



**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.*

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