

# Covid-19 Pandemic Mental Health Questionnaire (CoPaQ)

With the following questions we would like to learn about the personal and social **consequences of the COVID-19-pandemic (SARS-CoV-2)**.

First, we would like to ask you to answer the following initial questions.

1. Do you currently suffer from COVID-19 symptoms such as fever, dry cough, breathing problems, sore throat, loss of smell/taste, headaches or diarrhoea?	Yes	No	Don't know
2. Have you been tested positive for SARS-CoV-2?	Yes	No	Don't know
3. Have you been tested positive for Anti-SARS-CoV-2 antibodies?			
4. Has someone close to you been infected with COVID-19?	Yes	No	Don't know
5. Has a person close to you died in the course of a COVID-19 disease?	Yes	No	Don't know
6. Has any of the people with whom you had direct contact in the past two weeks become infected with COVID-19?	Yes	No	Don't know
7. Please indicate which of the following risk factors for a severe course of COVID-19 apply to you.			
a) Older than 60 years	Yes	No	
b) Cardiovascular disease	Yes	No	
c) Diabetes	Yes	No	
d) Immunodeficiency, or taking medication that suppresses the immune system (e.g. cortisone)	Yes	No	
e) Chronic disease of the respiratory system (e.g. asthma, chronic bronchitis)	Yes	No	
f) Chronic liver disease	Yes	No	
g) Chronic kidney disease	Yes	No	
h) Acute cancer	Yes	No	
i) Cancer during past 5 years	Yes	No	
j) Long-standing heavy cigarette consumption (more than 20 cigarettes per day in the last 5-10 years)	Yes	No	
k) none of the above risk factors	Yes	No	
8. Please indicate which of the following risk factors for a severe course of COVID-19 apply to people living with you in a household.			
a) Older than 60 years	Yes	No	
b) Cardiovascular disease	Yes	No	
c) Diabetes	Yes	No	
d) Immunodeficiency, or taking medication that suppresses the immune system (e.g. cortisone)	Yes	No	
e) Chronic disease of the respiratory system (e.g. asthma, chronic bronchitis)	Yes	No	
f) Chronic liver disease	Yes	No	
g) Chronic kidney disease	Yes	No	
h) Acute cancer	Yes	No	
i) Cancer during past 5 years	Yes	No	
j) Long-standing heavy cigarette consumption (more than 20 cigarettes per day in the last 5-10 years)	Yes	No	

k) none of the above risk factors	Yes	No
9. Please indicate whether you are currently in quarantine.	Yes	No
10. <i>optional</i> : Please indicate the number of days you have been in quarantine.		
11. Please indicate whether you are currently under a state-imposed curfew.	Yes	No
12. <i>optional</i> : Please indicate how many days you have been under the state-imposed curfew.		
13. Please indicate if you are currently working remotely from home.	Yes	No
14. <i>optional</i> : Please indicate how many days you have been working remotely from home.		
15. Please indicate whether you are engaged in an essential activity for the maintenance of critical infrastructure in accordance with the emergency plan.		
a) doctors	Yes	No
b) nurses	Yes	No
c) clinical psychologists	Yes	No
d) public safety and national security guards	Yes	No
e) staff of local and national government	Yes	No
f) supermarket vendors	Yes	No
g) bakers	Yes	No
h) professional cleaners	Yes	No
i) if other, please indicate		
16. Please indicate your employment status		
a) full-time employed	Yes	No
b) part-time employed	Yes	No
c) not employed	Yes	No
d) self-employed	Yes	No
e) caregiver (e.g., children, elderly)	Yes	No
f) student	Yes	No
g) retired	Yes	No
h) other	Yes	No
17. Please indicate your public health insurance coverage.		
a) None		
b) Partial coverage		
c) Full coverage (without psychiatric/psychotherapeutic care)		
d) Full coverage (without psychiatric/psychotherapeutic care)		
18. Please indicate whether you receive welfare benefits.	Yes	No
19. Have you ever been diagnosed by a doctor or therapist with one or more of the following?		
a) Depression	Yes	No
b) Mania/Bipolar disorder	Yes	No
c) Psychotic disorders (including schizophrenia)	Yes	No
d) Anxiety disorder	Yes	No
e) Posttraumatic stress disorder	Yes	No
f) Eating disorder	Yes	No
g) Compulsive disorders (OCD)	Yes	No
h) Substance abuse or Addiction disorder	Yes	No
i) Attention disorder (ADD or ADHD)	Yes	No
j) Somatoform disorder	Yes	No
k) Personality disorder	Yes	No
l) Autism Spectrum Disorder (including Asperger's Syndrome)	Yes	No

m) Cognitive disorder/dementia	Yes	No			
20. Are you currently receiving psychotherapy?	Yes	No			
21. <i>optional, if yes</i> : Do you currently no longer receive psychotherapy due to the COVID-19 pandemic?	Yes	No			
22. <i>optional, if no</i> : Does the psychotherapy currently take place in face-to-face contact?	Yes	No			
	Not at all				Very much
23. <i>optional, if no</i> : How satisfied are you with the psychotherapeutic treatment via telephone or video platforms compared to face-to-face contact?	0	1	2	3	4

