



## Data Article

# Dataset describing Aotearoa New Zealand young adults' psychological well-being and behaviour during nationwide lockdown



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## ABSTRACT

This dataset provides a comprehensive snapshot of 277 New Zealand young adults ( $M$  age = 18.93,  $SD$  = 3.28) real-time behaviours and experiences during a seven-week nationwide lockdown. Participants were recruited through a university student participant pool and data were collected online during 20–27<sup>th</sup> April 2020 (Alert Level 4) and 6–13<sup>th</sup> May 2020 (Alert Level 3), constituting the 26<sup>th</sup>–33<sup>rd</sup> and 42<sup>nd</sup>–49<sup>th</sup> day (respectively) of a nationwide lockdown to manage the first wave of COVID-19 in Aotearoa New Zealand. Data have been used previously [1]. Data includes participants' self-reported compliance with legally mandated COVID-19 lockdown policies, as well as participants' self-reported knowledge of lockdown policies, lockdown characteristics, trust in government and information sources, COVID-19 specific worries, recent anxiety, depression, and stress symptoms, cognitive reappraisal and expressive suppression use, and Big Five personality traits. The dataset is freely accessible (CC-BY-4.0 license) at <https://osf.io/pa4n3/>. This database can provide insight into the psychological experience of strict COVID-19 lockdown, support policy makers to evaluate the efficiency COVID-19 public health messaging, and inform future policy to support public health and wellbeing during widespread lockdown and quarantine.

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## Specifications Table

Subject	Psychology; Public Health and Health Policy; Psychiatry and Mental Health
Specific subject area	Health behaviours, emotions, and personality factors during the initial COVID-19 outbreak in Aotearoa New Zealand in April-May 2020.
Type of data	Tables, .csv file, Text document
How the data were acquired	Data was acquired using convenience sampling via online survey (Qualtrics), completed by students who had locked-down in their 'bubbles' throughout the Aotearoa New Zealand. See Data Accessibility section for access to the questionnaire.
Data format	Raw, Analyzed, Filtered (descriptive statistics)
Description of data collection	Data was collected during two periods during the nationwide COVID-19 lockdown: the final week of the 33-day Alert Level 4 period, in which everyone was required to stay at home except for essential travel to access food, medical supplies, or exercise nearby; and the final week of the 16-day Alert Level 3 period when restrictions slightly eased to allow for contact-less business.
Data source location	<ul style="list-style-type: none"> <li>• <i>Institution</i>: Te Herenga Waka—Victoria University of Wellington</li> <li>• <i>Country</i>: Aotearoa New Zealand</li> </ul>
Data accessibility	Repository name: Open Science Framework Data identification number: DOI 10.17605/OSF.IO/PA4N3 Direct URL to data: <a href="https://osf.io/pa4n3/">https://osf.io/pa4n3/</a>
Related research article	Broodryk, T., & Robinson, K. (2021). Locking down behavioural compliance: The role of emotion and emotion regulation in breaches of COVID-19 mitigation measures in Aotearoa New Zealand. <i>Journal of Health Psychology</i> , <a href="https://doi.org/10.1177/13591053211029994">https://doi.org/10.1177/13591053211029994</a> .

## Value of the Data

- Data were collected in Aotearoa New Zealand, a country that initially took a 'zero-COVID-19' public health strategy and has utilized clearly communicated and legally enforced lockdown regulations to eliminate community transmission of COVID-19.
- Data will be useful for researchers interesting in exploring how psychosocial aspects of young adults' lockdown are associated with compliance with public health policies and well-being.
- Data can be analysed to understand compliance with public health messaging and policies, the mental health impact of lockdowns and quarantine, as well as to explore young adult's experiences of lockdown.
- Data can be used to inform future public health policy to support wellbeing during lockdown and quarantine periods, as well as to develop further insight into the experience of, and adherence to, strict public health regulations in the face of widespread health risk.

