

Supplementary Material 1. Quality of Life Change questions

In this section, you will be asked to think about a certain aspect that may affect your quality of life, such as:

- Your overall well-being
- *Your mental and physical health*
- *Your cognitive abilities (such as your memory, planning skills, and eye for detail)*
- *Your experience of sensory issues*
- *Your social and communication skills*
- *Your social support*
- *If you have experienced loneliness*
- *If you have experienced isolation*
- *Your experience of accessing health care*
- *Your quality of sleep*

You will be asked whether it has got better or worse **during the COVID-19 pandemic and lockdown**.

We understand that these may change, so please give an overall impression.

If you wish, you will then be given the opportunity to give us any extra information.

Q1. Please think about your **overall wellbeing**.

- How would you rate your current wellbeing?
 - *(5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)*
- Has your overall wellbeing got better or worse over the COVID-19 pandemic and lockdown?
 - *(3-point Likert; Better, No Change, Worse)*
- If you would like to tell us more about this, please use the space below to do so.
 - *(Large open text box)*

Q2. Please think about your **overall mental health**.

- How would you rate your current mental health?
 - *(5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)*

- Has your overall mental health got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q3. Please think about your overall physical health.

- How would you rate your current physical health?
 - (5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)
 - Has your overall physical health got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q4. Please think about your cognitive abilities (such as your memory, planning skills, and eye for detail).

- How would you rate your current cognitive abilities?
 - (5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)
 - Have your cognitive abilities got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q5. Please think about your social and communication skills.

- How would you rate your current social and communication skills?
 - (5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)
 - Have your social and communication skills got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q6. Please think about your sensory experiences (such as sensitivity to noise and light, sensitivity to touch, etc.)

- How often do you find your sensory experiences to be overwhelming?
 - (5-point Likert; Never, Sometimes, About half the time, Most of the time, Always)
 - Has your ability to cope with sensory experiences got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q7. Please think about your quality of sleep.

- How would you rate your current quality of sleep?
 - (5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)
 - Has your quality of sleep got better or worse over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Better, No Change, Worse)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q8. Please think about if you have experienced loneliness.

- How often do you currently feel lonely?
 - (5-point Likert; Never, Sometimes, About half the time, Most of the time, Always)
 - Have you felt more or less loneliness over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Less lonely, No change, More lonely)
 - If you would like to tell us more about this, please use the space below to do so.
 - (Large open text box)
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Q9. Please think about if you have experienced isolation.

- How often do you currently experience isolation?
 - (5-point Likert; Never, Sometimes, About half the time, Most of the time, Always)
- Have you experienced more or less isolation over the COVID-19 pandemic and lockdown?
 - (3-point Likert; Less isolated, No change, More isolated)

- If you would like to tell us more about this, please use the space below to do so.
 - *(Large open text box)*
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Q10. Please think about your **social support (such as people to help you make decisions, planning for the future, or if you need help, etc).**

- How would you rate your current social support?
 - *(5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)*
 - Has your social support got better or worse over the COVID-19 pandemic and lockdown?
 - *(3-point Likert; Better, No Change, Worse)*
 - If you would like to tell us more about this, please use the space below to do so.
 - *(Large open text box)*
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Q11. Please think about your **experience of accessing health care (such as seeing your GP/regular care doctor, accessing other health care services, etc).**

- How would you rate your current experience of accessing health care?
 - *(5-point Likert; Very poor, Poor, Neither good nor poor, Good, Very good)*
 - Has your experience of accessing health care got better or worse over the COVID-19 pandemic and lockdown?
 - *(3-point Likert; Better, No Change, Worse)*
 - If you would like to tell us more about this, please use the space below to do so.
 - *(Large open text box)*
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Q12. Please use the space below to mention **any other aspects that have had an influence on your quality of life and wellbeing**, and how it has changed over the COVID-19 pandemic and lockdown. Please consider good things, as well as bad things.

- *(Large open text box)*