

# COVID-19 Pandemic Survey among Medical Staff and Students

The World Health Organization on March 11 2020 declared the novel coronavirus outbreak a pandemic. This questionnaire is to ask you how you feel in order to understand emotions and preventive measures taken by the medical staff and medical students. This is an anonymous survey without collecting any personal data. This study was approved by the Research Ethics Committee of National Taiwan Normal University (no. 202003HS002). If you have any questions, please feel free to contact Professor Tony Lee at [officetonylee@gmail.com](mailto:officetonylee@gmail.com). Thank you very much for taking time to complete this survey!

\*必填

1。 ...Since the COVID-19 outbreak, your feel... \*

每列請僅選取一個答案。

	Not at all	Mild	Moderate	Very Much
Calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Content (satisfied)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frightened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Please answer each of these questions about how you have felt since the COVID-19 outbreak. Circle one number next to each question to indicate how you have felt.\*

每列請僅選取一個答案。

	Not at all	Mildly	Medium	Moderate	Very much
During the pandemic, did you ever feel numb or distant from your emotions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the pandemic, did you ever feel in a daze?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the pandemic, did things around you ever feel unreal or dreamlike?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the pandemic, did you ever feel distant from your normal self or like you were watching it happen from outside?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you been unable to recall important aspects of the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have memories of the pandemic kept entering your mind?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had bad dreams or nightmares about the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt as if the pandemic was about to happen again?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you feel very upset when you are reminded of the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you tried not to think about the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you tried not to talk about the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you tried to avoid situations or people that remind you of the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you not to feel upset or distressed about the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had trouble sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

since the pandemic?

Have you felt more irritable since the pandemic?

Have you had difficulty concentrating since the pandemic?

Have you become more alert to danger since the pandemic?

Have you become jumpy since the pandemic?

When you are reminded of the pandemic, do you sweat or tremble or does your heart beat fast?

### 3. Personal Protection after the COVID-19\*

每列請僅選取一個答案。

	Less	Same as before	A little more	Much more	Always
Wear a mask all the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wear an eye protector all the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Washing hand with soap frequently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whenever possible avoid touching the eyes, nose and mouth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 4. Contact Precautions after the COVID-19 \*

每列請僅選取一個答案。

	Less	Same as before	A little more	Much more	Always
Avoid proximity (closeness) with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid group gathering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change to online shopping to prevent to go to shops/stores/market	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancel unnecessary trips/vacations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 5. Voluntary quarantine after the COVID-19 \*

每列請僅選取一個答案。

	Less	Same as before	A little more	Much more	Always
If I am feeling unwell, I distance myself from others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I am feeling unwell, I will immediately declare my symptoms to the authority/healthcare providers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Overall, based on your definition of burnout, how would you rate your level of burnout?"  
Responses are scored on a five-category ordinal scale, where \*

單選。

1. I enjoy my work. I have no symptoms of burnout
2. 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
3. I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion
4. The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot
5. 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 may need to seek some sort of help.

7. Please indicate how often you have felt this way during the past week by checking the appropriate box for each question. \*

每列請僅選取一個答案。

	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	All of the time (5-7 days)
E1. I felt depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E2. I felt that everything I did was an effort.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E3. My sleep was restless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E4. I was happy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E5. I felt lonely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E6. People were unfriendly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E7. I enjoyed life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E8. I felt sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E9. I felt that people dislike me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E10. I could not get "going".	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 8. I will try to increase my protection by following activities... \*

每列請僅選取一個答案。

	Less than before	Similar as before	More than before	Much more than before
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition supplement, ex. Vitamin...etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep yourself delight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buy more masks and cleaning supplies, ex. Antiseptic, disinfectant...etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Washing your Hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Searching health-related information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 9. During the COVID-19 pandemic, if others know that you are a medical staff in a hospital, \*

每列請僅選取一個答案。

	Total OK	OK	Not OK	Absolutely not OK	Do know
Taking public transportation with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shopping with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conversation or gossip with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shaking hands with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kiss you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. If others know that you are working in hospital, you think... \*

每列請僅選取一個答案。

	Very likely	Likely	Not likely	Not likely at all	I don't know
Others may discriminate me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others may attack me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Gender \*

單選。

Female

Male

12. Ages \*

\_\_\_\_\_

13. Education \*

每列請僅選取一個答案。

	Below middle school	High school	College	Graduate and above
Highest Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. How many years of clinical work experience \*

\_\_\_\_\_

## 15. Occupation \*

每列請僅選取一個答案。

	Doctor	Nurse	Pharmacist	Medical Technologist	Medical Radiation Technologist	Social worker	Administrative Staff
Occupation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 16. Have you ever taken care of 'suspected' patients with Coronavirus 2019 (COVID-19)? \*

單選。

Yes

No

## 17. Have you ever taken care of 'confirmed' patients with Coronavirus Disease 2019 (COVID-19)? \*

單選。

Yes

No

## 18. Have you ever taken care of patients with SARS or MERS \*

單選。

Yes

No

Thank you very much for taking time filling in this questionnaire!

Google 並未認可或建立這項內容。

Google 表單

