

Appendix A: Sample of Survey Items

Assessing Psychological Resilience of Health Profession Graduate Students During the COVID-19 Pandemic

Q1 – Description of study and consent to participate

Q2- Q8 Demographic data

Q9 Which of the following experiences have you had? (select all that apply)

- I have been tested for COVID-19 (1)
 - I have tested positive for COVID-19 (2)
 - I have had to quarantine because of actual/suspected exposure to COVID-19 (3)
 - I have had close contact (Interacted with face-face for more than 15 min) with someone who then tested positive for COVID-19 (4)
 - I have had a family member or close friends who have tested positive for COVID-19 (5)
 - I have had a close friend or family member who required hospitalization for COVID-19 (6)
 - I have had a close friend or family member die from COVID-19 (7)
 - I have worked face to face with patients who were actively positive for COVID-19 (8)
 - I have worked face to face with patients who had previously tested positive for COVID-19 (9)
 - I have worked with patients who have since died of COVID-19 or are likely to die of COVID-19 (10)
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Q10 During the COVID-19 Pandemic, which of the following have you felt? (select all that apply).

- Pride in myself for contributing on the "front lines" (1)
- Excited about increased clinical opportunities/ responsibilities available to me because of COVID-19 (2)
- Guilt about "not contributing enough" (3)
- Fearful of contracting COVID-19 (4)
- Fearful of infecting family/ loved ones (5)
- Lonely/ isolated (6)
- Burned out (7)
- Forced/ pressured to go into a dangerous situation related to COVID-19 as part of my health professional program (8)
- Resentful toward my training program (9)
- Frustrated by all the restrictions/ changes (10)

Q11 How do you rate the support you've felt from **The University of Florida as an institution** during the COVID-19 pandemic?

- Very Satisfied (1)
- Moderately Satisfied (2)
- Slightly Satisfied (3)
- Neutral (4)
- Slightly Dissatisfied (5)
- Moderately Dissatisfied (6)
- Very Dissatisfied (7)

Q12 How do you rate the support you've felt from **your specific professional training program** during the COVID-19 pandemic?

- Very Satisfied (1)
- Moderately Satisfied (2)
- Slightly Satisfied (3)
- Neutral (4)
- Slightly Dissatisfied (5)
- Moderately Dissatisfied (6)
- Very Dissatisfied (7)

Q13 How satisfied are you with the accessibility of COVID-19 testing at UF?

- Very Satisfied (1)
 - Moderately satisfied (2)
 - Slightly satisfied (3)
 - Neutral (4)
 - Slightly dissatisfied (5)
 - Moderately dissatisfied (6)
 - Very dissatisfied (7)
-

Q14 How satisfied are you with accessing and using COVID-19 related PPE while at UF?

- Very Satisfied (1)
 - Moderately satisfied (2)
 - Slightly satisfied (3)
 - Neutral (4)
 - Slightly dissatisfied (5)
 - Moderately dissatisfied (6)
 - Very dissatisfied (7)
-

Q15 How much has the format of your lecture- based or didactic educational experiences changed during the COVID-19 Pandemic?

- Significant positive change (1)
 - Moderate positive change (2)
 - Minimal positive change (3)
 - No change (4)
 - Minimal negative change (5)
 - Moderate negative change (6)
 - Significant negative change (7)
 - N/A (8)
-

Q16 How much has the format of your clinical/ patient-centered educational experiences changed during the COVID-19 Pandemic?

- Significant positive change (1)
 - Moderate positive change (2)
 - Minimal positive change (3)
 - No change (4)
 - Minimal negative change (5)
 - Moderate negative change (6)
 - Significant negative change (7)
 - N/A (8)
-

Q17 Taken as a whole, how do you feel the COVID-19 Pandemic has affected your education and training?

- Very Positive Impact (1)
 - Moderately Positive Impact (2)
 - Slightly Positive Impact (3)
 - Neutral Impact (4)
 - Slightly Negative Impact (5)
 - Moderately Negative Impact (6)
 - Very Negative Impact (7)
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Q18 How satisfied are you with your current level of in person contact (classroom lectures, patient/ research participant contact, rotations, lab activities, hands on training, etc.)?

- Very Satisfied (1)
 - Moderately Satisfied (2)
 - Slightly Satisfied (3)
 - Neutral (4)
 - Slightly Dissatisfied (5)
 - Moderately Dissatisfied (6)
 - Very Dissatisfied (7)
-

Q19 How have your personal experiences during the COVID-19 pandemic affected your decision to pursue a career in healthcare?

