



Article

Two Minutes to Midnight: The 2024 Iranian Missile Attack on Israel as a Live Media Event

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Abstract: This study examines the psychological and social impacts of the April 2024 Iranian combined attack on Israel—a new, globally unprecedented experience for civilians. Aware of incoming missiles and drones, Israelis followed real-time television coverage, including countdowns and visual simulations, which allowed them to anticipate the impacts of potential strikes on their homes and communities. The attack and its coverage blurred the boundaries between crisis and media spectacle, creating a rare convergence of immediate personal threat with real-time media framing. This paper explores how this unique format influenced public anxiety, news consumption, and crisis perception. The results reveal the profound psychological effects of this real-time threat monitoring, raising important questions about the media's impact on framing crises such as live events and the corresponding effects on public mental health.

Keywords: media events; public anxiety; crisis perception; psychological impacts; Israel



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1. Introduction

The Iranian missile attack on Israel in April 2024 marked a critical moment in the role of modern media in security crises. For the first time, citizens were confronted with an imminent threat while watching live broadcasts, including countdowns signaling the expected impact of missiles and drones via social media and news outlets. This immediate danger, combined with structured, event-like media coverage, created a new kind of experience—one that amplifies the urgency of the crisis with the tension of live reporting. These broadcasts did more than provide vital information; they also contributed to general feelings of fear and anxiety, significantly influencing public perceptions of security threats. This study explores the psychological and behavioral effects of real-time media consumption during this unprecedented event. It focuses on how live media shape public anxiety levels, coping strategies, and information behavior. By examining the interaction between media framing and individual responses, this study seeks to provide new insights into how such coverage influences crisis perceptions and mental health at a societal level.

2. Background

Following a surprise terror attack by Hamas on 7 October 2023, which targeted Israeli cities and villages in the western Negev and the southern regions, resulting in the murder of approximately 1200 civilians, alongside hundreds injured, raped, and kidnapped to Gaza, Israel declared the “Iron Swords” war against Hamas, Islamic Jihad, and other terrorist organizations in Gaza. Within a few days, additional terrorist organizations joined

this campaign against Israel, such as Hezbollah based in southern Lebanon, the Houthis movement in Yemen, and the Iranian Revolutionary Guards, who entered into a direct and open conflict with Israel for the first time. In the midst of this conflict, on the night of 13–14 April 2024, Iran launched a massive attack on Israel that included over 250 missiles and drones fired at civilian and military targets. This attack was the first instance when the long and indirect confrontation between Israel and Iran turned into a direct confrontation (Raine et al., 2024). The live coverage of this attack, which was broadcast both in Israel and globally, turned this strike into a large-scale media event where the public was exposed in real time to the events and their aftermath (Pandey, 2024). The April 2024 Iranian combined attack on Israel was unique not only in its scale but also in the unprecedented experience it created for civilians, who awaited the impact of missiles and drones in real time. In an echo of Gulf War anxieties, Israeli households again turned to their screens, but this time with a critical difference: now, the missile attack was broadcast with a sports-like countdown timer indicating time to impact, as if viewers were awaiting a scheduled event. Never in modern history had the direct, immediate threat of missile impact been packaged as a live event, merging the real-time urgency of crisis with structured media presentation. This transformed the April 2024 attack into a defining global media event, reshaping crisis perception by immersing citizens in a controlled narrative of impending danger. In this context, this study aims to examine the psychological and behavioral effects of real-time media consumption during the unprecedented security event, with a particular focus on how immediate, live news coverage impacted public anxiety and behavioral adaptation. Specifically, we explore whether the feeling of being sufficiently informed during a crisis moderates continued media engagement or contributes to emotional overload. We also investigate the extent to which the framing of missile and drone threats as imminent, time-based media events affect individual responses and collective coping mechanisms. In doing so, our aim is to expand the theoretical understanding of media events by highlighting the complex roles that real-time media play in both informing and psychologically impacting audiences under direct threat. In times of emergency, individuals tend to consume substantial amounts of news to remain informed and feel a sense of control.

3. Literature Review

3.1. News Consumption in Times of War and Crisis

During emergencies such as armed conflicts, people tend to consume large amounts of news so as to receive up-to-date information and increase their sense of control over the situation. Yet, to date, compelling evidence is available showing that prolonged exposure to news during war and acts of terrorism increases feelings of anxiety and fear, occasionally leading to the development of PTSD and depression symptoms. For instance, in a study conducted after the 7 October Hamas-led attack on Israel, Kaim and Bodas (2024) found that increased media exposure considerably increased anxiety levels and a sense of lack of control among the public, particularly among young populations. Similarly, Fekih-Romdhane et al. (2024) found that watching news coverage of war and terror attacks can heighten feelings of fear, anxiety, and psychological stress, potentially worsening symptoms of anxiety and depression, as well as contributing to insomnia and reduced daily functioning. These findings are corroborated by Malecki et al.'s (2023) analysis of the impact of media coverage of Russia's war against Ukraine, where the authors documented the adverse impact of the ongoing media exposure on the audience's sense of security and resilience.