## 1. Data Description

The dataset provided with this article describes young adults' emotional experiences, mental health, personality, and health behaviours during Aotearoa New Zealand's nationwide 2020 COVID-19 lockdown. [Table 1](#) provides a targeted overview of Aotearoa New Zealand's lockdown policies during the surveying period. [Table 2](#) describes participants' demographic and lockdown characteristics. [Table 3](#) summaries participant's engagement and trust in COVID-19 information sources, mental health, emotion regulation, and personality traits. [Table 4](#) details participants' knowledge of lockdown policies data. [Table 5](#) describes breaches of lockdown policies by alert

**Table 1**

Targeted overview of Aotearoa New Zealand lockdown policies by alert level.

	Alert Level 4	Alert Level 3
Date range	25th March – 26th April 2020	27th April – 13th May 2020
Risk assessment	Likely COVID-19 is not contained. Sustained and intensive community transmission of COVID-19 with widespread outbreaks.	High risk that COVID-19 is not contained. Multiple cases of community transmission occurring and multiple active clusters in multiple regions.
Bubble restrictions	<ul style="list-style-type: none"> <li>• People instructed to stay at home in their bubble other than for essential personal movement—including safe local recreation.</li> </ul>	<ul style="list-style-type: none"> <li>• People instructed to stay home in their bubble other than for essential personal movement—including to go to work or school if they have to, or for local recreation.</li> <li>• Physical distancing required.</li> <li>• Can expand bubble (e.g., to support isolated people), but this extended bubble should remain exclusive.</li> </ul>
Travel restrictions	<ul style="list-style-type: none"> <li>• Travel severely limited.</li> <li>• All gatherings cancelled and all public venues closed.</li> </ul>	<ul style="list-style-type: none"> <li>• Inter-regional travel highly limited.</li> <li>• Gatherings of up to 10 people are allowed but only for wedding services, funerals, with physical distancing and public health measures maintained.</li> <li>• Public venues closed.</li> </ul>
Occupational and education restrictions	<ul style="list-style-type: none"> <li>• Businesses closed except for essential services (e.g., supermarkets and pharmacies).</li> <li>• Educational facilities closed.</li> </ul>	<ul style="list-style-type: none"> <li>• People must work from home unless that is not possible.</li> <li>• Children should learn at home if possible.</li> <li>• Schools (5–14 years old) and early childhood education centres can open, with limited capacity.</li> <li>• Businesses can open premises but cannot physically interact with customers.</li> </ul>

Note. Copyright © 2020 by SAGE Publishing. Adapted with permission from Broodryk and Robinson (2020). Bubble refers to the exclusive and closed group of people that an individual could physically interact with during lockdown (i.e., their household or, in instances where people live alone or share custody of children, a limited number of households) [2].

level. Table 6 describes participants behaviours during lockdown. Finally, Table 7 details items assessing participants' worries and experiences during lockdown. Raw data, data codebook, survey measures are available at <https://osf.io/pa4n3/> [12].

## 2. Experimental Design, Materials and Methods

### 2.1. Questionnaire development

Data are drawn from a survey developed during the first weeks of the initial nationwide lockdown in Aotearoa New Zealand. Survey development was guided by both the rapidly developing body of COVID-19 psychology research (particularly in the realm of emotional responses and compliance with mitigation measures), and in consultation with mental health researchers, clinical psychologists, youth workers, and undergraduate university students. Items assessing compliance with, or knowledge of, lockdown policies were created with reference to the legislation, government recommendations, and country-wide public health messaging regarding acceptable and restricted behaviour at Alert Level 4 and 3 (see Table 1; [2–5]). Questionnaire items were designed to be culturally appropriate to lockdown in Aotearoa New Zealand. Commonly understood Te Reo Māori (the indigenous language of Aotearoa New Zealand) terms are used through-

