



SIGHTLINES 2021 SURVEY

Assessing the Impact of COVID-19

The Stanford Center on Longevity

Financial security block

Section 1: Financial Security

In this section, we ask questions about how you and your family are doing financially during the pandemic.

What was your **family income before tax** in 2020? Include salaries, tips, net income from a business, farm, or rent, pension, dividends, interest, Social Security income, and any other money income received by all members living in this family full-time. If you are single, report your own income.

How has your family income changed due to the COVID-19 pandemic?

- Decreased a lot (by more than 25 percent)
- Decreased somewhat (by less than 25 percent)
- Unchanged
- Increased somewhat (by less than 25 percent)
- Increased a lot (by more than 25 percent)
- Don't know / Decline to answer

In 2020, how many different jobs have you had for pay?

- 0
- 1
- 2
- 3 or more

Are you working? What is your present status? If you have multiple jobs, record the one most important to you.

- Full time employee
- Part time employee
- Self-employed
- Job accepted and waiting to start work
- Temporarily laid off; seasonal work and not working now
- Unemployed and looking for work
- Student; job training
- Homemaker; never worked; misc. out of the labor force
- Disabled
- Retired (full, partial, or temporary)
- On sick leave or maternity leave
- Volunteer work
- On vacation/other leave of absence
- On sabbatical/extended leave and expecting to go back to job
- On strike
- Other not working and not looking for work

In 2020, have you ever had any income as a Gig worker? Gig workers include (1) independent contractors, (2) people making money from platforms such as UBER, Lyft, Upwork, Freelancer, Youtube, Fiverr, DoorDash, Care.com, Airbnb, etc. (3) on-call workers. (4) temporary/seasonal workers.

- Yes
- No

Roughly, how much is your income from Gig work, as a percentage of your total income?

Can you work from home during the COVID-19 pandemic?

- I can work from home 100% of the time.
- I can work from home, but less than 100% of the time.
- I cannot work from home at all.

Have you lost a job, been laid off, shut down your business, or lost business deals/contracts due to the COVID-19 pandemic?

- Yes.
- No.
- I stopped working, but not due to COVID-19.
- I didn't work before the pandemic.

Since March 2020, have you claimed unemployment benefits or unemployment assistances?

- Yes
- No

Roughly, how much is your unemployment benefit compared to your regular income before the pandemic?

Suppose you needed money **within a month** to cover some unexpected expenses. If you added up all the money that your household could access quickly, how much would this amount to? Examples include cash, checking and savings accounts, certificate of deposits, money market mutual funds, etc. **Do not include your home equity.**

Have you ever used any of the following methods to pay for an unexpected expense? Check all that apply.

- Put on credit card, pay in full next month.
- Put on credit card, pay in part next month.
- Withdraw early from retirement savings.
- Sell something.
- Use payday loans, overdraft, or similar products.
- Borrow from friends or family members.
- Borrow from banks.
- Others.

Suppose you needed money **within a month** to cover some unexpected expenses. How much would you be able to borrow from friends and family members who don't live with you?

In deciding how much of their income to spend or save, people are likely to consider different time horizons. In planning your finances such as saving and spending, which time period is most important to you?

- Next few months
- Next year
- Next few years
- Next 5-10 years
- Longer than 10 years
- Don't know.

How has the COVID-19 pandemic changed your **monthly spending**, compared to before the pandemic?

Note:

"A lot" = more than 25%. "Somewhat" = less than 25%.

	Decreased a lot	Decreased somewhat	Unchanged	Increased somewhat	Increased a lot
(1) Food, beverages, utilities (heat/water /electricity), telecommunications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Cleaning supplies; Housekeeping services and supplies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) Personal care, hobbies, sports, leisure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Dining out, trips and vacations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(5) Durable goods: refrigerator, washer/dryer, dishwasher, TV, computer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(6) Health care, medications, and medical supplies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(7) Transportation (gasoline, fare, auto purchases, vehicle insurance, maintenance, car payment).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How has the COVID-19 pandemic changed your **monthly borrowing**, compared to before the pandemic?

