**Supplementary Material.**

**Questions included in the study (Spanish version)**

**… En qué grado han sido una ayuda o un obstáculo para conseguir los objetivos:**

**El objetivo: Desahogarme y liberar las emociones negativas (por ejemplo, estrés, ansiedad o enfado).**

Escuchar o hacer música (tocando un instrumento musical o cantando)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Un gran obstáculo | Un obstáculo | Un pequeño obstáculo | Irrelevante | Una pequeña ayuda | Una ayuda | Una gran ayuda |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**El objetivo: Evadirme de la crisis por la COVID-19**

Escuchar o hacer música (tocando un instrumento musical o cantando)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Un gran obstáculo | Un obstáculo | Un pequeño obstáculo | Irrelevante | Una pequeña ayuda | Una ayuda | Una gran ayuda |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**El objetivo: Divertirme y mantener el buen humor.**

Escuchar o hacer música (tocando un instrumento musical o cantando)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Un gran obstáculo | Un obstáculo | Un pequeño obstáculo | Irrelevante | Una pequeña ayuda | Una ayuda | Una gran ayuda | | -3 | -2 | -1 | 0 | 1 | 2 | 3 | |  |  |  |  |  |  |

**El objetivo: Reducir la soledad y sentirme más unido/a a la gente**

Escuchar o hacer música (tocando un instrumento musical o cantando)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Un gran obstáculo | Un obstáculo | Un pequeño obstáculo | Irrelevante | Una pequeña ayuda | Una ayuda | Una gran ayuda | | -3 | -2 | -1 | 0 | 1 | 2 | 3 | |  |  |  |  |  |  |

**En general, ¿cómo de importante es la música para ti?**

* No me importa.
* Me importa poco
* Me importa bastante
* Es muy importante para mí
* Es extremadamente importante para mí

**¿Cuánto tiempo has dedicado a escuchar música durante el confinamiento en comparación con el tiempo anterior a la crisis?**

* Mucho menos
* Menos
* El mismo
* Más
* Mucho más

**¿Cuántos años tienes?**

* 18
* 18 - 24
* 25 - 34
* 35 - 44
* 45 - 54
* 55 - 64
* 65 - 74
* 75 - 84
* Más de 85

**¿Cuál es tu género?**

* Hombre
* Mujer
* Prefiero no contestar
* Prefiero describirme yo

**¿Con quién has pasado el confinamiento?**

* Solo
* Con mi pareja
* Con mi núcleo familiar (uno o dos adultos con hijos)
* Con mi familia, que incluye a varias generaciones (abuelos, padres, nietos, …)
* Con amigos con los que no suelo vivir
* Con compañeros de piso
* No he estado confinado/a

**¿Tenías que cuidar de alguien?**

* No
* Sí, he cuidado de los niños yo solo/a
* Sí, he cuidado de los niños, pero no solo/a.
* Sí, he cuidado yo solo/a de un familiar o amigo.
* Sí, he cuidado de un familiar o amigo, pero no solo/a.

**¿Dónde has pasado el confinamiento?**

* Comunidad de Madrid
* Cataluña
* Castilla y León
* Castilla la Mancha
* País Vasco
* Comunidad Valenciana
* Otras comunidades en España
* En el extranjero. Escribe el país en el que has estado

**¿En qué medida crees que perteneces a uno de los grupos de riesgo frente al virus COVID-19?**

* Para nada
* Muy poco
* Poco
* Algo
* Bastante
* Seguramente

**¿Tienes experiencia tocando un instrumento musical o cantando? En caso afirmativo, ¿durante cuántos años has asistido a clases y/o has practicado con regularidad?**

* No lo he hecho nunca.
* Entre 1 y 3 años
* Entre 3 y 6 años
* Entre 6 y 9 años
* Entre 9 y 12 años
* 12 años o más

**¿Qué instrumento o instrumentos tocas?**

* De cuerda frotada (violín,…..)
* De cuerda pulsada (guitarra,…..)
* De viento madera
* De viento metal
* De percusión
* El piano u otro instrumento de teclado
* Canto de forma profesional
* Instrumentos eléctricos o electrónicos (sintetizadores,…)

**Questions included in the study (English version)**

**… How much it helped or prevented you from achieving each one of the goals:**

**The goal: Release and venting of negative emotions (e.g. stress, anxiety, anger)**

Music (e.g. listening, playing an instrument, singing)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Significantly prevented lo | Prevented | Slightly prevented | Irrelevant | Slightly helped | Helped | Significantly helped |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**The goal: Diversion from the crisis**

Music (e.g. listening, playing an instrument, singing)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Significantly prevented lo | Prevented | Slightly prevented | Irrelevant | Slightly helped | Helped | Significantly helped |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**The goal: Enjoyment and maintaining good mood**

Music (e.g. listening, playing an instrument, singing)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Significantly prevented lo | Prevented | Slightly prevented | Irrelevant | Slightly helped | Helped | Significantly helped |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**The goal: Reducing loneliness and creating a sense of "togetherness"**

Music (e.g. listening, playing an instrument, singing)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Significantly prevented lo | Prevented | Slightly prevented | Irrelevant | Slightly helped | Helped | Significantly helped |
| -3 | -2 | -1 | 0 | 1 | 2 | 3 |

**How much is music important to you in general?**

* Not at all important
* Slightly important
* Moderately important
* Very important
* Extremely important

**How much time did you spend on listening to music during lockdown as compared to the time before the crisis?**

* Much less
* Less
* No difference
* More
* Much more

**What is your age?**

* 18 - 24
* 25 - 34
* 35 - 44
* 45 - 54
* 55 - 64
* 65 - 74
* 75 - 84
* +85

**Gender?**

* Male
* Female
* Prefer not to say
* Prefer to self-describe

**With whom did you stay during the lockdown?**

* By myself
* With my partner
* With my core family (children & one or two adults)
* With an extended family (multiple generations or households)
* Friends I don't usually live with
* Flatmates
* I didn't experience a lockdown

**Did you have caring responsibilities?**

* No
* Yes, sole carer for children
* Yes, joint carer for children
* Yes, sole carer for relative/friend
* Yes, joint carer for relative/friend

**Where have you spent the lockdown?**

* Community of Madrid
* Catalonia
* Castilla y León Community
* Castilla la Mancha Community
* Basque Country
* Valencian Community
* Other Communities in Spain
* Abroad. Write where

**Do you consider yourself in a risk group with regard to the  COVID-19 virus?**

* Not at all
* To a very small degree
* To a small degree
* To some degree
* To a large degree
* To a very large degree

**Do you have experience in playing a musical instrument or singing?  
If so, how many years have you engaged in lessons or regular practice?**

* No experience
* Between 1 to 3 years
* Between 3 to 6 years
* Between 6 to 9 years
* Between 9 to 12 years
* 12 Years and more

**On which instrument/s?**

* Bow instruments (violin, cello, etc)
* Plucked instruments (Guitar, harp, etc)
* Woodwind instruments
* Brass instruments
* Percussion instruments
* Piano or keyboard
* Professional singing
* Electronic instruments/music technology