**Table 2**  
Participants' demographic and lockdown characteristics.

Variable	Values % (n), M (SD)
Alert level at participation	Alert Level 4: 53.1% (147) Alert Level 3: 46.9% (130)
Age	18.93 (3.28)
Gender	Male: 23.6% (64) Female: 76.4% (207)
Ethnic group	Māori: 11.5% (31) Pākehā/New Zealand European: 71.1% (192) Asian: 9.6% (26) Pacifica: 1.9% (5) Other: 5.9% (16)
Exposure to high risk	75.8% (210)
Personal high risk	10.5% (29)
High risk person in the bubble	43.7% (121)
Loved one outside bubble high risk	47.7% (132)
Exposure to essential worker	57.0% (158)
Works as an essential worker	8.7% (24)
Essential worker in the bubble	33.6% (93)
Loved one outside bubble an essential worker	29.2% (81)
Number of people lockdown bubble	1 (Just me): 1.4% (4) 2: 7.6% (21) 3-4: 45.8% (127) 5-6: 32.1% (89) 7-10: 10.8% (30) 11 or more: 1.4% (4) I don't know: 0.7% (2)
Shared bubble arrangement	Single household: 66.1% (183) Two households: 26.0% (72) Three households: 5.4% (15) Four or more households: 1.1% (3) Unknown number of households: 1.4% (4)
Accommodation changes in preparation for initial Alert Level 4 lockdown	No change: 40.2% (111) Moved in with family: 52.9% (146) Moved in with romantic partner(s): 5.1% (14) Moved in with friends: 0.7% (2) Moved to university accommodation: 1.1% (3)
Changed bubble from Alert Level 4 to Alert Level 3*	No change: 40.0% (52) Family or close friend joined bubble: 53.1% (69) Family or close friend left bubble: 3.1% (4) Someone else joined bubble: 3.8% (5) Someone else left bubble: 0% (0)
Accommodation changes from Alert Level 4 to Alert Level 3*	No change: 89.2% (116) Moved in with family: 4.6% (6) Moved in with romantic partner(s): 3.8% (5) Moved in with friends: 0% (0) Moved back pre-lockdown accommodation: 2.3% (3) Moved to university accommodation: 0% (0)

Note.  $n = 277$ .

\* Only asked of participants who took part during Alert Level 3 ( $n = 130$ ).

out the survey (e.g., whānau, karakia; for translations, see [7]), and some items refer to Aotearoa New Zealand specific events (e.g., the Teddy Bear Hunt; [6]).

## 2.2. Measures

**Lockdown characteristics.** Participants reported the number of people and households within their 'bubble' (i.e., the exclusive and closed group of people that an individual could physically interact with during lockdown), as well as the high-risk status and essential worker status of

**Table 3**

Participant's engagement and trust in COVID-19 information sources, mental health, emotion regulation, and personality traits.

Variable	Values % (n), M (SD)
Frequency of COVID-19 news consumption	Less than once a day: 22.4% (62) 1-5 times a day: 69.3% (192) 6-10 times a day: 6.5% (18) 11-20 times a day: 1.1% (3) 20-50 times a day: 0.4% (1) More than 50 times a day: 0.4% (1)
Trust government press briefings for COVID-19 information	94.9% (263)
Trust Ministry of Health for COVID-19 information	76.9% (213)
Trust friends and family for COVID-19 information	39.7% (110)
Trust social media for COVID-19 information	18.4% (51)
Trust university for COVID-19 information	44.4% (123)
Trust news organizations for COVID-19 information	44.8% (124)
Receiving formal mental health support prior to lockdown	23.8% (66)
Change in frequency of mental health support during lockdown	No change: 42.4% (28) Support decreased: 47.0% (31) Support increased: 10.6% (7)
Change in time engaging in physical exercise during lockdown	No change: 13.4% (37) Exercise decreased: 42.2% (117) Exercise increased: 44.4% (123)
Willingness to remain in lockdown for longer if required	Yes: 74.4% (206) No: 11.6% (32) Unsure: 14.1% (39)
Cognitive reappraisal during lockdown (range: 1-7)	4.81 (0.87)
Expressive suppression during lockdown (range: 1-7)	3.52 (1.18)
Recent depression symptoms (range: 0-3)	0.95 (0.71)
Recent anxiety symptoms (range: 0-3)	0.53 (0.61)
Recent stress symptoms (range: 0-3)	1.02 (0.67)
Trait extraversion (range: 2-10)	5.97 (1.78)
Trait agreeableness (range: 2-10)	7.37 (1.67)
Trait openness to experience (range: 2-10)	6.16 (1.34)
Trait conscientiousness (range: 2-10)	6.46 (1.80)
Trait neuroticism (range: 2-10)	6.47 (2.10)

Note.  $n = 277$ .**Table 4**

Participants' knowledge of lockdown policies.

