UW COVID-19 Mobility Survey Results WAVE 2

UNIVERSITY of WASHINGTON

PACIFIC NW TRANSPORTATION CONSORTIUM PACTRANS REGION 10

Puget Sound Regional Council

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UW COVID-19 Mobility Survey Results – Wave 2

Puget Sound Regional Council and University of Washington

April 28, 2021

This report includes summary descriptive tables of all questions covered in Wave 2 of the UW COVID-19 Survey, which was distributed between October and November 2020. Wave 1 of the survey was distributed between March and April 2020; the report for Wave 1 can be found here: https://www.psrc.org/sites/default/files/covid-19-survey-report-oct2020.pdf. Table numbering aligns directly with question numbering and will appear in the order in which they have been organized. In addition to numbered tables, there are reference tables identified by letters.

The survey was distributed by a variety of methods, including through various Puget Sound Regional Council and University of Washington announcements and email distribution lists, as well as those of PSRC's local jurisdiction and community partners. Survey responses came from across the state and country, but the bulk of the respondents lived in the four-county central Puget Sound region, including King, Kitsap, Pierce, and Snohomish Counties.

Analysis of data: The questions are grouped and reordered into seven sections as detailed in the Table of Contents. Within the Table of Contents, each section is briefly summarized with key findings and the corresponding questions. This report includes the descriptive statistics for each of the survey questions, all of which include the results from the central Puget Sound sample. Some questions are summarized by subgroups. The method for creating subgroups is further described in Section 2 - Subgroup Analysis.

Reading and navigating this report: An introduction and explanation of the organization and presentation of the survey instrument and the results are provided in the first section. This general layout remains consistent throughout the report.

There are navigation links along the bottom of each page to access the different sections. At the end of each section, there is a navigation link to this introduction page.

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No.	Sections	Questions

5	**Commute Trips before COVID-19**
	Questions that establish respondents' previous work commute patterns
	• Respondents utilized non-driving modes at relatively high rates before COVID-19 (compared to 4-county regional averages)
	  ○ Commuting trips under 30 minutes were most frequently taken by single-occupancy vehicles (SOV) [40%]
	  ○ Commuting trips over 30 minutes were most frequently by transit [35%]
	• Respondents working away from home in October and November reported driving alone at higher rates [56%] than in February [42%]
		Q4-5, Q8-11
		Pages 41-45

6	**Household Characteristics**
	Questions that establish respondents' current and future housing arrangements and vehicle ownership
	• The majority of respondents reported owning at least one household automobile [93%]
	• Two-thirds of survey respondents lived in homes with 3 or more bedrooms [62%] and two-thirds had 2 or more full bathrooms [62%]
	• Approximately four-fifths of respondents reported that they did not move and had no plans to move [79%]
	  ○ Of respondents who reported moving permanently after March, almost half of them were in the 18-29 age range [46%]
	  ○ The most common reasons for moving were for more space [55%] and access to open space [31%]
		Q22-24, Q33-36
		Pages 46-55

7	**Other Changes in Life** Questions that provide information on respondents' lifestyle adjustments, including daily activities, food services, and changes in emotional well-being • Over half of respondents reported using restaurant take out more frequently [59%], while for each of the other options, respondents reported "Do not use" between 54% to 90% • Respondents reported a decrease in physical activity [58%], an increase in screen time for leisure [58%], and an increase in time spent on social media [46%] • Respondents who experienced change in their employment status between February 2020 and October/November 2020 were more likely to report negative emotions and experiencing some form of negative well-being ○ The most common problems respondents reported were feeling tense or keyed up [71%], fearful [46%], and nervous [42%]	Q18-21 Pages 56-68

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1. Sample

This section contains questions that can be used to select and define samples or subgroups for future analysis. Different subgroups answered different sets of questions (Table B).

Complete Survey Sample

The following summary tables include all participants who responded to this survey.

- **Question 1.** "Are you able to and interested in completing this survey?"
  » All survey participants responded to this question.

  1 - "Yes, I am 18 years or older and interested in this survey"
  2 - "No, I am not 18 years old or not interested in this survey"

  Table 1.1. Complete sample

	Overall (N=861)
1 - Yes	861 (100%)
2 - No	0 (0%)

- **Question 38.** "What is your Zip or Post Code?"
  » All eligible survey participants (18+ yr) responded to this question.
  » This was an open-ended question for respondents to enter a numeric response.

  Table 38.1. Participant geographic distribution of residence

	Overall (N=861)
Puget Sound Region	749 (87%)
Other Locations	71 (8%)
Missing Location Data	41 (5%)

The Puget Sound Region (PSR) includes four counties – King, Kitsap, Pierce, Snohomish – in Washington state.

Questions are introduced by a bullet and distinguished by light gray. Each question is surrounded by quotation marks and reflects the exact wording from the survey.

The subset of survey respondents who were asked this specific question based on survey logic and other background information is introduced by an additional bullet.

The exact choices provided to survey respondents are included in quotation marks.

The description of the table corresponding to the question is in bold and italics. The numbering scheme reflects the order in which the question was placed in the survey instrument, not the order in which they appear in this report.

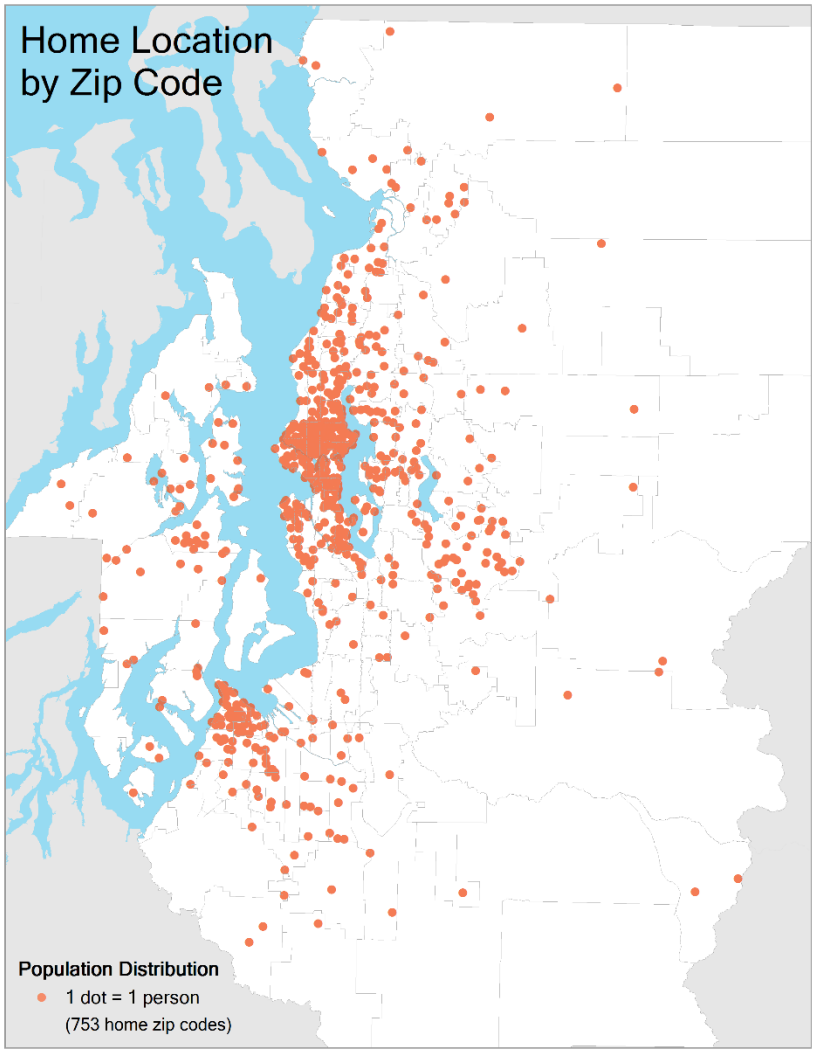
Any text below the tables provides a technical note or technical interpretation of the results presented for the associated question.

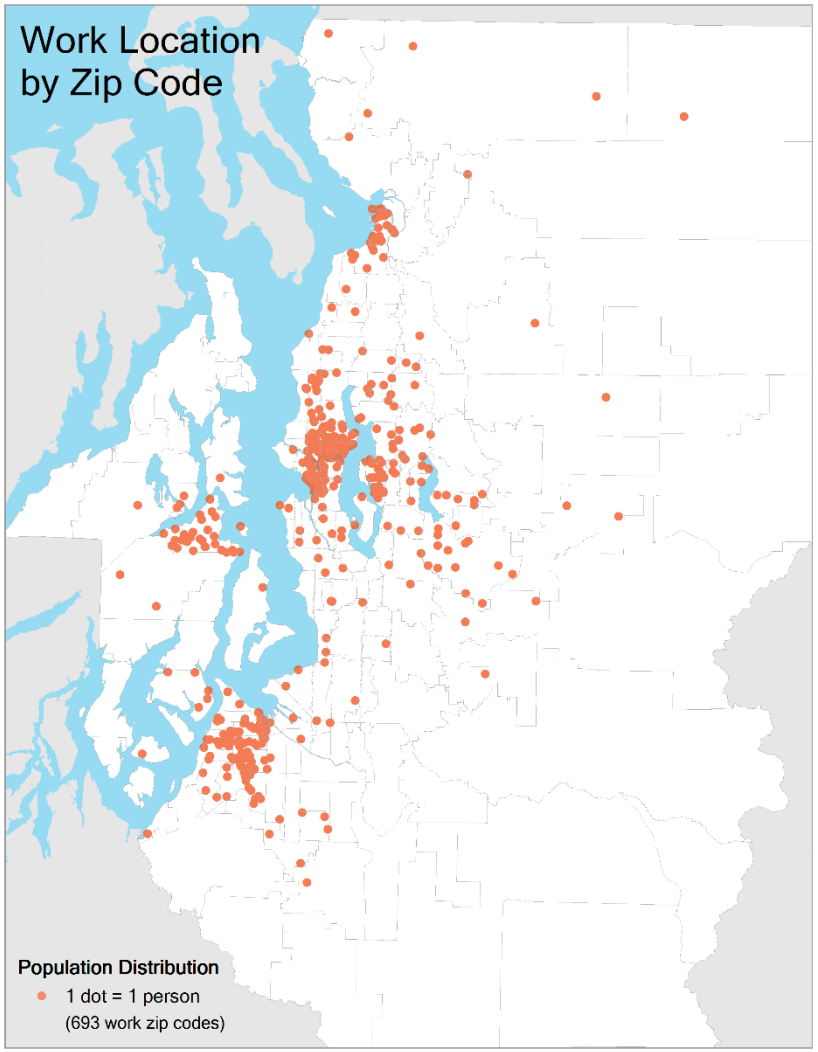
Table 38.2. Participant geographic residence distribution: PSR counties

	Overall (N=749)
King	487 (65%)
Kitsap	45 (6%)
Pierce	126 (17%)
Snohomish	91 (12%)

- **Question 17.** "What is your work place Zip or Post Code?"
  » Survey participants who responded to Question 7 by selecting choices 2 (working from home), 3 (now working away from home), or 4 (working partly from home and partly away from home) responded to this question. Respondents who reported not being employed were not asked this question.

