Has the COVID-19 pandemic led to any of the following positive changes in your life IN THE PAST TWO WEEKS?

15. …strengthened your relationships with others or your community
   a. Not at all (0)
   b. Slightly (1)
   c. Moderately (2)
   d. Very (3)
   e. Extremely (4)

16. …created new possibilities
   a. Not at all (0)
   b. Slightly (1)
   c. Moderately (2)
   d. Very (3)
   e. Extremely (4)

17. …helped you identify personal strengths
   a. Not at all (0)
   b. Slightly (1)
   c. Moderately (2)
   d. Very (3)
   e. Extremely (4)

18. …created spiritual change
   a. Not at all (0)
   b. Slightly (1)
   c. Moderately (2)
   d. Very (3)
   e. Extremely (4)

19. …increased your appreciation of life
   a. Not at all (0)
   b. Slightly (1)
   c. Moderately (2)
   d. Very (3)
   e. Extremely (4)

A growth total score is created by summing responses to items 15-19 for a range of 0-20

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