

Supplemental Material

Supplementary Table 1. Total number of entries, participants, and questions

Number of total entries in Jan	Number of total entries in Feb	Number of total entries in Mar	Total number of entries
59	34	49	142
Number of unique participants in Jan	Number of unique participants in Feb	Number of unique participants in Mar	Total number of unique participants
40	27	33	100
Number of questions with numeric score	Number of questions with free-text fields	Other features (demographics, etc)	Total number of questions
37	16	12	65

Supplementary Table 2. The questions within the 'My Personal Wellbeing' diary.

No	Variable Name (used in figures)	Question	Scale	
			Left (-10)	Right (+10)
1	emotional	Emotional Wellbeing	Poor	Excellent
2	physical	Physical Wellbeing	Poor	Excellent
3	Mental	Cognitive/Mental Wellbeing relating to concentration and decision making	Poor	Excellent
4	relational	Sense of connectedness with others	Lonely, unappreciated	Connected, appreciated
5	meaning_purpose	Ability to function to achieve necessary activities of daily life	Struggle in most areas	No problems
6	critical_kind	How self-compassionate are you being towards yourself?	Critical, Shaming, Frustrated	Mindful, Kind, Appreciative, Humanising
7	fearful_safe	How fearful are you about things currently?	Fearful, Avoidant	Confident, Safe
9	troubled_actions	Are you troubled by situations that go against good practice or your values?	Troubled	At ease
9	value_life	How much meaning and value does life have to you?	My life is meaningless, and I have no hope for the future	I feel hopeful and happy to be alive
10	impulse_harm	Have you done things to hurt yourself to manage feelings? (e.g., cutting)	I cause pain or injury to	I don't hurt myself physically

			myself frequently	
11	fear_others	Do you think you are at risk of harm from others?	I fear for my life	Safe
12	quality_sleep	How would you rate the quality of your sleep?	My sleep is disturbed and as a result I am tired	I get enough sleep and feel well rested
13	drugs_alcohol	Do you depend on drugs or alcohol to get through the day? (Illegal or legal)	Yes, most days	No not at all
14	compassion	Ability to feel empathy or compassion	Feel burdened by the emotional suffering of others	Able to show and deliver care to others with ease
15	burnout	Work satisfaction	Feel exhausted, unproductive, or useless at work and would avoid it if I could	Feel energised and rewarded by work
16	perception	Perception - Experiencing unusual things through my senses or have new concerning ideas	Debilitating	Not at all
17	flashbacks	Flashbacks - A vivid experience in which you relive some aspects of a traumatic event or feel as if it is happening right now	Debilitating	Not at all
18	avoidance	Avoidance – Staying away from situations, people, or memories	Debilitating	Not at all
19	dissociation	Dissociation – Disconnection, numbness, emptiness, or strangely unreal sensations	Debilitating	Not at all
20	bodily_symptoms	Bodily Symptoms – Sensations or pains in the body that have no medical cause	Debilitating	Not at all
21	intrusive_thoughts	Intrusive Thoughts – unpleasant ideas in the mind that pre-occupy you	Debilitating	Not at all
22	anxious_worried	I feel anxious and worried	A lot and it's out of control	At peace
23	no_interest	I feel so low that I struggle to feel pleasure or motivation	No pleasure in anything	Interested in doing things
24	emotion_value	Quadrant: Positive -> Negative	Negative	Positive
25	activation_value	Quadrant: Alert -> Quiet	Quiet	Alert

Supplementary Table 3. Questions with and without changes in scores for (A) the wellbeing group and (B) the symptom group.

A

Wellbeing group questions exhibiting no change	
<i>Label in the figures</i>	<i>Question</i>
<i>physical</i>	<i>Physical wellbeing</i>
<i>emotional</i>	<i>Emotional wellbeing</i>
<i>mental</i>	<i>Cognitive/mental wellbeing - concentration and decision making</i>
<i>relational</i>	<i>Sense of connectedness with others</i>
<i>critical_kind</i>	<i>How self-compassionate are you being towards yourself?</i>
<i>fearful_safe</i>	<i>How fearful are you about things currently?</i>
Wellbeing group questions exhibiting a change	
<i>Label in the figures</i>	<i>Question</i>
<i>meaning_purpose</i>	<i>Ability to function to achieve necessary activities of daily living</i>
<i>value_life</i>	<i>How much meaning and value does life have to you?</i>
<i>quality_sleep</i>	<i>How would you rate the quality of your sleep?</i>
<i>Compassion</i>	<i>Ability to feel empathy or compassion</i>
<i>emotion_value</i>	<i>Negative to positive</i>
<i>activation_value</i>	<i>Quiet to alert</i>

B

Symptom group questions exhibiting no change	
<i>Label in the figures</i>	<i>Question</i>
<i>Burnout</i>	<i>Work satisfaction</i>
<i>Avoidance</i>	<i>Staying away from situations, people, or memories</i>
<i>Intrusivethoughts</i>	<i>Unpleasant ideas in the mind that pre-occupy you</i>
<i>anxious_worried</i>	<i>I feel anxious and worried</i>
<i>no_interest</i>	<i>I feel so low that I struggle to feel pleasure or motivation</i>
<i>troubled_actions</i>	<i>Are you troubled by situations that go against good practice or your values?</i>
Symptom group questions exhibiting change	
<i>Label in the figures</i>	<i>Question</i>
<i>flashbacks</i>	<i>A vivid experience in which you relive some aspects of a traumatic event or feel as if it is happening right now</i>
<i>Dissociation</i>	<i>Disconnection, numbness, emptiness, or strangely unreal sensations</i>
<i>Bodilysymptoms</i>	<i>Sensations or pains in the body that have no medical cause</i>
<i>impulse_harm</i>	<i>Have you done things to hurt yourself to manage feelings?</i>
<i>fear_others</i>	<i>Do you think you are at risk of harm from others?</i>
<i>drugs_alcohol</i>	<i>Do you depend on drugs or alcohol to get through the day?</i>

Supplementary Table 4. Percentage of people reporting problems via the wellbeing questions.