Distribution of respondents' home zip codes (right) from Q38 (p.4) and the distribution of employer zip codes (left) from Q17.
Each dot represents one participant's response. The locations of the dots are randomly spaced within zip codes and do not reflect the actual locations of homes or places of employment.





Puget Sound Sample

The Puget Sound sample consists of a large subset of the respondents who completed the survey. This sample was used to conduct the following analyses.

- **Question 1.** "Are you able to and interested in completing this survey?"
  » All survey participants responded to this question.

  1 - "Yes, I am 18 years or older and interested in this survey"
  2 - "No, I am not 18 years old or not interested in this survey"

Table 1.2 Puget Sound sample

	Overall (N=749)
1-Yes	749 (100%)
2-No	0 (0%)

- **Question 2.** "Are you in quarantine* or total isolation* or are you practicing social distancing?"

  "*** Being in quarantine or total isolation** means not having contact with any person due to the following circumstances: (1) you have been diagnosed as having COVID-19; (2) you have tested positive for COVID-19; (3) you suspect you may have COVID-19; OR (4) you have been exposed to someone who has COVID-19)"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "I AM in quarantine or total isolation from any person"
  2 - "I am NOT in quarantine or total isolation from any person"

  Table 2. Behavior in response to COVID-19

	Overall (N=749)
1-Total isolation	0 (0%)
2-Social distancing	749 (100%)

  Although survey respondents were provided with the option to select "I AM in quarantine or total isolation from any person," there were no respondents who identified with this response within the PSR. This is also true of the full sample (861). This is a change from the spring survey when 3% of the full sample (116) and 3% of the PSR respondents (90) identified as being in quarantine or total isolation.

- **Question 3.** "***COVID-19 has required many people to stay at home.*** This has brought major changes in mobility patterns, especially for those people who used to travel to work."

  "What was your employment situation *in February – before the spread of COVID-19*?"
  » Survey participants who responded to Question 2 by selecting choice 2 (social distancing) responded to this question.

  1 - "I was not employed/not a student"
  2 - "I was employed/a student working from home"
  3 – "I was employed/a student working away from home"

Table 3. Employment before COVID-19

	Overall (N=749)
1-Not employed/not a student	79 (11%)
2-Employed/a student at home	56 (7%)
3-Employed/a student away from home	614 (82%)

Over four-fifths of the respondents [82%] reported working away from home prior to COVID-19 in February 2020.

- **Question 6.** "What was your employment situation *in March 2020 - after the COVID-19 stay-at-home orders came into effect*?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "I was not employed/not a student"
  2 - "I was employed/a student working from home"
  3 - "I was employed/a student working away from home"
  4 - "I was employed a student working partly from home and partly away from home"

Table 6. Employment status in March 2020 after COVID-19

	Overall (N=749)
1-Not employed/not a student	85 (11%)
2-Employed/a student at home	484 (65%)
3-Employed/a student away from home	90 (12%)
4-Employed/a student partly at/away from home	90 (12%)

Almost two-thirds [65%] of respondents reported working at home in March 2020.

- **Question 7.** "*COVID-19 has had a longer than expected impact on working and everyday life.*"

"What is your employment situation *now*?"
» All eligible survey participants (18+ yr) responded to this question.

1 - "I was not employed/not a student"
2 - "I was employed/a student working from home"
3 - "I was employed/a student working away from home"
4 - "I was employed a student working partly from home and partly away from home"

Table 7. Employment status in October/November 2020 after COVID-19

	Overall (N=749)
1-Not employed/not a student	68 (9%)
2-Employed/a student at home	462 (62%)
3-Employed/a student away from home	108 (14%)
4-Employed/a student partly at/away from home	111 (15%)

Over three-fifths [62%] of respondents reported working at home in October or November 2020.

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2. Subgroup Analysis

Part of the analysis presented here is based on categorization of participants' responses to questions about their employment status and their living arrangements.

a. Categorization of survey participants into subgroups by **employment status**

The previous four questions define the skip logic of the survey and direct survey respondents to different questions, forming subgroups of respondents with different working conditions.

- **Question 2.** Are you in quarantine* or total isolation* or are you practicing social distancing?
- **Question 3.** What was your employment situation *in February – before the spread of COVID-19*?
- **Question 6.** What was your employment situation *in March 2020 – after the COVID-19 stay-at-home orders came into effect*?
- **Question 7.** What is your employment situation now?" (*now* refers to October/November 2020 when the Wave 2 survey was available)

There were no respondents who identified as being in quarantine or total isolation. Respondents were asked about their employment status and provided with three or four options at three different time points:

Employment options
1-Not employed/not a student (not employed)
2-Employed/a student at home (wfh)
3-Employed/a student away from home (work away)
4-Employed/a student partly at/away from home (away/wfh)

Time periods
February 2020 (pre)
March 2020 (post)
October/November 2020 (now)

All groups based on employment status (Feb. 2020 and Oct./Nov. 2020)

This 'simplified' organization will focus on the pre-COVID employment status and current employment status of respondents. Because respondents were provided with 3 (February) or 4 (October/November) employment options, there are 12 possible employment combinations. The middle (March) time period will be taken into consideration later (Table A.2.1, pg. 14).

Table A.1. Subgroups based on all employment status combinations

	Overall (N=749)
Group 1: previously not employed, post not employed	59 (8%)
Group 2: previously not employed, post wfh	15 (2%)
Group 3: previously not employed, post work away	2 (0%)
Group 4: previously not employed, post wfh/work away	3 (0%)
Group 5: previously wfh, post not employed	0 (0%)
Group 6: previously wfh, post wfh	43 (6%)
Group 7: previously wfh, post work away	5 (1%)
Group 8: previously wfh, post wfh/work away	8 (1%)
Group 9: previously worked away, post not employed	9 (1%)
Group 10: previously worked away, post wfh	404 (54%)
Group 11: previously worked away, post work away	101 (13%)
Group 12: previously worked away, post away/wfh	100 (13%)

The following tables display the distribution of survey respondents, consistent with the categorizations published in the spring report.

Because of the incorporation of an additional working option (Employed/a student partly at/away from home), there is a slight difference between the groups in the spring and fall results. In addition, there were no survey respondents who reported being in total isolation in the fall survey, differing from the spring survey distribution.

Table A.1.1. Fall and spring survey subgroups based on employment status

The categories below are consistent with those presented in the spring results to allow for comparison.

	Fall Survey	Spring Survey
	Overall (N=749)	Overall (N=3402)
Group 1: total isolation	0 (0%)	90 (3%)
Group 2: previously unemployed	79 (11%)	214 (6%)
Group 3: previously work from home (wfh)	56 (7%)	380 (11%)
Group 4: previously work away, post unemployed	9 (1%)	75 (2%)
Group 5: previously worked away, post work away	101 (13%)	469 (14%)
Group 5.5: previously worked away, post away/home	100 (13%)	*
Group 6: previously worked away, post wfh	404 (54%)	2174 (64%)

* Group 5.5 does not match between the two surveys because the option to partly away from home and partly from home was not provided in the spring Wave 1 survey.

Final simplified groups by employment status

These final groups are based on the current (Fall 2020) employment status of respondents and a viable sample size. These 5 groups are simplified from the 12 possible combinations. The middle ('post') time period will be taken into consideration later (Table A.2.1, pg. 14).

Table A.2. Subgroups based on employment status

	Overall (N=749)
Group 1: not employed (previously, post)	59 (8%)
Group 2: previously worked away, post wfh	404 (54%)
Group 3: previously worked away, post work away	101 (13%)
Group 4: previously worked away, post wfh/away	100 (13%)
Group 5: other	85 (11%)

Closer look at final employment subgroups

The following table shows respondents' employment status throughout the past year for those who fall within the three most frequently chosen employment status subgroups.

Table A.2.1. March and Fall employment status of respondents who were working away from home in February, by subgroup

	Subgroups (from Table A.2.)		
	Group 2: *Work from home Fall 2020 [54%]*	**Group 3:** *Work away Fall 2020 [13%]*	**Group 4:** *Work partly from home and partly away Fall 2020 [13%]*
Employment in March	**(N=404)**	**(N=101)**	**(N=100)**
Not employed	9 (2%)	5 (5%)	1 (1%)
Wfh	361 (89%)	21 (21%)	44 (44%)
Work away	16 (4%)	59 (58%)	9 (9%)
Work away/wfh	18 (4%)	16 (16%)	46 (46%)

Primary findings:

Group 2

The majority of respondents who transitioned from working away (Feb.) to working from home (Oct./Nov.) reported also working from home in March [89%].

Group 3:

Over half of the respondents who continued to work away from home throughout the pandemic reported also working away in March [58%]

- This group likely reflects the **essential workers** in the sample

About one-fifth reported working from home in March [21%]

Group 4:

Close to half reported working from home in March [44%] and close to half reported partly working from home and partly away in the Fall [46%]

Table B. Subgroups by employment status and questions answered based on survey logic

Questions	Group 1: not employed (previously, post) (N=59, 8%)	Group 2: previously worked away, post wfh (N=404, 54%)	Group 3: previously worked away, post work away (N=101, 13%)	Group 4: previously worked away, post wfh/away (N=100, 13%)	Group 5: other (N=85, 11%)
Q1-3 Survey eligibility, employment	x	x	x	x	x
Q4-5 Employment, commute		x	x	x	
Q6-7 Employment	x	x	x	x	x
Q8-9 Commute			x		x
Q10-11 Commute				x	x
Q12 Working conditions		x		x	
Q13-15 Work productivity		x		x	x
Q16-17 Employer information		x	x	x	x
Q18-42 Lifestyle changes, sociodemographic	x	x	x	x	x

x represents the questions answered by the different groups

b. Categorization of survey participants into subgroups by **living conditions**

In addition to considering working conditions, participants were also grouped based on their living conditions, which was asked in the following question.

- **Question 32.** "What is your current living arrangement?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "I live with one or more roommates/friends/relatives"
  2 - "I live with my child or children under 18 years"
  3 – "I live with my partner"
  4 – "I live with my partner and a child or children under 18 years
  5 – "I live alone"
  6 – "Other"

Table 32.1. All living conditions

	Overall (N=749)
1-Roommates/friends/relatives	103 (14%)
2-Child/ren <18yrs	12 (2%)
3-Partner	322 (43%)
4-Partner and child/ren <18yrs	168 (22%)
5-Alone	125 (17%)
6-Other	19 (3%)

Because of the small number of single-parent households, all households with children (single-parent or two/multi-parent), were combined to simplify participants' living conditions. The values in parentheses refer to the original survey options.

Table 32.2. Simplified living conditions

	Overall (N=749)
Roommates, friends, relatives (1)	103 (14%)
Households with child/ren (2,4)	180 (24%)
Partner (3)	322 (43%)
Alone (5)	125 (17%)
Other (6)	19 (3%)

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3. Participant Sociodemographic Information

The question asking about household vehicle ownership (Question 20 in the Spring survey results) was moved to "Section 6. Household Characteristics."

