

**Table S1: Overview of the existing tools to measure COVID-19-related mental health problems**

S. NO.	AUTHOR	SCALE	JOURNAL	SAMPLE SIZE	AGE	COUNTRY	TIME OF VALIDATION	NO. OF ITEMS	FACTORS	PSYCHOMETRIC PROPERTIES OF THE SCALE
1.	Lee SA <sup>20</sup> , 2020	Obsession with COVID-19 Scale (OCS)	Brain, Behavior, and Immunity	N1=775 with some level of anxiety  N2=398 Without any restriction to any level of anxiety	30  32	United States	11 <sup>th</sup> -13 <sup>th</sup> , March	4	single	<p><b>Reliability:</b> cronbach's alpha: 0.84-0.85</p> <p><b>Construct validity:</b> Coronavirus anxiety scale (<math>r_s = 0.72 - 0.81</math>); spiritual crisis (<math>r_s = 0.53 - 0.64</math>); alcohol/drug coping (<math>r_s = 0.42 - 0.50</math>); extreme hopelessness (<math>r_s = 0.66 - 0.70</math>); suicidal ideation (<math>r_s = 0.45 - 0.56</math>)</p> <p><b>Discrimination ability:</b> AUC = 0.81 to 0.92</p> <p><b>Cut off scores :</b> <math>\geq 7</math> sensitivity 81% to 93%; specificity 73% to 76%</p>
2.	Lee SA <sup>21</sup> , 2020	Coronavirus Anxiety Scale (CAS)	Death Studies	N=775	32.72±9.35	United States	11 <sup>th</sup> -13 <sup>th</sup> March	5	single	<p><b>Reliability:</b> cronbach's alpha: 0.93</p> <p><b>Discrimination ability:</b> AUC = 0.94</p> <p><b>Cut off scores:</b> <math>\geq 9</math> (sensitivity 90%) and (specificity 85%) and false positive rate : 15%</p>
3.	Ahorsu DK et al., <sup>22</sup> 2020	Fear of COVID-19 Scale (FCV-19S)	International Journal of Mental	N=717	31.25±12.6	Iran	27 <sup>th</sup> Match	7	Single	<p><b>Reliability:</b> cronbach's alpha: 0.82</p> <p><b>Concurrent validity:</b></p>

			Health and Addiction							depression (r = 0.425); anxiety (r = 0.511); perceived infectability (r = 0.483); germ aversion (r = 0.459) <b>Rasch analysis:</b> item separation reliability (0.99); item separation index (11.45); person separation reliability (0.77); person separation index (2.82)
4.	Bitan DT et al., <sup>23</sup> 2020	Hebrew version of Fear of COVID-19 Scale	Psychiatry Research	N=649	NR	Israel	March & April	7	Two	<b>Reliability:</b> cronbach's alpha: factor 1 - 0.77; factor2 - 0.80 <b>Convergent, discriminative validity:</b> factor 1 and factor 2 correlated with DASS subscales of anxiety (r=0.35,0.46); stress (r=0.31,0.29); depression (r=0.21,0.24)
5.	Sakib N et al., <sup>24</sup> 2020	Bangla version of Fear of COVID-19 Scale	International Journal of Mental Health and Addiction	N=8550	26.5±9.1	Bangladesh	1 <sup>st</sup> – 10 <sup>th</sup> , April	7	Single	<b>Reliability:</b> cronbach's alpha: 0.871 <b>Rasch analysis:</b> item separation reliability (1.0); item separation index (55.65); person separation reliability (0.86); person separation index (2.43)

