



# How do different confinement measures affect people in Luxembourg, France, Germany, Italy, Spain and Sweden?

## COME-HERE: First Report

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<https://humanities.uni.lu/virtual-faculty/how-do-different-confinement-measures-affect-people-across-europe>

<https://humanities.uni.lu/virtual-faculty/a-survey-to-understand-the-psychological-effects-of-social-distancing-measures-in>

## Highlights:

- In France, Germany, Italy, and Spain, working time was reduced for 15-20% of its residents. In Sweden and Luxembourg, the figure is approximately 9%. Luxembourg differs from all other countries in that a higher proportion of individuals (8%) took leave for family reasons (pp. 6-7).
- 13% of Italians are earning less, followed by 9% of Germans and Spaniards, 8% of French, 7% of Swedes and 4% of Luxembourgish (pp. 6-7).
- In France and Germany, about 30% of households experienced a decrease of at least 1% in their monthly income during lockdown. This percentage rises to 53.45% in Italy and 44.96% in Spain, and decreases to 22.06% in Sweden and 13.93% in Luxembourg (pp. 7-8).
- In France, Italy and Spain, between 13% and 24% of residents report having undergone major cuts in household income. Around 9% of Italian and Spaniards lost their job or were not paid. Approximately 8% of Italians and 6% of Spaniards are unable to pay bills (p. 14).
- Between 4% and 8% of individuals took medication in a higher dose or more often than prescribed. Higher percentages are observed in Italy and Spain (8%), followed by France and Sweden (6%), and Germany and Luxembourg (4%) (p. 11).
- On average, people are mainly worried about finances, future plans, catching Covid-19 or becoming seriously ill from Covid-19. These worries are not ubiquitous, as there is heterogeneity between countries: Luxembourgish are less worried about finances but more worried about their relatives; Swedes are the least worried about catching and becoming seriously ill from the virus, in contrast to Spaniards. Italians and Spaniards are the most worried about becoming unemployed, their finances, their own security, boredom, Internet access etc (pp. 14-19).
- Individuals in France, Germany, Italy, Spain and Luxembourg increased time spent for children's care and for household chores. Luxembourg experienced the highest increase of 2.65 hours on average in childcare. Every country experienced, on average, a decrease in working time. This decrease is more pronounced for France (2.55 hours), followed by Italy (2.22 hours), Spain (1.90 hours) and Luxembourg (1.41 hours) (pp. 19-20).
- Italian and Spanish residents have the highest degree of compliance towards the recommendations of the authorities to prevent the spread of Covid-19, followed by Luxembourgish and French residents. The country of residence in which the population least follows the recommendations is Sweden (p. 21).
- Luxembourg is the country where residents report having the highest confidence in their government to deal with the pandemic (p. 22).
- Luxembourg residents are the ones who report having the highest confidence in the health services to cope with the pandemic (p. 22).
- Italy is the country where residents report the lowest life satisfaction during the week before responding to the survey while Germany is the country showing the highest value (pp. 23-24).
- Residents from Spain and Italy report to endorse preventive measures/behaviours (e.g. not shaking hands) more often than others, followed by France and Luxembourg, with the lowest figures for Germany and Sweden. Most of these countries (Italy, Spain, France) also endorsed more unreasonable behaviours (e.g. buying toilet paper) (pp.

25-26). These apparently contradictory results may be explained by people engaging in both reasonable and unreasonable behaviours in an attempt to cope with this crisis situation.

- Depression and anxiety tend to be highest in Italy, followed by Spain and Luxembourg, and then the other countries (pp. 28-30). Positive mental health, i.e. managing well to fulfil one's needs rather than just the absence of mental health problems is highest in Spain and Germany, and lowest in Italy (pp. 30-31). This shows that mental problems and positive mental health are not two sides of the same coin: one can have mental problems and nevertheless feel able to do something about it.
- Respondents from Italy, Spain and Luxembourg report the highest levels of perceived stress during the 2 weeks before participating in the survey (p. 31).
- Italian and Luxembourgish participants report the highest levels of loneliness (p. 32, while perceived social support was highest in Luxembourg, followed by Germany and Spain, and lowest in Italy (pp. 32-33). This shows that one can feel lonely, despite being well supported by one's social network as is the case for Luxembourg. As the level of severity of confinement measures was similar between Italy and Spain, but led to different outcomes, this shows that confinement as such does not predict mental health directly.
- Resilience was highest in Germany compared to all other countries (pp. 33-34).

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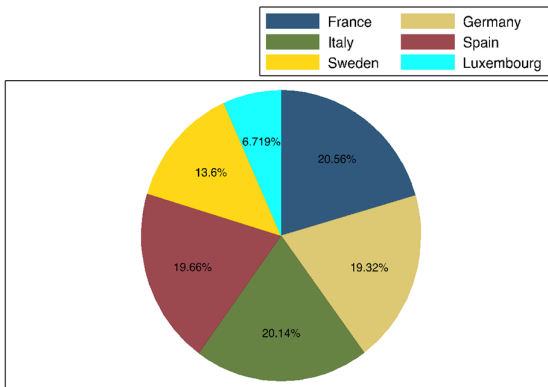
### Matching

We conducted two surveys in the days around **May 1, 2020**, one with Qualtrics and one on the University of Luxembourg’s website. We used Qualtrics to reach representative samples in France, Germany, Italy, Spain and Sweden, in two points in time (waves). The next wave started on June 9 and a third wave is planned for July 30. Qualtrics does not offer the possibility to re-interview the same individuals in Luxembourg. The Qualtrics and the web datasets were merged in a global dataset (N=8.827). In the web sample, highly educated women are over-represented. For this first report, we, therefore, modified the Qualtrics samples to match the web sample with respect to age, education, and gender, so to enable cross country comparisons. This resulted in the loss of N=1.403 observations overall. The dedicated websites are available at the following addresses: <https://humanities.uni.lu/virtual-faculty/how-do-different-confinement-measures-affect-people-across-europe>  
<https://humanities.uni.lu/virtual-faculty/a-survey-to-understand-the-psychological-effects-of-social-distancing-measures-in>

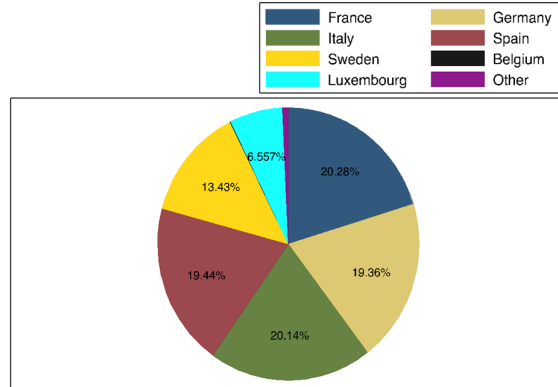
### About you

Our sample includes slightly fewer respondents residing in Sweden (13.6%) compared to France (20.56%), Italy (20.14%), Germany (19.32%) and Spain (19.66%). Only 6.72% of individuals are residing in Luxembourg. The numbers are very similar, as expected, with respect to where individuals have been staying during the week preceding the survey.

(Q4) What is your country of residence?



(Q6) In which country have you been staying last week?

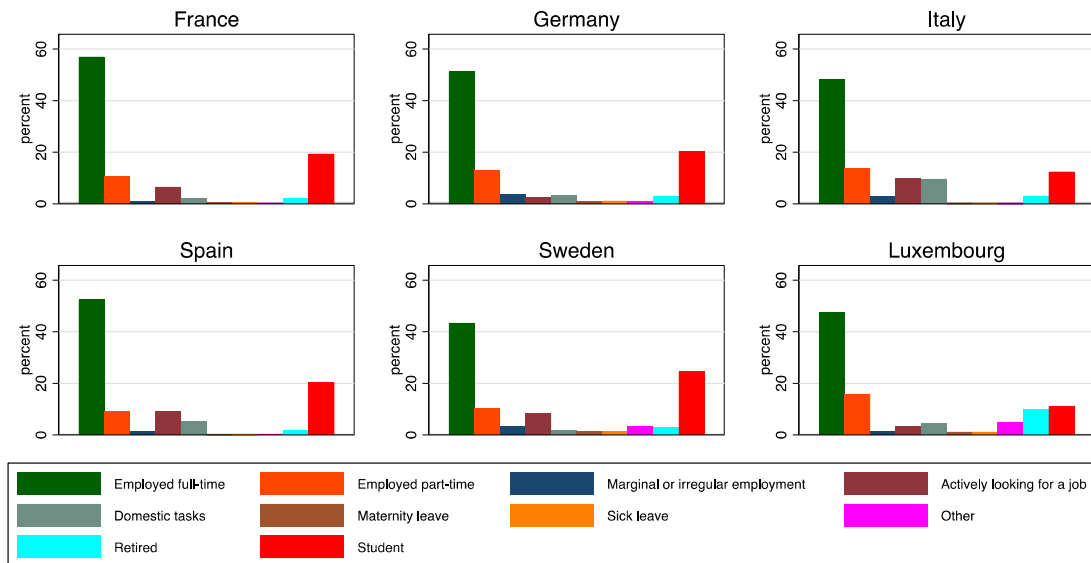


## Your work

### Employment status

The majority of people are employed full-time. The second most frequent category is composed of students but in Luxembourg, where almost 2% are employed part-time.

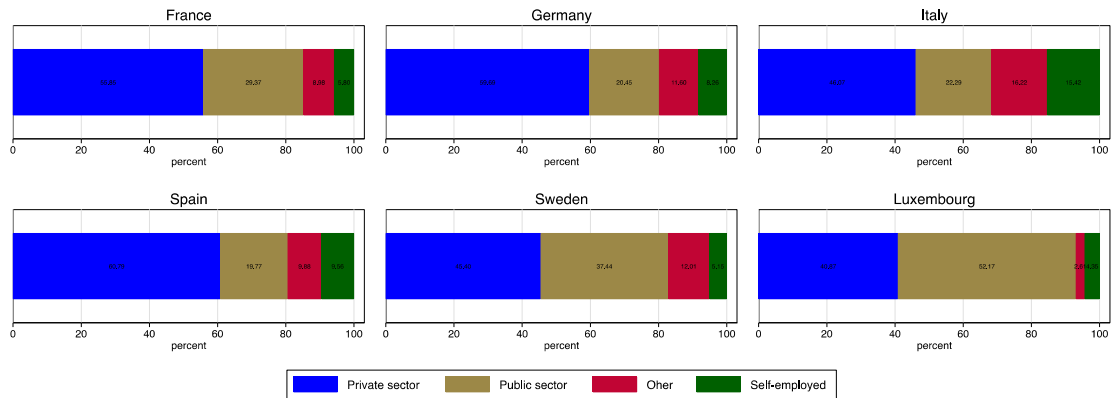
(Q9) Employment status



### Employment sector

The countries look similar in terms of employment sector of those who are employed. An exception is Luxembourg, where the majority of workers are employed in the public sector (52.17%).

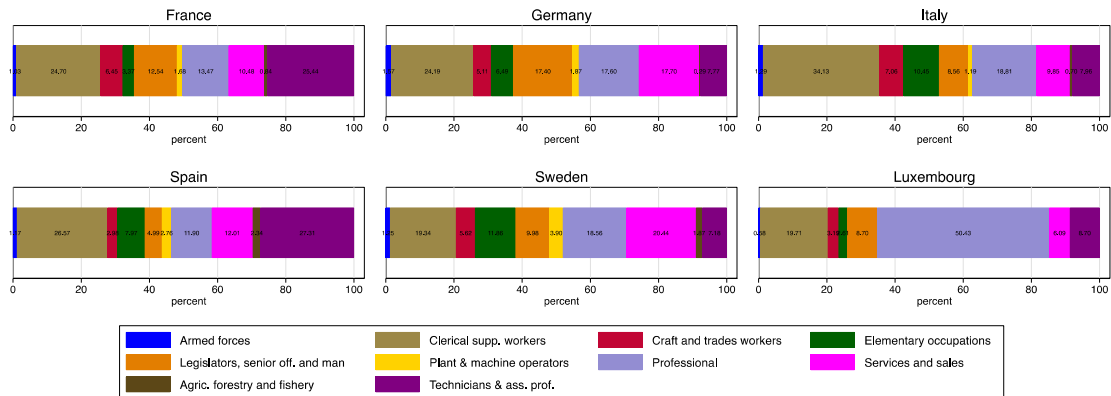
(Q8) If you are employed, are you...



## Occupation

The proportions of workers in each sector of occupation are relatively similar. The exception is again Luxembourg, where the largest group is employed in professional occupations.

(Q11) If you are employed, in which occupation?

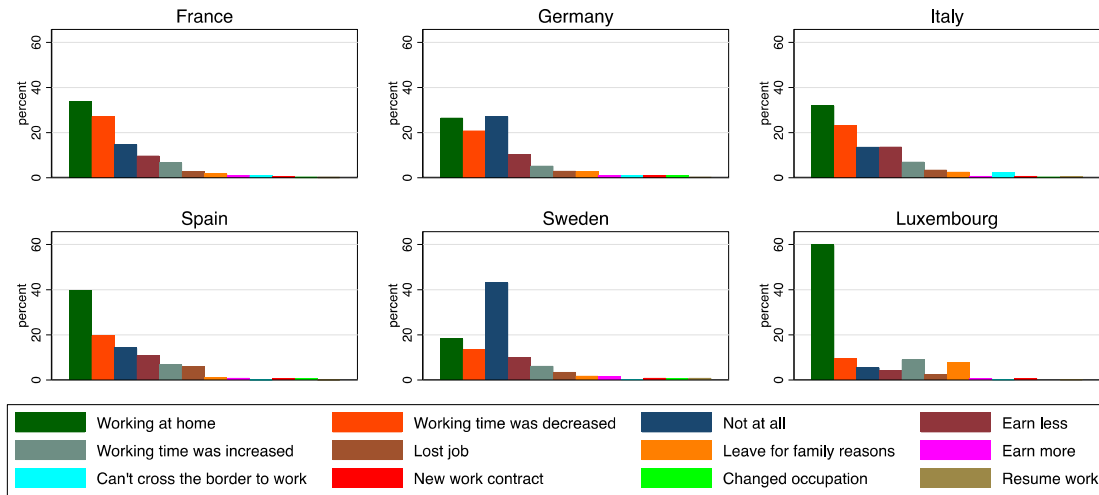


## Change in working conditions since the implementation of social distancing measures

During the lockdown week when the interview took place, about 30% of people in France, Italy or Spain were working from home. In Germany, this proportion is lower (23%), but still higher than Sweden, where only 13% of the population was working from home. These low proportions in Germany and Sweden are mainly due to less severe lockdown measures in these countries. Luxembourg shows the highest proportion of people working from home (around 60%). For France, Germany, Italy, and Spain, working time was reduced for 15-20% of residents. In Sweden and Luxembourg, the figure is approx. 9%. Luxembourg differs from all other countries in that 8% of individuals took leave for family reasons.