3.2. Israel and News Consumption During Terrorist Attacks

In Israel, although constant exposure to media during terrorist attacks is part of daily life, it also entails considerable adverse psychological consequences. For instance, in a study on the psychological consequence of the October 2023 terrorist attacks, [Dopelt and Houminer-Klepar \(2024\)](#) found that, after the attacks, stress levels among Israeli students—and, more specifically, among young people exposed to real-time information—considerably increased. Similar findings were reported by [Levi-Belz et al. \(2024\)](#), who found that exposure to the news during terrorist attacks, including dramatic live broadcasts of the corresponding events, worsened Israeli audience's PTSD symptoms and evoked acute feelings of personal insecurity. Furthermore, [Relihan et al. \(2023\)](#) demonstrated that exposure to terrorist incidents and war in the media resulted in an exacerbation of feelings of fear and stress, particularly among vulnerable populations or those with a history of mental stress. In a similar context, [Yavetz and Bronstein \(2023\)](#) found that local Israeli government bodies adapted their crisis communication strategies on social media to increase engagement and disseminate practical information for crisis coping during the 2021 "Guardian of the Walls" operation. Taken together, the studies briefly reviewed above highlight that, in societies under ongoing military threat, it is essential to examine how the framing of traumatic events as media spectacles contributes to public stress and collective perception.

3.3. Media Events: Theoretical Framework

A valuable theoretical framework capable of explaining the psychological and social effects of prolonged media exposure during crises is [Dayan and Katz's \(1992\)](#) media event theory. This theory offers meaningful insights into how live coverage can shape collective experiences and intensify emotional responses. As argued by [Dayan and Katz \(1992\)](#), livestreamed crisis events share several unique characteristics that are briefly outlined below.

Pre-planning: Typically, media events are planned in advance and are part of the public schedule. For instance, an international event like the World Cup demonstrates how a planned event secures a wide live broadcast reach and evokes a sense of global cohesion, where viewers experience the event as meaningful and experiential even from afar ([Weimann-Saks et al., 2024](#)). However, unlike media events such as national ceremonies or major sporting competitions, terrorist attacks are not planned; yet, due to their importance and dramatic effect, they also receive extensive media coverage ([Dayan & Katz, 1992; Katz & Dayan, 1985](#)).

Live broadcast: Live broadcasts allow viewers to feel present and increase the audience's sense of connection and emotional involvement. Viewers' awareness of the fact that an event is happening in real time elicits strong emotional reactions, including an increased sense of fear if the broadcast event is a terrorist attack ([Katz & Liebes, 2007](#)).

Routine disruption: Media events disrupt daily routine and change the public agenda. For instance, during the Iranian attack, regular broadcasts were halted in favor of live updates from the field ([Nossek, 2008](#)).

Emotional effects: Media events evoke strong emotions. For example, [Weimann-Saks et al. \(2024\)](#) found that international events such as the World Cup increase viewers' sense of national cohesion (e.g., [Weimann-Saks et al., 2024](#)). Similarly, negative media events such as terrorist or missile attacks elicit strong feelings of fear and anxiety, along with the feelings of solidarity and a sense of community among the audience.

Reverence and ritual: The tone in which media events are covered frequently reflects reverence, and media coverage amplifies ceremonial aspects, similar to those of rituals, thereby creating in the audience a communal and almost sacred viewing experience. It

should be noted, however, that, unlike large-scale sporting events, terrorist incidents or military attacks are framed in the media as traumatic occurrences that may adversely affect society, turning the public into dependent consumers of news and increasing their feelings of anxiety and fear (Nossek, 2008). There is also evidence to suggest that repeated exposure to threats in media events increases in the audience the feelings of vulnerability and anxiety. Likewise, Raine et al. (2024) indicated that large-scale attacks such as those carried out by Iran reinforce viewers' media dependence, as the public feels compelled to follow every update to regain their sense of security. This brings about the need to investigate how live coverage of negative events affects audiences' collective experiences and emotional responses to those events.

Emotional reactions to live media coverage of traumatic events show the need to distinguish between ceremonial media events and those defined by disruption and trauma. While ceremonial events like national celebrations or sporting events bring people together and create a sense of shared experience, traumatic events like terrorist attacks interrupt daily life and increase feelings of fear and stress. For example, during the Boston Marathon bombing in April 2013, real-time updates on social media not only met the audience's need for information but also showed how empathetic reporting could help during a crisis (Mou-Danha & Crawford, 2023). Similarly, the widespread media coverage of the November 2015 Paris terrorist attacks showed how such events, although unplanned, spark strong emotional reactions and can lead to higher levels of post-traumatic stress in viewers (Robert et al., 2021).