- **Question 25.** "Does your family have one or more dogs?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "No"
  2 - "Yes"

Table 25.1. Dog ownership: PSR sample

	Overall (N=749)
No	488 (65%)
Yes	261 (35%)

Table 25.2. Dog ownership: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
No	42 (71%)	273 (68%)	57 (56%)	60 (60%)	56 (66%)	488 (65%)
Yes	17 (29%)	131 (32%)	44 (44%)	40 (40%)	29 (34%)	261 (35%)

Table 25.3. Dog ownership: family structure

	Roommates, friends, relatives (1) (N=103)	Households with child/ren (2,4) (N=180)	Partner (3) (N=322)	Alone (5) (N=125)	Other (6) (N=19)	Overall (N=749)
No	69 (67%)	98 (54%)	202 (63%)	109 (87%)	10 (53%)	488 (65%)
Yes	34 (33%)	82 (46%)	120 (37%)	16 (13%)	9 (47%)	261 (35%)

- **Question 26.** "Tell us what you do and what sector you work in"
  » All eligible survey participants (18+ yr) responded to this question.
  » Respondents were provided with the option to choose multiple sectors.

  1 - "Professional services (legal, accounting, finance, insurance, etc.)"
  2 - "Medical services"
  3 - "Education/research"
  4 - "Retail/sales"
  5 - "Transportation/logistics"
  6 - "Government"
  7 - "Manufacturing"
  8 - "Construction"
  9 - "Other"

Table 26.1. Employment sectors

	1 - Professional services (N=749)	2 - Medical services (N=749)	3 - Education/ research (N=749)	4 - Retail/ sales (N=749)	5 - Transportation/ logistics (N=749)	6 - Government (N=749)	7 - Manufacturing (N=749)	8 - Construction (N=749)	9 - Other (N=749)
Not selected	640 (85%)	730 (97%)	547 (73%)	737 (98%)	683 (91%)	453 (60%)	740 (99%)	734 (98%)	630 (84%)
Selected	109 (15%)	19 (3%)	202 (27%)	12 (2%)	66 (9%)	296 (40%)	9 (1%)	15 (2%)	119 (16%)

To account for small sample sizes, a few of the employment sectors have been grouped together.

Table 26.2. Simplified employment sectors

	1 - Professional services (N=749)	2 - Education/research (N=749)	3 - Transportation/logistics (N=749)	4 - Government (N=749)	5 - Other (N=749)
Not selected	640 (85%)	547 (73%)	683 (91%)	453 (60%)	730 (97%)
Selected	109 (15%)	202 (27%)	66 (9%)	296 (40%)	19 (3%)

- **Question 16.** "How large is your employer?"
  » Survey participants who responded to Question 7 by selecting choices 2 (working from home), 3 (now working away from home), or 4 (working partly from home and partly away from home) responded to this question. Respondents who reported not being employed were not asked this question.

  1 - "Fewer than 100 employees"
  2 - "More than 100 employees
  3 - "I am self-employed"

  Table 16. Employer size: PSR sample

	Overall (N=749)
0-Self-employed	14 (2%)
1-<100 employees	171 (23%)
2-100+ employees	496 (66%)
777-Skipped	68 (9%)

- **Question 27.** "What is your age?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "18-29"
  2 - "30-39
  3 - "40-49"
  4 - "50-59"
  5 - "60-69"
  6 - "70 and over"

Table 27.1. Age: PSR sample

	Overall (N=749)
1-18 to 29	90 (12%)
2-30 to 39	168 (22%)
3-40 to 49	145 (19%)
4-50 to 59	177 (24%)
5-60 to 69	114 (15%)
7-70+	55 (7%)

Table 27.2. Age: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
1-18 to 29	0 (0%)	53 (13%)	11 (11%)	12 (12%)	14 (16%)	90 (12%)
2-30 to 39	3 (5%)	121 (30%)	14 (14%)	16 (16%)	14 (16%)	168 (22%)
3-40 to 49	1 (2%)	84 (21%)	17 (17%)	30 (30%)	13 (15%)	145 (19%)
4-50 to 59	9 (15%)	85 (21%)	43 (43%)	26 (26%)	14 (16%)	177 (24%)
5-60 to 69	15 (25%)	55 (14%)	14 (14%)	13 (13%)	17 (20%)	114 (15%)
7-70+	31 (53%)	6 (1%)	2 (2%)	3 (3%)	13 (15%)	55 (7%)

Table 27.3. Survey respondent age in comparison to general population

Age Categories	Spring Survey Distribution	Fall Survey Distribution	ACS 2018 Distribution
18-29	17%	12%	22%
30-39	22%	22%	20%
40-49	20%	19%	17%
50-59	24%	24%	17%
60-69	14%	15%	14%
70+	3%	7%	11%

The sample is biased toward individuals within the working age ranges (30-69), with fewer respondents belonging to the youngest and oldest age groups compared to the general population.

- **Question 28.** "What is your gender?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Female
  2 - "Male
  3 - "Another"

Table 28.1. Gender: employment status: PSR sample

	Overall (N=749)
1-Female	464 (62%)
2-Male	279 (37%)
3-Another	6 (1%)

Table 28.2. Gender: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
1-Female	30 (51%)	258 (64%)	58 (57%)	64 (64%)	54 (64%)	464 (62%)
2-Male	29 (49%)	142 (35%)	43 (43%)	34 (34%)	31 (36%)	279 (37%)
3-Another	0 (0%)	4 (1%)	0 (0%)	2 (2%)	0 (0%)	6 (1%)

Table 28.3. Survey respondent gender in comparison to general population

Sex	Spring Survey Distribution	Fall Survey Distribution	ACS 2018 Distribution
Female	67%	62%	50%
Male	33%	37%	50%

The sample is biased toward female individuals [62%] compared to the general population [50%].

- **Question 30.** "What is your race/ethnicity?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "African American or Black"
  2 - "American Indian or Alaska Native"
  3 - "Asian
  4 - "Native Hawaiian or Pacific Islander"
  5 - "Hispanic"
  6 - "White"
  7 - "Other"
  8 - "Prefer not to answer"

Table 30.1. Race/Ethnicity: PSR sample

	Overall (N=749)
1-African American	10 (1%)
2-American Indian/Alaska Native	2 (0%)
3-Asian	36 (5%)
4-Native Hawaiian/Pacific Islander	3 (0%)
5-Hispanic	9 (1%)
6-White	625 (83%)
7-Other	4 (1%)
8-Prefer not to answer	60 (8%)

Table 30.2. Race/Ethnicity: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
1-African American	1 (2%)	6 (1%)	0 (0%)	1 (1%)	2 (2%)	10 (1%)
2-American Indian/Alaska Native	0 (0%)	1 (0%)	1 (1%)	0 (0%)	0 (0%)	2 (0%)
3-Asian	0 (0%)	16 (4%)	4 (4%)	7 (7%)	9 (11%)	36 (5%)
4-Native Hawaiian/Pacific Islander	0 (0%)	1 (0%)	0 (0%)	1 (1%)	1 (1%)	3 (0%)
5-Hispanic	0 (0%)	5 (1%)	3 (3%)	0 (0%)	1 (1%)	9 (1%)
6-White	55 (93%)	339 (84%)	89 (88%)	79 (79%)	63 (74%)	625 (83%)
7-Other	1 (2%)	2 (0%)	0 (0%)	1 (1%)	0 (0%)	4 (1%)
8-Prefer not to answer	2 (3%)	34 (8%)	4 (4%)	11 (11%)	9 (11%)	60 (8%)

Table 30.3. Survey respondent race/ethnicity in comparison to general population

Race/ethnicity Categories	Fall Survey Distribution	ACS 2018 Distribution
African American or Black	1%	6%
American Indian or Alaska Native	0%	1%
Asian	5%	13%
Native Hawaiian or Pacific Islander	0%	1%
Hispanic	1%	10%
White	83%	63%
Other	1%	0%
Prefer not to answer	8%	NA

This question was not asked in the spring 2020 survey. The ACS values do not add up to 100% because the ACS regional total also includes respondents who chose to identify as two or more races. Although this COVID survey provided respondents with the opportunity to identify with multiple races/ethnicities, there were no respondents who chose more than one.

The sample is heavily biased toward individuals identifying as White.

- **Question 29.** "What is your highest level of education?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Less than high school"
  2 - "High school graduate"
  3 – "Vocational/technical training"
  4 – "Associate degree"
  5 – "Bachelor degree"
  6 – "Graduate degree or post-graduate studies"
  7 – "Other"

Table 29.1. Education: PSR sample

	Overall (N=749)
1-Less than high school	0 (0%)
2-High school	41 (5%)
3-Vocational/technical training	30 (4%)
4-Associate degree	51 (7%)
5-Bachelor degree	249 (33%)
6-Graduate degree	373 (50%)
7-Other	5 (1%)

Although survey respondents were provided with the option to select "Less than high school," there were no respondents who identified with this response within the PSR. This is also true of the full sample size (861).

Table 29.2. Education: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
2-High school	6 (10%)	13 (3%)	6 (6%)	8 (8%)	8 (9%)	41 (5%)
3-Vocational/technical training	2 (3%)	10 (2%)	10 (10%)	4 (4%)	4 (5%)	30 (4%)
4-Associate degree	7 (12%)	20 (5%)	15 (15%)	5 (5%)	4 (5%)	51 (7%)
5-Bachelor degree	16 (27%)	134 (33%)	34 (34%)	37 (37%)	28 (33%)	249 (33%)
6-Graduate degree	28 (47%)	224 (55%)	34 (34%)	46 (46%)	41 (48%)	373 (50%)
7-Other	0 (0%)	3 (1%)	2 (2%)	0 (0%)	0 (0%)	5 (1%)

Table 29.3. Survey and ACS education categories

Spring Survey Education Categories	Fall Survey Education Categories	ACS Education Categories
High school	Less than high school	Less than high school
	High school graduate	High school graduate
	Vocational/technical training	Some college, no degree
College 2 yr	Associate degree	Associate degree
College 4 yr	Bachelor degree	Bachelor degree
Graduate studies	Graduate degree or post-graduate studies	Graduate or professional degree
Post-graduate		
Other	Other	

Table 29.4. Survey respondent education in comparison to general population

Education Categories	Spring Survey Distribution	Fall Survey Distribution	ACS 2018 Distribution
High school	6%	5%	20%
College	46%	40%	49%
Graduate and Prof	48%	50%	32%

The sample is biased toward individuals with more education compared to the general population. The sample represents a higher proportion of respondents who have graduate or post-graduate education and a lower proportion of respondents with only high school.

