

Rapid Assessment of COVID-19-Related Experiences (RACE)
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The following questions ask about changes in your mental health symptoms as a result of the COVID-19 pandemic and your experience of COVID-19 symptoms. For each question, circle the response that is most true for you.

1. Were you able to practice social distancing starting around Mid-March 2020?	(0) No	(1) Yes					
2. On average, how often did you go out during the time that staying at home was recommended by local authorities?	(1) Never	(2) 1-2 times per week	(3) 3-4 times per week	(4) Daily or nearly every day			
2b. Why did you have to leave your home? (check all that apply):	(1) For work	(2) Groceries and/or medicine and other essential goods	(3) Medical appointments for yourself or others	(4) To check on the wellness of family or friends or to take care of them	(5) To socialize		
3. Who was in the home with you during the time that social distancing was recommended? (check all that apply):	(1) No one	(2) My spouse or significant other	(3) Adult children or other adult family members	(4) Children under 18	(5) Friends	(6) Pets	(7) Other (fill in):

4. To what extent has the COVID-19 pandemic affected you financially?	(1) It is posing an extreme financial hardship for me (e.g., I have lost most of my income, savings, or financial assistance)	(2) It is posing somewhat of a financial hardship for me (e.g., I have lost some of my income, savings, or financial assistance)	(3) It has not affected my financial situation (e.g., no meaningful change in my income, savings, or financial assistance)	(4) My financial situation is a little bit improved (e.g., my income, savings, or financial assistance has increased a little)	(5) My financial situation is substantially improved (e.g., my income, savings, or financial assistance has increased a lot)		
5. To what extent has the COVID-19 pandemic affected your housing situation?	(1) I have lost my housing	(2) I am at risk of losing my housing (e.g., I cannot afford my rent or mortgage or due to closure of shelter or shared home)	(3) It has not affected my housing	(4) My housing situation is improved (e.g., I was able to get into a new, safer, or better housing situation)			
6. During the height of the coronavirus pandemic, to what extent were you concerned about contracting COVID-19?	(1) I was not at all concerned about contracting COVID-19	(2) I was a little concerned about contracting COVID-19	(3) I was moderately concerned about contracting COVID-19	(4) I was very concerned about contracting COVID-19	(5) I was extremely concerned about contracting COVID-19		

These next questions are all concerned with how you have been feeling in the past two weeks compared to what is typical or usual for you:

7. In the past two weeks, to what extent has the COVID-19 pandemic affected your feelings of anxiety compared to usual?	(1) I am a lot less anxious than usual	(2) I am a little less anxious than usual	(3) There has been no change in my anxiety	(4) I am a little more anxious than usual	(5) I am a lot more anxious than usual		
8. In the past two weeks, to what extent has the COVID-19 pandemic affected your feelings of sadness or depression compared to usual?	(1) I am a lot less depressed than usual	(2) I am a little less depressed than usual	(3) There has been no change in my depression	(4) I am a little more depressed than usual	(5) I am a lot more depressed than usual		
9. In the past two weeks, to what extent has the COVID-19 pandemic affected your feelings of loneliness compared to usual?	(1) I am a lot less lonely than usual	(2) I am a little less lonely than usual	(3) There has been no change in my feelings of loneliness	(4) I am a little more lonely than usual	(5) I am a lot more lonely than usual		
10. In the past two weeks, to what extent has the COVID-19 pandemic affected your alcohol use compared to usual?	(1) I am drinking a lot less alcohol than usual	(2) I am drinking a little less alcohol than usual	(3) There has been no change in my use of alcohol	(4) I am drinking a little more alcohol than usual	(5) I am drinking a lot more alcohol than usual		

<p>11. In the past two weeks, to what extent has the COVID-19 pandemic affected your use of marijuana or illicit substances (e.g., drugs, including prescription drugs *not* prescribed for you) compared to usual?</p>	<p>(1) I am using a lot less than usual</p>	<p>(2) I am using a little less than usual</p>	<p>(3) There has been no change in my use of marijuana, illicit substances, or prescriptions not prescribed to me</p>	<p>(4) I am using a little more than usual</p>	<p>(5) I am using a lot more than usual</p>		
<p>12. In the past two weeks, to what extent has the COVID-19 pandemic affected your use of prescription drugs (that are prescribed to you) compared to usual?</p>	<p>(1) I am taking fewer prescription drugs than usual</p>	<p>(2) There has been no change in my use of prescription drugs</p>	<p>(3) I am taking more prescription drugs than usual, but I am still taking them as prescribed</p>	<p>(4) I am taking more of my prescription drugs than is prescribed</p>			
<p>13. In the past two weeks, to what extent has the COVID-19 pandemic affected your nightmares about past trauma?</p>	<p>(1) I am much less bothered by trauma nightmares than usual</p>	<p>(2) I am a little less bothered by trauma nightmares than usual</p>	<p>(3) There has been no change in how much my trauma nightmares bother me compared to usual</p>	<p>(4) I am a little more bothered by trauma nightmares than usual</p>	<p>(5) I am a lot more bothered by trauma nightmares than usual</p>		