6.	Haktanir A et al., <sup>25</sup> 2020	Turkish version of Fear of COVID-19 Scale	Death Studies	N=668	31.04±10.7	Turkey	29 <sup>th</sup> May	7	Single	<b>Reliability:</b> cronbach's alpha): 0.86 Split-half : 0.83 <b>Criterion Validity:</b> Bivariate correlation analysis showed a moderate negative correlation (-0.32; p<0.001) between FCVS-T and Brief Resilience Scale – Turkish (BRS-T).
7.	Arpaci I et al., <sup>26</sup> 2020	COVID 19 phobia scale (C19P-S)	Personality and Individual Differences	N1=1250 for EFA N2=2143 for CFA	37.53±16.9 39.66±16.8	Turkey	21 <sup>st</sup> April	20	Four	<b>Reliability:</b> cronbach's alpha: 0.925 <b>Discriminant validity:</b> One-way MANOVA between infected subjects (14) and non-infected subjects (200) – F(4,209)=10.85; p<0.001; Wilk's $\Lambda$ = 0.979; partial $\eta^2$ = 0.021; power = 0.99.
8.	Reznik A et al., <sup>27</sup> 2020	Russian version of Fear of COVID-19 Scale	International Journal of Mental Health and Addiction	N=850	NR	Russia, Belarus	27 <sup>th</sup> – 29 <sup>th</sup> March	7	Single	<b>Reliability:</b> cronbach's alpha: 0.809
9.	Satici B et al., <sup>28</sup> 2020	Turkish Fear of COVID-19 Scale	International Journal of Mental Health and Addiction	N=1304	29.47±10.5	Turkey	8 <sup>th</sup> May	7	Single	<b>Reliability:</b> Cronbach's alpha ( $\alpha$ = .847); McDonald's omega ( $\omega$ = .849); Guttman's lambda ( $\lambda_6$ = .844); composite reliability (CR = .842) <b>Concurrent validity:</b> depression (r = 0.38); anxiety (r = 0.55); stress (r = 0.47);

										life satisfaction (r = -0.20)
10.	Soraci P et al., <sup>29</sup> 2020	Italian version of Fear of COVID-19 Scale	International Journal of Mental Health and Addiction	N=249	34.50±12.2	Italy	18 <sup>th</sup> – 21 <sup>st</sup> , March	7	Single	<b>Reliability:</b> Cronbach's alpha: 0.871; Factor Determinacy Index: 0.966; composite reliability :0.907 <b>Concurrent validity:</b> HADS (r = .649); SMSP-A (r = .703)
11.	Alyami M et al., <sup>30</sup> 2020	Arabic version of Fear of COVID-19 Scale	International Journal of Mental Health and Addiction	N=639	34.75±11.8	Saudi Arabia	11 <sup>th</sup> – 20 <sup>th</sup> , April	7	Single	<b>Reliability:</b> Cronbach's alpha: 0.88 <b>Concurrent validity:</b> HADS-D (r = 0.56); HADS-A (r = 0.66); HADS-T (r = 0.66)
12.	Taylor S et al., <sup>31</sup> 2020	COVID Stress Scales (CSS)	Journal of Anxiety Disorders	N=6854	49.8±16.2	Canada, United States	21 <sup>st</sup> March – 1 <sup>st</sup> April	36	Five	<b>Reliability:</b> Cronbach's alpha: 0.83 – 0.95 <b>Convergent validity:</b> Correlation between all five scales of CSS and three Pre-COVID traits (health anxiety, obsessive compulsive checking, and contamination) >0.3 (p<0.001) <b>Discriminant validity:</b> Checked with current anxiety, current depression, distress measures, and general xenophobia measures.
13.	Chandu VC et al., <sup>32</sup> 2020	COVID-19 Anxiety Scale (CAS-7)	Indian Journal of Public Health	N=307	35.32 ± 10.9	India	February & March	7	Two	<b>Reliability:</b> Cronbach's alpha: 0.736 Test-retest reliability :

										0.91 <b>Validity:</b> Self-rated mental health (r= -0.417)
14.	Evren C et al., <sup>33</sup> 2020	Turkish COVID-19 Anxiety Scale	Death Studies	N=1023	43.32±13.6	Turkey	14 <sup>th</sup> – 17 <sup>th</sup> , May	7	Single	<b>Reliability</b> Cronbach's alpha: 0.80 composite reliability : 0.87 <b>Validity:</b> OCS (r=0.57); FCVS-19 (r=0.54)
15.	Costantini et al., <sup>34</sup> 2020	Italian Version Of Covid-19 Peritraumatic Distress Index (CPDI)	Journal of Psychiatry	N=329	46.49±13.5	Italy	15 <sup>th</sup> – 24 <sup>th</sup> , April	24	NR	<b>Reliability:</b> Cronbach's alpha: 0.92 (females), 0.89 (males) <b>Construct validity:</b> Correlation coefficients (females, males) – Intrusion (0.58, 0.68); Avoidance (0.56, 0.48); Hyperarousal (0.67, 0.74)