- **Question 31.** "What is your household income?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Under $40,000"
  2 - "$40,000-$59,999r"
  3 - "$60,000-$89,999"
  4 - "$90,000-$119,999"
  5 - "$120,000-$149,999"
  6 - "Above $150,000"
  7 - "Other"

Table 31.1. Household income: PSR sample

	Overall (N=749)
1-<$40,000	42 (6%)
2-$40,000-$59,999	51 (7%)
3-$60,000-$89,999	125 (17%)
4-$90,000-$119,999	138 (18%)
5-$120,000-$149,999	110 (15%)
6-$150,000+	257 (34%)
8-Other	26 (3%)

Table 31.2. Household income: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
1-<$40,000	5 (8%)	16 (4%)	8 (8%)	1 (1%)	12 (14%)	42 (6%)
2-$40,000-$59,999	2 (3%)	22 (5%)	10 (10%)	5 (5%)	12 (14%)	51 (7%)
3-$60,000-$89,999	21 (36%)	60 (15%)	20 (20%)	14 (14%)	10 (12%)	125 (17%)
4-$90,000-$119,999	8 (14%)	72 (18%)	26 (26%)	18 (18%)	14 (16%)	138 (18%)
5-$120,000-$149,999	5 (8%)	70 (17%)	9 (9%)	19 (19%)	7 (8%)	110 (15%)
6-$150,000+	13 (22%)	154 (38%)	24 (24%)	40 (40%)	26 (31%)	257 (34%)
8-Other	5 (8%)	10 (2%)	4 (4%)	3 (3%)	4 (5%)	26 (3%)

Table 31.3. Survey and ACS income categories

Spring and Fall Survey Income Categories	ACS Income Categories	Aggregated Income Categories
Under $40,000	Under $10,000	Under $40,000
	$10,000-$14,999	
	$15,000-$24,000	
	$25,000-$34,999	
$40,000-$59,000	$35,000-$49,000	$40,000-$59,000
$60,000-$89,000	$50,000-$74,999	$60,000-$149,000
$90,000-$119,000	$75,000-$99,999	
$120,000-$149,000	$100,000-$149,999	
Above $150,000	$150,000-$199,999	Above $150,000
	Above $200,000	

Table 31.4. Survey respondent income in comparison to general population

Income Categories	Spring Survey Distribution	Fall Survey Distribution	ACS 2018 Distribution
Under $40,000	8%	6%	23%
$40,000-$59,000	8%	7%	14%
$60,000-$149,000	52%	50%	42%
Above $150,000	31%	34%	21%

The sample is biased toward individuals from higher income households. The sample is disproportionately smaller for the lower income groups and disproportionately higher for the higher income groups when compared to the general population. Because we are seeking to focus on commute trip reduction, having these biases in age, education, and income provides us additional data and useful information on the target group of respondents who may work away from home but have the option of working from home if desired.

- **Question 32.** "What is your current living arrangement?"
  » All eligible survey participants (18+ yr) responded to this question.

Table 32.2. Simplified living conditions

	Overall (N=749)
Roommates, friends, relatives (1)	103 (14%)
Households with child/ren (2,4)	180 (24%)
Partner (3)	322 (43%)
Alone (5)	125 (17%)
Other (6)	19 (3%)

The full list of survey options is listed in Section 3 – Subgroup Analysis (p.17)

- **Question 37.** "Do you own or rent the place where you live?"
  » All eligible survey participants (18+ yr) responded to this question.

1 - "Own"
2 - "Rent"
3 – "Other"

Table 37.1. Housing tenure: PSR sample

	Overall (N=749)
1-Own	524 (70%)
2-Rent	207 (28%)
3-Other	18 (2%)

Table 37.2. Housing tenure: employment status

	Group 1: not employed (previously, post) (N=59)	Group 2: previously worked away, post wfh (N=404)	Group 3: previously worked away, post work away (N=101)	Group 4: previously worked away, post wfh/away (N=100)	Group 5: other (N=85)	Overall (N=749)
1-Own	51 (86%)	273 (68%)	66 (65%)	75 (75%)	59 (69%)	524 (70%)
2-Rent	7 (12%)	124 (31%)	30 (30%)	23 (23%)	23 (27%)	207 (28%)
3-Other	1 (2%)	7 (2%)	5 (5%)	2 (2%)	3 (4%)	18 (2%)

Table 37.3. Survey respondent housing tenure in comparison to general population

Housing Tenure	Spring Survey Distribution	Fall Survey Distribution	ACS 2018 Distribution
Own	68%	70%	61%
Rent	32%	28%	39%

The sample resembles the population distribution with a small bias toward home ownership.

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4. Work from Home

- **Question 12.** "*Working from home since COVID-19*, tell us the conditions under which you are working and how you feel about the situation."
  » Survey participants who responded to Question 7 by selecting choices 2 (working from home), 3 (now working away from home), or 4 (working partly from home and partly away from home) responded to this question. Respondents who reported not being employed were not asked this question.

  1 - "I keep regular hours"
  2 - "I spend time on conference or video calls with coworkers"
  3 - "I am productive"

Table 12.1. Keep regular hours

	Roommates, friends, relatives (1) (N=79)	Households with child/ren (2,4) (N=148)	Partner (3) (N=251)	Alone (5) (N=83)	Other (6) (N=12)	Overall (N=573)
1-On some days	11 (14%)	14 (9%)	20 (8%)	11 (13%)	1 (8%)	57 (10%)
2-On most days	32 (41%)	62 (42%)	70 (28%)	30 (36%)	3 (25%)	197 (34%)
3-Every work day	36 (46%)	72 (49%)	161 (64%)	42 (51%)	8 (67%)	319 (56%)

Table 12.2. Video and conference calls

	Roommates, friends, relatives (1) (N=79)	Households with child/ren (2,4) (N=148)	Partner (3) (N=251)	Alone (5) (N=83)	Other (6) (N=12)	Overall (N=573)
1-On some days	26 (33%)	31 (21%)	53 (21%)	27 (33%)	4 (33%)	141 (25%)
2-On most days	18 (23%)	38 (26%)	72 (29%)	22 (27%)	6 (50%)	156 (27%)
3-Every work day	35 (44%)	79 (53%)	126 (50%)	34 (41%)	2 (17%)	276 (48%)

Table 12.3. Productive

	Roommates, friends, relatives (1) (N=79)	Households with child/ren (2,4) (N=148)	Partner (3) (N=251)	Alone (5) (N=83)	Other (6) (N=12)	Overall (N=573)
1-On some days	16 (20%)	13 (9%)	16 (6%)	10 (12%)	2 (17%)	57 (10%)
2-On most days	26 (33%)	65 (44%)	110 (44%)	37 (45%)	5 (42%)	243 (42%)
3-Every work day	37 (47%)	70 (47%)	125 (50%)	36 (43%)	5 (42%)	273 (48%)

The majority of respondents working from home reported experiencing these behaviors or conditions most or every work day. Those living with roommates, friends, or relatives and households with children were least likely to keep regular hours. Those living with partners were most likely to report being productive most or every work day.

- **Question 13.** "*Working from home since COVID-19*, do you feel that, overall, you are more or less productive than you were prior to COVID-19 or when you worked at your work place?"
  » Survey participants who responded to Question 7 by selecting choices 2 (working from home), 3 (now working away from home), or 4 (working partly from home and partly away from home) responded to this question. Respondents who reported not being employed were not asked this question.

  1 - "No change in my productivity"
  2 - "I am more productive"
  3 - "I am less productive"

Table 13. Perceived productivity

	Roommates, friends, relatives (1) (N=79)	Households with child/ren (2,4) (N=148)	Partner (3) (N=251)	Alone (5) (N=83)	Other (6) (N=12)	Overall (N=573)
1-No change in productivity	32 (41%)	72 (49%)	108 (43%)	42 (51%)	7 (58%)	261 (46%)
2-More productive	15 (19%)	35 (24%)	82 (33%)	13 (16%)	1 (8%)	146 (25%)
3-Less productive	32 (41%)	41 (28%)	61 (24%)	28 (34%)	4 (33%)	166 (29%)

Respondents who reported living with a partner reported feeling more productive or no change at higher rates than the general sample. Those living with roommates, friends, or relatives reported feeling less productive or no change at higher rates than the general sample.

- **Question 14.** "Tell us why you feel more productive working at or from home after COVID-19"
  » Survey participants who responded to Question 13 by selecting choice 1 (more productive) responded to this question.

  1 - "I have more time because I am not commuting"
  2 - "I have faster internet connection"
  3 - "There is less interference from co-workers"
  4 - "My tasks are more clearly spelled out"
  5 - "I work more hours"
  6 - "Other" *(respondents had the option to provide an open-ended response)*

Table 14. Reasons for feeling more productive

	1 - Not commuting (N=146)	2 - Faster internet (N=146)	3 - Less interference (N=146)	4 - Clearer tasks (N=146)	5 - Work more hours (N=146)	6 - Other (N=146)
Not selected	27 (18%)	142 (97%)	32 (22%)	127 (87%)	83 (57%)	117 (80%)
Selected	119 (82%)	4 (3%)	114 (78%)	19 (13%)	63 (43%)	29 (20%)

For individuals who reported feeling more productive, they attributed this to having more time as a result of not having to commute. Less interference from coworkers was the second most frequently chosen reason for feeling more productive. Working more hours was reported by 43% of respondents, compared to 35% of respondents in the spring survey.

- **Question 15.** "Tell us why you feel less productive working at or from home after COVID-19"
  » Survey participants who responded to Question 13 by selecting choice 2 (less productive) responded to this question.

  1 - "I have less time because of housework"
  2 - "I have less time to work because of interference from children or family living with me"
  3 - "My internet connection is poor"
  4 - "I don't have good equipment (computer, printer, etc.)"
  5 - "Communication with co-workers is less efficient"
  6 - "Other" *(respondents had the option to provide an open-ended response)*

Table 15. Reasons for feeling less productive

	1 - Housework (N=166)	2 - Interference from family (N=166)	3 - Poor internet connection (N=166)	4 - Quality of equipment (computer etc.) (N=166)	5 - Less efficient communication (N=166)	6 - Other (N=166)
Not selected	143 (86%)	112 (67%)	152 (92%)	142 (86%)	56 (34%)	84 (51%)
Selected	23 (14%)	54 (33%)	14 (8%)	24 (14%)	110 (66%)	82 (49%)

While individuals reported feeling more productive because of less interference from co-workers, those who reported feeling less productive most often cited less efficient communication with coworkers. The second most frequently chosen response was 'other' which indicates that respondents are experiencing a variety of other reasons for not feeling as productive, beyond those provided in the survey.

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5. Commute Trips before COVID-19

- **Question 4.** "*In February (before COVID-19)*, what mode(s) of transport did you use to commute to work and how often did you use them on an average week?"
  » Survey participants who responded to Question 3 by selecting choice 3 (was working away from home) responded to this question.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

Table 4. Commute frequency before COVID-19

Frequency	1 - Walk (N=614)	2 - Bicycle or scooter (N=614)	5 - Transit (N=614)	6 - Car or van pool (N=614)	7 - Uber, Lyft, taxi (N=614)	8 - Driving alone (N=614)
0-Never	476 (78%)	511 (83%)	305 (50%)	554 (90%)	598 (97%)	254 (41%)
1-1 to 2 days/week	44 (7%)	53 (9%)	66 (11%)	21 (3%)	15 (2%)	101 (16%)
2-3+ days/week	94 (15%)	50 (8%)	243 (40%)	39 (6%)	1 (0%)	259 (42%)

Relative to the general population, respondents reported high rates of non-driving modes for commuting in the forms of transit, bicycle, and walking prior to COVID-19; however, most still reported driving alone to work.

