

Effect of the COVID-19 pandemic on children's health

Questionnaire

Hello, dear parents! Due to the effect of the COVID-19 epidemic, kindergartens have been delayed for several months, and children have been isolated at home for several months. This may have a negative impact on their physical and mental health. In order to understand the recent changes of children's physical growth, living habits and psychological behavior, provide targeted guidance and promote the healthy development of physical and mental health of the children, you are invited to participate in this survey. Let us work together for the healthy growth of children!

Part I Basic Information

1. Your child's date of birth (National Calendar / Gregorian calendar): [fill in the blanks]*

2. Your child's gender is [single choice question]*

☐ Male

☐ Female

3. Is your child the only child in your family? [single choice question]*

☐ Yes

☐ No

4. Is your child Han nationality? [single choice question]*

☐ Yes

☐ No

5. What relation are you to the child? [single choice question]*

☐ Father

☐ Mother

☐ Ancestors

☐ Other

6. Where is your child's long-time residence? [multiple choice questions]*

☐ City

☐ Suburban county

☐ Township

☐ Rural areas

7. The housing area of your child's long-term residence is [single choice question]*

☐ Less than 70 square meters

☐ 80 square meters \leq living area < 100 square meters

☐ 100 square meters \leq living area < 150 square meters

☐ 150 square meters \leq living area < 200 square meters

☐ ≥ 200 square meters

8. The average annual total income of your family is about [multiple choice questions] *

☐ Average annual gross income < 80,000 yuan

☐ 80,000 yuan \leq average annual gross income < 150,000 yuan

☐ 150,000 yuan \leq average annual gross income < 300,000 yuan

☐ 300,000 yuan \leq average annual gross income < 500,000 yuan

☐ 500,000 yuan \leq average annual gross income < 1 million yuan

☐ Average annual gross income ≥ 1 million yuan

9. Before the outbreak of COVID-19, your family's monthly average electricity bill was about () yuan/month [fill in the blank].

10. During the COVID-19 epidemic, when you were quarantined at home, the average monthly household electricity bill was about () yuan/month [fill in the blank].

11. The number of permanent residents in your family is ()

12. The current educational background of the child's mother is [multiple choice questions] *

- ☐ Junior high school and below
- ☐ High school or technical secondary school
- ☐ Undergraduate or junior college
- ☐ Graduate or above

13. The current educational background of the child's father is [multiple choice questions] *

- ☐ Junior high school and below
- ☐ High school or technical secondary school
- ☐ Undergraduate or junior college
- ☐ Graduate or above

14. The age of the child's mother is () years old [fill in the blank] *

15. The age of the child's father is () years old [fill in the blank] *

Part II Basic Health Status

16. Your child's weight at the end of January 2020 is () kg [fill in the blank]

If you have the weight record of your child at that time, please fill it in.

17. Your child's height at the end of January 2020 is () cm [fill in the blank]

If you have the height record of your child at that time, please fill in.

18. Your child's current weight is () kg [fill in the blanks]*

If you don't know the baby's weight, it is recommended that you use the home calibrated electronic scale to weigh. Pay attention to emptying the urine and feces, taking off shoes, socks and coats.

19. Your child's current height is () cm [fill in the blanks]*

If you don't know your baby's height, it is recommended that you use the height measuring ruler at home to measure. Pay attention to take off the shoes and socks. Children should keep their eyes in front of them, raise their heads, lift their shoulders, hang their hands down

naturally, keep their heels together, and keep their toes 60 degrees apart. Ensure that the head, shoulders, hips and heels are in a straight line.



20. The change of your child's weight during the COVID-19 epidemic period (from the end of January 2020 to the present) is [single choice question]*

- ☐ Significant weight loss ($\geq 1.0\text{kg}$)
- ☐ Weight loss (about 0.5-1.0kg decrease)
- ☐ No significant change (about $\pm 0.5\text{kg}$)
- ☐ Light weight gain (about 0.5-1.0kg increase)
- ☐ Significant weight gain ($\geq 1.0\text{kg}$ increase)

21. The change of your child's weight from January to December 2019 is () kg [fill in the blanks]*

If your child lose weight, please use negative value, such as -2. If you are not clear, please fill in "not clear".

22. The father's current weight is () kg [fill in the blanks]*

23. The father's height is () m [fill in the blanks]*

24. The mother's current weight is () kg [fill in the blanks]*

25. The current height of the mother is () m [fill in the blanks]*

26. The number of times your child had an acute respiratory illness during the COVID-19 pandemic (late January to late May 2020)_ ____ [fill in the blanks]*

27. Compared with the same period last year (from January to the end of May, 2019), the number of times your child suffered from acute respiratory diseases () [single choice question]*

☐ More than before

☐ Same as before

☐ Less than before

28. Your child suffered from acute gastrointestinal diseases (such as diarrhea, acute gastroenteritis, etc.) for () times during the COVID-19 pandemic (from the end of January to the end of May, 2020) [fill in the blanks]*

29. Compared with the same period last year (from January to the end of May, 2019), the number of times your child suffered from acute gastrointestinal diseases () [single choice question]*

☐ More than before

☐ Same as before

☐ Less than before

Part III Diet Behavior

30. Before the outbreak of COVID-19, the number of times a child's father or mother ate out (limited to Chinese food and lunch) was [multiple choice questions] *

The object of eating out mainly refers to the person who is the main source of economic income of the family and has more social entertainment.

