

Survey on the Impact that Spreading Novel Coronavirus Infection has on  
Work and Daily Life  
(December 2020 Survey, 3rd wave)

*This is a translation of questionnaire for an internet monitor survey on individuals conducted in Japanese, with subjects sampled by means of a screening survey.*

Screening survey (QS1- QS9)

Main survey (Q1-Q39)

Screening survey

QS1 What is your sex?

(Select one)

1. Male
2. Female

QS2 What is your age as of April 1 of this year (2020)?

1. I am  years old.

QS3 Did all of the following requisite conditions apply to you on April 1 of this year (2020)?

(Select one for each)

===== Items =====

1. I lived in Japan.
2. I was a company employee (i.e., regular employee [excluding executive], or was a self-

employed worker (including pieceworker; excluding that in agriculture, forestry, and fishery).

===== Options =====

1. Yes
2. No

*QS4 targets respondents who answered “20” to “64” and selected “1. Yes” for all items of 1 to 2 on QS3. For respondents who selected “2. No” for any of the items end this survey.*

QS4 Please indicate the region in which you were living as of April 1 of this year (2020).  
(Select one)

1. Hokkaido
2. Aomori Prefecture
3. Iwate Prefecture
4. Miyagi Prefecture
5. Akita Prefecture
6. Yamagata Prefecture
7. Fukushima Prefecture
8. Ibaraki Prefecture
9. Tochigi Prefecture
10. Gunma Prefecture
11. Saitama Prefecture
12. Chiba Prefecture
13. Tokyo
14. Kanagawa Prefecture
15. Niigata Prefecture
16. Toyama Prefecture
17. Ishikawa Prefecture
18. Fukui Prefecture
19. Yamanashi Prefecture

20. Nagano Prefecture
21. Gifu Prefecture
22. Shizuoka Prefecture
23. Aichi Prefecture
24. Mie Prefecture
25. Shiga Prefecture
26. Kyoto Prefecture
27. Osaka Prefecture
28. Hyogo Prefecture
29. Nara Prefecture
30. Wakayama Prefecture
31. Tottori Prefecture
32. Shimane Prefecture
33. Okayama Prefecture
34. Hiroshima Prefecture
35. Yamaguchi Prefecture
36. Tokushima Prefecture
37. Kagawa Prefecture
38. Ehime Prefecture
39. Kochi Prefecture
40. Fukuoka Prefecture
41. Saga Prefecture
42. Nagasaki Prefecture
43. Kumamoto Prefecture
44. Oita Prefecture
45. Miyazaki Prefecture
46. Kagoshima Prefecture
47. Okinawa Prefecture
48. Outside of Japan

*QS5 targets respondents who selected one from 1 to 47. Respondents who selected “48. Outside of Japan” end this survey.*

QS5 What type of employment or working status did you have at each of the following points in time?

(Select one for each)

\*“Self-employed” refers to sole proprietor, freelance worker, self-employed professional, cloud worker, “elderly human resource,” or other similar type of self-employment.

===== Items =====

1. As of March 1 of this year
2. As of April 1 of this year
3. As of May 31 of this year
4. As of June 30 of this year
5. As of July 31 of this year

===== Options =====

1. Regular employee (excluding executives)
2. Part-time worker
3. *Arbeit* (temporary worker)
4. Contract worker
5. Dispatched worker
6. *Shokutaku* (entrusted worker)
7. Self-employed\* or piecework
8. Assisting with family business
9. Other jobs. Specify: \_\_\_\_\_
10. Not working and looking for a job
11. Not working and not looking for a job

*From QS5 onward, respondents who selected 1 to 6 on QS5\_2 are indicated as [employee] and those who selected 7 as [self-employed or pieceworker].*

*QS6 targets respondents who selected [self-employed\* or pieceworker] on QS5\_2.*

QS6 On April 1, 2020, were you a “shop owner or manager” who had your own store and sold merchandise or services or served food/drinks? And were you an employer who employed employees?

(Select one for each)

=====  
Items  
=====

1. Were you a shop owner or manager?
2. Did you employ employees?

=====  
Options  
=====

1. Yes
2. No

*From S6 onward, respondents who selected “2. No” for both 1 and 2 on QS6 are indicated as [freelance worker]. For respondents who selected “1. Yes” for any of the items end this survey.*

*QS7 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

QS7 What was the main type of business (industry) of your employer as of April 1 of this year (2020)?

(Select one)

\*If you were a dispatched worker, answer with regard to the company, etc., to which you were dispatched.

1. Construction
2. Manufacturing
3. Electricity, gas, heat supply, and water
4. Information and communications
5. Transport
6. Wholesale and retail trade
7. Finance and insurance

8. Real estate
9. Eating and drinking places, accommodations
10. Medical, health care and welfare
11. Education, learning support
12. Postal services, cooperative associations
13. Services
14. Other type of business
15. Do not know

*QS8 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

QS8 What was the total number of employees at the company at which you were employed as of April 1 of this year (2020)?

(Select one)

\*If you were a dispatched worker, answer with regard to the company, etc., to which you were dispatched.

1. 9 employees or fewer
2. 10 to 29 employees
3. 30 to 99 employees
4. 100 to 299 employees
5. 300 to 499 employees
6. 500 to 999 employees
7. 1,000 to 2,999 employees
8. 3,000 or more employees
9. Do not know

*QS9 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

QS9 What was the main occupational classification in which you were engaged at your employer as of April 1, 2020?

(Select one)

\*If you were a dispatched worker, answer with regard to the company, etc., to which you were dispatched. For others, please answer with regard to the company you were employed.

