

Appendix

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Social behaviour means across waves

A.1. Behaviour 1 (I have been social-distancing (keeping 2 metres apart from other people outside of the house) means across waves

Wave	Mean	SD	Count
1	9.10	1.48	174
2	8.66	1.83	174
3	8.53	1.69	174

A.2. Behaviour 2 (I have been self-isolating (i.e. not being in contact with anyone else or leaving the house) means across waves

Wave	Mean	SD	Count
1	4.39	4.05	174
2	3.60	3.86	174
3	3.18	3.84	174

A.3. Behaviour 3 (I have been avoiding crowds) means across waves

Wave	Mean	SD	Count
1	9.36	1.29	174
2	9.02	1.70	174
3	8.60	2.11	174

A.4. Behaviour 4 (I have been avoiding small group face-to-face activities with friends and family from outside of my house) means across waves

Wave	Mean	SD	Count
1	8.60	2.22	174
2	7.67	2.91	174
3	6.79	3.28	174

A.5. Behaviour 5 (I am having less in-person social interaction than before social distancing measures were first introduced) means across waves

Wave	Mean	SD	Count
1	8.59	2.44	174
2	8.08	2.65	174
3	7.80	2.80	174

A.6. Behaviour 6 (I am having less overall social interaction (digital or in person) than before social distancing measures were introduced) means across waves

Wave	Mean	SD	Count
1	7.02	3.15	174
2	6.66	3.15	174
3	6.48	3.15	174

A.7. Behaviour 7 (I have been wearing a mask outdoors) means across waves

Wave	Mean	SD	Count
1	2.40	3.59	174
2	3.53	3.95	174
3	5.22	3.97	174

Happy tendency panel linear model and associated descriptive statistics

A.8 Happy tendency means across waves

Wave	Mean	SD	Count
1	23.9	357	175
2	49.6	412	175
3	48.4	317	175

Happy tendency is relatively low in wave 1 and almost doubles in waves 2 and 3. However, a repeated measures ANOVA with time as the independent variable and happy tendency as the dependent variable confirmed that these changes were not significant ($F(2,336) = 0.289$, $p = 0.741$).

A.9 Simple panel linear model on happy tendency: fixed effects

	Estimate	Std. Error	p
Behaviour 1	3.677	15.680	0.815
Behaviour 2	-10.860	7.829	0.166
Behaviour 3	-19.764	16.477	0.231
Behaviour 4	15.818	9.352	0.092
Behaviour 5	-15.463	10.532	0.143
Behaviour 6	4.757	7.915	0.548
Behaviour 7	4.730	7.507	0.529
N	175		
F	1.177		
R ²	0.024		

Notes: Fixed effects regression using prescribed social behaviours (independent variables) to predict happy tendency (dependent variable). Standard errors are clustered on an individual level. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Social tendency panel linear model and associated descriptive statistics

A.10. Social tendency means across waves

Wave	Mean	SD	Count
1	53.5	339	175
2	31.3	323	175
3	19.6	354	175

Social tendency is relatively high in wave 1 and reduces in waves 2 and 3. However, a repeated measures ANOVA with time as the independent variable and social tendency as the dependent variable confirmed that these changes were not significant ($F(2,342) = 0.48$, $p = 0.619$).

A.11. Simple panel linear model on social tendency: fixed effects

	Estimate	Std. Error	p
Behaviour 1	-12.8201	14.4748	0.3764
Behaviour 2	4.0108	7.3191	0.5841
Behaviour 3	-5.6714	15.2022	0.7093
Behaviour 4	-7.7185	8.6102	0.3707
Behaviour 5	14.3128	9.7198	0.1418

Behaviour 6	-3.4199	7.4078	0.6446
Behaviour 7	1.3941	6.9156	0.8404
N	175		
F	0.604		
R ²	0.012		

Notes: Fixed effects regression using prescribed social behaviours (independent variables) to predict social tendency (dependent variable). Standard errors are clustered on an individual level.