4. Problem Statement and Research Hypotheses

In this study, we focus on the psychological and behavioral impact of media consumption during the April 2024 missile attack by Iran on Israeli citizens. The unique nature of this attack—which became the first direct confrontation between Israel and Iran after years of indirect tensions—highlights the important role of real-time media coverage in shaping public perception and response. As discussed previously, while exposure to continuous news updates during crises can be a coping mechanism, helping individuals feel informed and, to an extent, in control of an unfolding situation, prolonged exposure to such news updates can increase anxiety and stress levels, particularly when information is perceived as incomplete or insufficient (Kaim & Bodas, 2024; Malecki et al., 2023). Relevant evidence on media consumption during crises comes from recent research on the COVID-19 pandemic. In this body of work, numerous studies documented increased anxiety and depression symptoms, as well as more sedentary behavior during the pandemic (Huckins et al., 2020). Furthermore, greater media consumption was found to be associated with increased psychological distress and worry (Stainback et al., 2020; Yavetz et al., 2022). Among adolescents, attitudes to COVID-19 severity and social responsibility influenced preventive behaviors (Oosterhoff & Palmer, 2020). College students used various media-based coping strategies, with some forms of media use associated with positive outcomes and others with negative effects (Eden et al., 2020). Overall, COVID-19 anxiety was found to be a complex phenomenon influenced by multiple factors, including media exposure, knowledge, and behavior (Sawitri & Windriyoningrum, 2023).

Based on this understanding of media consumption during crises, we formulate the first hypothesis to be tested in this study.

H1. *There is a positive correlation between changes in daily behavior (e.g., staying home, canceling plans) and levels of anxiety, as well as the frequency of news consumption and following news updates.*

In support of this hypothesis, studies like Jørndrup's (2016) analysis of the Copenhagen shootings demonstrate how media framing during terror attacks transforms coverage into media events that deeply impact public behavior and emotional responses. Furthermore, previous research suggests a complex relationship between news consumption and feeling informed. While increased news exposure was documented to lead to a greater political knowledge, it was also found to frequently result in information overload and decreased feelings of competence (York, 2013; Weber & Koehler, 2017). Interestingly, while the "news-finds-me" perception, where individuals rely on social media for news, was reported to be associated with lower traditional news consumption and reduced political knowledge (Gil de Zúñiga & Diehl, 2018), active news browsing, particularly through newspapers, was found to be linked to higher social and political efficacy (Tewksbury et al., 2008). The cognitive mediation model suggests that surveillance gratification and information processing mediate the relationship between news consumption and knowledge (Eveland, 2001). Interestingly, people's self-concepts of being informed frequently prioritize personal interests over political news, although feelings of being informed through social media are still strongly associated with perceived suitability for current affairs updates (Kümpel et al., 2022). Based on the above, the second hypothesis to be tested in this study is as follows:

H2a. *There is a positive correlation between feeling informed (i.e., perceiving media information as sufficient) and the degree of following news updates.*

This relationship is further exemplified by Simon et al.'s (2014) findings on the Westgate Mall attack in Kenya, where social media platforms facilitated public updates and shaped perceptions of the event, highlighting the importance of feeling informed during crises. Next, there is robust evidence indicating that increased media consumption during crises resulted in higher levels of anxiety (Nekliudov et al., 2020; van Antwerpen et al., 2021; Yoon et al., 2021; Bodas et al., 2015). This heightened anxiety was found to mediate the relationship between information consumption and protective behaviors (van Antwerpen et al., 2021). One illustrative example of these dynamics can be seen in the Israeli experience during crises. Yavetz and Aharony (2021) observed that during the COVID-19 pandemic, Israeli citizens heavily relied on social media for crisis-related information, which contributed to both information overload and emotional fatigue. However, the impact of anxiety on political engagement remains a complex issue. While anxiety can increase information seeking and political efficacy (Romanova & Hutchens, 2024), it may also hinder work engagement (Andel et al., 2021). Furthermore, the effects of media consumption on attitudes and behaviors can vary based on the extent and source of consumption (Choi & Fox, 2021). Interestingly, anger and anxiety were reported to have different effects on information seeking, with anxiety potentially improving the quality of information sought (Valentino et al., 2008). Based on the evidence briefly reviewed above, we formulate the following hypothesis:

H2b. *Anxiety levels and media consumption mediate the relationship between feeling informed and the tendency to follow news updates. Specifically, increased anxiety and greater media consumption moderate the effect of feeling informed on the intensity of following the news updates.*

5. Methods and Materials

To collect the data, on 15 April 2024—that is, two days following the missile attack—we conducted an online survey through iPanel, a leading Israeli company recognized for providing representative population samples. A total of 504 respondents from the Jewish population in Israel aged at least 18 years old participated in the survey. The survey aimed

to examine the following two primary aspects: (1) levels of anxiety and behavioral changes during the attack; (2) patterns of media consumption and information sources. The full questionnaire is provided in Appendix A.