1. Administrative or managerial worker (section manager level or higher)
2. Professional or engineering worker
3. Clerical worker
4. Sales worker
5. Service worker
6. Security worker
7. Manufacturing process worker
8. Transport or machine operation worker
9. Construction or mining worker
10. Carrying, cleaning, or packaging worker
11. Others. Specify: \_\_\_\_\_
12. Do not know

<Occupational classification and occupation examples>

**Professional or engineering worker**

Examples: Scientific researcher, mechanical or electrical engineer, first-class registered architect, programmer, systems engineer, physician, pharmacist, registered nurse (assistant nurse), nutritionist, welfare counselor, childcare worker, nursing care counselor, certified public accountant, tax accountant, instructor, reporter, editor, designer, photographer, stenographer, etc.

**Clerical worker**

Examples: General clerk, bank teller, travel agent counter attendant, information desk attendant, reception desk attendant, bill collector, meter reader, operator, expressway tollbooth attendant, railway ticket examiner, etc.

**Sales worker**

Examples: Salesclerk in a general store, convenience store, supermarket, department store, etc.; cashier; door-to-door salesperson; insurance salesperson; bank salesperson; supermarket manager; newspaper salesperson; real estate agent; etc.

**Service worker**

Examples: Barber/hairdresser, cleaning worker, cook, waiter/waitress, attendant, home helper, babysitter, parking lot/building manager, dormitory superintendent, tour conductor, rental video shop employee, advertising leaflet distributor, etc.

**Security worker**

Examples: Guard, security guard, watchman, construction site guide, etc.

**Manufacturing process worker**

Examples: Production equipment controller/monitor, machine assembly equipment controller/monitor, product manufacturing/processing worker, machine assembly worker, machine repairperson, automobile mechanic, product inspector, etc.

**Transport or machine operation worker**

Examples: Train driver, bus driver, commercial passenger vehicle driver, truck driver, ship's captain, navigation officer/watch officer, harbor pilot, ship's chief engineer/engineer, aircraft pilot, etc.

**Construction or mining worker**

Examples: Molding box carpenter, scaffolding worker, steel reinforcement worker, bricklayer, block and tile laying worker, roofing worker, plasterer, tatami worker, pipe laying worker, power line worker, telephone line worker, telecommunications aerial line worker, telegraphic equipment installer, electric construction worker, civil engineering worker, mine worker, stonecutter, gravel quarry worker, etc.

**Carrying, cleaning, or packaging worker**

Examples: Mail and telegram collection and delivery worker, onboard and quayside cargo handler, land-based cargo handling and carrying worker, warehouse worker, delivery worker, packing worker, cleaning worker, packaging worker, etc.

**Others**

Examples: Agricultural, forestry, or fishery worker; occupational classification not mentioned in the above options

*QS9\_1 targets [freelance worker] who selected "2. No" for item of both 1 and 2 on QS6.*

QS9\_1 What was the main occupational classification of your work (business activity) as of April 1, 2020?

(Select one)



1. Professional or engineering worker
2. Clerical worker
3. Sales worker
4. Service worker
5. Security worker
6. Manufacturing process worker
7. Transport or machine operation worker
8. Construction or mining worker
9. Carrying, cleaning, or packaging worker
10. Others. Specify: \_\_\_\_\_
11. Do not know

<Occupational classification and occupation examples>

**Professional or engineering worker**

Examples: Scientific researcher, mechanical or electrical engineer, first-class registered architect, programmer, systems engineer, physician, pharmacist, registered nurse (assistant nurse), nutritionist, welfare counselor, childcare worker, nursing care counselor, certified public accountant, tax accountant, instructor, reporter, editor, designer, photographer, stenographer, etc.

**Clerical worker**

Examples: General clerk, bank teller, travel agent counter attendant, information desk attendant, reception desk attendant, bill collector, meter reader, operator, expressway tollbooth attendant, railway ticket examiner, etc.

**Sales worker**

Examples: Salesclerk in a general store, convenience store, supermarket, department store, etc.; cashier; door-to-door salesperson; insurance salesperson; bank salesperson; supermarket manager; newspaper salesperson; real estate agent; etc.

**Service worker**

Examples: Barber/hairdresser, cleaning worker, cook, waiter/waitress, attendant, home helper, babysitter, parking lot/building manager, dormitory superintendent, tour conductor, rental video shop employee, advertising leaflet distributor, etc.

### **Security worker**

Examples: Guard, security guard, watchman, construction site guide, etc.

### **Manufacturing process worker**

Examples: Production equipment controller/monitor, machine assembly equipment controller/monitor, product manufacturing/processing worker, machine assembly worker, machine repairperson, automobile mechanic, product inspector, etc.

### **Transport or machine operation worker**

Examples: Train driver, bus driver, commercial passenger vehicle driver, truck driver, ship's captain, navigation officer/watch officer, harbor pilot, ship's chief engineer/engineer, aircraft pilot, etc.

### **Construction or mining worker**

Examples: Molding box carpenter, scaffolding worker, steel reinforcement worker, bricklayer, block and tile laying worker, roofing worker, plasterer, tatami worker, pipe laying worker, power line worker, telephone line worker, telecommunications aerial line worker, telegraphic equipment installer, electric construction worker, civil engineering worker, mine worker, stonecutter, gravel quarry worker, etc.

### **Carrying, cleaning, or packaging worker**

Examples: Mail and telegram collection and delivery worker, onboard and quayside cargo handler, land-based cargo handling and carrying worker, warehouse worker, delivery worker, packing worker, cleaning worker, packaging worker, etc.

### **Others**

Examples: Agricultural, forestry, or fishery worker; occupational classification not mentioned in the above options

## Main survey

Q1 What type of employment or working status did you have at each of the following points in time?

(Select one for each)

\*“Self-employed” refers to sole proprietor, freelance worker, self-employed professional, cloud worker, “elderly human resource,” or other similar type of self-employment.

