## **COVID19 One-Time Assessments: Round 2**

In an effort to be able to use the daily survey data to more effectively understand the impact of COVID19 on factors related to mental health and well-being, we will be releasing a short series of additional assessments. This will provide us with further information to better understand risk and protective factors, which will help us manage future waves of this pandemic, as well as future pandemics.

In this assessment, we will be asking you to reflect on your life and experiences since the onset of the COVID19 pandemic, and your emotional response to these events. We will also ask you to reflect on what you think life will be like in the future. We estimate this survey to take 45-60 min, but could take more or less time depending on how much detail you'd like to provide.

As a reminder, this is the second of 3 assessment opportunities this month, and we are also planning a follow up survey at a later time in the future, such as this fall or winter. All of the assessments are optional and you can opt out of receiving notification or reminders about them at any time by emailing cunninaj@bc.edu.

As compensation, for each of the 3 assessments that you complete this month, you will receive raffle entries into a NEW raffle for one of 30 \$50 Amazon Gift cards. This raffle will be separate from the one we will be doing for the daily survey, so 40 Amazon Gift cards will be raffled off total.

As always, your health and safety are our number one priority. If diagnosed with COVID-19, we hope and encourage you to seek the treatment and care that you need and recover quickly. Any information that you provide us moving forward will be useful in understanding the effects of COVID-19 and the culture of living though a pandemic, but please do not let keeping up with these surveys interfere with your care in any way.

Thank you!	
Subject ID:	
Click 'Now'	



COVID19 Reflections								
	Entirely negative	Mostly negative	An equal mix	Mostly positive	Entirely positive			
When I think about the past 8 weeks, my memories are:	0	0	0	0	0			
When I think about the summer and fall, my predictions are	0	0	0	0	0			
Can you remember when you rea to be a part of history?	lized that this was		Yes No					
How vivid is the memory?		(	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>					
How much do you feel like you're reliving the event when you think	(	Not at all Somewhat Moderately Completely						
How emotionally arousing was the its occurrence?	e event at the tim	(	Completely neut Fairly neutral Fairly arousing Completely arou					
How emotionally arousing is the r reflect on it?	memory as you no	(	Completely neut Fairly neutral Fairly arousing Completely arou					
Do you (a) recall this from your or yourself as part of the scene?	wn eyes or (b) see		a) Recall this fro b) See myself as		e			

Significant Closure	
Were you in school or employed at the start of the COVID pandemic?	○ Yes ○ No
Did your school or work close YOUR on-sight operations in response to the COVID-19 pandemic?	<ul> <li>Yes</li> <li>No</li> <li>(Even if the establishment remained open for essential employees, mark yes if your work was ended or made virtual.)</li> </ul>
Was another significant entity or access in your life closed or canceled due to the COVID19 pandemic (e.g. community/senior centers, nursing home visitation abilities, etc.)?	○ Yes ○ No
Can you remember when you learned of this closure?	○ Yes ○ No
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>○ Not at all</li><li>○ Somewhat</li><li>○ Moderately</li><li>○ Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>



Children School Closure	
Are you the parent/guardian/caretaker for school-age children that have been living with you during the pandemic?	
Was your primary childcare service closed or cancelled in response to the COVID19 pandemic?	<ul><li>Yes</li><li>No</li><li>(School, daycare, nannys, access to family members etc.)</li></ul>
Can you remember when you learned of this closure?	○ Yes ○ No
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>Not at all</li><li>Somewhat</li><li>Moderately</li><li>Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>○ a) Recall this from my own eyes</li><li>○ b) See myself as part of the scene</li></ul>

Negative Emotions	
Can you remember a moment when you felt consumed by negative emotions related to the pandemic?	Yes     No     No
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>○ Not at all</li><li>○ Somewhat</li><li>○ Moderately</li><li>○ Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>

Improvement	
Can you remember when you first felt that things were starting to get "better"?	<ul><li>Yes</li><li>No</li><li>I don't feel that way yet</li></ul>
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>○ Not at all</li><li>○ Somewhat</li><li>○ Moderately</li><li>○ Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>○ a) Recall this from my own eyes</li><li>○ b) See myself as part of the scene</li></ul>