- **Question 5.** "On an average day *in February (before COVID-19)*, how long was your one-way commute to work by mode?"
  » Survey participants who responded to Question 3 by selecting choice 3 (was working away from home) responded to this question.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

  Table 5. Commute duration before COVID-19

Duration	1 - Walk (N=614)	2 - Bicycle or scooter (N=614)	5 - Transit (N=614)	6 - Car or van pool (N=614)	7 - Uber, Lyft, taxi (N=614)	8 - Driving alone (N=614)
0-NA	463 (75%)	497 (81%)	292 (48%)	545 (89%)	587 (96%)	238 (39%)
1-<30 min	97 (16%)	64 (10%)	108 (18%)	34 (6%)	20 (3%)	243 (40%)
3-31 to 60 min	45 (7%)	43 (7%)	157 (26%)	30 (5%)	6 (1%)	116 (19%)
5->1 hr	9 (1%)	10 (2%)	57 (9%)	5 (1%)	1 (0%)	17 (3%)

- **Question 8.** "*In the past week*, what mode(s) of transport did you use to commute to work and how often did you use them on an average week?"
  » Survey participants who responded to Question 7 by selecting choice 3 (now working away from home) responded to this question.
  » This sample includes all respondents who were working away from home in October/November 2020, regardless of pre-COVID-19 employment status.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

Table 8. Commute frequency in the past week

Frequency	1 - Walk (N=108)	2 - Bicycle or scooter (N=108)	5 - Transit (N=108)	6 - Car or van pool (N=108)	7 - Uber, Lyft, taxi (N=108)	8 - Driving alone (N=108)
0-Never	100 (93%)	103 (95%)	99 (92%)	104 (96%)	106 (98%)	41 (38%)
1-1 to 2 days/week	1 (1%)	2 (2%)	2 (2%)	2 (2%)	1 (1%)	7 (6%)
2-3+ days/week	7 (6%)	3 (3%)	7 (6%)	2 (2%)	1 (1%)	60 (56%)

Respondents reported lower rates of non-driving modes for commuting in the past week. The use of transit more than half the week decreased from 40% of the sample before COVID-19 to 6% of the sample. It is important to note that only one-sixth of the participants responded to this question because many reported working from home. Respondents reported driving alone at higher rates, increasing from 42% before COVID to 56%.

- **Question 9.** "*In the past week*, how long was your one-way commute to work by mode?"
  » Survey participants who responded to Question 7 by selecting choice 3 (now working away from home) responded to this question.
  » This sample includes all respondents who were working away from home in October/November 2020, regardless of pre-COVID-19 employment status.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

Table 9. Commute duration in the past week

Duration	1 - Walk (N=108)	2 - Bicycle or scooter (N=108)	5 - Transit (N=108)	6 - Car or van pool (N=108)	7 - Uber, Lyft, taxi (N=108)	8 - Driving alone (N=108)
0-NA	96 (89%)	100 (93%)	96 (89%)	104 (96%)	105 (97%)	40 (37%)
1-<30 min	11 (10%)	4 (4%)	2 (2%)	1 (1%)	3 (3%)	54 (50%)
3-31 to 60 min	1 (1%)	4 (4%)	9 (8%)	3 (3%)	0 (0%)	11 (10%)
5->1 hr	0 (0%)	0 (0%)	1 (1%)	0 (0%)	0 (0%)	3 (3%)

- **Question 10.** "*When you commute to work*, what mode(s) of transport do you use and how often do you use them on an average week?"
  » Survey participants who responded to Question 7 by selecting choice 4 (now working partly from home and partly away from home) responded to this question.
  » This sample includes all respondents who were working partly from home and partly away from home in October/November 2020, regardless of pre-COVID-19 employment status.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

Table 10. Commute frequency (overall)

Frequency	1 - Walk (N=111)	2 - Bicycle or scooter (N=111)	5 - Transit (N=111)	6 - Car or van pool (N=111)	7 - Uber, Lyft, taxi (N=111)	8 - Driving alone (N=111)
0-Never	93 (84%)	101 (91%)	97 (87%)	107 (96%)	110 (99%)	21 (19%)
1-1 to 2 days/week	11 (10%)	7 (6%)	8 (7%)	4 (4%)	1 (1%)	54 (49%)
2-3+ days/week	7 (6%)	3 (3%)	6 (5%)	0 (0%)	0 (0%)	36 (32%)

Respondents reported low rates of non-driving modes for commuting during an average week. The rates of commuting by driving alone were lower compared to before COVID and respondents who always worked away from home during COVID.

- **Question 11.** "*When you commute to work*, how long is your one-way commute by mode?"
  » Survey participants who responded to Question 7 by selecting choice 4 (now working partly from home and partly away from home) responded to this question.
  » This sample includes all respondents who were working partly from home and partly away from home in October/November 2020, regardless of pre-COVID-19 employment status.

  1 - "Walk"
  2 - "Bicycle or scooter"
  3 - "Transit (bus or rail)"
  4 - "Car or vanpool (2 or more persons)"
  5 - "Uber, Lyft, taxi"
  6 - "Driving (alone)"

Table 11. Commute duration (overall)

Duration	1 - Walk (N=111)	2 - Bicycle or scooter (N=111)	5 - Transit (N=111)	6 - Car or van pool (N=111)	7 - Uber, Lyft, taxi (N=111)	8 - Driving alone (N=111)
0-NA	92 (83%)	102 (92%)	96 (86%)	107 (96%)	109 (98%)	21 (19%)
1-<30 min	12 (11%)	5 (5%)	6 (5%)	3 (3%)	1 (1%)	71 (64%)
3-31 to 60 min	7 (6%)	4 (4%)	6 (5%)	1 (1%)	0 (0%)	18 (16%)
5->1 hr	0 (0%)	0 (0%)	3 (3%)	0 (0%)	1 (1%)	1 (1%)

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6. Household Characteristics

- **Question 22.** "Please tell us if and how many of the following vehicles you and your family have"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "0"
  2 - "1"
  3 - "2"
  4 - "3 or more"

  Table 22. Vehicle ownership

	Automobile (N=749)	Bike, e-bike, or scooter (N=749)	Motorcycle (N=749)	Truck (N=749)
0	49 (7%)	225 (30%)	704 (94%)	595 (79%)
1	318 (42%)	123 (16%)	30 (4%)	138 (18%)
2	275 (37%)	174 (23%)	9 (1%)	11 (1%)
3+	107 (14%)	227 (30%)	6 (1%)	5 (1%)

  The majority of respondents owned an automobile or truck and had access to some form of motorized travel.

- **Question 23.** "Have any of these vehicles been acquired since COVID-19?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Yes"
  2 - "No"

  Table 23. Recent vehicle purchase

	Automobile (N=749)	Bike, e-bike, or scooter (N=749)	Motorcycle (N=749)	Truck (N=749)
Yes	61 (8%)	75 (10%)	5 (1%)	11 (1%)
No	688 (92%)	674 (90%)	744 (99%)	738 (99%)

  The majority of respondents did not recently purchase a vehicle. The most frequently purchased vehicle was a bike, e-bike, or scooter [10%], followed by an automobile [8%].

- **Question 24.** "Are you considering acquiring any of these vehicles in the next 6 months?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Yes"
  2 - "No"
  3 - "Maybe"

  Table 24. Future vehicle ownership

	Automobile (N=749)	Bike, e-bike, or scooter (N=749)	Motorcycle (N=749)	Truck (N=749)
Yes	40 (5%)	59 (8%)	0 (0%)	8 (1%)
No	652 (87%)	612 (82%)	734 (98%)	710 (95%)
Maybe	57 (8%)	78 (10%)	15 (2%)	31 (4%)

  The majority of respondents were not planning to acquire any of these vehicles in the next 6 months. Respondents reported that they would most likely (yes/maybe) purchase a bike, e-bike, or scooter [8%/10%], followed by an automobile [5%/8%].

- **Question 33.** "Please tell us how many adults or children live in your household"
  » Survey participants who responded to Question 32 by selecting choices 1 (roommates/friends/relatives), 2 (children), 3 (partner), 4 (partner and child), or 6 (other) responded to this question. Those who reported living alone were not asked this question but were included in the table below as households with one adult over 18 years.

  Table 33. Household composition

	Adults over 18 years (N=749)	Children under 18 years (N=749)
0	0 (0%)	556 (74%)
1	139 (19%)	99 (13%)
2	490 (65%)	71 (9%)
3+	120 (16%)	23 (3%)

  Over half [55%] of households included 2 people and over one-quarter [27%] of households included 3 people.

When asked about their living arrangements (Question 32, p.17), 19 respondents chose “other.”

Table 33.1. Household composition: living arrangement “other”

	Adults over 18 years (N=19)	Children under 18 years (N=19)
0	0 (0%)	15 (79%)
1	3 (16%)	2 (11%)
2	3 (16%)	2 (11%)
3+	13 (68%)	0 (0%)

Most of these respondents lived in households with 3 or more adults and no children.

- **Question 34.** “Please tell us about the bedroom, bathroom, and private open space arrangement in your home”
» All eligible survey participants (18+ yr) responded to this question.

1 - “Bedroom (enclosed space with window, may be used as an office, bedroom, playroom, or any combination”
2 - “Bedroom or office nook (not fully enclosed) or windowless space”
3 - “Bathroom with tub or shower, sink(s), and toilet”
4 - “Room with only toilet and sink”
5 - “Private balcony/terrace”
6 - “Private garden”

Table 34.1. Home arrangement

	1 - Bedroom (N=749)	2 - Bedroom or office nook (N=749)	3 - Full bathroom (N=749)	4 - Half bathroom (N=749)	5 - Private balcony/terrace (N=749)	6 - Private Garden (N=749)
0	28 (4%)	470 (63%)	3 (0%)	516 (69%)	302 (40%)	244 (33%)
1	97 (13%)	229 (31%)	284 (38%)	225 (30%)	362 (48%)	458 (61%)
2	158 (21%)	33 (4%)	337 (45%)	7 (1%)	73 (10%)	39 (5%)
3+	466 (62%)	17 (2%)	125 (17%)	1 (0%)	12 (2%)	8 (1%)

Almost two-thirds [62%] of survey respondents lived in homes with 3 or more bedrooms. The same proportion [62%] lived in homes with 2 or more full bathrooms.

Home arrangement by household size

The size and amount of space is related to the size of the household (Question 33, p.47).

Table 34.2.1 Household size

Household size is calculated by adding the number of adults and children.

	Overall (N=749)
1	128 (17%)
2	345 (46%)
3	168 (22%)
4+	108 (14%)

Table 34.2.2. Number of bedrooms: household size

	1 (N=128)	2 (N=345)	3 (N=168)	4+ (N=108)	Overall (N=749)
0	16 (12%)	11 (3%)	0 (0%)	1 (0%)	28 (4%)
1	48 (38%)	46 (13%)	3 (2%)	0 (0%)	97 (13%)
2	31 (24%)	99 (29%)	23 (14%)	5 (5%)	158 (21%)
3+	33 (26%)	189 (55%)	142 (85%)	102 (94%)	446 (62%)

Table 34.2.3. Number of bathrooms: household size

	1 (N=128)	2 (N=345)	3 (N=168)	4+ (N=108)	Overall (N=749)
0	0 (2%)	2 (1%)	0 (0%)	1 (0%)	3 (0%)
1	96 (75%)	141 (41%)	34 (20%)	13 (12%)	284 (38%)
2	28 (22%)	156 (45%)	94 (56%)	59 (55%)	337 (45%)
3+	4 (3%)	46 (13%)	40 (24%)	35 (32%)	125 (17%)

Home arrangement by household income

The size and amount of space is likely related to household income (Question 31, p.31).

