

**Table S1.** Scale items and response options.

<b>Short Boredom Proneness Scale [23]</b>	<p>Stem: Thinking of yourself over the past two weeks, select the phrase that best describes the degree to which you agree or disagree with each statement.</p> <ol style="list-style-type: none"> <li>1. I often find myself at "loose ends," not knowing what to do.</li> <li>2. I find it hard to entertain myself.</li> <li>3. Many things I have to do are repetitive and monotonous.</li> <li>4. It takes more stimulation to get me going than most people.</li> <li>5. I don't feel motivated by most things that I do.</li> <li>6. In most situations, it is hard for me to find something to do or see to keep me interested.</li> <li>7. Much of the time, I just sit around doing nothing.</li> <li>8. Unless I am doing something exciting, even dangerous, I feel half-dead and dull.</li> </ol> <p>Response options: 1=Strongly disagree; 2=Disagree; 3=Somewhat disagree; 4=Neither agree nor disagree; 5=Somewhat agree; 6=Agree; 7=Strongly agree</p>
<b>COVID-19 Related Lifestyle Changes [24]</b>	<p>How much are you practicing physical distancing (including self-quarantining, sheltering-in-place, or staying at home)?</p> <p>Response options: 1=None of the time. I am continuing my normal daily schedule.; 2=Some of the time. I have reduced some of the time that I am in public spaces or gatherings.; 3=Most of the time. I only leave for food, doctor appointments, and other essentials.; 4=All of the time. I am staying home almost all of the time.</p> <hr/> <p>How often are you getting outside of your house for allowed shelter-in-place activities (e.g., going on a walk or a run, walking a pet, spending time in your backyard)?</p> <p>Response options: 1=Less than once a week; 2=Once a week; 3=Every couple of days; 4=Once a day; 5=Multiple times a day</p> <hr/> <p>Have you experienced Coronavirus-related work changes?</p> <p>Response options coded as: 0=no work related changes; 1=work changes</p>
<b>Difficulties in Emotion Regulation Scale - Short Form (DERS-SF) [22,24]</b>	<p><i>Scale was reworded to "During the pandemic" vs. "When I'm upset"</i></p> <p>Please indicate how often the following apply to you.</p> <ol style="list-style-type: none"> <li>1. During this pandemic, I am paying attention to how I feel.*</li> <li>2. During this pandemic, I have no idea how I am feeling.</li> <li>3. During this pandemic, I am having difficulty making sense out of my feelings.</li> <li>4. During this pandemic, I care about what I am feeling.*</li> <li>5. During this pandemic, I am confused about how I feel.</li> <li>6. During this pandemic, I am acknowledging my emotions.*</li> <li>7. During this pandemic, I am embarrassed for feeling the way I do.</li> <li>8. During this pandemic, I am having difficulty getting work done.</li> <li>9. During this pandemic, I have become out of control.</li> <li>10. During this pandemic, I believe that I will end up feeling very depressed.</li> <li>11. During this pandemic, I am having difficulty focusing on other things.</li> <li>12. During this pandemic, I feel guilty for feeling the way I do.</li> <li>13. During this pandemic, I am having difficulty concentrating.</li> <li>14. During this pandemic, I am having difficulty controlling my behaviors.</li> <li>15. During this pandemic, I believe that there is nothing I can do to make myself feel better.</li> </ol>

16. During this pandemic, I am becoming irritated at myself for feeling the way I do.
17. During this pandemic, I am losing control over my behavior.
18. During this pandemic, it is taking a long time to feel better.

Response options: 1=Almost never; 2=Sometimes; 3=Half the time; 4=Most of the time; 5=Almost always

\*=reverse coded

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