

## Supplementary file. Acute Stress of Health Professionals Caring COVID-19 Scale (EASE SCALE)

Please answer the following questions according to the thoughts, emotions, sensations and actions you are experiencing during these days of crisis

|   | It's not<br>happening to me | It happens to me<br>in concrete<br>situations | It often happens<br>to me | I'm like this all<br>the time |
|---|-----------------------------|---|---------------------------|-------------------------------|
| I can't help but think of recent critical situations. I can't get out of work   | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I have completely lost the taste for things that gave me peace of mind  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I keep my distance, I resent dealing with people, I'm irascible even at home  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I feel that I am neglecting many people who need my help  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I have difficulty thinking and making decisions, I have many doubts, I have entered a kind of emotional blockage                                  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I feel intense physiological reactions (shocks, sweating, dizziness, shortness of breath, insomnia, etc.) related to the current crisis situation | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I feel on permanent alert. I believe that my reactions now put other patients, my colleagues or myself at risk                                    | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| Worrying about not getting sick causes me a strain that's hard to bear  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I'm afraid I'm going to infect my family  | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |
| I have difficulty empathizing with patients' suffering or connecting with their situation (emotional distancing, emotional anesthesia)            | <input type="checkbox"/>    | <input type="checkbox"/>                      | <input type="checkbox"/>  | <input type="checkbox"/>      |