

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.

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

1. ...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)

2. ...created new possibilities

- a. Not at all (0)
- b. Slightly (1)
- c. Moderately (2)
- d. Very (3)
- e. Extremely (4)

3. ...helped you identify personal strengths

- a. Not at all (0)
- b. Slightly (1)
- c. Moderately (2)
- d. Very (3)
- e. Extremely (4)

4. ...created spiritual change

- a. Not at all (0)
- b. Slightly (1)
- c. Moderately (2)
- d. Very (3)
- e. Extremely (4)

5. ...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

*Complementary and Integrative Research (CAIR) Lab, PI Ariel J Lang, PhD, MPH (ajlang@health.ucsd.edu). Measure adapted from MacLean & Cloitre, 2020; CRISIS V0.2; and Taku, Cann, Calhoun & Tedeschi, 2008