Question	Percentage of people reporting problems			
	January	February	March	All months
Ability to function to achieve necessary activities of daily life	8%	9%	33%	17%
How much meaning and value does life have to you?	10%	6%	19%	12%
Quality of sleep	55%	41%	56%	51%
Level of emotional wellbeing	35%	44%	53%	44%
Level of alertness	45%	47%	47%	46%
Ability to feel empathy or compassion	18%	13%	17%	16%

Supplementary Table 5. Percentage of people reporting problem reporting symptoms.

Question	Percentage of people reporting symptoms			
	January	February	March	All months
Flashbacks	10%	19%	39%	22%
Dissociation - <i>disconnection, numbness, emptiness, unreal sensations</i>	23%	34%	42%	32%
Bodily symptoms - <i>sensations or pains that have no medical cause</i>	15%	19%	36%	23%
Have you done things to hurt yourself to manage feelings?	0%	3%	17%	6%
Do you think you are at risk of harm from others?	5%	3%	11%	6%
Drugs/alcohol dependency	5%	13%	25%	14%

Supplementary Table 6. The 10 questions with the highest number of people reporting positive responses.

Question	Entries		Rank		
	Feb	Mar	Feb	Mar	Change
<i>Do you think you are at risk of harm from others?</i>	65	118	1	1	None
<i>Have you done things to hurt yourself to manage feelings?</i>	64	113	2	2	None
<i>Do you depend on drugs or alcohol to get through the day?</i>	57	99	6	3	+3
<i>Perception - experiencing unusual things / concerning ideas</i>	62	98	3	5	-2
<i>How much meaning and value does life have to you?</i>	58	98	4.5	5	-0.5
<i>Ability to feel empathy or compassion</i>	55	98	7.5	5	+2.5
<i>Ability to function to achieve the activities of daily life</i>	55	90	7.5	7	+0.5
<i>Experiencing flashbacks</i>	58	85	4.5	8	-3.5
<i>Bodily symptoms – sensations / pains with no medical cause</i>	51	80	9	9	None
<i>Dissociation - disconnection, numbness, emptiness, unreal sensations</i>	49	77	10	10	None

Supplementary Table 7. The 10 questions with the lowest number of people reporting positive responses.

Question	Entries		Rank		
	Feb	Mar	Feb	Mar	Change
<i>How would you rate the quality of your sleep?</i>	37	74	1	1	None
<i>I feel anxious and worried</i>	35	72	2	2	None
<i>Emotional wellbeing from poor to excellent</i>	34	70	3	3	None
<i>How self-compassionate are you being towards yourself?</i>	32	64	4	4	None
<i>Burnout - level of work satisfaction</i>	29	63	5.5	5	+0.5
<i>Avoidance - staying away from situations, people, or memories</i>	28	61	7	6	+1
<i>Physical wellbeing</i>	29	59	5.5	7.5	-2
<i>How fearful are you about things currently?</i>	25	59	9.5	7.5	2
<i>I feel so low that I struggle to feel pleasure or motivation</i>	25	53	9.5	9	+0.5
<i>Intrusive thoughts – unpleasant ideas in the mind that pre-occupy you</i>	20	52	13	10.5	+2.5

Supplementary Table 8. List of the activities performed for wellbeing.

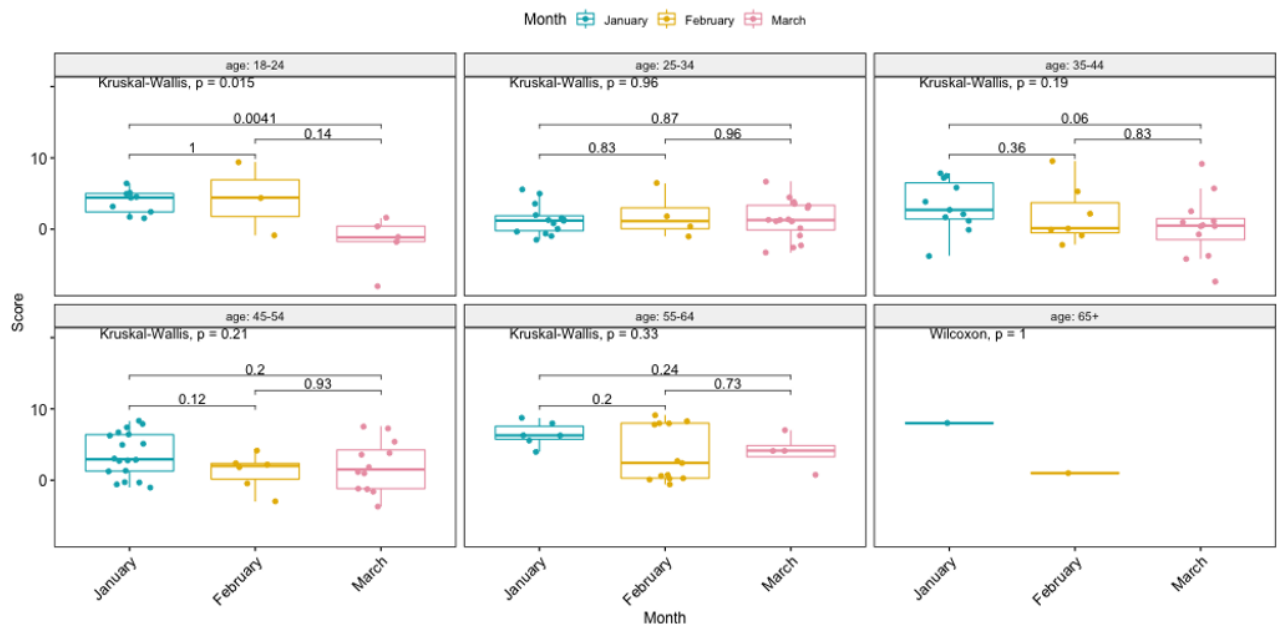
Exercise/Physical activity	Peer support	Music	Making something
Time in nature	Medication	Dance	Helping others
Time with animals	Psychological therapy	Yoga	Other

Supplementary Table 9. Participants and questions with a score change that is strongly correlated by time.