Knowledge item	Correct answer	Proportion who answered incorrectly % (n)
During the [current alert level] lockdown period, people are allowed to...		
... leave the house.	True	7.2% (20)
... go for a walk in their neighbourhood.	True	1.8% (5)
...go for a drive to pass the time in their neighbourhood.	False	24.9% (69)
...visit their friends and family, as long as they keep two meters distance from them.	False	29.6% (82)
... bring groceries to people outside their bubble.	True	22.4% (62)
...talk to people outside their bubble.	True	28.5% (79)
...travel within New Zealand during the Easter break.	False	4.3% (12)
...have more than one household within their bubble.	True	40.8% (113)

Note.  $n = 277$ .

**Table 5**  
Breaches of lockdown policies by alert level.

Policy breach	Alert Level 4% (n)	Alert Level 3% (n)
During [current alert level] lockdown, I have...		
Taken care to avoid touching my face (RC)	47.60% (70)	47.7% (62)
Gone to buy groceries or pharmacy supplies with other people in my lockdown bubble	41.5% (61)	42.3% (55)
Travelled outside of my neighbourhood to exercise	23.8% (35)	-
Bought additional non-perishable food, cleaning supplies, or toiletries just in case grocery stores run out	24.5% (36)	14.6% (19)
Gone shopping for just a few items as a reason to go outside or into town	23.1% (34)	33.8% (44)
Gone walking or hunting in the bush	19.0% (28)	-
Bought more groceries or pharmacy supplies than I would typically need in two weeks	16.3% (24)	12.3% (16)
Attended in person events held instead of cancelled events or celebrating before lockdown (e.g., moving out of halls or flats, [cancelled music festival])	13.6% (20)	-
Pet a cat or dog belonging to someone outside of my lockdown bubble	12.2% (18)	18.5% (24)
Gone to visit older member(s) of my whānau/ family	11.6% (17)	20.0% (26)
Taken care to wash my hands more thoroughly than before COVID-19 (RC)	8.2% (12)	14.6% (19)
Organized to meet friend(s) and/or family from outside my lockdown bubble at a communal place (e.g., at the park, supermarket) so that I could socialize	8.2% (12)	16.2% (21)
Gone to visit older member(s) of my community	6.1% (9)	6.9% (9)
Taken care to keep two meters of distance between myself and people outside of my lockdown bubble (RC)	4.8% (7)	5.4% (7)
Taken care to sneeze or cough into my elbow (RC)	2.7% (4)	6.9% (9)
Gone swimming, surfing, fishing, or boating at the beach	2.0% (3)	-
Gone ahead with in-person plans with people outside of my lockdown bubble (e.g., birthday parties, weddings, travel within New Zealand).	2.0% (3)	-

Note. Alert Level 4  $n = 147$ , Alert Level 3  $n = 130$ . Empty cells in the Alert Level 3 column indicate that the behaviour was permissible at Alert Level 3. RC = reverse coded.

themselves, loved one(s) in their bubble, loved one(s) outside of their bubble, or other people in their bubble. In the 48 hours before Alert Level 4, New Zealanders were able to return home to their place of residence. In the transition from Alert Level 4 to Alert Level 3, New Zealanders were able to slightly expand their bubble (see Table 1 for greater detail). To capture these changes, participants were asked to report if their accommodation arrangements changed in preparation for the Alert Level 4 lockdown. In addition, participants who took part in Alert Level 3 were invited to report if their bubble changed from Alert Level 4 to Alert Level 3, and whether their accommodation changed from Alert Level 4 to Alert Level 3. Items and responses are presented in Table 2.