**Table S2: Detailed overview of the distinct scales assessing COVID-19-related mental health problems**

S. NO.	AUTHOR	SCALE	CONSTRUCT	Dimensions	Strengths	Limitations	ITEMS
1.	Lee SA <sup>20</sup> , 2020	Obsession with COVID-19 Scale (OCS)	Obsession	Cognitive	<p><b>a)</b>Brief scale facilitating rapid administration;</p> <p><b>b)</b>Adequate psychometric properties</p>	<p><b>a)</b>Limited emphasis on the time occupied by obsessive thoughts, whether the thoughts are</p>	<ul style="list-style-type: none"> <li>• I had disturbing thoughts that I may have caught the coronavirus.</li> <li>• I had disturbing thoughts that certain people I saw may have the coronavirus.</li> <li>• I could not stop thinking about the coronavirus.</li> <li>• I dreamed about the coronavirus.</li> </ul>

						interfering with performing daily activities, and if they lead to compulsive behaviors	
2.	Lee SA <sup>21</sup> , 2020	Coronavirus Anxiety Scale (CAS)	Anxiety	Physiological	<p><b>a)</b>Ease of administration;</p> <p><b>b)</b>Strong psychometric properties;</p> <p><b>c)</b>Available in two different languages (English and Turkish)</p>	<p><b>a)</b> Use of single-item scales in validation process could have compromised the validity of the associated constructs;</p> <p><b>b)</b>Scale not inclusive of items reflecting separation anxiety</p>	<ul style="list-style-type: none"> <li>• I felt dizzy, lightheaded, or faint, when I read or listened to news about the coronavirus.</li> <li>• I had trouble falling or staying asleep because I was thinking about the coronavirus.</li> <li>• I felt paralyzed or frozen when I thought about or was exposed to information about the coronavirus.</li> <li>• I lost interest in eating when I thought about or was exposed to information about the coronavirus.</li> <li>• I felt nauseous or had stomach problems when I thought about or was exposed to information about the coronavirus.</li> </ul>
3.	Ahorsu DK et al., <sup>22</sup> 2020	Fear of COVID-19 Scale (FCV-19S)	Fear	Physiological; emotional; cognitive	<p><b>a)</b>Strong psychometric properties and meticulous statistical analysis;</p> <p><b>b)</b>Translated and available in manylanguages facilitating cross-</p>	<p><b>a)</b>The single-factor structure of the scale was based on exploratory factor analysis and Rasch analysis; consequently, further verification, such</p>	<ul style="list-style-type: none"> <li>• I am most afraid of coronavirus-19.</li> <li>• It makes me uncomfortable to think about coronavirus-19.</li> <li>• My hands become clammy when I think about coronavirus-19.</li> <li>• I am afraid of losing my life because of coronavirus-19.</li> <li>• When watching news and stories about coronavirus-19 on social media, I become nervous or anxious.</li> </ul>

					<p>country comparisons;</p> <p><b>c)</b>Ease of administration</p>	<p>as using confirmatory factor analysis, on its factor structure is needed.</p> <p><b>b)</b>Moreover, the Hebrew version of this scale demonstrated a two-factor solution separating the emotional fear reactions from symptomatic expressions of fear which could be of practical importance by allowing clinicians to differentiate between fear and associated symptoms as the latter may lead to the development of common health problems like</p>	<ul style="list-style-type: none"> <li>• I cannot sleep because I'm worrying about getting coronavirus-19.</li> <li>• My heart races or palpitates when I think about getting coronavirus-19.</li> </ul>
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						depression, anxiety, substance use, etc.	
4.	Arpaci I et al., <sup>26</sup> 2020	COVID 19 phobia scale (C19P-S)	Phobia	Physiological; emotional; behavioral	<p><b>a)</b>Ability to assess multiple symptom domains;</p> <p><b>b)</b>Strong psychometric properties;</p> <p><b>c)</b>Scale inclusive of representative items from behavioral dimension</p>	<p><b>a)</b>In accordance with the name of the scale as “corona phobia scale,”its items should be further tested with clinical diagnostics information which may evidence the diagnostic accuracy of the items for classifying cases as clinically phobic.</p> <p><b>b)</b>Given the regulations on social etiquette posed by COVID-19, the inclusion of relevant items such as ‘fear of</p>	<ul style="list-style-type: none"> <li>• The fear of coming down with coronavirus makes me very anxious.</li> <li>• I am extremely afraid that someone in my family might become infected by the coronavirus.</li> <li>• News about coronavirus-related deaths causes me great anxiety.</li> <li>• Uncertainties surrounding coronavirus cause me enormous anxiety.</li> <li>• The pace that coronavirus has spread causes me great panic.</li> <li>• I argue passionately (or want to argue) with people I consider to be behaving irresponsibly in the face of coronavirus.</li> <li>• I experience serious stomachaches out of the fear of coronavirus.</li> <li>• I experience serious chest pain out of the fear of coronavirus.</li> <li>• I experience tremors due to the fear of coronavirus.</li> <li>• I experience sleep problems out of the fear of coronavirus.</li> <li>• Coronavirus makes me so tense that I find myself unable to do the thing I previously had no problem doing.</li> <li>• The possibility of a food supply shortage due to the coronavirus pandemic causes me anxiety.</li> <li>• The possibility of shortages in cleaning supplies due to the coronavirus pandemic causes me anxiety.</li> </ul>



