

SMMASH

Welcome to the SMMASH 2020 survey!

Survey Progress: 2%

Did you complete a similar survey called 'SMMASH3' between December 2019 and March 2020?

Yes No Don't know

Which country are you currently in?

(Click on the down arrow to show a list of options, then click the country you are in just now)

Scotland Wales Northern Ireland Republic of Ireland England Other (Please specify)

Which 'other' country are you currently in?

What age are you?

(Please type your age into the box below)

What is your birth month?

(We can use this information to link your data back to the SMMASH3 study you completed earlier in the year.)

- January
 February
 March
 April
 May
 June
 July
 August
 September
 October,
 November
 December

Ethnicity

(please choose one)

- White Scottish
 White Welsh
 White British
 White Irish
 Any other white background
 Pakistani
 Indian
 Bangladeshi or any other East Asian
 Chinese
 Other South Asian
 African
 Caribbean, Black Scottish or any other Black background
 Any Mixed background
 Any other background (please specify)

Please tell us what your ethnic background is.

Please tell us what your highest educational qualification is?
(e.g. Standard Grades, National 5s, Highers, Advanced Highers, A Levels, Degree)

Your employment.
Are you currently...?

- Employed Self-employed Unemployed Retired Student Student and employed
 Disability or sickness benefits Full-time carer Furloughed (paid leave) Unpaid leave
 Other (please specify)

Please describe this to us.

Has your employment/working status changed since the COVID-19 pandemic?

- Yes
 No

In what ways has it changed?

- Reduction in paid employment hours
 Increase in paid employment hours
 Lost job
 Unpaid leave
 Furloughed/paid leave
 Redeployment
 Other

Please tell us the 'other' way in which it's changed.

How concerned are you that you may lose your job due to coronavirus (COVID-19)?

- Not at all
 Slightly
 Somewhat
 Very much

Do you have any of the following conditions which have lasted, or are expected to last, at least 12 months? (please tick all that apply)

- No condition
 Developmental disorder (for example, Autistic Spectrum Disorder or Asperger's Syndrome)
 Learning difficulty (for example, dyslexia)
 Learning disability (for example, Down's Syndrome)
 Blindness or partial sight loss
 Deafness or partial hearing loss
 Mental health condition
 Physical disability
 Long-term illness, disease or condition other than HIV (we will ask about HIV in a later section)
 Other condition

Please tell us more about this condition.

Survey Progress: 5%**More about you...**

Your gender...

Which option best describes you? (Please choose one)

- Male
- Female
- Trans woman
- Trans man
- Non-binary
- Other

Please tell us how you describe your gender.

Is your gender the same as the sex you were assigned at birth?

- Yes
- No
- Prefer not to say

Your Sexual Orientation...

(please choose one)

- Gay
- Bisexual
- Straight
- Other (please specify)

You selected 'Other'. Please tell us what this is

Being 'out' means that you have told people about your sexual orientation and don't try to hide it.

	Out to everyone ¹	2	3	4	Not out to anyone ⁵
I am...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Before the COVID-19 lockdown (mid-March), how often did you go out on the gay scene?

- 3 or more times a week
- 1-2 times a week
- 2-3 times a month
- Once a month or less
- Never

What is your current partnership status? (please tick all that apply)

- Single
- Boyfriend / Regular male partner
- Civil Partnership / Married to a man
- Girlfriend / Regular female partner / Married to a woman
- Other (please specify)

Please tell us what partnership status is.

What is your current living situation? (please tick all that apply)

- alone
- with my partner
- in a shared flat
- with my parents
- in student accommodation
- in a retirement / care home / with my carer(s)
- I am homeless / I don't have a regular place to live
- in a temporary shelter
- with my own/stepchildren
- with siblings
- with extended family
- with roommate/companion
- Other (please specify)

Please tell us about your 'other' living situation.

Has your living situation changed since the COVID-19 (coronavirus) lockdown?

- yes
- no

What was your living situation prior to the COVID-19 lockdown? (please tick all that apply)

- alone
- with my partner
- in a shared flat
- with my parents
- in student accommodation
- in a retirement / care home / with my carer(s)
- I am homeless / I don't have a regular place to live
- in a temporary shelter
- with my own/stepchildren
- with siblings
- with extended family
- with roommate/companion
- other (please specify)

Please tell us about your 'other' living situation.

Survey Progress: 10%**More about you...**

We would like to know your postcode. Remember, any information you tell us is completely confidential and anonymous.

What is the first part of your postcode? (e.g. G42 CBG)

The second part of your postcode will help us to work out your local health authority and understand the kind of area you live in.

The study team will work this out as soon as possible then delete your postcode information from our database. We will not use this to find out specifically where you live. No-one else will ever see this information. This will make sure the information you tell us is completely anonymous.

If you don't want to tell us this, it would still be really helpful if you could complete the rest of the survey.

What is the second part of your postcode? (e.g. G42 6CG)

We would like to know which city or town you live in. Remember, any information you tell us is completely confidential and anonymous.

If you don't want to tell us this, it would still be really helpful if you could complete the rest of the survey.

We'd like to know what your total household income is.

If you are on your own, or in shared accommodation, just include your own income.

If you live with a partner, please include your and their income together.

If you live with your parents, please include your and their income together.

- Unemployed / On benefits
- Under £2,500 per year
- £2,500 - £4,999 per year
- £5,000 - £9,999 per year
- £10,000 - £19,999 per year
- £20,000 - £29,999 per year
- £30,000 - £39,999 per year
- £40,000 - £49,999 per year
- £50,000 - £74,999 per year
- £75,000 - £99,999 per year
- £100,000 or more per year

We'd like to know what your total household income is.

If you on your own, or in shared accommodation, just include your own income.

If you live with a partner, please include your and their income together.

If you live with your parents, please include your and their income together.

- Unemployed / On benefits
- Under €3,000 per year
- €3,000 - €5,999 per year
- €6,000 - €11,999 per year
- €12,000 - €23,999 per year
- €24,000 - €35,999 per year
- €36,000 - €47,999 per year
- €48,000 - €59,999 per year
- €60,000 - €89,999 per year
- €90,000 - €119,999 per year
- €120,000 or more per year

Do you currently have any financial worries?

- All of the time
- Most of the time
- Sometimes
- Occasionally
- Never

We know that pets can be really important to their owners, so we would like to know;

Do you have a pet?

- Yes
- No
- Prefer not to say

What pet(s) do you have?

(Please tick all that apply)

- Dog
- Cat
- Fish
- Bird
- Small animal (e.g. hamster, mouse)
- Other

Please tell us about your 'other' pet.

