

The CoRoNaVirus Health Impact Survey (CRISIS) V0.3

Youth Self-Report Baseline Form

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The CRISIS questionnaires were developed through a collaborative effort between the research teams of Kathleen Merikangas and Argyris Stringaris at the National Institute of Mental Health Intramural Research Program Mood Spectrum Collaboration, and those of Michael P. Milham at the Child Mind Institute and the NYS Nathan S. Kline Institute for Psychiatric Research.

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Our team encourages advanced notification of any media, scientific reports or publications of data that have been collected with the CRISIS (merikank@mail.nih.gov), though this is not required. We also encourage voluntary data sharing for the purpose of psychometric studies that will be led by Dr. Stringaris (argyris.stringaris@nih.gov).

Identification Number:

Country:

State/Province/Region:

Your age (years):

BACKGROUND

First, before we get started with the main questions, we would like to obtain some background information about you.

1. Please specify your sex:

- a. Male
- b. Female
- c. Other _____

2. Thinking about what you know of your family history, which of the following best describes the geographic regions from where your ancestors (i.e. your great-great-grandparents) came? You may select as many choices as you need.

- a. England, Ireland, Scotland or Wales
- b. Australia – not of Aboriginal or Torres Strait Islander descent
- c. Australia – of Aboriginal or Torres Strait Islander descent
- d. New Zealand – not of Maori descent
- e. New Zealand – of Maori descent
- f. Northern Europe including Sweden, Norway, Finland and surrounding countries
- g. Western Europe including France, Germany, the Netherlands and surrounding countries
- h. Eastern Europe, including Russia, Poland, Hungary and surrounding countries
- i. Southern Europe including Italy, Greece, Spain, Portugal and surrounding countries
- j. Middle East including Lebanon, Turkey and surrounding countries
- k. Eastern Asia including China, Japan, South Korea, North Korea, Taiwan and Hong Kong
- l. South-East Asia including Thailand, Malaysia, Indonesia, Singapore and surrounding countries
- m. South Asia including India, Pakistan, Sri Lanka and surrounding countries
- n. Polynesia, Micronesia or Melanesia including Tonga, Fiji, Papua New Guinea and surrounding countries
- o. Africa
- p. North America - not of First Nations, Native American, Inuit or Métis descent
- q. North America - of First Nations, Native American, Inuit or Métis descent
- r. Don't know
- s. Other

3. Are you of Hispanic or Latino descent - that is, Mexican, Mexican American, Chicano, Puerto Rican, Cuban, South or Central American or other Spanish culture or origin?

- a. Yes
- b. No

4. **Are you enrolled in school/college for the current academic year?**
 - a. Not in school
 - b. Elementary school
 - c. Junior High or Middle School
 - d. High School
 - e. College/Vocational
 - f. Graduate
5. **Which best describes the area in which you live?**
 - a. Large city
 - b. Suburbs of a large city
 - c. Small city
 - d. Town or village
 - e. Rural area
6. **How many people currently live in your home (excluding yourself)?** ____
7. **Please specify your relationship to the people in your home (check all that apply):**
 - a. One parent
 - b. Two parents
 - c. Grandparents
 - d. Siblings
 - e. Other children
 - f. Other relatives
 - g. Unrelated person
8. **Are any adults living in the home an ESSENTIAL WORKER (e.g., healthcare, delivery worker, store worker, security, building maintenance)? Y/N**
 - a. If yes,
 - **Do they come home each day?**
 - Yes
 - No separated due to COVID-19
 - No separated due to other reasons
 - **Are they a FIRST RESPONDER, HEALTHCARE PROVIDER or OTHER WORKER in a facility treating COVID-19? Y/N**
9. **How many rooms (total) are in your home?** ____
10. **How would you rate your overall physical health?**
 - a. Excellent
 - b. Very Good
 - c. Good
 - d. Fair
 - e. Poor

11. Has a health or educational professional ever told you that you had any of the following health conditions (check all that apply)?