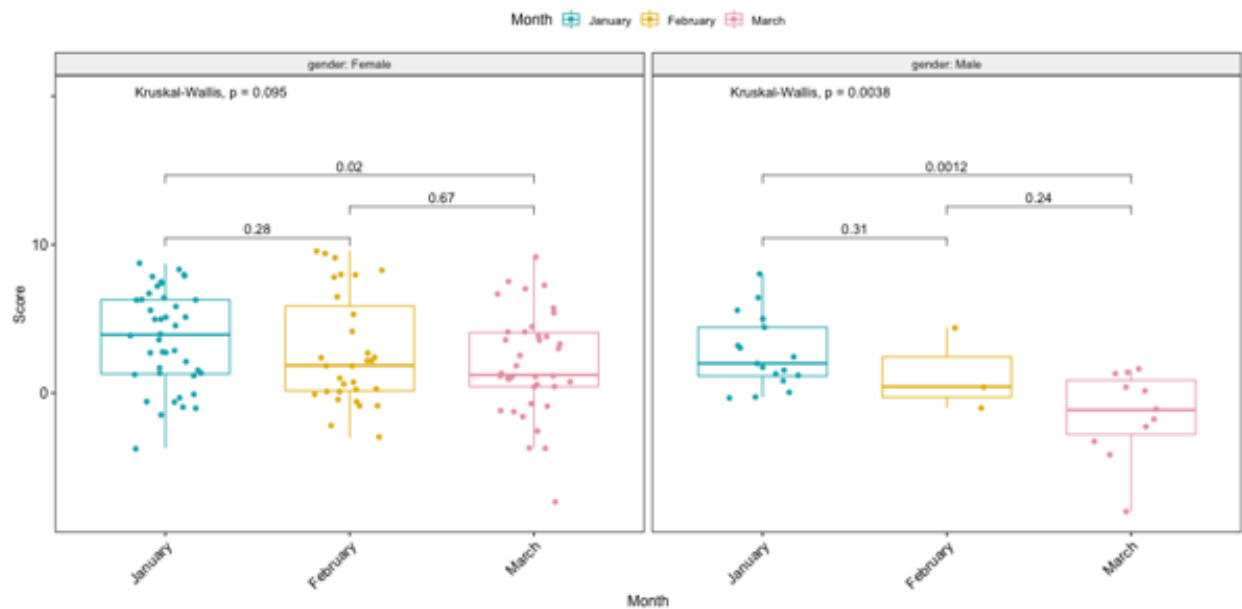
Question	# of the participants with a high correlation (r >0.4)	List of participant IDs (separated by ';')	Corr score per person (separated by ';')
Emotional	5	11; 36; 54; 161; 165	-0.702; 1; 0.949; 0.866; 0.866
troubled_actions	5	11; 36; 54; 161; 165	-0.42; -0.866; 0.7; 0.5; 0.866
impulse_harm	5	11; 36; 35; 161; 165	-0.588; 0.866; 0.82; -0.866; 0.866
m_compassion	5	11; 36; 54; 161; 165	-0.636; -1; 0.821; -0.866; -0.866
m_bodilysymptoms	5	11; 36; 35; 161; 165	-0.564; -1; 0.845; -0.866; 0.866
m_intrusivethoughts	5	11; 36; 35; 161; 165	-0.458; 0.866; -0.441; 0.866; 0.866
no_interest	5	36; 54; 35; 161; 165	-0.5; 0.447; -0.455; 0.866; 0.866
emotion_value	5	36; 54; 35; 161; 165	0.866; 0.447; 0.638; 0.866; 0.866
Physical	4	11; 36; 161; 165	-0.566; 0.866; 0.5; 0.866
Mental	4	36; 54; 161; 165	0.5; 0.894; 1; -0.866
meaning_purpose	4	11; 36; 161; 165	-0.582; 1; 0.5; -0.866
critical_kind	4	36; 54; 161; 165	0.866; 0.791; 0.5; -0.866
value_life	4	11; 36; 161; 165	-0.62; 0.866; 0.866; 0.866
burnout	4	11; 54; 161; 165	-0.492; 0.738; 0.866; -0.866
m_perception	4	11; 35; 161; 165	-0.562; 0.778; 0.866; -0.866
m_avoidance	4	36; 54; 161; 165	0.5; 0.707; 0.866; -0.866
Relational	3	36; 161; 165	1; 1; 0.866
fearfull_safe	3	54; 161; 165	0.975; 0.5; -0.866
fear_others	3	11; 35; 161	-0.53; 0.441; -1
quality_sleep	3	36; 35; 161	-1; 0.577; 0.866
drugs_alcohol	3	11; 54; 161	-0.673; 0.527; -0.866
m_flashbacks	3	11; 35; 165	-0.562; -0.638; -0.866
m_dissociation	3	36; 161; 165	0.5; 0.866; 0.866
anxious_worried	3	36; 35; 161	-0.5; 0.464; 0.866

activation_value	3	36; 54; 165	-1; 0.975; -0.866
Motivated	2	11; 54	-0.598; 0.707
Stimulated	2	11; 54	-0.462; 0.707
Frustrated	1	161	-0.866
Anxious	1	161	-0.866
Enthusiastic	1	11	-0.5
Content	1	36	0.866