Table 34.3.1. Number of bedrooms: income

	1-<$40,000 (N=42)	2-$40,000-$59,999 (N=51)	3-$60,000-$89,999 (N=125)	4-$90,000-$119,999 (N=138)	5-$120,000-$149,999 (N=110)	6-$150,000+ (N=257)	8-Other (N=26)	Overall (N=749)
0	5 (12%)	4 (8%)	8 (6%)	5 (4%)	2 (2%)	4 (2%)	0 (0%)	28 (4%)
1	12 (29%)	16 (31%)	25 (20%)	16 (12%)	10 (9%)	15 (6%)	3 (12%)	97 (13%)
2	9 (21%)	13 (25%)	36 (29%)	30 (22%)	27 (25%)	38 (15%)	5 (19%)	158 (21%)
3+	16 (38%)	18 (35%)	56 (45%)	87 (63%)	71 (65%)	200 (78%)	18 (69%)	466 (62%)

Table 34.3.2. Number of bathrooms: income

	1-<$40,000 (N=42)	2-$40,000-$59,999 (N=51)	3-$60,000-$89,999 (N=125)	4-$90,000-$119,999 (N=138)	5-$120,000-$149,999 (N=110)	6-$150,000+ (N=257)	8-Other (N=26)	Overall (N=749)
0	0 (0%)	0 (0%)	0 (0%)	1 (1%)	1 (1%)	1 (0%)	0 (0%)	3 (0%)
1	24 (57%)	32 (63%)	74 (59%)	59 (43%)	34 (31%)	55 (21%)	6 (23%)	284 (38%)
2	13 (31%)	16 (31%)	38 (30%)	66 (48%)	59 (54%)	131 (51%)	14 (54%)	337 (45%)
3+	5 (12%)	3 (6%)	13 (10%)	12 (9%)	16 (15%)	70 (27%)	6 (23%)	125 (17%)

Home arrangement by productivity

The size and amount of space may also be related to perceived productivity (Question 13, p.38).

Table 34.4.1. Number of bedrooms

	0-No change in productivity (N=261)	1-More productive (N=146)	2-Less productive (N=166)	777-No response/skipped (N=176)*	Overall (N=749)
0	7 (3%)	6 (4%)	9 (5%)	6 (3%)	28 (4%)
1	36 (14%)	14 (10%)	22 (13%)	25 (14%)	97 (13%)
2	49 (19%)	29 (20%)	43 (26%)	37 (21%)	158 (21%)
3+	169 (65%)	97 (66%)	92 (55%)	108 (61%)	466 (62%)

Table 34.4.2. Number of office/bedroom spaces

	0-No change in productivity (N=261)	1-More productive (N=146)	2-Less productive (N=166)	777-No response/skipped (N=176)	Overall (N=749)
0	150 (57%)	90 (62%)	115 (69%)	115 (65%)	470 (63%)
1	89 (34%)	48 (33%)	41 (25%)	51 (29%)	229 (31%)
2	17 (7%)	5 (3%)	6 (4%)	5 (3%)	33 (4%)
3+	5 (2%)	3 (2%)	4 (2%)	5 (3%)	17 (2%)

* These 176 individuals were not asked about their productivity (Question 12, p.37) because they indicated that their employment status (Question 7, p.10) was either “not employed/not a student now” or “employed/a student away from home.”

The number of bedrooms or office/bedroom spaces seemed to be marginally related to perceived higher productivity among respondents. A similar relationship was with reporting no change in productivity or higher productivity.

One-third of those who reported having one office or bedroom space reported no change in productivity [34%] or higher productivity [33%], while one-quarter reported being less productive [25%]. Not having access to these spaces resulted in a slightly higher proportion of respondents who reported feeling less productive [69%], when compared to those who felt more productive [62%] or no change [57%].

- **Question 35.** "Tell us if you moved *since COVID-19* or if you are you are planning to move in the next 6 months"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "I did not move but plan to move"
  2 - "I did not move and do not plan to move"
  3 - "I moved to a new permanent residence"
  4 - "I moved temporarily but plan to return to my permanent residence"
  5 - "I moved temporarily and plan to move to a new permanent residence"

Table 35.1. Temporary or permanent moving status: PSR sample

	Overall (N=749)
1-Not moved, plan to move	57 (8%)
2-Not moved, no plan to move	593 (79%)
3-Moved permanently	84 (11%)
4-Moved temporarily, plan to return	7 (1%)
5-Moved temporarily, plan to move permanently	8 (1%)

Table 35.2. Temporary or permanent moving status: age group

	1-18 to 29 (N=90)	2-30 to 39 (N=168)	3-40 to 49 (N=145)	4-50 to 59 (N=177)	5-60 to 69 (N=114)	7-70+ (N=55)	Overall (N=749)
1-Not moved, plan to move	12 (13%)	21 (12%)	9 (6%)	9 (5%)	5 (4%)	1 (2%)	57 (8%)
2-Not moved, no plan to move	30 (33%)	119 (71%)	125 (86%)	164 (93%)	105 (92%)	50 (91%)	593 (79%)
3-Moved permanently	41 (46%)	24 (14%)	8 (6%)	4 (2%)	4 (4%)	3 (5%)	84 (11%)
4-Moved temporarily, plan to return	3 (3%)	0 (0%)	3 (2%)	0 (0%)	0 (0%)	1 (2%)	7 (1%)
5-Moved temporarily, plan to move permanently	4 (4%)	4 (2%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	8 (1%)

Younger respondents were more likely to have moved or to plan to move.

Table 35.3. Temporary or permanent moving status: housing tenure

	1-Own (N=524)	2-Rent (N=207)	3-Other (N=18)	Overall (N=749)
1-Not moved, plan to move	14 (3%)	41 (20%)	2 (11%)	57 (8%)
2-Not moved, no plan to move	484 (92%)	101 (49%)	8 (44%)	593 (79%)
3-Moved permanently	25 (5%)	54 (26%)	5 (28%)	84 (11%)
4-Moved temporarily, plan to return	1 (0%)	3 (1%)	3 (17%)	7 (1%)
5-Moved temporarily, plan to move permanently	0 (0%)	8 (4%)	0 (0%)	8 (1%)

Home owners were less likely to have moved or to plan to move.

- **Question 36.** "Tell us if why you moved, either temporarily or permanently, or are planning to move in the next 6 months"
  » Survey participants who responded to Question 35 by selecting choices 1 (not moved, plan to move), 3 (moved permanently), 4 (moved temporarily, plan to return), or 5 (moved temporarily, plan to move permanently) responded to this question. Respondents who selected choices 2 (not moved, no plan to move) did not respond to this question.

  1 - "I needed/need more space or more amenities in the home"
  2 - "I wanted/want to live with or close to family/friends"
  3 - "I could not/cannot afford staying in my current/previous home"
  4 - "I wanted/want to be closer to my place of work"
  5 - "I was/am less concerned about being close to my place of work"
  6 - "I wanted/wanted to be closer to services"
  7 - "I wanted/want to have better access to open space"

Table 36.1. Reasons for moving

	1 - More space/amenities (N=156)	2 - Proximity to family/friends (N=156)	3 - Cannot afford (N=156)	4 - Closer to work (N=156)	5 - Unconcerned about proximity to work (N=156)	6 - Closer to services (N=156)	7 - Access to open space (N=156)
Not selected	70 (45%)	119 (76%)	131 (84%)	136 (87%)	119 (76%)	135 (87%)	108 (69%)
Selected	86 (55%)	37 (24%)	25 (16%)	20 (13%)	37 (24%)	21 (13%)	48 (31%)

Over half of the respondents who moved or are planning to move indicated that it is for more space or amenities [55%]. Almost one-third responded that they wanted more access to open space [31%].

Table 36.2.1. Moving closer to work: age

	Overall (N=20)
1-18 to 29	11 (55%)
2-30 to 39	5 (25%)
3-40 to 49	1 (5%)
4-50 to 59	1 (5%)
5-60 to 69	2 (10%)

Table 36.2.2. Moving closer to work: income

	Overall (N=20)
1-<$40,000	5 (25%)
2-$40,000-$59,999	2 (10%)
3-$60,000-$89,999	2 (10%)
4-$90,000-$119,999	3 (15%)
5-$120,000-$149,999	4 (20%)
6-$150,000+	4 (20%)

Table 36.2.3. Moving closer to work: vehicle ownership

	Automobile (N=20)	Bike, e-bike, or scooter (N=20)	Motorcycle (N=20)	Truck (N=20)
0	4 (20%)	7 (35%)	20 (100%)	18 (90%)
1	11 (55%)	5 (25%)	0 (0%)	2 (10%)
2	2 (10%)	6 (30%)	0 (0%)	0 (0%)
3+	3 (15%)	2 (10%)	0 (0%)	0 (0%)

Table 36.2.4. Moving closer to work: work sector

	1 - Professional services (N=20)	2 - Medical services (N=20)	3 - Education/research (N=20)	4 - Retail/sales (N=20)	5 - Transportation/logistics (N=20)	6 - Government (N=20)
Not selected	18 (90%)	20 (100%)	15 (75%)	19 (95%)	19 (95%)	11 (55%)
Selected	2 (10%)	0 (0%)	5 (25%)	1 (5%)	1 (5%)	9 (45%)

	7 - Manufacturing (N=20)	8 - Construction (N=20)	9 - Other (N=20)
Not selected	20 (100%)	19 (95%)	16 (80%)
Selected	0 (0%)	1 (5%)	4 (20%)

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7. Other Changes in Life

- **Question 18.** "*Many of us have adjusted our daily activities due to the risk of COVID-19. Compared to before COVID-19*, please indicate whether you have made changes in utilizing the following services in the past two weeks"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Restaurant delivery services"
  2 - "Restaurant take-out"
  3 - "Restaurant curb-side pickup"
  4 - "Meal kit delivery services, such as Hello Fresh and Blue Apron"
  5 - "On-demand food delivery services, such as Door Dash or Grubhub"
  6 - "Grocery delivery service"
  7 – "Grocery order pickup"

Table 18. Food service utilization

Frequency	1 - restaurant delivery (N=749)	2 - restaurant take-out (N=749)	3 - restaurant curb-side pickup (N=749)	4 - meal kit delivery (N=749)	5 - on demand food delivery (N=749)	6 - grocery delivery (N=749)	7 - grocery pickup (N=749)
0-Do not use	455 (61%)	96 (13%)	402 (54%)	672 (90%)	508 (68%)	555 (74%)	591 (79%)
1-Using more	152 (20%)	443 (59%)	275 (37%)	36 (5%)	167 (22%)	159 (21%)	135 (18%)
2-Using same	104 (14%)	132 (18%)	50 (7%)	32 (4%)	58 (8%)	28 (4%)	20 (3%)
3-Using less	38 (5%)	78 (10%)	22 (3%)	9 (1%)	16 (2%)	7 (1%)	3 (0%)

With respect to getting food items or meals, restaurant take-out, followed by restaurant curb-side pickup - more traditional methods - were the most popular. New technologies that enable us to have groceries or meals delivered became more popular during this time (compared to data from the 2019 Puget Sound Household Travel Survey) but were still utilized at relatively low rates, particularly for this highly educated and well-resourced sample of respondents.