It is of interest to note that 13% of Italians are earning less, followed by 9% of Germans and Spaniards, 8% of French, 7% of Swedes and 4% of Luxembourgish. See below for an additional analysis on income changes.

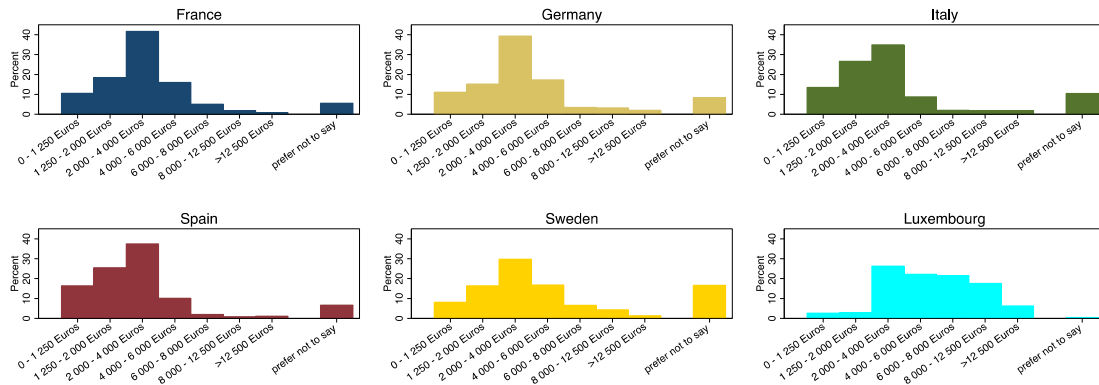
### (Q13) Changes in working conditions



### Household net income in January 2020

The distributions of household income are very similar between countries but for Luxembourg where higher levels are present. The most represented income range is 2.000-4.000 euros net (after taxes and transfers) in the month of January 2020. In Luxembourg 22.22% of residents have a household income between 4.000-6.000 euros; 21.50% earn between 6.000 and 8.000 euros, and 17.63% between 8.000 and 12.500 euros.

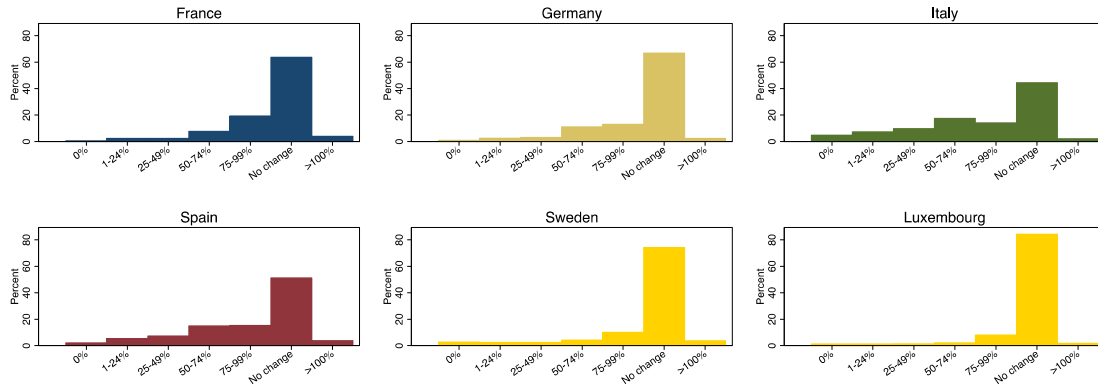
### (Q15) Total monthly household income in January 2020



In France and Germany, about 30% of households experienced a decrease of at least 1% in their monthly income during lockdown. This percentage rises to 53.45% in Italy and 44.96% in Spain, and decreases to 22.06% in Sweden and 13.93% in Luxembourg.



(Q16) Relative change of monthly household income

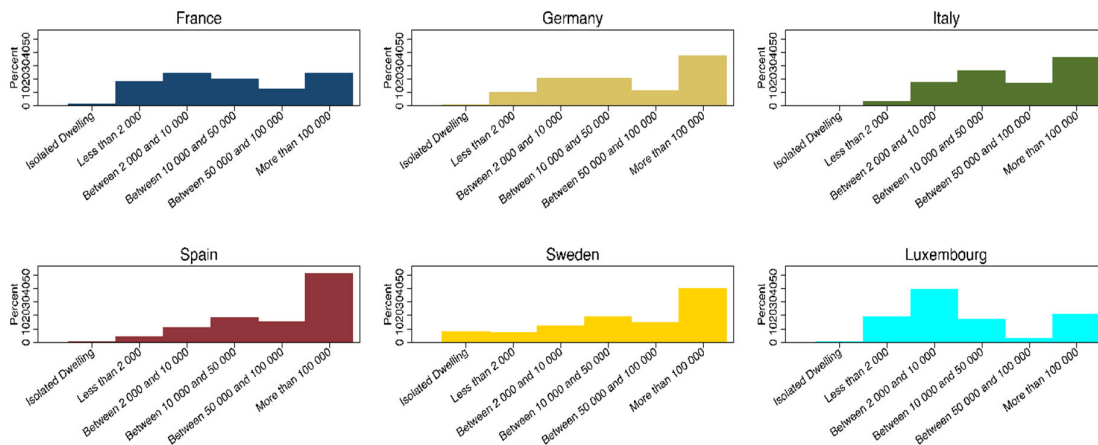


## Your home

### Population density

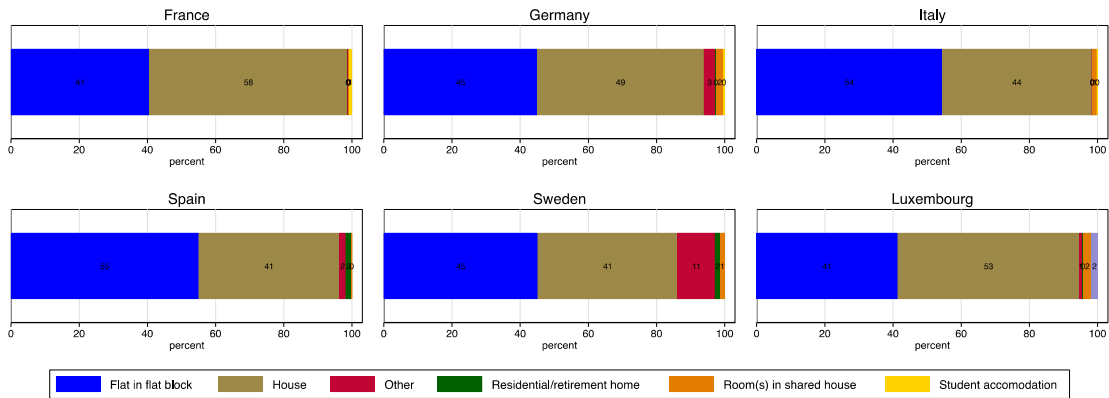
The majority of individuals live in cities with more than 100.000 inhabitants except for Luxembourg, where the most represented category is between 2.000-10.000. Luxembourg shares with France and Germany the popularity of houses, while in the other countries the majority of individuals live in flats. Surprisingly, Luxembourg is the country with the highest percentage of the population living in a dwelling with no place to go outside. This is due to the specific sample that responded to our survey.

(Q17) What type of area/city/town/village do you live in?



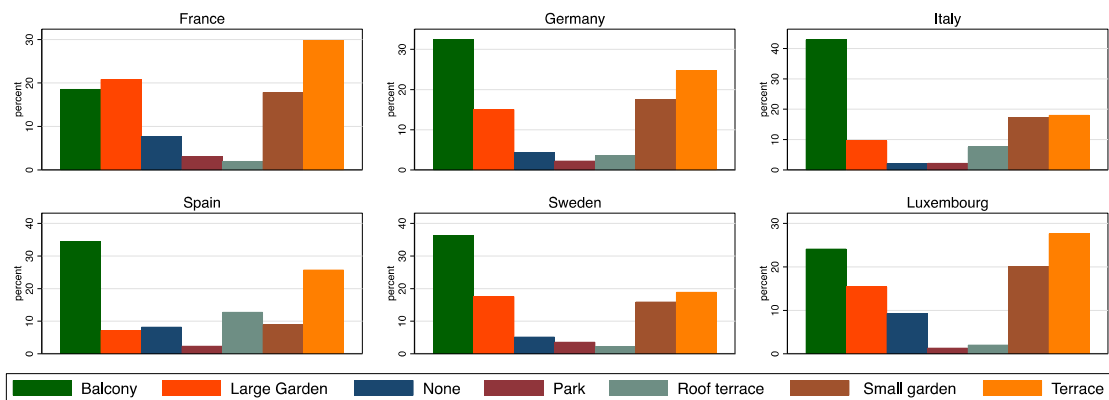
## Type of place

(Q18) What type of place do you live in?



## Home features

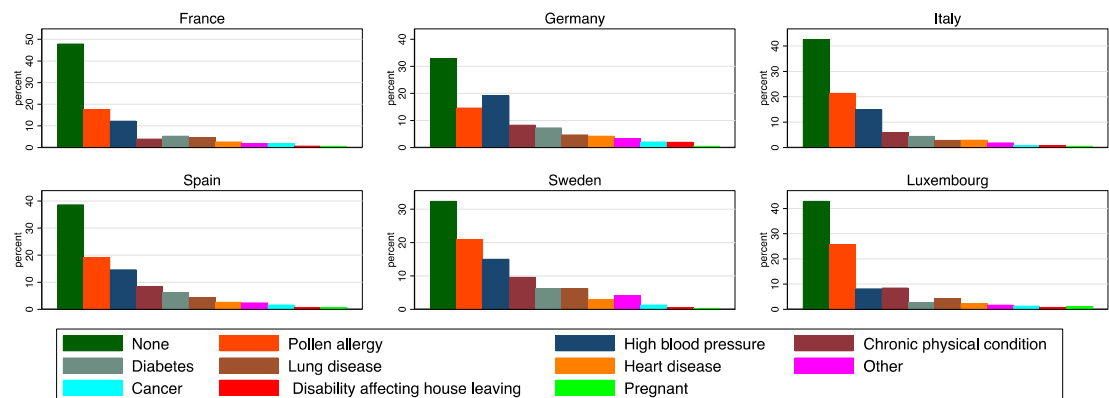
(Q19) Home Features



## Your Health

### Various conditions

(Q27) Various conditions



Pollen allergy and high blood pressure are both very common conditions in all the countries, followed by any other clinically-diagnosed chronic physical health condition.

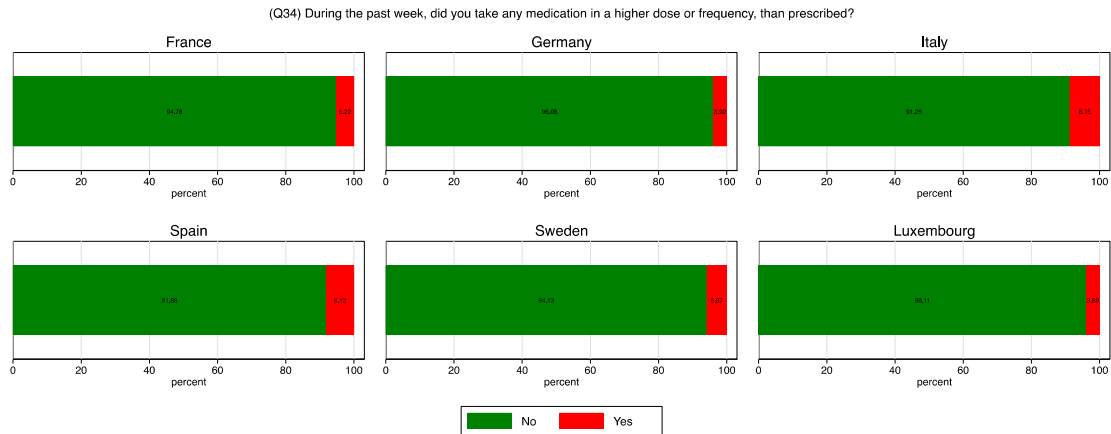
## Mental disorders

The following table displays the proportion of individuals diagnosed with a mental disorder before (Past MD) and during the lockdown (Current MD). Fewer people report to have been diagnosed with any type of mental disorders during the lockdown. This difference in the number of diagnoses in mental disorders is most likely due to two reasons: (1) “past MD” refers to a much longer period of time than “current MD”; (2) fewer people had the opportunity to meet health-care professionals during the lockdown.