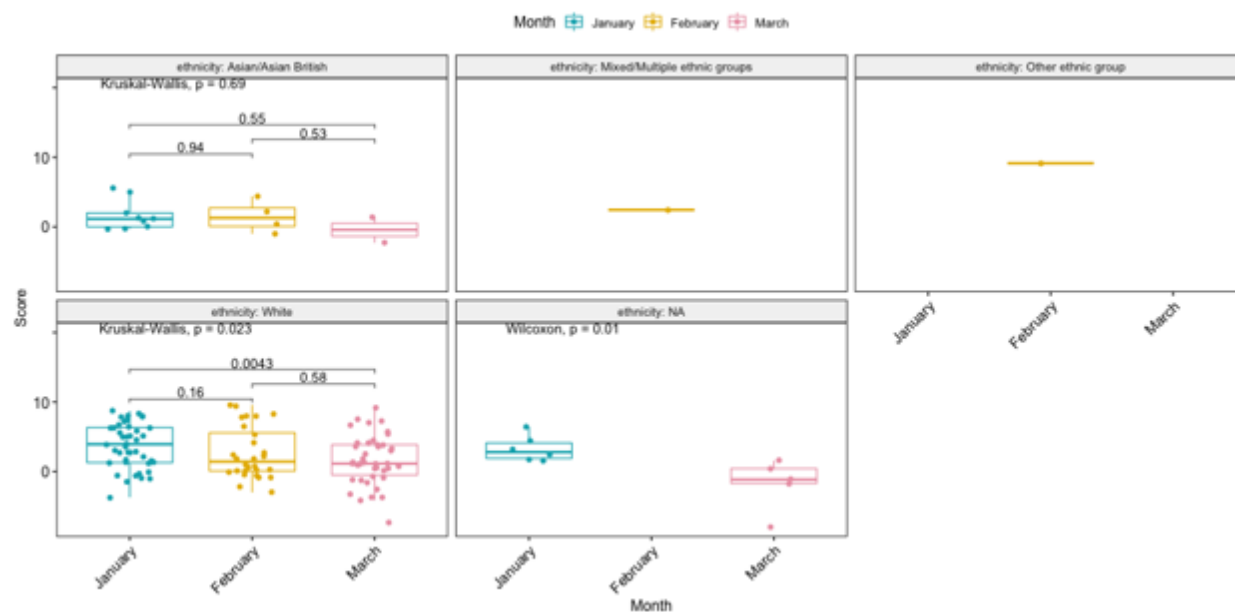
FIGURES



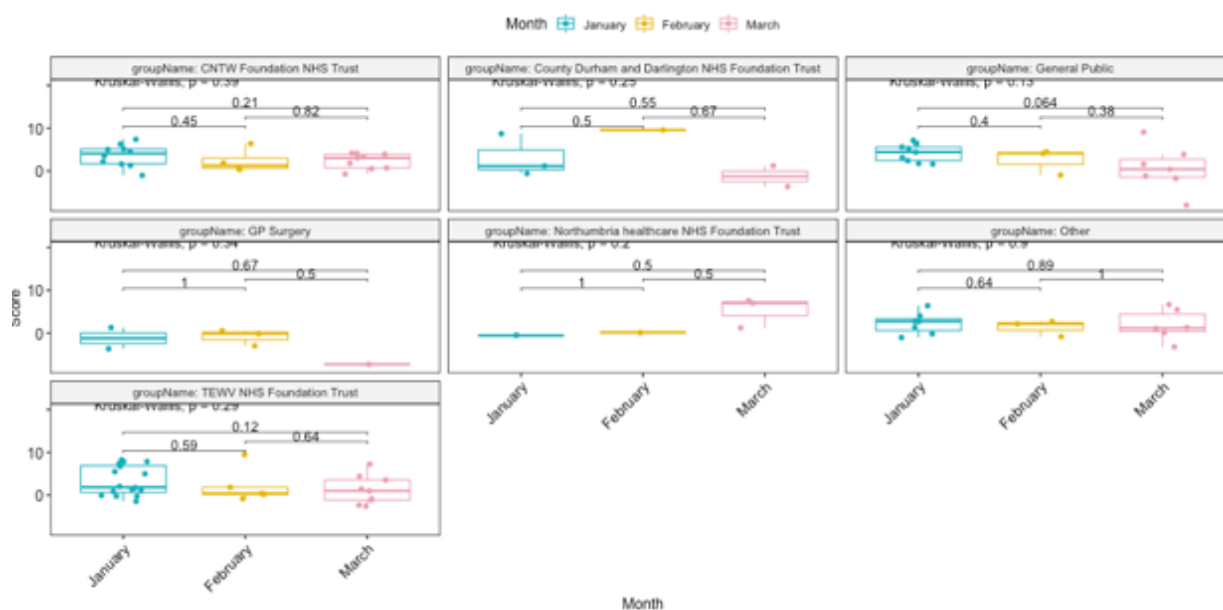
Supplementary Figure 1. Change in scores for the *Wellbeing questions* by “age group”.



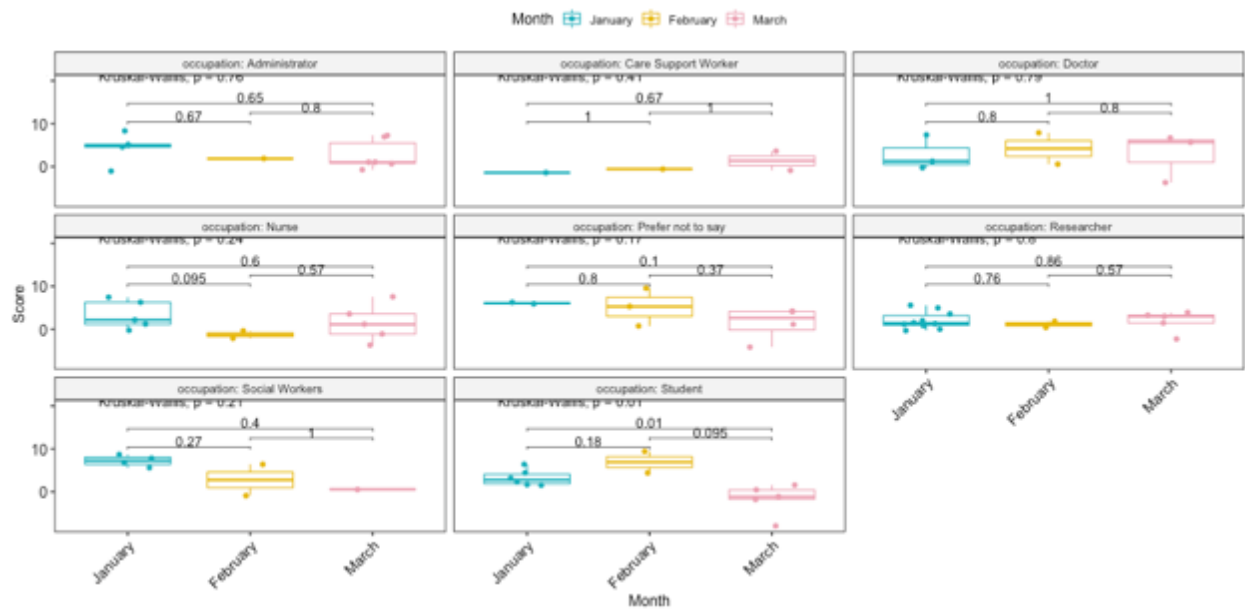
Supplementary Figure 2. Change in scores for the *Wellbeing questions* by “gender”.