### Risk perception

How do you currently perceive the risk of the COVID-19 pandemic?

“I am worried that...”

	Not at all				Very much
I have no means of control over the COVID-19 pandemic.	0	1	2	3	4
I will infect myself with COVID-19.	0	1	2	3	4
Please indicate how likely you think it is that you will be infected with COVID-19	0	1	2	3	4
people close to me are infected with COVID-19.	0	1	2	3	4
I will infect other people with COVID-19.	0	1	2	3	4
the consequences of the COVID-19 pandemic will greatly affect me personally.	0	1	2	3	4
in case of infection with COVID-19 the consequences for my health will be severe.	0	1	2	3	4
I will die of COVID-19.	0	1	2	3	4
people close to me will die of COVID-19.	0	1	2	3	4

How necessary and useful do you consider the following behaviour since the COVID 19 pandemic?

	Not at all				Very much
Hygiene measures, such as					
a) keeping at least 1.5 metres distance from other people	0	1	2	3	4
b) coughing or sneezing into the crook of your arm or into a handkerchief	0	1	2	3	4
c) not touching mouth, eyes or nose with hands	0	1	2	3	4
d) regular washing of hands	0	1	2	3	4
e) washing hands extensively (for at least 30 seconds)	0	1	2	3	4
f) increased disinfection of hands and objects.	0	1	2	3	4
Reduction of social contacts, e.g.					
a) cancelling private meetings and family visits	0	1	2	3	4
b) cancelling trips to other cities	0	1	2	3	4
c) avoiding visits to canteens and restaurants	0	1	2	3	4
d) avoiding touching (e.g. shaking hands or hugging) when greeting or saying goodbye to other people	0	1	2	3	4
e) moving your work to home office	0	1	2	3	4

Build up stocks, such as					
a) soap, detergent, cleaning products, washing powder, etc.	0	1	2	3	4
b) food (vegetables, lentils, rice, pasta...)	0	1	2	3	4
c) water (20 litres per person)	0	1	2	3	4
d) toilet paper	0	1	2	3	4
e) cash	0	1	2	3	4
Political measures, such as					
a) temporary closures of kindergartens, schools and universities	0	1	2	3	4
b) temporary border closures	0	1	2	3	4
c) temporary closures of playgrounds	0	1	2	3	4
d) temporary closure of bars, pubs, theatres, cinemas, etc.	0	1	2	3	4
e) temporary curfews	0	1	2	3	4
Solidarity-based behaviour, such as					
a) donating blood	0	1	2	3	4
b) supporting people at risk, such as shopping for them or staying at home to protect people at risk to protect people at risk	0	1	2	3	4
c) supporting people who are experiencing existential hardship due to the current situation	0	1	2	3	4
d) offering help to close friends and family members	0	1	2	3	4
e) getting involved in neighbourhood assistance	0	1	2	3	4

To what extent have you adhered to the following COVID-19 pandemic measures over the past two weeks?					
a) Hygiene measures	0	1	2	3	4
b) Reduction of social contacts	0	1	2	3	4
c) Curfews	0	1	2	3	4

The following is a list of statements that deal with the handling and impact of the COVID-19 Pandemic. Please indicate the extent to which the following statements have applied to you in the **past two weeks**.