- Strongly Reinforced (1)
 - Moderately Reinforced (2)
 - Slightly Reinforced (3)
 - No effect (4)
 - Slightly Weakened (5)
 - Moderately Weakened (6)
 - Strongly Weakened (7)
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Q20 How has the COVID-19 pandemic impacted the educational opportunities available to you?

- Significantly more opportunities (1)
 - Somewhat more opportunities (2)
 - Slightly more opportunities (3)
 - No change in opportunities (4)
 - Slightly fewer opportunities (5)
 - Somewhat fewer opportunities (6)
 - Significantly fewer opportunities (7)
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Q21 How has COVID-19 impacted how you view the faculty in your program?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No Change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
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Q22 How has COVID-19 impacted your overall wellbeing?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
-

Q23 What is your current level of stress?

- Extreme (1)
 - Very high (2)
 - Somewhat high (3)
 - Moderate (4)
 - Somewhat low (5)
 - Very low (6)
 - None (7)
-

Q24 Which of the following best describes you?

- I enjoy my work (school). I have no symptoms of burnout (1)
 - Occasionally I am under stress and I don't always have as much energy as I once did, but I don't feel burned out. (2)
 - I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion. (3)
 - The symptoms of burnout that I'm experiencing won't go away. I think about frustrations at work (school) a lot. (4)
 - I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or many need to seek some sort of help. (5)
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Q25 How concerned have COVID-19 made you about your ability to graduate "on time"?

- Not concerned at all (1)
 - Slightly concerned (2)
 - Moderately concerned (3)
 - Very concerned (4)
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Q26 How often did you utilize the following strategies to cope with stress **before the COVID-19 pandemic?**

	Never (1)	Rarely (2)	Somewhat (3)	Often (4)	Always (5)
Drinking Alcohol (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drug Use (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hobbies (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Journaling (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mediation/ Mindfulness (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoor Activities (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Activity/ Exercise (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex/ Masturbation (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Interactions with Family/ Friends in Person (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Interactions with Family/ Friends Virtually (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Media (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Spiritual or
Religious
Practices (14)

TV/ Movies
(15)

Video Games
(16)



Q27 How often have you utilized the following strategies to cope with stress **during the COVID-19 pandemic?**

	Never (1)	Rarely (2)	Somewhat (3)	Often (4)	Always (5)
Drinking Alcohol (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drug use (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hobbies (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Journaling (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation/ Mindfulness (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoor Activities (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Activity/ Exercise (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex/ Masturbation (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Interaction with Family/ Friends in Person (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Interaction with Family/ Friends Virtually (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Media (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Spiritual or Religious Practices (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TV/Movies (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video Games (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q28 How has COVID affected the quantity/ quality of your social interactions with your friends & family?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No Change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
-

Q29 How has COVID affected your sleep?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
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Q30 How has COVID affected your physical activity?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No Change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
-

Q31 How has COVID affected your ability to pursue your hobbies?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No Change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
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Q32 How has COVID affected the way you conceptualize/ view society?

- Very Positive Change (1)
 - Moderately Positive Change (2)
 - Slightly Positive Change (3)
 - Neutral/ No Change (4)
 - Slightly Negative Change (5)
 - Moderately Negative Change (6)
 - Very Negative Change (7)
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Q33 How has COVID affected the way you conceptualize/ view yourself?

- Very Positive Change (1)
- Moderately Positive Change (2)
- Slightly Positive Change (3)
- Neutral/ No Change (4)
- Slightly Negative Change (5)
- Moderately Negative Change (6)
- Very Negative Change (7)

Q34- 44 **10-Item Connor-Davidson Resilience Scale (Copyrighted, used with permission)**

Q45 Please list any other comments you would like to share about your experiences as a health profession student during the COVID-19 pandemic.

Q46 If you are struggling emotionally and/or are concerned about your ability to cope, please reach out to the following resources for support: o UF Crisis line: 352-392-1575 or U Matter We Care: <https://umatter.ufl.edu/> o UF Counseling and Wellness Center: <https://counseling.ufl.edu/> o Alachua County Crisis Center: 352-264-6789 o National Suicide Prevention Lifeline: 1-800-273-TALK
