

COVID-19 measures associated with the study:
Telling our stories in the age of COVID-19

Study PI and contact information:

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Overarching goal:

The study is intended to better understand the day-to-day impact of the novel coronavirus on the lives of the global public. Using regular journal entries along with several open and close ended questions specific to the impact of COVID-19, we aim to understand personal experiences of the global pandemic as it occurs in real time. We are specifically interested in situational changes, COVID-19 exposure and experience, COVID-19 related concerns, daily mood changes, and perceived impact, mental health impact, and use of social media.

Study population

As of May 6, 2020, participants represent 29 countries and 35 states within the United States. At the current time, respondent age range is 18 – 82 (mean = 44.8) and largely female (89.29%; 9.2% male). There is considerable variation in where people are living (this was check all that apply): 38% are with a spouse/partner, 18% with children <18, 10.2% with adult children, 10.7% with parents, 4.9% with roommates and the rest in variations on this basic arrangement. Neither SES nor race/ethnicity data was collected.

Study Design:

All participants have been recruited using principal investigator networks, organizational partner (Cornell university and Jed Foundation) publicity and paid advertisements on Facebook in a number of regions around the world and within the US. Participants enter the study through an online portal (<https://www.covid-stories.com/>) and are sent an initial survey where living context data is gathered. After signing up, participants receive a daily link to a short survey that assesses change since previous participation in a righty of domains. Twice a week respondents are sent a slightly modified version of daily survey to assess mental health impact and social media use.

Survey domains and items

The remainder of this document detail specific survey domains and measures. Note that this is a compendium of all items used across the three surveys (the initial survey, the daily survey and the twice a week survey). Non-COVID-19 specific measures appear at the bottom of the measure list.

Covid 19 specific measures

Situational / contextual factors

1. Where are you living during the COVID-19 pandemic? (*city, state/province/region, country*)

2. What was your employment/school status before COVID-19 policy changes?
 - a. Unemployed
 - b. Student
 - c. Full-time employment (please specify job)

 - d. Part-time employment (please specify job)

 - e. Other _____

3. How did Covid19 affect your employment/student status? (check all that apply)
 - a. Still employed/studying but with **decreased** hours
 - b. Still employed/studying but with **increased** hours
 - c. Still employed/studying but have moved to online/remote work
 - d. Laid off
 - e. No change
 - f. Unknown at this time
 - g. Other (please specify) _____

4. Who are you living with during the COVID-19 pandemic (*Check all that apply*)
 - a. Parents
 - b. Grandparents
 - c. Young siblings (under age 18)
 - d. Adult siblings
 - e. Friends or roommates
 - f. Children under the age of 18 (as a parent/guardian)
 - g. Adult children
 - h. Spouse/partner
 - i. Another family member
 - j. Other (please specify) _____

5. Has anything about your living or work situation changed since your last post? (*check all that apply*)
 - a. No
 - b. Yes, my living situation has changed
 - c. Yes, my work/school situation has changed
 - d. Yes, my economic situation has changed

- e. Yes, something else has changed (please specify)

Covid19 regional restriction status

6. In the area in which you currently reside, are there government-imposed requirements that affect you movement in and out of home? (*Check as many as apply*)
- a. There are no requirements that affect my movement; I am free to come and go as usual
 - b. our government has some guidelines, but no formal requirements
 - c. we are required to practice social distancing when we are in public
 - d. We are required to stay at home, but can leave the house to meet basic needs (such as buying food or exercising)
 - e. We are required to wear masks when social distancing is not possible (e.g. grocery stores)
 - f. We are required to wear masks at *all times* in public
 - g. We must request permission from the government to leave home
 - h. Only one family member may leave the home each day
 - i. Other (please specify) _____
7. Have there been any changes in government issued mandates (regarding movement in and out of home) since you last completed this question? (Check all that apply)
- a. No, there have not been any changes
 - b. Yes, some mandates have been lifted
 - c. Yes, some mandates have been added

Covid19 specific concerns re: health, finances, and overall impact

8. Are you worried about getting health care if you or any of your family members need it?
- a. Yes
 - b. No
 - c. Not sure
9. Are you worried about financial impact on you or your family?
- a. Yes
 - b. No
 - c. Not sure

Covid19 health status

10. Do you have risk factors that place you at high risk for contracting COVID-19?
- a. Yes
 - b. No
 - c. Not sure

11. Does anyone you live with have risk factors that place them at high risk for contracting COVID-19?
- Yes
 - No
 - Not sure

12. Have you had a recent positive Covid-19 diagnosis or symptoms that make you believe you might have it?
- No
 - Yes, I have had a recent positive diagnosis
 - I have recently had symptoms but have not been tested or have not received the results
 - I have already shared about my experience
 - Other _____

13. **(If yes to #21)** If you are comfortable sharing, we would like to know about your personal experience with Covid-19. Consider sharing details related to care (did you receive needed care? Were you at home or in a hospital?), how your body, mind, and emotions are/were affected (did you feel increased anxiety, calm or something else?), the recovery process (how long did it take to recover? What was the process like?), how you felt during and after recovering (how long did it take for you to feel "normal"? Are there lingering / lasting effects?). What has and has not surprised you about the experience?