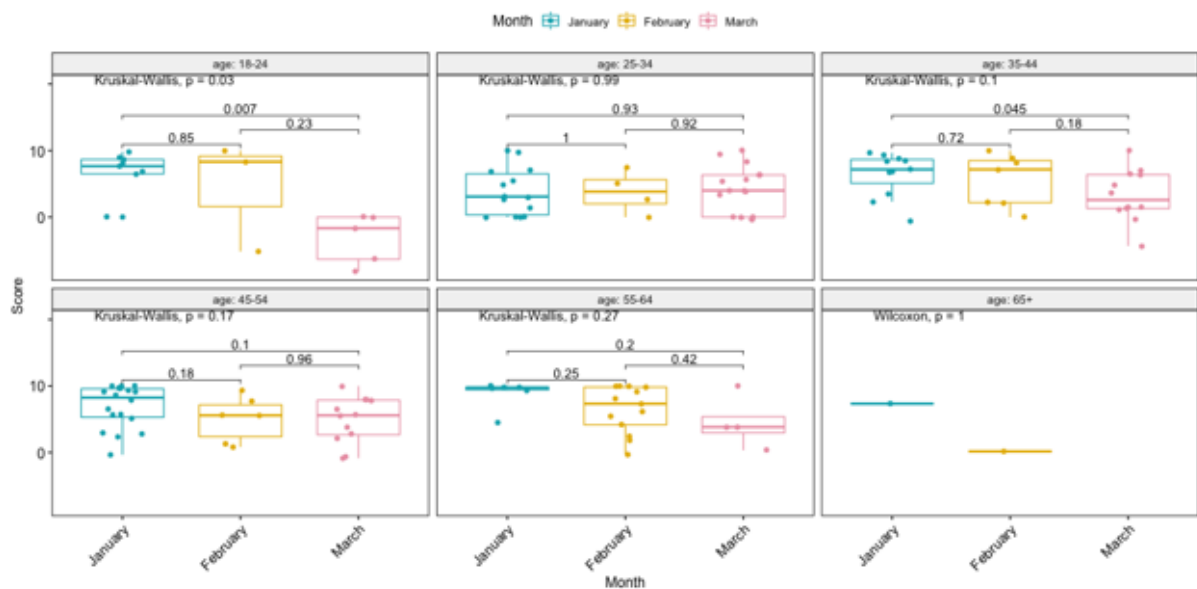
Supplementary Figure 3. Change in scores for the *Wellbeing questions* by “ethnicity”.



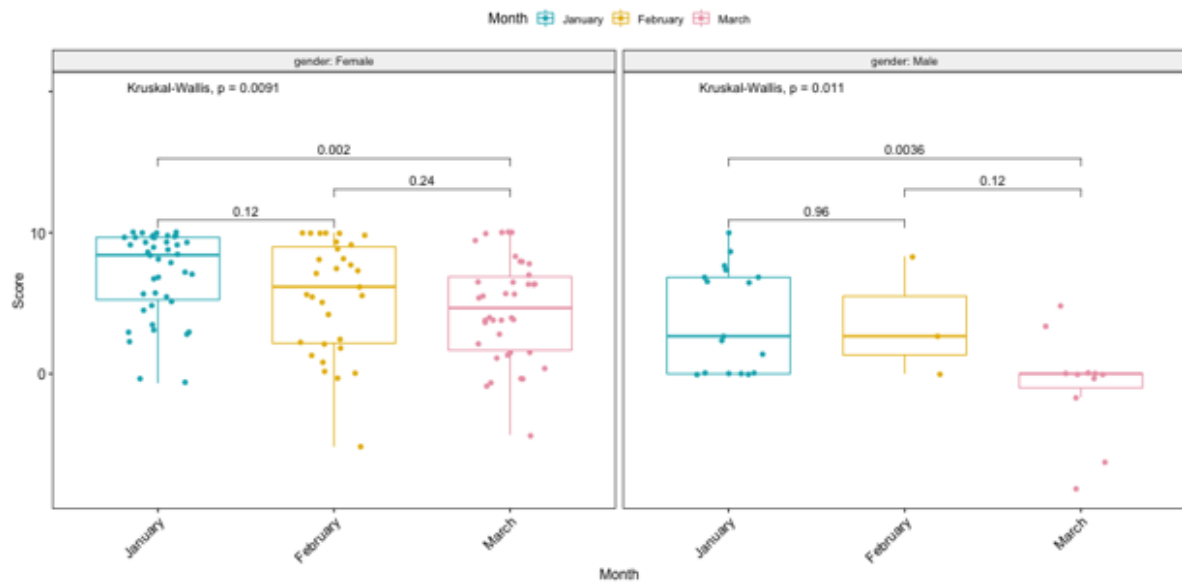
Supplementary Figure 4. Change in scores for the *Wellbeing questions* by “NHS group”.



