

# June Covid19 Participant Experience Cope Survey

What should I know before participating?

The All of Us Research Program is interested in understanding the changes in your experiences and health during the time of the coronavirus disease 2019 (COVID-19) pandemic. Help us learn more by completing this survey. Participating in this survey may help researchers around the world better understand the impact of COVID-19 during this challenging time. The All of Us Research Program will repeat this survey throughout the pandemic.

The questions in this survey may be sensitive and may cause worry or anxiety. Remember, your privacy is very important to us. Your name and identity will be separated from your answers before information is shared with approved researchers.

No one will monitor your answers in real time. But, based on your answers, the system may suggest free phone and text resources to help you.

You can choose not to answer any question at any time. This survey will take approximately 20 to 30 minutes to complete.

Yes, I'm ready to take the survey now. Yes, I would like to take the survey at a later time. No, I do not want to take the survey.

Please answer each question as honestly as possible. We are looking for your own answers, and not what you think your doctors, family, or friends want you to say.

Don't feel like you must spend a long time on each question. The first answer that comes to you is usually the best one. If you aren't sure how to answer a question, choose the best answer from the options given.

Some questions also let you say if you don't know an answer or would rather not answer. Some of the questions may be sensitive. You can choose not to answer any question.

## Social Distancing Experiences

The following questions ask about your experiences with social distancing. Social distancing means keeping space between yourself and other people outside of your home.

In the past month, have recommendations for socially distancing caused stress for you?

A lot  
Somewhat A  
little Not at all

Thinking about your current social habits, in the last 5 days: I have stayed home all day (aside from time spent outdoors, but never closer than 6 feet from people who are not from my home).

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have gone to my workplace or volunteer site that is outside my home.

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have attended social gatherings outside my home of MORE than 10 people.

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have attended social gatherings outside my home of LESS than 10 people.

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have gone on shopping trips or outings that were "just for fun".

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have visited nursing homes or long-term care facilities (outside of work duties).

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day

Thinking about your current social habits, in the last 5 days: I have been in close contact with someone who is in a risk group for COVID-19 (adults age 50+, people with chronic medical conditions like heart, lung, liver, or kidney disease, diabetes, high blood pressure, or a suppressed immune system). This includes someone inside or outside of your household.

None of the days (0 days) A  
few days (1-2 days) Most  
days (3-4 days) Every day I  
don't know

Thinking about these activities in the last 5 days, my social interaction with people outside my home was

A lot less than normal  
Somewhat less than normal  
About the same as normal More  
than normal A lot more than  
normal

Now, thinking about the COVID-19 recommendations and mandates...How often in the past month are you doing the recommended pandemic hygiene, like washing hands frequently, avoiding touching your face, covering coughs, wearing a mask, and avoiding frequently touched surfaces in public places?

All of the time Most  
of the time  
Sometimes Rarely