How important do you think your pet is in helping with your mental health?

- 1 Not important
- 2
- 3
- 4
- 5 Very important

How important do you think your pet is in helping with your physical health?

- 1 Not important
- 2
- 3
- 4
- 5 Very important

Survey Progress: 15%**The next section asks about your housing situation.**

How many people currently live in your household including yourself?

What type of place do you live in?

- House
- Room(s) in a shared house (e.g. lodger)
- An apartment or flat in a block
- Student halls
- Residential home
- Other

Tell us about the 'other' type of place you live in.

How many rooms are in your home?

(Not including any bathrooms or toilets. If you live in a shared house only count the rooms that are open to you to use. If you live in a block of flats, only count rooms in your flat).

How many bedrooms are in your home?

Do you have access to an outside space at your property?

- Yes, private garden
- Yes, shared/communal garden
- Yes, other
- No

Please tell us what this other outside space is:

Survey Progress: 20%**We would now like to ask you about your experience of COVID-19 (coronavirus).**

Have you had COVID-19 (coronavirus)?

- Yes, diagnosed and recovered
- Yes, diagnosed and still ill
- Not formally diagnosed but suspected
- Don't know
- No

Did you self-isolate as a result of symptoms?

- Yes
- No

Have you been hospitalised as a result of COVID-19 (coronavirus)?

- Yes
- No

Are you regarded as a high-risk group (e.g. aged 70+, underlying health condition)?

- Yes
- No
- Unsure

Has anyone in your family or friends had COVID-19 (coronavirus)?

- Yes, diagnosed and recovered
- Yes, diagnosed and still ill
- Not formally diagnosed but suspected
- Don't know
- No

Did you self-isolate?

- No, they don't live with me
- No, they live with me but I didn't self-isolate
- Yes, I self-isolated for 2 weeks
- Yes, I self-isolated but I didn't manage the full 2 weeks
- Yes, I'm still self-isolating

Compared to others of the same sex and age as me, my chances of getting COVID-19 are:

- Much higher
- Somewhat higher
- About the same
- Lower
- Much lower
- I don't know

Survey Progress: 25%

How difficult has it been for you to do the following?

	Not at all	Somewhat	Very
Work from home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep my distance from people I meet (social distancing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Always wash my hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No kissing or hugging friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Survey Progress: 25%
How has the COVID-19 crisis affected these areas of your life since March?
If you never did any of the following, please just skip that item.

	Stopped	Much less often	Less often	About the same	More often	Much more often
Spending physical time with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone or video contact with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spending physical time with gay friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone or video contact with gay friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spending physical time with other friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone or video contact with other friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spending physical time with your partner(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone or video contact with your partner(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Survey Progress: 30%

We have some questions about your health in general.

How was your health overall before COVID-19?

Very good Good Fair Poor Very poor Don't know

Currently, how is your health overall?

Very good Good Fair Poor Very poor Don't know

Survey Progress: 30%

We'd like to know about your height, weight and exercise levels, as these are also important for health.

Please tell us how much you currently weigh...

In Stones

and Pounds (lbs)

OR in Kilogrammes

Or in Pounds (only)

How tall are you?

In Feet

And Inches

OR Metres / Centimetres

Survey Progress: 30%

We'd like to find out how much exercise you do per week.

Moderate aerobic exercise, such as walking, dancing and gardening, will raise your heart rate, make you breathe faster and feel warmer.

Vigorous aerobic exercise, such as running, riding a bike or playing sports, will make you breathe hard and fast.

How much 'moderate aerobic exercise' do you do on average, per week?

- None
- Less than 30 minutes
- 30 minutes - 1 hour
- 1 - 2 hours
- 2 - 3 hours
- 3 - 4 hours
- 4 - 7 hours
- more than 7 hours

How much 'vigorous aerobic exercise' do you do on average, per week?

- None
- Less than 30 minutes
- 30 minutes - 1 hour
- 1 - 2 hours
- 2 - 3 hours
- 3 - 4 hours
- 4 - 7 hours
- more than 7 hours

Survey Progress: 30%

Muscle strengthening exercise includes carrying heavy loads, digging in the garden, or resistance exercise (like push-ups or lifting weights).

How much 'muscle strengthening exercise' do you do on average, per week?

- None
- Less than 30 minutes
- 30 minutes - 1 hour
- 1 - 2 hours
- 2 - 3 hours
- 3 - 4 hours
- 4 - 7 hours
- more than 7 hours

Survey Progress: 35%

We would like to find out about your mental health.

Remember, these questions are completely confidential and anonymous.

If you would like to access help and support about your mental health, we have provided some online resources below.

How was your mental health before COVID-19?

Very good Good Fair Poor Very poor Don't know

Currently, how is your mental health?

Very good Good Fair Poor Very poor Don't know

Have you ever been diagnosed with a mental health problem by a doctor?

Yes No

Which of the following mental health problems have you been diagnosed with by a doctor?

- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about your 'other' mental health problem.

Which of the following mental health problems have affected you in the last 12 months?

- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about your 'other' mental health problem.

Which of the following mental health problems have affected you since the start of the COVID-19 lockdown?

- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about your 'other' mental health problem.

Are you currently taking any type of medicine for your mental health problem(s)?

- Yes No

When did you start taking this medication?

- In the past week
- In the past month
- Since the start of COVID-19 lockdown (Mid-March)
- In the past 6 months
- In the past 12 months
- More than a year ago
- Can't remember

Which of the following mental health problems are you currently taking medication for?

- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about your 'other' mental health problem that you are taking medicine for.

Are you currently receiving any other type of treatment for a mental health problem (such as counseling etc.)?

- Yes No

Please tell us about the other type of treatment(s) that you are currently receiving for a mental health problem.

Did you receive any of this treatment on the phone or online?

- Yes No

Please tell us what service this was.

Survey Progress: 35%**More about your mental health...**

Do you feel like any of the following mental health problems have affected you over the last 12 months?

- No
- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about the 'other' mental health problems that have affected you in the last year.

Do you feel like any of the following mental health problems have affected you since the start of the COVID-19 lockdown?

- No
- Depression
- Anxiety
- Mixed anxiety / depression
- Obsessive-compulsive disorder
- A phobia
- An eating disorder
- Post-traumatic stress disorder
- Bipolar disorder
- Schizophrenia
- Psychotic illness
- Other (please specify)

Please tell us more about the 'other' mental health problems that have affected you since the start of the COVID-19 lockdown.

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 35%

Have you accessed any of the following resources to help with your mental health since lockdown?

Websites Apps Phone lines None of the above

Which of the following websites and apps have you used since lockdown?

