

4. I live with my friend(s).

5. Other ()

Q5-1. Are you currently experiencing difficulties due to the effects of COVID-19?

1. I am not experiencing difficulty.

2. I am experiencing slight difficulty.

3. I am experiencing moderate difficulty.

4. I am experiencing great difficulty.

Q5-2. Choose all of the options below that apply to how you relieve stress.

1. Watching TV

2. Watching movies

3. Reading books and comics

4. Watching online videos

5. Checking SNS

6. Playing games

7. Playing with a pet

8. Sleeping

9. Talking with family members (including phone calls)

10. Phone calls with friends

11. Exercising

12. Other ()

Below is a list of words that describe some feelings people have. Read each one carefully and choose the number that best describes how you felt in the past week, including today.

0. Not at all

1. A little

2. Moderately

3. Quite a bit

4. Extremely

1. Friendly

0 1 2 3 4

2. Tense	0	1	2	3	4
3. Angry	0	1	2	3	4
4. Worn out	0	1	2	3	4
5. Lively	0	1	2	3	4
6. Confused	0	1	2	3	4
7. Considerate of others	0	1	2	3	4
8. Sad	0	1	2	3	4
9. Positive	0	1	2	3	4
10. Grouchy	0	1	2	3	4
11. Energetic	0	1	2	3	4
12. Cannot remain calm	0	1	2	3	4
13. Hopeless	0	1	2	3	4
14. Anxious	0	1	2	3	4
15. Unable to concentrate	0	1	2	3	4
16. Tired	0	1	2	3	4
17. Feel useful to others	0	1	2	3	4
18. Nervous	0	1	2	3	4
19. Miserable	0	1	2	3	4
20. Have trouble thinking clearly	0	1	2	3	4
21. Furious	0	1	2	3	4
22. Bushed	0	1	2	3	4
23. Worrisome	0	1	2	3	4
24. Warm toward others	0	1	2	3	4
25. Helpless	0	1	2	3	4
26. Weary	0	1	2	3	4
27. Bewildered	0	1	2	3	4
28. Resentful	0	1	2	3	4
29. Trusting of others	0	1	2	3	4
30. Bad-tempered	0	1	2	3	4
31. Worthless	0	1	2	3	4
32. Vigorous	0	1	2	3	4

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|--|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| 3. I can tell my CA what I cannot tell others. | 1 | 2 | 3 | 4 | 5 |
| 4. It makes me feel calm just knowing my CA is there. | 1 | 2 | 3 | 4 | 5 |
| 5. I feel at ease being with my CA. | 1 | 2 | 3 | 4 | 5 |
| 6. I go near my CA when I have a problem or feel sad. | 1 | 2 | 3 | 4 | 5 |
| 7. I talk to my CA when something bad happens. | 1 | 2 | 3 | 4 | 5 |
| 8. I go near my CA when I have fun or happy things. | 1 | 2 | 3 | 4 | 5 |
| 9. I like spending time with my CA. | 1 | 2 | 3 | 4 | 5 |
| 10. My CA makes me feel happy just by looking at. | 1 | 2 | 3 | 4 | 5 |
| 11. I go out more often because I have a CA. | 1 | 2 | 3 | 4 | 5 |
| 12. My CA makes it easier to talk with people of other generations (different ages). | 1 | 2 | 3 | 4 | 5 |
| 13. I have become more involved with my neighbors since I have my CA. | 1 | 2 | 3 | 4 | 5 |
| 14. Strangers talk to me while I am walking my CA. | 1 | 2 | 3 | 4 | 5 |
| 15. Through my CA, I have become acquainted with people of various generations, ages, and positions. | 1 | 2 | 3 | 4 | 5 |
| 16. Talking about my CA is one way to communicate with someone you don't get along with. | 1 | 2 | 3 | 4 | 5 |
| 17. I feel close to other people who have a CA. | 1 | 2 | 3 | 4 | 5 |
| 18. The presence of my CA has reduced family quarrels. | 1 | 2 | 3 | 4 | 5 |
| 19. The story of my CA is a central topic of conversation in my family. | 1 | 2 | 3 | 4 | 5 |
| 20. My CA has increased the topic of conversation in my family. | 1 | 2 | 3 | 4 | 5 |
| 21. My family is united because of our CA. | 1 | 2 | 3 | 4 | 5 |
| 22. I seek out my CA before going to anyone in my family when I'm feeling stressed. | 1 | 2 | 3 | 4 | 5 |
| 23. I learned to care for something weaker than myself by having my CA. | 1 | 2 | 3 | 4 | 5 |
| 24. I have learned how to take care of something by having my CA. | 1 | 2 | 3 | 4 | 5 |
| 25. I have a feeling of satisfaction that I am raising a living being. | 1 | 2 | 3 | 4 | 5 |
| 26. I am happy when my CA receives a compliment from someone. | 1 | 2 | 3 | 4 | 5 |
| 27. I often pet my CA. | 1 | 2 | 3 | 4 | 5 |

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|---|---|---|---|---|---|
| 28. My CA makes me feel like I am needed. | 1 | 2 | 3 | 4 | 5 |
| 29. My CA makes me feel safe. | 1 | 2 | 3 | 4 | 5 |
| 30. My CA gives enjoyment and makes me laugh. | 1 | 2 | 3 | 4 | 5 |
| 31. I feel calm by petting my CA. | 1 | 2 | 3 | 4 | 5 |
| 32. I enjoy watching my CA. | 1 | 2 | 3 | 4 | 5 |
| 33. My CA makes me feel loved. | 1 | 2 | 3 | 4 | 5 |
| 34. My CA makes me feel trusted. | 1 | 2 | 3 | 4 | 5 |

Thank you for your cooperation.

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