Note: "A lot" = more than 25%. "Somewhat" = less than 25%.

	Decreased a lot	Decreased somewhat	Unchanged	Increased somewhat	Increased a lot	Don't have this debt
Credit card loans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Payday loans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home equity loans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
401(k) loans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reverse mortgages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other bank loans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Borrowing from friends and family members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compared to before the pandemic, do you have more or less delays in **making debt payment**?

	Fewer delays	Unchanged	More delays	Don't have this debt
Mortgage payment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Credit card payment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Student loans payment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Auto loans payment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Adding together student loans, credit card debt (unpaid), and personal borrowings, how much do you owe now (USD)? Don't count home mortgage.

Did you own your home on December 1, 2020? The home can be either under your name or under the name of your spouse/domestic partner.

- Yes.
- No.

Are you still paying your home mortgage?

- Yes.
- No, my home is paid off.
- No, the home has recently been sold.

How has the pandemic changed your plans for buying a home?

- The pandemic has made me **postpone** plans to buy a home.
- The pandemic has made me **accelerate** plans to buy a home.
- No change.

Has the pandemic caused you to **move out of county or state**?

- I have moved/plan to move, but plan to move back within 2 years.
- I have moved/plan to move, and have no plans to move back within 2 years.
- No change.

What are the reasons for your move? Select all that apply.

- The shift to remote work allowed me to move to a less expensive place.
- I (or spouse/partner) lost jobs in the pandemic and could no longer afford to live in the previous location.
- Better job opportunities in the new location.
- Moving in with family/friends to save money.
- Wanting to be closer to family/friends during the pandemic.
- Other reasons.

Do you have any of the following?

	Yes	No	Don't know
(1) Employer sponsored retirement plans, like 401(k)/403(b), 457.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) Defined-benefit pensions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(3) IRA or Keogh plans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(4) Investment accounts, such as mutual funds, stock, bonds, cash call, annuity, trust, options, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How has your contributions to retirement plans (e.g., 401(k), IRA) changed, compared to before the COVID-19 pandemic?

Note:

"A lot" = more than 2% of pay. "Somewhat" = less than 2% of pay.

- Decreased a lot
- Decreased somewhat
- No change
- Increased somewhat
- Increased a lot
- Don't know.

What do you think are the chances that you will be working in the following scenarios? 0 represents no chance, and 100 represent complete certainty.



Has COVID-19 changed the age that you plan to retire in the future?

- Yes, I now plan to retire **later** than I had planned before COVID-19.
- Yes, I now plan to retire **earlier** than I had planned before COVID-19.
- No, I still plan to retire at the same age.
- I am already retired.

Do you have any health insurance? The policy could be under your name or your spouse's name.

- Yes
- No
- Don't know.

Do you have long-term care insurance?

- Yes
 No
 Don't know

Do you have long-term disability insurance?

- Yes
 No
 Don't know

Social Engagement Block

Section 2: Social Engagement

In this section, we ask questions about your social relationships and community engagement.

Before the pandemic, were you actively looking to date someone?

- Yes
 No

Since the beginning of the pandemic, how have your dating activities changed?

	Decreased a lot	Decreased somewhat	Unchanged	Increased somewhat	Increased a lot	Don't know
Meeting people in person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meeting people online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall dating success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How do you think the pandemic will affect your plans for marriage or long-term relationships?

- My plans are **delayed by a lot.**
- My plans are **delayed somewhat.**
- My plans are **not affected.**
- My plans are **accelerated somewhat.**
- My plans are **accelerated by a lot.**
- I don't plan to ever enter marriage/long-term relationships.

Do you have any children under age 12 who currently live with you part-time or full-time?
Include biological, adopted, and step children.

- Yes.
- No.

Since the beginning of the pandemic, who spends the **most** time taking care of the child(ren)?

- Myself
- My spouse/partner
- My spouse/partner and I split the responsibility equally
- Grandparent/family member/relative/friends
- Babysitter/nanny
- Daycare/school
- Others

Has your job performance been affected by the childcare responsibilities during the pandemic?

- Yes
- No
- I haven't been working during the pandemic.