### ===== Items =====

1. As of August 31 of this year
2. As of September 30 of this year
3. As of October 31 of this year
4. As of November 30 of this year
5. At the present time

### ===== Options =====

1. Regular employee (excluding executives)
2. Part-time worker
3. *Arbeit* (temporary worker)
4. Contract worker
5. Dispatched worker
6. *Shokutaku* (entrusted worker)
7. Self-employed\* or piecework
8. Assisting with family business
9. Other jobs. Specify:\_\_\_\_\_
10. Not working and was looking for a job (am looking for a job)
11. Not working and was not looking for a job) (am not looking for a job)

*Q2 targets [employee] on item (2) in QS5 and who selected 1 to 6 on item (5) in Q1.*

Q2 Did you change jobs between April 2 of this year and the present time?

(Select one. If you select “2,” please answer the month you changed jobs.)

1. Have not changed jobs (currently working at the same enterprise as on April 1 of this year)
2. Changed jobs (currently working at the different enterprise as on April 1 of this year) ⇒  
The month I began working at new employer is \_\_\_\_\_.

From here on, for questions about your employment status, please respond with regard to the employer you worked for (or are currently working for) at each point in time.

*Q3 targets respondents who selected “1. Regular employee (excluding executives)” in Q2.*

Q3 Are your work contents the same as those of April 1 of this year?

(Select one. If you select “2,” please answer the month your work contents.)

1. Same (doing the same job as of April 1 of this year)
2. Different (doing the different job from the one as of April 1 of this year) ⇒ The month my job description changed was \_\_\_\_\_.

Q3\_1 Please respond if you answered “2. Different” in Q3. What is the main occupational classification as of now?

(Select one)

1. Administrative or managerial worker (section manager level or higher)
2. Professional or engineering worker
3. Clerical worker
4. Sales worker
5. Service worker
6. Security worker
7. Manufacturing process worker
8. Transport or machine operation worker
9. Construction or mining worker
10. Carrying, cleaning, or packaging worker

11. Others. Specify: \_\_\_\_\_

12. Do not know

<Occupational classification and occupation examples>

**Professional or engineering worker**

Examples: Scientific researcher, mechanical or electrical engineer, first-class registered architect, programmer, systems engineer, physician, pharmacist, registered nurse (assistant nurse), nutritionist, welfare counselor, childcare worker, nursing care counselor, certified public accountant, tax accountant, instructor, reporter, editor, designer, photographer, stenographer, etc.

**Clerical worker**

Examples: General clerk, bank teller, travel agent counter attendant, information desk attendant, reception desk attendant, bill collector, meter reader, operator, expressway tollbooth attendant, railway ticket examiner, etc.

**Sales worker**

Examples: Salesclerk in a general store, convenience store, supermarket, department store, etc.; cashier; door-to-door salesperson; insurance salesperson; bank salesperson; supermarket manager; newspaper salesperson; real estate agent; etc.

**Service worker**

Examples: Barber/hairdresser, cleaning worker, cook, waiter/waitress, attendant, home helper, babysitter, parking lot/building manager, dormitory superintendent, tour conductor, rental video shop employee, advertising leaflet distributor, etc.

**Security worker**

Examples: Guard, security guard, watchman, construction site guide, etc.

**Manufacturing process worker**

Examples: Production equipment controller/monitor, machine assembly equipment controller/monitor, product manufacturing/processing worker, machine assembly worker, machine repairperson, automobile mechanic, product inspector, etc.

**Transport or machine operation worker**

Examples: Train driver, bus driver, commercial passenger vehicle driver, truck driver, ship's captain, navigation officer/watch officer, harbor pilot, ship's chief engineer/engineer, aircraft pilot, etc.

### **Construction or mining worker**

Examples: Molding box carpenter, scaffolding worker, steel reinforcement worker, bricklayer, block and tile laying worker, roofing worker, plasterer, tatami worker, pipe laying worker, power line worker, telephone line worker, telecommunications aerial line worker, telegraphic equipment installer, electric construction worker, civil engineering worker, mine worker, stonecutter, gravel quarry worker, etc.

### **Carrying, cleaning, or packaging worker**

Examples: Mail and telegram collection and delivery worker, onboard and quayside cargo handler, land-based cargo handling and carrying worker, warehouse worker, delivery worker, packing worker, cleaning worker, packaging worker, etc.

### **Others**

Examples: Agricultural, forestry, or fishery worker; occupational classification not mentioned in the above options

*Q4 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

Q4 Since the outbreak of the COVID-19 pandemic to the present time, did you experience any COVID-19-associated impacts on your employment or income?

(Select one)

1. There was a major impact
2. There was some degree of impact
3. There was not much impact
4. There was no impact at all
5. Do not know

*Q4\_1 targets [freelance worker] who selected "2. No" for both 1 and 2 on QS6.*

Q4\_1 Since the outbreak of the COVID-19 pandemic to the present time, did you experience any COVID-19-associated impacts on your work (business activity) or income?

(Select one)

1. There was a major impact
2. There was some degree of impact
3. There was not much impact
4. There was no impact at all
5. Do not know

*Q5 targets respondents who selected “1. There was a major impact” or “2. There was some degree of impact” or “3. There was not much impact” in Q4.*

Q5 Please select all among the following items that describe specific COVID-19-associated impacts on you.

(Select all that apply)

===== Items =====

1. All the impacts you experienced since the outbreak of the COVID-19 pandemic to the present time
2. The continuous impacts among the above as of now

===== Options =====

1. Dismissal from company
2. Termination at end of contract period
3. Unemployment as a result of employer’s business suspension/discontinuation or bankruptcy
4. Change of type of employment
5. Change in job content
6. Decreased number of workdays and working hours
7. Increased number of workdays and working hours
8. Decreased income
9. Increased income
10. Voluntary retirement
11. None of the above applies to my situation. Specify: \_\_\_\_
12. Do not want to answer

*Q6 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

Q6 Approximately how many hours did you spend actually working (including overtime) per week at each of the following points in time?

