

# Pandemic Preparedness and Behaviour Survey March 2024

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Layout of the questions:

Subject in blue (heading)

variable name for analysis in lower case

*Source of question in grey and italics*

*Selection of participants in italics*

The grey horizontal line indicates a new page.

## Intro

Thank you very much for completing this questionnaire.

With this questionnaire, we want to understand what people do to make sure they don't get sick from bacteria and viruses. The questions are about behaviour, health and well-being.

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## Block A1: Demographics

*Note: In this first block, only the essential demographic questions are asked. Other demographic questions are at the end of the questionnaire.*

### Gender self-identification

gender

*Note: In the analysis we will use gender in three categories (male/female/other). You can ask this question in a way that is culturally appropriate for your country.*

To which gender identity do you most identify?

- 1 Male
  - 2 Female
  - 3 Intersex
  - 4 Non-binary
  - 5 Transgender
  - 6 In a different way not listed above
  - 7 I don't know
  - 8 I prefer not to say
- 

### Year of birth

birthyear

What is your year of birth?

Answer type: integer [year]

---

## Education level

### education

*Note: In the analysis we will use education in three categories. You can ask this question in a way that is relevant for your country, and recode the answers to three categories (low, middle, high).*

*Source: ISCED coding of levels*

*<https://uis.unesco.org/sites/default/files/documents/international-standard-classification-of-education-isced-2011-en.pdf>*

What is your highest level of completed education?

- 1 Early childhood education
  - 2 Primary education
  - 3 Lower secondary education
  - 4 Upper secondary education
  - 5 Post-secondary non-tertiary education
  - 6 Short-cycle tertiary education
  - 7 Bachelor's or equivalent level
  - 8 Master's or equivalent level
  - 9 Doctoral or equivalent level
  - 10 Not elsewhere classified
- 

## Primary occupation

### occupation

*Note: This question may be asked in different ways. For the routing in the questionnaire it is important to know if someone has paid work (employed or self-employed).*

What is your work situation?

*Multiple answers possible*

occupation_1	Paid employment
occupation_2	Self-employed / own business
occupation_3	Voluntary work
occupation_4	Retired (early)
occupation_5	Unemployed or job seeking
occupation_6	Disabled / unable to work
occupation_7	Social assistance benefit
occupation_8	Housewife or househusband
occupation_9	I am going to school / studying
occupation_10	None of the above *Exclusive

---

## Block D1: Outcomes

### General health

d01

*Note: In our online questionnaire we use a scale in which participants click a point in the scale, and the corresponding number is displayed automatically.*

*Source: EQ-5D-5L*

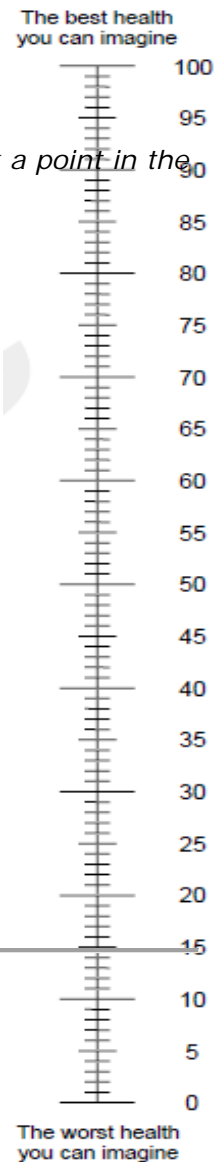
How good or bad is your health is **today**?

On the scale 100 means the best health you can imagine. 0 means the worst health you can imagine.

Mark an X on the scale to indicate how your health is **TODAY**

Now, please write the number you marked on the scale in the below.

Your health **today** =



### Mental health

d02

*Source: MHI-5*

In the previous 4 weeks how much of the time...

d02_1	Were you feeling very nervous?
d02_2	Were you so depressed that nothing could cheer you up?
d02_3	Did you feel calm and collected?
d02_4	Did you feel down and depressed?
d02_5	Did you feel happy?

1. Permanently
2. Mostly
3. Often
4. Sometimes
5. Rarely
6. Never

## Financial health

d03

How is your financial situation?