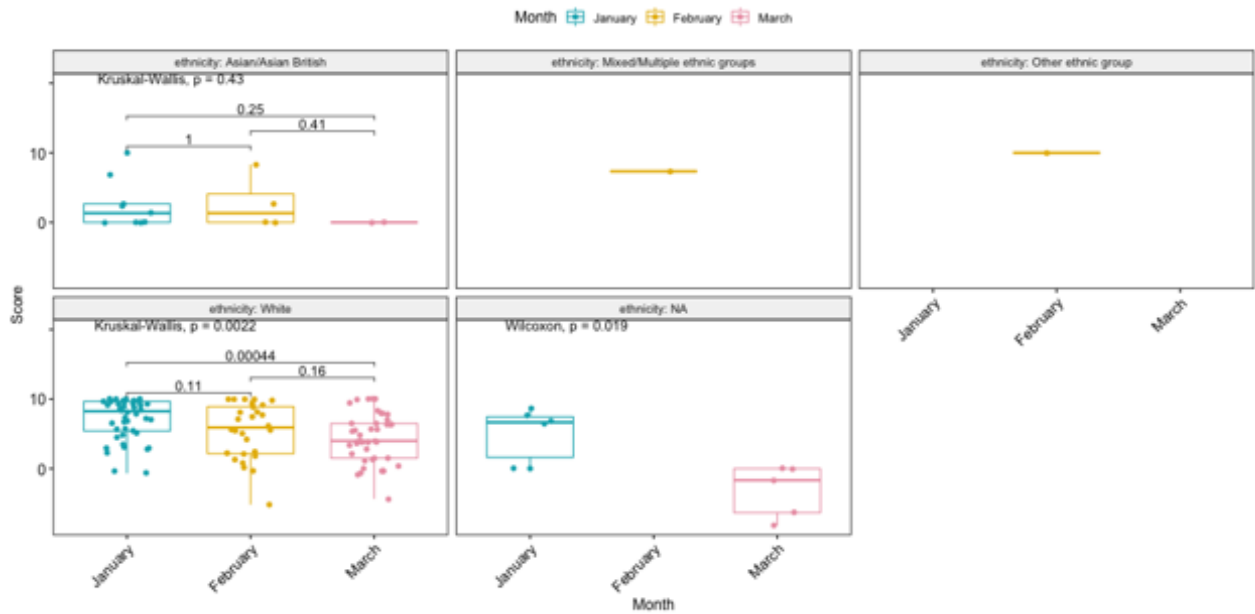
Supplementary Figure 5. Change in scores for the *Wellbeing questions* by “occupation type”.



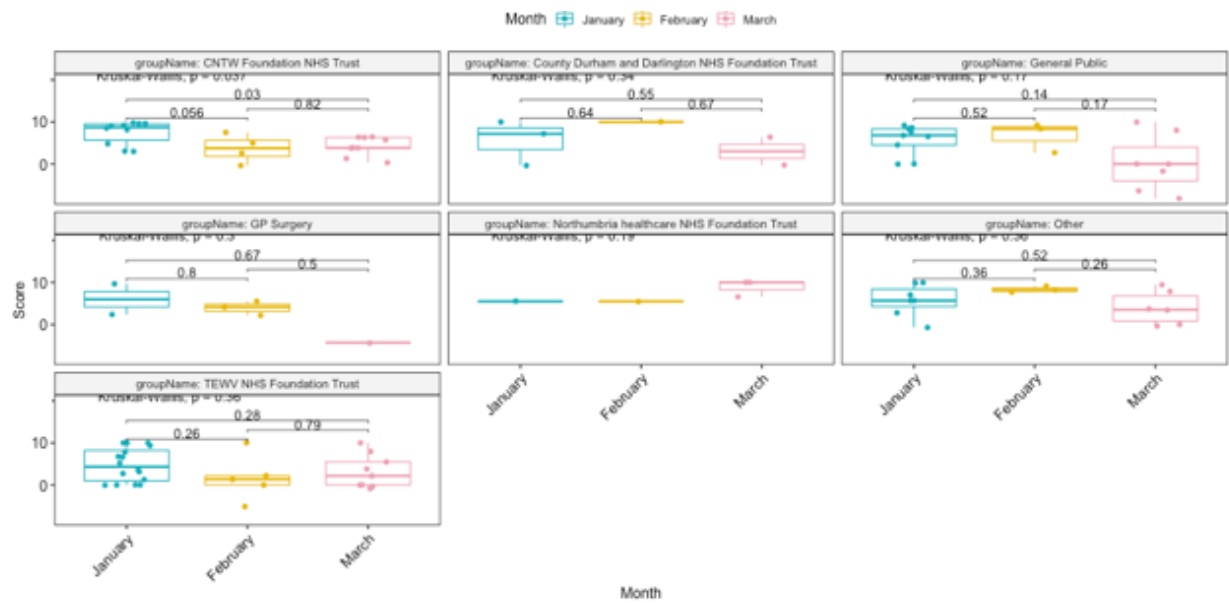
Supplementary Figure 6. Change in scores for the *Symptoms questions* by “age group”.