In what ways have the childcare responsibilities during the pandemic affected your job performance or career development? Select all that apply.

- I lost promotion opportunities.
- I lost a salary raise/bonus.
- I have to work fewer hours.
- I had to quit my job.
- I am less productive.
- I was fired because childcare affected my work performance.
- Other positive impact.
- Other negative impact.

Before the pandemic, were you planning to have (more) children within two years, either by birth or through adoption or surrogacy?

- Yes.
- No.
- Don't know / Undecided.

How has the pandemic changed your plans to have (more) children?

- The pandemic has made me **postpone** plans to have (more) children.
- The pandemic has made me **accelerate** plans to have (more) children.
- No effect.

Since the beginning of the COVID-19 pandemic, how much of the time have you felt lonely?

- All of the time
- Most of the time
- Some of the time
- A little of the time
- None of the time

Since the beginning of the COVID-19 pandemic, how often do you interact with **family members not living with you?**

	Never	Once a year	Several times a year	Once a month	Several times a month	Once a week	Several times a week	Daily	No extended family
In-person visits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone calls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video calls (e.g. Skype, Zoom, Facetime)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emails or letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Text messages/Whatsapp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compared to the time before COVID-19, how have your interactions/connectedness with **family members not living with you** changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot
- Don't have extended family.

Since the beginning of the COVID-19 pandemic, how often do you interact with **friends?**

	Never	Once a year	Several times a year	Once a month	Several times a month	Once a week	Several times a week	Daily	No friends
In-person visits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone calls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video calls (e.g. Skype, Zoom, Facetime)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emails or letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Text messages/Whatsapp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compared to the time before COVID-19, how have your interactions/connectedness with **friends** changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot
- Don't have friends.

Since the beginning of the COVID-19 pandemic, how often do you have a real conversation or get together socially with any of your **neighbors**?

- Never
- Less than once a week
- About once a week
- More than once a week
- I didn't have any neighbors.

Since the beginning of the COVID-19 pandemic, how often do you and your spouse or partner have **a meaningful / good conversation** about something important to you?

- Never
- Less than once a week
- About once a week
- More than once a week
- I don't have a spouse or partner.

Compared to the time before COVID-19, how often do you have **meaningful/good conversations** with your spouse/partner?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot
- I didn't have a spouse or partner.

Since the beginning of the COVID-19 pandemic, how often do you **volunteer in person**?

- Never
- Less than 2 hours a month
- About 2 hours a month
- More than 2 hours a month

Since the beginning of the COVID-19 pandemic, how often do you attend **non-religious social activities** in person?

These include sports/social club, reading groups, political/community meetings, other social gatherings. Don't include work meetings.

- Never
- Less than once a month
- About once a month
- More than once a month

Since the beginning of the COVID-19 pandemic, how often do you attend **religious social activities** in person?

These include religious or spiritual services, as well as activities organized by church/temple such as dinners and volunteer work.

- Never
- Less than once a month
- About once a month
- More than once a month

If faced with a serious problem, how much can you rely on your **family members not living with you** for help and support?

- Not at all
- A little
- Some
- A lot
- I don't have any family not living with me.

If faced with a serious problem, how much can you rely on your **friends** for help and support?

- Not at all
- A little
- Some
- A lot
- I don't have any friends.

Compared with the time before COVID-19, how has your **life satisfaction** changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot

What has caused your life satisfaction to decrease since COVID-19?

What has caused your life satisfaction to increase since COVID-19?

Compared with the time before COVID-19, are you more or less grateful now?

- I am **less** grateful
- Unchanged
- I am **more** grateful

Healthy living

Section 3: Healthy Living

In this section, we ask questions about your health, longevity, and healthy living behaviors.

What is your general health status compared to other people your age?

- Poor
- Fair
- Good
- Very good
- Excellent

Since the beginning of the COVID-19 pandemic, how many hours do you sleep on a typical night?

Compared to the time before COVID-19, how has the quality of your sleep changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot

Since the beginning of the COVID-19 pandemic, do you exercise for at least two and half hours per week (i.e., an average of 30 minutes/day, 5 days a week)?