- 1 You are having problems making ends meet
  - 2 You are getting by but have to be careful
  - 3 Things are all right
  - 4 You are doing well
- 

## Perceived preparedness

d04

The following questions are about preparedness for a new pandemic.

A lockdown is a measure in which movements and activities are limited such that only organizations supplying basic needs and essential services can function normally. For example, non-essential shops are closed, people work from home as much as possible and travel restrictions apply.

If a lockdown were imposed next month because of the spread of a new virus (variant), to what extent would you feel prepared for this?

- 1 = Not at all prepared
  - 2 = Not prepared
  - 3 = Neutral
  - 4 = Well prepared
  - 5 = Very well prepared
- 

d05

*Note: Question d05 and d06 should be presented on the same page.*

*Selection: if d04 = 1*

You indicate that you do not feel prepared at all.

*Selection: if d04 = 2*

You indicate that you do not feel prepared. We are curious to know why you do not feel prepared, but also why you may feel a little prepared.

*Selection: if d04 = 3*

You indicate that you feel neutral about how prepared you are for a new lockdown. We are curious to know your reasons.

*Selection: if d04 = 4*

You indicate that you do feel prepared. We are curious to know why you feel prepared, but also why you may not feel fully prepared yet.

*Selection: if d04 = 5*

You indicate that you feel completely prepared.

*Selection: if d04 = 1 to 4*

Why do you feel not (very well) prepared?

(free response)

d06

*Selection: if d04 = 2 to 5*

Why do you feel (a little) prepared?

(free response)

---

d07

*Selection: Participant is employed (paid)*

If a lockdown were imposed next month because of the spread of a new virus (variant), to what extent would you feel **your employer** is prepared for this?

1= Not at all prepared

2= Not prepared

3 = Neutral

4 = Well prepared

5 = Very well prepared

---

d08

*Note: Question d08 and d09 should be presented on the same page.*

*Selection: if d07 = 1*

You indicate that you feel your employer is not prepared at all.

*Selection: if d07 = 2*

You indicate that you think your employer is not prepared. We are curious to know why you think your employer is not prepared, but also why you think your employer may be somewhat prepared.

*Selection: if d07 = 3*

You indicate that you feel neutral about how prepared your employer is for another lockdown. We are curious to know your reasons.

*Selection: if d07 = 4*

You indicate that you feel that your employer is prepared. We are curious to know why you think your employer is prepared, but also why you think your employer may not yet be fully prepared.

*Selection: if d07 = 5*

You indicate that you think your employer is fully prepared.

*Selection: if d07 = 1 to 4*

Why do you think your employer is not (very well) prepared?

(free response)

d09

*Selection: if d07 = 2 to 5*

Why do you think your employer is (a little) well prepared?

(free response)

---

d10

If a lockdown were imposed next month because of the spread of a new virus (variant), to what extent would you feel **your government** is prepared for this?

- 1= Not at all prepared
- 2= Not prepared
- 3 = Neutral
- 4 = Well prepared
- 5 = Very well prepared

---

d11

*Note: Question d11 and d12 should be presented on the same page.*

*Selection: if d10 = 1*

You indicate that you feel your government is not prepared at all.

*Selection: if d10 = 2*

You indicate that you think your government is not prepared. We are curious to know why you think your government is not prepared, but also why you think your government may be somewhat prepared.

*Selection: if d10 = 3*

You indicate that you feel neutral about how prepared your government is for another lockdown. We are curious to know your reasons.

*Selection: if d10 = 4*



You indicate that you feel that your government is prepared. We are curious to know why you think your government is prepared, but also why you think your government may not yet be fully prepared.

*Selection: if d10 = 5*

You indicate that you think your government is fully prepared.

*Selection: if d10 = 1 to 4*

Why do you think your government is not (very well) prepared?

(free response)

d12

*Selection: if d10 = 2 to 5*

Why do you think your government is (a little) well prepared?

