

Appendix I. Questionnaire Average and Median Scores on Quantitative Questions

*Grey shading indicates quantitative results and comments from persons who identified as comfortable drawing

	All Participants		Comfortable Drawing		Not Comfortable Drawing	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
1. What is your comfort level with drawing in general? <i>(on a scale of 1-10 where 1 is I never draw and 10 is I draw frequently)</i>	5.6	5	8.7	9	3.9	5
2. Which of your hands is dominant?	16 Right 1 Left					
3. Your response to drawing the face with your dominant hand:	Leave blank					
a) ease in performing the task <i>(on a scale of 1-10 where 1 is very difficult and 10 is very easy)</i>	7	8	8.4	8	6.6	7
b) feelings of creativity <i>(on a scale of 1-10 where 1 is not at all creative and 10 is very creative)</i>	5.5	6	7.8	8.5	4.6	3
c) any other comment about your thoughts or feelings while drawing in pencil with your dominant hand						
4. Your response to loosely copying with your non dominant hand the drawing of face:	Leave blank					
a) ease in performing the task <i>(on a scale of 1-10 where 1 is very difficult and 10 is very easy)</i>	4.5	4.5	3.9	5	4.8	4
b) feelings of creativity <i>(on a scale of 1-10 where 1 is not at all creative and 10 is very creative)</i>	5.1	4	5.8	6	4.9	4
c) any other comment about your thoughts or feelings while copying in pencil the image of a face with your non dominant hand						
5. Your response to roughly colouring the two images with your non dominant hand:	Leave blank					
a) ease in performing the task <i>(on a scale of 1-10 where 1 is very difficult and 10 is very easy)</i>	5.3	5	4.4	5	5.7	5
b) feelings of creativity <i>(on a scale of 1-10 where 1 is not at all creative and 10 is very creative)</i>	5.9	5	7.3	7	5.5	5
c) any other comment about your thoughts or feelings about the activity and materials used while						

colouring the two images with your non dominant hand						
6. Your response to finishing the two images with your dominant hand:	Leave blank					
a) ease in performing the task (on a scale of 1-10 where 1 is very difficult and 10 is very easy)	8.2	9	8.8	9	7.9	9
b) feelings of creativity (on a scale of 1-10 where 1 is not at all creative and 10 is very creative)	5.4	4	5	5	5	4
c) any other comment about your thoughts or feelings about the activity and materials used while finishing the works with your dominant hand						
7. How did thoughts about the COVID-19 pandemic influence your performance of this task?	Leave blank					
a) your drawing with the dominant hand? (on a scale of 1-10 with 1 being not at all and 10 being completely)	2.5	1	2.8	1	2.4	1
b) your loose copying with your non dominant hand? (on a scale of 1-10 with 1 being not at all and 10 being completely)	1.7	1	0.8	1	2	1
c) your colouring of the two works with your non dominant hand? (on a scale of 1-10 with 1 being not at all and 10 being completely)	2.4	1	2.7	1	2.5	1
d) your finishing of the two works with your dominant hand? (on a scale of 1-10 with 1 being not at all and 10 being completely)	2	1.9	2.3	1	1.8	1
e) do you have any final observations about the materials used and about performing this task during the COVID-19 pandemic?						
8. Do you consent to having your two works included in the investigator's report? If yes, a) would you like your name associated with your two works or b) do you prefer your works be anonymous?	All 17 participants consented to having their works included (one participant burnt drawings accidentally)					

	9 preferred artworks be anonymous 8 preferred having their name associated with artwork					
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Appendix II. Participant Comments in Response to the Questions

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
1. What is your comfort level with drawing in general? <i>(on a scale of 1-10 where 1 is I never draw and 10 is I draw frequently)</i>	5.6	5	8.7	9	3.9	5
2. Which of your hands is dominant?	16 Right 1 Left					

Comments to question 1:

“Not comfortable at all”

“I usually only draw cartoons and things like that for my daughter.”

