

*During the ongoing COVID-19 pandemic, people may encounter many different kinds of stressors. Please indicate the degree to which you have experienced each of the events below in the past WEEK. You will also be asked to rate how stressful you found each event.*

*Infection-Related*

- 1) Risk of becoming infected
- 2) Self-monitoring of symptoms
- 3) Risk of loved ones becoming infected
- 4) Risk of unintentionally infecting other people
- 5) Reading about or hearing others talk about severity and contagiousness of COVID-19
- 6) Stigma, shame, discrimination, or social exile related to quarantine or working in a high-risk area (e.g., others shunning you because you work in healthcare)
- 7) Stigma, shame, or discrimination related to being in a certain age group (e.g., negative statements about Millennials or Generation Z).
- 8) Uncertainty about how long quarantine and/or social distancing requirements will last

*Daily Activity*

- 9) Changes to daily *personal care* routine (e.g., cooking, cleaning, exercise/relaxation, hobbies)
- 10) Changes to daily *work* routine (e.g., unable to earn money attend full- or part-time work schedule)
- 11) Changes to daily *education* routine (e.g., online instruction)
- 12) Changes to *social* routine (e.g., spending free time with friends/loved ones)
- 13) Changed responsibilities to care for dependents (e.g., childcare, eldercare)
- 14) Cancellation of planned or scheduled celebrations, entertainment, vacations or trips (e.g., graduations, birthdays, concerts)
- 15) Cancellation of meaningful personal or religious rituals (e.g., funerals, religious services)
- 16) Inability to travel (e.g., cancellation of vacations, weekend trips)
- 17) Increased contact with close others or loved ones
- 18) Pressure to “make the most of” COVID-19 or “find a silver lining” while quarantining (e.g., social media fitness challenges; encouragement to increase productivity)

*Financial and Resource-Related*

- 19) Loss of current job security or income (e.g., inability to earn money)
- 20) Loss of current job training opportunities or education benchmarks (e.g., certification, apprenticeship, internship or degree completion)
- 21) Potential changes to the national or global economy (e.g., future job prospects, loss of investments)
- 22) Difficulty accessing important resources for daily life (e.g., healthcare, food, clothes, water, housing, medical supplies or prescriptions)
- 23) Inadequate access to reliable information about COVID-19 (including your personal risk of illness)

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Adapted from:

- Brooks, S.K., Webster, R.K., Smith, L.E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G.J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet*, 395, 912-920. DOI: 10.1016/S0140-6736(20)30460-8
- Main, A., Zhou, Q., Ma, Y., Luecken, L.J., & Liu, X. (2011). Relations of SARS-related stressors and coping to Chinese college students' psychological adjustment during the 2003 Beijing SARS epidemic. *Journal of Counseling Psychology*, 58, 410-423. Doi: 10.1037/a0023632
- Qiu, J., Shen, B., Zhao M., Wang, Z., Xie, B., & Xu, Y. (2020) A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implications and policy recommendations. *General Psychiatry*, 33, e100213. doi:10.1136/ gpsych-2020-100213
- Thompson, R.R., Holman, E.A., & Silver, R.C. (2019). Media coverage, forecasted posttraumatic stress symptoms, and psychological responses before and after an approaching hurricane. *JAMA Network Open*, 2, e186228. doi:10.1001/jamanetworkopen.2018.6228