"Because of the COVID-19 pandemic, **over the past 14 days I...**"

	Not at all				Very much
have had upsetting dreams that replay part of the experience of the COVID-19 pandemic or are clearly related to it.	0	1	2	3	4
have had powerful images or memories that sometimes come into my mind in which I feel the experience of the COVID-19 pandemic is happening again in the here and now.	0	1	2	3	4
have avoided internal reminders of the experience of the COVID-19 pandemic (e.g. thoughts, feeling, or physical sensations).	0	1	2	3	4
have avoided external reminders of the experience of the COVID-19 pandemic (e.g. people, places, conversations, objects, activities, or situations).	0	1	2	3	4
have been "super-alert", watchful, or on guard.	0	1	2	3	4

	Not at all				Very much
have been feeling jumpy or easily startled.	0	1	2	3	4
have suffered from unforeseeable severe anxiety attacks (panic) with physical symptoms (e.g. palpitations, chest pain, dizziness).	0	1	2	3	4
<i>Optional (if &gt;0):</i> During such an anxiety attack I was afraid of dying, losing control or one's mind.	0	1	2	3	4
have suffered from sleep problems, such as	0	1	2	3	4
a) difficulty falling asleep (< 30 minutes)	0	1	2	3	4
b) difficulty sleeping through the night	0	1	2	3	4
c) early morning awakening	0	1	2	3	4
d) fearful dreams or nightmares not about the COVID-19 pandemic	0	1	2	3	4
e) fearful dreams or nightmares about the COVID-19 pandemic	0	1	2	3	4
felt or behaved in a more irritable, rageful, angry	0	1	2	3	4

**“Over the past 14 days I...”**

	Not at all				Very much
have consumed substantially more alcohol than usual.	0	1	2	3	4
have smoked considerably more cigarettes than usual.	0	1	2	3	4
have consumed considerably more drugs (e.g. tranquilizers, sleeping pills or stimulants) than usual.	0	1	2	3	4
have felt a strong desire to consume addictive substances (alcohol, cigarettes, drugs).	0	1	2	3	4
have not been able to control my use of addictive substances (alcohol, cigarettes, drugs).	0	1	2	3	4
have had the excessive urge to wash and/or disinfect my hands again and again so that <b>I</b> do not become ill from germs or contamination.	0	1	2	3	4
<i>optional:</i> I perceived the extent as nonsensical, distressing or excessive.	0	1	2	3	4
have had the excessive urge to wash and/or disinfect my hands again and again so that <b>I</b> do not pass on germs or contamination to <b>other people</b> .	0	1	2	3	4
<i>optional:</i> I perceived the extent as nonsensical, distressing or excessive.	0	1	2	3	4
have visited my GP more often.	0	1	2	3	4
have avoided visits to my GP.	0	1	2	3	4

"Because of the COVID-19 pandemic, **over the past 14 days** I have felt stressed or burdened a lot by..."

	Not at all				Very much	NA= Not applicable
a) the current pandemic.	0	1	2	3	4	NA
b) living in a small accommodation.	0	1	2	3	4	NA

	Not at all				Very much	NA= Not applicable
c) being in quarantine.	0	1	2	3	4	NA
d) childcare.	0	1	2	3	4	NA
e) taking over school lessons.	0	1	2	3	4	NA
f) the curfew.	0	1	2	3	4	NA
g) being in home office.	0	1	2	3	4	NA
h) customer service.	0	1	2	3	4	NA
i) worries about my health.	0	1	2	3	4	NA
j) worries of not being able to get medical care.	0	1	2	3	4	NA
k) worries about being sick with COVID-19 when I noticed first signs of symptoms such as fever, dry cough, breathing problems, sore throat, loss of smell/taste, headache or diarrhea.	0	1	2	3	4	NA
l) increased conflicts with people close to me.	0	1	2	3	4	NA
m) financial worries.	0	1	2	3	4	NA
n) uncertainties regarding my job, training place, studies or school.	0	1	2	3	4	NA
o) concerns for my own personal safety.	0	1	2	3	4	NA
p) concerns for the integrity of family members or friends.	0	1	2	3	4	NA
q) fears of what the future will bring, or that I won't be able to cope with everything.	0	1	2	3	4	NA
r) thoughts that it would be better to be dead.	0	1	2	3	4	NA

**“Over the past 14 days I have been able to distance myself well from the stress/burden due to...”**

	Not at all				Very much	NA= Not applicable
a) worries about my health.	0	1	2	3	4	NA
b) worries of not being able to get medical care.	0	1	2	3	4	NA
c) worries about being sick with COVID-19 when I noticed first signs of symptoms such as fever, dry cough, breathing problems, sore throat, loss of smell/taste, headache or diarrhea etc.	0	1	2	3	4	NA
d) increased conflicts with people close to me.	0	1	2	3	4	NA
e) childcare.	0	1	2	3	4	NA
f) financial worries.	0	1	2	3	4	NA
g) uncertainties regarding my job, training place, studies or school.	0	1	2	3	4	NA
h) concerns for my own personal integrity	0	1	2	3	4	NA
i) concerns for the integrity of family members or friends	0	1	2	3	4	NA
j) fears of what the future will bring, or that I will not be able to cope with everything.	0	1	2	3	4	NA
k) thoughts that it would be better to be dead.	0	1	2	3	4	NA