With regard to the demographic characteristics of the sample, half of our respondents resided in Tel-Aviv and central Israel (50.2%), followed by 21.6% living in the north of the country, 14.7% in the south, and 13.5% in Jerusalem and the disputed territories. The average age of the survey respondents was 42.54 years old (SD 16.59; range 18–86). In terms of gender distribution, 51.2% were women, and 48.8% were men. With regard to marital status, most respondents reported being married (55.7%), while 34.4% were single, and 9.9% were either divorced/separated or widowed. Concerning the level of education, almost half of the study participants had a bachelor's degree or higher (48.8%), followed by 40% with a high school diploma and 11.2% with lower education attainment. Finally, 42.2% of the respondents reported having an above-average income per household, followed by 24.5% with an average income and 33.2% with a lower income.

6. Results

When asked whether they made any changes to their daily conduct considering the situation (the missile attack), most respondents reported having followed safety instructions and/or no change (56.75%), followed by 39.68% of the participants who reported staying at home and/or canceling meetings and 3.57% who responded taking other measures (see Figure 1).

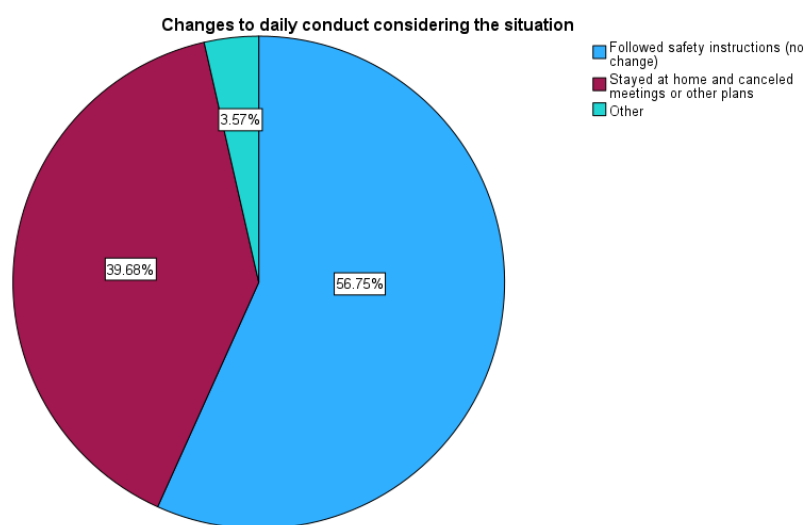


Figure 1. Changes in daily behavior due to the crisis.

Furthermore, when asked whether they felt that the information they received from the media was sufficient and helped them to better understand the situation (i.e., feeling informed), almost two thirds of the respondents responded “yes” (60.3%), followed by 30.2% who replied, “helped a bit” and 9.5% who found the information insufficient (see Figure 2).

Regarding the anxiety levels experienced by the respondents during the attack, over half of the respondents stated they felt little to no anxiety (55.1%), followed by 20.8% who reported experiencing moderate anxiety, 20.4% a lot of anxiety, and 3.6% extreme anxiety (see Figure 3).

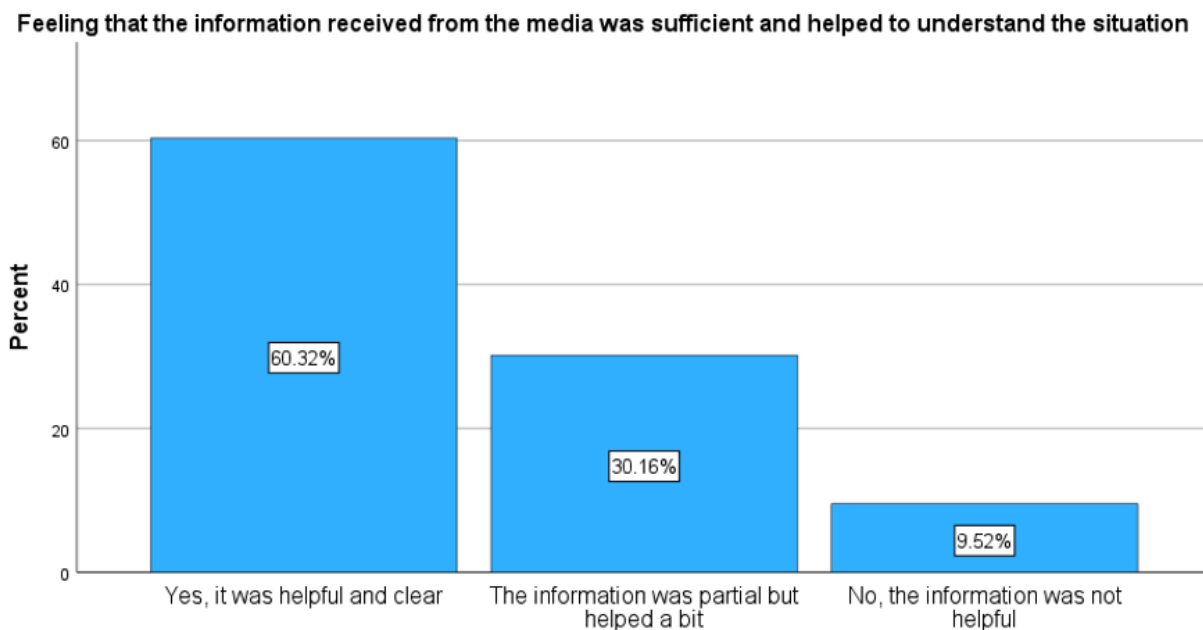


Figure 2. Public perception of information from the media.