- **Question 19.** "*Compared to before COVID-19*, how much has your daily life changed in the following areas?"
  » All eligible survey participants (18+ yr) responded to this question.

Daily Activities	Daily Activities (cont.)
1 - "Amount of physical activity or exercise"	14 - "House work (cleaning, laundry)"
2 - "Amount of time spent outside in nature or parks"	15 - "Meal preparation, cooking"
3 - "Amount of food consumed"	16 - "Time spent with children in household"
4 - "Amount of alcohol consumed"	17 - "Face-to-face interaction with family/friends"
5 - "Amount/quality of sleep"	20 - "Electronic interaction with family/friends (e.g. Skype, FaceTime, phone calls, texting)"
7 - "Use of sleep, anxiety, or stress medication"	22 - "Time spent on social media"
8 - "Use of cannabis/recreational drugs"	23 - "Time spent watching the news"
9 - "Screen time for leisure (excludes work)"	24 - "Time spent listening to music"
10 - "Screen time for work"	25 - "Time spent meditating or praying"
11 - "Work hours"	26 - "Time spent on a personal hobby"
12 - "Household income"	
13 - "Yard or garden work"	

Change
1 - "Increased a lot"
2 - "Increased somewhat"
3 - "No change"
4 - "Decreased somewhat"
5 - "Decreased a lot"
0 - "Not applicable to me"

Table 19.1. Changes in daily life

Changes	1 - physical activity (N=749)	2 - time spent in outside in nature or park (N=749)	3 - amount of food consumption (N=749)	4 - amount of alcohol consumed (N=749)	5 - amount/quality of sleep (N=749)
0-NA	3 (0%)	2 (0%)	0 (0%)	98 (13%)	1 (0%)
1-Increased a lot	46 (6%)	57 (8%)	28 (4%)	52 (7%)	33 (4%)
2-Increased somewhat	133 (18%)	234 (31%)	222 (30%)	198 (26%)	168 (22%)
3-No change	131 (17%)	151 (20%)	410 (55%)	305 (41%)	307 (41%)
4-Decreased somewhat	220 (29%)	173 (23%)	76 (10%)	56 (7%)	185 (25%)
5-Decreased a lot	216 (29%)	132 (18%)	13 (2%)	40 (5%)	55 (7%)

Changes	10 - screen time for work (N=749)	11 - work hours (N=749)	7 - use of sleep, anxiety, or stress medication (N=749)	8 - use of cannabis/recreational drugs (N=749)	9 - screen time for leisure (N=749)
0-NA	55 (7%)	51 (7%)	366 (49%)	492 (66%)	3 (0%)
1-Increased a lot	276 (37%)	63 (8%)	29 (4%)	16 (2%)	130 (17%)
2-Increased somewhat	223 (30%)	191 (26%)	90 (12%)	56 (7%)	306 (41%)
3-No change	185 (25%)	358 (48%)	249 (33%)	172 (23%)	244 (33%)
4-Decreased somewhat	6 (1%)	77 (10%)	11 (1%)	4 (1%)	49 (7%)
5-Decreased a lot	4 (1%)	9 (1%)	4 (1%)	9 (1%)	17 (2%)

Changes	12 - household income (N=749)	13 - yard or garden work (N=749)	14 - house work (N=749)	15 - meal preparation (N=749)	16 - time spent with children in household (N=749)
0-NA	14 (2%)	138 (18%)	4 (1%)	11 (1%)	470 (63%)
1-Increased a lot	11 (1%)	55 (7%)	56 (7%)	123 (16%)	102 (14%)
2-Increased somewhat	64 (9%)	204 (27%)	252 (34%)	297 (40%)	83 (11%)
3-No change	527 (70%)	306 (41%)	393 (52%)	273 (36%)	85 (11%)
4-Decreased somewhat	93 (12%)	29 (4%)	40 (5%)	38 (5%)	3 (0%)
5-Decreased a lot	40 (5%)	17 (2%)	4 (1%)	7 (1%)	6 (1%)

Changes	17 - face-to-face interaction with family/friends (N=749)	20 - electronic interaction with family/friends (N=749)	22 - time spent on social media (N=749)	23 - time watching the news (N=749)	24 - time spent listening to music (N=749)
0-NA	5 (1%)	16 (2%)	87 (12%)	46 (6%)	9 (1%)
1-Increased a lot	22 (3%)	137 (18%)	78 (10%)	105 (14%)	69 (9%)
2-Increased somewhat	24 (3%)	406 (54%)	268 (36%)	248 (33%)	199 (27%)
3-No change	37 (5%)	157 (21%)	261 (35%)	279 (37%)	370 (49%)
4-Decreased somewhat	153 (20%)	21 (3%)	38 (5%)	42 (6%)	82 (11%)
5-Decreased a lot	508 (68%)	12 (2%)	17 (2%)	29 (4%)	20 (3%)

Changes	25 - time spent meditating or praying (N=749)	26 - time spent on personal hobby (N=749)
0-NA	254 (34%)	23 (3%)
1-Increased a lot	21 (3%)	53 (7%)
2-Increased somewhat	108 (14%)	210 (28%)
3-No change	335 (45%)	322 (43%)
4-Decreased somewhat	22 (3%)	94 (13%)
5-Decreased a lot	9 (1%)	47 (6%)

The six frequencies listed above were combined to simplify participants' activities in response to COVID-19.

Original Change Categories	Simplified Change Categories
1 - "Increased a lot"	1 - Increase
2 - "Increased somewhat"	
3 - "No change"	2 - No change
4 - "Decreased somewhat"	3 - Decrease
5 - "Decreased a lot"	
0 - "Not applicable to me"	0 - Not applicable

Table 19.2. Simplified changes in daily life

Changes	amount of alcohol consumed (N=749)	amount of food consumption (N=749)	amount/quality of sleep (N=749)	physical activity (N=749)	time spent outside in nature or park (N=749)
0-not applicable	98 (13%)	0 (0%)	1 (0%)	3 (0%)	2 (0%)
1-increase	250 (33%)	250 (33%)	201 (27%)	179 (24%)	291 (39%)
2-no change	305 (41%)	410 (55%)	307 (41%)	131 (17%)	151 (20%)
3-decrease	96 (13%)	89 (12%)	240 (32%)	436 (58%)	305 (41%)

Changes	screen time for leisure (N=749)	screen time for work (N=749)	use of cannabis/recreational drugs (N=749)	use of sleep, anxiety, or stress medication (N=749)	work hours (N=749)
0-not applicable	3 (0%)	55 (7%)	492 (66%)	366 (49%)	51 (7%)
1-increase	436 (58%)	499 (67%)	72 (10%)	119 (16%)	254 (34%)
2-no change	244 (33%)	185 (25%)	172 (23%)	249 (33%)	358 (48%)
3-decrease	66 (9%)	10 (1%)	13 (2%)	15 (2%)	86 (11%)

Changes	house work (N=749)	household income (N=749)	meal preparation (N=749)	time spent with children in household (N=749)	yard or garden work (N=749)
0-not applicable	4 (1%)	14 (2%)	11 (1%)	470 (63%)	138 (18%)
1-increase	308 (41%)	75 (10%)	420 (56%)	185 (25%)	259 (35%)
2-no change	393 (52%)	527 (70%)	273 (36%)	85 (11%)	306 (41%)
3-decrease	44 (6%)	133 (18%)	45 (6%)	9 (1%)	46 (6%)

Changes	electronic interaction with family/friends (N=749)	face-to-face interaction with family/friends (N=749)	time spent listening to music (N=749)	time spent on social media (N=749)	time watching the news (N=749)
0-not applicable	16 (2%)	5 (1%)	9 (1%)	87 (12%)	46 (6%)
1-increase	543 (72%)	46 (6%)	268 (36%)	346 (46%)	353 (47%)
2-no change	157 (21%)	37 (5%)	370 (49%)	261 (35%)	279 (37%)
3-decrease	33 (4%)	661 (88%)	102 (14%)	55 (7%)	71 (9%)

Changes	time spent meditating or praying (N=749)	time spent on personal hobby (N=749)
0-not applicable	254 (34%)	23 (3%)
1-increase	129 (17%)	263 (35%)
2-no change	335 (45%)	322 (43%)
3-decrease	31 (4%)	141 (19%)

A few highlights included changes in physical activity, time spent outside, screen time for leisure and work, and time spent on social media.

- Over half [58%] of respondents reported a decrease in physical activity, while close to one-quarter [24%] reported an increase
- About two-fifths [39%] of respondents reported an increase in the amount of time spent outside, while two-fifths [41%], reported a decrease
- Almost three-fifths [58%] of respondents reported an increase in screen time for leisure
- Almost half [46%] of respondents reported an increase in the time spent on social media

- **Question 20.** "*Many of us have adjusted our daily activities due to the risk of COVID-19, which might have impacted your feelings*. Over the past two weeks, how often have you been bothered by any of the following problems?"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Little interest or pleasure in doing things"
  2 - "Feeling down, depressed, or hopeless"

Table 20.1. Problems experienced after COVID-19 (PSR respondents)

Frequency	1 - Little interest or pleasure (N=749)	2 - Down, depressed, or hopeless (N=749)
0 - "Not at all"	367 (49%)	347 (46%)
1 - "Several days"	292 (39%)	306 (41%)
2 - "More than half the days"	61 (8%)	65 (9%)
3 - "Nearly every day"	29 (4%)	31 (4%)

Table 20.1.1. Problems experienced after COVID-19 (Group 1: not employed (previously, post), 8%)

Frequency	1 - Little interest or pleasure (N=59)	2 - Down, depressed, or hopeless (N=59)
0 - "Not at all"	32 (54%)	34 (58%)
1 - "Several days"	21 (36%)	22 (37%)
2 - "More than half the days"	4 (7%)	2 (3%)
3 - "Nearly every day"	2 (3%)	1 (2%)

Table 20.1.2. Problems experienced after COVID-19 (Group 2: previously worked away, post wfh, 54%)

Frequency	1 - Little interest or pleasure (N=404)	2 - Down, depressed, or hopeless (N=404)
0 - "Not at all"	193 (48%)	175 (43%)
1 - "Several days"	167 (41%)	175 (43%)
2 - "More than half the days"	29 (7%)	36 (9%)
3 - "Nearly every day"	15 (4%)	18 (4%)

Table 20.1.3. Problems experienced after COVID-19 (Group 3: previously worked away, post work away, 13%)

Frequency	1 - Little interest or pleasure (N=101)	2 - Down, depressed, or hopeless (N=101)
0 - "Not at all"	51 (50%)	48 (48%)
1 - "Several days"	37 (37%)	40 (40%)
2 - "More than half the days"	11 (11%)	10 (10%)
3 - "Nearly every day"	2 (2%)	3 (3%)

Table 20.1.4. Problems experienced after COVID-19 (Group 4: previously worked away, post wfh/away, 13%)

Frequency	1 - Little interest or pleasure (N=100)	2 - Down, depressed, or hopeless (N=100)
0 - "Not at all"	50 (50%)	45 (45%)
1 - "Several days"	35 (35%)	39 (39%)
2 - "More than half the days"	10 (10%)	12 (12%)
3 - "Nearly every day"	5 (5%)	4 (4%)

Table 20.1.5. Problems experienced after COVID-19 (Group 5: other, 11%)

Frequency	1 - Little interest or pleasure (N=85)	2 - Down, depressed, or hopeless (N=85)
0 - "Not at all"	41 (48%)	45 (53%)
1 - "Several days"	32 (38%)	30 (35%)
2 - "More than half the days"	7 (8%)	5 (6%)
3 - "Nearly every day"	5 (6%)	5 (6%)

More than half of the respondents reported some form of negative mental well-being. A higher proportion of people reporting these problems were those who experienced change (e.g. transition in working conditions: from work away to work from home).