**“Over the past 14 days I...”**

	Not at all				Very much
have maintained a regular daily routine.	0	1	2	3	4
have planned the day as detailed as possible.	0	1	2	3	4
have integrated sports and exercise into my daily life.	0	1	2	3	4
have had the opportunity to retreat to a private place.	0	1	2	3	4
have reduced any contact with fellow human beings.	0	1	2	3	4
have maintained my social contacts (telephone, visits or video chats).	0	1	2	3	4
have had more conflicts with people close to me.	0	1	2	3	4
have had more verbal arguments with people close to me.	0	1	2	3	4
have experienced becoming a victim of verbal abuse (e.g. threats, humiliations) with people close to me.	0	1	2	3	4
have had more physical arguments (e.g. beating, boxing, kicking) with people close to me.	0	1	2	3	4
have experienced becoming a victim of physical abuse (e.g. beating, boxing, kicking) by people close to me.	0	1	2	3	4
have enjoyed the time together with people close to me.	0	1	2	3	4
have felt more hopeful that the corona-crisis will soon be over.	0	1	2	3	4
have sought stability in faith and/or religion.	0	1	2	3	4
have focused on my inner strengths, resources, abilities and talents.	0	1	2	3	4
have changed my attitudes about what is really important to me in life.	0	1	2	3	4
have acknowledged and accepted the COVID-19 pandemic as reality.	0	1	2	3	4

**“Over the past 14 days I...”**

	Not at all				Very much
have carried out an increased amount of research about the COVID-19 pandemic via the Internet.	0	1	2	3	4
Please, indicate the approximate duration of involvement (media, Internet) with the coronavirus-topic in hours.					
have tried to deliberately control my media consumption around COVID-19.	0	1	2	3	4
have succeeded in deliberately controlling my media consumption around COVID-19 (social media, television, internet).	0	1	2	3	4
have tried to avoid COVID-19 news and notifications as far as possible.	0	1	2	3	4
have felt burdened by medial images of or news reports about COVID-19.	0	1	2	3	4
have been able to distance myself mentally from news and notifications about COVID-19.	0	1	2	3	4

**“Over the past 14 days I...”**

	Not at all				Very much
have had the feeling that the political leadership was standing up for me.	0	1	2	3	4
have had the feeling that the rules we now need to follow are there to make my life miserable	0	1	2	3	4
have perceived democracy as an effective form of government.	0	1	2	3	4
have had the feeling that public institutions (e.g. police, judiciary) can be relied upon	0	1	2	3	4
have worried about our economic development.	0	1	2	3	4
have had the feeling that news and reports on the COVID-19 pandemic are being deliberately withheld.	0	1	2	3	4
have perceived politicians as trustworthy.	0	1	2	3	4
have had the feeling that false reports or untruths about the COVID-19 pandemic are being deliberately disseminated on public broadcasting (e.g. radio and television stations).	0	1	2	3	4
have had the feeling that people looked at me as if I have got corona-virus.	0	1	2	3	4
have had the feeling that people kept a greater distance from me specifically and more than was necessary.	0	1	2	3	4
have had the belief that there are alternative or secret explanations for current events.	0	1	2	3	4
have had the belief that the virus is targeting me more than anyone else irrespective of my health.	0	1	2	3	4
have had the belief that there is a relation between what is happening and the production and testing of biological weapons.	0	1	2	3	4
have had the belief that what is happening here is the effect of a struggle or competition between different superpowers.	0	1	2	3	4
have had the belief that this infection serves to deliberately reduce the world population, since there are no longer enough resources for everyone.	0	1	2	3	4
have had the belief that the corona-virus was introduced to get at people like me.	0	1	2	3	4
thought that the crisis is not real, I am caught in a bad dream and just need to wake up.	0	1	2	3	4

The following statement is used by people to describe themselves. Please indicate whether the following statement applies to you.

I'm convinced there's a conspiracy behind many things in the world.	True	False
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**“Over the past 14 days I have had the feeling that...”**

	Not at all				Very much
there is greater solidarity and cohesion in our society.	0	1	2	3	4
I am an integral part of our society or community.	0	1	2	3	4
our nation is growing closer together.	0	1	2	3	4
there is less solidarity and cohesion in our society (e.g. excessive shopping, corona parties)	0	1	2	3	4
I am not an integral part of our society or community.	0	1	2	3	4
the crisis divides our public nation.	0	1	2	3	4