COVID Information	
Please do not use any outside references for these responses. Ju alone.	st provide your best guess based on your memory
If you moved during the pandemic, please respond according to data collection began (March 20, 2020)	the area that you spent the MOST time since our
How many people in your country had been diagnosed with COVID19 by mid-March?	(Numbers and una properties)
	(Numbers only, no punctuation)
How many people in your country had been diagnosed with COVID19 by mid-April?	(Numbers only, no punctuation)
Have you been in the United States for a majority of the COVID19 outbreak?	
How many people in your state had been diagnosed with COVID19 by mid-March?	(Numbers only, no punctuation)
How many people in your state had been diagnosed with COVID19 by mid-April?	(Numbers only, no punctuation)
Was there a stay-at-home order, or equivalent, in your state?	<ul><li>Yes</li><li>No</li></ul>
When did it begin? (please enter date as Month/Day/Year)	
When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	(If order or recommendation was extended, put the most recently released end date)
I think my state's actions to prevent the spread of COVID19 were:	<ul><li>○ Too severe</li><li>○ Appropriate</li><li>○ Not severe enough</li></ul>
Was there a stay-at-home order, or equivalent, in your country?	○ Yes ○ No
When did it begin? (please enter date as Month/Day/Year)	
When did it or when is it scheduled to end? (please enter date as Month/Day/Year)	(If order or recommendation was extended, put the most recently released end date)
I think my country's actions to prevent the spread of COVID19 were:	<ul><li>○ Too severe</li><li>○ Appropriate</li><li>○ Not severe enough</li></ul>



Future COVID Expectations	
When do you expect things to feel "normal" again? (please enter date as Month/Day/Year)	(If you already do, put today's date)
When do you expect that you will first feel comfortable going to the grocery store without wearing a mask? (please enter date as Month/Day/Year)	(If you already do, put today's date)
When do you expect that you will return to having mostly in-person meetings? (please enter date as Month/Day/Year)	(If you already do, put today's date)
When do you expect large events (concerts, sporting events, conferences) to resume? (please enter date as Month/Day/Year)	(If you already do, put today's date)
When do you expect that people will be shaking hands again? (please enter date as Month/Day/Year)	(If you already do, put today's date)
How many people in your country do you think will have been diagnosed with COVID19 by mid-August?	
Do you think COVID19 rates will become lower when the weather gets warmer?	<ul><li>○ yes</li><li>○ no</li><li>○ unsure</li></ul>



Thoughts about the past					
	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
When I think about the past 2-3 months, I remember my fears related to the spread of the illness	0	0	0	0	0
When I think about the past 2-3 months, I remember the community working together under difficult circumstances	0	0	0	0	0
When I think about the past 2-3 months, I remember feeling hope that the efforts will save lives	0	0	0	0	0
When I think about the past 2-3 months, I remember the social isolation	0	0	0	0	0
When I think about the past 2-3 months, I remember the financial uncertainty	0	0	0	0	0
When I think about the past 2-3 months, I remember feeling interconnected with others even while being physically distant	0	0	0	0	0

Thoughts about the future					
	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
When I think about the summer and fall, I envision improvements in public health	0	0	0	0	0
When I think about the summer and fall, I envision continued spread of the illness	0	0	0	0	0
When I think about the summer and fall, I envision improved economic stability	0	0	0	0	0
When I think about the summer and fall, I envision continued financial uncertainty	0	0	0	0	0
When I think about the summer and fall, I envision less social isolation	0	0	0	0	0

Page 11

Over the past 2-3 months,								
	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your peak negative emotion	0	0	0	0	0	0	0	0
How intense was that peak negative emotion?				<ul><li>○ Low</li><li>○ Moderate</li><li>○ High</li></ul>	e			

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05/10/2022 2:38pm

Page 12

Over the past 2-3 months,								
	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your peak positive emotion	0	0	0	0	0	0	0	0
How intense was that peak positive emotion?				<ul><li>○ Low</li><li>○ Moderate</li><li>○ High</li></ul>	e			