- Headspace
 Calm
 Buddhify
 Sattva
 10% Happier
 Insight Timer
 Simple Habit
 Smiling Mind
 Stop, Breathe, Think
 The Mindfulness App
 Woe Bot
 Samaritans (website)
 Breathing Space
 MIND
 Shout
 CALM
 NHS
 Other

Please tell us what this other website or app was:

How helpful did you find Headspace?

- Very helpful
 Helpful
 Ok
 Not very helpful
 Not at all helpful

How often have you used Headspace since the start of lockdown (mid-March)?

- All the time
 Often
 Sometimes
 Occasionally
 Don't know

Did you use Headspace before lockdown?

- Yes, all the time
 Yes, often
 Yes, sometimes
 Yes, occasionally
 No
 Don't know

How helpful did you find Calm?

- Very helpful
 Helpful
 Ok
 Not very helpful
 Not at all helpful

How often have you used Calm since the start of lockdown (mid-March)?

- All the time
 Often
 Sometimes
 Occasionally
 Don't know

Did you use Calm before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Buddhify?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Buddhify since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Buddhify before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Sattva?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Sattva since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Sattva before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find 10% Happier?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used 10% Happier since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use 10% Happier before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Insight Timer?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Insight Timer since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Insight Timer before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Simple Habit?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Simple Habit since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Simple Habit before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Smiling Mind?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Smiling Mind since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Smiling Mind before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Stop, Breathe, Think?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Stop, Breathe, Think since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Stop, Breathe, Think before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find The Mindfulness App?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used The Mindfulness App since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use The Mindfulness App before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Woe Bot?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Woe Bot since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Woe Bot before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find the Samaritans website?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used the Samaritans' website since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use the Samaritans' website before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find the Breathing Space website?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used the Breathing Space website since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use the Breathing Space website before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find the MIND website?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used the MIND website since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use the MIND website before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Shout?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used Shout since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use Shout before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find the CALM website?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used the CALM website since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use the CALM website before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find the NHS website?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used the NHS website since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use the NHS website before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find this other website or app?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you used this other website or app since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Did you use this other website or app before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

Which of the following phone lines have you used since lockdown?

- Samaritans
- NHS24
- Breathing Space
- Anxiety UK
- CALM
- No Panic
- Mind
- SANE
- Other

Please tell us what this other phone line was:

How helpful did you find the Samaritans?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned the Samaritans since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned the Samaritans before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find NHS24?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned NHS24 since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned NHS24 before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Breathing Space?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned Breathing Space since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned Breathing Space before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find Anxiety UK?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned Anxiety UK since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned Anxiety UK before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find CALM?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned CALM since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned CALM before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find No Panic?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned No Panic since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned No Panic before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find MIND?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned MIND since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned MIND before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find SANE?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned SANE since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned SANE before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

How helpful did you find this other service?

- Very helpful
- Helpful
- Ok
- Not very helpful
- Not at all helpful

How often have you phoned this other service since the start of lockdown (mid-March)?

- All the time
- Often
- Sometimes
- Occasionally
- Don't know

Had you phoned this other service before lockdown?

- Yes, all the time
- Yes, often
- Yes, sometimes
- Yes, occasionally
- No
- Don't know

If you are worried about mental health problems and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice
<http://breathingspace.scot>

Mental Health Ireland aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. <https://www.mentalhealthireland.ie/>

NHS Direct Wales has advice about mental health for LGBT folk
<https://www.nhsdirect.wales.nhs.uk/lgbt/MentalHealth/>

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland. <https://www.rainbow-project.org/>

NHS 24: provides patients with health advice and help when GP practices are closed. <https://www.nhs24.scot/>

The NHS in the UK provide some information and advice about mental health issues for gay, bisexual, and trans folk
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 40%**We'd like to find out about your recent mood.****Over the last 2 weeks how often have you been bothered by any of the following problems?**

Little interest or pleasure in doing things

 Not at all Several days More than half the days Nearly every day

Feeling down, depressed or hopeless

 Not at all Several days More than half the days Nearly every day

Trouble falling asleep or staying asleep or sleeping too much

 Not at all Several days More than half the days Nearly every day

Feeling tired or having little energy

 Not at all Several days More than half the days Nearly every day

Poor appetite or overeating

 Not at all Several days More than half the days Nearly every day

Feeling bad about yourself - or that you are a failure or have let yourself or your friends / family down

 Not at all Several days More than half the days Nearly every day

Trouble concentrating on things such as reading a newspaper / magazine or watching television

 Not at all Several days More than half the days Nearly every day

Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

 Not at all Several days More than half the days Nearly every day

Thoughts that you would be better off dead or hurting yourself in some way

 Not at all Several days More than half the days Nearly every day

If you are worried about how you've been feeling lately and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>Breathing Space: Access experienced advisors who will listen and offer information and advice
<http://breathingspace.scot>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

Click here to open this list in a new tab.

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

Click here to open this list in a new tab.

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 40%**We'd like to ask some more questions about your current mood.****Over the last 2 weeks how often have you been bothered by any of the following problems?**

Feeling nervous, anxious, or on edge

 Not at all Several days More than half the days Nearly every day

Not being able to stop or control worrying

 Not at all Several days More than half the days Nearly every day

Worrying too much about different things

 Not at all Several days More than half the days Nearly every day

Trouble relaxing

 Not at all Several days More than half the days Nearly every day

Being so restless that it's hard to sit still

 Not at all Several days More than half the days Nearly every day

Becoming easily annoyed or irritable

 Not at all Several days More than half the days Nearly every day

Feeling afraid as if something awful might happen

 Not at all Several days More than half the days Nearly every day

If you are worried about how you've been feeling lately and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice
<http://breathingspace.scot>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 40%

We'd like to find out about how life affects your mood. Please answer the following questions...