(Select one for each)

===== Items =====

1. Actual weekly working hours of the last week of August (August 25-31) (3 months after state of emergency declaration was lifted)
2. Actual weekly working hours of the last week of September (September 24-30)
3. Actual weekly working hours of the last week of October (October 25-31)
4. Actual weekly working hours of the last week of November (November 24-30)

===== Options =====

1. 0 hours (not working)
2. Fewer than 15 hours
3. At least 15 hours but under 20 hours
4. At least 20 hours but under 25 hours
5. At least 25 hours but under 30 hours
6. At least 30 hours but under 35 hours
7. At least 35 hours but under 40 hours
8. At least 40 hours but under 45 hours
9. At least 45 hours but under 50 hours
10. At least 50 hours but under 55 hours
11. At least 55 hours but under 60 hours
12. At least 60 hours

*Q7 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

Q7 What was your monthly pre-tax income at each of the following points in time?

(Select one for each)



===== Items =====

1. Monthly income for work done in August
2. Monthly income for work done in September
3. Monthly income for work done in October
4. Monthly income for work done in November (projected, pre-tax)

===== Options =====

1. None
2. Less than 50,000 yen
3. 50,000 yen to less than 100,000 yen
4. 100,000 yen to less than 150,000 yen
5. 150,000 yen to less than 200,000 yen
6. 200,000 yen to less than 250,000 yen
7. 250,000 yen to less than 300,000 yen
8. 300,000 yen to less than 350,000 yen
9. 350,000 yen to less than 400,000 yen
10. 400,000 yen to less than 450,000 yen
11. 450,000 yen to less than 500,000 yen
12. At least 500,000 yen
13. Do not want to answer

*Q8 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee] and who selected 1 to 6 on Q1\_5.*

Q8 How does your most recent monthly income compare to what your original (normal) monthly income was before the emergence of the COVID-19 problem?

(Select one)

\*Refers only the income earned by working.

Decreased

1. About 10 to 20%

2. About 30 to 40%
3. About 50 to 60%
4. About 70 to 80%
5. About 90% or more

Increased

6. About 10 to 20%
7. About 30 to 40%
8. About 50% or more

9. Roughly the same (change of less than 10%)

*Q9 targets respondents who selected 1 to 6 on Q5\_2 and indicated as [employee] and who selected 1 to 6 on Q1\_5.*

Q9 Please tell us how your winter bonus (special allowance) is paid.

1. Paid last year and this year as well
2. Paid last year but no payment this year
3. Paid last year but undecided/not sure this year
4. No payment last year but will be paid this year
5. No payment last year or this year
6. No payment last year, undecided/not sure this year

*Q10 targets respondents who selected "1. Paid last year and this year as well" in Q9.*

Q10 If you answered "1. Paid last year and this year as well" in Q9, please answer the following questions. Compared to the amount of the bonus last year, how was (will be) the amount of this year's winter bonus (special allowance)?

(Select one)

Decreased (will decrease)

1. About 10 to 20 %
2. About 30 to 40 %
3. About 50 to 60 %
4. About 70 % to 80 %
5. About 90 % or more

Increased (will increase)

6. About 10 to 20%
7. About 30 to 40 %
8. About 50 % or more
9. Roughly the same (change of less than 10%)
10. Undecided/not sure this year

*Q11 targets respondents who selected 1 to 6 on QS5\_2 and indicated as [employee].*

Q11 Did (Is) the company (e.g., office, factory, or shop) you work for take (taking) any of the following measures based on a request from the national or local government or voluntarily?

(Select all that apply)

===== Items =====

1. All the measures taken after the COVID-19 outbreak until the present time
2. Among the above, measures still in place as of now

===== Options =====

1. Suspension of business (e.g., shutdown, closure, etc.) or increase of non-business days
2. Shortening business hours
3. Temporary layoff
4. Reducing number of workdays (ex.: two-day work weeks on alternating shifts, etc.)
5. Encouraging the taking of paid holidays
6. Implementing work from home/telecommuting

7. Change of work location (e.g., to a satellite office, etc.)
8. Change of commuting method (e.g., limitation on use of public transport, etc.)
9. Staggering working hours
10. Reduction of work
11. Using teleconferencing
12. Canceling/restricting business trips
13. Suspension or cancellation of transfers to different locations
14. Dispatch to other companies
15. Cancellation of, or refraining from participation in, events, meetings, conferences, social gatherings, etc.
16. Appropriate measures for people showing symptoms such as cough, fever, etc. (granting of special leave, suspension from work, etc.)
17. Use and distribution of masks, alcohol disinfectant and face shields
18. Others. Specify: \_\_\_\_\_
19. No measures in particular

*Q12 targets respondents who selected “6. Implementing work from home/telecommuting” in Q11\_1*

Q12 Please answer this question if you selected “6. Working from home/telework” for Q11, how many days per week did you engage in “working from home/teleworking” at each of the following points in time?

(Select one for each)

===== Items =====

1. Working days from home per week in last week of August (August 25-31) (3 months after state of emergency declaration was lifted)
2. Working days from home per week in last week of September (September 24-30)
3. Working days from home per week in last week of October (October 25-31)
4. Working days from home per week in last week of November (November 24-30) (6 months after state of emergency declaration was lifted)

===== Options =====

1. 1 or 2 days
2. 3 days
3. 4 days
4. 5 (or more) days
5. None

*Q13 targets respondents who selected 1 to 6 in Q1\_5.*

Q13 Please answer about your experience of working from home/telecommuting (not only at the enterprise you work for now)

(Select one)

\*If you do it even one day, please select “doing.”

1. I have been doing it since before February this year and I am doing it at the present time as well
2. I have done it since before February this year, but I am not doing it at the present time
3. I did it for the first time in between March to May and I am doing it at the present time as well
4. I did it for the first time in between March to May, but I am not doing it at the present time
5. I did it for the first time after June and I am doing it at the present time as well
6. I did it for the first time after June, but I am not doing it at the present time
7. I have never experienced it

*Q14 targets respondents who selected 1 or 3 in Q13.*

Q14 Please answer if you selected “1. I have been doing it since before February this year and I am doing it at the present time as well” or “3. I did it for the first time in between March to May and I am doing it at the present time as well.” Compared to the period of expanding of COVID-19 (monthly average of March to May), how did the number of days you worked from home/telecommuting change during the most recent month?

