II. COVID-19 PSYCHOSOCIAL AND PRACTICAL EXPERIENCES

Please indicate the extent to which you agree or disagree with the following statements. Please use the scale below:

0 = Strongly Disagree  1 = Disagree  2 = Neither agree or Disagree  3 = Agree  4 = Strongly Agree

Since the breakout of the COVID-19 pandemic:
Perceived Stress Management (Ability to Manage Stress):
1. I am able to recognize thoughts and situations that make me feel stressed or upset about COVID-19.
2. I am able to practice relaxation (e.g., deep breathing, meditation) when feeling stress about COVID-19.
3. I am able to seek information and plan accordingly to address concerns over the COVID-19 pandemic.
4. I can re-examine negative thoughts and gain a new perspective when concerned about COVID-19.
5. I can give myself the caring and tenderness I need.

Contains questions 39 – 43 from Section II of original survey

Reference:

Scoring:
Available upon request. Ongoing psychometric analyses.