(free response)

---

## Block B1: Behavior

*In this section we measure preventive behaviours that are also relevant in a cold phase to mitigate spread of infections.*

### Hand washing

b01

*Source: Dutch COVID-19 and behaviour cohort survey.*

In the past 7 days (1 week), how often did you wash your hands with soap and water...

b01_1	after coughing, sneezing or blowing your nose
b01_2	before preparing or eating food
b01_3	after using the toilet
b01_4	after cleaning your house
b01_5	when coming back home

0. Never
  1. Rarely
  2. Sometimes
  3. Often
  4. Always
  5. Not applicable
- 

### Coughing and sneezing in elbow

b02

In the past 7 days (1 week), when you coughed or sneezed, how often did you do so into your elbow instead of your hand?

0. Never
  1. Rarely
  2. Sometimes
  3. Often
  4. Always
  5. Not applicable: I did not have to cough and/or sneeze
-

## Use of hand sanitizer

b16

In the past 14 days (2 week), did you use hand sanitizer gel or spray at the following locations:

		(1) Not applicable, I did not visit this location	(2) No, because there was no hand sanitizer gel or spray available	(3) No, I did not use hand sanitizer gel or spray	(4) Yes, I used hand sanitizer gel or spray
b16_1	Petrol station				
b16_2	Supermarket				
b16_3	At the general practitioner				
b16_4	At the pharmacy				

## Staying home when sick

*Note: Items b03 up to b07 are relevant in the Netherlands, because it is an advice of the government to stay at home when someone is feeling sick. If this advice does not apply in your country, you can skip these questions.*

b03

Do you currently or in the past four weeks have (had) any of the following symptoms? Count symptoms even if they only slightly affected you.  
*More than one answer possible.*

b03_1	Cold symptoms (such as nasal cold, runny nose, sneezing, sore throat)
b03_2	Coughing
b03_3	Shortness of breath
b03_4	Increased temperature or fever
b03_5	Cold shivers
b03_6	Muscle and/or body aches
b03_7	No, I have none of these symptoms <i>*Exclusive</i>

b04

*Selection: Participant has any of the symptoms b03\_1 up to b03\_6*

Do you think these symptoms come/came from a condition you have had for some time?

- 1 Yes, I am very sure about this
  - 2 Yes, probably
  - 3 Maybe, I am not sure
  - 4 No, these symptoms feel different
  - 5 No, I do not have any conditions that cause these types of symptoms
- 

b05

*Selection: Participant has any of the symptoms b03\_1 up to b03\_6*

Do/did you feel sick when you had these symptoms?

- 1 Yes
  - 2 A little
  - 3 No
  - 4 I don't know
- 

b06

*Selection: Participant is feeling sick (a little / yes)*

The advice is to stay home when you are sick. This can be difficult if your symptoms are mild, no one can do your groceries, or you are busy at work.

While you were feeling sick, did you go outside to go to work, run errands, take a walk or visit other people, for example?

*More than one answer possible.*

b06_1	Yes, for (medical) assistance
b06_2	Yes, to run errands
b06_3	Yes, to work or go to school/training
b06_4	Yes, to get some fresh air or walk the dog
b06_5	Yes, to go to a restaurant/bar or a cultural venue (cinema, theatre)
b06_6	Yes, to visit family or friends
b06_7	Yes, for another reason
b06_8	No <i>*Exclusive</i>

---

b07

*Selection: Participant has any of the symptoms b03\_1 up to b03\_6*

While you have/had symptoms, did you visit someone who may become seriously ill from a respiratory infection (for example, someone who is 70 years old or older, or someone with a severe immune disorder)?

1. Yes
  2. No
  3. I don't know
- 

### Working from home

b08

*Selection: occupation is Employed (paid) or self-employed*

In the last 7 days, how many hours did you work?

Answer type: Integer Min: 0 Max: 168

---

b09

*Selection: has worked more than 1 hour (b08 > 0)*

Of the [b08] hours you worked in the last 7 days, how many hours did you work from home?

Answer type: Integer Min: 0 Max: [b08]

---

### Physical contact

b10

We would like to know how many different people you had **physical** contact with yesterday (not including people you live with).

Physical contact occurs when, for example, you talk to someone, touch someone, kiss someone, or play sports with someone. Also consider contacts at school or work. Phone calls, e-mail, and other online contacts do not count.

The following questions can be tricky; if you don't know exactly, you can give an estimate.