* p<0.05, ** p<0.01, *** p<0.001

A.12. Kendall's correlation tests showing the relationships between reduced-overall-interaction (behaviour 6) and other social behaviours (1-5)

	z	p
Social distancing	5.073	3.907e-07***
Self-isolating	4.446	8.741e-06***
Avoiding crowds	4.161	3.173e-05***
Avoiding small group activities	5.382	7.385e-08***
Less in person interaction	11.935	< 2.2e-16***
Wearing a mask outdoors	2.204	0.02756***

Notes: * p<0.05, ** p<0.01, *** p<0.001

A.13. Covariate standard linear model on sad tendency: fixed effects

	Estimate	Std. Error	t-value	p
(Intercept)	648.107	455.748	1.422	0.156
Behaviour_6	-17.050	4.656	-3.662	0.000***
Corona.fear.me	-2.354	5.928	-0.397	0.691
Anxious	10.719	9.656	1.110	0.268
Happy	-0.747	11.054	-0.068	0.946
Bis	-5.343	4.826	-1.107	0.269
BasDrive	4.629	6.595	0.702	0.483
BasReward	-1.031	3.668	-0.281	0.779
HealthConditions1,2,4	277.218	221.665	1.251	0.212
HealthConditions1,2,5,6	286.076	259.603	1.102	0.271
HealthConditions1,4	368.509	222.912	1.653	0.099
HealthConditions1,4,5	314.552	261.309	1.204	0.229
HealthConditions2	370.077	196.770	1.881	0.061
HealthConditions2,4	575.656	227.313	2.532	0.012*
HealthConditions2,4,6	170.017	264.524	0.643	0.521
HealthConditions2,5	351.615	260.951	1.347	0.178
HealthConditions3	415.390	216.433	1.919	0.055
HealthConditions3,4,5	560.333	279.062	2.008	0.045*

HealthConditions3,5	317.281	260.979	1.216	0.225
HealthConditions4	456.098	190.347	2.396	0.017
HealthConditions4,5	251.839	226.315	1.113	0.266
HealthConditions4,6	647.016	263.408	2.456	0.014
HealthConditions5	458.735	200.126	2.292	0.022
HealthConditions5,6	421.838	262.442	1.607	0.109
HealthConditions6	434.846	194.252	2.239	0.026
HealthConditions8	411.813	187.070	2.201	0.028
HoursAwayFromHome	12.279	11.936	1.029	0.304
Stressed	-10.893	9.726	-1.120	0.263
SocialAnxiety	-0.076	0.597	-0.128	0.898
Anxiety	-3.256	2.471	-1.318	0.188
MentalHealth	-13.497	21.472	-0.629	0.530
SWB	-7.617	4.261	-1.788	0.074
Extraversion	-1.641	1.475	-1.113	0.266
Conscientiousness	6.587	7.061	0.933	0.351
Stability	-10.551	8.910	-1.184	0.237
Agreeableness	4.998	7.571	0.660	0.509
Openness	-7.943	6.555	-1.212	0.226
Age	-31.065	13.327	-2.331	0.020
Gender	-65.196	35.481	-1.838	0.067
Ethnicity(prefer not to say)	-140.804	208.569	-0.675	0.500
White (8)	-22.616	186.550	-0.121	0.904
Asian/Asian British (9)	17.563	242.627	0.072	0.942
Asian/Black (9,10)	-61.597	279.904	-0.220	0.826
Income	9.189	7.438	1.235	0.217
Region	-1.689	4.330	-0.390	0.697
PhysicalHealth	7.561	20.391	0.371	0.711
Children	0.354	14.348	0.025	0.980
HouseLiving	-6.550	10.911	-0.600	0.549
Keyworker	-20.327	39.907	-0.509	0.611
NoCovidSymptoms	-192.134	185.305	-1.037	0.300
CovidSymptomsOtherApart	-254.798	191.629	-1.330	0.184
CovidSymptomsSelf	-126.340	211.846	-0.596	0.551
CovidSymptomsSelf+OtherLiving	-340.810	209.821	-1.624	0.105
CovidSymptomsSelf+OtherLiving+OtherApart	-207.616	261.274	-0.795	0.427
CovidSymptomsOtherLiving	-206.347	232.831	-0.886	0.376
N	174			
F	1.248			
R ²	0.126			
Cohen's <i>d</i>	0.160			

