Questionnaire on COVID-19

Thank you very much for taking the time to complete this questionnaire. Your input is greatly appreciated.

COVID-19 has changed daily life for many people. We know that a great many people feel pressured by the situation and that many may have heightened concerns about the epidemic.

In this questionnaire, we would like to ask you how the COVID-19 epidemic has affected you or your child. In this way, we hope to gain a better understanding of how an epidemic of this magnitude may affect people. We also hope to be able to improve support and treatment planning.

The answers will remain anonymized and will be used solely for research purposes.

The questionnaire includes questions about the OCD and questions about your well-being in general To ensure that your participation is voluntary, we include a consent form for you to sign. You can withdraw your consent at any time.

Questions about obsessions and compulsions

Did your obsessions and compulsions change after the COVID-19 outbreak occurred in Denmark?

yes no

If yes, please describe how it was changed

Do you experience a change in how much time you spend on obsessions and compulsions after the COVID-19 outbreak in Denmark?

I spend much less time
I spend less time
Unchange
I spend more time
I spend much more time

Which obsessions/compulsions do you spend more time on now? Describe:

Which obsessions/compulsions do you spend less time on now? Describe:

Do your obsessions and compulsions disturb your daily activities more after the outbreak of COVID-19?

They disturb me much less
They disturb me less
Unchange
They disturb me more
They disturb me much more

Do you experience more discomfort because of your obsessions and Much less discomfort compulsions now after the outbreak of COVID-19? Less discomfort Unchanged More discomfort Much more discomfort Are you trying to fight your obsessions and compulsions to a No, fight much more lesser degree after the outbreak of COVID-19? No, fight more now Unchanged Yes, fight less Yes, fight much less When your obsessions are active, has it become more difficult No, much easier to withstand your rituals? No, easier Unchanged Yes, more difficult Yes, much more difficult Do you avoid more situations now compared to the time without COVID-19? The question concerns situations or things apart from those recommended by the authorities Yes No If yes, please describe which situations or things Have you experienced new OCD thoughts or rituals after the outbreak? Yes No If yes, please describe the new obsessions and compulsions Have you experienced that COVID-19 has become part of your obsessions and compulsions? Yes No **Questions about other symptoms** Do you experience more anxiety or has your anxiety changed Much les anxiety after the outbreak of COVID-19? Less anxiety

> Unchanged More anxiety

Yes

Much more anxiety

No

Have you experienced new anxiety symptoms after the outbreak?

If yes, please describe the new symptoms

Do you experience increased sadness after the outbreak of COVID-19?

No, much less No, less Unchanged Yes, more Yes, much more

I could become ill

Which factors have affected you in relation to the COVID-19 outbreak in Denmark? Check the box if any

outbreak in Denmark? Check the box, if any.

Others could become ill
I could infect other
How will it end
When will it normalise
Not going to school
Not being with friends
Not doing leisure activities
Being together in the family

Questions about COVID-19

How close have you been to the infection?

I have been ill with COVID19
I have been in quarantine
Family who were ill
Family who were in
quarantine
Exicada who were ill

Friends who were ill Friends who were in quarantine

Heard about the infection

How often do you listen to news about COVID-19+ Less than once daily

Once daily

Several times daily

How often do you read about COVID-19?

Less than once daily

Once daily

Several times daily

How often do you talk about COVID-19 at home? Rarely

Daily

Several times daily

How often do you talk about COVID-19 with friends? Rarely

Daily

Several times daily

Do you think that your parents are worried?

No, not worried Yes, a little worried Yes, worried a lot

Do you think that your siblings are worried

No, not worried Yes, a little worried Yes, worried a lot

Thank you very much for your help