Did you have **physical** contact with others yesterday (excluding people you live with and excluding virtual contacts)?

1. Yes
  2. No
-

b11

*Selection: Participant had physical contact with others yesterday (b10 = 1)*

How many people did you speak to yesterday? (excluding people you live with and excluding virtual contacts)

Answer type: integer

---

b12

*Selection: Participant talked to 1 or more person(s) (b11 > 0)*

You indicated that you talked to [b11] person(s) yesterday.

With how many of these [b11] persons did you also have direct physical contact or did you touch yesterday?  
(for example shaking hands, when playing sports, hugging or kissing)

Answer type: integer, [b11] or less

b13

*Selection: participant talked to 1 or more person(s) (b11 > 0)*

How many of these [b11] people you talked to do you think were people over 70 years old or with vulnerable health?  
(By vulnerable health, we mean people with medical conditions that could make them seriously ill more easily.)

Answer type: integer, [b11] or less

---

b14

*Selection: Participant touched 1 or more people (b12 > 0)*

You indicated that you had direct physical contact or touched [b12] person(s) yesterday.

How many of these [b12] people do you think were people over 70 years old or with vulnerable health? (By vulnerable health, we mean people with medical conditions that could make them seriously ill more easily.)

Answer type: integer, [b12] or less

---

day\_yesterday

*Note: It is only needed to ask this question if the questionnaire software does not collect the date of completion automatically.*

What day of the week was it yesterday?

(drop-down: Monday-Sunday)

---

## Preparedness behaviours

b15

*Source: European Commission CCBI disaster preparedness experimental survey*

Below is a list of things you (and your household) can do to be well prepared in case of a disaster or emergency. We would like to ask you to rate the below measures on whether you have implemented them or not.

Prepare your home

b15_1	Have a 3-day emergency supply stock of drinks and food (e.g. food with a long shelf life, require little or no cooking, water and refrigeration) and (if needed) medication
b15_2	Have a first aid kit at home
b15_3	Have a 3-day emergency supply stock of water for cooking and hygiene
b15_6	Have a supply of face covers, disinfectant, and soap

General readiness

b15_4	Receive public warning messages (i.e. by signing up for alerts from authorities, if needed)
b15_5	Have participated in a first aid course in the last 3 years

Answer type: Yes/No for every measure

Add a 'Don't know/Not applicable' answer for item b15\_4

---

## Block C1: Generic determinants

### Capability

*In this section we measure generic (i.e., not behaviour-specific) determinants of behaviours that may become relevant in a hot phase. We focus on determinants that are a) also relevant in a cold phase (i.e., because they are also associated with other health behaviours); b) changeable; c) cannot be changed overnight (in a hot phase); d) do not have negative (but do have positive) spill over effects.*

#### Health literacy

c01

*Source: HLS-EU-Q6*

On a scale from very easy to very difficult, how easy would you say it is for you to:

c01_1	judge when you may need to get a second opinion from another doctor?
c01_2	use information the doctor gives you to make decisions about your illness?
c01_3	find information on how to manage mental health problems like stress or depression?
c01_4	judge if the information on health risks in the media is reliable? (i.e. TV, internet or other media)
c01_5	find out about activities that are good for your mental well-being? (i.e. meditation, exercise, walking, pilates etc.)
c01_6	understand information in the media on how to get healthier? (i.e. internet, newspapers, magazines)

1. very easy
2. easy
3. difficult
4. very difficult
5. Don't know

---

#### Resilience

c02

*Source: WHO Tool for behavioural insights in the covid-19 pandemic*

Indicate how much you disagree or agree with each of the statements.

c02_1	I have a hard time making it through stressful events (reverse)
c02_2	It does not take me long to recover from a stressful event
c02_3	It is hard for me to snap back when something bad happens (reverse)

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree



---

## Opportunity

Unmet healthcare needs

c03

*Source: EU-SILC*

Was there any time during the last 12 months when you really needed a medical examination or treatment (excluding dental) for yourself?

1. Yes (I really needed, at least on one occasion, medical examination or treatment)
2. No (I did not need any medical examination or treatment)

---

c04

*Selection: If c03 = 1*

Did you have a medical examination or treatment each time you really needed one?