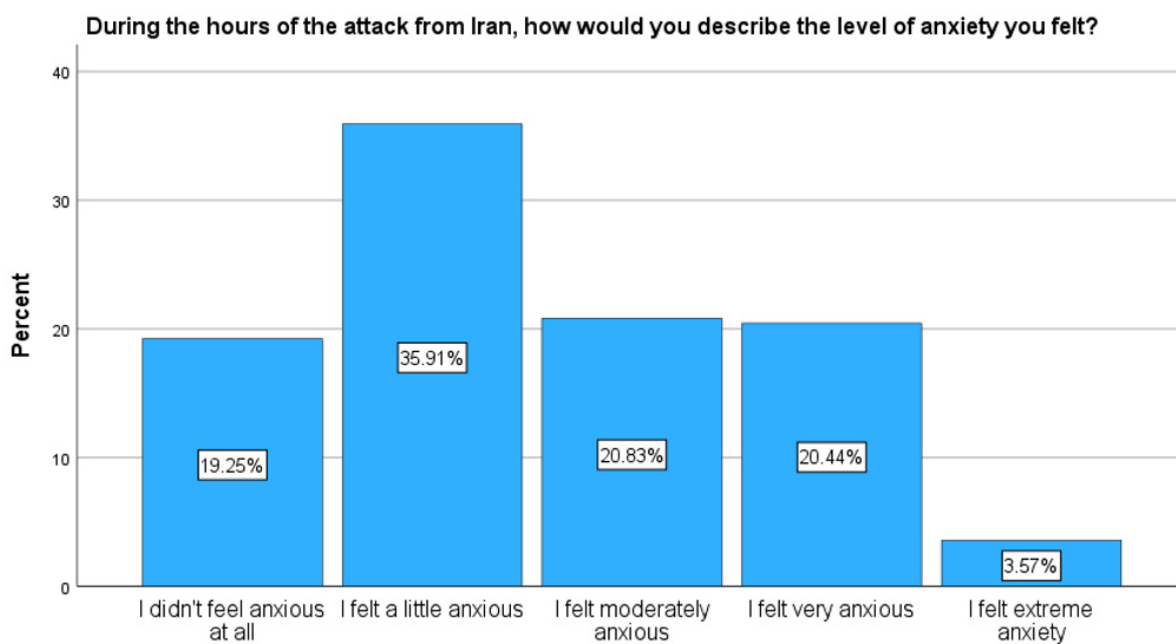


Figure 3. Distribution of anxiety levels during the attack.

The consumption index variable, which was composed of the respondents’ choice of one or more of the update options (TV, radio, news sites, social media, messages from friends or family, and other), averaged at 1.68 (SD 0.93), ranging from 1 to 5 (see Figure 4).

Finally, when asked how much time, on average, the respondents spent following the news during the day of the attack, 44.4% stated three or more hours, 34.3% between one to three hours, 20.8% less than an hour, and 4.4% not at all (see Figure 5).