**COVID-19 information sources.** Participants were asked “How often are you reading, watching, or hearing reports or updates on COVID-19/coronavirus?” to which they responded on a 6-point Likert-type scale, ranging from 1 (*less than once a day*) to 6 (*more than 50 times a day*). Participants were also asked “Who do you trust to get your information about COVID-19/coronavirus?” to which they were able to tick all applicable response options, including “Government press briefings,” and “social media”. Items and responses are presented in Table 3.

**Mental health support.** Participants were asked “Before Level 4 lockdown, were you receiving ongoing support from mental health or medical professionals?”. Participants who indicated that they had been receiving on-going support where asked “Has the frequency of this on-going support changed during the Level 4 lockdown period?” with the response options ‘No’, ‘Yes, it has decreased’ and ‘Yes, it has increased’.

**Table 6**

Participants' behaviours during lockdown.

Behaviour	Endorsement rate % (n)
During [current alert level] lockdown, I have...	
<i>Social support and connection</i>	
Virtually reached out to older whānau/ family member(s)	66.1% (183)
Virtually reached out to older community member(s)	40.8% (113)
Donated resources to organizations responding to COVID-19	13.7% (38)
Told family/whānau, friends, and/or community members that I am able to bring them groceries or pharmacy supplies	39.7% (110)
Brought family/whānau, friends, and/or community members groceries or pharmacy supplies.	36.8% (102)
Spent time with friends or family/whānau members who I would usually see in-person using digital platforms	78.0% (216)
Used online platforms to play or socialise with my friends and/or family more often than before lockdown	83.8% (232)
Been in contact with university-based clubs or organizations	13.4% (37)
Taken part in activities to connect with the wider community	33.9% (94)
Gone out of my way to thank essential workers	39.0% (108)
<i>Creative pursuits</i>	
Made content about COVID-19 or the lockdown	23.8% (66)
Spent more time than before lockdown on creative hobbies	69.7% (193)
Spent time on home projects that I had been procrastinating	48.4% (134)
Started a new hobby or signed up for an online course	30.8% (85)
<i>Spiritual and/or religious pursuits</i>	
Spent more time in prayer, saying karakia, reading scripture, or spiritual practices than before lockdown	10.5% (29)
Spent more time in mindfulness or gratitude practices than before lockdown	41.5% (115)
Taken part in my regular in-person religious or cultural events in a digital way	7.9% (22)
<i>Health behaviours</i>	
Noticed that my eating patterns and habits have changed compared to before lockdown	83.0% (230)
Noticed myself smoking or vaping more than before lockdown	17.3% (48)
Noticed myself drinking alcohol more than before lockdown	21.3% (59)
Noticed that my sleep patterns have changed compared to before lockdown	84.8% (235)
Taken care to wipe or clean goods I have purchased from the shop	50.9% (141)
Worn a face mask while outside the house	29.2% (81)
Taken care to keep two meters of distance between myself and people within my lockdown bubble.	20.6% (57)
Noticed myself using humour to manage being in lockdown	69.6% (192)
<i>Domestic management</i>	
Left the house to buy groceries or pharmacy supplies in my neighbourhood	73.3% (203)
Left the house to exercise in my neighbourhood	80.9% (224)
Cleaned the house more thoroughly than before lockdown	45.8% (127)
Taken care to keep to a regular schedule	44.4% (123)
Kept my cat from roaming outside of the house	7.6% (21)
<i>Lockdown enforcement</i>	
Felt pressured by someone to visit them in-person or break my lockdown bubble in some way	17.0% (47)
Spoken directly to someone about how their behaviour goes against lockdown policies	30.0% (83)
Reported someone who violated self-isolation rules to the New Zealand Police	2.9% (8)
Posted on social media to encourage other people to follow lockdown policies	20.2% (56)

Note. n = 277.

**Time spent exercising.** Participants were asked 'Has the time you spend engaging in physical exercise changed during the Level 4 lockdown period?' with the response options 'No', 'Yes, it has decreased' and 'Yes, it has increased'.

