Supporting Information

Survey text and supplementary results

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

SCIENTISTS IN PYJAMAS: CHARACTERISING WORKING ARRANGEMENTS AND PRODUCTIVITY DURING COVID-19 PANDEMIC

All responses are anonymous (though you are welcome to sign your name at the end if you wish), no email or passwords required.

*Required

1. Gender *

   Mark only one oval.
   - Female
   - Male
   - Prefer not to say

2. Age *

   Mark only one oval.
   - 18-24
   - 25-34
   - 35-44
   - 45-54
   - 55-64
   - 65+
   - Prefer not to say
3. Academic/Research level *

*Mark only one oval.*

- [ ] Academic/Research Support (Admin, Finance, IT etc)
- [ ] Research Assistant
- [ ] Senior Research Assistant
- [ ] Postgraduate student
- [ ] Post-doctoral researcher
- [ ] Lecturer/Senior Lecturer
- [ ] Associate Professor
- [ ] Professor
- [ ] Other: ____________________________

4. What is your research specialty? *

*Mark only one oval.*

- [ ] N/A (Non-Research)
- [ ] Sleep
- [ ] Respiratory
- [ ] Other: ____________________________

5. Where do you primarily do your research or research support work? *

*Mark only one oval.*

- [ ] Medical Research Institute (Woolcock)
- [ ] Medical Research Institute (Other - Please feel free to specify below)
- [ ] University
- [ ] Hospital
- [ ] Other: ____________________________
6. Outside of the pandemic, what percentage of the working week do you typically spend on research? (Note: 0 = 0% FTE, 5 = 50% FTE, 10 = 100% FTE) *

Mark only one oval.

<table>
<thead>
<tr>
<th>0% FTE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

7. On what activities do you spend the balance of the week? (Select all that apply) *

Tick all that apply.

- [ ] N/A
- [ ] Teaching
- [ ] Clinical duties
- [ ] Family

Other: ________________________________

8. Do you have children at home? *

Mark only one oval.

- [ ] Yes
- [ ] No

9. If yes to above, select any that apply *

Tick all that apply.

- [ ] N/A
- [ ] Infant
- [ ] Toddler
- [ ] Primary schooler
- [ ] High schooler
- [ ] Intrusive pet
10. What is your typical home working arrangement? (select any that apply) *

Tick all that apply.

☐ Private office
☐ Shared office
☐ Dining room/kitchen table
☐ Lounge
☐ Hiding in the bathroom
Other: ☐ ____________________________

11. What is your typical attire during Zoom/Skype/Teams meetings? (select any that apply) *

Tick all that apply.

☐ None of your business, camera turned off
☐ Normal workwear
☐ Workwear, on the top only
☐ Casual home wear
☐ Pyjamas
Other: ☐ ____________________________

12. On average, how many days per week did you spend your working day at home in your pyjamas? *

Mark only one oval.

☐ 0
☐ 1-2
☐ 3-4
☐ 5
☐ >5 (I work weekends)
13. As an estimate, how many days had you started working from home before you stopped changing out of your pyjamas? *

*Mark only one oval.*

- [ ] From day 1
- [ ] Within 1 week
- [ ] Within 2 weeks
- [ ] Within 4 weeks
- [ ] I have standards, I refuse to wear pyjamas during the day

14. On a scale of 1 to 10, how worried were you about your appearance during Zoom meetings? *

*Mark only one oval.*

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1 2 3 4 5 6 7 8 9 10
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15. On a scale of 1 to 10, how worried were you about your background during Zoom/Skype/Teams meetings? *

*Mark only one oval.*

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1 2 3 4 5 6 7 8 9 10
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16. What steps did you take to change the appearance of your home workspace for your Zoom/Skype/Team meetings? (select any that apply) *

Tick all that apply.

- Removed clutter in workspace
- Removed children/pets from workspace
- Put a drape/curtain behind myself
- Move to a different area of the house
- Cheated and use a Virtual Background
- N/A (I did not do so)

Other: [ ] ______________________________

17. If you use virtual backgrounds on Zoom/Skype/Teams, which is your typical background? (select any that apply) *

Tick all that apply.

- Virtual what?
- Beach scene
- Aurora borealis
- Nature/grass
- Space
- Golden Gate Bridge
- Pretend library
- Pretend meeting room
- Photo of myself
- Institutional logo
- N/A (I did not change my background)

Other: [ ] ______________________________
18. List interruptions you have experienced yourself from your home during Zoom/Skype/Teams meetings (select any that apply): *

*Tick all that apply.*

☐ None, my meetings have run perfectly
☐ Poor internet connectivity
☐ Infants crying/toddlers wanting attention
☐ School children needing help with school work
☐ Spouse/other household members holding concurrent meeting in the background
☐ Pets entering camera field of vision
☐ Doorbell
☐ Telephone/pager call
☐ Toilet break

Other: ☐ ______________________________________

19. List interruptions you have experienced from others during Zoom/Skype/Teams meetings (select any that apply): *

*Tick all that apply.*

☐ None, my meetings have run perfectly
☐ Poor internet connectivity
☐ Infants crying/toddlers wanting attention
☐ School children needing help with school work
☐ Spouse/other household members holding concurrent meeting in the background
☐ Pets entering camera field of vision
☐ Doorbell
☐ Telephone/pager calls
☐ Toilet breaks

Other: ☐ ______________________________________
20. Since working from home, please indicate whether your productivity in the following activities has been increased, remained the same, or decreased *

*Mark only one oval per row.*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Increased</th>
<th>Remained the same</th>
<th>Decreased</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall productivity</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Admin</td>
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<tr>
<td>Submitting papers</td>
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<tr>
<td>Writing papers</td>
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<tr>
<td>Reviewing papers/grants</td>
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<tr>
<td>Grant writing</td>
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<tr>
<td>Data analysis</td>
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<tr>
<td>New ideas generation</td>
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<tr>
<td>SOP writing</td>
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</tbody>
</table>

21. Since working from home, please indicate whether your mental health has improved, remained the same, or worsened *

*Mark only one oval.*

- Improved
- Remained the same
- Worsened
- Prefer not to say

22. You're welcome to leave your feedback on the survey (words of encouragement, constructive criticism, cathartic heckling):

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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