



## COPE: Coronavirus Perinatal Experiences - Impact Survey (COPE-IS)

ALL RESPONDENTS

### PART 5: COVID-19 OUTBREAK – RESTRICTED ACTIVITIES

**1. Which of the following situations apply to you and your family? (check all that apply)**

- (1) No restrictions currently
- (2) Voluntary quarantine due to fear of exposure
- (3) Voluntary quarantine due to confirmed/suspected case in household
- (4) Mandated self-isolation/quarantine by medical professional due to confirmed/suspected case (not allowed to go out for any reason including groceries)
- (5) Stay-at-home order by local government and/or employer urging people to stay home (e.g., can still take walks and socialize outdoors while maintaining social distancing)
- (6) Shelter-in-place order by local government (i.e., only permitted outdoors for essential purposes)

**2. Do you agree with the restrictions that have been recommended or required by your local and national government?**

- (1) I think the restrictions are too lax
- (2) I think the restrictions are too strict
- (3) I think the restrictions are good

**3. In your home do have access to...**

- (1) An internet connected phone?
  - (1) Yes
  - (0) No
- (2) An internet connected computer?
  - (1) Yes

(0) No

(3) A quiet place for private calls, work or individual activities?

(1) Yes

(0) No

(4) Private outdoor space (i.e. yard)?

(1) Yes

(0) No

(5) Public outdoor space(s)?

(1) Yes

(0) No

**4. Which of the following behaviors are you restricting on purpose (you have decided to do these things less)? (check all that apply; leave blank if none apply)**

(1) In-person contact with family inside the home (i.e. you have decided to stay separate from one or more members of your household)

(2) In-person contact with family who live outside the home

(3) In-person contact with friends

(4) In-person contact with other pregnant women or parents

(5) In-person contact with colleagues at work

(6) Regular childcare by outside care provider

(7) Family or personal travel

(8) Family activities in outdoor spaces (e.g., beaches, forests, national parks)

(9) Family activities in public spaces (e.g., museums, playgrounds, theatres)

(10) Going to restaurants or stores

(11) Indoor exercise classes or recreational sports

(12) In-person events in the community

(13) In-person religious services

**5. Which activity do you miss the most? (choose one)**

(1) In-person contact with family and/or friends

(2) In-person contact with colleagues at work

- (3) In-person contact with other pregnant women or parents
  - (4) Breaks from childcare duties
  - (5) Family or personal travel
  - (6) Family activities in public spaces (e.g., museums, playgrounds, theatres)
  - (7) Outdoor recreational activities
  - (8) Going to restaurants or stores
  - (9) Indoor exercise classes or recreational sports
  - (10) In-person events in the community
  - (11) In-person religious services
  - (12) Other
- If other, please list: \_\_\_\_\_

**6. Do you have any of the following concerns for your family? For items of concern, please indicate your feelings ...**

	Not of concern	Mildly distressing	Moderately distressing	Highly distressing
Reduced access to foods or goods in the future				
Reduced access to medicine and hygiene supplies in the future				
Reduced access to baby supplies (e.g. Formula, diapers, wipes) in the future				
Reduced access to mental health care in the future				
Reduced access to general health care in the future				
Reduced access to positive social interactions due to social distancing and/or quarantine				

**7. Which one of these sources do you find the most useful for receiving information about the COVID-19 outbreak? (select all that apply)**

- (1) Prenatal or postpartum medical care providers
- (2) Child's pediatrician
- (3) Other pregnant women/new moms
- (4) Family or friends
- (5) International health organizations (e.g. WHO)
- (6) Centers for Disease Control and Prevention (CDC)
- (7) Federal government
- (8) State health department
- (9) Local government (city or county)
- (10) Social network sites (e.g. Facebook)
- (11) National news
- (12) Local news
- (13) Websites about pregnancy
- (14) Other community
- (15) Other

If other, please list: \_\_\_\_\_

***\*Questions #1-7 are listed as questions 18 – 24 in original survey***

**Suggested citation:** Thomason, M.E., Graham, A., VanTieghem, M.R. (2020). The COPE-IS: Coronavirus Perinatal Experiences – Impact Survey.