

Haze and Psychological Wellbei...

Individual Participant

Question 01 A1. Gender

Male

✓ **Female**

Question 02 A2. Age (in years)

10-19

✓ **20-29**

30-39

40-49

50-59

60-69

older than 69

Question 03 A3. Ethnicity

✓ **Chinese**

Indian

Malay

Eurasian

Caucasian

Others

Question 04 A4. Martial Status

✓ **Single (Heterosexual)**

Single (Homosexual)

Married

Separated

Divorced

Window

Question 05 A5. Level of Education

Participant Information

Location
Singapore
Unknown

Response ID **48,951,068**

IP Address **220.255.1.18**

Start Time **15th Jul 2013 8:30 AM**

Finish Time **15th Jul 2013 8:35 AM**

Type **Mobile Device, Direct**

Platform **Android 4**

Agent **Android 4.0**

No education

Primary School

✓ **Secondary School**

Junior College

University

Question

06

Occupation

Housewife / home maker

Unemployed

Mainly involved outdoor work

Mainly involved indoor work

✓ **Working in healthcare industry**

Medical Student - First year

Medical Student - Second year

Medical Student - Third year

Medical Student - Fourth year

Medical student - Fifth year

Student - others

Question

07

Do you have any of the undermentioned chronic illnesses?

Chronic lung disease

other chronic disease (e.g. diabetes)

✓ **NA. I have been in good health**

Question

08

B1. Can you state the level of Pollutant Standard Index (PSI) which you find dangerous to your health (between 0 - 500)?

1. 0 - 49

2. 50 - 99

✓ **3. 100 - 149**

4. 150 - 199

5. 200 - 249

6. 250 - 299

7. 300 - 349

8. 350 - 399

9. 400 - 449

10. 450 - 499

11. > 500

Question

09

Do you experience the following symptoms? - Mental slowing

Yes

✓ No

Question

10

Do you experience the following symptoms? - Headache

✓ Yes

No

Question

11

Do you experience the following symptoms? - Dizziness

✓ Yes

No

Question

12

Do you experience the following symptoms? - Eye problem

✓ Yes

No

Question

13

Do you experience the following symptoms? - Nose problem

✓ Yes

No

Question

14

Do you experience the following symptoms? - Mouth and throat problem

Yes

✓ No

Question

15

Do you experience the following symptoms? - Breathing difficulty

✓ Yes

No

Question

16

Do you experience the following symptoms? - Heart pain or chest pain

Yes

✓ **No**

Question

17

Do you experience the following symptoms? - Nausea and vomiting

Yes

✓ **No**

Question

18

Do you experience the following symptoms? - Stomach and tummy discomfort

✓ **Yes**

No

Question

19

Do you experience the following symptoms? - Slowness in movement

Yes

✓ **No**

Question

20

Do you experience the following symptoms? - Muscle ache and pain

Yes

✓ **No**

Question

21

C1. How do you feel about availability of N-95 masks?

✓ **1.Very inadequate**

2.Inadequate

3.Available

4.Adequate

5.Very adequate

Question

22

C2. Do you feel that the N-95 mask is useful in protecting you against the haze?

1.Absolutely useless

2.Useless

✓ **3. Of some use**

4. Useful

5. Very useful

Question

23

D1 Any reminder of haze situation (e.g. PSI score, news, picture of haze) brought back feelings about the haze.

0 = Not at all

1 = A little bit

✓ **2 = Moderately**

3 = Quite a bit

4 = Extremely

Question

24

I had trouble staying asleep.

0 = Not at all

1 = A little bit

✓ **2 = Moderately**

3 = Quite a bit

4 = Extremely

Question

25

Other things kept making me think about the haze situation in Singapore.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 = Extremely

Question

26

I felt irritable and angry.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 = Extremely

Question

27

I avoided letting myself get upset when I thought about the haze situation or was reminded of haze.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

28

I thought about the haze when I didn't mean to.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

29

I felt as if the haze situation hadn't happened or wasn't real.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

30

I stayed away from reminders about the haze.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

31

Pictures about haze popped into my mind.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

32

I was jumpy and easily startled.

✓ **0 = Not at all**

- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 =Extremely

Question

33

I tried not to think about the haze situation in Singapore.

0 = Not at all

✓ **1 = A little bit**

- 2 = Moderately
- 3 = Quite a bit
- 4 =Extremely

Question

34

I was aware that I still had a lot of negative feelings about the haze, but I didn't deal with the feelings.

✓ **0 = Not at all**

- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 =Extremely

Question

35

My feelings about the haze situation were kind of numb.

✓ **0 = Not at all**

- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 =Extremely

Question

36

I always find myself acting or feeling like I was back at the time haze was very bad and PSI was very high.

✓ **0 = Not at all**

- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 =Extremely

Question

37

I had trouble falling asleep.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

38

I had waves of strong feelings about the haze.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

39

I tried to remove the haze situation from my memory.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

40

I had trouble concentrating.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

41

Reminders of the haze caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.

0 = Not at all

✓ **1 = A little bit**

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

42

I felt watchful and on guard about haze.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely

Question

43

I tried not to talk about the haze.

✓ **0 = Not at all**

1 = A little bit

2 = Moderately

3 = Quite a bit

4 =Extremely