The question appeared as follows:

Has the Coronavirus/COVID-19 crisis in your area led to any positive changes in your life?

… [if yes] … **Please specify**

Participants were optionally able to enter text to answer this question, up to a limit of 100 characters. The text responses were subsequently manually coded into 15 binary categories (coded 1=yes, 0=no) as defined in the table below.

Category	Definition	Examples	Exclusion criteria

Work change	Changes that occurred for job/work that were a result of COVID-19.
	
	These include, but are not limited to, changes of work location, additional opportunities, and improved work-life balance.
		• Work from home
		• Better/more flexible schedule
		• Reduced/no commute
		• *Job* change (not a career change)
		• Improved work-life balance
		• Laid-off/furloughed work/less hours
		• Time-off from work
		• Working more/overtime
		• Better job prospects, applying for jobs/job seek
		• More opportunities
		• Better work routine/habits
		• Better working conditions
		• Promotion (double-coded with *Financial benefits*)
		• Started job training
		• Increased productivity at work
		• Starting online course for career progression/promotion
		• Professional development
		• More appreciation/respect at work
		• Quit their job
		• Less work-related stress (double-code with *Mood/Mental Health*)
		• Better relationship with work colleagues
			• Changes in career
			  → *Major life change*
			
			• Furthering education
			  → *Major life change*
			
			• PhD work
			  → *University change*
			
			• Mention of furlough/ redundancy/ "not able to work" without positive change
			  → **exclude**

Category	Definition	Examples	Exclusion criteria
University change	Changes that occurred for education/ academics that were a result of COVID-19.	• Classes moved online (double-coded with ***Increased Virtual Communication*** if zoom/Teams etc. is mentioned) • More time to focus on studies/getting ahead of studies • More time to work on uni projects/dissertation • Less distractions to allow focus on studies • Taking up extra studies, increasing course load • Moved home due to university being online (double-code with ***Major Life Change***) • Continued education • Applied to university • Started/graduated university (double-code with ***Major Life Change***) • Less/no time spent travelling to uni • Taken a break from uni	• Taking online courses (out of self-interest, not a full-time student) → ***Interests and hobbies***
Financial benefits	Any monetary benefit due to or occurring since the start of COVID-19, such as increased saving, less spending, work/government benefits.	• Saving money • Paying off debt • Less spending on non-essentials • Reduced hours for same pay (double-code with ***Work change***) • Increased pay at work, work bonus • Rent forgiveness • Relief from stamp duty (or other saving opportunities resulting from the govt's response to COVID-19) • Not going to pub/restaurants as much (infers spending less money going out) • Promotion (double-coded with ***Work change***) • Investment in stocks	• Not going out as much (no mention of club, bar, or restaurant where they would spend money) → ***Time to self***

Category	Definition	Examples	Exclusion criteria
Major life change	Significant life changes that affect family, home environment, career, or furthering their education.	- Moving (even temporary) - Getting a pet - Starting/ending relationship *Career* change - Starting new business - Starting a family - Starting/graduating school - Getting engaged/married (double-code with *Interpersonal Relationships*) "Life-changing decision" etc. - Moved in with partner (double code with *Interpersonal relationships*) - Bought a house (double-code with *Financial benefits* if they specify this was possible due to being able to save more) - Bought a car - Coming out as LGBTQ+	- Changing jobs but keeping same career → ***Work change*** - Applied for university but didn't specify that they were accepted → ***University change*** - Just improving the quality of extant relationships, e.g. "I got closer to my mom" → ***Interpersonal relationships***

Category	Definition	Examples	Exclusion criteria
Physical health	Improvements made due to or during COVID-19 that promotes a healthier lifestyle, including reductions in harmful activities, and increases in healthier practices.	- Diet - Exercise (walking, running, hiking/backpacking, surfing, cycling/bought a bike, horse-riding, golf, sports, etc.) (double-code with **More Time Outdoors** if activity is done outdoors) - Recreational activities/sports - Cut or reduced drinking/smoking - Sleeping/resting better/more - Better management of existing health conditions "more active" - General health - Wider health (double-coded with **Mood/mental health**) - Better eating habits (can mean eating more or less depending) - Weight loss - Bicycling to work (double-coded with **More time outdoors**)	- Actions directly made to stop the spread/infection of COVID-19 → *COVID-19 related conscientiousness*
More time outdoors	Taking part in activities that increase the amount of time spent outdoors.	- Time spent outside/in nature - Dog walking "Exploring new places" - Including e.g.: - Gardening - Hiking/backpacking - Walking - Running/cycling (if specified as outdoors) - Exploring local surroundings - Horse-riding - Golfing - Fishing	- Running/cycling if <u>not</u> stated as occurring outdoors → *Physical health*

Category	Definition	Examples	Exclusion criteria
Mood/mental health	Changes that led to the reduction of social pressures, stress, anxiety, or the ability to better manage mental health and live a more positive life.	• Not feeling *pressured* to go out/less social *obligations* (always double-coded with ***Time to self***) • Can be introverted (infers positive mental health) • Started counselling • Less anxiety/stress • Less social *worries* • Healthy relationship change that led to positivity • Less crowds (<u>only</u> if they state that this decreased stress or increased comfort in public) • Positive mood, happiness • More time to focus/improve on their mental health/wellbeing • Wider health (double-coded with ***Physical health***) • Mindfulness, self-care, meditation, self awareness • Time to focus on self/work on self/look after self • More open about their mental health	• Benefits that are about community and not personal → ***Community benefits*** • Less crowds (with no mention of relieved stress/anxiety) → ***Less crowded***