(Select one)

Number of days of your working from home/telecommuting during the most recent month were:

1. Significantly decreased than the period of the spread of COVID-19 infection
2. Somewhat decreased than the period of the spread of COVID-19 infection
3. Roughly the same
4. Increased than the period of the spread of COVID-19 infection

*Q15 targets respondents who selected 2, 4 or 6 in Q13.*

Q15 Please answer if you selected “I am not doing it at the present time.” Is the company you work for now implementing the working from home/telecommuting? Is your current job eligible for working from home/telecommuting?

(Select one)

1. The company is implementing the working from home/telecommuting and my job is eligible for it
2. The company is implementing the working from home/telecommuting but my job is not eligible for it
3. The company is not implementing the working from home/telecommuting from the start

*Q16 targets respondents who selected 1 or 2 in Q14.*

Q16 Please answer if you responded “1” or “2” (Significantly/Somewhat decreased than the period of the spread of COVID-19 infection” in Q14, why are the number of days of your working from home/telecommuting decreasing?

(Select all that apply)

Environment

1. The state of emergency was lifted
2. The infection risk and the anxiety for infection was decreased
3. The environment and the location for working from home/telecommuting are not ready

(including that the environment is not easy to concentrate on work)

#### Directions from the company or the system

4. Attendance restraint by the company was lifted or alleviated
5. I was mostly “standing by at home” (not working) for working from home/telecommuting during the period of the spread of COVID-19 infection
6. Limitation was made for working from home/telecommuting (number of days etc.)
7. It costs to work from home/telecommuting with the internet fee, telephone fee and cost of fuel and electricity, etc. (I have to pay for them)

#### Work content

8. Jobs are limited for working from home/telecommuting (there are jobs only done at the work place such as dealing with customers or using specific system or the work is based on the paper work etc.)
9. Coming to office makes it better to work smoothly by reporting, consulting, adjusting and cooperating internally

#### Human relationships and atmosphere of the workplace

10. Not comfortable to apply for working from home/telecommuting to the superior etc.
11. Afraid of considered as lazy when the superior cannot watch me working
12. Anxious for the lack of office relationships and communications
13. Some people at work place criticize working from home/telecommuting
14. Everyone goes to office (so I go there somehow)

#### Health

15. Working from home/telecommuting tend to make me work longer hours
16. It is bad for health by moving less and tend to be depressed
17. Others. Specify: \_\_\_\_\_

*Q16\_1 targets respondents who selected 6 in Q13 and 1 in Q15.*

Q16\_1 Please answer if you chose “6. I did it, but I am not doing it at the present time” in Q13,

and choose “1. “The company is implementing the working from home/telecommuting and my job is eligible for it” in Q15, why did you stop working from home/telecommuting?

(Select all that apply)

#### Environment

1. The state of emergency was lifted
2. The infection risk and the anxiety for infection was decreased
3. The environment and the location for working from home/telecommuting are not ready (including that the environment is not easy to concentrate on work)

#### Directions from the company or the system

4. Attendance restraint by the company was lifted or alleviated
5. I was mostly “standing by at home” (not working) for working from home/telecommuting during the period of the spread of COVID-19 infection
6. Limitation was made for working from home/telecommuting (number of days etc.)
7. It costs to work from home/telecommuting with the internet fee, telephone fee and cost of fuel and electricity, etc. (I have to pay for them)

#### Work content

8. Jobs are limited for working from home/telecommuting (there are jobs only done at the work place such as dealing with customers or using specific system or the work is based on the paper work etc.)
9. Coming to office makes it better to work smoothly by reporting, consulting, adjusting and cooperating internally

#### Human relationships and atmosphere of the workplace

10. Not comfortable to apply for working from home/telecommuting to the superior etc.
11. Afraid of considered as lazy when the superior cannot watch me working
12. Anxious for the lack of office relationships and communications
13. Some people at work place criticize working from home/telecommuting
14. Everyone goes to office (so I go there somehow)



Health

15. Working from home/telecommuting tend to make me work longer hours

16. It is bad for health by moving less and tend to be depressed

17. Others. Specify:\_\_\_\_\_

*Q17 targets respondents who selected 1 to 6 in Q13.*

Q17 Please answer about your work situation as of the most recent time you did teleworking or were teleworking. To what extent does this apply to you?

(Select one for each)

===== Items =====

1. My company respect my opinion as to whether I do teleworking
2. My work is basically done according to the rules on the manual etc.
3. It is important for my job to communicate face to face when processing the work
4. My job is mainly done on the site instead of desk work
5. To proceed the daily work, I am told by the superior etc. about my work scope or deadline precisely
6. The standard of evaluation for the work (result) such as the level of the target to reach is set clearly
7. Given some degree of discretion for work instead of receiving the direction from the superior one by one
8. My work content at the current workplace is clearly defined by the written job description on the employment contract (when I enter the company)
9. At my workplace, they fill vacancies mainly by mid-career recruitment instead of new graduates
10. Many employees work until the retirement age at my work place
11. The work is limited to one job instead of transferring to various jobs
12. Regarding the education training, it is mainly done by learning outside the company instead of taking the training which the company provides

===== Options =====

1. Applies
2. Applies to some extent
3. Cannot say either
4. Does not apply very much
5. Does not apply at all

*Q17\_1 targets respondents who selected 7 in Q13.*

Q17\_1 Please answer about your current work situation. To what extent does each item apply to you?