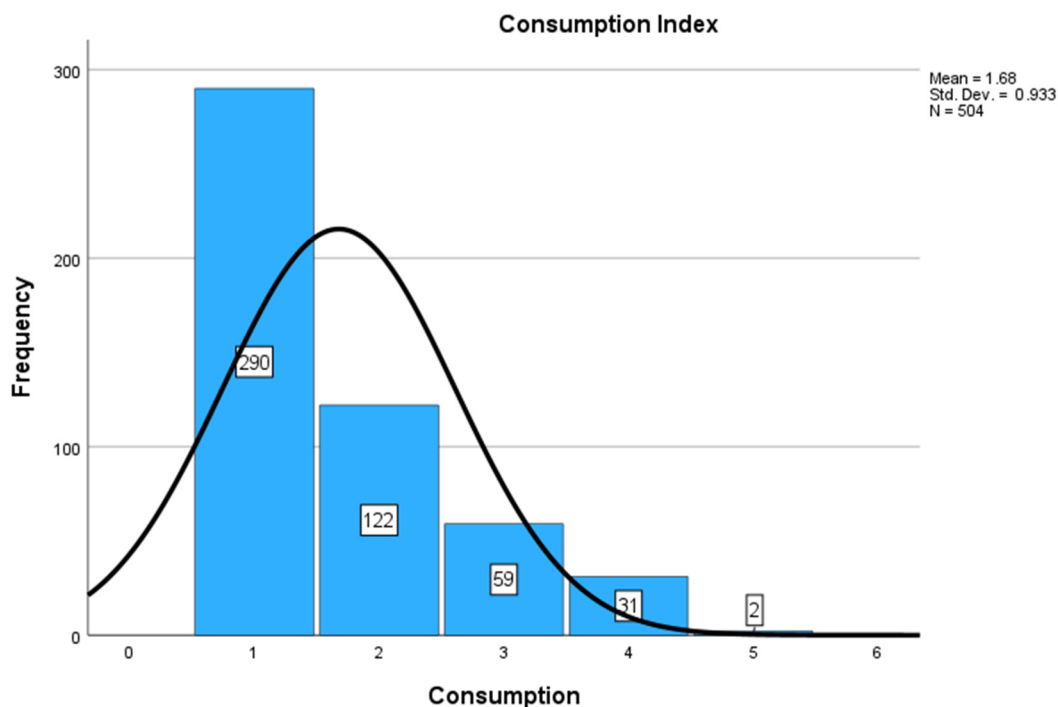


Figure 4. Primary real-time information sources.

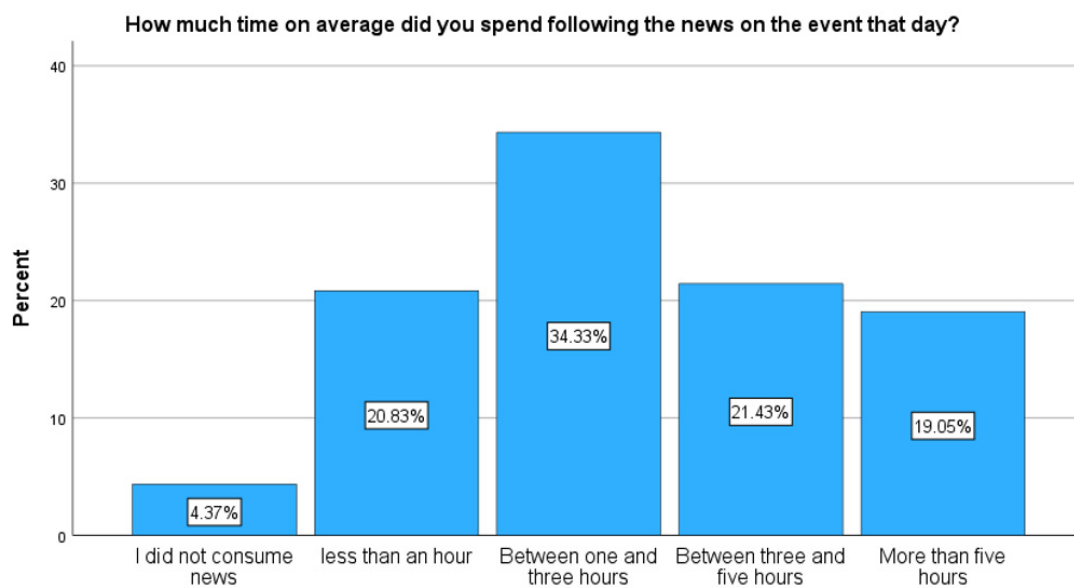


Figure 5. Time dedicated to news consumption during the attack.

Hypotheses Testing

To test our first hypothesis (H1—“There is correlation between changes to daily conduct and anxiety, consumption and following the news updates”), Pearson’s chi-squared test was conducted. The results revealed a significant correlation between changes to daily conduct, anxiety level, and following the news updates; however, no significant correlation was observed between changes to daily conduct and the consumption index (see Table 1). Taken together, these findings show that H1 was partially supported by the results.

Table 1. Pearson’s chi-squared test between changes to daily conduct, anxiety level, consumption index and news following.

	Anxiety Level	Consumption Index	News Following
Changes to daily conduct	$X^2_{(8)} = 28.07$	$X^2_{(8)} = 20.499$	$X^2_{(8)} = 43.767$
	$r_c = 0.167$	$r_c = 0.143$	$r_c = 0.208$
	$p < 0.001$	$p = 0.009$	$p < 0.001$

Furthermore, to test our second hypothesis (H2a—“There is a positive correlation between feeling informed and the degree of following news updates”), the Spearman correlation coefficient was computed. The results showed a significant negative correlation between feeling informed enough to understand the situation and following the news updated ($r_s = -0.22, p < 0.001$). Accordingly, H2a had to be rejected.