Category	Definition	Examples	Exclusion criteria
Introspection	The increased time spent on reflection, or gratitude, which may or may not have led to changes in future plans or approach to life. This includes changes in perceptions resulting from "extra" time.	- Time to reflect - More time to think - Appreciation - Gratitude "Not taking things for granted" - Thinking about the future - Realize things - Reevaluate priorities - Considering changing plans, including career - Thinking about future career plans - New outlook on life, better perspective - Personal development, self improvement - Learned "importance of..." (not to be coded with *Interpersonal Relationships*) - Increased spirituality and/or value of religion (if they joined church online then double code with *Increased Virtual Communication*) - Personal appreciation of key workers "Live in the moment"/ "Live life to the fullest"	- General free time or alone time → *Time to self* - Made positive changes → **exclude**

Category	Definition	Examples	Exclusion criteria
Time to self	Passive acceptance of increased time/flexibility in schedule. Also includes spending less time interacting with other people and less time going out.	• More time to relax/rest • Life is slower • General free time • More downtime • More time spent alone • More time at home (they do not specify with anyone else) • Less interactions with people/less social/not going out (double-code with *Mood/Mental Health* when they mention feeling less pressured/obligated to go out) • Less busy • Introverted • Solitude, isolated by themselves	• Active use of this extra time to devote to an activity → *Interests and hobbies* • "More time spent at home *with family/flat mates*" → *Interpersonal relationships* • Less travel (excluded) • "Not going out" if given example (eg. Saved money due to not going out) → *Financial benefits* • Time management (e.g., Manage time more effectively, better control over time, better routine, more productive) if specified for work → *Work Change*

Category	Definition	Examples	Exclusion criteria
Interests and hobbies	The active pursuit of an activity or dedication of time to something that they perhaps would not have done before.	• Reading, listening to podcasts • Gardening (double code with ***More time outdoors***) • Cooking/baking • Creative activities (art, pottery, painting) • Learning a new skill • Taking online classes out of personal interest (not related to uni or work) • Catching up on chores/house work • More time for other "activities" and things they wouldn't have done before • Home renovation/improvements • Video gaming • Online pub quizzes • Games, board games • Watching TV • Wedding planning • More time for projects • More time to do things they enjoy	• Increase in free time → ***Time to self*** • Job training → ***Work change*** • Furthering education → ***Major life change*** • Physical exercise, sports, and recreational activities → ***Physical Health Improvement***

Category	Definition	Examples	Exclusion criteria
Interpersonal relationships	Improvements or increased time devoted to new or extant meaningful relationships.	• More time spent with partner, family, friends, housemates, pets • Moved in with partner • Better communication • New friendships/ relationships formed, etc. • Seeing family/friends more	• Specific improvement in working conditions or relationships with co-workers → ***Work change*** • Getting to know neighbours (unless specified that this led to a new friendship) → ***Community benefits*** • "Learned the importance of friends/family" → ***Introspection*** • Use of "people" → **exclude**
Increased virtual communication	Use of virtual forms of communication. double-coded with ***Interpersonal relationships*** (only when they mention virtual communication with their *friends and family*)	• Calling • Texting/messaging • Video calling • Catching up with friends through social media • Met new friends online • Used online dating app • Communication via online gaming • Zoom/online meetings (double-coded with ***Work*** or ***University Change*** if it is for work or uni) • Reaching out/talking/speaking to friends/family • "Keeping in contact with..." • "Reconnected with..."	• Communication with family and friends that does not seem to be virtual → ***Interpersonal relationships***

Category	Definition	Examples	Exclusion criteria
Less crowded	The comment, appreciation, or notice of public spaces that have reductions in people.	- Less crowds - Quieter public spaces - Less cars/vehicles on road, less traffic - Better service at restaurants (if they specify this is due to less people) - Less waiting due to fewer people - Less people on tube, train, bus - Less noise pollution	- Less social *pressure* to go out, or when out → *Mood/mental health* - Social distancing or other forms of feeling safer due to COVID-19 → *COVID-19 related conscientiousness* - Less use of their car/public transport/less travel (without specifying there are less crowds) → **exclude** - More space at home since housemates moved out → **exclude**
COVID-19 related conscientiousness	Lifestyle changes that are intended to prevent and stop the infection and spread of COVID-19, or appreciation of these precautions. This measure taps into people feeling safer around others/in public places.	- Improved (personal) hygiene such as handwashing - Following social distancing rules and other COVID guidelines - More aware/respectful of personal/others' space - More cautious about where they go and what they touch - Less crowded/going to shops if it is because they feel *safer* (double-coded with ***Less Crowded***) - going out *safely* - Wearing a mask, use of PPE - Greater awareness of infection/disease spread, cleanliness, and public health *Avoid public transport* by biking to work instead	General healthier lifestyle changes intended to improve immune system (unless they specify it is to prevent COVID) → *Physical health*

Category	Definition	Examples	Exclusion criteria
Community benefits	New-found appreciation or engagement with community, taking actions to help others such as volunteering. This also includes improvements related to the environment.	• Volunteer (more opportunities or started volunteering) • Charity work, fundraising • Helping others • Positive environmental changes (less food waste, less pollution, better air quality, able to see the stars more clearly) • Cleaner public places • Supporting/spent money on local businesses • Community spirit • Increased community outreach • Engaged with people in neighborhood/ local area • Clapping for NHS workers, public appreciation for key workers • People are more helpful, polite/kind • More delivery services eg. From restaurants • Increased support for elderly/vulnerable people	• Increased awareness of hygiene and social distancing, specifically to prevent the spread of COVID-19 → *COVID-19 related conscientiousness* • "Exploring the local area" without spending money on local businesses → *More time outdoors*