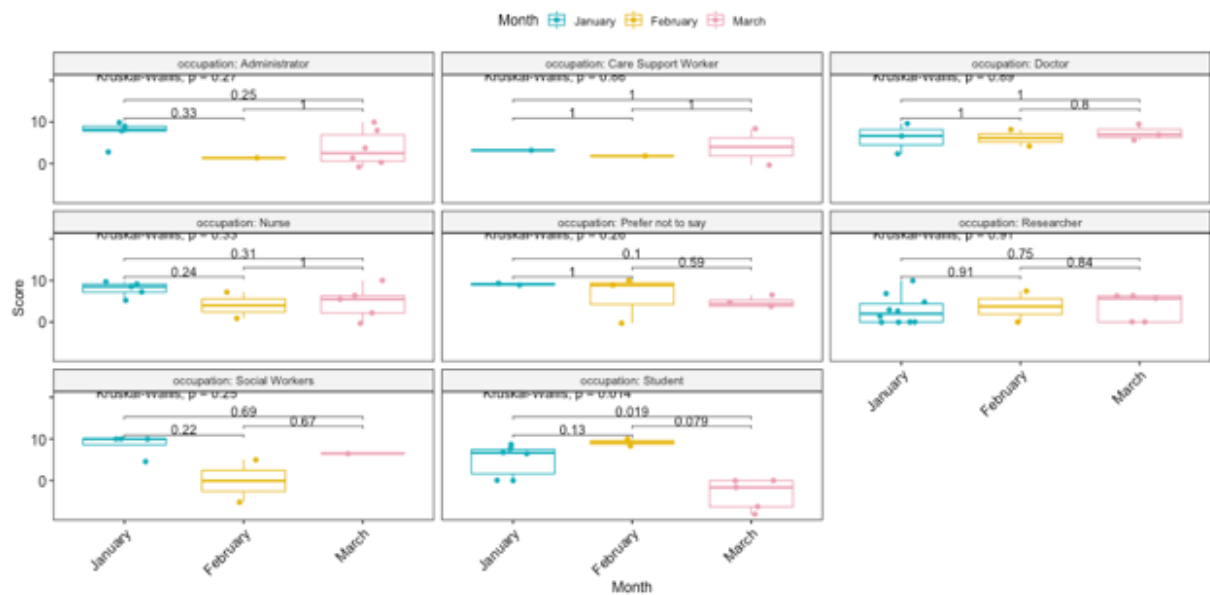
Supplementary Figure 7. Change in scores for the *Symptoms questions* by “gender”.



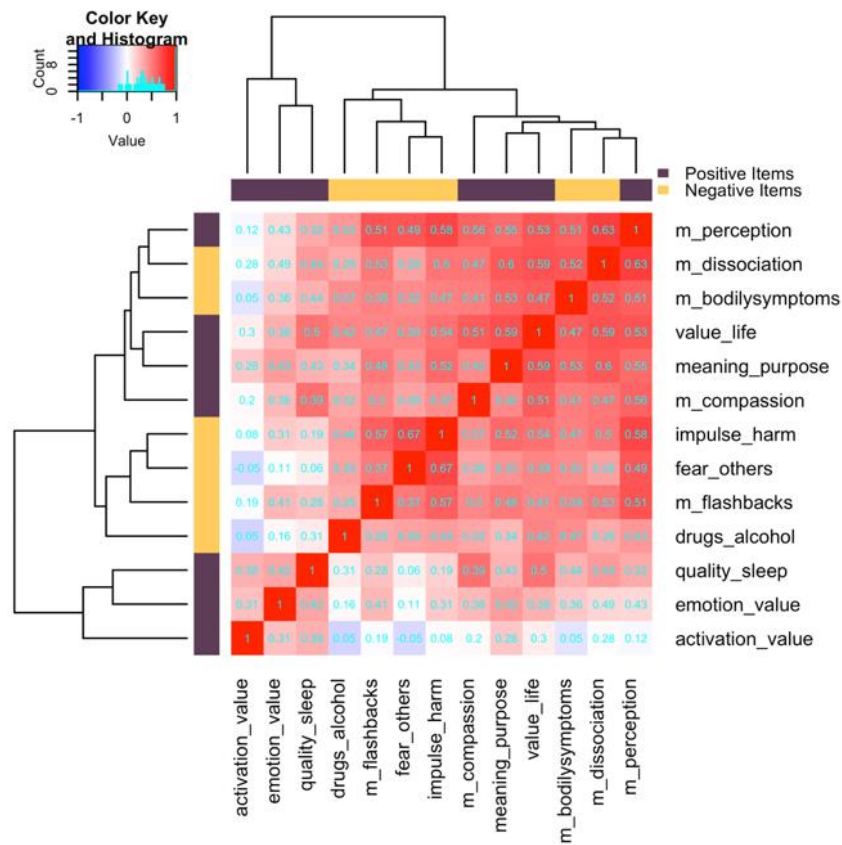
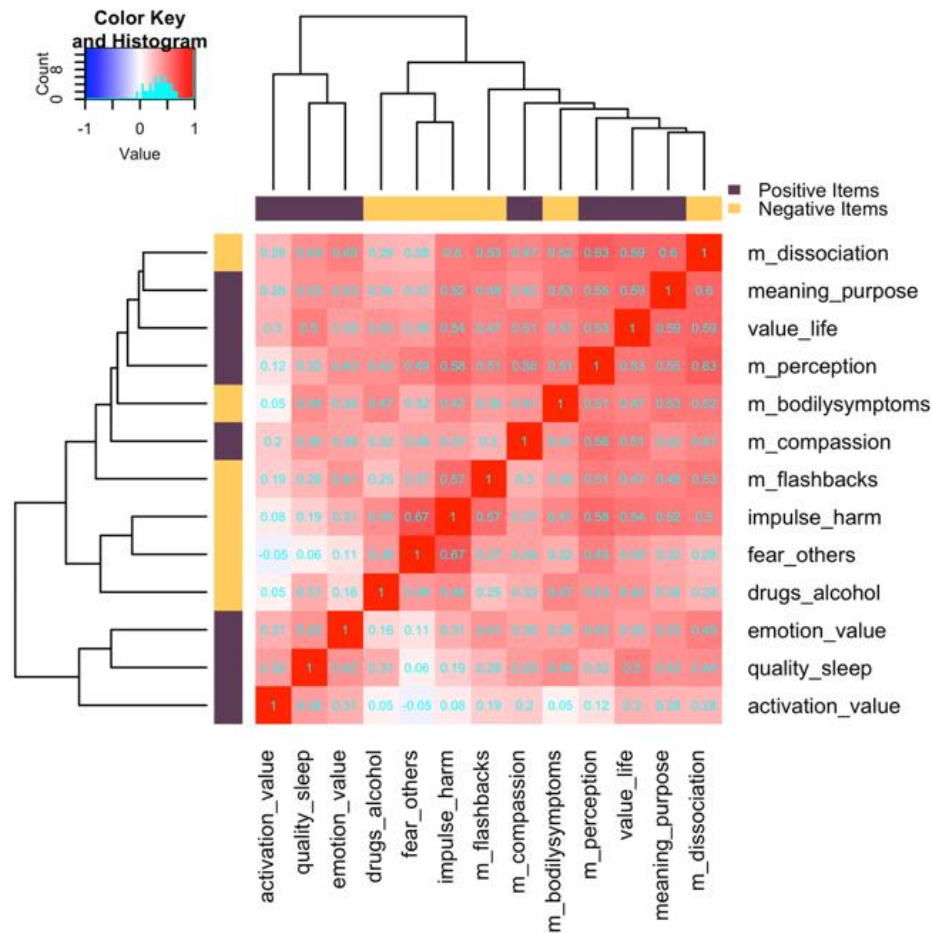
Supplementary Figure 8. Change in scores for the *Symptoms questions* by “ethnicity”.

