

## CAIR Pandemic Impact Questionnaire (C-PIQ)\*

***For each of the items below, please check the boxes to indicate whether it has happened to you personally or to someone close to you IN THE PAST TWO WEEKS.***

***Please respond to the following questions about the way that the COVID-19 pandemic has affected you IN THE PAST TWO WEEKS.***

1. ...how much are you reading, watching/listening, talking or thinking about coronavirus/COVID-19?
  - a. Never (0)
  - b. Rarely (1)
  - c. Occasionally (2)
  - d. Often (3)
  - e. Most of the time (4)
  
2. ... how much do you worry about your health or the health of your friends or family?
  - a. Never (0)
  - b. Rarely (1)
  - c. Occasionally (2)
  - d. Often (3)
  - e. Most of the time (4)
  
3. ... how stressful have changes in social (family and friends) contacts been for you?
  - a. Not at all (0)
  - b. Slightly (1)
  - c. Moderately (2)
  - d. Very (3)
  - e. Extremely (4)
  
4. ... how stressful have changes in your way of life (financial, education, living situation, childcare, etc.) been for you?
  - a. Not at all (0)
  - b. Slightly (1)
  - c. Moderately (2)
  - d. Very (3)
  - e. Extremely (4)
  
5. ...how much has your mental/emotional health been worsened by the COVID-19 pandemic?
  - a. Not at all (0)
  - b. Slightly (1)
  - c. Moderately (2)
  - d. Very (3)
  - e. Extremely (4)