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05/10/2022 2:38pm projectredcap.org

Page 13

Over the past 2-3 months,								
	Early March	mid Mar	late Mar	early April	mid Apr	late Apr	early May	now
when was your most sustained period of negative emotion (check all that apply)								
when was your most sustained period of positive emotion (check all that apply)								

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OPTIONAL Free Response Questions	
In 250 words or less, describe one of the most challenging moments from the past 8 weeks.	
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>Not at all</li><li>Somewhat</li><li>Moderately</li><li>Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How important do you think this event will be to you in 6 months?	<ul><li>Very unimportant</li><li>Fairly unimportant</li><li>Fairly important</li><li>Very important</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>
In 250 words or less, describe one of the most positive moments from the past 8 weeks.	
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>○ Not at all</li><li>○ Somewhat</li><li>○ Moderately</li><li>○ Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>



How important do you think this event will be to you in 6 months?	<ul><li>Very unimportant</li><li>Fairly unimportant</li><li>Fairly important</li><li>Very important</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>
In 250 words or less, describe one typical or mundane event (e.g. shopping, work, lines) that took on new meaning in the last 8 weeks	
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>Not at all</li><li>Somewhat</li><li>Moderately</li><li>Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How emotionally arousing is the memory as you now reflect on it?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>
How important do you think this event will be to you in 6 months?	<ul><li>Very unimportant</li><li>Fairly unimportant</li><li>Fairly important</li><li>Very important</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>
In 250 words or less, describe one moment that, to you, best reflects the unusual circumstances of these past several weeks.	
How vivid is the memory?	<ul><li>Extremely vague</li><li>Fairly vague</li><li>Fairly vivid</li><li>Extremely vivid</li></ul>
How much do you feel like you're re-experiencing or reliving the event when you think back on it?	<ul><li>○ Not at all</li><li>○ Somewhat</li><li>○ Moderately</li><li>○ Completely</li></ul>
How emotionally arousing was the event at the time of its occurrence?	<ul><li>Completely neutral</li><li>Fairly neutral</li><li>Fairly arousing</li><li>Completely arousing</li></ul>

How emotionally arousing is the memory as you now reflect on it?	<ul><li>○ Completely neutral</li><li>○ Fairly neutral</li><li>○ Fairly arousing</li><li>○ Completely arousing</li></ul>
How important do you think this event will be to you in 6 months?	<ul><li>Very unimportant</li><li>Fairly unimportant</li><li>Fairly important</li><li>Very important</li></ul>
Do you (a) recall this from your own eyes or (b) see yourself as part of the scene?	<ul><li>a) Recall this from my own eyes</li><li>b) See myself as part of the scene</li></ul>



05/10/2022 2:38pm projectredcap.org

ISI: For each question, pleas	se select the nu	ımber th	at best describes y	your answei	r. Please rate
the CURRENT (i.e. LAST 2 W	EEKS) SEVERIT	Y of you	r insomnia problen	ា(s).	
	None	Mild	Moderate	Severe	Very Severe
Difficulty falling asleep	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$
Difficulty staying asleep	$\circ$	$\bigcirc$	$\circ$	$\bigcirc$	$\circ$
Problems waking up to early	0	0	0	$\circ$	$\circ$
How SATISFIED/DISSATISFIED are y sleep pattern?	ou with your CURF	RENT	<ul><li>Very Satisfied</li><li>Satisfied</li><li>Moderately Satisf</li><li>Dissatisfied</li><li>Very Dissatisfied</li></ul>	ied	
How NOTICEABLE to others do you problem is in terms of impairing th life?			<ul><li>○ Not at all Noticeal</li><li>○ A little</li><li>○ Somewhat</li><li>○ Much</li><li>○ Very Much Notice</li></ul>		
How WORRIED/DISTRESSED are you about your current sleep problem?		<ul><li>○ Not at all Worried</li><li>○ A little</li><li>○ Somewhat</li><li>○ Much</li><li>○ Very Much Worried</li></ul>			
To what extent do you consider yo INTERFERE with your daily function fatigue, mood, ability to function a chores, concentration, memory, m	ning (e.g. daytime t work/daily		<ul><li>○ Not at all Interferi</li><li>○ A little</li><li>○ Somewhat</li><li>○ Much</li><li>○ Very Much Interferi</li></ul>		