Finally, to test our third hypothesis (H2b—“Anxiety levels and media consumption mediate the relationship between feeling informed and the tendency to follow news updates. Specifically, increased anxiety and greater media consumption moderate the effect of feeling informed on the intensity of following the news updates”), we used Hayes’ (Hayes, 2013) PROCESS bootstrapping command with 5000 iterations (Model 4). In the analysis, we treated feeling informed as a predictor variable, anxiety level and consumption in parallel as mediators, and following news updates as the dependent variable. The results revealed that the 95 percent confidence interval for the indirect effect of feeling informed on following news updates through anxiety level did not include 0 (95% CI [−0.165, −0.053]) with 5000 resamples ($F_{(1502)} = 14.52, p < 0.001, R^2 = 0.028$). Moreover, the results also showed that the 95 percent confidence interval for the indirect effect of feeling informed on following news updates through consumption did not include 0 (95% CI [−0.022, −0.007]) with 5000 resamples, although the model was not significant ($F_{(1502)} = 0.846, p = 0.358, R^2 = 0.001$). Finally, the direct effect with 95 percent confidence interval for feeling informed on following news updates through anxiety level and consumption did not include 0 (95% CI [−0.481, −0.217]) with 5000 resamples ($F_{(3502)} = 52.33, p < 0.001, R^2 = 0.239$). Said differently, a two-path moderation was examined: one pathway passing through anxiety level which was significant and a second pathway passing through consumption that was partially significant (see Figure 6). Taken together, these results support H2b.

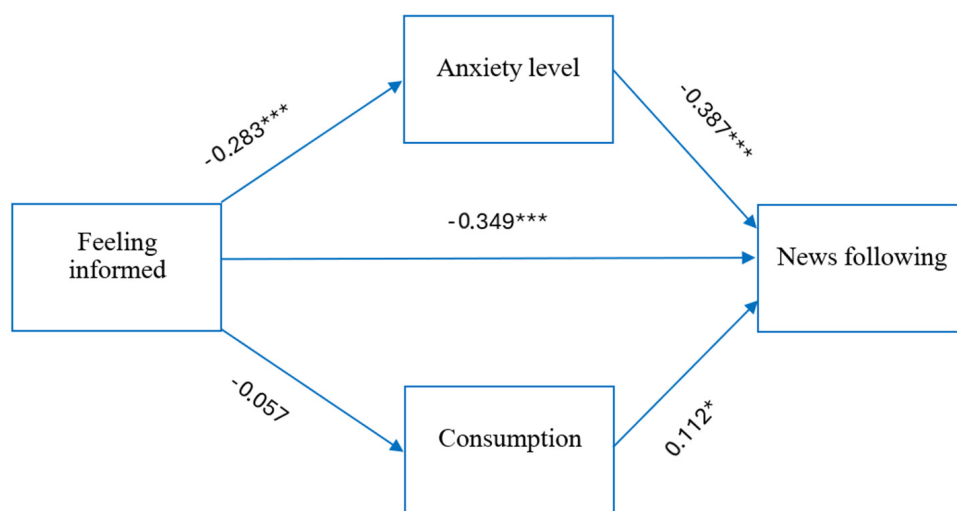


Figure 6. Mediating role of anxiety level and consumption in the relationship between feeling informed and news following. Note: * $p < 0.05$, *** $p < 0.001$.

7. Discussion

In this study, we examine the relationship between media consumption, anxiety, and behavioral responses during the April 2024 Iranian missile attack on Israel. The findings provide critical insights into how real-time exposure to news during crises impacts psychological and behavioral outcomes. Our results largely supported our first hypothesis (H1) predicting that changes in daily behavior, such as staying at home or canceling plans, would positively correlate with both higher levels of anxiety and increased media consumption. These findings are consistent with prior research on crisis-related media consumption. For instance, [Kaim and Bodas \(2024\)](#) and [Malecki et al. \(2023\)](#) established that, during uncertain situations when people experience elevated anxiety, they seek information as a coping mechanism.

However, our second hypothesis (H2a) where we anticipated a positive correlation between feeling informed and further news-following behavior was not supported by the results. Specifically, we found that individuals who perceive themselves as adequately informed may disengage from ongoing media updates. One potential explanation that could underline this outcome might be related to information overload; at some point, people reach a threshold of exposure where they feel they have sufficient information to understand the ongoing crisis but, beyond this point, perceive further updates as excessive or even stressful. This finding aligns with the concept of cognitive closure; individuals who feel they have enough information about the situation may consciously reduce further engagement to avoid additional emotional distress ([Oh et al., 2021](#); [Baerg & Bruchmann, 2022](#)). This response likely serves to shield individuals from the heightened emotional toll of continuous exposure to distressing content. Accordingly, feeling sufficiently informed allows people to regain emotional resilience by disengaging from the cycle of news consumption, particularly during crises marked by intense, ongoing media attention.

Finally, with regard to our third hypothesis (H2b), the results strongly supported the predicted mediating role of anxiety in the relationship between feeling informed and the tendency to follow news updates. In our findings, elevated anxiety levels prompted individuals to continue consuming news even when they reported feeling informed, suggesting that anxiety can override the feelings of cognitive closure and drive further media engagement. This finding is consistent with previous research indicating that anxiety fuels compulsive media consumption during crises, particularly when media coverage is emotionally charged or involves perceived personal threats ([Valentino et al., 2008](#); [Nekliudov et al., 2020](#)).

Taken together, the results of this study highlight the dual-edged nature of media consumption. On the one hand, it can provide a sense of control; on the other hand, it perpetuates stress. Understanding this dynamic is essential for the development of effective interventions aimed at helping individuals to better regulate their media habits during crises.