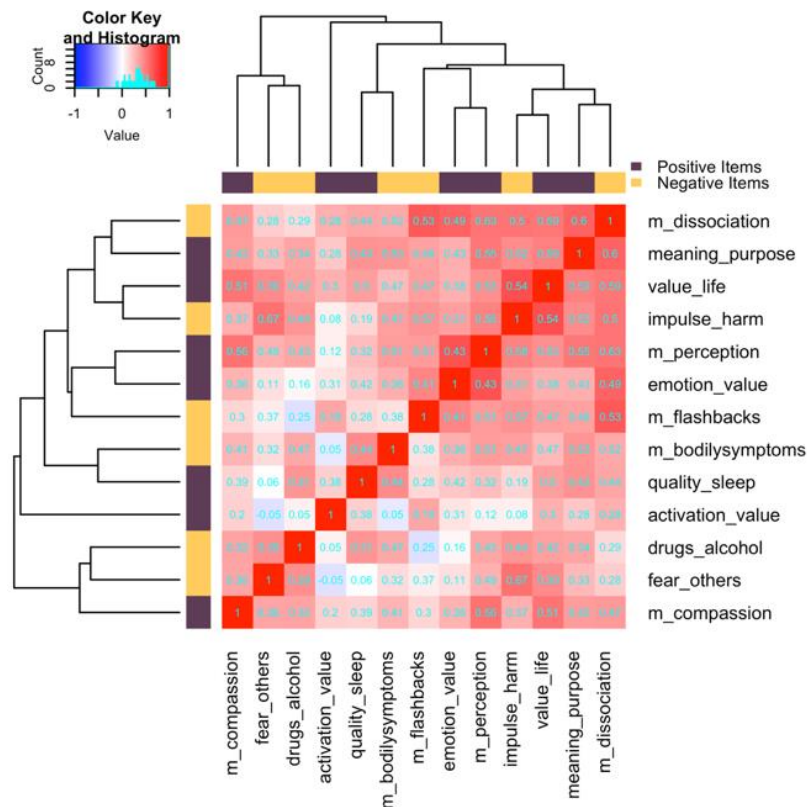
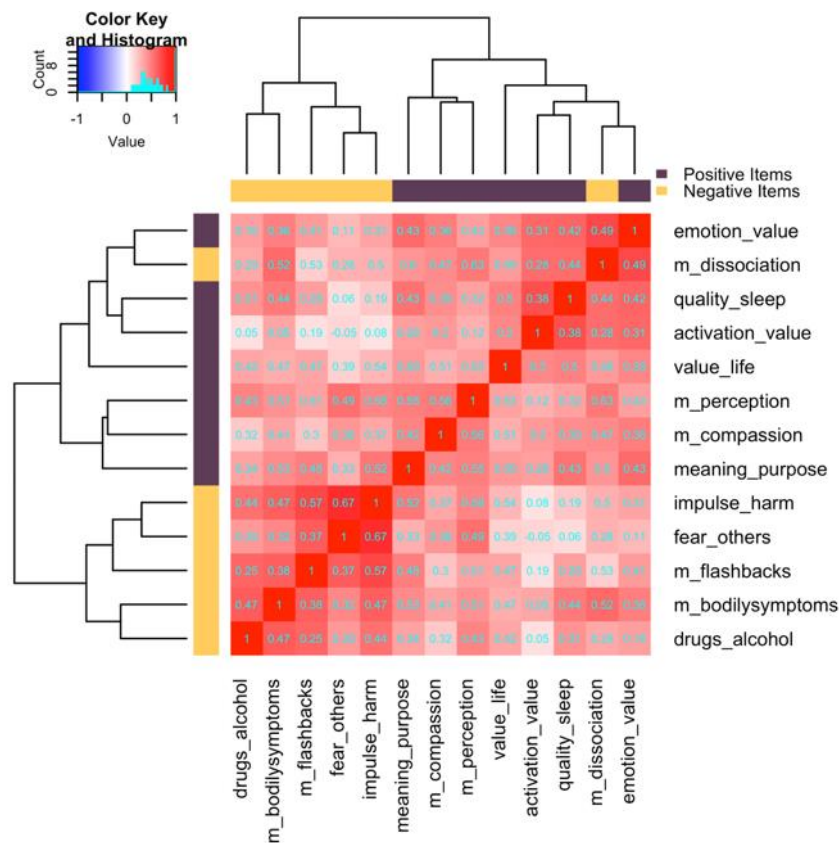


Supplementary Figure 9. Change in scores for the *Symptoms* questions by “NHS group”.



Supplementary Figure 10. Change in scores for the *Symptoms* questions by “occupation”.





Supplementary Figure 11. Correlation scores for (A) All months are combined, (B) for January only, (C) for February only, (D) for March only.