		France	Germany	Italy	Spain	Sweden	Luxembourg	Total
<b>None of the following</b>	Past MD	87,5	78,9	78,6	79,8	69,1	88,9	79,5
	Current MD	93,8	88	72,5	83,2	81,8	94,4	84
<b>Major depression</b>	Past MD	3,7	15,4	3,9	7,5	13,6	13,1	8,7
	Current MD	1,3	8,6	3,8	3,4	4,6	3,9	4,2
<b>Generalized anxiety disorder</b>	Past MD	5,1	3,4	11,1	10,4	15,2	7,6	8,5
	Current MD	2,7	2,4	17,3	8,8	8,6	4,5	7,7
<b>Panic disorder</b>	Past MD	0,9	4,7	9,1	1,7	13,6	3,9	5,4
	Current MD	0,4	3,1	6,4	1,3	6,8	2,7	3,3
<b>Post-traumatic stress disorder</b>	Past MD	0,6	2,9	2,1	1,9	4,4	3,9	2,3
	Current MD	0,2	1,3	0,8	0,8	2,6	1	1
<b>Adjustment disorder</b>	Past MD	0,5	1,6	1	1	1,1	1	1
	Current MD	0,3	0,3	1,6	1,1	0,4	1	0,8
<b>Agoraphobia</b>	Past MD	0,7	0,6	0,6	1,4	1,9	0,6	1
	Current MD	0,3	0,3	0,6	1,3	0,5	0	0,6
<b>Alcohol or substance abuse</b>	Past MD	0,8	1	0,5	0,8	2,7	1,8	1,1
	Current MD	0,2	0,6	0,8	0,6	0,4	0,4	0,5
<b>Alcohol or substance dependence</b>	Past MD	0,5	1,1	0,1	0,4	1,8	0,6	0,7
	Current MD	0,2	0,5	0,2	0,1	0,6	0,2	0,3
<b>Anorexia</b>	Past MD	0,7	1	1,1	0,7	2,7	1	1,1
	Current MD	0,1	0,2	0,2	0,1	1,1	0,2	0,3
<b>Binge eating disorder</b>	Past MD	0,1	0,4	1,9	1,1	1,2	0,8	0,9
	Current MD	0,3	0,3	2,7	1,3	1,2	0,6	1,1
<b>Bulimia nervosa</b>	Past MD	0,5	0,8	0,8	0,6	1,1	0,6	0,7
	Current MD	0,2	0,4	1,1	0,6	0,3	0	0,5
<b>Illness anxiety disorder or hypochondriac</b>	Past MD	0,9	0,9	1,4	1,3	1,1	0,8	1,1
	Current MD	0,3	0,3	2,2	1,4	0,5	0,8	1
<b>Other</b>	Past MD	0,4	0,4	1,4	1,3	1,4	0,4	0,9
	Current MD	1,3	1,3	1,2	1,8	3,2	2,7	1,7
<b>Somatoform or somatic symptom disorder</b>	Past MD	0,1	0,5	0,5	0,2	1,1	1,2	0,5
	Current MD	0,1	0,1	0,3	0,1	0,7	0,4	0,2
<b>Specific phobia</b>	Past MD	1,2	0,9	1,8	1,6	2,6	0,6	1,5
	Current MD	0,8	0,7	1,6	1,5	1,7	0,4	1,2

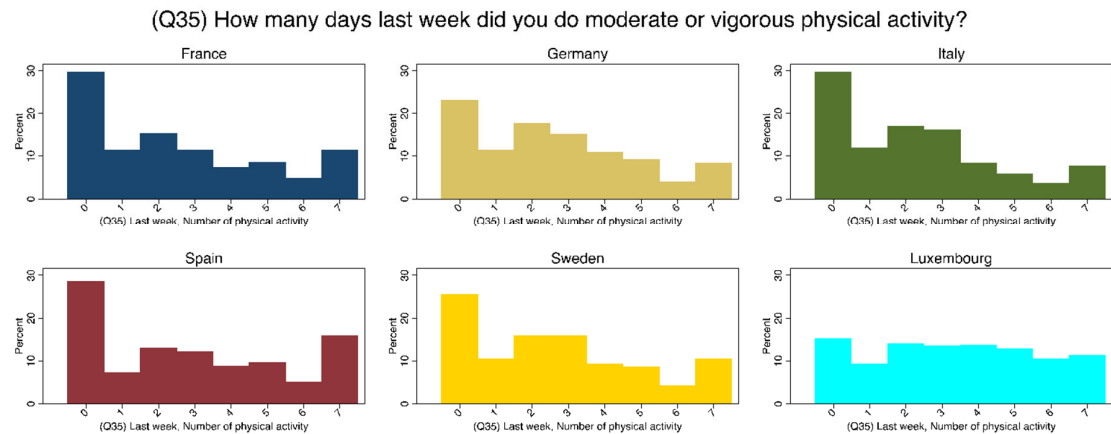
## Medication

Between 4% and 8% of individuals took medications in a higher dose or more often than prescribed. Approximately 4% of the German and the Luxembourgish population report taking any medication in a higher dose or frequency than prescribed compared to 5% in France and Sweden. The Italian and Spanish populations have the highest percentage of overmedication with 8 to 9% indicating taking more medication than prescribed.



## Physical activity

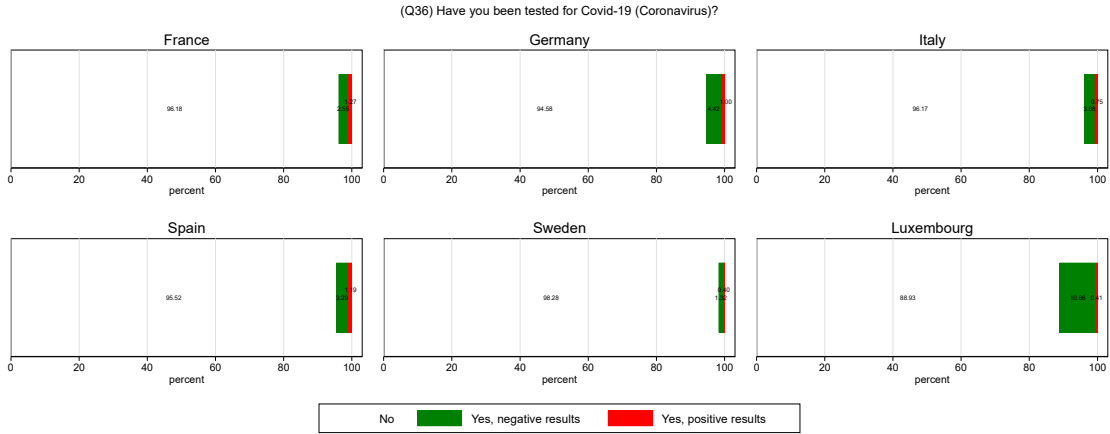
Luxembourg residents had the lowest frequency of moderate or vigorous physical activity during the lockdown compared to the other European countries in our sample. The majority of female participants in the Luxembourg sample may have contributed to this result (as females are less physically active than men, throughout all age groups). The distributions of the number of days of physical activity are very similar between the remaining countries, with a high number of respondents reporting doing no physical activity at all.



## Your experience during Covid-19

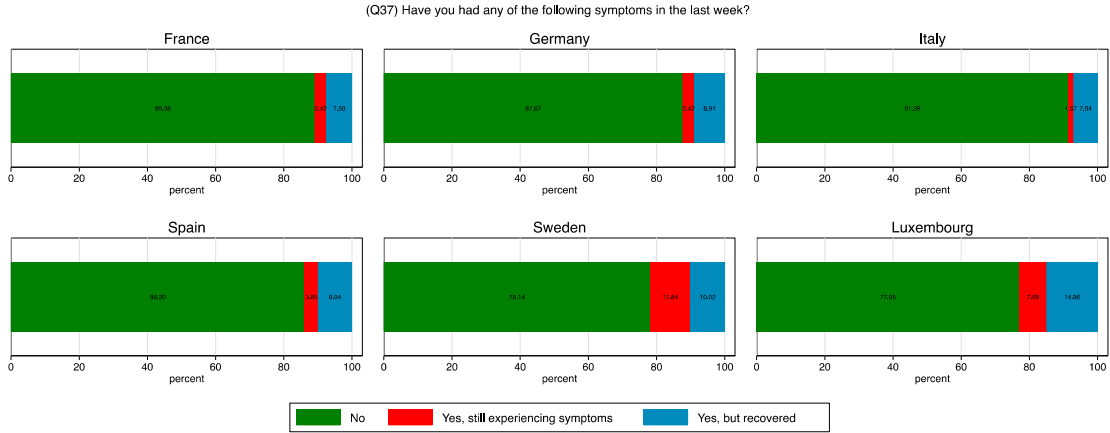
### Tested for Covid-19

Approximately 3-4% of the population were tested for coronavirus in France (3.82%), Italy (3.83%), Spain (4.48%). Germany had a larger testing campaign as 5.52% of its population has been tested. Only 1.72% of the population residing in Sweden has been tested. Luxembourg is an exception as 11.07% of its population has been tested.



Symptoms (fever, tiredness, dry cough, shortness of breath, aches and pains, sore throat, diarrhea, nausea or a runny nose)

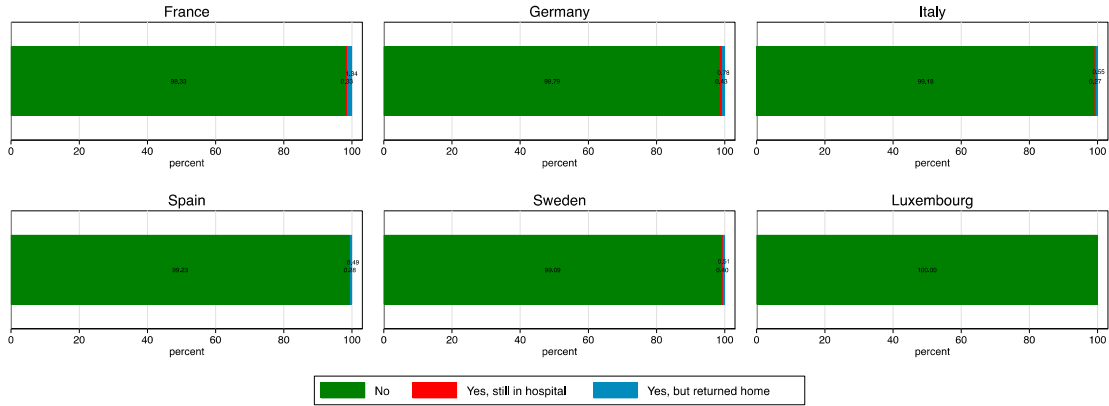
Across all participants who responded independently on being tested for Covid-19, between 8% and 14% had/have symptoms related to Covid-19 (France: 10.91%; Germany: 12.33%; Italy: 8.61%; Spain: 13.79%). The percentage of people who have/had symptoms is higher in Sweden and Luxembourg and is around 22% (Sweden: 21.86%; Luxembourg: 22.95%). 15% of individuals in Luxembourg had recovered from these symptoms, followed by 10% in Sweden.



Hospitalized for Covid-19

In all participating countries, the percentage of people hospitalized for Covid-19 is low (around 1% of the population).

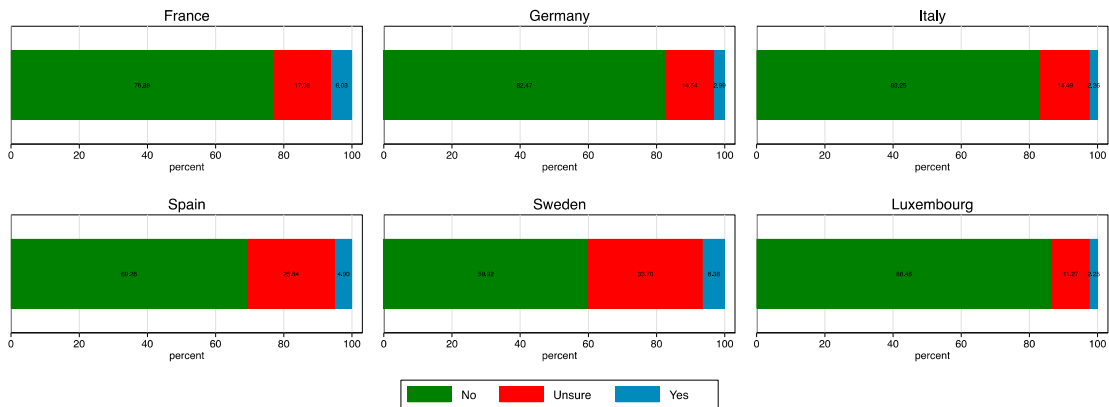
(Q38) Have you been hospitalized for treatment of Covid-19?



### Close contact with somebody you think has Covid-19

Residents of Sweden are the most likely to report of not being sure whether they have been in contact with a person with Covid-19 (33.1%). This high uncertainty is most likely due to the government's decision not to confine social contact despite applying social distancing measures. The percentage of Spanish residents reporting being unsure whether they have been in contact with somebody who has Covid-19 is also high (25.85%). The other countries of residence have roughly similar percentages (between 11% and 17%). The percentage of people who are sure they have been in close contact with somebody who has Covid-19 ranges from 2.26% for Italy to 6.38% for Sweden.

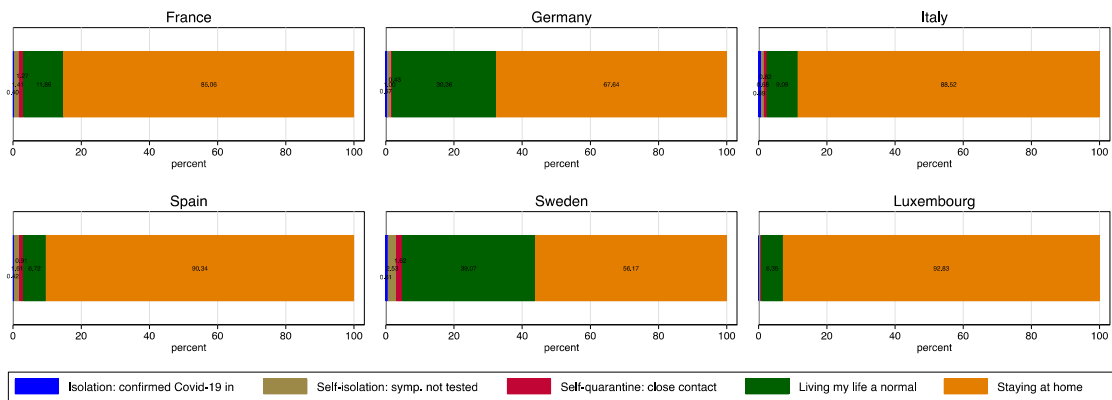
(Q39) CLOSE CONTACT with somebody who has Covid-19



### Isolation status

The percentages of those reporting to live their lives as normal are highest in residents in Germany (30.36%) and Sweden (39.07%), unlike residents of the other countries who stay at home in a large majority (from 85.06% to 92.83% of the sample).

### Q41 What is your current isolation status?



### Experiences during Covid-19

In France, Italy and Spain, between 13% and 24% of residents report having undergone major cuts in household income. Around 9% of Italian and Spaniards lost their job or were not paid. Approximately 8% of Italians and 6% of Spaniards are unable to pay bills.

