

## COVID-19: IMPACT OF THE PANDEMIC AND HRQOL IN CANCER PATIENTS AND SURVIVORS

### 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:**

Penedo, F.J., Cohen, L., Bower, J. & Antoni, M.H. (2020). COVID-19: Impact of the Pandemic and HRQOL in Cancer Patients and Survivors. Unpublished questionnaire.

**Scoring:**

Available upon request. Ongoing psychometric analyses.