- Yes
- No

Compared to the time before COVID-19, do you exercise more or less now?

- A lot less
- Somewhat less
- Unchanged
- Somewhat more
- A lot more
- I don't exercise

Since the beginning of the COVID-19 pandemic, **how many hours** do you usually spend sitting on a typical day?

Please include time sitting at work, at home, getting to and from places, while with friends, traveling in a car or bus, reading, playing cards, watching television, or using a computer. Do not include time spent sleeping.

Compared to the time before COVID-19, do you sit more or less in a day now?

- A lot less
- Somewhat less
- Unchanged
- Somewhat more
- A lot more

Do you eat at least five servings of fruit and vegetables a day? A serving would be 1/2 cup of fruit, 1 medium fruit, 1/4 cup of dried fruit, 1 cup of leafy vegetables, 1/2 cup of 100% fruit or vegetable juice.

- Yes
- No

Compared to the time before COVID-19, how has your diet changed?

- I eat a **less healthy** diet now.
- Unchanged
- I eat a **more healthy** diet now.

Compared to the time before COVID-19, how has your weight changed?

- Decreased a lot
- Decreased somewhat
- Unchanged / About the same
- Increased somewhat
- Increased a lot

Compared to the time before COVID-19, how has your smoking of cigarettes changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot
- I don't smoke.

On average, do you drink at least once a month, and each time at least 5 drinks a day? A drink can be a glass of whiskey or gin, a beer, a glass of wine, wine coolers, and any other type of alcoholic beverage.

- Yes
- No
- I don't drink alcohol.

Compared to the time before COVID-19, how has your drinking of alcohol changed?

- Decreased a lot
- Decreased somewhat
- Unchanged
- Increased somewhat
- Increased a lot
- I don't drink alcohol.

Compared to the time before COVID-19, how often are you bothered by the following problems?

	Less than before	Unchanged	More than before	Never experience the problem
Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling bad about yourself, or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating on things, such as reading.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving or speaking so slowly other people could have noticed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So fidgety or restless that you have been moving around a lot more than usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts that you would be better off dead, or of hurting yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Background block

In the following, we will ask some background questions that will help researchers understand how the impact of COVID-19 varies across geographic areas and socio-economic background.

In which state do you currently reside?

What's your zip code?

Which of the following best describes where you live?

- Small city/town (less than 50,000 population)
- City/urban area (greater than or equal to 50,000 population)
- Suburb
- Rural area (e.g., in a very small town in the country or on a farm)

What is your age?

What's your gender?

- Male
- Female
- Transgender
- Other/Don't know/Refuse to answer.

Are you of Hispanic, Latino, or Spanish origin?

- Yes
- No
- I'm not sure

What is your race? Check all that apply.

- White
- Black
- American Indian or Alaska Native
- Asian
- Native Hawaiian or Pacific Islander
- Other

What's the highest level of education that you have completed?

- Less than a high school diploma
- High school graduate or GED
- Some college or some technical school
- Associate's degree or professional certificate
- Bachelor's degree
- Master's or doctorate degrees

Marital status / cohabitation

- Married
- Not married, but living with a partner.
- Widowed
- Divorced
- Separated
- Never married

Including you, how many people live in your household full-time?

Have you been diagnosed with any of the following health conditions?

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Hypertension/high blood pressure
- Diabetes
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathy
- Autoimmune disorder
- Obesity or severe obesity
- Respiratory disease such as asthma, chronic bronchitis, or chronic obstructive pulmonary
- Pregnancy (pregnant during the pandemic).

Yes

No

What are your height and weight?

	Height		Weight
	Feet	Inches	Lbs
Measurement	<input type="text"/>	<input type="text"/>	<input type="text"/>

Generally speaking, how would you describe your political affiliation?

- Democrat
- Republican
- Independent
- Libertarian
- The Green Party
- The American Freedom Party
- Something else

Among all the months since March 2020, in which month did you experience **the worst overall well-being**? This is comprehensive wellness across financial security, social interactions, and health.



Sightlines in COVID-19

Powered by Qualtrics