	France	Germany	Italy	Spain	Sweden	Luxembourg	Total
None of the below	73,7	80	59,4	55,7	81,8	94,4	69,3
Major cut in household income	13,7	9,8	24	23,7	5,8	3,7	15,2
Lost your job / been unable to be paid	5,8	4,4	9,3	9,3	5,6	2,9	6,7
Unable to pay bills	3,5	3,1	7,9	5,6	3,1	1	4,5
Somebody close to you is ill in hospital	3,1	3,3	3,7	7,8	3,2	5,3	4,4
Evicted/lost accommodation	0,3	0,6	0,5	0,4	0,6	0	0,4
Unable to access required medication	1,5	1,5	1,9	2	1,2	1,4	1,6
Unable to access sufficient food	3,6	1,7	2,3	3,4	3,2	0,6	2,7
You lost somebody close to you	2,5	1,1	5,1	9,6	2,4	2,9	4,2
Your spouse/partner lost their job	3	3	5,5	7,8	2,6	1,6	4,3

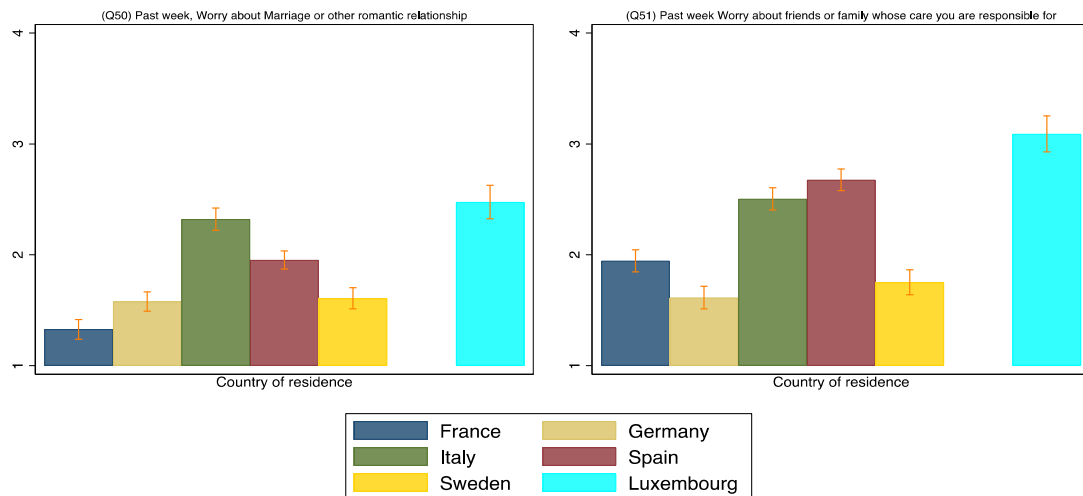
### Worry about...

In the following section, people were asked to what degree they were worried for a number of reasons during the week preceding the survey. They were asked to answer a 6-point Likert scale where 1 indicates that the respondent “never” worried and 6 indicates that the respondent was worried “all the time” about a specific reason. The following graphs display the average response for each country where a higher number indicates a higher frequency or degree of worry. Note that these average responses do not represent the whole sample as respondents could indicate if one item was irrelevant for them, for example no answer was supposed to be given on worry about pets if the individual had no pets. A cursory look at the answers seems to indicate that on average, people are mainly worried about their finances, their future plans, catching Covid-19 or becoming seriously ill from Covid-19. These worries are not ubiquitous, as there is heterogeneity between countries: Luxembourgish residents are less worried about finances but more worried about their relatives; Swedes are the least worried about catching and becoming seriously ill from the virus, in contrast to Spaniards.

Italians and Spaniards are the most worried about becoming unemployed, their finances, their own security, boredom, Internet access etc.

Please note that throughout the remainder of this work, when comparing the differences in means between two different countries, we specify whether they are “statistically significant” or not. With this, we will refer to whether such observed differences in the observed sample means are truly due to a difference in the means of the populations from which the samples are extracted, rather than just due to simple randomness. Should the latter be the case, then we cannot conclude that there is any difference.

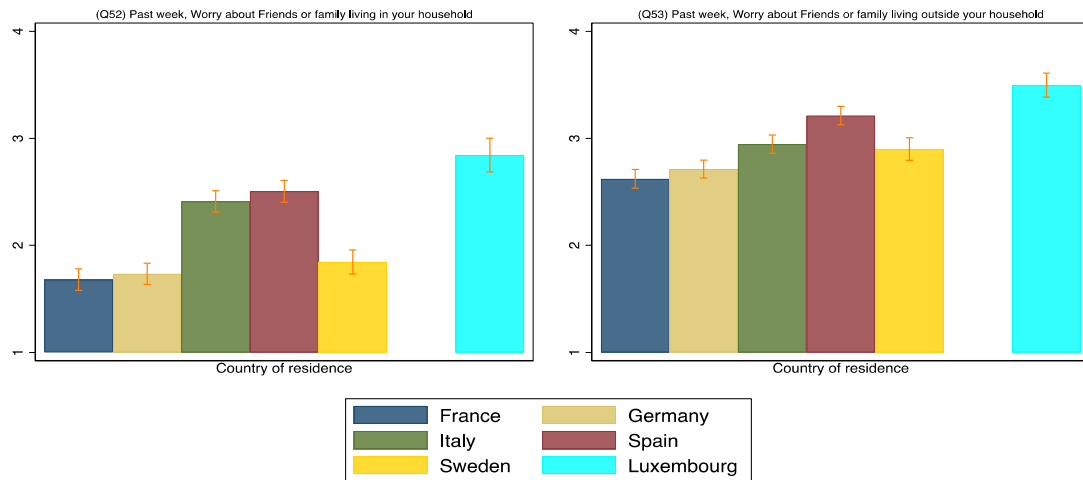
### Marriage or romantic relationship / Friends and family whose care you are responsible for



Marriage or romantic relationships was not on average a major worry during the lockdown. Italian and Luxembourgish residents are significantly more concerned than Spanish residents, followed by Swedish, German, and French residents about marriage or romantic relationships. On the other hand, people seem to be on average slightly more often worried about friends and family whose care one is responsible for. Luxembourgish are significantly more worried, followed by Italian and Spanish residents, and then French. German and Swedish residents were significantly the least worried.

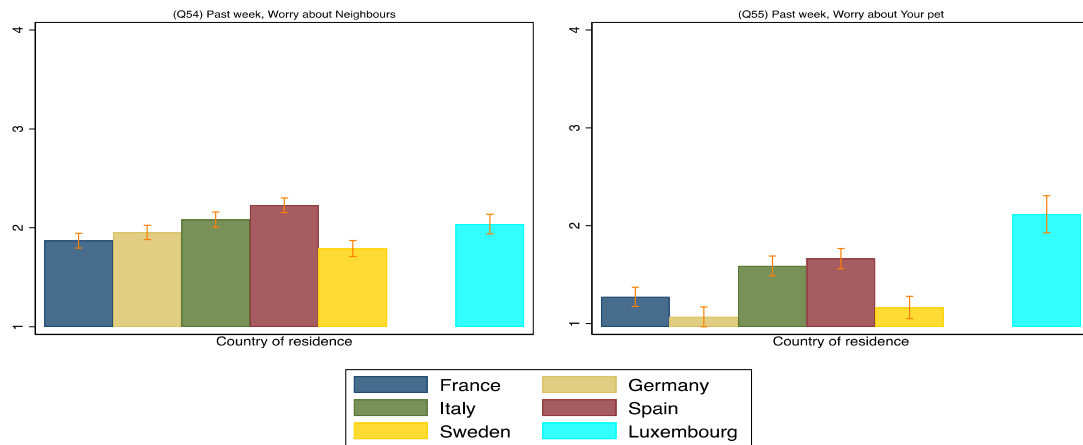


## Friends and family living in your household / outside your household



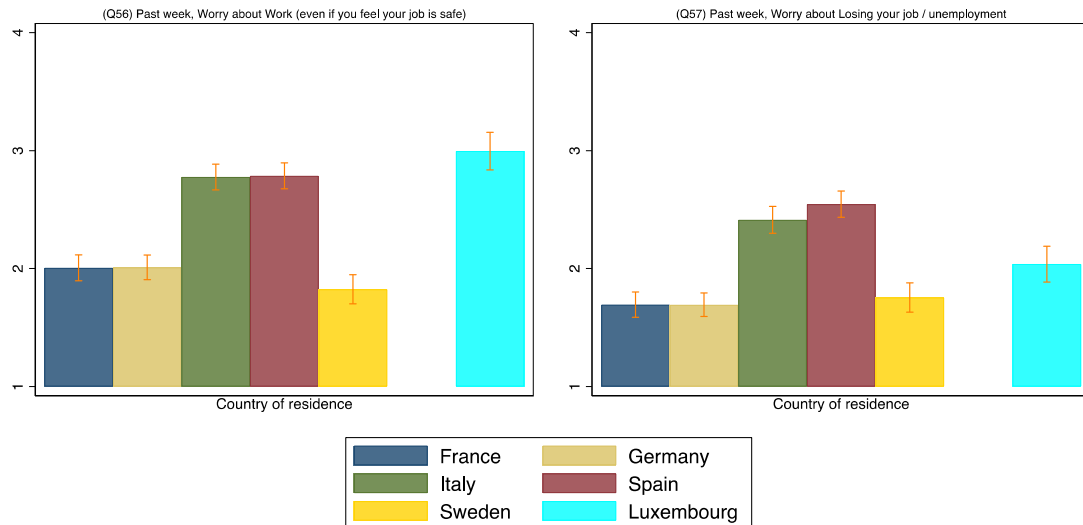
People report to be more often worried about friends and family living outside the household compared to those living inside. Luxembourgish are the exception here, since their average degree of worry about their relatives inside or outside the household is significantly the highest amongst all countries.

## Neighbours / Your Pet



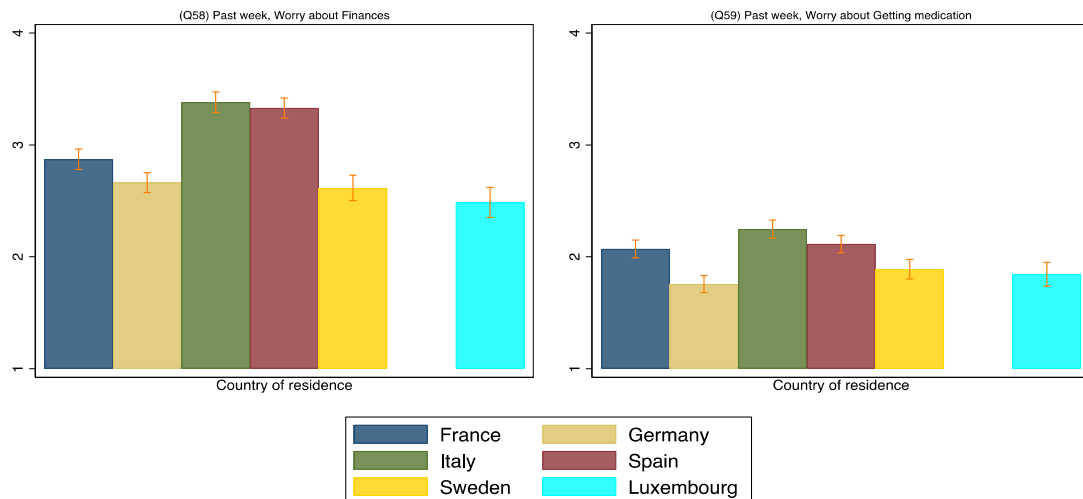
These two graphs indicate that neighbours and pets were on average “never” or “almost never” a worry for residents in any country. Luxembourgish residents were significantly the most often worried of all countries about their pets.

## Work / Losing your job



Italians, Spaniards and Luxembourgish indicate that they are “sometimes” worried about their work compared to French, German and Swedish residents who are “almost never” worried about this aspect of life. A similar pattern can be found regarding their worries about losing one’s job/being unemployed as French, German and Swedish residents were also the least worried. Luxembourgish residents, however, had significantly less concerns about losing their job or being unemployed compared to Italians and Spaniards displaying the highest degree of concern.

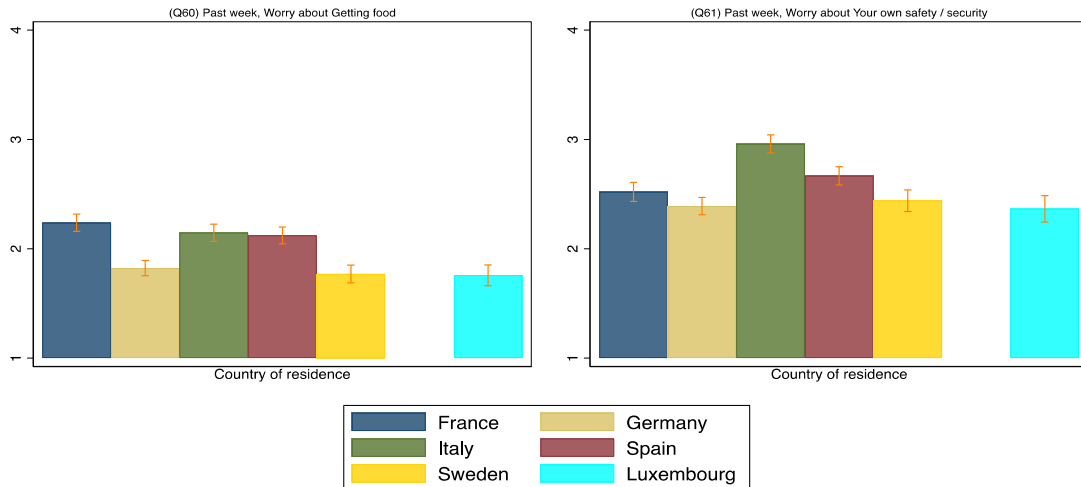
## Finances / Getting medication



Although people indicate on average that finances were “sometimes” a worry in all countries, French, German, and Swedish residents were less worried about finances than Italians and Spaniards. Luxembourgish residents were significantly the least worried about this aspect on average.

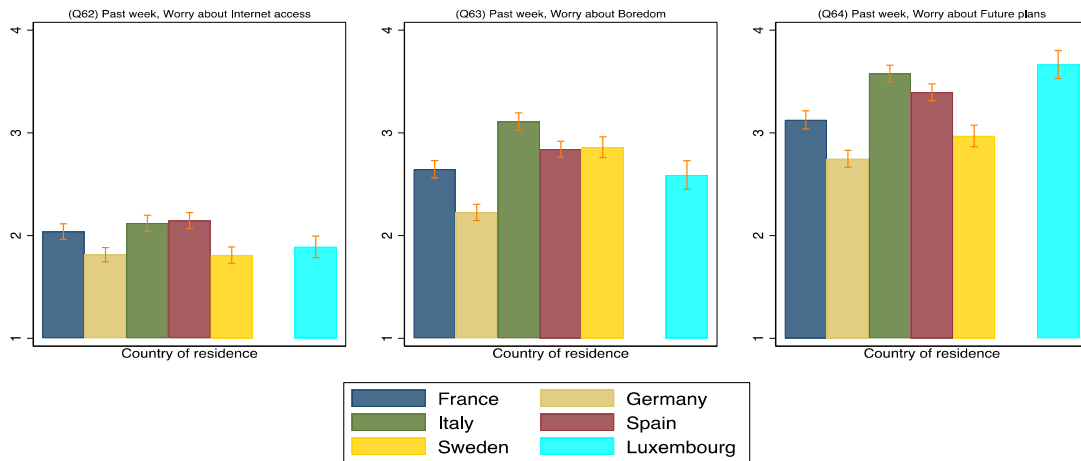
Getting medication on the other hand was “almost never” a concern in every country. Luxembourgish, German and Swedish residents were even less concerned about this aspect than French, Italian or Spanish residents.