“Very comfortable. Love drawing.”

“Although I don’t consider myself amazing at drawing it’s something that I’ve been doing more often. Usually I paint and draw more abstract designs or plant matter.”

“I am very comfortable drawing”

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
3. Your response to drawing the face with your dominant hand:	Leave blank					
a) ease in performing the task <i>(on a scale of 1-10 where 1 is very difficult and 10 is very easy)</i>	7	8	8.4	8	6.6	7
b) feelings of creativity <i>(on a scale of 1-10 where 1 is not at all creative and 10 is very creative)</i>	5.5	6	7.8	8.5	4.6	3
c) any other comment about your thoughts or feelings while drawing in pencil with your dominant hand						

Comments to question 3 a), b) and c): any other comment about your thoughts or feelings while drawing in pencil with your dominant hand

To a):

“It was easy to draw although I don’t think it looks great”

To b):

“Don’t know”

To c):

“Awkward”

“Confidence (false)”

“Love it. No”

“Putting pencil to paper has always raised feelings of uncertainty, inadequacy.”

“I didn’t think my drawing was very lifelike. I haven’t drawn many faces up close, so found this quite challenging, but fun”

“I enjoyed designing it.”

“Made me more thoughtful of process”

“I find it more challenging and possibly more “creative” to draw from life rather than from imagination.”

“I felt calm and tried to create symmetry in the face structure. The face changed as I was drawing it. I thought it would be a man but it turned into a woman. Someone who I haven’t talked to since we both reacted differently to the events of 2020.”

“Creativity hard to gauge as task was prescribed ‘draw a face’. Some creativity used to determine face portion and view.”

“No comment”

“My usual thought when drawing is that I wish I could!”

“I felt comfortable drawing the right image with my right hand. Composition came easier while using my dominant hand and composition was affected by the fact that I knew I had to recreate the image with my left hand later.”

“Love using pencil”

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
4. Your response to loosely copying with your non dominant hand the drawing of face:	Leave blank					
a) ease in performing the task (<i>on a scale of 1-10 where 1 is very difficult and 10 is very easy</i>)	4.5	4.5	3.9	5	4.8	4
b) feelings of creativity (<i>on a scale of 1-10 where 1 is not at all creative and 10 is very creative</i>)	5.1	4	5.8	6	4.9	4
c) any other comment about your thoughts or feelings while copying in pencil the image of a face with your non dominant hand						

Comments to question 4 a), b) and c): any other comment about your thoughts or feelings while copying in pencil the image of a face with your non dominant hand

To a):

“Wanted to reverse the image”

To b):

“Don’t know”

“Felt free to improve right hand image – better centred”

To c):

“Felt comfortable”

“Shaky”

“Very awkward. Amazingly awkward.”

“More “at ease”. Lower expectations.”

“Trying to do a very comparable image was much tougher than I thought it would be. Very hard to draw a smooth line, so more challenging for my brain.”

“I was surprised how difficult this was”

“It was a bit more interesting to see how it would end up. I think a big part of creativity is having the unexpected element in the process, so using my left hand accomplished that.”

“Seemed to go easier!”

“Much looser, more suggestive rather than specific”

“This felt freeing and actually came out kind of cool. It feels like a dream version of the dominant hand drawing.”

“Drawing with non-dominant hand feels awkward – I know what I want my hand to do, but the lines come awkwardly. Interesting, my non dominant hand is more balanced. When drawing my right hand, I favour my right side, so faces are unbalanced.”

“No comment”

“In some ways it’s easier because copying. Also, I don’t expect much in terms of fine motor skills”

“It felt a little uncomfortable but once I stopped trying too hard to recreate the right image, linework and shapes came naturally.”

“Was pleased with the result”

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
5. Your response to roughly colouring the two images with your non dominant hand:	Leave blank					
a) ease in performing the task (<i>on a scale of 1-10 where 1 is very difficult and 10 is very easy</i>)	5.3	5	4.4	5	5.7	5
b) feelings of creativity (<i>on a scale of 1-10 where 1 is not at all creative and 10 is very creative</i>)	5.9	5	7.3	7	5.5	5
c) any other comment about your thoughts or feelings about the activity and materials used while colouring the two images with your non dominant hand						

Comments to question 5 a), b) and c): any other comment about your thoughts or feelings about the activity and materials used while colouring the two images with your non dominant hand

To a):

“Art materials old and desiccated”

To b):

“Kind of hit or miss, reminds me of “operating” an Oije board”

“Changed eye colour for fun”

To c):

“Dominant hand seemed easier”

“Odd, No”

“Quite at ease, fun.”

“Used watercolor pencils on non water coloring paper so not ideal materials, but its what I had. Still fun though to try to get the two pics to look the same. Found I kept wanting to change hands...”

“Coloring using dominant hand was very easy compared to doing so with non dominant hand”

“It was kind of fun to color with my left hand.”

“Drawing and coloring seemed freer”

“No”

“It was fun to color them with paints. I used some acrylics and watercolor for the more intricate face details. I found myself accidentally using my dominant hand at first and I had to stop myself! Instinct took over because I felt invested in the process.”

“I used watercolours. It was easier to paint than draw with my non dominant hand but awkward to refine details.”

“No comment”

“I don’t have much of a sense of how to colour with crayons, it turns out.”

“This by far felt like the longest process. My hand and back started cramping up at one point. Although the motion and skill required was somewhat low, it used much more mental work than I expected.”

“Enjoyed it”

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
6. Your response to finishing the two images with your dominant hand:	Leave blank					
a) ease in performing the task (<i>on a scale of 1-10 where 1 is very difficult and 10 is very easy</i>)	8.2	9	8.8	9	7.9	9
b) feelings of creativity (<i>on a scale of 1-10 where 1 is not at all creative and 10 is very creative</i>)	5.4	4	5	5	5	4
c) any other comment about your thoughts or feelings about the activity and materials used while finishing the works with your dominant hand						

Comments to question 6 b) and c): any other comment about your thoughts or feelings about the activity and materials used while finishing the works with your dominant hand

To b):

“Defining what is there”

To c):

“Happy to do it but reminded of my artistic limitations”

“Fine - easy. No”

“Some feelings of anxiety as to whether adding a detail was an improvement or a detraction from the original. In the end I preferred the drawing from the non-dominant hand!”

“Huge relief to have better control. More relaxed while doing it. (whew, almost finished).”

“I tried to preserve some of the marks made with the non dominant hand. Some I covered up.”

“I didn’t really know what else I should color to make it look any better so there wasn’t much left after my other coloring.”

“Comparison with non dominant hand interesting”

“No”

“This felt comforting and satisfying to be able to add a few final touches with my dominant hand”

“Creativity not high as I was just finishing images trying to elevate realism. With dominant hand, I tried to fix details, but frustrating as proportions/coloured areas were off from non-dominant hand’s work”

“I tried to finish the works (copied with non dominant hand) close to the works (drawn with my dominant hand).”

“It’s much easier to control the crayon, but the picture was already pretty set, so not much novel to add.”

“I didn’t do much colouring with the dominant hand, just touched up some areas of both drawing. This felt good as I was putting final finishing touches, completing the works.”

“Turned out better than expected”

	All Participants		comfortable		not comfortable	
QUESTION	AVERAGE	MEDIAN	AVERAGE	MEDIAN	AVERAGE	MEDIAN
7. How did thoughts about the COVID-19 pandemic influence your performance of this task?	Leave blank					
a) your drawing with the dominant hand? <i>(on a scale of 1-10 with 1 being not at all and 10 being completely)</i>	2.5	1	2.8	1	2.4	1
b) your loose copying with your non dominant hand? <i>(on a scale of 1-10 with 1 being not at all and 10 being completely)</i>	1.7	1	0.8	1	2	1
c) your colouring of the two works with your non dominant hand? <i>(on a scale of 1-10 with 1 being not at all and 10 being completely)</i>	2.4	1	2.7	1	2.5	1
d) your finishing of the two works with your dominant hand? <i>(on a scale of 1-10 with 1 being not at all and 10 being completely)</i>	2	1.9	2.3	1	1.8	1
e) do you have any final observations about the materials used and about performing this task during the COVID-19 pandemic?						

