

## Appendix

### Questionnaire

1. Gender

- Male
- Female
- Intersex

2. Age group

- Under 24
- 25 – 34
- 35 – 44
- 45 – 54
- 55 – 64
- 65 – 74
- 75 – 84

3. Your academic position

- Full professor
- Associate professor
- Assistant professor
- Postdoc researcher
- Research assistant
- Ph.D. student
- Other (Please specify)

4. Your area of research

- Biological Sciences (BIO)
- Computer and Information Science and Engineering (CISE)
- Education and Human Resources (EHR)
- Engineering (ENG)
- Environmental Research and Education (ERE)
- Geosciences (GEO)
- Integrative Activities (OIA)
- International Science and Engineering (OISE)
- Mathematical and Physical Sciences (MPS)
- Social, Behavioral and Economic Sciences (SBE)

- Other (Please specify)
5. Type of workplace
- University
  - Academical institute
  - Other (Please specify)
6. Is it possible for you to collect data for your research remotely?
- Yes (including if someone else can do it instead of you)
  - No
  - Other (Please specify)
7. Is it possible for you to analyze the results and to write papers from home?
- Yes
  - No
8. Do you have educational duties at work?
- Yes
  - No (if so - you can skip the next question)
9. Evaluate your effectiveness in teaching remotely
- More efficient
  - Less efficient
  - Similarly efficient
10. How far is your office from home?
- <30 min
  - 30-60 min
  - >60 min
11. Does your job require presence in the workplace?
- Yes
  - No
12. Did you utilize the possibility to work from home before the Covid-19 pandemic?
- Yes
  - No
13. Is your home fully equipped for remote working?
- Fully equipped
  - Underequipped
14. Do you have a personal workspace at home?

- Yes, I have
- No, I need to share it with other family members or flatmates
- No, I am working in the kitchen, bathroom, garden...

15. Did your working time at home corresponds to your working time at the job place (for example your working day is 8 hours, do you work at home more)?

- Yes
- No

16. How often have you faced ... during remote work?

	never	sometimes	often	always
procrastination				
loneliness				
Work-family conflict				
loss of social connections				
overwork				
anxiety				
stress				

17. What were the biggest challenges you faced while working from home? (You can choose several options here.)

- General anxiety about the impact of coronavirus on my life
- Childcare
- Internet connectivity
- Getting enough food
- Keeping a regular schedule
- Social isolation
- I don't have access to the tools or information I need to do my job at home
- Too many distractions at home
- I was sick or helping others who were sick
- Communication with coworkers is harder
- My physical workspace
- Other (Please specify)

18. How did you manage the psychological impacts of working from home? (You can choose several options here.)

- Organizing tasks, schedule and outlining goals
  - Zoning Home (Make a work-friendly space.)
  - Physical Exercise (go for a walk or bike ride)
  - Setting clear boundaries between work and home
  - Setting the rules for household
  - Finding ways to stay connected to colleagues
  - Other (Please specify)
19. Try to compare the efficiency of your research work during the coronavirus lockdown to your efficiency before the lockdown. My research work due to working more from home is \_\_\_\_\_ compared to my work before the lockdown.
- less efficient
  - more efficient
  - similarly efficient
20. Do you think that working remotely during the Covid-19 pandemic will negatively impact your research results in the future and deprive you of possible funding?
- Yes
  - No
21. Living situation
- Living alone (if so - you can skip rest of the questions)
  - Living only with partner
  - Living with a partner and non-adult child(ren)
  - Living with parents or other adult family members
  - Single-parent with non-adult child(ren)
  - Living with non-family others
22. Did your partner also work from home during the pandemic?
- Yes
  - No
23. Number of children
- 1
  - 2
  - 3 and more
24. Children of what age (in years) do you live with?
- Other (Please specify)