Do you ever feel that you don't really care about what goes on around you?	Never 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Very often 7 <input type="radio"/>
In the past, have you been surprised by the behaviour of people you thought you knew well?	Never happened 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Always happened 7 <input type="radio"/>
Have people that you counted on disappointed you?	Never happened 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Always happened 7 <input type="radio"/>
Until now your life has had:	No clear goals or purpose at all 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Very clear goals and purpose 7 <input type="radio"/>
Do you ever feel that you're being treated unfairly?	Very often 1 <input checked="" type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Never 7 <input type="radio"/>
Do you ever feel that you are in an unfamiliar situation and don't know what to do?	Very Often 1 <input checked="" type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Never 7 <input type="radio"/>
Doing the things you do every day is a source of:	...deep pleasure and satisfaction 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	...pain and boredom 7 <input type="radio"/>
Do you have very mixed-up feelings and ideas?	Very often 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Never 7 <input type="radio"/>
Do you have feelings inside you would rather not feel?	Very often 1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	Never 7 <input type="radio"/>

	Never ¹	2	3	4	5	6	Very often ⁷
Many people - even those with a strong character - sometimes feel like 'losers' in certain situations. How often have you felt this way in the past?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	You over- or under-esti- mated its importance ¹	2	3	4	5	6	You saw things in the right proportion ⁷
When something happened, have you generally found that:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Very often ¹	2	3	4	5	6	Never ⁷
Do you ever feel that there's little meaning in the things you do in your daily life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Very often ¹	2	3	4	5	6	Never ⁷
How often do you feel that you're not sure you can keep under control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you are worried about mental health problems and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice <http://breathingspace.scot>

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland. <https://www.rainbow-project.org/>

NHS Direct Wales has advice about mental health for LGBT folk <https://www.nhsdirect.wales.nhs.uk/lgbt/MentalHealth/>

Mental Health Ireland aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. <https://www.mentalhealthireland.ie/>

The NHS in the UK provide some information and advice about mental health issues for gay, bisexual, and trans folk <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 45%

Now we would like to find out how you deal with things emotionally. There are three parts to this section.

Please answer each statement below by clicking the circle that best reflects your degree of agreement or disagreement with that statement.

Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible.

There are no right or wrong answers.

	Completely Agree ¹	2	3	4	5	6	Completely Disagree ⁷
Expressing my emotions with words is not a problem for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often find it difficult to see things from another person's viewpoint.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the whole, I'm a highly motivated person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually find it difficult to regulate my emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally don't find life enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Completely Agree ¹	2	3	4	5	6	Completely Disagree ⁷
I can deal effectively with people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to change my mind frequently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many times, I can't work out what emotion I'm feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often find it difficult to stand up for my rights.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 45%**This is the second part to this section about how you deal with things emotionally.**

	Completely Agree1	2	3	4	5	6	Completely Disagree7
I'm usually able to influence the way other people feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the whole, I have a gloomy perspective on most things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Those close to me often complain that I don't treat them right.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often find it difficult to adjust my life according to the circumstances.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the whole, I'm able to deal with stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Completely Agree1	2	3	4	5	6	Completely Disagree7
I often find it difficult to show my affection to those close to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm normally able to "get into someone's shoes" and experience their emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I normally find it difficult to keep myself motivated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm usually able to find ways to control my emotions when I want to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the whole, I'm pleased with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 45%**This is the third part to this section about how you deal with things emotionally.**

	Completely Agree ¹	2	3	4	5	6	Completely Disagree ⁷
I would describe myself as a good negotiator.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to get involved in things, then wish I could get out of them later on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often pause and think about my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe I'm full of personal strengths.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to "back down" even if I know I'm right.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Completely Agree ¹	2	3	4	5	6	Completely Disagree ⁷
I don't seem to have any power at all over other people's feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally believe that things will work out fine in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to bond well even with those close to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally, I'm able to adapt to new environments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others admire me for being relaxed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you are worried about mental health problems and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice <http://breathingspace.scot>

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland. <https://www.rainbow-project.org/>

Mental Health Ireland aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. <https://www.mentalhealthireland.ie/>

NHS Direct Wales has advice about mental health for LGBT folk <https://www.nhsdirect.wales.nhs.uk/lgbt/MentalHealth/>

The NHS in the UK provide some information and advice about mental health issues for gay, bisexual, and trans folk <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 50%

The next section asks about experiences with Suicide and Self Harm.

We understand these are difficult issues to talk about, so please feel free to ignore these questions if you would rather (you can click the 'submit' button to move on to the next page of the survey).

Are you happy to see these questions?

- Yes No

Please click on the 'next page' button to continue with the survey.

Have you ever seriously THOUGHT of taking your life?

- Yes No I would rather not answer

When was the last time you thought about taking your life?

- Past week
 Past month
 Past 6 months
 More than 6 months
 More than 12 months
 I would rather not answer

How often have you thought about taking your life in the last week?

- One day
 Several days
 More than half the days
 Nearly every day
 Never
 I would rather not answer

Have you had any thoughts of taking your life as a consequence of the COVID-19 pandemic?

- Yes
 No
 I would rather not answer

How often have you thought about taking your life as a consequence of the COVID-19 pandemic in the last WEEK?

- One day
 Several days
 More than half the days
 Nearly every day
 Never
 I would rather not answer

Have you ever made an ATTEMPT to take your life, e.g. by taking an overdose of tablets or in some other way?

- Yes
 No
 I would rather not answer

When was the last time you attempted to take your life?

- Past week
- Past month
- Past 6 months
- More than 6 months
- More than 12 months
- I would rather not answer

How many times have you attempted to take your life?

Have you attempted to end your life as a consequence of COVID-19 pandemic?

- Yes
- No
- I would rather not answer

Have you ever deliberately harmed yourself in any way but not with the intention of killing yourself?

- Yes
- No
- I would rather not answer

When was the last time you deliberately harmed yourself?

- Past week
- Past month
- Past 6 months
- More than 6 months
- More than 12 months
- I would rather not answer

How many times have you EVER deliberately harmed yourself but not with the intention of killing yourself?

How many times in the last 12 months have you deliberately harmed yourself but not with the intention of killing yourself?

Have you ever deliberately harmed yourself but not with the intention of killing yourself as a consequence of the COVID-19 pandemic?

- Yes
- No
- I would rather not answer

If you are worried about mental health problems and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice
<http://breathingspace.scot>

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland. <https://www.rainbow-project.org/>

Mental Health Ireland aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. <https://www.mentalhealthireland.ie/>

NHS Direct Wales has advice about mental health for LGBT folk
<https://www.nhsdirect.wales.nhs.uk/lgbt/MentalHealth/>

The NHS in the UK provide some information and advice about mental health issues for gay, bisexual, and trans folk
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 50%

The next questions ask whether you have had any kind of abuse from a partner or ex-partner in the last year.

We understand these are difficult issues to talk about, so please feel free to ignore these questions if you would rather (you can click the 'submit' button to move on to the next page of the survey).

If you have experienced abuse in any way, please see below for resources.

Are you happy to see these questions?

Yes No

In the last year, have you been?

Humiliated or emotionally abused in other ways by a partner or ex-partner?

Yes No Prefer not to say

Afraid of a partner or ex-partner?

Yes No Prefer not to say

Forced to have any kind of sexual activity by a partner or ex-partner?