(Select one for each)

===== Items =====

1. **【Hidden】** My company respect my opinion as to whether I do teleworking
2. My work is basically done according to the rules on the manual etc.
3. It is important for my job to communicate face to face when processing the work
4. My job is mainly done on the site instead of desk work
5. To proceed the daily work, I am told by the superior etc. about my work scope or deadline precisely
6. The standard of evaluation for the work (result) such as the level of the target to reach is set clearly
7. Given some degree of discretion for work instead of receiving the direction from the superior one by one
8. My work content at the current workplace is clearly defined by the written job description on the employment contract (when I enter the company)
9. At my workplace, they fill vacancies mainly by mid-career recruitment instead of new graduates
10. Many employees work until the retirement age at my work place
11. The work is limited to one job instead of transferring to various jobs
12. Regarding the education training, it is mainly done by learning outside the company instead of taking the training which the company provides

===== Options =====

1. Applies
2. Applies to some extent
3. Cannot say either
4. Does not apply very much
5. Does not apply at all

*Q18 targets respondents who selected 1 to 6 in Q13.*

Q18 Please answer about your environment for teleworking.

(Select one for each)

\*If you are not currently doing teleworking, remember the situation when you “did teleworking in the past.”

===== Items =====

1. My superior lets me handle the work (I have discretion of business policy)
2. Communication between the superior and the subordinate has been good to proceed the work
3. Communication with the colleagues has been good by doing small talk etc. other than work
4. I am proficient in the current work
5. I have a problem doing telework to have family living together

\*If you do not have family living together, select “Does not apply at all.”

6. Sometimes I do telework at the place other than home (satellite office or café etc.)
7. The facility for teleworking (internet environment and the performance of the computer for teleworking) is well-equipped

===== Options =====

1. Applies
2. Applies to some extent
3. Cannot say either
4. Does not apply very much
5. Does not apply at all

*Q19 targets respondents who selected 1 to 6 in Q13.*

Q19 For the following items, please answer in the range of 0 to 200, with 100 being the case when you work only in an office and 200 being the case when you telework. For example, please indicate "130" if teleworking increases productivity and efficiency by 1.3 times, and "50" if it reduces it by half.

(Enter the number)

1. Work productivity/Efficiency
2. Realization level of work-life balance
3. Sense of fulfillment and satisfaction through work

*Q20 targets respondents who selected 1to3 in Q4\_1.*

Q20 Please select all among the following items that describe specific COVID-19-associated impacts.

(Select all that apply)

===== Items =====

1. All the impact occurring to yourself after the beginning of the COVID-19 outbreak until the present time
2. Impact still continuing until the present time

===== Options =====

1. Impact on business performance (decrease in net sales/income)
2. Impact on business performance (increase in net sales/income)
3. Cancellation or postponement of ordered jobs
4. Suppression or suspension of business activity (production, sales, service)
5. Deterioration in relationships with business partners (due to refraining from entertaining business partners, delays in deliveries, etc.)
6. Reduction or loss of new orders or customers

7. Increase in new orders or customers
8. Suspension/scaling back of business or bankruptcy of client
9. Difficulty in procuring products or materials due to distribution congestion/stoppage and rise in purchase price
10. Responding to delays in deliveries/work periods
11. Difficulty moving as a result of prohibition of overseas travel, order to return to Japan, or request to refrain from going outside
12. Closure of offices and changes in work location due to difficulty in paying rent
13. Deteriorating cash flow, facing potential business closures
14. Increase in burden of dealing with work from home/telecommuting by client
15. Balancing/adjusting daily life with work as a result of “school closures,” “staggered school attendance,” and “shortened school attendance” etc.
16. Increased burden of sanitary management, such as infection prevention
17. Others. Specify: \_\_\_\_\_
18. Nothing in particular

*Q21 targets [freelance worker] who selected “2. No” for item of both 1 and 2 on QS6.*

Q21 What were your approximate actual working hours per week (including overtime) at each of the following points in time?

(Select one for each)

===== Items =====

1. Actual working hours per week in last week of August (August 25-31) (3 months after state of emergency declaration was lifted)
2. Actual working hours per week in last week of September (September 24-30)
3. Actual working hours per week in last week of October (October 25-31)
4. Actual working hours per week in last week of November (November 24-30)

===== Options =====

1. 0 hours (not working)
2. Fewer than 15 hours

3. At least 15 hours but under 20 hours
4. At least 20 hours but under 25 hours
5. At least 25 hours but under 30 hours
6. At least 30 hours but under 35 hours
7. At least 35 hours but under 40 hours
8. At least 40 hours but under 45 hours
9. At least 45 hours but under 50 hours
10. At least 50 hours but under 55 hours
11. At least 55 hours but under 60 hours
12. At least 60 hours

*Q22 targets [freelance worker] who selected “2. No” for item of both 1 and 2 on QS6.*

Q22 What happened to your August to November sales from your work (business activity) as a result of the effects of COVID-19 (including the postponement of the Tokyo Olympic and Paralympic Games)? Please answer by considering your sales for a normal month prior to the emergence of the COVID-19 problem to be “100.”

Entry examples:

When August sales were 20% less than the normal month ⇒ Enter 80

When September sales were 15% more than the normal month ⇒ Enter 115

Sales for a normal month prior to the emergence of the COVID-19 problem=100

1. August sales
2. September sales
3. October sales
4. November sales

*Q23 targets respondents whose answer is under 100 in Q23.*

Q23 When do you think that the sales at your work (business activity) will return to the level they were before being affected by the problem of the COVID-19 infection?  
(Select one)

1. First half of the 2021 (next year)
2. Second half of 2021 (next year)
3. Later than 2022 (the year after next year)
4. (Though it may come back to the standard of the level before the emergence of the COVID-19 problem before) the timing is not clear
5. It may not be back to the level before the emergence of the COVID-19 problem

*Q24 targets [freelance worker] who selected "2. No" for item of both 1 and 2 on QS6*

Q24 Have you experienced the following when you were working as a freelance worker since the outbreak of the COVID-19 pandemic to the present time?