<p>14. In the past two weeks, to what extent has the COVID-19 pandemic affected your unwanted thoughts or memories about past trauma?</p>	<p>(1) I am much less bothered by unwanted trauma thoughts and memories than usual</p>	<p>(2) I am a little less bothered by unwanted trauma thoughts and memories than usual</p>	<p>(3) I am a little less bothered by unwanted trauma thoughts and memories than usual</p>	<p>(4) I am a little more bothered by unwanted trauma thoughts and memories than usual</p>	<p>(5) I am a lot more bothered by unwanted trauma thoughts and memories than usual</p>		
<p>15. In the past two weeks, to what extent has the COVID-19 pandemic affected your efforts to avoid unwanted thoughts, memories, or emotions about past trauma?</p>	<p>(1) I am avoiding thoughts, memories, or emotions about past trauma much less compared to usual</p>	<p>(2) I am avoiding thoughts, memories, or emotions about past trauma a little less compared to usual</p>	<p>(3) There has been no change in how much I avoid thoughts, memories, or emotions about past trauma compared to usual</p>	<p>(4) I am avoiding thoughts, memories, or emotions about past trauma a little more compared to usual</p>	<p>(5) I am avoiding thoughts, memories, or emotions about past trauma much more compared to usual</p>		
<p>16. In the past two weeks, to what extent has the COVID-19 pandemic affected your ability to experience positive emotions, like love or happiness?</p>	<p>(1) I am much more able to experience positive emotions than usual</p>	<p>(2) I am a little more able to experience positive emotions than usual</p>	<p>(3) There has been no change in my experience of positive emotions compared to usual</p>	<p>(4) I am a little less able to experience positive emotions than usual</p>	<p>(5) I am much less able to experience positive emotions than usual</p>		

<p>17. In the past two weeks, to what extent has the COVID-19 pandemic affected your experience of unpleasant emotions and mood (such as pervasive feelings of anger, fear, grief, sadness, or horror)</p>	<p>(1) I am much less bothered by pervasive negative moods than usual</p>	<p>(2) I am a little less bothered by pervasive negative moods than usual</p>	<p>(3) There has been no change in my negative moods compared to usual</p>	<p>(4) I am a little more bothered by pervasive negative moods than usual</p>	<p>(5) I am a lot more bothered by pervasive negative moods than usual</p>		
<p>18. In the past two weeks, to what extent has the COVID-19 pandemic affected your feelings of being on guard or hypervigilant?</p>	<p>(1) I am much less bothered by feeling on guard or hypervigilant compared to usual</p>	<p>(2) I am a little less bothered by feeling on guard or hypervigilant compared to usual</p>	<p>(3) There has been no change in my feelings of being on guard or hypervigilant compared to usual</p>	<p>(4) I am a little more bothered by feeling on guard or hypervigilant compared to usual</p>	<p>(5) I am a lot more bothered by feeling on guard or hypervigilant compared to usual</p>		
<p>19. In the past two weeks, to what extent has the COVID-19 pandemic affected your startle reaction (for example, startling or feeling jumpy in response to a noise)?</p>	<p>(1) I am much less bothered by startle reactions compared to usual</p>	<p>(2) I am a little less bothered by startle reactions compared to usual</p>	<p>(3) There has been no change in my startle reactions compared to usual</p>	<p>(4) I am a little more bothered by startle reactions compared to usual</p>	<p>(5) I am a lot more bothered by startle reactions compared to usual</p>		

20. In the past two weeks, to what extent has the COVID-19 pandemic affected your sleep?	(1) My sleep is much better than usual	(2) My sleep is a little better than usual	(3) There has been no change in my sleep compared to usual	(4) My sleep is a little worse than usual	(5) My sleep is much worse than usual		
21. Have you been diagnosed with COVID-19 by a healthcare professional?	(0) No	(1) Yes					
22. Are you concerned that you have or had symptoms of COVID-19 but have not been tested?	(0) No	(1) Yes					
If 21 or 22 is answered yes:							
22a. Were you hospitalized for your symptoms of COVID-19?	(0) No	(1) Yes	If yes: For how many days?				
22b. Did you require intubation or a ventilator for your symptoms of COVID-19?	(0) No	(1) Yes					
22c. Were you quarantined in your home (e.g., under direct order of a board of health or health care provider)?	(0) No	(1) Yes					

23. Has a close family member or friend been diagnosed with COVID-19?	(0) No	(1) Yes					
24. Has a close family member or friend had symptoms that they think may be due to COVID-19 but they have not been tested?	(0) No	(1) Yes					
If 23 or 24 is answered yes:							
24a. Was your friend or family member hospitalized for symptoms of COVID-19?	(0) No	(1) Yes	If yes: For how many days?				
24b. Did your friend or family member require intubation or ventilation for symptoms of COVID-19?	(0) No	(1) Yes					

24c. Was your friend or family member quarantined (e.g., under direct order of a board of health or health care provider)?	(0) No	(1) Yes					
25. Has a close family member or friend died from COVID-19?	(0) No	(1) Yes					
26. In the past two weeks, to what extent has the COVID-19 pandemic affected your sense of personal resilience?	(1) I feel more resilient than usual	(2) I feel a little more resilient than usual	(3) There has been no change in my sense of resilience	(4) I feel a little less resilient than usual	(5) I feel much less resilient than usual		

Note:

Higher symptom and resilience response scores indicate more pathological outcomes, while higher housing/financial stability scores indicate greater stability.

Scoring Instructions:

There are five subscales, which are scored as follows:

- (1) Housing/financial stability: sum items 4 and 5
- (2) Mood/anxiety symptoms: sum items 7, 8, and 9
- (3) Substance use: sum items 10, 11, and 12
- (4) PTSD symptoms: sum items 13, 14, 15, 16, 17, 18, 19, and 20
- (5) COVID-19 exposure: sum items 21 and 22 for personal exposure score and sum items 23, 24, and 25 for proximal exposure score