

Buffer Information Questionnaire –BIQ
(Made for the Parenting-Under-Pressure Study)

In the following questionnaire, we are interested in information regarding your child's psychological health and well-being. Think of these items during the context of COVID-19 and the resulting Stay-at-Home Order (if applicable).

1. Do you feel you have adequate information to support your child's mental health during this time?

- (1) To a great extent
- (2) Somewhat
- (3) Very little
- (4) Not at all

2. Have you attempted to access information on how to support your child during this time?

- (1) Yes
- (2) No

- If yes, where have you accessed this information? Please check all that apply.
 - ☐ from watching television
 - ☐ social media
 - ☐ articles online/internet
 - ☐ my child's school
 - ☐ my friends
 - ☐ knowledge I already had
 - ☐ my child's doctor