

RESPONSES TO STRESS – [COVID-19] (SR-A)

This is a list of things about COVID-19 that people may find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Financial problems because of COVID-19 (e.g., reduced income, job loss, difficulty paying monthly expenses)	1	2	3	4
b. Unable to spend time in person with close friends or family because of COVID-19	1	2	3	4
c. Unable to participate in normal routines and activities because of COVID-19 (e.g., spiritual services, shopping, dining at restaurants, going to the gym)	1	2	3	4
d. Having to change, postpone, or cancel important plans or events because of COVID-19 (e.g., family events, travel or vacation, work related events)	1	2	3	4
e. Challenges at home or with others because of COVID-19 (e.g., conflicts, lack of privacy, lack of personal space)	1	2	3	4
f. Trouble obtaining groceries or other needed supplies because of COVID-19 (e.g., food, medicine, household goods)	1	2	3	4
g. Watching or hearing distressing news reports about COVID-19	1	2	3	4
h. Uncertainty about myself or someone close to me getting COVID-19, including being unable to access testing	1	2	3	4
i. Myself or someone close to me experiencing symptoms or being diagnosed with COVID-19	1	2	3	4
j. Trouble getting medical care or mental health services because of COVID-19	1	2	3	4
k. Uncertainty about when COVID-19 will end or what will happen in the future	1	2	3	4
l. Difficulty completing my work responsibilities remotely because of COVID-19	1	2	3	4
m. Unable to complete educational or work requirements because of COVID-19	1	2	3	4
n. Needing to take on greater family and/or work responsibilities because of COVID-19	1	2	3	4
o. Other: _____	1	2	3	4

Circle the number that shows how much control you generally think you have over these problems.

1	2	3	4
None	A little	Some	A lot

Below is a list of things that people sometimes do, think, or feel when they are dealing with COVID-19. Everyone deals with problems in their own way – some people do a lot of the things on this list or have many feelings, other people just do or think a few of these things.

Think of all the stressful parts of COVID-19 that you indicated above. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have problems with COVID-19, like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF COVID-19:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of COVID-19, I feel sick to my stomach or get headaches.	1	2	3	4

WHEN DEALING WITH THE STRESS OF COVID-19:	How much do you do this?			
	Not at all	A little	Some	A lot
3. I try to think of different ways to change or fix the situation. Write one plan you thought of: _____ _____	1	2	3	4
4. When faced with the stress COVID-19, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I keep remembering what has happened with COVID-19 or can't stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/partner <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Other Family Member <input type="checkbox"/> God <input type="checkbox"/> None of these	1	2	3	4
8. I decide I'm okay the way I am, even though I'm not perfect.	1	2	3	4
9. When I'm around other people I act like COVID-19 never happened.	1	2	3	4
10. I just have to get away from everything when I am dealing with the stress of COVID-19.	1	2	3	4
11. I deal with the stress of COVID-19 by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I am dealing with the stress of COVID-19.	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I am dealing with the stress of COVID-19, I just can't be near anything that reminds me of what is happening.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of COVID-19, I really don't know what I feel.	1	2	3	4
17. I ask other people or things for help or for ideas about how to make things better. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/partner <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Other Family Member <input type="checkbox"/> God <input type="checkbox"/> None of these	1	2	3	4
18. When I am trying to sleep, I can't stop thinking about the stressful aspects of COVID-19 or I have bad dreams about COVID-19.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. (<i>remember to circle a number.</i>) → I do this by: (Check all that you did.) <input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling <input type="checkbox"/> Crying <input type="checkbox"/> None of these	1	2	3	4
21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. (<i>remember to circle a number.</i>) → Check all that you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Other Family Member <input type="checkbox"/> God <input type="checkbox"/> None of these	1	2	3	4

You're half done. Before you keep working, look back at the first page so you remember the aspects of COVID-19 that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF COVID-19:	How much do you do this?			
	Not at all	A little	Some	A lot
22. I just can't get myself to face the stress of COVID-19.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of COVID-19.	1	2	3	4
24. I do something to try to fix the stressful parts of COVID-19. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about COVID-19 just pop into my head.	1	2	3	4
26. When I am dealing with the stress of COVID-19, I feel it in my body. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight	1	2	3	4
27. I try to stay away from people and things that make me feel upset or remind me of the stressful aspects of COVID-19.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of COVID-19, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off the stressful parts of COVID-19 or how I'm feeling .	1	2	3	4
31. When something stressful happens related to COVID-19, I can't stop thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) → Check all you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Other Family Member <input type="checkbox"/> God <input type="checkbox"/> None of these	1	2	3	4
33. When something stressful happens related to COVID-19, I can't always control what I do. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking <input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to COVID-19, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When I am faced with the stressful parts of COVID-19, right away I feel really: (remember to circle a number.) → Check all that you feel: <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to COVID-19.	1	2	3	4

WHEN DEALING WITH THE STRESS OF COVID-19:	How much do you do this?			
	Not at all	A little	Some	A lot
39. I think about the things I'm learning from COVID-19, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to COVID-19, I can't stop thinking about what I did or said.	1	2	3	4
41. When stressful parts of COVID-19 happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of COVID-19, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of COVID-19 by: (remember to circle a number.) →	1	2	3	4
Check all that you do:				
<input type="checkbox"/> Exercising				
<input type="checkbox"/> Seeing friends				
<input type="checkbox"/> Watching TV				
<input type="checkbox"/> Reading				
<input type="checkbox"/> Playing video games				
<input type="checkbox"/> Doing a hobby				
<input type="checkbox"/> Listening to music				
<input type="checkbox"/> None of these				
44. When something stressful happens related to COVID-19, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of COVID-19. (remember to circle a number.) →	1	2	3	4
Check all that you do:				
<input type="checkbox"/> Take deep breaths				
<input type="checkbox"/> Pray				
<input type="checkbox"/> Walk				
<input type="checkbox"/> Listen to music				
<input type="checkbox"/> Take a break				
<input type="checkbox"/> Meditate				
<input type="checkbox"/> None of these				
46. I just freeze when I am dealing with stressful parts of COVID-19, I can't do anything.	1	2	3	4
47. When stressful things happen related to COVID-19, I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to COVID-19, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When something stressful happens related to COVID-19, I can't stop thinking about why this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I am faced with the stressful parts of COVID-19.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to COVID-19, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4
57. When I am dealing with the stress of COVID-19, sometimes I can't control what I do or say.	1	2	3	4