**Emotion regulation strategy use.** The Emotion Regulation Questionnaire (ERQ; [8]) was modified to refer specifically to cognitive reappraisal and expressive suppression use during lockdown (e.g., "During lockdown, I keep my emotions to myself". For a similar context-specific mod-

**Table 7**

Participants' worries and experiences during lockdown.

Item	M (SD)
COVID-19/ coronavirus has left me feeling uneasy about my future.	3.48 (1.18)
I am afraid to plan for the future.	3.03 (1.19)
I feel there is nothing I can do to manage this pandemic.	2.96 (1.18)
Since being in lockdown, I have more negative thoughts about my future.	3.14 (1.22)
Since being in the lockdown, I feel less in control of my future.	3.44 (1.27)
I worry about other people not adhering to lockdown policies.	3.89 (0.96)
COVID-19/coronavirus is one of the things I worry about the most.	2.55 (1.14)
I feel anxious about COVID-19/coronavirus.	2.93 (1.24)
I think the government has responded well to COVID-19/ coronavirus.	4.65 (0.69)
I feel reassured by the government's response to COVID-19/ coronavirus.	4.51 (0.78)
I am more aware of how I am managing my money than prior to COVID-19/ coronavirus	3.53 (1.09)
Since being in lockdown, I have become more conscious of my choices (e.g., how I spend my time, money, energy, the waste I create).	3.60 (1.02)
Since being in lockdown, I have become more aware of how I prioritize my time and energy to align with what is important to me.	3.58 (1.02)
I feel more connected with those in my lockdown bubble than before COVID-19/ coronavirus	3.52 (1.12)
I feel more connected with those in my community than before COVID-19/ coronavirus	2.64 (1.02)
I feel supported by those in my lockdown bubble.	4.00 (1.00)
I feel angry when I hear about other people not adhering to lockdown policies.	4.07 (0.98)
I feel disgusted when I hear about other people not adhering to lockdown policies.	3.64 (1.09)
Concerns about COVID-19/coronavirus has an impact on my mental health.	3.06 (1.21)
I am doing my part to reduce the spread of COVID-19/coronavirus.	4.50 (0.64)

Note. The response format for each item ranges from 1–Strongly disagree to 5–Strongly agree.  $n = 277$ .

ification of the ERQ, see [9]). Items were averaged to create an index of COVID-19 focused cognitive reappraisal and expressive suppression.

**Depression, anxiety, stress symptoms.** Past-week anxiety, depression, and stress symptoms were measured using the 21-item version of the Depression Anxiety Stress Scale (DASS-21; [10]).

**Big 5 Personality traits.** Trait extraversion, agreeableness, openness to experience, conscientiousness, and neuroticism were assessed with the Big 5 Inventory (BFI-10; [11]).

**Knowledge of lockdown policies.** Participants responded with 'True' or 'False' to 13 factual statements about lockdown policies (e.g., 'During [the current alert level] lockdown period, people are allowed to have more than one household within their bubble'). Participant's responses were scored according to their accuracy. Six items were subsequently omitted due to changes across alert levels or ambiguity in the legislation. The eight knowledge items, the accurate response, and the proportion of the sample who responded incorrectly are presented in Table 4.

**Behavioural compliance with lockdown policies.** 18 items assessing behaviours in breach of lockdown policies were created with reference to legislation and government recommendations regarding acceptable and restricted behaviour at Alert Level 4 (see Table 1; [2–5]). Each item began with "In the week before, or during, [current alert level], I have..." followed by descriptions of a behaviour (e.g., "Gone to visit older member(s) of my whānau/ family"). Response options included 'Does not describe me', 'Describes me', and 'Not applicable to me'<sup>1</sup>. Item order was randomised, and items were presented alongside health, prosocial, and neutral behaviours (described below). At Alert Level 3, five of the 18 behaviours measured at Level 4 became permissible. Table 5 presents all compliance behaviours and rates of compliance. Although engagement in these behaviours was assessed among participants who look part during at Level 3, these behaviours should not be considered breaches. The correlation between items was generally weak

<sup>1</sup> The 'Not applicable' response option was included as some behaviours relied on specific circumstances which may not apply to all participants (e.g., "...kept my cat from roaming outside of the house").

