

COVID-19 Parent Written Response
(Made for the Parenting-Under-Pressure Study)

For the next five minutes, I would like for you to write about your very deepest thoughts and feeling about how COVID-19 has affected you and your family. In your writing, I'd like you to really let go and explore your very deepest emotions and thoughts. You might tie your topic to your relationships with others, including parents, lovers, friends, or relatives. All of your writing will be completely confidential. Don't worry about spelling, sentence structure, or grammar. The only rule is that once you begin writing, continue to do so until your time is up.

Adapted from Pennebaker, 1997