**Why are we asking you questions**

Lots of things have changed this year because of coronavirus. Lots of rules have been made to keep us safe.

This survey asks about what you have found easy and difficult. What you tell us will help the government decide what to do.

Lots of people are telling us what they think about the rules. We then look at what people have told us. And then we write a report to share with people. This report will be on the Scottish Government website.

Your name will not be included in the report. Nobody will know who said what.

Thank you very much for sharing with us.

If you have questions for us, you or someone you know can email us. Our email address is [covid-19.behaviours@gov.scot](mailto:covid-19.behaviours@gov.scot).

**How to take part**

Please download this document to begin.

After each question, we ask you to “Please type your answer here:”. When you see this, please put your answer there.

When you are finished, please save the document and send it to us by email. Our email address is [covid-19.behaviours@gov.scot](mailto:covid-19.behaviours@gov.scot).

**Questions about the rules**

**Question 1**

What rules do you find easiest to follow?

Please type your answer here:

**Question 1a**

What makes it easy?

Please type your answer here:

**Question 2**

What rules to you find most difficult to follow?

Please type your answer here:

**Question 2a**

What makes it difficult?

Please type your answer here:

**Question 3**

The rules have sometimes changed. In March, everyone was asked to stay at home all the time. And this was known as a lockdown. There are now different rules in different parts of the country.

When did you find it easiest to follow the rules?

Please type your answer here:

**Questions about self-isolation**

Self-isolation means that you should stay at home and not go outside. People need to self-isolate if they have coronavirus. People also need to self-isolate if they have met someone with coronavirus. People arriving from other countries also need to self-isolate.

Self-isolation is different from people who stayed at home because of health reasons. This is known as shielding.

**Question 4**

Have you self-isolated at all this year? Please choose yes or no.

Yes

No

Please type your answer here:

If you said **yes** to Question 4, please go to Questions 5 and 6.

If you said **no** to Question 4, please go to Questions 7 and 8.

Please answer these questions if you have self-isolated at all this year.

**Question 5**

What was easy and what was hard about self-isolating?

Please type your answer here:

**Question 6**

What would have made self-isolation easier for you?

Please type your answer here:

Please answer these questions if you have **not** self-isolated at all this year.

**Question 7**

What do you think would be hard about self-isolating?

Please type your answer here:

**Question 8**

What do you think would make it easier to self-isolate?

Please type your answer here:

**Questions about you**

You do not need to answer these questions. But they will help us understand what rules different people have found easy and hard.

**Question 9**

How old are you? Please choose the age group you belong to.

I am…

18 to 24

25 to 34

35 to 44

45 to 54

55 to 64

65 to 69

70 or older

Please type your answer here:

**Question 10**

What gender are you? Please choose one.

I am…

Male

Female

Other

Please type your answer here:

**Question 11**

Do you have any illness or disability that has lasted a year or more? Please choose yes or no.

Yes

No

Please type your answer here:

If you said **yes** to Question 11, please go to Question 12.

If you said **no** to Question 11, please go to Question 13.

**Question 12**

Does your illness or disability limit what you do each day? Please choose one.

Yes, a lot

Yes, a little

Not at all

Please type your answer here:

**Question 13**

What is your ethnicity? Please choose one.

I am…

White – Scottish

White – British

White – Irish

White – other

Mixed or multiple ethnic group

Asian, Asian Scottish or Asian British

African

Caribbean or Black

Other ethnic group

Please type your answer here:

**Question 14**

At the start of March 2020, which best describes what you were doing? Please choose one.

I was…

Employed full time for 30 hours or more a week

Employed part time for 8 to 29 hours a week

Self-employed

Unemployed and seeking work

Unemployed and not seeking work

Studying at school, college or university

Looking after the home

Not working because of long-term illness or disability

Retired

Other

Please type your answer here:

**We may want to speak to you again to ask some more questions.**

**Question 15**

Are you happy for us to contact you? Please choose one.

Yes

No

Please type your answer here:

If you said **yes** to Question 15, please go to Question 16.

If you said **no** to Question 15, then there are no more questions to answer.

**Question 16**

What is your email address? This will let us contact you again if we need to.

Please type your answer here: