

Article title: Families in the COVID-19 Pandemic: Parental Stress, Parent Mental Health and the Occurrence of Adverse Childhood Experiences: Results of a Representative Survey in Germany

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### **Pandemic Stress Scale<sup>1</sup>**

Dear parents,

we would like to measure additional family burden during the Corona-Pandemic in the last months.

For this reason, we ask you to answer the following questions.

|  | yes                   | no                    |
|--|-----------------------|-----------------------|
| Was a family member infected with the coronavirus?                           | <input type="radio"/> | <input type="radio"/> |
| Did a family member have to go to the hospital due to a corona infection?    | <input type="radio"/> | <input type="radio"/> |
| Has a family member died due to a corona infection?                          | <input type="radio"/> | <input type="radio"/> |
| Has short-time work been ordered for a family member?                        | <input type="radio"/> | <input type="radio"/> |
| Has a family member lost their job due to the pandemic?                      | <input type="radio"/> | <input type="radio"/> |
| Has a family member suffered significant financial loss due to the pandemic? | <input type="radio"/> | <input type="radio"/> |

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<sup>1</sup> Winter SM (2020) Pandemic Stress Scale. Charité Universitätsmedizin Berlin, Berlin, Germany

Since the beginning of the Corona-Pandemic, which month was the one with the highest burden?

(multiple choice is possible)

- February 2020
- March 2020
- April 2020
- May 2020
- June 2020
- July 2020
- All months were equally stressful.
- No month was stressful.

**Please answer the following questions on a scale from 1 (“not at all stressful”) to 5 (“extremely stressful”):**

Please relate your answers to the point in time with the greatest burden since the beginning of the Corona-Pandemic.

|   | <b>not at all stressful</b> |                       |                       |                       |                       | <b>extremely stressful</b> | <b>not applicable</b> |
|---|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------|-----------------------|
| How stressful were the restrictions overall for you?                      | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the daycare closing for you?                            | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the school closing for you?                             | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was doing the homework for you online?                      | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the closure of your company for you?                    | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the home office for you?                                | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was maintaining the daily structure?                        | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the social distance to your family and friends for you? | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |
| How stressful was the restriction of outside activities?                  | <input type="radio"/>       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> |

Families in the COVID-9 pandemic – Supplementary Material 1: Pandemic Stress Scale

|  |                       |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How stressful was worrying about your health?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| How stressful was worrying about the health of others?                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| How stressful were the restrictions on you considering medical care?                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| How stressful were the restrictions on you considering psychotherapeutic / psychiatric care? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| How stressful were the restrictions on you considering youth welfare?                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |