Data publication for:

Zerbini, Giulia, Taflinger, Shannon, Reicherts, Philipp, Kunz, Miriam, Sattler, Sebastian: Perceived risk of COVID-19 exposure and poor COVID-19 prognosis impair sleep: The mediating and moderating roles of COVID-19-related anxiety and knowledge. in: *Journal of Sleep Research*. doi.org/10.1111/jsr.13569

Dataset description*

Measure	Variable	Coding
Anonymous identifier	id	/
Sex	sex	1 (man), 2 (woman)
Age	age	in years
Risk group member – COVID-19 exposure (e.g., because of working in a hospital or school) – assessed with 1 item	covid_exposure_risk	0 (no), 1 (yes)
Risk group member – poor COVID-19 prognosis (e.g., because of suffering from diabetes or a lung disease) – assessed with 1 item	covid_prognosis_risk	0 (no), 1 (yes)
Self-reported knowledge about the symptoms and consequences of COVID-19 – assessed with 1 item	covid_knowledge	0 (very low) to 10 (very high)
COVID-19-related anxiety – assessed with 3 items of the German version of the Corona Anxiety Scale (CAS; Hölzel and Willenborg 2020; Lee 2020)	covid_anxiety	1 (low) to 5 (high)
Problems with sleep and daytime functioning – assessed with 7 items of the Athens Insomnia Scale for Non-Clinical Application (AIS-NCA; Sattler, Seddig, and Zerbini 2021) – total score	sleep_tot	1 (no problems) to 5 (many/strong problems)
Problems with sleep – assessed with 4 items of the Athens Insomnia Scale for Non-Clinical Application (AIS-NCA; Sattler et al. 2021) – subscale 1	sleep_sub1	1 (no problems) to 5 (many/strong problems)
Problems with daytime functioning – assessed with 3 items of the Athens Insomnia Scale for Non-Clinical Application (AIS-NCA; Sattler et al. 2021) – subscale 2	sleep_sub2	1 (no problems) to 5 (many/strong problems)

* Only complete cases (no missing information) are provided.

References

Hölzel, Lars P., and Bastian Willenborg. 2020. "Coronavirus Angst Skala." Retrieved from https://drive.google.com/file/d/1vlppyqpSLLKDlOhUktrPfZ1lAzzEBsJZ/view.

Lee, Sherman A. 2020. "Coronavirus Anxiety Scale: A Brief Mental Health Screener for COVID-19 Related Anxiety." *Death Studies* 44(7):393–401. doi: 10.1080/07481187.2020.1748481.

Sattler, Sebastian, D. Seddig, and G. Zerbini. 2021. "Assessing Sleep Problems and Daytime Functioning: A Translation, Adaption, and Validation of the Athens Insomnia Scale for Non-Clinical Application (AIS-NCA)." *Psychology & Health*. doi: 10.1080/08870446.2021.1998498.