Reduced MEQ	
What time would you get up if you were entirely free to plan your day?	<ul> <li>○ 5:00-6:30AM</li> <li>○ 6:30-7:45AM</li> <li>○ 7:45-9:45AM</li> <li>○ 9:45-11:00AM</li> <li>○ 11:00AM-12NOON</li> <li>○ 12NOON-5:00AM</li> </ul>
During the first halfhour after you wake up in the morning, how tired do you feel?	<ul><li>○ Very tired</li><li>○ Fairly tired</li><li>○ Fairly refreshed</li><li>○ Very refreshed</li></ul>
At what time of day do you feel you become tired as a result of need for sleep?	<ul><li>○ 8:00-9:00PM</li><li>○ 9:00-10:15PM</li><li>○ 10:15PM-12:45AM</li><li>○ 12:45-2:00AM</li><li>○ 2:00-3:00AM</li></ul>
At what time of the day do you think that you reach your "feeling best" peak?	<pre>     5:00-8:00AM     8:00-10:00AM     10:00AM-5:00PM     5:00-10:00PM     10:00PM-5:00AM</pre>
One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?	<ul> <li>Definitely a "morning" type</li> <li>Rather more a "morning" than an "evening" type</li> <li>Rather more an "evening" than a "morning" type</li> <li>Definitely an "evening" type</li> </ul>



05/10/2022 2:38pm

Perceived Stress Scale: The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
In the last month, how often have you been upset because of something that happened unexpectedly?	0	0	0	0	0
In the last month, how often have you felt that you were unable to control the important things in your life?	0	0	0	0	0
In the last month, how often have you felt nervous and "stressed"?	0	0	0	0	0
In the last month, how often have you felt confident about your ability to handle your personal problems?	0	0	0	0	0
In the last month, how often have you felt that things were going your way?	0	0	0	0	0
In the last month, how often have you found that you could not cope with all the things that you had to do?	0	0	0	0	0
In the last month, how often have you been able to control irritations in your life?	0	0	0	0	0
In the last month, how often have you felt that you were on top of things?	0	0	0	0	0
In the last month, how often have you been angered because of things that were outside of your control?	0	0	0	0	0
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	0	0	0	0



TEQ: Below is a list of statements. Please read each statement carefully and rate how frequently you feel or act in the manner described. Circle your answer on the response form. There are no right or wrong answers or trick questions. Please answer each question as honestly as you can.

	Never	Rarely	Sometimes	Often	Always
When someone else is feeling excited, I tend to get excited	0	0	0	0	0
too. Other people's misfortunes do not disturb me a great deal.	0	0	0	0	0
It upsets me to see someone being treated disrespectfully.	0	$\circ$	0	0	0
I remain unaffected when someone close to me is happy.	0	$\bigcirc$	0	0	0
I enjoy making other people feel better.	0	$\circ$	0	0	0
I have tender, concerned feelings for people less fortunate than me.	0	0	0	0	0
When a friend starts to talk about his/her problems, I try to steer the conversation towards something else.	0	0	0	0	0
I can tell when others are sad even when they do not say anything.	0	0	0	0	0
I find that I am "in tune" with other people's moods.	0	0	0	0	0
I do not feel sympathy for people who cause their own serious illnesses.	0	0	0	0	0
I become irritated when someone cries.	0	0	0	0	0
I am not really interested in how other people feel.	0	$\circ$	0	0	0
I get a strong urge to help when I see someone who is upset.	0	$\circ$	0	0	0
When I see someone being treated unfairly, I do not feel very much pity for them.	0	0	0	0	0
I find it silly for people to cry out of happiness.	0	$\bigcirc$	0	0	$\circ$



Page 21	Page	21
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When I see someone being O O O C Taken advantage of, I feel kind of protective towards him/her.