						embarrassment' and 'fear of being criticized' from the previously validated scales measuring similar constructs is warranted.	<ul style="list-style-type: none"> <li>• I stock food with the fear of coronavirus.</li> <li>• After the coronavirus pandemic, I do not feel relaxed unless I constantly check on my supplies at home.</li> <li>• After the coronavirus pandemic, I feel extremely anxious when I see people coughing.</li> <li>• After the coronavirus pandemic, I actively avoid people I see sneezing.</li> <li>• Following the coronavirus pandemic, I have noticed that I spend extensive periods of time cleaning my hands.</li> <li>• The fear of coming down with coronavirus seriously impedes my social relationships.</li> <li>• I am unable to curb my anxiety of catching coronavirus from others.</li> </ul>
5.	Taylor S et al., <sup>31</sup> 2020	COVID Stress Scales (CSS)	Stress	Cognitive; physiological	<p><b>a)</b>A robust instrument to assess COVID-19-related stress reactions, developed and evaluated with a large bi-national community sample during the peak period of COVID-19;</p> <p><b>b)</b>Strong psychometric properties;</p> <p><b>c)</b>Items inclusive</p>	<p><b>a)</b>Scale not inclusive of items relating to stress coping measures like exercise, meditation</p>	<ul style="list-style-type: none"> <li>• I am worried about catching the virus</li> <li>• I am worried that I can't keep my family safe from the virus</li> <li>• I am worried that our healthcare system won't be able to protect my loved ones</li> <li>• I am worried that our healthcare system is unable to keep me safe from the virus</li> <li>• I am worried that basic hygiene (e.g., handwashing) is not enough to keep me safe from the virus</li> <li>• I am worried that social distancing is not enough to keep me safe from the virus</li> <li>• I am worried about grocery stores running out of food</li> <li>• I am worried that grocery stores will close down</li> <li>• I am worried about grocery stores running out of cleaning or disinfectant supplies</li> </ul>