- a. Seasonal allergies
- b. Asthma or other lung problems
- c. Heart problems
- d. Kidney problems
- e. Immune disorder
- f. Diabetes or high blood sugar
- g. Cancer
- h. Arthritis
- i. Frequent or very bad headaches
- j. Epilepsy or seizures
- k. Serious stomach or bowel problems
- l. Serious acne or skin problems
- m. Emotional or mental health problems such as Depression or Anxiety
- n. Problems with alcohol or drugs
- o. Intellectual disability
- p. Autism Spectrum Disorder
- q. Learning Disorder

12. How tall are you? ____ centimeters(cm)/inches (in)

13. How much do you weigh? ____ kilograms(kg)/pounds(lb)

14. How would you rate your overall Mental/Emotional health before the Coronavirus/COVID-19 crisis in your area?

- a. Excellent
- b. Very Good
- c. Good
- d. Fair
- e. Poor

CORONAVIRUS/COVID-19 HEALTH/EXPOSURE STATUS

During the **PAST TWO WEEKS:**

15. ... have you been exposed to someone likely to have Coronavirus/COVID-19? (check all that apply)

- a. Yes, someone with positive test
- b. Yes, someone with medical diagnosis, but no test
- c. Yes, someone with possible symptoms, but no diagnosis by doctor
- d. No, not to my knowledge

16. ... have you been suspected of having Coronavirus/COVID-19 infection?

- a. Yes, has positive test
- b. Yes, medical diagnosis, but no test
- c. Yes, have had some possible symptoms, but no diagnosis by doctor
- d. No symptoms or signs

17. ... have you had any of the following symptoms? (check all that apply)

- a. Fever
- b. Cough
- c. Shortness of breath
- d. Sore throat
- e. Fatigue
- f. Loss of taste or smell
- g. Eye infection
- h. Other _____

18. ... has anyone in your family been diagnosed with Coronavirus/COVID-19? (check all that apply)

- a. Yes, member of household
- b. Yes, non-household member
- c. No

19. ... have any of the following happened to your family members because of Coronavirus/COVID-19? (check all that apply)

- a. Fallen ill physically
- b. Hospitalized
- c. Put into self-quarantine with symptoms
- d. Put into self-quarantine without symptoms (e.g., due to possible exposure)
- e. Lost or been laid off from job
- f. Reduced ability to earn money
- g. Passed away
- h. None of the above

During the **PAST TWO WEEKS**, how worried have you been about:

20. being infected?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

21. ... friends or family being infected?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

22. ... your *Physical health* being influenced by Coronavirus/COVID-19?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

23. ... your *Mental/Emotional health* being influenced by Coronavirus/COVID-19?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

24. How much are you reading or talking about Coronavirus/COVID-19?

- a. Never
- b. Rarely
- c. Occasionally
- d. Often
- e. Most of the time

25. Has the Coronavirus/COVID-19 crisis in your area led to any positive changes in your life?

- a. None
- b. Only a few
- c. Some

- If answered b or c to question 25, please specify: _____

LIFE CHANGES DUE TO THE CORONAVIRUS/COVID-19 CRISIS IN THE LAST TWO WEEKS

During the PAST TWO WEEKS:

26. ... has your school building been closed? Y/N/NA

- a. If no,
 - Are classes in session? Y/N
 - Are you attending classes in-person? Y/N
- b. If yes,
 - Have classes resumed online? Y/N
 - Do you have easy access to the internet and a computer? Y/N
 - Are there assignments for you to complete? Y/N
 - Are you able to receive meals from the school? Y/N

27. ... how many people, from outside of your household, have you had an in-person conversation with? _____

28. ... how much time have you spent going outside of the home (e.g., going to stores, parks, etc.)?

- a. Not at all
- b. 1-2 days per week
- c. A few days per week
- d. Several days per week
- e. Every day

29. ... how stressful have the restrictions on leaving home been for you?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

30. ... have your contacts with people outside of your home changed relative to *before* the Coronavirus/COVID-19 crisis in your area?

- a. A lot less
- b. A little less
- c. About the same
- d. A little more
- e. A lot more

31. ... how much difficulty have you had following the recommendations for keeping away from close contact with people?

- a. None
- b. A little
- c. Moderate
- d. A lot
- e. A great amount

32. ... has the quality of the relationships between you and members of your family changed?

- a. A lot worse
- b. A little worse
- c. About the same
- d. A little better
- e. A lot better

33. ... how stressful have these changes in family contacts been for you?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

34. ... has the quality of your relationships with your friends changed?