## Getting food / Safety



Getting food was “almost never” a worry for residents in any participating country, even though France, Italy and Spain were slightly but significantly more concerned. One’s own safety and security was, however, a more prominent source of concern for every country in absolute values. Italian residents had significantly the highest concern as they report being on average “sometimes” worried about this aspect.

## Internet access / Boredom / Future Plans



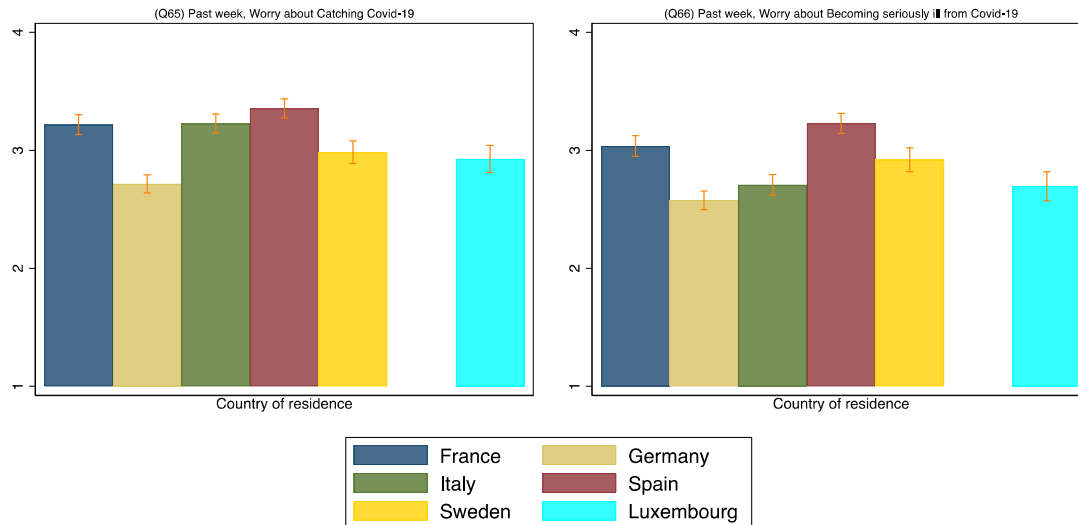
In every country, people are “almost never” worried about Internet access on average, with German, Swedish, and Luxembourgish residents being even less worried than residents of France, Italy or Spain from a statistical point-of-view.

On the other hand, people report on average being “sometimes” worried about boredom during the lockdown in all countries. Italians were significantly the most worried, following by Spanish/Swedish residents, and French/Luxembourgish residents. German residents are the exception here, reporting being on average “almost never” worried about this particular aspect.

In all countries, future plans were the major concern during the lockdown: on average, people indicate that they were on average “sometimes” to “fairly often” worried about future plans.

Luxembourg, Italy and Spain had the highest and significant degree of concern followed by France and Sweden. Germany was the least worried despite an absolute high degree of concern.

### Catching Covid-19 / Becoming seriously ill from Covid-19



Covid-19 was a source of worry for residents in all countries. On average, people report to be “sometimes” worried about catching or becoming seriously ill from Covid-19.

Luxembourgish and Swedish residents were significantly less worried about catching Covid-19 than French, Italian or Spanish. This may at least partially be explained by the confidence that residents in Luxembourg put in their government in terms of handling the crisis. The picture is, however, heterogeneous, in that the Swedes probably felt less concerned because at the time of responding, Covid-19 had almost no effect on daily life in Sweden, therefore giving a feeling of normality. Surprisingly, German residents were the least worried about catching Covid-19 compared to people in other countries. A very similar pattern can be found regarding worry about becoming seriously ill from Covid-19 with the major exception that Italians felt significantly as unconcerned as German residents.

### Time spent in...

The following table represents, for each activity, the differences in hours between before and during the period of implementation of social distancing measures (SDM). A positive number represents an increase and a negative number a decrease in the time spent in a given activity. Individuals in France, Germany, Italy, Spain and Luxembourg increased time spent for children’s care and for household chores. Luxembourg experienced the highest increase of 2.65 hours on average in childcare. Only Sweden did not experience any change in the time spent for these activities. Every country experienced, on average, a decrease in working time. This decrease is more pronounced for France (2.55 hours), Italy (2.22 hours), Spain (1.90 hours) and Luxembourg (1.41 hours). Sweden and Germany had only a slight decrease in working time because of SDM.

German, Italian, Spanish and Luxembourgish residents spent more time on average on leisure activities. While there was no change for the Swedish residents, French residents on average spent less time on leisure activities.

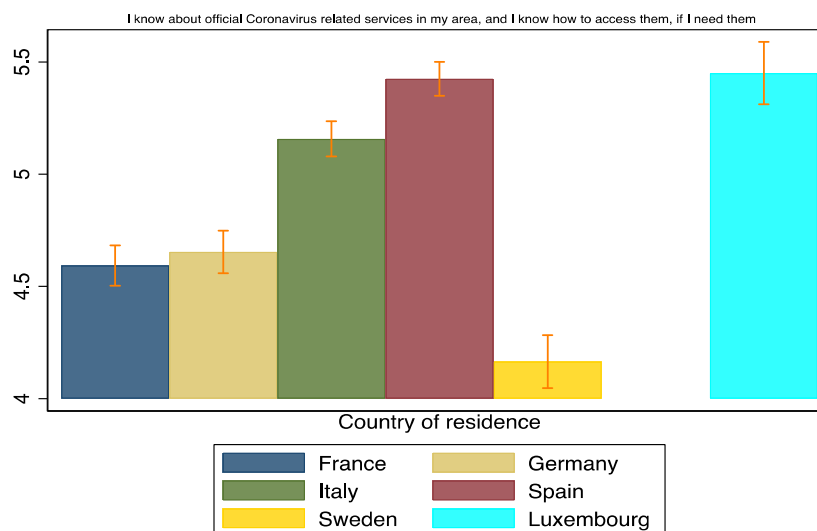
In every country we observed an increase in the time spent in media use and a decrease of the number of days spent outside.

	France	Germany	Italy	Spain	Sweden	Luxembourg
Difference in Children's care time	0.97	0.32	0.60	0.78	0.04	2.65
Difference in Working time	-2.55	-0.92	-2.22	-1.90	-0.63	-1.41
Difference in household chores time	0.25	0.28	0.52	0.52	0.07	0.67
Difference in Leisure time	-0.17	0.22	0.95	0.52	0.02	0.31
Difference in Media's use time	0.85	0.50	1.07	1.06	0.36	0.97
Difference in Number of days outside	-1.89	-0.29	-2.85	-3.34	-0.26	-1.22

### Official coronavirus related services

We asked people whether they knew about coronavirus related services in their area, and whether they knew how to access them if needed. Individuals answered on a 7-point Likert scale where (1) corresponds to disagreement and (7) corresponds to agreement.

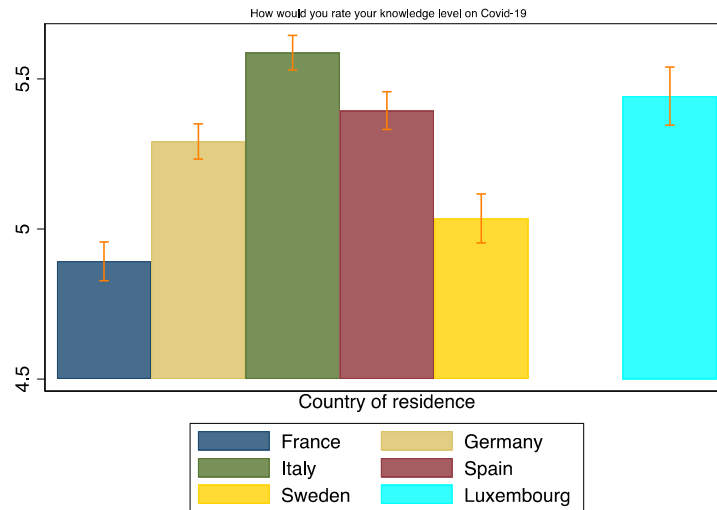
Those who say they have the most information about coronavirus-related health services are Luxembourg (mean=5.45) and Spanish residents (mean=5.42). The difference between the two countries is not statistically significant. People residing in Italy are the third most informed (mean=5.15). Residents of France (mean=4.59) and Germany (mean=4.65) are the fourth most informed. The difference between the latter two countries is not statistically significant. Finally, Sweden is the country where residents are the least informed about Coronavirus services in their region (mean=4.16). The difference between Luxembourg and the other countries (but Spain) is significant.



### Level of knowledge about Covid-19

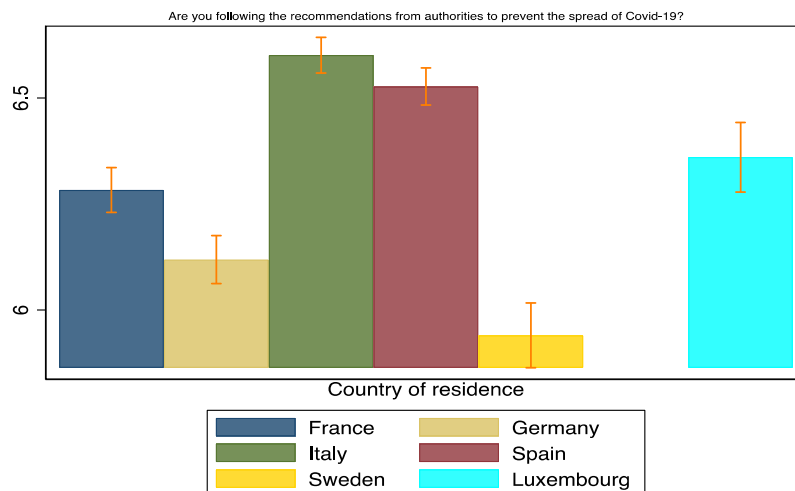
Individuals were asked to rate their level of knowledge about Covid-19 on a 7-point Likert scale (1) corresponds to do not agree and (7) corresponds to agree), with higher scores indicating better knowledge. Germany (mean=5.29), Italy (mean=5.58), Spain (mean=5.39)

and Luxembourg (mean=5.44) residents report similar levels of knowledge about Covid-19. French (mean=4.89) and Swedish (mean=5.03) residents have the lowest levels of knowledge of Covid-19. Regarding Luxembourg, the difference in the average level of knowledge was statistically significantly only with respect to Sweden and France.



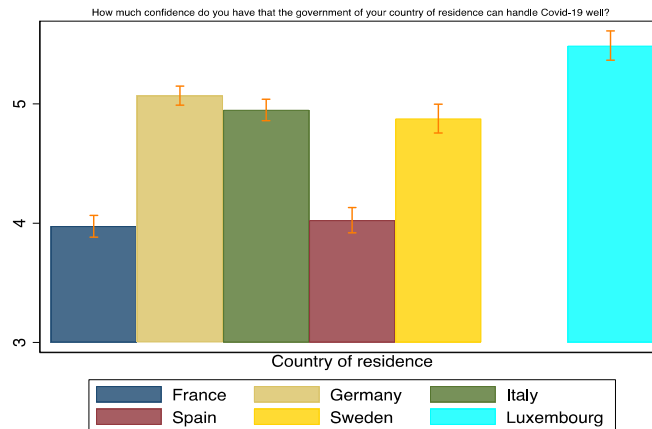
#### Following the recommendation from authorities to prevent the spread of Covid-19

We asked participants to rate on a 7-point Likert scale their degree of compliance with the recommendations from the authorities to prevent the spread of Covid-19. Italian and Spanish residents have the highest degree of compliance towards the recommendations of the authorities (mean= 6.60 for Italy and mean= 6.52 for Spain), followed by Luxembourg (mean= 6.36) and French (mean= 6.28) residents whose level of compliance is statistically significantly lower. German (mean= 6.11) residents have a significantly lower level of compliance to the recommendation compared to French and Luxembourg residents. The country of residence in which the population least follows the recommendations from authorities to prevent the spread of Covid-19 is Sweden (mean= 5.94).



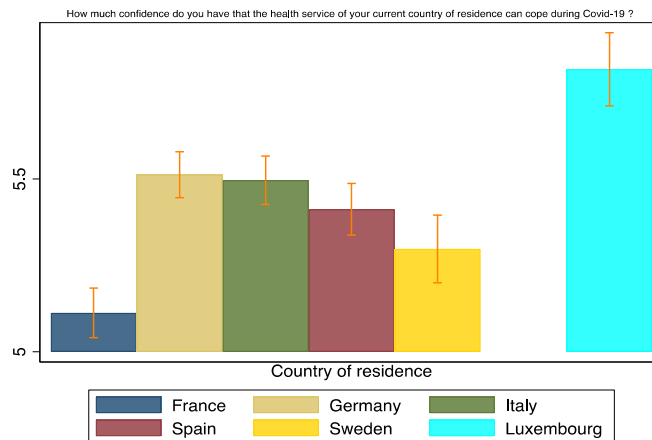
### Degree of confidence that the Government can handle Covid-19 well

We asked participants to rate on a 7-point Likert scale their degree of confidence that the government can handle Covid-19 well. Luxembourg is the country where residents report the highest confidence in their government to deal with the pandemic (mean=5.48). Germany (mean=5.07), Italy (mean=4.95) and Sweden (mean=4.87) report somewhat lower confidence in their government compared to Luxembourg, although these differences are not statistically significant. Finally, residents of France (mean=3.97) and Spain (mean=4.02) have the lowest levels of confidence in their government. The difference in the average level of confidence in the Luxembourgish government in handing Covid-19 well is statistically significant with respect to all the other countries.



