

## *Supplementary Material*

### **1 Supplementary Questionnaire**

The survey consists of 3 sections:

**Section-I:** Demographic data

**Section-II:** Fear of Coronavirus-19 Scale (FCV-19S)

**Section-III:** Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

**Section-I:**

*Demographic data*

Age:

Gender: Male, Female

Major:

Medicine

Other – Please Specify...

Current place of residence:

Bahah

Jawf

Northern Borders

Qassim

Madinah

Eastern Province (Ash Sharqiyah)

Riyadh

Jizan

Asir

Ha'il

Makkah

Tabuk

Najran

Living outside the Kingdom of Saudi Arabia

Study level:

1<sup>st</sup> year

2<sup>nd</sup> year

3<sup>rd</sup> year

4<sup>th</sup> year

5<sup>th</sup> year

Internship

With which institution are you primarily affiliated? (Please choose ONLY ONE)

Sulaiman Alrajhi university

King Abdul-Aziz University

Qassim University

Albatarjee Colleges

Ibn-Sina Colleges

King Saud University

King Faisal University

King Khalid University

Om AlQora University

Hail University

Al Taif University

Jazan University

Al Farabi Colleges

Al Marefa Colleges

Al Faisal University

Northern Borders University

Al Rayan private colleges

Taibah University

Princess Norah University

Abdulrahman Bin Faisal University

Almajmaah University

Other:

Marital Status: Single, Married

Were there any confirmed cases of COVID-19 among your relatives or in your neighborhood? -

Yes

- No

Are you currently living with your family?

I am living with my family.

I am living alone.

Do you have any members of your family who work as health care workers?

Yes

No

To what extent was your life affected by COVID-19?

Not Affected at all

slightly affected

Moderately affected

Heavily affected

Family background and socioeconomic status:

Not Affected at all

slightly affected

Moderately affected

Heavily affected

Will you be willing to participate in volunteering with MOH in the combat against COVID-19, in case they needed you?

Yes

No

Not Sure

## Section-II

### *Fear of Coronavirus-19 Scale (FCV-19S)*

I am most afraid of coronavirus-19. - أنا خائف جدا من فيروس كورونا 19

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

It makes me uncomfortable to think about coronavirus-19. - أنا أشعر بعدم الارتياح عندما أفكر في فيروس كورونا 19

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

My hands become clammy when I think about coronavirus-19. - عندما أفكر في فيروس كورونا 19 تصبح يدي باردتين ومتعرقتين.

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

I am afraid of losing my life because of coronavirus-19. - أنا خائف جدا أن أخسر حياتي بسبب فيروس كورونا 19

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

When watching news and stories about coronavirus-19 on social media, I become nervous or anxious. - عند مشاهدة الاخبار والقصص حول فيروس كورونا 19 على وسائل التواصل الاجتماعي أشعر بالخوف الشديد والقلق .

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

I cannot sleep because I'm worrying about getting coronavirus-19. - أنا لا استطيع النوم لأنني قلق جدا من الإصابة بفيروس كورونا 19

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

My heart races or palpitates when I think about getting coronavirus-19. - يخفق قلبي بشدة عندما أفكر في اصابتي بفيروس كورونا 19

“strongly disagree,” “disagree,” “neither agree nor disagree,” “agree,” and “strongly agree”

### Section-III

#### *Depression, Anxiety and Stress Scale - 21 Items (DASS-21)*

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0 = Did not apply to me at all ينطبق عليّ بتاتاً

1 = Applied to me to some degree, or some of the time (ينطبق عليّ بعض الشيء أو قليلاً من الأوقات)

2 = Applied to me to a considerable degree or a good part of time

(ينطبق عليّ بدرجة ملحوظة أو بعض الأوقات)

3 = Applied to me very much or most of the time، ينطبق عليّ كثيراً جداً، أو معظم الأوقات

1 (s) I found it hard to wind down - وجدت صعوبة في الاسترخاء والراحة

2 (a) I was aware of dryness of my mouth - شعرت بجفاف في حلقى

3 (d) I couldn't seem to experience any positive feeling at all - لم يبدو لي أن بإمكانى الإحساس بمشاعر إيجابية على الإطلاق

4 (a) I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion) - شعرت بصعوبة في التنفس (شدة التنفس السريع، اللهثان بدون القيام بمجهود جسدي مثلاً)

5 (d) I found it difficult to work up the initiative to do things - وجدت صعوبة في أخذ المبادرة بعمل الأشياء -

6 (s) I tended to over-react to situations - كنت أميل إلى ردة فعل مفرطة للظروف والأحداث -

7 (a) I experienced trembling (e.g. in the hands) – شعرت برجفة (باليدين مثلاً) -

8 (s) I felt that I was using a lot of nervous energy

- شعرت بأنني أستهلك الكثير في الطاقة العصبية (شعرت بأنني أستهلك الكثير من قدراتي على تحمل التوتر العصبي) -

9 (a) I was worried about situations in which I might panic and make a fool of myself

- كنت خائفاً من مواقف قد أفقد فيها السيطرة على أعصابي وأسبب إحراجاً لنفسى -

10 (d) I felt that I had nothing to look forward to - شعرت بأن ليس لدي أي شيء أتطلع إليه -

11 (s) I found myself getting agitated - شعرت بأنني مضطرب و منزعج -

12 (s) I found it difficult to relax - أجد صعوبة في الاسترخاء -

13 (d) I felt down-hearted and blue - شعرت بالحزن و الغم -

14 (s) I was intolerant of anything that kept me from getting on with what I was doing

- كنت لا أستطيع تحمل أي شيء يحول بيني وبين ما أرغب في القيام به -

15 (a) I felt I was close to panic - شعرت بأنني على وشك الوقوع في حالة من الرعب المفاجئ (بدون سبب) -

16 (d) I was unable to become enthusiastic about anything - فقدت الشعور بالحماس لأي شيء -

17 (d) I felt I wasn't worth much as a person - شعرت بأن قيمتي قليلة كشخص -

18 (s) I felt that I was rather touchy - شعرت بأنني أميل إلى الغيظ بسرعة -

19 (a) I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat) - شعرت بضربات قلبي بدون مجهود جسدي (زيادة في معدل الدقات، أو غياب دقة القلب، مثلاً) -

20 (a) I felt scared without any good reason - شعرت بالخوف بدون أي سبب وجيه -

21 (d) I felt that life was meaningless - شعرت بأن الحياة ليس لها معنى -