Comments to question 7 a), b), c), d) and e): do you have any final observations about the materials used and about performing this task during the COVID-19 pandemic?

To a):

“I was delaying this activity yet facing a deadline. This is a personal trust but maybe exaggerated by being out of routine.”

“I thought about a face that was seen during the pandemic”

“I was more thinking about how to draw a face and how I don’t really like drawing faces and enjoying sitting in the sun.”

“Was surprised to draw chin and dark nostril”

To b):

“Thoughts about stroke victims and children learning to write came to mind”

“4 – It occurred to me that this was the part that probably had something to do with Covid, so my mind went to my friend [name deleted for privacy] who has been very sick with Covid long-haul since July (although this is not a picture of her -- this is just some generic person I drew). Then I was thinking about how this is going to be a lumpy headed drawing and that it was kind of fun to draw with my left hand.”

To c):

“I thought about the colors worn by hospital workers and the skin color of many essential workers”

“I was just focused on what colors to use.”

To d):

“I was happy to hit on the color red for the face shield”

“I was thinking about how the pink cheeks might have been a bad design choice because it looks like the person has bad makeup on.”

To e):

“Would have had more materials but dread shopping with covid”

“During COVID -virus has nothing to do with it for me. No”

“Aside from the welcome opportunity to take part in something ‘different’, I don’t feel the pandemic had an influence on the performance.”

“Grateful to have more flex time for interesting projects during COVID pandemic”

“I was curious to see if my thoughts about the art would change when I used my left hand. In the copied 2nd picture I was forced to examine my original picture”

“I like trying to draw cartoons and animals, but I’m not very enthused about drawing faces. It was hard to get super into this, since I knew the end product was going to look “meh.” So, I was mostly thinking about just doing it and getting it done and how I don’t really like drawing faces.

About Covid, I had just listened to a podcast about all the vaccines coming out, and found out a new vaccination site is nearby, so I am feeling in a more hopeful mood about Covid. Apparently Biden says there will be enough vaccines for all the adults here by the end of May.

On the other hand, 3/13 is the anniversary of the day our lives screeched to a halt, so I’m having some memories of being very freaked out about the new pandemic and trying to figure out how to teach online classes while managing a toddler at the same time. March and April last year were pretty horrible, seeing Italy in the news and being sort of close to New York City and all the full hospitals there. I still remember some of the images that were in the New York Times from Italy. I remember this guy in Italy being loaded into an ambulance at night while his wife and kids stood there reaching after him. In a follow-up article I found out that he survived his hospitalization. I was so relieved. It’s strange how certain images imprint on us like that.

Maybe I should have attempted to draw a specific person instead of a generic face? I’m not sure. Maybe I should have tried to draw my friend [name removed for privacy] and that would have been more meaningful.”

“Tried but failed to convey facial expression necessary”

“No”

“The swirling rays around the face felt like news media and disinformation going into a young woman and poisoning her mind. I was thinking about someone being stuck in their head through the pandemic and dissociating from themselves and deciding to become a different person.”

“COVID didn’t really have any effect. I would have the materials on hand prior to COVID and I completed the work in my apartment during the afternoon while listening to music.”

“I tried to portray foggy glasses because of wearing a mask”

“I don’t really see the relation.”

“The task felt quite normal to the drawing I would typically do during the time of the pandemic. Therefore I purposely created my composition along that same theme. As can be seen in the right drawing, there are 2 characters, one on the phone and one on a computer. This can be analysed however you like but I believe their relevance goes with our mandatory network connections that we keep with during a time of pandemic.”

“Pandemic did not affect me at all”