8. Conclusions

Embodying how modern media infrastructures can package imminent threats into structured, near-scheduled events, the April 2024 missile attack marks a significant evolution in media events. For the first time in recent history, civilians witnessed a national security crisis unfold in real time, waiting in their homes for the anticipated impact of missiles with a visible countdown to each strike. This redefines the boundaries of media and civilian experience in conflict zones, not only providing information but also an emotionally immersive, suspense-driven experience akin to entertainment formats. The results of this study underscore the psychological and behavioral ramifications of such coverage,

calling for an in-depth understanding of media's dual role in both informing and shaping public sentiment in the times of crisis.

One of the important insights of this study is the observed high level of anxiety reported by the respondents, with nearly 25% mentioning having experienced significant to extreme levels of distress. This substantial figure reflects the intensity of the emotional response to the crisis, highlighting the need for public health strategies that would adequately address mental health alongside consistent and comprehensive crisis communication. As demonstrated by the results, continuous exposure to real-time news may contribute to elevated anxiety, particularly as individuals attempt to stay updated on unfolding events. Our results also point to the importance of providing clear guidelines on healthy media consumption during crises, which could help the audience to manage their media intake in ways that would support mental well-being.

Our findings also emphasize the significant impact of media events—broadcast moments with a broad societal significance that disrupt daily routines. As argued by [Dayan and Katz \(1992\)](#), media events create a shared experience that binds audiences, frequently fostering a communal sense of crisis. With live coverage and an immediate public impact, the April 2024 missile attack on Israel fits this definition and illustrates how media events can concurrently foster social cohesion and elevate stress levels. Coverage of such events both creates a sense of unity and intensifies feelings of vulnerability in the audience.

Interestingly, the results of this study suggest that, although media consumption can serve as a coping mechanism, excessively following news updates may also lead to information overload. As a way to manage stress, individuals who feel sufficiently informed may intentionally disengage from further news updates. This pattern points to a critical threshold at which media consumption shifts from being helpful to being harmful and thus highlights the importance of media literacy programs that help individuals navigate crises without experiencing adverse psychological effects.

To conclude, this study highlights the need for further research on the psychological impacts of media consumption during crises, along with the development of effective intervention strategies that would support healthy media engagement. As real-time information becomes increasingly accessible worldwide, it is essential to understand how to best balance the audience's need for information with mental health considerations. As demonstrated by our results, one of the most pertinent challenges here is to empower individuals to stay informed while minimizing adverse psychological consequences that can accompany media consumption during stressful events.

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Informed Consent Statement: Written informed consent was obtained from all of the subjects involved in this study.

Data Availability Statement: Data will be made available upon request.

Conflicts of Interest: The authors declare no conflicts of interest.

Appendix A

Full Survey Questionnaire

1. **Please state your gender**
(Open response)
2. **What is your age?**
(Open response)
3. **How would you define yourself religiously?**
 - Secular
 - Traditional
 - Religious
 - Ultra-Orthodox
4. **During the hours of the attack from Iran, how would you describe your level of anxiety?**
 - I did not feel anxious at all
 - I felt slight anxiety
 - I felt moderate anxiety
 - I felt high anxiety
 - I felt extreme anxiety
5. **How did you receive information about the event in real-time? (Check all that apply)**
 - Television
 - Radio
 - Internet/news websites
 - Social media
 - Messages from friends or family
 - Other (please specify)
6. **Did you make any changes to your daily routine following the situation?**
 - I made no changes
 - I stayed at home
 - I canceled meetings or other plans
 - I followed security instructions
 - Other (please specify)
7. **On average, how much time did you spend following news about the event on that day?**
 - Less than an hour
 - Between one and three hours
 - Between three and five hours
 - More than five hours
 - I did not follow the news
8. **Did you feel that the information you received from the media was sufficient and helped you understand the situation?**
 - Yes, the information was helpful and clear
 - The information was partial but somewhat helpful
 - No, the information was not helpful

9. **To what extent did you trust the information provided by official bodies (IDF spokesperson, Home Front Command, and the government) during the evening of the attack?**
 - I did not trust it at all
 - I trusted it a little
 - I somewhat trusted it
 - I trusted it greatly
10. **How many people, including yourself, live in your household?**

(Open response)
11. **What is your marital status?**
 - Single
 - Married
 - Divorced/Separated
 - Widowed
12. **Is your income:**
 - Above average
 - About average
 - Below average
13. **Is your household income:**
 - Above average
 - About average
 - Below average
14. **Do you have children? If yes, please specify the ages of your children. If not, please select "I have no children".**
 - I have no children
 - (Open response for all ages if applicable)
15. **What is your level of education?**
 - Less than high school
 - High school diploma
 - Bachelor's degree or higher
16. **What is your primary occupation?**

(Open response)
17. **In what country you were born?**

(Open response)
18. **If you are an immigrant, in which year did you immigrate to Israel?**

(Open response, if applicable)

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