something awful might happen?

- (a) Rarely (b) Quite often (c) Can't say (d) No such experience