1. Yes (I had a medical examination or treatment each time I needed)
2. No (there was at least one occasion when I did not have a medical examination or treatment)

---

## Social support

c05

*Source: the Oslo Social Support Scale*

How many people are so close to you that you can count on them if you have great personal problems?

- 1 none
- 2 1–2
- 3 3–5
- 4 5+

---

c06

How much interest and concern do people show in what you do?

- 1 none
- 2 little
- 3 uncertain
- 4 some
- 5 a lot

---

c07

How easy is it to get practical help from neighbours if you should need it?

- 1 very difficult
  - 2 difficult
  - 3 possible
  - 4 easy
  - 5 very easy
- 

## Motivation

Vaccine confidence

c08

*Source: Vaccine Confidence Index*

The following questions ask you to reflect on vaccination in general.  
To which extent do you agree with the following statements:

c08_1	Vaccines are important for children to have
c08_2	Vaccines are important for adults to get
c08_3	Vaccines are safe
c08_4	Vaccines are effective
c08_5	Vaccines are compatible with my beliefs

- 1. Strongly disagree
  - 2. Tend to disagree
  - 3. Do not know
  - 4. Tend to agree
  - 5. Strongly agree
-

## General trust (in institutions)

c09

*Source: European Social Survey*

On a scale of 0-10 how much do you personally trust each of the following institutions?

0 no trust at all – 10 complete trust

c09_1	The (national) government
c09_2	The legal system
c09_3	The police
c09_4	Politicians
c09_5	Political parties
c09_6	European institutions
c09_7	United Nations
c09_8	World Health Organisation (WHO)
c09_9	Science
c09_10	Healthcare system
c09_11	Media
c09_12	(Country's) Ministry of Health
c09_13	National public health agency
c09_14	Doctors

---

## Risk perception future pandemics and disasters

c10

*Source: European Commission CCBI disaster preparedness experimental survey*

How likely do you think the following disasters are to occur in your immediate region within the next five years?

c10_1	Man-made disasters (e.g. oil spills, industrial or nuclear accidents)
c10_2	A highly contagious disease outbreak (e.g. Ebola, COVID-19, bird flu)
c10_3	Natural disasters (e.g. floods, drought, forest fires, earthquakes, violent storms)
c10_4	Terrorist attacks
c10_5	Armed conflicts (e.g. war)

1 = Very unlikely

2 = Quite unlikely

3 = Somewhat unlikely

4 = Somewhat likely

5 = Quite likely

6 = Very likely

7 = Don't know

---

c11

How personally affected (emotionally and practically) would you be if the following disaster happens in your immediate region?

c11_1	Man-made disasters (e.g. oil spills, industrial or nuclear accidents)
c11_2	A highly contagious disease outbreak (e.g. Ebola, COVID-19, bird flu)
c11_3	Natural disasters (e.g. floods, drought, forest fires, earthquakes, violent storms)
c11_4	Terrorist attacks
c11_5	Armed conflicts (e.g. war)

- 1 = Not affected
  - 2 = Mildly affected
  - 3 = Moderately affected
  - 4 = Severely affected
  - 5 = Don't know
- 

Conspiracy thinking

c12

*Source: WHO Tool for behavioural insights in the covid-19 pandemic*

For each of the following statements, please indicate the extent to which you agree or disagree with the statement.

I think that...

c12_1	... many very important things happen in the world, which the public is never informed about
c12_2	... politicians usually do not tell us the true motives for their decisions
c12_3	... government agencies closely monitor all citizens
c12_4	... events which superficially seem to lack a connection are often the result of secret activities
c12_5	... there are secret organizations that greatly influence political decisions

- 1. Strongly disagree
  - 2. Disagree
  - 3. Neutral
  - 4. Agree
  - 5. Strongly agree
-

Social cohesion  
c13

Source: *Other in Self Scale (IOS)*

In the following questions, please indicate the extent to which you feel connected to the country, province and neighbourhood where you live.

Below you see two circles each at different distances from each other.

