### Section 7: Coping

1. Which of the following strategies [have been/were] helpful to YOU during the COVID-19 outbreak?

1a. **Texting, calling or video-calling family members or friends**

   - Not at all/I didn’t try this
   - Slightly
   - Somewhat
   - Moderately
   - Very much

1b. **Talking to therapist**

   - Not at all/I didn’t try this
   - Slightly
   - Somewhat
   - Moderately
   - Very much

1c. **Exercising/walking**

   - Not at all/I didn’t try this
   - Slightly
   - Somewhat
   - Moderately
   - Very much
1d. Cooking/baking
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1e. Arts and crafts project
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1f. Cleaning/doing household chores
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1g. Playing games with family members
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1h. Playing online games
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1i. Virtual entertainment (concerts, live shows, sports, museums, etc.)
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

1j. Other (specify) _______________________
   Not at all/I didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]

2. Overall, do you think the COVID-19 outbreak has had a positive impact on your life?
   [ ] No positive impact
   [ ] Small positive impact
   [ ] Moderate/medium positive impact
   [ ] Large positive impact

   If respondent had children, ask;
   3. Which of the following strategies [have been/were] helpful to YOUR CHILD while staying at home because of the COVID-19 outbreak?

   3a. Texting, calling or video-calling family members or friends
   Not at all/Didn’t try this   Slightly   Somewhat   Moderately   Very much
   [ ]   [ ]   [ ]   [ ]   [ ]
<table>
<thead>
<tr>
<th>Activity</th>
<th>Not at all/Didn’t try this</th>
<th>Slightly</th>
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<td>3b. Virtual learning/school</td>
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<td>3c. Talking to therapist</td>
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<td>3g. Playing Board games, cards with family members</td>
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<td>3j. Other (specify)</td>
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