

Pandemic Preparedness and Behaviour Survey Round 4 (September 2025)

Version 2025-08-04

Contents

Subject in blue (heading)	2
Intro	3
Block A1: Demographics	3
Gender self-identification	3
Year of birth	3
Education level	3
Primary occupation	4
Block D1: Outcomes	5
General health	5
Mental health	5
Financial health	6
Perceived preparedness	6
Block B1: Behaviour	7
Influenza vaccination	7
Working from home	8
Preparedness behaviours	9
Block B2: Behaviours related to zoonotic diseases	10
Contact with animals	10
Hand washing	10
Hand washing children	11
Contact with dead wild animals	11
Swimming in open water	12
Block E1: Behaviour-specific determinants	13
Knowledge related to zoonotic diseases	13
Response-efficacy	14
Self-efficacy	14
Social norm	15
Block C1: Generic determinants	15
Risk perception future pandemics and disasters	15
Block A2: Demographics	17
Healthcare worker	17
Informal care	17
Country of origin	17
Urbanisation	18
Household members	18
Medical risk group	18
Mental health diagnosis	19

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.

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 / age

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 (including 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 * <i>Exclusive</i>

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

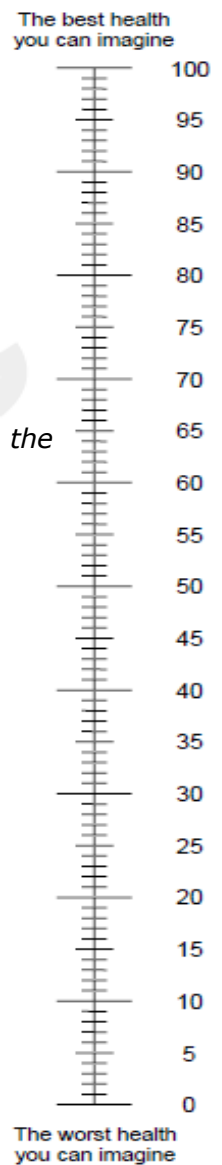
How good or bad is your health is **today**?

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
-

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
-

d13

Selection: Participant is self-employed / has an own business

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

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

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
-

Block B1: Behaviour

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

Influenza vaccination

Note: The information about eligibility criteria need to be adapted per country. The text can be hidden in an info box / dropdown box.

In the Netherlands, the following people are eligible for the flu vaccine:

- People aged 60 or older
- Children and adults with certain health problems, including:
 - Patients who have permanent lung damage because of an infection with COVID-19
 - Patients with abnormalities and functional disorders of the airways and lungs
 - Patients with a chronic heart disorder
 - Patients with diabetes mellitus
 - Patients with a chronic kidney disease
 - Patients who recently had a bone marrow transplant
 - People who are infected with HIV
 - People with reduced resistance to infection (e.g., because of (functional) asplenia, auto-immune disease, liver cirrhosis, chemotherapy or immunosuppressive medication)
 - People with dementia
 - People with obesity (a BMI of 40 or higher)
 - People with a cochlear implant
 - Patients with neurological and neuromuscular disorders
- Children aged between 6 months and 18 years who are long-term salicylate users

- Women who are 22 weeks or more pregnant
- People with an intellectual disability
- People who are living in a nursing home, who are not included in one of the above categories
- People who work in healthcare

b18

Are you eligible for the flu vaccine?

- 1 Yes
- 2 No

b19

Selection: Participant is eligible for the flu vaccine (b18 = 1)

Are you going to get the flu vaccine this season?

- 1 Yes
- 2 No
- 3 Do not know yet

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

b21

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

Are you able to work from home?

1. Yes
2. No

b09

Selection: has worked more than 1 hour (b08 > 0) and can work from home

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]

Preparedness behaviours

b15

Source: European Commission CCBI disaster preparedness experimental survey

Below is a list of things you (and your household members) 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)
b15_2	Have a first aid kit at home
b15_3	Have a 3-day emergency supply stock of water for cooking and hygiene (at least 3 litre water per day per person)
b15_6	Have a supply of face covers, disinfectant, and soap
b15_7	Have a battery-powered radio accessible
b15_8	Have a flashlight/candles accessible

General readiness

b15_9	Have a grab-bag prepared
b15_10	Have the most important documents secured by making copies and/or uploading them online
b15_11	Have informed myself on the response plan my city, region or country has for a disaster or emergency (e.g. procedures for evacuation, places to shelter or to get help)

Social and family preparation

b15_12	Have agreed with family or friends on how to contact each other in case of emergency (communication plan)
b15_13	Have made an evacuation/emergency plan (e.g. establish safest place in the house, how/when to turn off utilities, establish a meeting point with family, friends or household members)

Answer type: Yes/No for every measure

Block B2: Behaviours related to zoonotic diseases

Sometimes people can get sick from animals. With the following questions, we would like to understand what people do to prevent this.