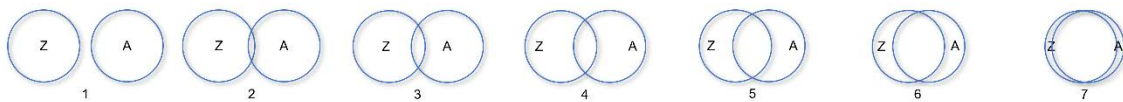
The left circle containing the text "Z" refers to yourself, the right circle containing an "A" refers to the other (country, province and neighbourhood).

The amount of overlap between the circles indicates how connected you feel to the other (1 = totally unconnected, 7 = fully connected).

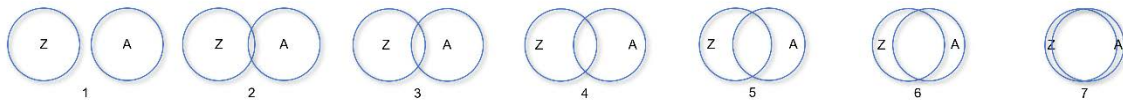
Select the number under the circles you think best reflects the overlap between yourself and the other.

Please select the picture below that best describes how connected you feel to:

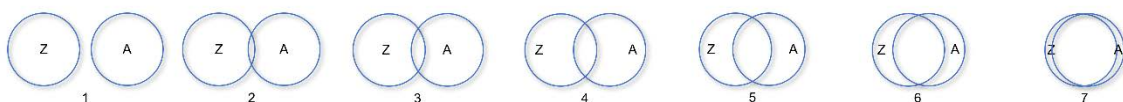
c13\_1 your country



c13\_2 your region (I.e. province)



c13\_3 your neighbourhood



## Block A2: Demographics

*Note: The essential demographic questions are asked in block A1. The other demographic questions follow here at the end of the questionnaire.*

### Healthcare worker

healthcare\_worker

*Selection: occupation has paid employment or is self-employed*

Do you work in healthcare?

- 1 Yes, as a direct healthcare provider (you have contact with patients)
  - 2 Yes, but not as a direct healthcare provider (you do not have contact with patients)
  - 3 No
- 

### Informal care

informal\_care

Do you currently provide care or assistance to one or more individuals with an age-related condition, chronic illness, or disability at least once a week?  
(Excluding care provided as part of your profession)

- 1 Yes
- 2 No

### Country of origin

*Note to researchers: For [country] you fill in the country where the research is conducted. The participants do not need to specify the exact country if they or their parents were born somewhere else.*

country\_born

Were you born in [country]?

- 1 Yes
- 2 No

country\_mother

Was your mother born in [country]?

- 1 Yes
- 2 No

country\_father

Was your father born in [country]?

- 1 Yes
- 2 No

---

## Urbanisation

urbanisation

Where do you live?

- 1 In a rural area
  - 2 In a suburban area
  - 3 In an urban area
- 

## Household members

household\_members

1 Do you live alone?

*Selection: Participant does not live alone*

2 Do you live with children under 18 years old?

*Selection: Participant does not live alone*

3 Do you live with individuals who are over 70 years old or with vulnerable health? (By vulnerable health, we mean people with medical conditions that could make them seriously ill more easily)

*Answer type: yes/no for every question.*

*Note: The second and third question are only presented if the participant answers "no" on the first question.*

---

## Medical risk group

health\_risk

Do you yourself have one or more of the following health problems?

- chronic respiratory or lung problems
- chronic heart diseases
- diabetes mellitus (diabetes)
- serious kidney disease leading to dialysis or kidney transplantation
- an HIV infection
- severe liver disease
- very severe obesity (BMI >40)
- lower resistance to infections:
  - due to medications for autoimmune diseases
  - after organ or stem cell transplantation
  - due to a non-functioning or missing spleen
  - due to blood diseases
  - due to severe immune disorders requiring treatment
  - due to chemotherapy and/or radiotherapy for cancer
  - due to immune-reducing medication

1 Yes

2 No

---

## Mental health diagnosis

mental\_health\_diagnosis

Do you have any of the following mental health conditions that have been diagnosed by a medical professional (i.e. doctor or psychologist)?

1 Depression

2 Anxiety disorder

3 Other mental health condition

Answer type: yes/no to every condition

---