

**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.*