(Select all that apply)

1. I was in the situation with no business (orders) (open for business, but not doing any work)
2. Received the subsidy from the government or the local government
3. Accounts receivable (including the part of it) are uncollectible
4. Took out new loans from banks, consumer loans, etc. due to the lack of the operating capital for work
5. To secure the operating capital for work, I withdrew the savings of myself or the family
6. To secure the operating capital for work, I restrained the living expenses of myself or the family
7. Business partners questioned the creditworthiness of my business, which hindered business operations
8. Cutting down or abandoning the future plans of business expansion or capital investment
9. Pending the payment of the office rent or tenant fee for work
10. Relocated the office for work to the less expensive area
11. I was cut off the telephones, electricity, gas and water for work
12. No kind of experiences like the above

Q25 What is your educational attainment (highest level of education completed)?

(Select one)

1. Graduated junior high school
2. Graduated high school
3. Graduated from vocational or other school
4. Graduated from junior college or technical college
5. Graduated from four-year university
6. Completed graduate school

Q26 Please indicate your marital status (including common-law marriage) as of now?  
(Select one)

1. Married (with spouse) \*Including common-law marriage
2. Married (separated or bereaved)
3. Unmarried

Q27 Do you have a child who is supported by the same livelihood as you as of now?  
(Select one)

1. Yes
2. No

*Q27\_1 targets respondents who selected "1. Yes" in Q27.*

Q27\_1 Please respond if you answered "Yes" to Q27. What is the age of the youngest child who is supported by the same livelihood?

(Enter numbers)

1. The youngest child is \_\_ years old.

Q28 Do you have a situation now which makes it difficult for you to work full time such as childcare, nursing care, illness (need to go to hospital) or disability, etc.?

(Select one)

1. Yes



2. No

Q29 Please provide the income (pretax) earned by your entire household (including the income of your spouse and others) during the past one year (January 1 to December 31, 2019).

\* For the entire household's income, exclude temporary income such as retirement benefits and proceeds from sales of land but include pensions.

(Select one for each)

===== Items =====

1. Your own annual income
2. Annual income of the husband and wife (Total income of yourself and the spouse)
3. Annual income of entire household (Total income of all members of the household)

===== Options =====

1. None
2. Less than 1 million yen
3. 1 million to less than 2 million yen
4. 2 million to less than 3 million yen
5. 3 million to less than 4 million yen
6. 4 million to less than 5 million yen
7. 5 million to less than 6 million yen
8. 6 million to less than 7 million yen
9. 7 million to less than 8 million yen
10. 8 million to less than 9 million yen
11. 9 million to less than 10 million yen
12. 10 million to less than 12 million yen
13. 12 million to less than 15 million yen
14. 15 million to less than 20 million yen
15. At least 20 million yen
16. Do not know

Q30 Compared to your annual income of the last year (pretax), how do you expect this

year's (January 1 to December 31, 2020) annual income (pretax)?

(Select one)

\*Please do not include the tax-exempt benefits etc.

Will decrease

1. About 10 to 20%
2. About 30 to 40%
3. About 50 to 60%
4. About 70 to 80%
5. About 90% or more

Will increase

6. About 10 to 20%
7. About 30 to 40%
8. 50% or more
  
9. No annual income last year
10. Roughly the same (change of less than 10%)
11. Not yet decided/do not know

*Q31\_1 targets respondents who did not select the same option for 1 and 2 in Q31.*

Q31 How do you manage your household income and expenditures? Please answer as of January 1, 2020 and the present time.

(Select the major one up to three)

===== Items =====

1. As of January 1, 2020
2. As of the present time

===== Options =====

1. Earned income of myself

2. Income of my spouse
3. Income of my/my spouse's parents
4. Income of my child
5. Spending from the savings (including severance payment)
6. Pension
7. Borrowing from banks and consumer credit institutions
8. Public support (subsidy, employment benefit, welfare benefit etc.)
9. Others

*Q31\_1 targets respondents who selected the different option for Q31\_1 and Q31\_2.*

Q31\_1        The reason why the breadwinner of your household or the management way of your household income and expenditures changed are due to the influence of COVID-19?  
(Select one)

1. Yes
2. No

Q32    Which of the following applies to your household income and expenditures over the last three months?  
(Select one)

1. Well in the black (income significantly exceeds expenditures)
2. Somewhat in the black (income somewhat exceeds expenditures)
3. Income and expenditures equal
4. Somewhat in the red (expenditures somewhat exceed income)
5. Deep in the red (expenditures far exceed income)
6. Do not know

Q33    Have you and your household been cutting back or giving up on any spending because of the decrease in your income due to COVID-19 problem or the uncertainty about the future?  
(Select all that apply)

1. Cost of eating out at the restaurant
2. Food expense at home
3. Expenses for luxury grocery items (alcohol, cigarettes, confectionery, etc.)
4. Cost of fuel, electricity and water
5. Clothing expenses
6. Hairdressing and beauty expenses
7. Medical expenses (including cost of medicines)
8. Hobbies and leisure expenses
9. Gasoline expenses
10. Communications expenses (telephone and internet etc.)
11. Entertainment expenses
12. Cost of purchase of house or renovation
13. Rent (including the moving fee)
14. Cost of purchase of car (including the purchase of the new car)
15. Cost of purchase of furniture or home appliances (including the purchase of a new one)
16. Signing up for insurance
17. Savings or investment for the future
18. Cost of self-development and career advancement
19. Cost of education for children (school, tutors, after school lessons)
20. Not cutting back or giving up any of the above

Q34 Please answer about your daily life. How much time did you use to spend for the following on week days, prior to the emergence of the COVID-19 problem?

(Select one for each)

\* If you did not spend time for it at all, answer “0 min.”