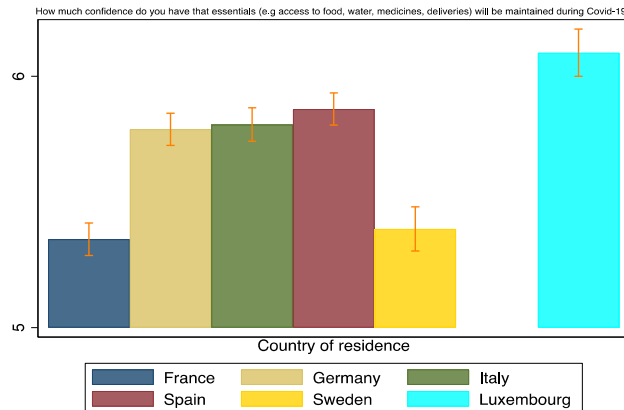
### Degree of confidence that the health services can cope during Covid-19

We asked respondents to rate on a 7-point Likert scale their degree of confidence that the health services can cope during Covid-19. Luxembourg residents report the highest confidence in the health services to cope with the pandemic (mean=5.81). Residents from Germany (mean=5.51), Italy (mean=5.49), Spain (mean=5.41), and Sweden (mean=5.29) have similar levels of confidence. French residents have the lowest confidence in their health service to manage the crisis (mean=5.11). The difference between France and Sweden is statistically significant. The difference in the average level of confidence in whether the Luxembourgish health services can cope during Covid-19 well is statistically significant with respect to all the other countries.



### Degree of confidence that essentials will be maintained during Covid-19

We asked participants to rate on a 7-point Likert scale their degree of confidence that essentials will be maintained during Covid-19. Luxembourg residents are the most confident about the maintaining of essential products during the pandemic (mean=6.09). German (mean=5.78), Italian (mean=5.80) and Spanish (mean=5.86) residents are slightly less confident. French and Swedish residents are those who report the lowest levels of confidence. The difference in the level of confidence in the maintenance of essential products between the French and the Swedes is not statistically significant. The difference in the average level of confidence in whether essentials will be maintained in Luxembourg during Covid-19 is statistically significant with respect to all other countries.

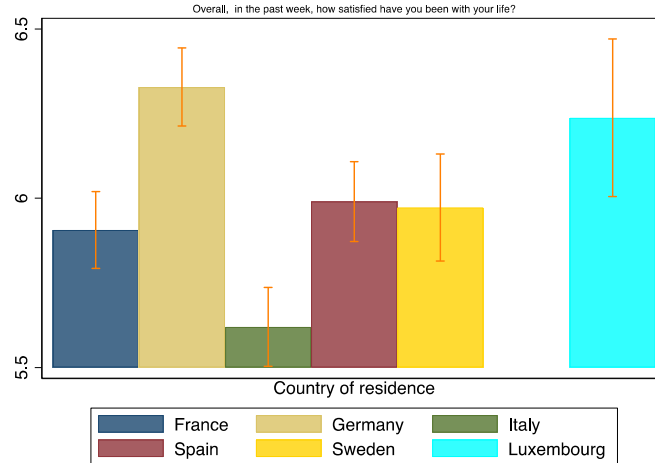


### Life satisfaction

We asked people how satisfied they were with their life overall during the week preceding the survey.

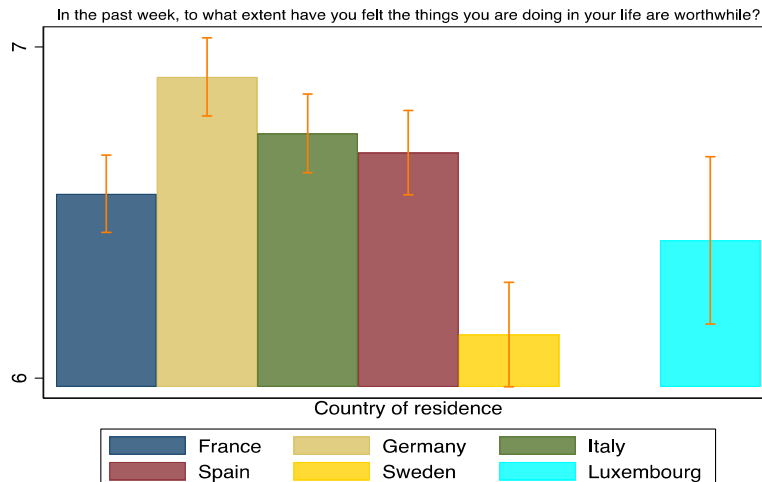
This question was asked using a 10-point Likert scale where 1 corresponds to not at all satisfied and 10 completely satisfied. German residents (mean=6.32) report the highest level of satisfaction with their life over the past week, followed by Luxembourg (mean=6.23), Spain (mean=5.99), Sweden (mean=5.97), and France (mean=5.90). Italy is the country where residents report the lowest life satisfaction in the last week (mean=5.61) and this difference is statistically significant compared to all other countries except for France. The difference in the average level of life satisfaction in Luxembourg during Covid-19 was significantly higher only with respect to Italy.





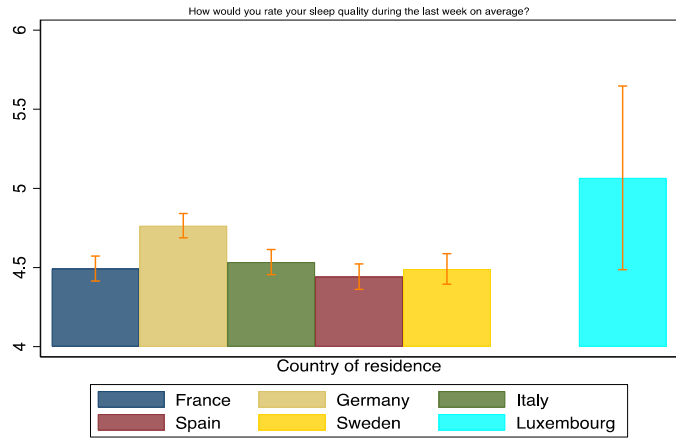
### Worthwhile

Participants were requested to rate on a 10-point Likert scale to what extent they felt the things they were doing in their life is worthwhile. Residents from Germany (mean=6.9) show the highest level. This level is not statistically different from scores reported by the residents of Italy (mean=6.73) and Spain (mean=6.68) but it is from those from residents of France (mean=6.55), Luxembourg (mean=6.41) and Sweden (mean=6.13). The other observed differences in the mean values between Luxembourg and the other countries are not statistically significant.



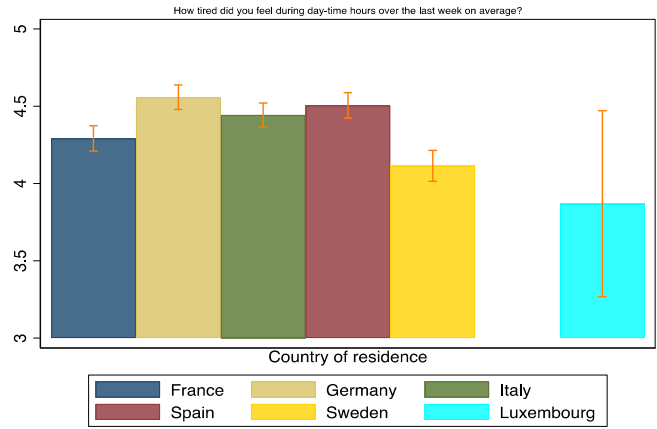
### Sleep

Respondents were asked to rate their average sleep quality over the last week preceding the survey by using a 7-point Likert scale, with 1 corresponding to very poor and 7 to excellent quality of sleep. Luxembourg residents report the highest sleep quality during the last week (mean=4.49). German residents have the second-best sleep quality (mean=4.76): their level of sleep quality is statistically higher compared to French (mean=4.49), Italian (mean=4.53), Spaniards (mean=4.44) and Swedes (mean=4.49). The difference in the average level of sleep quality in Luxembourg during Covid-19 was statistically significant with respect to all countries but Germany.



### Tired

Participants were asked to rate how tired they felt on average during day-time hours over the week preceding the survey. Respondents used a 7-point Likert scale, with 1 corresponding to very tired and 7 to not tired at all. Residents from Germany (mean=4.55), Italy (mean=4.44) and Spain (mean=4.50) report similar levels of tiredness on the one hand, whereas French (mean=4.29), Swedish (mean=4.11), and Luxembourg (mean=3.86) residents report to be more tired.



## Mental health and psychological scales

### Coronavirus Behaviour Scale

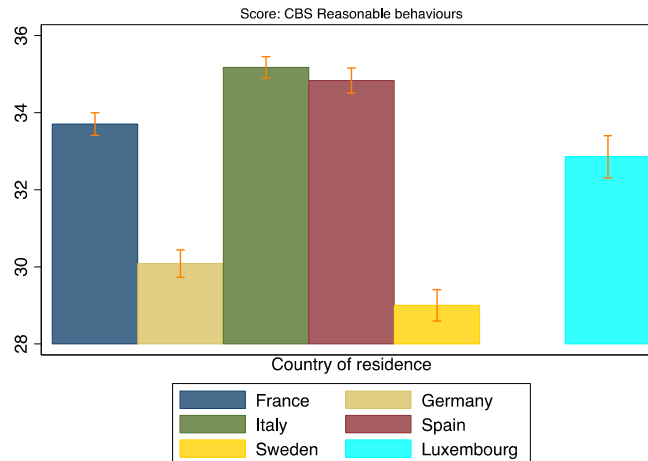
The Coronavirus Behaviour Scale is a 14-item measure of behaviour change due to the Coronavirus pandemic. It contains two subscales, with nine items assessing reasonable behaviours (e.g. shaking hands less) and five items assessing unreasonable behaviours (e.g. buying more toilet paper than usual). Responses are given on a 5-point Likert scale ranging from 1 *strongly disagree* to 5 *strongly agree*. Responses are summed up across the items belonging to each of the subscales. Higher scores indicate higher levels of behaviour change.

### Reasonable Behaviours

Reasonable behaviours regarding the Covid-19 outbreak were endorsed to the largest degree by participants from Italy (mean=35.18) and Spain (mean=34.80), who had significantly higher

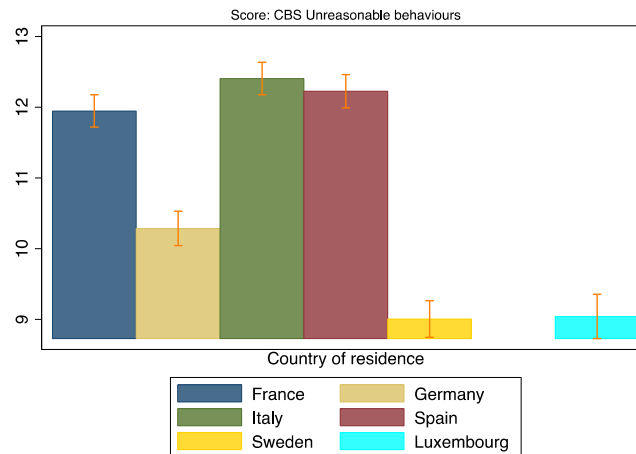
scores than participants from France (mean=33.70) and Luxembourg (mean=32.85), who in turn had significantly higher scores than those from Germany (mean=30.06). Sweden (mean=29.15) had significantly lower scores than any other country.

On average, people from Italy and Spain replied with “agree”, and participants from Sweden replied with “neither agree nor disagree” to the statements regarding reasonable behaviours to contain the Coronavirus outbreak.



### Unreasonable Behaviours

Unreasonable behaviours regarding the Covid-19 outbreak were most strongly indorsed by participants from Italy (mean=12.38), Spain (mean=12.19), and France (mean=11.90), who had significantly lower scores than those from Germany (mean=10.30). Luxembourg (mean=9.04) and Sweden (mean=9.10) had significantly lower scores than the other countries. On average, participants from all countries replied with “disagree” to the statements regarding unreasonable behaviours.



### Coronavirus Anxiety Scale

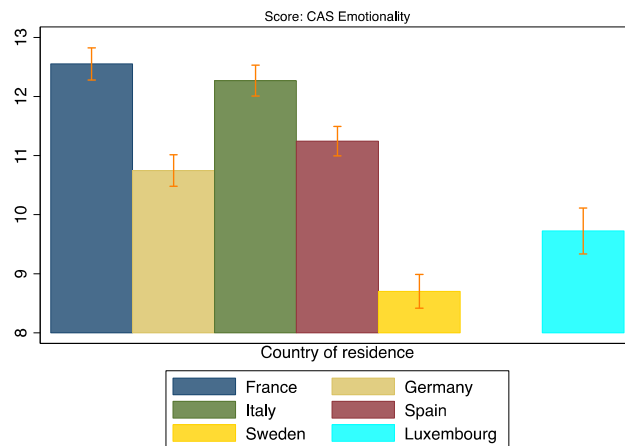
The Coronavirus Anxiety Scale is a 10-item measure of anxiety regarding the Coronavirus pandemic. It contains two subscales of five items each, assessing the cognitive response (Worry subscale) and physical/somatic response (Emotionality subscale) to the pandemic, respectively. Responses are given on a 5-point Likert scale ranging from 1 *strongly disagree* to

5 *strongly agree*. Responses are summed up across the items belonging to each of the subscales. Higher scores indicate higher levels of anxiety.

### Emotionality

Participants from France (mean=12.58) and Italy (mean=12.24) indicated the largest degree of anxious emotions, significantly more than those from Spain (mean=11.18) and Germany (mean=10.76). Luxembourg (mean=9.72) had significantly lower scores than these countries. Participants from Sweden (mean=8.81) expressed the least degree of anxious emotions regarding the pandemic (significantly lower than all other countries).

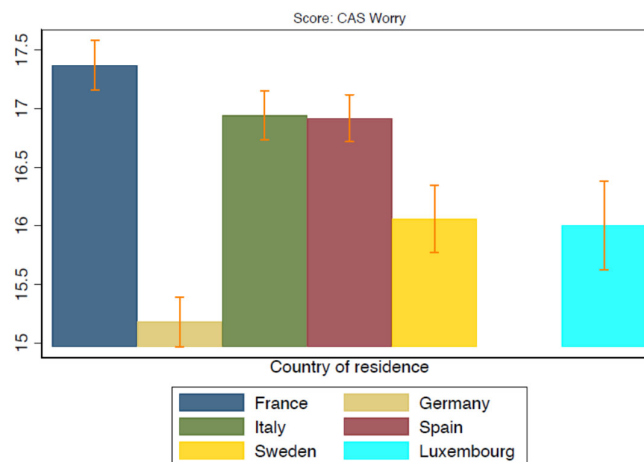
On average, participants from all countries replied with “disagree”, indicating overall low levels of anxious emotions.