Contact with animals

b22

Selection: Participant has work (employed or self-employed)

Do you come into contact with animals because of your work?

- 0. No
- 1. Yes, I work at a farm
- 2. Yes, I work at a veterinary practice
- 3. Yes, I work somewhere else with animals

b23

Note: This question is needed for using a selection filter on some of the items in question b01 about hand washing.

Do you have pets?

By pet, we mean an animal that lives in or around your house. You, or your household, takes care for this animal. This also includes owning animals for agricultural reasons, which is not part of your work.

- 0. No
 - 1. Yes
-

Hand washing

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

b01_2	Before preparing food
b01_6	After preparing meals with raw meat, fish, eggs or milk
b01_7	After working in the garden
b01_8	After touching an animal (including pets), such as cuddling or petting
b01_9	After cleaning your pet's cage/litter box/terrarium/aquarium <i>(selection: only show item if participant has a pet)</i>
b01_10	After visiting a stable or animal farm
b01_11	After walking the dog

- 5. Not applicable (Select "Not applicable" if you have not been in this situation)
- 0. Never
- 1. Rarely

2. Sometimes
 3. Often
 4. Always
-

Hand washing children

b24

Do you have a child between the ages of 2 and 12?

0. No
1. Yes

b25

Selection: If participant has a child between the age of 2 and 12:

How old is your child?

If you have multiple children in this age group, please focus on your youngest child in this age group.

Answer options: 2,3,4,5,6,7,8,9,10,11,12 years old

Selection: If participant has a child between the age of 2 and 12:

The next questions are about this child.

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

b26_1	Before your child ate
b26_2	After your child touched an animal (including pets), e.g. cuddling or petting
b26_3	After your child cleaned your pet's cage/litter box/terrarium/aquarium <i>(selection: only show item if participant has a pet)</i>
b26_4	After your child visited a stable or animal farm
b26_5	After your child walked the dog
b26_6	After your child came home
b26_7	After your child played outside

5. Not applicable (Select "Not applicable" if your child has not been in this situation)
 0. Never
 1. Rarely
 2. Sometimes
 3. Often
 4. Always
 6. I don't know
-

Contact with dead wild animals

b27

Have you seen a dead wild animal in the past year?

With a wild animal we mean any animal that lives in its natural habitat, excluding insects, and is not domesticated by humans. For example, a bird, bat, mouse, rat or deer.

- 0. No
- 1. Yes

Selection: If participant saw a dead wild animal in the past year:

For the next two questions, think of the last time that you saw a dead wild animal.

b28

Did you touch this dead wild animal?

- 0. No
- 1. Yes, with my bare hands
- 2. Yes, with my hands wearing disposable gloves or other plastic gloves
- 3. Yes, with a stick or another tool

b29

Selection: If participant touched the dead wild animal (b28 = 1,2 or 3):

The advice is to wash your hands with water and soap immediately after touching a dead wild animal. This can be difficult, for example, if there is no place nearby to wash your hands.

What did you do after touching the dead wild animal?

Multiple answers possible:

- 1. Immediately after touching it, I washed my hands with water and soap (before touching anything else)
- 2. Immediately after touching it, I used disinfectant hand gel or spray (before touching anything else)
- 3. I washed my hands with water and soap when coming back home
- 4. None of the above (**exclusive*)
- 5. Other, please specify...

Swimming in open water

b30

How often did you swim in open water in the past three months?

By open water, we mean inland locations such as rivers, canals, ponds and lakes, but not the sea.

- 0. Never
- 1. Less than once a month
- 2. Once a month
- 3. A few times a month
- 4. Every week
- 5. (Almost) every day

If question b30 is not 'never':

Think of the **last time that you were swimming in open water.**

b31_1	Did you check whether the water quality was monitored, for example via [website, depends on country]?
b31_2	<i>Selection: if item above = yes</i> Was the water quality good enough to swim?
b31_3	Did you ingest any water?

The advice is to wash your hands after swimming in open water before you eat anything. This can be difficult, for example, if there is no place nearby to wash your hands.

b31_4	Did you wash your hands after swimming before you were going to eat?
-------	--

0. No
1. Yes
2. I don't know

Block E1: Behaviour-specific determinants

In this section, we measure determinants of specific behaviours that are included in the section Behaviour. Some of these are also validated in the Dutch covid-19 behaviours cohort survey.