(ranging from  $r_s = .45$  to  $<.01$ ,  $Mdn = .02$ ), suggesting items are relatively independent and thus a total score was created rather than an average. Reports of engagement or endorsement of items received a score of one each, for a total possible score of 18 at Alert Level 4 and 13 at Alert Level 3, with greater scores indicating poorer compliance with lockdown policies.

**Behaviours during lockdown.** Participants' engagement in social, creative, spiritual, health, domestic management, and lockdown enforcement behaviours were assessed using the same format and response options as were compliance behaviours. Table 6 presents all additional behaviours.

**COVID-19 worry.** Participants' state worries regarding COVID-19 were measured using two items "I feel anxious about COVID-19/coronavirus," and "COVID-19/coronavirus is one of the things I worry about the most." An average score was calculated as indication of current COVID-19 specific worry. Participant's worry about the impact of COVID-19 on their future was measured using four items: "COVID-19/coronavirus has left me feeling uneasy about my future," "Since being in lockdown, I feel less in control of my future," "Since being in lockdown, I have more negative thoughts about my future,"; and "I am afraid to plan for the future." An average score was calculated to capture the extent to which COVID-19 led participants to worry about their future. For all worry items, participants responded on a 5-point Likert-type scale ranging from 1 (Strongly disagree) to 5 (Strongly agree).

**Trust in government response.** Participants were presented with the statements "I think the government has responded well to COVID-19/coronavirus" and "I feel reassured by the government's response to COVID-19/coronavirus" to which they responded on a 5-point Likert-type scale ranging from 1 (Strongly disagree) to 5 (Strongly agree).

**Lockdown experiences.** Additional items assessing participants' lockdown experiences were included in the questionnaire (e.g., "I am doing my part to reduce the spread of COVID-19/coronavirus"). Participants responded on a 5-point Likert-type scale ranging from 1 (Strongly disagree) to 5 (Strongly agree). A complete list of these additional items is provided in Table 7.

### 2.3. Data collection

Data were collected using convenience sampling at two time periods during the nationwide 2020 COVID-19 lockdown in Aotearoa New Zealand: the final week of the 33-day Alert Level 4 period (20–27<sup>th</sup> April 2020,  $n = 148$ ), and the final week of the 16-day Alert Level 3 period (and 6–13<sup>th</sup> May 2020,  $n = 130$ ). See Table 1 for a targeted overview of lockdown policies across Alert Level 4 and 3. There were no differences in age ( $t(273) = 0.04$ ,  $p = .968$ ), gender ( $\chi^2(2) = 2.76$ ,  $p = .251$ ,  $Cramer's V = .10$ ), ethnicity ( $\chi^2(4) = 6.19$ ,  $p = .186$ ,  $Cramer's V = .15$ ), high-risk status ( $\chi^2(1) = 0.32$ ,  $p = .572$ ,  $Cramer's V = .03$ ) or essential worker status ( $\chi^2(1) = 0.58$ ,  $p = .447$ ,  $Cramer's V = .05$ ) across the two data collection phases. Participants were undergraduate psychology students who completed the survey online via Qualtrics as part of a research participation course requirement.

### Ethics Statements

Ethics approval was granted by the Victoria University of Wellington Human Ethics Committee (RM#28527). Participants provided informed consent, including their consent to post-identified data in publicly available repositories (e.g., Open Science Framework), prior to participation in the online survey. One participant who identified as gender diverse was removed from the dataset prior to publication on the Open Science Framework due to concerns regarding potential identification.

## CRedit Author Statement

**Terise Broodryk:** Conceptualization, Methodology, Resources, Writing – Original draft preparation; **Kealagh Robinson:** Conceptualization, Methodology, Resources, Data curation, Writing – Original draft preparation, Supervision.

## Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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