===== Items =====

1. Time for housework to do the cooking, laundry and cleaning per a day on week days
2. Time for taking care of the children (caring for food, clothing and helping homework or playing with them etc.) per a day on week days
3. Your own free time per a day on week days
4. Sleeping time per a day on week days

===== Options =====

1. 0 min
2. Less than 30 min
3. Less than 1 hour
4. Less than 1.5 hours
5. Less than 2 hours
6. Less than 2.5 hours
7. Less than 3 hours
8. At least 3 hours
9. Less than 4 hours
10. Less than 5 hours
11. At least 5 hours
12. Less than 6 hours
13. Less than 7 hours
14. Less than 8 hours
15. At least 8 hours

Q34\_1 Please answer about your daily life. How much time did you spend for the following on week days, during state of emergency declaration for the COVID-19?

(Select one for each)

\* If you did not spend time for it at all, answer “0 min.”

===== Items =====

1. Time for housework to do the cooking, laundry and cleaning per a day on week days
2. Time for taking care of the children (caring for food, clothing and helping homework or playing with them etc.) per a day on week days
3. Your own free time per a day on week days
4. Sleeping time per a day on week day

===== Options =====

1. 0 min

2. Less than 30 min
3. Less than 1 hour
4. Less than 1.5 hours
5. Less than 2 hours
6. Less than 2.5 hours
7. Less than 3 hours
8. At least 3 hours
9. Less than 4 hours
10. Less than 5 hours
11. At least 5 hours
12. Less than 6 hours
13. Less than 7 hours
14. Less than 8 hours
15. At least 8 hours

Q34\_2 Please answer about your daily life. How much time did you spend for the following on week days at the present time?

(Select one for each)

\* If you do not spend time for it at all, answer "0 min.

===== Items =====

1. Time for housework to do the cooking, laundry and cleaning per a day on week days
2. Time for taking care of the children (caring for food, clothing and helping homework or playing with them etc.) per a day on week days
3. Your own free time per a day on week days
4. Sleeping time per a day on week days

===== Options =====

1. 0 min
2. Less than 30 min
3. Less than 1 hour
4. Less than 1.5 hours

5. Less than 2 hours
6. Less than 2.5 hours
7. Less than 3 hours
8. At least 3 hours
9. Less than 4 hours
10. Less than 5 hours
11. At least 5 hours
12. Less than 6 hours
13. Less than 7 hours
14. Less than 8 hours
15. At least 8 hours

Q35 How much do you feel anxiety for the following at the present time?

(Select one for each)

===== Items =====

1. Inability to see when infections will abate
2. Your own infection
3. Difficulty in daily life associated with decreased income
4. Loss of job or work over the next year or so
5. Bankruptcy of the company you work for
6. Deterioration in economic conditions

===== Options =====

1. Very anxious
2. Somewhat anxious
3. Not very anxious
4. Not anxious at all
5. Do not know

Q36 How would you describe your level of satisfaction with work and life in general, before and after the outbreak of the COVID-19 pandemic?

(Select one for each)

===== Items =====

Before the outbreak of the COVID-19 pandemic

1. Satisfaction with work
2. Satisfaction with life in general
3. After the outbreak of the COVID-19 pandemic (present time)
4. Satisfaction with work
5. Satisfaction with life in general

===== Options =====

1. Very satisfied
2. Somewhat satisfied
3. Cannot say either
4. Somewhat dissatisfied
5. Very dissatisfied

Q37 What did/do you find rewarding in life, before and after the outbreak of the COVID-19 pandemic?

(Select all that apply)

===== Items =====

1. Before the outbreak of the COVID-19 pandemic
2. After the outbreak of the COVID-19 pandemic (present time)

===== Options =====

1. Work
2. Household and family (including children and grandchildren)
3. Leisure, hobbies
4. Volunteer work or community activities
5. Other (other than the above)
6. Nothing in particular



Q38 Please answer about your personality. To what extent does the following items apply to your own personality?

(Select one for each)

=====  
Items  
=====

1. Lively and extrovert
2. Tend to have troubles with others by being dissatisfied with others
3. Firm and strict with myself
4. Tend to be worried and get flustered
5. Like new things and have peculiar ideas
6. Modest and docile
7. Care for others and kind
8. Untidy and careless
9. Calm and stable mood
10. Mediocre person with lack of creativity
11. You would rather let the superior decide how to proceed the work instead of deciding it by yourself
12. You would rather do the work by yourself silently rather than doing it in a team by having conversation

=====  
Options  
=====

1. Strongly agree
2. Somewhat agree
3. Slightly agree
4. Neither
5. Slightly disagree
6. Mostly disagree
7. Completely disagree

Q39 Some people perceives that the move to reevaluate the Japanese way of working would excel with the problem of COVID-19 as one of the triggers. For the working way in

future, which do you think the following A or B more appropriate?

(Select one for each)

===== Items =====

A (left side)

1. A. Maintain an environment (job security) that allows employees to work for one company as long as possible
2. A. Employed as a member of a company who is entrusted with a variety of job descriptions
3. A. Increased income and promotion with years of service or experiences
4. A. Developing a career through the experience of the company's transfer and work assigned
5. A. Focusing (having an employee focused) on the main job
6. A. Following up the working hours by the company's rules but basically can acquire the income according to the length of the working hours
7. A. Living in the location within the range of frequent commuting to office even if telework is possible

B (right side)

1. B. Making the labor market more fluid and making the environment easier to change jobs (in some cases, eliminating job security)
2. B. Clarify and limit the work (job) description and the employee must be hired as long as the job lasts
3. B. Increased income and advancement in position based on actual demonstrated ability and performance
4. B. Choosing a job or career autonomously, regardless of the company
5. B. Making it easier to have a second or concurrent job
6. B. Working time management is at your discretion, but the income does not necessarily depend on the length of the working hours
7. B. No preference for place of residence, including rural areas, on the basis of teleworking

===== Options =====

1. A
2. Rather A

3. Cannot say either
4. Rather B
5. B