Knowledge related to zoonotic diseases

e05

Below you see statements about getting sick from food, water, or contact with animals. Please select for each statement whether you think it is true or false.

For every statement:

1. True
2. False
3. I don't know

e05_1	You can get sick when you eat from a plate or cutting board that has had raw meat on it
e05_2	You can only get sick from swimming in open water if you ingest the water
e05_3	Some diseases can be transmitted through contact with a pets saliva
e05_4	Only visibly ill animals can make you sick
e05_5	You can get sick from eating raw or undercooked meat
e05_6	You are at higher risk of getting sick if you have a cut or wound when you go swimming in open water

e05_7	You can get sick from visiting an animal farm even if you did not directly touch an animal
e05_8	Some diseases can be transmitted through water contaminated by feces from infected animals
e05_9	You can safely eat undercooked eggs without risk of getting sick

Response-efficacy

e02

Suppose you were to carefully follow the following advice.
How well do you think that this advice would help against the spread of infections you could get from contact with animals, animal products or contaminated water?

e02_13	Wash your hands before preparing food
e02_14	Wash your hands after preparing meals with raw meat, fish, eggs or milk
e02_15	Wash your hands after working in the garden
e02_16	Wash your hands after touching an animal (including pets), such as cuddling or petting
e02_17	Wash your hands after cleaning your pet's cage/litter box/terrarium/aquarium <i>(selection: only show item if participant has a pet)</i>
e02_18	Wash your hands after visiting a stable or animal farm
e02_19	Wash your hands after walking the dog
e02_20	Check whether the water quality is monitored when swimming in open water
e02_21	Do not swim if the water quality is poor
e02_22	Wash your hands after swimming in open water before you are going to eat
e02_23	Do not touch a dead wild animal with bare hands
e02_25	Wash your hands immediately after touching a dead wild animal (before touching anything else)

1. Does not help
2. Hardly helps
3. Helps a little
4. Helps much
5. Helps very much

Self-efficacy

e03

How difficult or easy do you find it to...
You can select 'not applicable' if you will never be in that situation.

e03_13	Wash your hands before preparing food
e03_14	Wash your hands after preparing meals with raw meat, fish, eggs or milk
e03_15	Wash your hands after working in the garden
e03_16	Wash your hands after touching an animal (including pets), such as cuddling or petting
e03_17	Wash your hands after cleaning your pet's cage/litter box/terrarium/aquarium <i>(selection: only show item if participant has a pet)</i>
e03_18	Wash your hands after visiting a stable or animal farm
e03_19	Wash your hands after walking the dog
e03_20	Check whether the water quality is monitored when swimming in open water
e03_21	Not go swimming if the water quality is poor

e03_22	Wash your hands after swimming in open water before you are going to eat
e03_23	Not touch a dead wild animal with bare hands
e03_25	Wash your hands immediately after touching a dead wild animal (before touching anything else)

1. Very difficult
2. Difficult
3. Neutral
4. Easy
5. Very easy
6. Not applicable

Social norm

e04

To what extent do you disagree or agree with the following statements?

What do you think people who are important to you do?

Most of the people who are important to me...

e04_13	Wash their hands before preparing food
e04_14	Wash their hands after preparing meals with raw meat, fish, eggs or milk
e04_15	Wash their hands after working in the garden
e04_16	Wash their hands after touching an animal (including pets), such as cuddling or petting
e04_17	Wash their hands after cleaning their pet's cage/litter box/terrarium/aquarium <i>(selection: only show item if participant has a pet)</i>
e04_18	Wash their hands after visiting a stable or animal farm
e04_19	Wash their hands after walking the dog
e04_20	Check whether the water quality is monitored when swimming in open water
e04_21	Do not swim if the water quality is poor
e04_22	Wash their hands after swimming in open water before they are going to eat
e04_23	Do not touch a dead wild animal with bare hands
e04_25	Wash their hands immediately after touching a dead wild animal (before touching anything else)

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
6. Do not know

Block C1: Generic determinants

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
-

c14

How anxious do you feel when you think about a future pandemic that might occur in your life?

- 1. Not anxious
 - 2. A bit anxious
 - 3. Anxious
 - 4. Very anxious
-

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
- 3 Do not know

country_father

Was your father born in [country]?

- 1 Yes
- 2 No

3 Do not know

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