Yes No Prefer not to say

Kicked, hit, slapped or otherwise physically hurt by a partner or ex-partner without your consent?

Yes No Prefer not to say

Told by a partner who you could see and where you could go?

Yes No Prefer not to say

Put down or told you are worthless by a partner or ex-partner?

Yes No Prefer not to say

Forced to use drugs before or during sex?

Yes No Prefer not to say

Kissed/touched against your will?

Yes No Prefer not to say

Been forced to have any kind of sexual contact?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been humiliated or emotionally abused in other ways by a partner or ex-partner?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been afraid of a partner or ex-partner?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been forced to have any kind of sexual activity by a partner or ex-partner?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been kicked, hit, slapped or otherwise physically hurt by a partner or ex-partner without your consent?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been told by a partner who you could see and where you could go?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been put down or told you are worthless by a partner or ex-partner?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been forced to use drugs before or during sex?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been kissed or touched against your will?

Yes No Prefer not to say

Since the start of the COVID-19 (coronavirus) lockdown, have you been forced to have any kind of sexual contact?

Yes No Prefer not to say

If you have experienced abuse in any way, and would like to talk to someone about it, click on the resources below, which will open in a new window.

Refuge: Help for men

Anyman: Provide help for men in the Republic of Ireland who are experiencing domestic abuse.
<https://www.anyman.ie>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 50%**The following section asks about how connected you've felt with people.**

	Never	Rarely	Sometimes	Always
How often do you feel that you are "in tune" with the people around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that you lack companionship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that there is no one you can turn to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel alone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel part of a group of friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Never	Rarely	Sometimes	Always
How often do you feel that you have a lot in common with the people around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that you are no longer close to anyone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that your interests and ideas are not shared by those around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel outgoing and friendly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel close to people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Never	Rarely	Sometimes	Always
How often do you feel left out?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that your relationship with others are not meaningful?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that no one really knows you well?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel isolated from others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that you can find companionship when you want it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Never	Rarely	Sometimes	Always
How often do you feel that there are people who really understand you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel shy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that people are around you but not with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that there are people you can talk to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel that there are people you can turn to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you are worried about how you've been feeling lately and would like to talk to someone about it, click on the resources below, which will open in a new window.

The Samaritans: offer free, confidential advice 24 hours a day, 7 days a week. <http://www.samaritans.org/>

Breathing Space: Access experienced advisors who will listen and offer information and advice
<http://breathingspace.scot>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 55%

Worrying and Rumination

Worrying is defined as:

Negative, repetitive thoughts about future events which have the potential to be stressful or upsetting. These worrisome thoughts are usually distressing, can be difficult to control and can lead to a spiral of different worries.

Over the past 2 weeks, how often did you worry or focus on things that may happen in the future?

Never 2 3 4 5 6 Very often

Over the past 2 weeks, how often did you worry or focus on COVID-19-related things that may happen in the future?

Never 2 3 4 5 6 Very often

Rumination is defined as:

Negative, repetitive thoughts about upsetting emotions or events which have happened in the past (including today).

These ruminative thoughts are usually distressing, can be difficult to control and can lead to a spiral of different ruminations.

Over the past 2 weeks, how often did you ruminate over things that have happened to you, or upset you in the past?

Never 2 3 4 5 6 Very often

Over the past 2 weeks, how often did you ruminate over COVID-19-related things that have happened to you, or upset you in the past?

Never 2 3 4 5 6 Very often

Survey Progress: 55%

We're interested in finding out how you talk to others about your sexuality.

Please tell us how strongly you agree or disagree with the following statements.

It is easier to avoid new friendships than worry about telling someone about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

I am very careful who I tell about my my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

Since realising my sexual orientation I worry about people discriminating against me.

Strongly Agree Agree Disagree Strongly Disagree

I never feel the need to hide my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

I worry that people may judge me when they learn about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

I worry that people who know about my sexual orientation will tell others.

Strongly Agree Agree Disagree Strongly Disagree

I have told people close to me to keep my sexual orientation a secret.

Strongly Agree Agree Disagree Strongly Disagree

I have made an effort to make my sexual orientation known to others.

Strongly Agree Agree Disagree Strongly Disagree

Others are able to work out my sexual orientation without me letting them know.

Strongly Agree Agree Disagree Strongly Disagree

If you would like to talk to someone about your sexual orientation or how people have reacted to it, click on the resources below, which will open in a new window.

Gay Switchboard UK: Provide free information and support for anyone about their sexual orientation and gender identity <http://switchboard.lgbt>

Gay Switchboard Ireland: Provide free information and support for anyone about their sexual orientation and gender identity <https://www.facebook.com/GaySwitchboardIreland/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 55%

We'd like to know more about how others have reacted to your sexual orientation and how that has affected you.

Please tell us how strongly you agree or disagree with the following statements.

I have been hurt by how people reacted learning about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

I regret having told some people about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

Some people who know about my sexual orientation have grown more distant.

Strongly Agree Agree Disagree Strongly Disagree

Since realizing my sexual orientation, I feel isolated from the rest of the world.

Strongly Agree Agree Disagree Strongly Disagree

People who know about my sexual orientation tend to ignore my good points.

Strongly Agree Agree Disagree Strongly Disagree

I lost contact with people I cared about after they learned about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

Some people close to me are worried that others will reject them if my sexual orientation is found out.

Strongly Agree Agree Disagree Strongly Disagree

I have stopped socializing with some people because of their reactions to my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

I have lost friends by telling them about my sexual orientation.

Strongly Agree Agree Disagree Strongly Disagree

When people learn you're not heterosexual they look for flaws in your character.

Strongly Agree Agree Disagree Strongly Disagree

Telling someone about my sexual orientation is risky.

Strongly Agree Agree Disagree Strongly Disagree

If you would like to talk to someone about your sexual orientation or how people have reacted to it, click on the resources below, which will open in a new window.

Gay Switchboard UK: Provide free information and support for anyone about their sexual orientation and gender identity <http://switchboard.lgbt>

Gay Switchboard Ireland: Provide free information and support for anyone about their sexual orientation and gender identity <https://www.facebook.com/GaySwitchboardIreland/>

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 60%

We'd like to find out about your sexual behaviours with MEN in the last 12 months.

These questions are completely confidential and anonymous.

Remember you can miss out any questions you don't want to answer.

First, we want to ask about sex with your REGULAR male partner(s) (like a boyfriend, fuck buddy etc.) in the last 12 months.

With how many REGULAR male partners have you had any sexual contact in the last 12 months?

How many of these partners did you live with?

With how many REGULAR male partners have you had anal sex in the last 12 months?

With how many REGULAR male partners have you had anal sex WITHOUT a condom in the last 12 months?

Survey Progress: 60%

Thinking about the times you had anal sex WITHOUT a condom with your REGULAR male partner(s) in the last 12 months...

I fucked him without a condom.

Never Occasionally Often Always

He fucked me without a condom.

Never Occasionally Often Always

How often did you know your REGULAR partners' HIV status?

Always Sometimes Never

Were any of these REGULAR partners HIV positive?

Yes, all Yes, some No Don't know

Did any of these HIV positive REGULAR partners say they had an undetectable viral load?[]

Yes, all Yes, some No Don't know

Survey Progress: 65%**Next, we want to ask about sex with your CASUAL male partner(s) in the last 12 months.**

With how many CASUAL male partners have you had any sexual contact in the last 12 months?

How many of these partners did you live with?

With how many CASUAL male partners have you had anal sex in the last 12 months?

With how many CASUAL male partners have you had anal sex WITHOUT a condom in the last 12 months?

Thinking about the times you had anal sex WITHOUT a condom with CASUAL male partner(s) in the last 12 months...

I fucked him without a condom.

Never Occasionally Often Always

He fucked me without a condom.

Never Occasionally Often Always

How often did you know your CASUAL partners' HIV status?

Always Sometimes Never

Were any of these CASUAL partners HIV positive?

Yes, all Yes, some No Don't know

Did any of these HIV positive CASUAL partners say they had an undetectable viral load?

Yes, all Yes, some No Don't know

Survey Progress: 65%**Now we'd like to ask you about sex you've had with MEN during the COVID-19 lockdown (since mid-March).**

Thinking about CASUAL AND REGULAR male partners...

With how many CASUAL AND REGULAR male partners have you had any sexual contact during the COVID-19 lockdown (since mid-March)?

How many of these partners did you live with?

Thinking about CASUAL AND REGULAR male partners...

With how many men have you had anal sex during the COVID-19 lockdown (since mid-March)?

Thinking about CASUAL AND REGULAR male partners...

With how many men have you had anal sex WITHOUT a condom during the COVID-19 lockdown (since mid-March)?

For these [yuaiptr3] male partners...

I fucked him without a condom

Never Occasionally Often Always

He fucked me without a condom

Never Occasionally Often Always

How often did you know these partners' HIV status?

Always Sometimes Never

Were any of these partners HIV positive?

Yes, all Yes, some No Don't know

Did any of these HIV positive partners say they had an undetectable viral load?

Yes, all Yes, some No Don't know

With how many CASUAL AND REGULAR male partners have you had any sexual contact with in the last 4 weeks?

Thinking about CASUAL and REGULAR male partners...

How likely do you think it is that you will have anal sex without a condom with 2 or more men in the next three months?

(please select one)

- Definitely will Likely Unlikely Definitely will not

Survey Progress: 70%**We'd like to find out about some of your other sexual practices with men.**

Have you ever been fisted?

- No
- Yes, in the last 24 hours
- Yes, in the last 7 days
- Yes, in the last 4 weeks
- Yes, since the start of the COVID-19 lockdown
- Yes, in the last 6 months
- Yes, in the last 12 months
- Yes, in the last 5 years
- Yes, it was more than 5 years ago

Have you ever taken part in group sex or a sex party?

- No
- Yes, in the last 24 hours
- Yes, in the last 7 days
- Yes, in the last 4 weeks
- Yes, since the start of the COVID-19 lockdown
- Yes, in the last 6 months
- Yes, in the last 12 months
- Yes, in the last 5 years
- Yes, it was more than 5 years ago

Survey Progress: 70%

We'd now like to find out about your sexual behaviours with WOMEN.

When did you last have any kind of sex with a woman?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of the COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

With how many women have you had any sexual contact in the last 12 months?

With how many women have you had vaginal or anal sex in the last 12 months?

With how many women have you had vaginal or anal sex WITHOUT a condom in the last 12 months?

Thinking about the times you had vaginal or anal sex WITHOUT a condom with a woman in the last year...

How often was this with a casual female partner? (please select one)

- Always
- Sometimes
- Never

How often did you know your female partners' HIV status? (please tick one)

- Always
- Sometimes
- Never

Were any of these female partners HIV positive? (please tick one)

- Yes, all
- Yes, some
- No
- Don't know

Did any of these HIV positive female partners say they had an undetectable viral load?

- Yes, all
- Yes, some
- No
- Don't know

Survey Progress: 70%

Now we'd like to ask you about sex you've had with WOMEN during the COVID-19 lockdown (since mid-March).

With how many women have you had vaginal or anal sex WITHOUT a condom during the COVID-19 lockdown (since mid-March)?

How many of these partners do you live with?

How often did you know your female partners' HIV status? (please tick one)

Always Sometimes Never

Were any of these female partners HIV positive? (please tick one)

Yes, all Yes, some No Don't know

Did any of these HIV positive female partners say they had an undetectable viral load?

Yes, all Yes, some No Don't know

Survey Progress: 70%

Since the beginning of the COVID-19 lockdown, how difficult has it been for you to do each of the following?

	Not at all	Somewhat	Very	I do not do this
Not have sex with new partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid all casual sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex with just one partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No kissing or spitting during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having fewer sex partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showering before and after sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having sex without body contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stopping sex all together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Survey Progress: 75%

We'd now like to ask about your HIV status and testing behaviours.

Remember these questions are confidential and anonymous.

You can also miss out any questions you do not want to answer.

What do you believe your current HIV status is?

- HIV positive HIV negative Don't know

When was your most recent HIV test?

- In the last 3 months
 Between 3 and 6 months ago
 Between 6 months and 1 year ago
 Between 1 and 5 years ago
 Over 5 years ago
 Never had an HIV test

What was the result of your last HIV test?

- HIV positive
 HIV negative
 Don't know

Are any of your CURRENT partners HIV+ AND have a DETECTABLE viral load?
(please select one)

- Yes No Don't know I don't know what this means

Survey Progress: 75%

PrEP is the medication that people who do not have HIV can take to stop them getting HIV.

We'd like to ask you about your PrEP use.

Which of the following options best describes you?

- I have NEVER heard of PrEP
- I have heard of PrEP but never taken it
- I am taking PrEP daily
- I am taking PrEP on alternating days
- I am taking PrEP when needed (sometimes called 'on-demand' or 'event based')
- I took PrEP in the past but not now

Can you tell us when you stopped taking PrEP?

- Within the last 7 days
- Within the last 4 weeks
- Since the start of the COVID-19 (coronavirus) lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Over a year ago

Can you tell us why you stopped taking PrEP? (Please select all that apply).

- I was worried about possible consequences of long-term PrEP use
- I experienced side effects
- I entered a stable relationship where my risk of getting HIV is low
- My partner advised me to stop taking PrEP
- I no longer want to have sex without condoms
- I kept forgetting to take my PrEP
- I could not afford PrEP
- I can no longer access PrEP
- Too much testing and clinic visits
- My doctor, nurse or other health professional advised me to stop taking PrEP
- I was unable to get a clinic appointment due to COVID-19
- I'm avoiding clinics because of COVID-19
- I'm not having sex because of COVID-19
- Other

What was your 'other' reason for stopping PrEP? _____

Survey Progress: 75%**Now we would like to know about your testing for sexually transmitted infections (STIs) other than HIV**

Have you had been diagnosed with a sexually transmitted infection other than HIV in the last 12 months?

Yes No

Have you been diagnosed with rectal chlamydia, LGV, or gonorrhoea in your bum in the last 12 months?

Yes
 No
 Yes, but not sure if it was rectal (in my bum)
 I don't know

Have you been diagnosed with any other STIs in the last year?

Chlamydia
 Syphilis
 Gonorrhoea
 Genital herpes
 NSU (Non-specific urethritis)
 Shigella
 Hepatitis B
 Hepatitis C
 I'm not sure
 Something else (please tell us)

Please tell us what this was.

Survey Progress: 80%

We're interested in finding out about how much you drink and how this effects you.

When was the last time you consumed alcohol?

Please say when you last did this, even if this was not typical for you.

- Never
 Within the last 24 hours
 Within the last 7 days
 Within the last 4 weeks
 Since the start of COVID-19 lockdown (mid-March)
 Within the last 6 months
 Within the last 12 months
 Within the last 5 years
 More than 5 years ago

Are you currently drinking more or less than you were before the COVID-19 lockdown?

- Much less
 Somewhat less
 About the same
 Somewhat more
 Much more

This diagram shows you how to work out one standard drink.



Using the graphic above to work this out...

How often do you have EIGHT or more standard drinks on one occasion?

- Never
 Less than monthly
 Monthly
 Weekly
 Daily or almost daily

How often during the last 6 months have you been unable to remember what happened the night before because you had been drinking?

- Never
 Less than monthly
 Monthly
 Weekly
 Daily or almost daily

How often in the last 6 months have you failed to do what was normally expected of you because of drinking?

Never Less than monthly Monthly Weekly Daily or almost daily

In the last 6 months has a relative or friend, or doctor or other health worker been concerned about your drinking or suggested you cut down?

Never Less than monthly Monthly Weekly Daily or almost daily

Have you used any online alcohol support services?

Yes
 No
 Don't know

Please tell us which service this was:

Drinkaware.co.uk

If you are worried about your drinking, or just want to find out more about reducing alcohol intake, drinkaware.co.uk have plenty of resources.

AskAboutAlcohol.ie

If you are worried about your drinking, or just want to find out more about reducing alcohol intake, AskAboutAlcohol.ie have plenty of resources.

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 85%

We are interested in finding out about your use of other drugs and how this effects you.

How long has it been since you last consumed the following substances:

(Please say when you last did something, even if this was not typical for you.)

When was the last time you consumed Viagra, Cialis, Levitra, or other substance that helps to keep an erection?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed Viagra, Cialis, Levitra, or other substances that help you keep an erection more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

Survey Progress: 85%

We are interested in your use of other recreational or illicit drugs.

Please say when you last did something, even if this was not typical for you.

Have you EVER taken any other recreational or illicit drugs (e.g. cannabis, ecstasy, cocaine etc.)?

Yes No

When was the last time you consumed cannabis (hashish, marijuana)?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed cannabis (hashish, marijuana) more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

When was the last time you consumed ecstasy (E, XTC, MDMA)?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed ecstasy (E, XTC, MDMA) more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

When was the last time you consumed amphetamine (speed)?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed amphetamine (speed) more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

When was the last time you consumed cocaine?

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed cocaine more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

Survey Progress: 85%

Sex and CHEMS

The following drugs are known as CHEMS

- **Crystal methamphetamine (Crystal, Meth, Tina),**
- **Mephedrone (meph, drone, M-cat, meow-meow, bubbles),**
- **GHB/GBL (G, Gina, liquid ecstasy), and**
- **Ketamine (Special K)**

When was the last time you consumed any CHEMS

(crystal meth, Tina, mephedrone. M-cat, meow-meow, bubbles, GHB, GBH, Gina, liquid ecstasy, ketamine, special K etc.)

- Never
- Within the last 24 hours
- Within the last 7 days
- Within the last 4 weeks
- Since the start of COVID-19 lockdown (mid-March)
- Within the last 6 months
- Within the last 12 months
- Within the last 5 years
- More than 5 years ago

Since the COVID-19 lockdown, have you consumed CHEMS more or less than you were before lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

In the last 12 months, how much of the sex you've had was after taking chems

(crystal meth, Tina, mephedrone. M-cat, meow-meow, bubbles, GHB, GBH, Gina, liquid ecstasy, ketamine, special K etc.)

- None of it
- A little
- Less than half
- About half
- More than half
- Almost all
- All of it
- I don't know

Since the beginning of the COVID-19 lockdown (mid-March), how much of the sex you've had was after taking chems
(crystal meth, Tina, mephedrone. M-cat, meow-meow, bubbles, GHB, GBH, Gina, liquid ecstasy, ketamine, special K etc.)

- None of it
- A little
- Less than half
- About half
- More than half
- Almost all
- All of it
- I don't know
- I've not had sex since the start of Covid-19 lockdown

Survey Progress: 85%**Online drug support...**

Have you used any online drug support services?

- Yes
 No
 Don't know

Please tell us which service this was:

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

We have made a list of online resources that provide information and support for some of the things discussed in this survey.

[Click here to open this list in a new tab.](#)

Survey Progress: 85%

We're interested in your smoking (tobacco) and vaping behaviours.

By 'vaping' we mean inhaling nicotine from an e-cigarette, vaporizer or any other tobaccoless method.

What is your current (tobacco) smoking / vaping status:

- Non-smoker
- Current smoker (tobacco)
- Current vaper (e-cigarettes / vaporizer)
- Current smoker (tobacco) and vaper (e-cigarettes / vaporiser)
- Ex-smoker and/or Ex-vaper

When did you give up smoking / vaping?

- Less than 3 months ago
- About 3 - 6 months ago
- About 6 - 12 months ago
- 1 - 2 years ago
- 2 -5 years ago
- 5 - 10 years ago
- more than 10 years ago

Are you smoking/vaping more or less now than you were before the COVID-19 lockdown?