☐ ≥ 10 times/week

☐ 5~9 times/week

☐ 1~4 times/week

☐ 0 times per week

31. During the COVID-19 epidemic, when your child was isolated at home, the number of times the child's father or mother ate out (limited to Chinese food and lunch) was [multiple choice questions] *

The object of eating out mainly refers to the person who is the main source of economic income of the family and has more social entertainment.

☐ ≥ 10 times/week

☐ 5~9 times/week

☐ 1~4 times/week

☐ 0 times per week

32. Before the outbreak of COVID-19, the frequency of your child's breakfast intake was [multiple choice questions] *

☐ Eat frequently (5~7 times/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

33. During the COVID-19 epidemic, when your child was isolated at home, the frequency of the breakfast intake was [multiple choice questions] *

☐ Eat frequently (5~7 times/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

34. Before the outbreak of COVID-19, the frequency of your child's consumption of fresh vegetables and fruits was [multiple choice questions] *

☐ Eat regularly

☐ Sometimes eat

☐ Occasional eating

35. During the COVID-19 epidemic, when your child was isolated at home, the frequency of eating fresh vegetables and fruits was [multiple choice questions] *

☐ Eat regularly

☐ Sometimes eat

☐ Occasional eating

36. Before the outbreak of COVID-19, the frequency of your child eating sweets (including candy, chocolate, cookies and cream cakes) was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

37. During the COVID-19 epidemic, when your child was isolated at home, the number of times a week they ate sweets (including candy, chocolate, cookies and cream cakes) was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

38. Before the outbreak of COVID-19, the number of times your child ate sugary drinks (including fruit juice and various drinks) per week was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

39. During the COVID-19 epidemic, when your child was isolated at home, the number of times a week they ate sugary drinks (including fruit juice and various drinks) was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

40. Before the outbreak of COVID-19, the number of times your child ate fried food per week was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

41. During the COVID-19 epidemic, when your child was isolated at home, the number of times they ate fried food per week was [multiple choice questions] *

☐ Eat frequently (5 times or more/week)

☐ Eat sometimes (2~4 times/week)

☐ Eat occasionally (0~1 times/week)

Part IV Lifestyle

42. Before the outbreak of COVID-19, your child got up in the morning at[multiple choice questions]

*

☐ 6:00 ~ 6:59

☐ 7:00 ~ 7:59

☐ 8:00 ~ 8:59

☐ 9:00 ~ 10:29

☐ 10:30 and beyond

43. During the COVID-19 epidemic, when your child was isolated at home, the morning wake-up time was [multiple choice questions] *

☐ 6:00 ~ 6:59

☐ 7:00 ~ 7:59

☐ 8:00 ~ 8:59

☐ 9:00 ~ 10:29

☐ 10:30 and beyond

44. Before the outbreak of COVID-19, your child's bedtime at night was [multiple choice questions] *

☐ 20:00 ~ 20:59

☐ 21:00 ~ 21:29

☐ 21:30 ~ 21:59

☐ 22:00 ~ 22:59

☐ 23:00 and beyond

45. During the COVID-19 epidemic, when your child was isolated at home, the bedtime was [multiple choice questions] *

☐ 20:00 ~ 20:59

☐ 21:00 ~ 21:29

☐ 21:30 ~ 21:59

☐ 22:00 ~ 22:59

☐ 23:00 and beyond

46. Before the outbreak of COVID-19, your child's average sleep time per day was () hours [multiple choice questions] *

Sleep time includes night and nap time.

☐ <8 hours

☐ 8 hours \leq sleep time < 9 hours

☐ 9 hours \leq sleep time < 10 hours

☐ 10 hours \leq sleep time < 13 hours

☐ \geq 13 hours

47. During the COVID-19 epidemic, when your child was isolated at home, the average sleep time per day was () hours [multiple choice questions] *

Sleep time includes night and nap time.

☐ <8 hours

☐ 8 hours \leq sleep time < 9 hours

☐ 9 hours \leq sleep time < 10 hours

☐ 10 hours \leq sleep time < 13 hours

☐ \geq 13 hours

48. Before the outbreak of COVID-19, your child watched TV for about () hours a day on average [fill in the blank] * _____

49. During the COVID-19 epidemic, when your child was isolated at home, the average time spent on watching TV every day was about () hours [fill in the blank] * _____

50. Before the outbreak of COVID-19, your child used touch-screen electronic products for about () hours a day on average [fill in the blank] * _____

Touch-screen electronic products include mobile phones, tablet computers, early teaching machines, etc. _____

51. During the COVID-19 epidemic, when your child was isolated at home, the average time they used touch-screen electronic products was about () hours per day [fill in the blank] *

Touch-screen electronic products include mobile phones, tablet computers, early teaching machines, etc.

