Coronavirus Impact Scale

Rate how much the Coronavirus pandemic has changed your life in each of the following ways.

1. Routines:
   0. No change.
   1. Mild. Change in only one area (e.g. work, education, social life, hobbies, religious activities).
   2. Moderate. Change in two areas (e.g. work, education, social life, hobbies, religious activities).
   3. Severe. Change in three or more areas (e.g. work, education, social life, hobbies, religious activities).
2. Family Income/Employment:
   0. No change.
   1. Mild. Small change; able to meet all needs and pay bills.
   2. Moderate. Having to make cuts but able to meet basic needs and pay bills.
   3. Severe. Unable to meet basic needs and/or pay bills.
3. Food Access:
   0. No change.
   1. Mild. Enough food but difficulty getting to stores and/or finding needed items.
   2. Moderate. Occasionally without enough food and/or good quality (e.g., healthy) foods.
   3. Severe. Frequently without enough food and/or good quality (e.g., healthy) foods.
4. Medical health care access:
   0. No change.
   1. Mild. Appointments moved to telehealth.
   2. Moderate. Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact on health.
   3. Severe. Unable to access needed care resulting in moderate to severe impact on health.
5. Mental health treatment access:
   0. No change.
   1. Mild. Appointments moved to telehealth.
   2. Moderate. Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact.
   3. Severe. Unable to access needed care resulting in severe risk and/or significant impact.
6. Access to extended family and non-family social supports:
   0. No change.
   1. Mild. Continued visits with social distancing and/or regular phone calls and/or televideo or social media contacts.
   2. Moderate. Loss of in person and remote contact with a few people, but not all supports.
   3. Severe. Loss of in person and remote contact with all supports.

7. Experiences of stress related to coronavirus pandemic:
   0. None.
   1. Mild. Occasional worries and/or minor stress-related symptoms (e.g., feel a little anxious, sad, and/or angry; mild/rare trouble sleeping).
   2. Moderate. Frequent worries and/or moderate stress-related symptoms (e.g., feel moderately anxious, sad, and/or angry; moderate/occasional trouble sleeping).
   3. Severe. Persistent worries and/or severe stress-related symptoms (e.g., feel extremely anxious, sad, and/or angry; severe/frequent trouble sleeping).
8. Stress and discord in the family:
   0. None.
   1. Mild. Family members occasionally short-tempered with one another; no physical violence.
   2. Moderate. Family members frequently short-tempered with one another; and/or children in the home getting in physical fights with one another.
   3. Severe. Family members frequently short-tempered with one another and adults in the home throwing things at one another, and/or knocking over furniture, and/or hitting and/or harming one another.
9. Personal diagnosis of coronavirus.
   0. None.
   1. Mild. Symptoms effectively managed at home.
   2. Moderate. Symptoms severe and required brief hospitalization.
   3. Severe. Symptoms severe and required ventilation.
10. Number of immediate family members diagnosed with coronavirus: ___
    Rate the symptoms of the person who was most sick:
    0. None.
    1. Mild. Symptoms effectively managed at home.
    2. Moderate. Symptoms severe and required brief hospitalization.
    3. Severe. Symptoms severe and required ventilation.
    4. Immediate family member died from coronavirus.
11. Number of extended family member(s) and/or close friends diagnosed with coronavirus: ____
    Rate the symptoms of the person who was most sick:
    0. None.
    1. Mild. Symptoms effectively managed at home.
    2. Moderate. Symptoms severe and required brief hospitalization.
    3. Severe. Symptoms severe and required ventilation.
    4. Extended family member and/or close friend died of coronavirus.
12. Other. Please tell us about any other ways the coronavirus pandemic has impacted your life:

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