### Worry

Regarding anxious worry about the Covid-19 pandemic, France (mean=17.36) had significantly higher scores than Spain (mean=16.86). Italy (mean=16.93) did not differ from France or Spain. Sweden (mean=16.15) and Luxembourg (mean=16.00) had significantly lower scores than these countries. Germany (mean=15.14) had significantly lower scores than any other country.

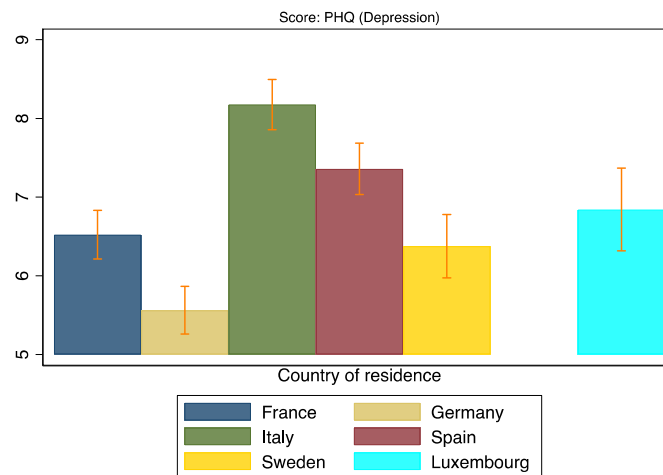
On average, participants from all countries replied with “neither agree nor disagree”, indicating moderate levels of anxious worry.



### Depressive symptoms (PHQ-9)

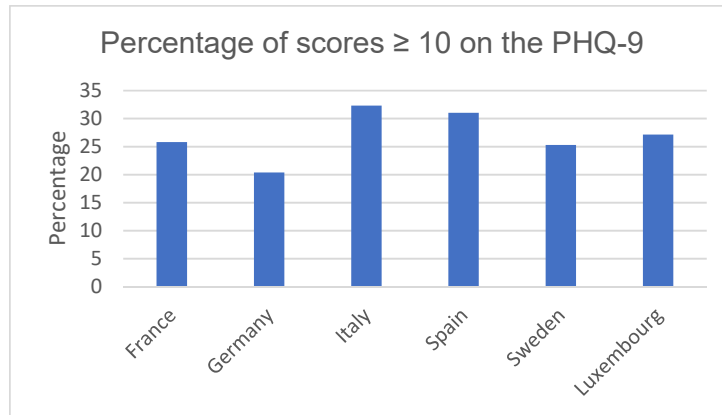
The PHQ-9 is a 9-item measure of depression severity, assessing depressive symptoms, such as feeling depressed, sleep problems, concentration problems. Responses are given on a 4-point Likert scale ranging from 0 *not at all* to 3 *nearly every day*. The responses to all items are summed up to form a total score, for which higher values indicate more severe depressive symptoms. Scores of 10 or greater indicate clinically relevant depression. Scores of 5, 10, 15, and 20 represent cut points for mild, moderate, moderately severe and severe depression, respectively.

Italian (mean=8.14) residents had significantly higher levels of depressive symptoms than those from any other country. Scores of Luxembourg residents (mean=6.84) did not differ from Spain (mean=7.29), France (mean=6.50), and Sweden (mean=6.53), but Spain had significantly higher scores than France and Sweden. Germany (mean=5.60) had significantly lower scores than any other country.



The average scores of all countries were between 5 and 9, which would be considered as mild levels of depressive symptoms. Normative data from Germany shows general population means of 3.1 for women and 2.7 for men ( $SD = 3.5$ ). In our sample, Italy, Spain, and Luxembourg score more than one standard deviation above these means. Normative data from Germany further shows that only 1.3% of the sample should score 15 or higher, indicating moderately severe to severe levels of depressive symptoms. In our sample, prevalence rates of moderately severe to severe levels of depressive symptoms were above 10% in all countries, with the highest prevalence in Italy (15.32%).

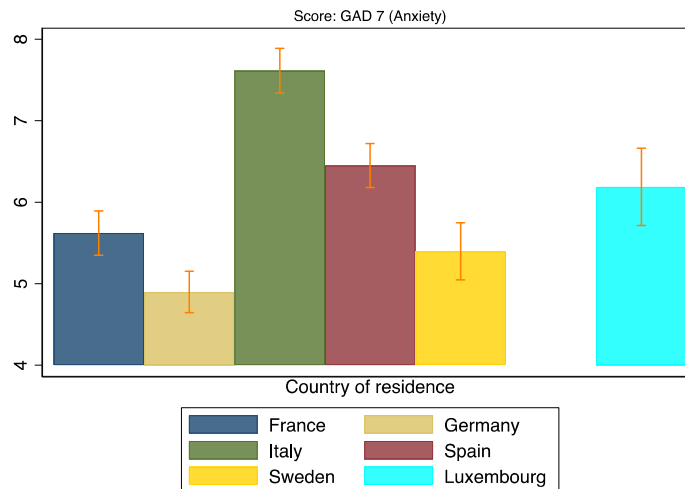
Scores of 10 or greater indicate clinically relevant depressive symptoms. This was the case for 25.81 % in France, 20.40 % in Germany, 32.31 % in Italy, 31.05 % in Spain, 25.31 % in Sweden, and 27.17 % in Luxembourg. As a comparison, normative data show rates of 5.6 % for Germany and 10.8 % for Sweden.



### Generalized Anxiety Symptoms (GAD-7)

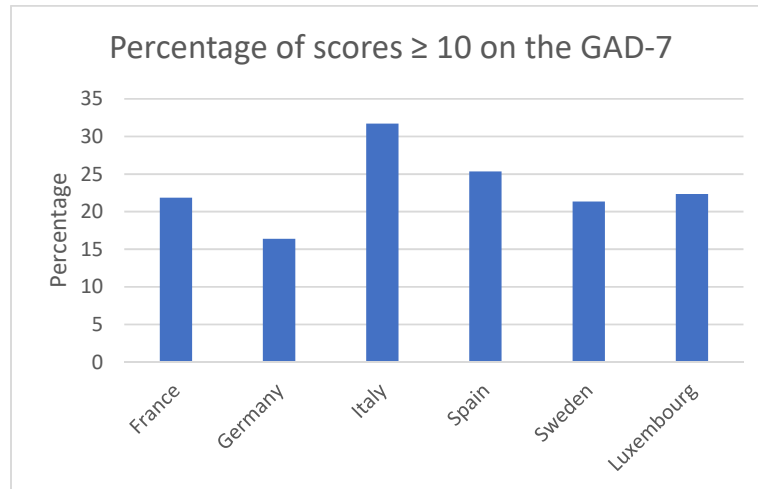
The GAD-7 is a 7-item measure of generalized anxiety disorder symptoms, such as feeling nervous and not being able to stop worrying. Responses are given on a 4-point Likert scale ranging from 0 *not at all* to 3 *nearly every day*. The responses to all items are summed up to form a total score, for which higher values indicate more severe anxiety symptoms. Scores of 10 or greater indicate clinically relevant levels of anxiety. Scores of 5, 10, and 15 represent cut points for mild, moderate, and severe levels of anxiety, respectively.

Italian residents had significantly higher anxiety scores (mean=7.57) than any other country. Spain (mean=6.39) had significantly lower scores. Luxembourg (mean=6.19) did not differ from Spain, France (mean=5.61), and Sweden (mean=5.58), but Spain had significantly higher scores than France and Sweden. Germany (mean=4.90) had significantly lower scores than any other country but Sweden.



The average values for most countries were between 5 and 8, which would be considered mild levels of anxiety symptoms. Germany scored just below 5. Normative data from Germany shows general population means of 3.20 ( $SD = 3.52$ ) for women and 2.66 ( $SD = 3.24$ ) for men. In our sample, Italy scored more than one standard deviation above the female mean. Normative data from Sweden shows a similar population mean of 3.59. Normative data from

Germany further shows that approx. 1% of the sample should score 15 or higher, indicating severe levels of anxiety symptoms. In our sample, prevalence rates of severe levels of anxiety symptoms were above 5% in all countries, with the highest prevalence in Italy (11.82%). Scores of 10 or greater indicate clinically relevant anxiety symptoms, which was found to apply to 5.1 % in normative data for Germany. In our sample, it was the case for 21.84 % in France, 16.39 % in Germany, 31.71 % in Italy, 25.35 % in Spain, 21.35 % in Sweden, and 10.04 % in Luxembourg

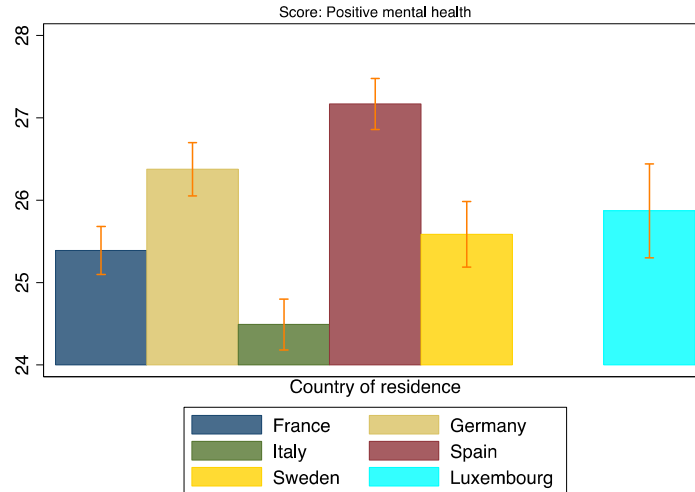


#### Positive Mental Health (PMH)

The PMH assesses positive aspects of mental health, e.g. managing well to fulfil one's needs, rather than merely the absence of mental health problems. Responses are given on a 4-point Likert scale ranging from 0 *do not agree* to 3 *agree*. The scores of the nine items are summed up to form a total score, for which higher values indicated higher levels of positive mental health.

Spanish residents reported significantly higher levels of positive mental health (mean=18.24) than any other country. Luxembourg (mean=16.87) did not differ from Germany (mean=17.36), Sweden (mean=16.50), and France (mean=16.41), but Germany had significantly higher scores than Sweden and France. Italy (mean=15.50) had significantly lower scores than any other country.

German normative data shows average values of 27 ( $SD = 5.94$ ) for University students and 29.7 ( $SD = 4.5$ ) for young women from the general population. All countries in our sample had average values within 1  $SD$  of the average of German University students. Compared to young women from the general population, Italy scored more than 1  $SD$  below the mean.



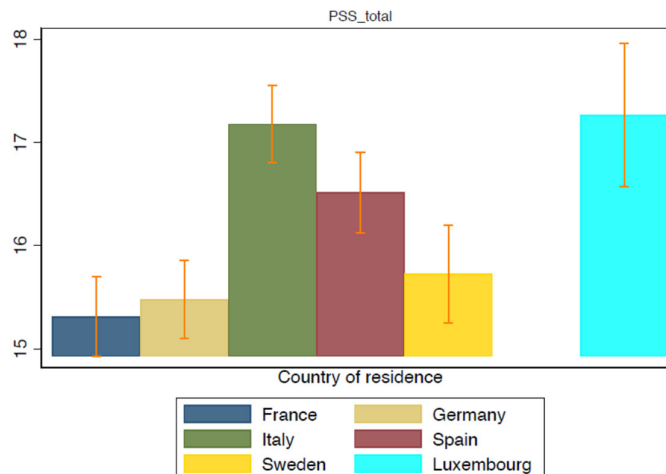
### Perceived Stress (PSS-10)

The PSS-10 is a 10-item measure of chronic stress. In the current survey, we assessed perceived stress over the last two weeks, e.g., if participants felt they were unable to control the important things in their lives. Responses were given on a 5-point Likert scale, ranging from 0 *never* to 4 *very often*. The responses to all items are summed up to form a total score, for which higher values indicate higher levels of chronic stress.

Participants from Italy (mean=17.15), Spain (mean=16.4), and Luxembourg (mean=17.27) indicated significantly higher levels of stress during the last two weeks than France (mean=15.31), Germany (mean=15.54), and Sweden (mean=15.99).

Normative data shows population means of 12.57 ( $SD = 6.42$ ) for Germany, 13.96 for Sweden, and 15.3 ( $SD = 6.2$ ) for France. A non-representative Spanish sample had a somewhat higher mean of 17.6 ( $SD = 6.7$ ). In our study, scores were similar (e.g. France) or slightly higher (e.g. Germany) than the means of the normative samples.

There are several reasons why people may feel stressed. The PSS-10 did not specifically refer to stress because of the risk of catching Covi-19. The question on worries indicates that Luxembourgish residents were very worried about their relatives, and the Italians and Spaniards about becoming unemployed, their finances, their own security, boredom, internet access. All of these are significant reasons for stress.





### Loneliness (ULS-8)

The ULS-8 is an 8-item measure of perceived loneliness. Participants were asked to indicate for the two weeks preceding the survey how often they felt they lacked companionship, etc. Responses were given on a 4-point Likert scale, ranging from 1 *never* to 4 *often*. The responses to all items are summed up to form a total score, for which higher values indicate higher levels of loneliness.

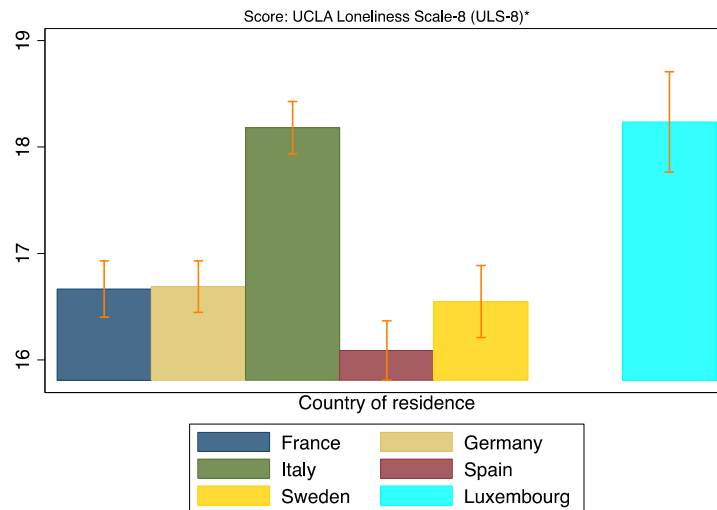
Residents from Italy (mean=18.17) and Luxembourg (mean=18.24) indicated significantly higher levels of loneliness than those from any other country. Spain (mean=15.99) had significantly lower scores than any other country but Sweden (mean=16.58), which did not differ from France (mean=16.70) and Germany (mean=16.76).