52. The electronic products your child used is mainly for () (1~3 items can be selected) [multiple choice questions] *

- ☐ Watch cartoons.
- ☐ Watch short videos such as Tik Tok.
- ☐ Play games.
- ☐ Early education and learning
- ☐ Listen to music.
- ☐ Voice and video chat
- ☐ Others

53. Before the outbreak of COVID-19, your child spent about () hours outdoors every day on average [fill in the blank] * _____

54. During the COVID-19 epidemic, when your child was isolated at home, the average time spent outdoors was about () hours per day [fill in the blank] *

55. Before the outbreak of COVID-19, your family went shopping about () times a week [multiple choice questions] *

- ☐ ≥ 5 times
- ☐ 3~4 times
- ☐ 1 to 2 times
- ☐ 0 times

56. During the COVID-19 epidemic, when your children were isolated at home, your family went out shopping about () times a week [multiple choice questions] *

☐ ≥ 5 times

☐ 3~4 times

☐ 1 to 2 times

☐ 0 times

57. Before the outbreak of COVID-19, your child spent about () hours a week doing moderate-intensity physical activity on average [multiple choice questions] *

Moderate-intensity physical activity refers to activities such as brisk walking, running, skipping rope, shuttlecock kicking, ball games, swimming, cycling, etc. that will make children sweat or gasp.

☐ Total time < 1 hour

☐ 1 hour \leq total time < 3 hours

☐ 3 hours \leq total time < 6 hours

☐ 6 hours \leq total time < 7 hours

☐ Total time ≥ 7 hours

58. During the COVID-19 epidemic, when your child was isolated at home, the average time for moderate-intensity physical activity was about () hours per week [multiple choice questions] *

Moderate-intensity physical activity refers to activities such as brisk walking, running, skipping rope, shuttlecock kicking, ball games, swimming, cycling, etc. that will make children sweat or gasp.

☐ Total time < 1 hour

☐ 1 hour \leq total time < 3 hours

☐ 3 hours \leq total time < 6 hours

☐ 6 hours \leq total time < 7 hours

☐ Total time ≥ 7 hours

Part V Parent-child companionship

59. Your child's primary caregiver is () [multiple choice questions] *

☐ Mother

☐ Father

☐ Ancestors

☐ Nanny

☐ Other

60. The marital status of the child's mother is () [multiple choice questions] *

☐ Married

☐ Divorce

☐ Unmarried

61. Before the outbreak of COVID-19, the working situation of the mother was () [multiple choice questions] *

☐ Full time

☐ Part time

☐ None

62. During the COVID-19 epidemic, when your child was isolated at home, the mother's work situation was () [multiple choice questions] *

☐ Normal work

☐ Teleworking

☐ Waiting for work

☐ No job

63. Before the outbreak of COVID-19, mothers spent about () hours a day with the child on average [fill in the blank] * _____

Effective companionship include chatting, playing, games, sports, reading, painting, teaching, etc.

64. During isolation at home, the average time spent by mothers with the child was about () hours per day [fill in the blank] * _____

Effective companionship include chatting, playing, games, sports, reading, painting, teaching, etc.

65. Before the outbreak of COVID-19, fathers spent about () hours a day with the child on average [fill in the blank] * _____

Effective companionship include chatting, playing, games, sports, reading, painting, teaching, etc.

66. During isolation at home, the average time spent by fathers with the child was about () hours per day [fill in the blank] * _____

Effective companionship include chatting, playing, games, sports, reading, painting, teaching, etc.

67. Before the outbreak of COVID-19, did you beat or punish your child? [Multiple choice questions]

*

☐ About 3 times or more/week

☐ About 2 times/week

☐ About once/week

☐ 0 times per week

68. When your child was isolated at home, did you ever beat or punish your child? [Multiple choice questions] *

☐ About 3 times or more/week

☐ About 2 times/week

☐ About once/week

☐ 0 times per week

The sixth part is psychological behavior

69. During the COVID-19 outbreak, was the child more prone to fatigue or drowsiness than before the outbreak? [Multiple choice questions] *

☐ Yes

☐ No

☐ Not applicable

70. During the COVID-19 epidemic, was the child more likely to lose their concentration and attention than before the epidemic? [Multiple choice questions] *

☐ Yes

☐ No

☐ Not applicable

71. During isolation at home, did the child prefer to pester adults or rely too much on adults than before the outbreak? [Multiple choice questions] *

☐ Yes

☐ No

☐ Not applicable

72. During isolation at home, was the child more prone to excessive fear or worry than before the outbreak? [Multiple choice questions] *

☐ Yes

☐ No

☐ Not applicable

73. During isolation at home, was the child more likely to lose temper or be grumpy than before the outbreak? [Multiple choice questions] *

☐ Yes

☐ No

☐ Not applicable

74. Was your child less active, sluggish or less energetic during isolation at home than before?[single choice]*

☐ Yes

☐ No

☐ Not applicable

75. Was your child more depressed during isolation than before? [single choice question]*

☐ Yes

☐ No

☐ Not applicable