- a. A lot worse
- b. A little worse
- c. About the same
- d. A little better
- e. A lot better

35. ... how stressful have these changes in social contacts been for you?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

36. ... how much has cancellation of important events (such as graduation, prom, vacation, etc.) in your life been difficult for you?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

37. ... to what degree have changes related to the Coronavirus/COVID-19 crisis in your area created financial problems for you or your family?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

38. ... to what degree are you concerned about the stability of your living situation?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

39. ... did you worry whether your food would run out because of a lack of money?

- a. Yes
- b. No

40. How hopeful are you that the Coronavirus/COVID-19 crisis in your area will end soon?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

DAILY BEHAVIORS (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area:

40. ...on average, what time did you go to bed on WEEKDAYS?

- a. Before 8 pm
- b. 8-10 pm
- c. 10 pm-12 am
- d. After midnight

41. ... on average, what time did you go to bed on WEEKENDS?

- a. Before 8 pm
- b. 8-10 pm
- c. 10 pm-12 am
- d. After midnight

42. ... on average, how many hours per night did you sleep on WEEKDAYS?

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

43. ... on average, how many hours per night did you sleep on WEEKENDS?

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

44. ... how many days per week did you exercise (e.g., increased heart rate, breathing) for at least 30 minutes?

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

45. ... how many days per week did you spend time outdoors?

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

EMOTIONS/WORRIES (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area:

46. ... how worried were you generally?

- a. Not worried at all
- b. Slightly worried
- c. Moderately worried
- d. Very worried
- e. Extremely worried

47. ... how happy versus sad were you?

- a. Very sad/depressed/unhappy
- b. Moderately sad/depressed/unhappy
- c. Neutral
- d. Moderately happy/cheerful
- e. Very happy/cheerful

48. ... how much were you able to enjoy your usual activities?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very much
- e. A lot

49. ... how relaxed versus anxious were you?

- a. Very relaxed/calm
- b. Moderately relaxed/calm
- c. Neutral
- d. Moderately nervous/anxious
- e. Very nervous/anxious

50. ... how fidgety or restless were you?

- a. Not fidgety/restless at all
- b. Slightly fidgety/restless
- c. Moderately fidgety/restless
- d. Very fidgety/restless
- e. Extremely fidgety/restless

51. ... how fatigued or tired were you?

- a. Not fatigued or tired at all
- b. Slightly fatigued or tired
- c. Moderately fatigued or tired
- d. Very fatigued or tired
- e. Extremely fatigued or tired

52. ... how well were you able to concentrate or focus?

- a. Very focused/attentive
- b. Moderately focused/attentive
- c. Neutral
- d. Moderately unfocused/distracted
- e. Very unfocused/distracted

53. ... how irritable or easily angered were you?

- a. Not irritable or easily angered at all
- b. Slightly irritable or easily angered
- c. Moderately irritable or easily angered
- d. Very irritable or easily angered
- e. Extremely irritable or easily angered

54. ... how lonely were you?

- a. Not lonely at all
- b. Slightly lonely
- c. Moderately lonely
- d. Very lonely
- e. Extremely lonely

55. ... to what extent were you having negative thoughts, thoughts about unpleasant experiences or things that made you feel bad?

- a. Not at all
- b. Rarely
- c. Occasionally
- d. Often
- e. A lot of the time

MEDIA USE (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area, how much time per day did you spend:

56. ... watching TV or digital media (e.g., Netflix, YouTube, web surfing)?

- a. No TV or digital media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

57. ... using social media (e.g., Facetime, Facebook, Instagram, Snapchat, Twitter, TikTok)?

- a. No social media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

58. ... playing video games?

- a. No video games
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

SUBSTANCE USE (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area, how frequently did you use:

59. ... alcohol?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

60. ... vaping products?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

61. ... cigarettes or other tobacco products?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

62. ... marijuana/cannabis (e.g., joint, blunt, pipe, bong)?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

63. ... opiates, heroin, or narcotics?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

64. ... other drugs including cocaine, crack, amphetamine, methamphetamine, hallucinogens, or ecstasy?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

65. ... sleeping medications or sedatives/hypnotics?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

DAILY BEHAVIORS (PAST TWO WEEKS)

During the **PAST TWO WEEKS**:

66. ...on average, what time did you go to bed on WEEKDAYS?

- a. Before 8 pm
- b. 8-10 pm
- c. 10 pm-12 am
- d. After midnight

67. ... on average, what time did you go to bed on WEEKENDS?