					<p>of practical concerns in performing daily activities such as handling money, cash transactions, etc.</p>		<ul style="list-style-type: none"> <li>• I am worried about grocery stores running out of cold or flu remedies</li> <li>• I am worried about grocery stores running out of water</li> <li>• I am worried about pharmacies running out of prescription medicines</li> <li>• I am worried that foreigners are spreading the virus in my country If I went to a restaurant that specialized in foreign foods, I'd be worried about catching the virus</li> <li>• I am worried about coming into contact with foreigners because they might have the virus</li> <li>• If I met a person from a foreign country, I'd be worried that they might have the virus</li> <li>• If I were in an elevator with a group of foreigners, I'd be worried that they're infected with the virus</li> <li>• I am worried that foreigners are spreading the virus because they're not as clean as we are</li> <li>• I am worried that if I touched something in a public space (e.g., handrail, door handle), I would catch the virus</li> <li>• I am worried that if someone coughed or sneezed near me, I would catch the virus</li> <li>• I am worried that people around me will infect me with the virus</li> <li>• I am worried about taking change in cash transactions</li> <li>• I am worried that I might catch the virus from handling money or using a debit machine</li> <li>• I am worried that my mail has been contaminated by mail handlers I had trouble concentrating because I kept thinking about the virus Disturbing</li> </ul>
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							<p>mental images about the virus popped into my mind against my will</p> <ul style="list-style-type: none"> <li>• I had trouble sleeping because I worried about the virus</li> <li>• I thought about the virus when I didn't mean to</li> <li>• Reminders of the virus caused me to have physical reactions, such as sweating or a pounding heart</li> <li>• I had bad dreams about the virus</li> <li>• Searched the Internet for treatments for COVID-19</li> <li>• Asking health professionals (e.g., doctors or pharmacists) for advice about COVID-19</li> <li>• YouTube videos about COVID-19</li> <li>• Checking your own body for signs of infection (e.g., taking your temperature)</li> <li>• Seeking reassurance from friends or family about COVID-19</li> <li>• Social media posts concerning COVID-19</li> </ul>
6.	Chandu VC et al., <sup>32</sup> 2020	COVID-19 Anxiety Scale (CAS-7)	Anxiety	Emotional; cognitive; physiological	<p><b>a)</b>Adequate psychometric properties;</p> <p><b>b)</b>Items on a semantic differential scale to eliminate acquiescence bias;</p> <p><b>c)</b>Easy to administer</p>	<p><b>a)</b> Use of single item ' self-rated mental health' to assess the construct validity of the scale;</p> <p><b>b)</b>Loading of only two items on the 'Illness Anxiety' subscale which necessitates the strengthening of the factor by the</p>	<ul style="list-style-type: none"> <li>• How afraid are you of acquiring COVID-19 when going into the public?</li> <li>• How frequently are you feeling worried that you have acquired COVID-19?</li> <li>• How frequently is your sleep getting affected because of thoughts relating to COVID-19?</li> <li>• How frequently are you avoiding conversations on COVID-19 related information out of fear/anxiety?</li> <li>• How worried are you of acquiring COVID-19 when an unknown person is coming closer to you?</li> <li>• How anxious are you getting when knowing information on COVID-19?</li> <li>• How concerned are you when people cough or sneeze because of the fear that you may acquire</li> </ul>

						inclusion of additional relevant items	COVID-19?
7.	Costantini et al., <sup>34</sup> 2020	Italian Version Of Covid-19 Peritraumatic Distress Index (CPDI)*	Distress	Physiological; cognitive; emotional; behavioral	<p><b>a)</b>Comprehensive tool encompassing multiple symptom domains;</p> <p><b>b)</b>Strong psychometric properties;</p> <p><b>c)</b>Scale inclusive of representative items from behavioral dimension</p>	<p><b>a)</b>The choice of cut-off points in the classification of subjects based on the severity of peritraumatic distress is arbitrary and not clearly discussed</p>	<ul style="list-style-type: none"> <li>• Compared to usual, I feel more nervous and anxious</li> <li>• I feel insecure and bought a lot of masks, medications, sanitizer, gloves and/or other home supplies</li> <li>• I can't stop myself from imagining myself or my family being infected and feel terrified and anxious about it</li> <li>• I feel empty and helpless no matter what I do</li> <li>• I feel sympathetic to the COVID-19 patients and their families. I feel sad about them</li> <li>• I feel helpless and angry about people around me, governors, and media</li> <li>• I am losing faith in the people around me</li> <li>• I collect information about COVID-19 all day. Even if it's not necessary, I can't stop myself</li> <li>• I will believe the COVID-19 information from all sources without any evaluation</li> <li>• I would rather believe in negative news about COVID-19 and be skeptical about the good news</li> <li>• I am constantly sharing news about COVID-19(mostly negative news)</li> <li>• I avoid watching COVID-19 news, since I am too scared to do so</li> <li>• I am more irritable and have frequent conflicts with my family</li> <li>• I feel tired and sometimes even exhausted</li> <li>• Due to feelings of anxiety, my reactions are</li> </ul>

							<p>becoming sluggish</p> <ul style="list-style-type: none"> <li>• I find it hard to concentrate</li> <li>• I find it hard to make any decisions</li> <li>• During this COVID-19 period, I often feel dizzy or have back pain and chest distress</li> <li>• During this COVID-19 period, I often feel stomach pain, bloating, and other stomach discomfort</li> <li>• I feel uncomfortable when communicating with others</li> <li>• Recently, I rarely talk to my family</li> <li>• I cannot sleep well. I always dream about myself or my family being infected by COVID-19</li> <li>• I lost my appetite</li> <li>• I have constipation or frequent urination</li> </ul>
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\*The 24-item CPDI instrument was not available either in the original study or in the Italian validation. The English version of the full instrument presented here was obtained from the corresponding author of CPDI publication<sup>36</sup>