<Open ended response>

14. Have any of your loved ones tested positive for COVID-19?
- Yes, I have loved ones with a positive Covid-19 test
 - I have loved ones with symptoms, but who have not been tested (or who are awaiting tests results)
 - One of my loved ones has died of Covid 19
 - No, not that I am aware of

Covid19 impact

15. How do you think the COVID-19 pandemic will impact your life as a whole?

<Open ended response>

16. Based on what you have experienced and observed so far, what advice would you have for individuals and officials who have yet to be impacted by this pandemic?

<Open ended response>

17. (On a scale of 1-10 where 1= “has not impacted at all” and 10= “has majorly impacted”) How has the COVID-19 pandemic impacted your personal daily life with regard to:

- a. Work/school participation
- b. Economic situation
- c. Physical health
- d. Mental health

18. (On a scale of 1-10 where 1= “has not impacted at all” and 10= “has majorly impacted”) How has the COVID-19 pandemic impacted your family with regard to:

- a. Work/school participation
- b. Economic situation
- c. Physical health
- d. Mental health

Journal entries: Personal reflections and experiences

19. There are so many questions to be answered at a time like this. Think about what’s most on your mind. Here are a few examples of questions you can consider: What are you feeling /worrying about? What are you doing to cope and stay busy? What decisions are you trying to make? How are people around you reacting? How have your relationships been impacted? What has helped you? If you’re in quarantine or just housebound, how is that? What are you noticing and thinking about?

Open ended response (this item is followed by another which invites people to upload images, videos or audio files that might accompany this text)

20. Please provide a summary of key events / news highlights in the last 24 hours that have implications for you, your family and/or your larger community (describe the event or highlights and a little about the anticipated or actual impact on your community, family/co-habitants, or personal life). If nothing has changed since you last posted, leave blank

Open ended response (this item is followed by another which invites people to upload images, videos or audio files that might accompany this text)

21. A silver lining is the uplifting or hopeful side of a situation that is gloomy on the surface. COVID-19 is certainly gloomy for many of us on the surface. But, for some people and on some days, there are silver linings. What is your silver lining today?
- There is no silver lining
 - My silver lining is:

Open ended response (this item is followed by another which invites people to upload images, videos or audio files that might accompany this text)

Role of social media

22. Use this space to describe the role that social media is playing in your sense of wellbeing, connection with others, news updates, and life overall.

<Open ended response>

23. On a scale of 1-10, to what extent do you:
- Generally feel emotionally after being on SM (1=feel way worse –10= feel way better)
 - Feel more/less connected to people (1=feel much less connected – 10=feel much more connected)
 - Feel more/less overwhelmed (1=feel much less overwhelmed – 10=feel much more overwhelmed)

Covid19 inspired art

24. If your creative project is text-based or web-based, please share it below or share the URL for the webpage.
25. If your creative project is imagery based please upload below [*image upload button*]
26. Please tell us a little about your creative project -- what format is it? What was the inspiration?
27. Approximately what date or range of dates was this project created?
28. Was this an individual or collaborative project?
- Individual
 - Collaborative

29. Is there anything else you would like to share, or like others to know, about this creative project?

Non-Covid19 related measures

Demographics / contexts

30. What is your age?

31. What is your gender

- a. Male
- b. Female
- c. Transgender
- d. non-binary
- e. other _____

32. Do you have one or more pets that you regularly interact with where you are living?

- a. Yes, I have _____
- b. No, I do not)

Emotional and mental health status (PANAS & K-6)

33. Indicate the extent you feel this way today (*Very slightly or not at all* | *A little* | *Moderately* | *Quite a bit* | *Extremely*) (Measure: PANAS)

- a. Interested
- b. Distressed
- c. Excited
- d. Upset
- e. Strong
- f. Guilty
- g. Scared
- h. Hostile
- i. Enthusiastic
- j. Proud
- k. Irritable
- l. Alert
- m. Ashamed
- n. Inspired
- o. Nervous
- p. Determined
- q. Attentive
- r. Jittery

- s. Active
- t. Afraid

34. During the past week, about how often did you feel... (*None of the time* | *A little of the time* | *Some of the time* | *Most of the time* | *All of the time*) (Measure: K-6)
- a. ...nervous?
 - b. ...hopeless?
 - c. ...restless or fidgety?
 - d. ...so depressed that nothing could cheer you up?
 - e. ...that everything was an effort?
 - f. ...worthless?