- **Question 21.** "*Below is a list of problems and complaints that people sometimes have*. Read each line carefully and select the column that best describes how much discomfort that problem has caused you during the past two weeks including today"
  » All eligible survey participants (18+ yr) responded to this question.

  1 - "Nervousness or shakiness inside"
  2 - "Suddenly scared for no reason"
  3 - "Feeling fearful"
  4 - "Feeling tense or keyed up"
  5 - "Spells of terror or panic"
  6 - "Feeling so restless you couldn't sit still"

Table 21.1. Negative feelings in response to COVID-19 (PSR respondents)

Frequency	1 - nervousness (N=749)	2 - suddenly scared (N=749)	3 - fearful (N=749)	4 - tense or keyed up (N=749)	5 - terror or panic (N=749)	6 - restless (N=749)
0-Not at all	433 (58%)	606 (81%)	409 (55%)	211 (28%)	618 (83%)	460 (61%)
1-A little bit	204 (27%)	86 (11%)	225 (30%)	259 (35%)	80 (11%)	183 (24%)
2-Moderately	61 (8%)	32 (4%)	64 (9%)	163 (22%)	33 (4%)	55 (7%)
3-Quite a bit	41 (5%)	20 (3%)	39 (5%)	88 (12%)	12 (2%)	40 (5%)
4-Extremely	10 (1%)	5 (1%)	12 (2%)	28 (4%)	6 (1%)	11 (1%)

Table 21.1.1. Negative feelings in response to COVID-10 (Group 1: not employed (previously, post), 8%)

Frequency	1 - nervousness (N=59)	2 - suddenly scared (N=59)	3 - fearful (N=59)	4 - tense or keyed up (N=59)	5 - terror or panic (N=59)	6 - restless (N=59)
0-Not at all	43 (73%)	53 (90%)	33 (56%)	22 (37%)	54 (92%)	39 (66%)
1-A little bit	11 (19%)	6 (10%)	22 (37%)	26 (44%)	4 (7%)	16 (27%)
2-Moderately	2 (3%)	0 (0%)	2 (3%)	8 (14%)	1 (2%)	1 (2%)
3-Quite a bit	3 (5%)	0 (0%)	2 (3%)	2 (3%)	0 (0%)	3 (5%)
4-Extremely	0 (0%)	0 (0%)	0 (0%)	1 (2%)	0 (0%)	0 (0%)

Table 21.1.2. Negative feelings in response to COVID-10 (Group 2: previously worked away, post wfh, 54%)

Frequency	1 - nervousness (N=404)	2 - suddenly scared (N=404)	3 - fearful (N=404)	4 - tense or keyed up (N=404)	5 - terror or panic (N=404)	6 - restless (N=404)
0-Not at all	227 (56%)	319 (79%)	209 (52%)	103 (25%)	327 (81%)	235 (58%)
1-A little bit	113 (28%)	51 (13%)	135 (33%)	133 (33%)	47 (12%)	106 (26%)
2-Moderately	35 (9%)	20 (5%)	34 (8%)	100 (25%)	20 (5%)	35 (9%)
3-Quite a bit	24 (6%)	13 (3%)	21 (5%)	52 (13%)	8 (2%)	24 (6%)
4-Extremely	5 (1%)	1 (0%)	5 (1%)	16 (4%)	2 (0%)	4 (1%)

Table 21.1.3. Negative feelings in response to COVID-10 (Group 3: previously worked away, post work away, 13%)

Frequency	1 - nervousness (N=101)	2 - suddenly scared (N=101)	3 - fearful (N=101)	4 - tense or keyed up (N=101)	5 - terror or panic (N=101)	6 - restless (N=101)
0-Not at all	54 (53%)	81 (80%)	56 (55%)	28 (28%)	82 (81%)	66 (65%)
1-A little bit	26 (26%)	9 (9%)	24 (24%)	34 (34%)	13 (13%)	22 (22%)
2-Moderately	12 (12%)	5 (5%)	13 (13%)	25 (25%)	4 (4%)	6 (6%)
3-Quite a bit	7 (7%)	4 (4%)	5 (5%)	11 (11%)	1 (1%)	5 (5%)
4-Extremely	2 (2%)	2 (2%)	3 (3%)	3 (3%)	1 (1%)	2 (2%)

Table 21.1.4. Negative feelings in response to COVID-10 (Group 4: previously worked away, post wfh/away, 13%)

Frequency	1 - nervousness (N=100)	2 - suddenly scared (N=100)	3 - fearful (N=100)	4 - tense or keyed up (N=100)	5 - terror or panic (N=100)	6 - restless (N=100)
0-Not at all	55 (55%)	81 (81%)	62 (62%)	28 (28%)	86 (86%)	61 (61%)
1-A little bit	32 (32%)	12 (12%)	18 (18%)	35 (35%)	7 (7%)	25 (25%)
2-Moderately	10 (10%)	6 (6%)	14 (14%)	20 (20%)	6 (6%)	8 (8%)
3-Quite a bit	2 (2%)	1 (1%)	6 (6%)	13 (13%)	0 (0%)	5 (5%)
4-Extremely	1 (1%)	0 (0%)	0 (0%)	4 (4%)	1 (1%)	1 (1%)

Table 21.1.5. Negative feelings in response to COVID-10 (Group 5: other, 11%)

Frequency	1 - nervousness (N=85)	2 - suddenly scared (N=85)	3 - fearful (N=85)	4 - tense or keyed up (N=85)	5 - terror or panic (N=85)	6 - restless (N=85)
0-Not at all	54 (64%)	72 (85%)	49 (58%)	30 (35%)	69 (81%)	59 (69%)
1-A little bit	22 (26%)	8 (9%)	26 (31%)	31 (36%)	9 (11%)	14 (16%)
2-Moderately	2 (2%)	1 (1%)	1 (1%)	10 (12%)	2 (2%)	5 (6%)
3-Quite a bit	5 (6%)	2 (2%)	5 (6%)	10 (12%)	3 (4%)	3 (4%)
4-Extremely	2 (2%)	2 (2%)	4 (5%)	4 (5%)	2 (2%)	4 (5%)

The five frequencies listed above were combined to simplify participants' feelings in response to COVID-19.

Original Change Categories	Simplified Change Categories
0 - "Not at all"	0 - not at all
1 - "A little bit"	1 - moderate
2 - "Moderately"	
3 - "Quite a bit"	2 - a lot
4 - "Extremely"	

Table 21.2. Simplified negative feelings in response to COVID-19 (PSR respondents)

Frequency	1 - nervousness (N=749)	2 - suddenly scared (N=749)	3 - fearful (N=749)	4 - tense or keyed up (N=749)	5 - terror or panic (N=749)	6 - restless (N=749)
0 - not at all	433 (58%)	606 (81%)	409 (55%)	211 (28%)	618 (83%)	460 (61%)
1 - moderate	265 (35%)	118 (16%)	289 (39%)	422 (56%)	113 (15%)	238 (32%)
2 - a lot	51 (7%)	25 (3%)	51 (7%)	116 (15%)	18 (2%)	51 (7%)

Table 21.2.1. Simplified negative feelings in response to COVID-19 (Group 1: not employed (previously, post), 8%)

Frequency	1 - nervousness (N=59)	2 - suddenly scared (N=59)	3 - fearful (N=59)	4 - tense or keyed up (N=59)	5 - terror or panic (N=59)	6 - restless (N=59)
0 - not at all	43 (73%)	53 (90%)	33 (56%)	22 (37%)	54 (92%)	39 (66%)
1 - moderate	13 (22%)	6 (10%)	24 (41%)	34 (58%)	5 (8%)	17 (29%)
2 - a lot	3 (5%)	0 (0%)	2 (3%)	3 (5%)	0 (0%)	3 (5%)

Table 21.2.2. Simplified negative feelings in response to COVID-19 (Group 2: previously worked away, post wfh, 54%)

Frequency	1 - nervousness (N=404)	2 - suddenly scared (N=404)	3 - fearful (N=404)	4 - tense or keyed up (N=404)	5 - terror or panic (N=404)	6 - restless (N=404)
0 - not at all	227 (56%)	319 (79%)	209 (52%)	103 (25%)	327 (81%)	235 (58%)
1 - moderate	148 (37%)	71 (18%)	169 (42%)	233 (58%)	67 (17%)	141 (35%)
2 - a lot	29 (7%)	14 (3%)	26 (6%)	68 (17%)	10 (2%)	28 (7%)

Table 21.2.3. Simplified negative feelings in response to COVID-19 (Group 3: previously worked away, post work away, 13%)

Frequency	1 - nervousness (N=101)	2 - suddenly scared (N=101)	3 - fearful (N=101)	4 - tense or keyed up (N=101)	5 - terror or panic (N=101)	6 - restless (N=101)
0 - not at all	54 (53%)	81 (80%)	56 (55%)	28 (28%)	82 (81%)	66 (65%)
1 - moderate	38 (38%)	14 (14%)	37 (37%)	59 (58%)	17 (17%)	28 (28%)
2 - a lot	9 (9%)	6 (6%)	8 (8%)	14 (14%)	2 (2%)	7 (7%)

Table 21.2.4. Simplified negative feelings in response to COVID-19 (Group 4: previously worked away, post wfh/away, 13%)

Frequency	1 - nervousness (N=100)	2 - suddenly scared (N=100)	3 - fearful (N=100)	4 - tense or keyed up (N=100)	5 - terror or panic (N=100)	6 - restless (N=100)
0 - not at all	55 (55%)	81 (81%)	62 (62%)	28 (28%)	86 (86%)	61 (61%)
1 - moderate	42 (42%)	18 (18%)	32 (32%)	55 (55%)	13 (13%)	33 (33%)
2 - a lot	3 (3%)	1 (1%)	6 (6%)	17 (17%)	1 (1%)	6 (6%)

Table 21.2.5. Simplified negative feelings in response to COVID-19 (Group 5: other, 11%)

Frequency	1 - nervousness (N=85)	2 - suddenly scared (N=85)	3 - fearful (N=85)	4 - tense or keyed up (N=85)	5 - terror or panic (N=85)	6 - restless (N=85)
0 - not at all	54 (64%)	72 (85%)	49 (58%)	30 (35%)	69 (81%)	59 (69%)
1 - moderate	24 (28%)	9 (11%)	27 (32%)	41 (48%)	11 (13%)	19 (22%)
2 - a lot	7 (8%)	4 (5%)	9 (11%)	14 (16%)	5 (6%)	7 (8%)

The most frequently reported negative response to COVID-19 was a feeling of being tense or keyed up, followed by feeling fearful. These trends were most noticeable for the individuals who transitioned from working away to working from home. Those continuing to work away reported the highest rates of nervousness.

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