

Dear sir, madam,

The COVID-19 pandemic poses a serious threat to our physical and mental health, at the same time imposing important constraints on our daily work, social and leisure activities. The aim of this study is to understand which strategies people have adopted to cope with the pandemic, and how they relate to psychological and personality styles, as well as to socio-demographic and life-style factors.

If you agree to participate in this study, we kindly ask you to fill out the attached survey. It will take about 20 to 40 minutes.

We strongly recommend that you complete the survey when you are calm and alone. If you are unable to complete the entire survey in one go, you can do it in multiple sessions, as long as you finish it within a 2-week time period. While some questions are easy to answer, others may seem more difficult. However, do not spend too much time answering a specific question; it is your first impression that counts. To ensure the quality of the data, it is important that you answer sincerely. We would like to emphasize that there are no correct or wrong, good or bad answers.

Before participating, we invite you to read carefully the text "Confidentiality and protection of your data" that you will find [there](#).

Why participate?

Participation in this survey will help develop a better understanding of the role of personality factors and coping styles in response to a health-related stressor. This information may lead to novel strategies for coping with health-related stressors so we as a society are better prepared when confronted with a next crisis of this magnitude. Hence, by filling in the questionnaire, you render great service to the overall well-being of the global community.

About us

This study is being conducted by the Clinical Neuroscience section at the Institute of Neuroscience (IoNS), University of Louvain, and the department of psychiatry of the Saint Luc University Hospital, Belgium. More information about us can be found by clicking on the following links: <http://uclep.be/> or <https://uclouvain.be/en/research-institutes/ions> or <https://www.saintluc.be/en/about-saint-luc.php>

Data Confidentiality

The study has been approved by the local Ethics Committee of the St Luc Hospital. Collected data will be used for research purposes only. Individual data are strictly confidential and anonymous. No individual information will be disclosed in the ensuing presentation and publication of the study results. No data will be transmitted to third parties.

We thank you very much for your participation in the survey. The results and conclusions will be made publicly available. If you are interested in learning about the study findings, you can indicate this at the end of the survey.

Sincerely Yours,

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