**Survey on Ways of Coping with the Covid-19 Pandemic**

**Interviewer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Interviewee: Code Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Country:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Interviewer: "**Thank you very much for participating in this study on Ways of Coping with the Pandemic. I am going to ask you some questions now about your experience with the pandemic. For the first 3 questions I am going to write down some brief notes on your responses. To make sure I have written down your responses accurately I am going to read them back to you so that you can let me know If I have left anything Important out."

1. How has the pandemic affected your level of stress and behavior?

*Prompts: Can you tell me more about that?*

*Can you give an example of that?*

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(Read back to Interviewee)

2. The pandemic can affect people in many different ways (such as affecting our emotions, our finances, our relationships with others, and so forth). What aspects of the pandemic have been most stressful for you?

*Prompts: Can you tell me more about that?*

*Can you give an example of that?*

*Are there any other aspects of the pandemic that have been stressful for you?*

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(Read back to Interviewee)

3. What things have helped you the most to cope with the Pandemic?

*Prompts: Can you tell me more about that?*

First Helpful Thing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Can you give an example of that?*

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*What about it was most helpful?*

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(Read back to Interviewee)

*Have there been any other things you did that helped you to cope?*

Second Helpful Thing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Can you give an example of that?*

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*What about it was most helpful?*

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(Read back to Interviewee)

Third Helpful Thing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Can you give an example of that?*

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*What about it was most helpful?*

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(Read back to Interviewee)

4. On a scale from 1-10 with 10 as Very Stressed and 1 as Not at All stressed how stressed were you in March when the pandemic began: \_\_\_\_\_\_\_\_\_\_\_

On a scale from 1-10 with 10 as Very Stressed and 1 as Not at All stressed what was your average stress level over the last 2 weeks:\_\_\_\_\_\_\_\_\_\_\_\_\_

5a. Do you have any family members, relatives, or friends who have contracted Covid 19?

☐Yes ☐ No

5b. How serious do you think the Covid 19 Pandemic is?

☐ Very serious

☐ Moderately serious

☐ Slightly serious

☐ Not that serious

6. I am going to read to you now some different ways that can be used to cope with the pandemic. For each one please tell me whether you used It or not, and If you used it was it *Slightly Helpful, Moderately Helpful, Very Helpful, or Not Helpful*. As you talk I will check off your responses.

Used? Helpful?

Ways of Coping YES NO Slightly Moderately Very Not Helpful

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. Talking to a family member |  |  |  |  |  |  |
| 2. Talking to a friend |  |  |  |  |  |  |
| 3. Talking to a religious leader |  |  |  |  |  |  |
| 4. Talking to a doctor or nurse |  |  |  |  |  |  |
| 5. Talking to a mental health  professional |  |  |  |  |  |  |
| 6. Prayer |  |  |  |  |  |  |
| 7. Learning about coping strategies |  |  |  |  |  |  |
| 8. Focusing on positive thoughts |  |  |  |  |  |  |
| 9. Listening to music |  |  |  |  |  |  |
| 10. Exercise and movement |  |  |  |  |  |  |
| 11. Deep breathing |  |  |  |  |  |  |
| 12. Progressive muscle relaxation |  |  |  |  |  |  |
| 13. Avoiding news about pandemic |  |  |  |  |  |  |
| 14. Imagining a positive experience |  |  |  |  |  |  |
| 15. Watching video on how to cope |  |  |  |  |  |  |
| 16. Sticking to a daily/weekly  schedule of activities |  |  |  |  |  |  |
| 17. Avoiding thinking about it |  |  |  |  |  |  |
| 18. Using humor |  |  |  |  |  |  |
| 19. Reading |  |  |  |  |  |  |
| 20. Participating in a sport |  |  |  |  |  |  |
| 21. Watching TV/movies |  |  |  |  |  |  |
| 22. Going for a walk |  |  |  |  |  |  |
| 23. Community connection (religious, sports, professional) |  |  |  |  |  |  |
| 24. Meditation |  |  |  |  |  |  |
| 25. Recreational drinking |  |  |  |  |  |  |
| 26. |  |  |  |  |  |  |

8. Please share some brief information about yourself. I am going to read you some different responses and you can tell me which one applies to you. You may also choose the category: Prefer not to say.

a. What is your gender?

☐ Female ☐ Male ☐ Non-binary/ third gender ☐ Prefer to self-describe

☐ Prefer not to say

b) Age

☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70-79 ☐ 80-89

☐ Prefer not to say

c) How many years of education do you have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☐ Prefer not to say

d) Marital status

☐ Single ☐ Married or domestic partnership ☐ Widowed ☐ Divorced

☐ Separated ☐ Prefer not to say

e) Are you:

☐ Living alone

☐ Living with 1 or more persons

☐ Living with pet

☐ Prefer not to say

f) How would you Identify your cultural/ethnic Identity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☐ Prefer not to say

"Thank you so much for completing this survey and answering all the questions. By doing so you are supporting our efforts to help people around the world with finding better ways to cope with the stress of the global pandemic. If you are Interested In learning more about resources for coping with stress related to the pandemic, please visit our website: disastershock.com."