

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

This is a list of situations about COVID-19 that the health workers sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful these situations have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Worries about myself or my coworkers falling ill due to increased exposure to COVID-19.	1	2	3	4
b. Concern about exposing others to the disease (e.g., non-COVID-19 patients, friends, family).	1	2	3	4
c. Hearing distressing news and information about the disease and its treatment.	1	2	3	4
d. Risk of having to be hospitalized.	1	2	3	4
e. Lack of essential PPE for myself and my co-workers to be safe (e.g., gloves, gowns, masks).	1	2	3	4
f. Increased workload (e.g., working extraordinarily long hours or shifts).	1	2	3	4
g. Worried about making a mistake, when providing care to patients (e.g., performing a procedure, administering medication, etc.).	1	2	3	4
h. Conflict between my duty and my safety.	1	2	3	4
i. Lack of adequate and accessible emotional support.	1	2	3	4
j. Difficulties in dealing with work teams.	1	2	3	4
k. Dealing with emotional responses from hospital users (e.g., patients, families, others).	1	2	3	4
l. Not being able to spend time in-person with family and friends.	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 <b>try</b> 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
3. I try to think of different ways to change or fix the situation. <b>Write one plan you thought of:</b> _____	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

**WHEN DEALING WITH THE STRESS OF COVID-19:**

**How much do you do this?**  
 Not at all    A little    Some    A lot

5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I <b>keep remembering</b> what has happened with COVID-19 or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) → <b>Check all you talked to:</b> <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 <b>have</b> 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 <b>can't</b> be near anything that reminds me of what is happening.	1	2	3	4
15. I <b>try</b> 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> ) → <b>Check all you talked to:</b> <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 <b>can't stop</b> 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> ) → <b>I do this by: (Check all that you did.)</b> <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> ) → <b>Check all that you went to:</b> <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
22. I <b>just can't</b> 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.	1	2	3	4

**Write one thing you did:** \_\_\_\_\_

**WHEN DEALING WITH THE STRESS OF COVID-19:**

How much do you do this?  
 Not at all   A little   Some   A lot

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. <i>(remember to circle a number.)</i> → <b>Check all that happen:</b> <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 <b>try</b> 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 <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to COVID-19, I <b>can't stop</b> thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. <i>(remember to circle a number.)</i> → <b>Check all you went to:</b> <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 <b>can't</b> always control what I do. <i>(remember to circle a number.)</i> → <b>Check all that happen:</b> <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: <i>(remember to circle a number.)</i> → <b>Check all that you feel:</b> <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
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 <b>can't stop</b> 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

**WHEN DEALING WITH THE STRESS OF COVID-19:**

How much do you do this?  
 Not at all   A little   Some   A lot

	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.				
43. I keep my mind off stressful parts of COVID-19 by: <i>(remember to circle a number.)</i> → <b>Check all that you do:</b> <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.				
45. I do something to calm myself down when I'm dealing with the stress of COVID-19. <i>(remember to circle a number.)</i> → <b>Check all that you do:</b> <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 <b>can't</b> do anything.				
47. When stressful things happen related to COVID-19, I sometimes act without thinking.				
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.				
49. When something stressful happens related to COVID-19, I can't seem to get around to doing things I'm supposed to do.				
50. I tell myself that everything will be all right.				
51. When something stressful happens related to COVID-19, I <b>can't stop</b> thinking about <b>why</b> this is happening.				
52. I think of ways to laugh about it so that it won't seem so bad.				
53. My thoughts start racing when I am faced with the stressful parts of COVID-19.				
54. I imagine something really fun or exciting happening in my life.				
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.				
56. I try to believe that it never happened.				
57. When I am dealing with the stress of COVID-19, sometimes I <b>can't</b> control what I do or say.				