



**Q4.** Since becoming aware of the COVID-19 outbreak, how often have you startled easily?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wothuka lula kangakanani?*

- 1 *Hayi kwaphela*
- 2 *Ngamanye Amaxesha*
- 3 *Rhoqo*

**Q5.** Since becoming aware of the COVID-19 outbreak, how often have you had angry outbursts?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wavutha ngumsindo kangakanani?*

- 1 *Hayi kwaphela*
- 2 *Ngamanye Amaxesha*
- 3 *Rhoqo*

**Q6.** Since becoming aware of the COVID-19 outbreak, how often have you felt a sense of time slowing down?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uve kangakanani ingathi ixesha liyacotha?*

- 1 *Hayi kwaphela*
- 2 *Ngamanye Amaxesha*
- 3 *Rhoqo*

**Q7.** Since becoming aware of the COVID-19 outbreak, how often have you felt in a daze?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye waziva kangakanani wothukile/ungakwazi ukucinga kakuhle?*

- 1 *Hayi kwaphela*
- 2 *Ngamanye Amaxesha*
- 3 *Rhoqo*

**Q8.** Since becoming aware of the COVID-19 outbreak, how often have you tried to avoid thoughts and feelings about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uzame kangakanani ukungahoyi ingcinga okanye imizwa nge COVID-19?*

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

**Q9.** Since becoming aware of the COVID-19 outbreak, how often have you tried to avoid reading or watching information about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wazama kangakanani ukungahoyi ukufunda okanye ukubukela ulwazi malunga ne COVID-19?*

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

**Q10.** Since becoming aware of the COVID-19 outbreak, how often have you had distressing dreams about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wanamaphupha ahluphayo nge COVID-19 kangakanani?*

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

**Q11.** Since becoming aware of the COVID-19 outbreak, how often have you been distressed when you see something that reminds you of COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

*Ukusukela ekubeni wazile kuba kukhona uqhabhuko lwe-COVID-19, uye waxinezeleka kangakanani xaubona into ekukhumbuza nge COVID-19?*

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

**Q12.** What have you done to cope with your stress related to the COVID-19 outbreak?  
*Select all that apply.*

- Meditation and/or mindfulness practices
- Physical activity
- Spending time outside
- Spending time with friends in-person
- Spending time with friends remotely (e.g., online, social media, texting)
- Spending time watching TV, playing video/computer games, or using social media
- Engaging in family activities (e.g., games, sports)
- Eating, including snacking
- Reading books, or doing activities like puzzles and crosswords

- Talking to your healthcare providers, including mental healthcare provider (e.g., therapist, psychologist, counselor)
- Consulting with ancestors, spiritual leaders, or traditional healers
- Volunteer work
- Other, please specify

*Uyewenza ntoni ukumelana noxinezelelo okunqamane nokubakho uqhabuko lwe-COVID-19? Khetha konke okufanelekileyo.*

- *Ukuzilolonga ngezinto ezipholisa inqodo*
- *Imisebenzi yomzimba*
- *Ukuchitha ixesha ngaphandle*
- *Ukuchitha ixesha nabahlobo ngokubonana*
- *Ukuchitha ixesha nabahlobo bekude (umz, kwi intanethi, imidiya yokuncokola, ukubhalelana ngokwe fowuni)*
- *Ukuchitha ixesha ubukela umabona kude, udlala iVidiyo/ okanye imidlalo kwikhompyuter okanye usebenzisa imidiya yokuncokola*
- *Ukubandakanyeka kwimisebenzi yosapho (umz. Imzidlalo, ezemidlalo)*
- *Ukutya, ukuquka okutya into ezincinci*
- *Ukufunda incwadi, okanye ukwenza imisebenzi enjenge puzzile namagama*
- *Ukuthetha naba khathaleli bakho bempilo, okuquka abakhathalele impilo yengqondo (umz. i-therapist, ugqirha wengqondo, i-counsela)*
- *Ukubonisana nezinyanya, inkokheli zomoya, okanye abanyanga ngokwesintu*
- *Umsebenzi wokuvolontiya*
- *Okunye; Nceda uchaze wenze njani ukumelana noxinzelelo okudibene nobukho boqhabhuko lwe- COVID-19.*

**Q13.** *Items for daughters (ages 15-19 years):* Since the COVID-19 outbreak, has the quality of the relationship between you and your mother changed? When we say mother we mean the caregiver who is doing IMARA with you.