Previous studies using non-representative samples from the US found means of around 20 for the 10-item version of the scale, which would translate to a score of 16 for the 8-item version used in our study. This score corresponds to the Spanish score in our sample; Italy and Luxembourg had markedly higher scores (around 18).

A previous study from Spain, using a non-representative sample from a primary care setting, found a higher score of 18 (corrected for number of items).

A previous study from Italy, using a non-representative community sample, found a score of 13.42 (corrected for number of items). This indicates that people from Italy do not generally experience high levels of loneliness.

Note that scores have been corrected to match the 8-item format of our study, however, it is still difficult to compare between studies, as they used different versions of the ULS.



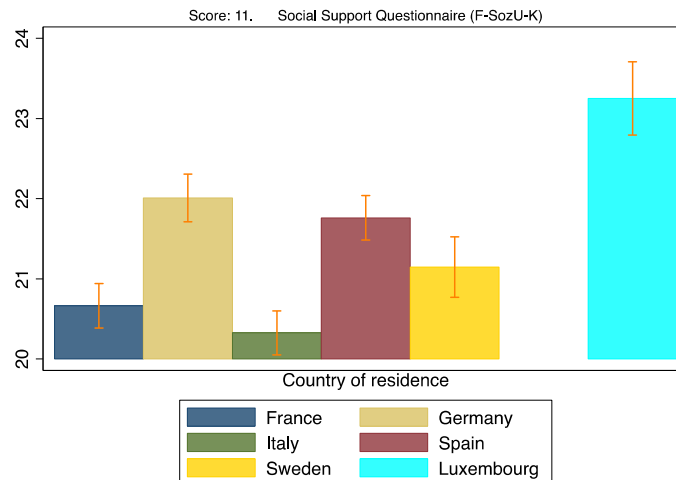
### Perceived Social Support (F-SozU-K)

The F-SozU-K is a 6-item measure of perceived social support, e.g. knowing someone you can always count on. Responses are given on a 5-point Likert scale, ranging from 1 *not true at all* to 5 *very true*. The scores of all items are summed up to form a total score, for which higher values indicate higher levels of perceived social support.

Luxembourg (mean=23.25) residents indicated higher levels of social support than any other country. Germany (mean=22.00) and Spain (mean=21.80) did not differ, and Spain and Sweden (mean=21.19) did not differ, but Germany had significantly higher scores than

Sweden. France (mean=20.70) and Italy (mean=20.34) had significantly lower scores than all countries except Sweden.

Normative data from Germany (representative sample) shows a much higher average of 27.55 ( $SD = 3.29$ ); all countries are more than one standard deviation below this average. It is important to note that this question was asked regarding how participants perceived their social support in general, with no specific reference to the current situation or the last weeks.

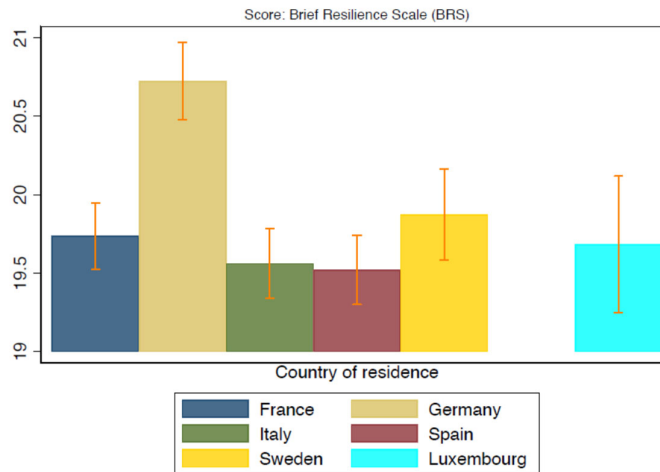


### Resilience (BRS)

The BRS is a 6-item measure of general resilience, e.g. bouncing back quickly after hard times. Responses were given on a 5-point Likert scale, ranging from 1 *strongly disagree* to 5 *strongly agree*. The responses to all items are summed up to form a total score, for which higher values indicate higher levels of resilience.

Residents from Germany (mean=20.69) had significantly higher resilience scores than those from Sweden (mean=19.74), France (mean=19.75), Luxembourg (mean=19.68), Italy (mean=19.56), and Spain (mean=19.58), who did not differ from each other.

Normative data from Germany shows similar scores, 20.22 (representative sample) and 21.48 (random sample). A study from Spain using a non-representative sample found a score of 18.06. A non-representative French-speaking sample from a primary care setting in Switzerland had a mean of 21.18. Altogether, therefore, the scores in our samples were in the range of what would be expected.

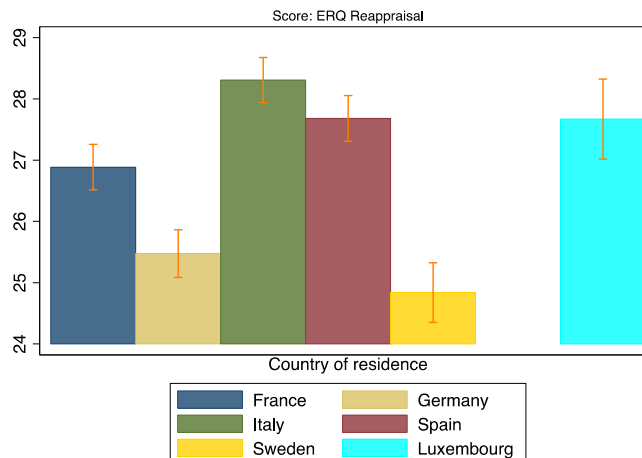


### Emotion Regulation (ERQ)

The ERQ is a 10-item measure of emotion regulation. Participants are asked to indicate to what extent they apply certain emotion regulation strategies when experiencing positive or negative emotions. The two strategies are reappraisal, e.g. changing what one is thinking about, and suppression, e.g. not expressing one's emotions. The two subscales have six and four items, respectively. Responses are given on a 7-point Likert scale, ranging from 1 *strongly disagree* to 7 *strongly agree*. Scores for each subscale are calculated by averaging the responses to the respective items. Higher values indicate a stronger propensity to use the emotion regulation strategy.

### Reappraisal

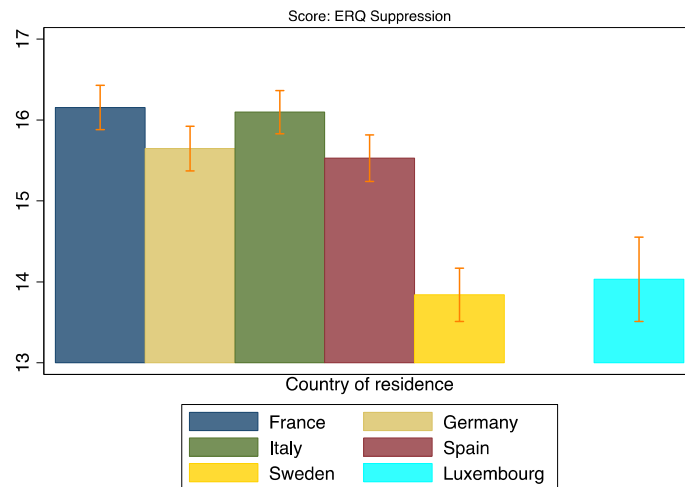
Italy (mean=28.34) had the highest scores on reappraisal, but did not differ from Spain (mean=27.65) and Luxembourg (mean=27.67), who did not differ from France (mean=26.94), but France had significantly lower scores than Italy. Germany (mean=25.56) and Sweden (mean=25.06) had significantly lower scores than the other countries, but did not differ from each other.



### Suppression

France (mean=16.18) had the highest levels of suppression, but did not differ from Italy (mean=16.15) and Germany (mean=15.68), who did not differ from Spain (mean=15.47), but France had significantly higher scores than Spain. Luxembourg (mean=14.03) and Sweden

(mean=13.92) had significantly lower scores than the other countries, but did not differ from each other.

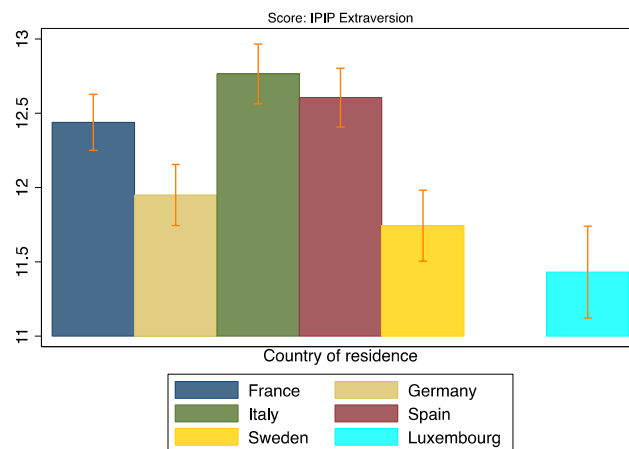


### Personality traits (Mini-IPIP)

The Mini-IPIP is a 20-item measure of five personality traits: extraversion, agreeableness, conscientiousness, neuroticism, and intellect/imagination. Responses are given on a 5-point Likert scale, ranging from 1 *strongly disagree* to 5 *strongly agree*. A sum score is calculated for each subscale. Higher scores indicate higher levels of extraversion, agreeableness, conscientiousness, neuroticism, and imagination, respectively.

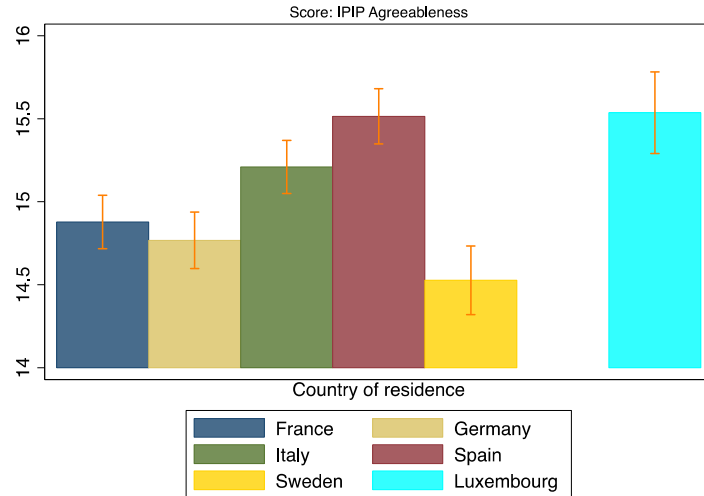
### Extraversion

Extraversion scores were significantly higher in Italy (mean=12.78), Spain (mean=12.57), and France (mean=12.46), than in Germany (mean=11.92), Sweden (mean=11.77), and Luxembourg (mean=11.43).



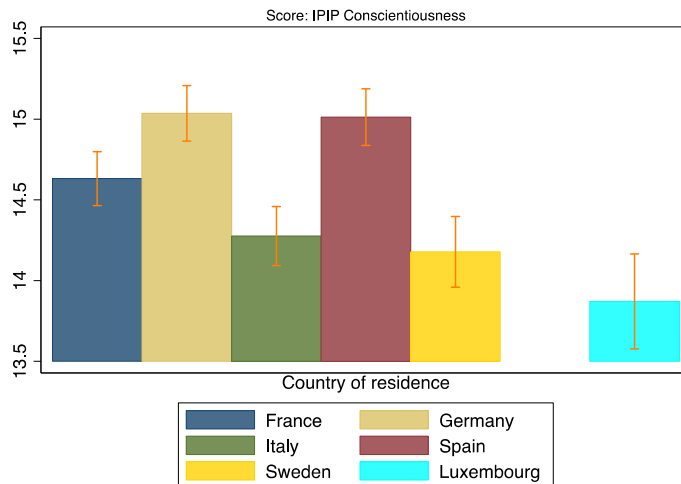
### Agreeableness

Spain (mean=15.56) and Luxembourg (mean=15.54) had the highest scores on agreeableness, significantly higher than those of all countries except Italy (mean=15.22). Italy and France (mean=14.89) had similar scores. Germany (mean=14.78) and Sweden (mean=14.59) had significantly lower scores than all countries except France.



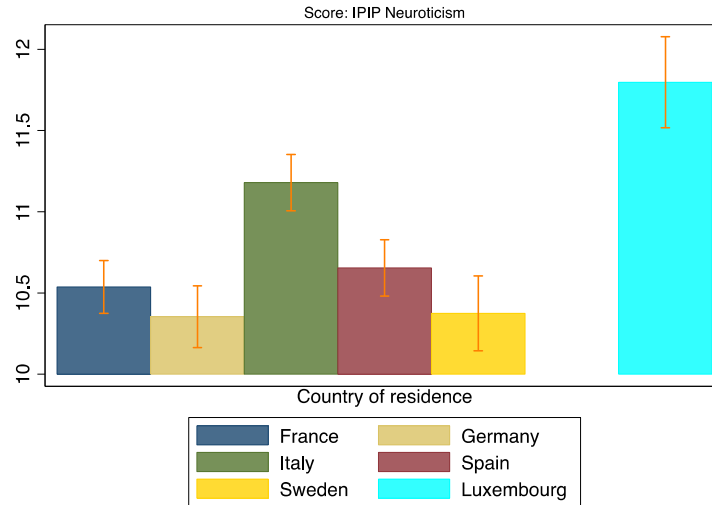
### Conscientiousness

Germany (mean=15.02) and Spain (mean=15.00) reported significantly higher levels of conscientiousness than all other countries. France (mean=14.61) and Italy (mean=14.28) had significantly lower scores. Italy did not differ from Sweden (mean=14.13) and Luxembourg (mean=13.87), who had significantly lower scores than all other countries.



### Neuroticism

Regarding neuroticism, residents from Luxembourg (mean=11.80) had significantly higher scores than all other countries. Italy (mean=11.18) had significantly higher scores than Spain (mean=10.62), France (mean=10.57), Sweden (mean=10.56), and Germany (mean=10.37), who did not differ from each other.



### Intellect/imagination

Regarding imagination, Luxembourg (mean=15.03) had significantly higher scores than any other country, except Germany (mean=14.65). Germany, Sweden (mean=14.44), Spain (mean=14.47), Italy (mean=14.39), and France (mean=14.13) did not differ from each other.