Notes: Linear regression using prescribed social behaviours and all other time varying *and* time unvarying covariates (independent variables) to predict sad tendency (dependent variable). Cohen's *d* value was calculated using the behaviour 6 coefficient to estimate effect size. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Key for Health Conditions: 1 = Cardiovascular disease, 2 = diabetes, 3 = Chronic respiratory disease, 4 = Hypertension, 5 = Asthma, 6 = Other serious condition (such as cancer), 8 = None

A.14. Simple panel linear model on sad tendency: random effects

	Estimate	Std. Error	p
(Intercept)	134.596	87.473	0.124
Behaviour_1	1.490	9.819	0.879
Behaviour_2	-2.281	3.881	0.557
Behaviour_3	-3.465	9.918	0.727
Behaviour_4	-0.269	5.649	0.962
Behaviour_5	-4.429	6.141	0.471
Behaviour_6	-10.244	4.934	0.038*
Behaviour_7	-2.795	3.544	0.430
N	174		
Chisq	11.167		
R ²	0.021		
Cohen's <i>d</i>	0.157		

Notes: Random effects regression using prescribed social behaviours (independent variables) to predict sad tendency (dependent variable). Standard errors are clustered on an individual level. Cohen's *d* value was calculated using the behaviour 6 coefficient to estimate effect size. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Full breakdown of participant characteristics

A.15. Proportion of participants in each age-group

Age group	Count
18-24	2%
25-34	15%
35-44	14%
45-54	19%
55-64	20%
65+	30%

A.16. Proportion of participants in each physical health group
(1 = Excellent, 5 – Poor)

Physical Health	Count
1	10%
2	26%
3	39%
4	18%
5	7%

A.17. Proportion of participants in each income group

Income brackets	Wave 1
Under £5000	6%
£5000-£9999	9%
£10,000-£14,999	10%
£15,000-£19,999	9%
£20,000-£24,000	13%
25,000-£34,999	23%
£35,000-£44,999	11%
£45,000-£54,999	9%
£55,000-£99,999	9%
£100,000+	3%

Income split followed a normal distribution across income brackets with less people at the lower and higher bounds, as expected (this information was only collected in wave 1)

A.18. Proportion of participants in each ethnic group

Ethnicity	Count
White	97%
Asian / Asian British	1%
Black/African / Caribbean / Black British	0%
Mixed / Multiple ethnic groups	0%
Other ethnic group	0%
Prefer not to say	2%

A.19. Proportion of participants in each UK region

	Count
Greater London	15%
South East	16%
South West	8%
West Midlands	10%
North West	8%
North East	6%
Yorkshire and the Humber	5%
East Midlands	8%
East Anglia	9%
Scotland	9%
Northern Ireland	1%
Wales	4%

List of figures

A.20. SCRT instructions



In this game, you will see single pictures in the centre of the computer screen. Each picture will be rotated a little bit: It will be tilted slightly to the left or slightly to the right.

A small matchstick man will appear above or below each picture. What you have to do in this game is make the man APPROACH the picture, that is run towards it, if it is left-tilted. If it is right-tilted, you have to make the man AVOID it by running away from it.

For example, if the matchstick man is above a left-tilted picture, you press B on the keyboard to make the man run DOWN, towards the picture.

However, if the man is below a picture that is left-tilted, you press the Y on the keyboard to make the man move UP, towards the picture.

For each picture, you should respond carefully and quickly. Try to avoid mistakes! If you make a mistake, a red X will appear on the screen - try to avoid it!

Keep the thumb of your dominant hand on the B and your index finger on the Y during the game. Press SPACE now for some practice pictures.

Press [space] to continue