- a. Before 8 pm
- b. 8-10 pm
- c. 10 pm-12 am
- d. After midnight

68. ... on average, how many hours per night did you sleep on WEEKDAYS?

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

69. ... on average, how many hours per night did you sleep on WEEKENDS?

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

70. ... how many days per week did you exercise (e.g., increased heart rate, breathing) for at least 30 minutes?

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

71. ... how many days per week did you spend time outdoors?

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

EMOTIONS/WORRIES (PAST TWO WEEKS)

During the PAST TWO WEEKS:

72. ... how worried were you generally?

- a. Not worried at all
- b. Slightly worried
- c. Moderately worried
- d. Very worried
- e. Extremely worried

73. ... how happy versus sad were you?

- a. Very sad/depressed/unhappy
- b. Moderately sad/depressed/unhappy
- c. Neutral
- d. Moderately happy/cheerful
- e. Very happy/cheerful

74. ... how much were you able to enjoy your usual activities?

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very much
- e. A lot

75. ... how relaxed versus anxious were you?

- a. Very relaxed/calm
- b. Moderately relaxed/calm
- c. Neutral
- d. Moderately nervous/anxious
- e. Very nervous/anxious

76. ... how fidgety or restless were you?

- a. Not fidgety/restless at all
- b. Slightly fidgety/restless
- c. Moderately fidgety/restless
- d. Very fidgety/restless
- e. Extremely fidgety/restless

77. ... how fatigued or tired were you?

- a. Not fatigued or tired at all
- b. Slightly fatigued or tired
- c. Moderately fatigued or tired
- d. Very fatigued or tired
- e. Extremely fatigued or tired

78. ... how well were you able to concentrate or focus?

- a. Very focused/attentive
- b. Moderately focused/attentive
- c. Neutral
- d. Moderately unfocused/distracted
- e. Very unfocused/distracted

79. ... how irritable or easily angered were you?

- a. Not irritable or easily angered at all
- b. Slightly irritable or easily angered
- c. Moderately irritable or easily angered
- d. Very irritable or easily angered
- e. Extremely irritable or easily angered

80. ... how lonely were you?

- a. Not lonely at all
- b. Slightly lonely
- c. Moderately lonely
- d. Very lonely
- e. Extremely lonely

81. ... to what extent did you have negative thoughts, thoughts about unpleasant experiences or things that made you feel bad?

- a. Not at all
- b. Rarely
- c. Occasionally
- d. Often
- e. A lot of the time

MEDIA USE (PAST TWO WEEKS)

During the **PAST TWO WEEKS**, how much time per day did you spend:

82. ... watching TV or digital media (e.g., Netflix, YouTube, web surfing)?

- a. No TV or digital media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

83. ... using social media (e.g., Facetime, Facebook, Instagram, Snapchat, Twitter TikTok)?

- a. No social media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

84. ... playing video games?

- a. No video games
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

SUBSTANCE USE (PAST TWO WEEKS)

During the **PAST TWO WEEKS**, how frequently did you use:

85. ... alcohol?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

86. ... vaping products?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

87. ... cigarettes or other tobacco products?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

88. ... marijuana/cannabis (e.g., joint, blunt, pipe, bong)?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

89. ... opiates, heroin, or narcotics?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

90. ... other drugs including cocaine, crack, amphetamine, methamphetamine, hallucinogens, or ecstasy?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

91. ... sleeping medications or sedatives/hypnotics?

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

SUPPORTS

92. Which of the following supports were in place for you before the Coronavirus/COVID-19 crisis and have been disrupted over the PAST TWO WEEKS? (check all that apply)

- a. Resource room
- b. Tutoring
- c. Mentoring programs
- d. After school activity programs
- e. Volunteer programs
- f. Psychotherapy
- g. Psychiatric care
- h. Occupational therapy
- i. Physical therapy
- j. Speech/language therapy
- k. Sporting activities
- l. Medical care for chronic illnesses
- m. Other: Specify _____

ADDITIONAL CONCERNS AND COMMENTS

Please describe anything else that concerns you about the impact of Coronavirus/COVID-19 on you, your friends, or family.

[TEXT BOX]

Please provide any comments that you would like about this survey and/or related topics.

[TEXT BOX]