- 1 Yes, it's better
- 2 No, it's about the same
- 3 Yes, it's worse

*Ukusukela oko kwaqale uqhabhuko lwe-COVID-19, ingaba ukomelela bobudlelwane phakathi kwakho nomama wakho buye baguquka? Xasisithi umama sithetha umkhathaleli owenza u-IMARA kunye nawe.*

- 1 *Ewe, kungcono*
- 2 *Hayi, kubufana*
- 3 *Ewe, kubi kakhulu*

*Item for mothers/caregivers:* Since the COVID-19 outbreak, has the quality of the relationship between you and your daughter changed? When we say daughter we mean the girl who is doing IMARA with you.

- 1 Yes, it's better
- 2 No, it's about the same
- 3 Yes, it's worse

*Ukusukela oko kwaqale uqhabhuki lwe-COVID-19, ingaba ukomelela bobudlelwane phakathi kwakho nentombi yakho buye baguquka? Xasisithi intombi yakho sithetha intombi eyenza u-IMARA kunye nawe.*

- 1 *Ewe, kungcono*
- 2 *Hayi, kubufana*
- 3 *Ewe, kubi kakhulu*

**Q14.** Since the COVID-19 outbreak, are you concerned about being at risk for homelessness because of not being able to pay your rent or bond?

- 1 Not at all concerned
- 2 Somewhat concerned
- 3 Very concerned

*Ukusukela oko kwaqale uqhabhuko lwe-COVID-19, uxhalabile ekubasesichengeni sokungabinandawo yokuhlala kuba awukwazi ukubhatala imali yerente okanye ibhondi?*

- 1 *Akunkxhalabisi kwaphela*
- 2 *Kunkxhalabisi ngandlela ithile*
- 3 *Kunkxhalabisi kakhulu*

**Q15.** Since the COVID-19 outbreak, do you worry whether your food would run out because of a lack of money?

- 1 Yes
- 0 No

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyaxhalaba ukuba ukutya kwakho kungaphela kuba kungekho mali?*

- 1 *Ewe*
- 0 *Hayi*

**Q16.** Since the COVID-19 outbreak, you have sex:

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, wabelana ngesondo:*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q17.** Since the COVID-19 outbreak, you drink alcohol (beer, wine, liquor, local brew, booze, spirits, etc.):

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, usela utywala (ibhiya, iwayini, utywala, utywala obenziwiweyo, isipirithi, nokunye.):*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q18.** Since the COVID-19 outbreak, you use marijuana (dagga, chamba, weed):

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, usebenzisa insangu(dagga, chamba, i-weed) :*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q19.** Since the COVID-19 outbreak, you use drugs other than marijuana:

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, usebenzise iziyobisi ngaphandle kwensangu:*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q20.** Since the COVID-19 outbreak, you go to the clinic or attend health care appointments with your doctor:

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyaya eKlinikhi, okanye uphumelele kumadinga akho wempilo nogqirha wakho:*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q21.** Since the COVID-19 outbreak, you get PrEP clinical care:

- 1 Less often
- 2 About the same
- 3 More often

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyayifumana inkathalo yeKlinikhi ka PrEP:*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q22.** Since the COVID-19 outbreak, your adherence to daily oral PrEP has:

- 1 Decreased
- 2 Not changed
- 3 Increased

*Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, ukubambelela kwakho ekuthatheni iPrEP eselwayo mihla yonke kuye kwa:*

- 1 *Rhoqo kancinci*
- 2 *Ngokufanayo*
- 3 *Ngamaxesha amaninsi*

**Q23.** Since the COVID-19 outbreak, your willingness to prevent HIV has:

- 1 Decreased
- 2 Not changed
- 3 Increased

*UKUSUKELA OKO KWAQALA UQHABHUKE LWE-COVID-19, UKULUNGELA KWAKHO UKUTHINTELA IHIV KUYE KWA:*

- 1 *Kwehlile*
- 2 *Akutshintshanga*
- 3 *Kwenyukile*