

## Appendix 1

Survey questions that were analyzed in the present study.

### Demographic information

**Gender:** Male  Female

**Age:** \_\_\_\_\_

### School attended:

High school

Technical school

Professional school

### Who do you live with? (you can give more than one answer)

One or both parents  One or both grand-parents

Brothers/sisters  Other relatives

Other: \_\_\_\_\_

### Flow Questionnaire

#### Please, read the following sentences:

“My mind isn’t wandering. I am totally involved in what I am doing and I am not thinking of anything else. My body feels good... the world seems to be cut off from me... I am less aware of myself and my problems”.

“My concentration is like breathing... I never think of it... When I start, I really do shut out the world”.

“I am so involved in what I am doing... I don’t see myself as separate from what I am doing”.

Have you felt similar experiences

since the **beginning of the pandemic?**

yes

no

If you have, **what activity or activities** were you engaged in when you had that experience? Please, write your answer below:

**Please, think about the sentences which you were presented with at the beginning of this questionnaire and which are reported again below.**

“My mind isn’t wandering. I am totally involved in what I am doing and I am not thinking of anything else. My body feels good... the world seems to be cut off from me... I am less aware of myself and my problems”.

“My concentration is like breathing... I never think of it... When I start, I really do shut out the world”.

“I am so involved in what I am doing... I don’t see myself as separate from what I am doing”.

Have you ever felt similar experiences

**before the pandemic?**

yes

no

If you have, **what activity or activities** were you engaged in when you had that experience?

## Positive Affect and Negative Affect Schedule

This scale consists of a number of words that describe different feelings and emotions. Please, read each item and then mark the answer that best corresponds to how you have felt **during the past week**, using the following scale:

1	2	3	4	5
Very slightly or not at all	A litte	Moderately	Quite a bit	Extremely

1. Interested	1	2	3	4	5
2. Distressed	1	2	3	4	5
3. Excited	1	2	3	4	5
4. Upset	1	2	3	4	5
5. Strong	1	2	3	4	5
6. Guilty	1	2	3	4	5
7. Scared	1	2	3	4	5
8. Hostile	1	2	3	4	5
9. Enthusiastic	1	2	3	4	5
10. Proud	1	2	3	4	5
11. Irritable	1	2	3	4	5
12. Alert	1	2	3	4	5
13. Ashamed	1	2	3	4	5
14. Inspired	1	2	3	4	5
15. Nervous	1	2	3	4	5

16. Determined	1	2	3	4	5
17. Attentive	1	2	3	4	5
18. Jittery	1	2	3	4	5
19. Active	1	2	3	4	5
20. Afraid	1	2	3	4	5