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

9. ...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)

10. ... 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)

11. ... 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)

12. ... 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)

13. ...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)

14. ... how much has your sleep been worsened by the pandemic on the average night?
    a. No loss of sleep (0)
    b. <1 hour less sleep (1)
    c. 1-3 hours less sleep (2)
    d. >3 hours less sleep (3)

An impact total score is created by summing responses to items 9-14 for a range of 0-23.