- Much less
- Somewhat less
- About the same
- Somewhat more
- Much more

Survey Progress: 90%

We'd like to find out about your use of social media.

Which of the following social media have you used in the last 12 months?

- None
- Facebook
- YouTube
- Instagram
- Twitter
- Google+
- Pinterest
- LinkedIn
- Snapchat
- Reddit
- GoodReads
- Tik Tok
- Other

Please tell us about any other social media you have used in the last 12 months.

How often do you use these social media?

- I never use them
- I used to use them but have stopped
- Every few months or longer
- About once a month
- About once a week
- Every few days
- At least once a day
- Several times a day
- All the time

Survey Progress: 90%

Now we'd like to find out about your use of gay social networking WEBSITES, like Gaydar, Fitlads, Recon, Squirt etc.

(We'll ask you about apps later)

How often do you use Gay Social Networking WEBSITES (like Gaydar, Fitlads, Recon, Squirt etc.)?

- I never use them
- I used to use them but have stopped
- Every few months or longer
- About once a month
- About once a week
- Every few days
- At least once a day
- Several times a day
- All the time

Which of the following WEBSITES have you used to meet male sex partners in the last 12 months? (Click as many as apply)

- Bareback.com
- Barebackhookup
- BBRT (BareBackRealTime)
- Caffmos
- FabGuys
- FabSwingers
- Fitlads
- Gaydar
- Manhunt
- Out Everywhere
- PlanetRomeo
- Plenty of Fish (POF)
- Recon
- Squirt
- Zoosk

Please name any other WEBSITES that you have used to meet male sex partners in the last 12 months.

Survey Progress: 90%**Now we'd like to find out about your use of gay social networking SMARTPHONE APPS, like Grindr, Scruff, Growlr etc.**

How often do you use Gay Social Networking APPS on your SMARTPHONE (like Grindr, Scruff, Growlr etc.)?

- I never use them
- I used to use them but have stopped
- Every few months or longer
- About once a month
- About once a week
- Every few days
- At least once a day
- Several times a day
- All the time

Which of the following SMARTPHONE APPS have you used to meet male sex partners in the last 12 months? (Click as many as apply)

- Bender
- Blued
- Hornet
- Chappy
- FabGuys
- Fabswingers
- Fitlads
- Gaydar
- Grindr
- Growlr
- Jack'd
- Manhunt
- Planet Romeo
- Plenty of Fish (POF)
- Recon
- Scruff
- Squirt
- Surge
- Tinder
- Wapo

Please name any other SMARTPHONE APPS that you have used to meet male sex partners in the last 12 months.

Survey Progress: 90%

How often have you been using any of the following to help compensate for not being able to physically visit or socialise with friends and family?

	Never	Rarely	Occasionally	Often	Very often
Sending text messages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using WhatsApp, Messenger, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone calls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video chat (e.g. Skype, Zoom, FaceTime, Facebook Messenger)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Group chat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using hook up apps (like Grindr) to stay in touch with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Survey Progress: 95%**The following questions will ask you about your use of online health services.**

Which of the following do you use on a weekly basis? Please select all that apply.

- Computer (laptop/desktop)
- Smartphone
- Tablet (e.g. iPad)
- Smart speaker (e.g. Echo, Alexa, Google home etc.)
- Other internet-enabled device (please specify):

Please specify which other internet-enabled devices you use.

In the past 12 months, which of the following have you done online?

Please select all that apply.

- Searched for health-related information
- Searched for the location of a clinic or health service
- Searched for the phone number of a clinic or health service
- Booked a GP/clinic/hospital appointment online
- Communicated directly with a health professional (e.g. via email, FaceTime, Skype)
- Ordered a medical test
- Accessed medical test results
- Ordered a repeat prescription
- Purchased medication via an online pharmacy or medical service
- None of the above

Which of the following would you be willing to do online? Please select all that apply.

- Search for health-related information
- Search for the location of a clinic or health service
- Search for the phone number of a clinic or health service
- Book a GP/clinic/hospital appointment
- Communicate directly with a health professional (e.g. via email, FaceTime, Skype)
- Order a medical test
- Access medical test results
- Order a repeat prescription
- Purchase medication via an online pharmacy or medical service
- None of the above

Survey Progress: 95%

We're interested in how you access health services.

This includes: booking an appointment or test; receiving information or results; communicating with a doctor, nurse or other health professional; ordering a repeat prescription; or buying medicine online.

Accessing health services usually involves providing information about your health, wellbeing and life.

In the past 12 months, which of the following have you provided information about online in order to access health services? Please select all that apply.

- Your sexual behaviour
- Symptoms you have experienced
- Medications you are taking
- Side-effects of medicines
- None of the above

Which of the following would you be willing to provide information about online in order to access health services? Please select all that apply.

- Your sexual behaviour
- Symptoms you have experienced
- Medications you are taking
- Side-effects of medicines
- None of the above

In the past 12 months, what type(s) of device(s) have you used to access health services online? Please select all that apply.

- Computer (desktop/laptop)
- Smartphone (not including phone calls)
- Tablet (e.g. iPad)
- Other internet-enabled device (please specify)
- None of the above

Please tell us about your 'other' devices you have used.

What type(s) of device(s) would you be willing to use to access health services online? Please select all that apply.

- Computer (desktop/laptop)
- Smartphone (not including phone calls)
- Tablet (e.g. iPad)
- Other internet-enabled device (please specify)
- None of the above

Please tell us about the 'other' devices you would be willing to use.

Thank-you for completing the SMMASH-Pan2020 Survey!

Click the submit button to send in your answers - this will take you to our support and health advice page.

Now that you've done the first SMMASH questionnaire, would you like to take part in future SMMASH surveys?

This would mean we send you an email to complete another survey in 1, 3, 6 and 12 months time.

- Yes
 No

Optional consent

Please tick these extra aspects of the study if you consent to them. Tick as many as you wish.

- You can link my answers in this survey to the SMMASH3 online study (conducted in December 2019 - March 2020), based on the answers I provided.
- You can contact me about future studies based on my responses to certain survey questions.
- You can contact me to take part in an in-depth interview (via phone or video chat) about the issues discussed in the questionnaire.
- I'd like to receive half-yearly newsletters about the SMMASH project.
- I'd like to receive a copy of the study results via email.
- None of the above

First name

Email address

(we need this to invite you to participate in future waves of the survey).

If you would also like to receive text message reminders, please enter your mobile number.

Mobile number must be entered as +44 (Scotland, Wales, Northern Ireland) or +353 (Republic of Ireland) with no spaces