COVID-19 EXPERIENCES AMONG SOUTH AFRICAN ADOLESCENT GIRLS AND THEIR MOTHERS

<u>Notes</u>: This tool was designed to be completed by South African adolescent girls (ages 15-19 years) and their mothers or another primary caregiver as part of the IMARA (Informed, Motivated, Aware, and Responsible Adolescents and Adults) study. Xhosa translations are in blue and italics below.

Please tell us about your experiences during the novel Coronavirus (COVID-19) pandemic. In answering these questions, please think about what has happened from March 2020 to the present, due to COVID-19.

Nceda usixelele ngamava akho ngelilixa lesifo se Corona (COVID-19). Ekuphenduleni lemibuzo, nceda ucinge ngokwenzekileypo ukusukela ngo March 2020 ukuzotsho ngoku, ngenxa ye COVID-19.

Q1. Overall, how much distress have you experienced related to COVID-19 or the Coronavirus? Please rate on a scale from 1 (No distress) to 10 (Extreme distress).

1	2	3	4	5	6	7	8	9	10
No dis	stress								Extreme distress

Kukonke, uye wakufumana kangakanani ukuxinezeleka okunqwamane ne COVID-19? Nceda uchonge kwi-scale esisuka ku 1(khange ndibandazeleke) ukuya ku10 (ndibandazeleke kakhulu).

1	2	3	4	5	6	7	8	9	10
khan	ige ndib	andaze	leke						ndibandazeleke kakhulu

Q2. Please rate on a scale from 1 (Very positive) to 7 (Very negative) the extent to which you view the COVID-19 outbreak as having either a positive or negative impact on your life.

1	2	3	4	5	6	7
Very	positive		No impa	ct		Very negative

Nceda uchonge kwi-scale esisuka ku 1(Entle kakhulu) ukuya ku7 (Kakubi kakhulu) imbhono yakho ngokubakho uqhabuko lwe-COVID-19, benze indima entle okanye embi ebomini bakho.

1	2	3	4	5	6	7
Entle	kakhulu		Akukho n	npembelezo		Kakubi kakhulu

Q3. Since becoming aware of the COVID-19 outbreak, how often have you had difficulty sleeping?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, bekunzima kangakanani ukulala?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

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 wazileukuba 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 woku<u>volontiya</u>
- Okunye; Nceda uchaze wenze njani ukumelana noxinzelelo okudibene nobukho boqhabhuko lwe- COVID-19.

*Questions 1 – 12 are a sub-set of questions from the original survey