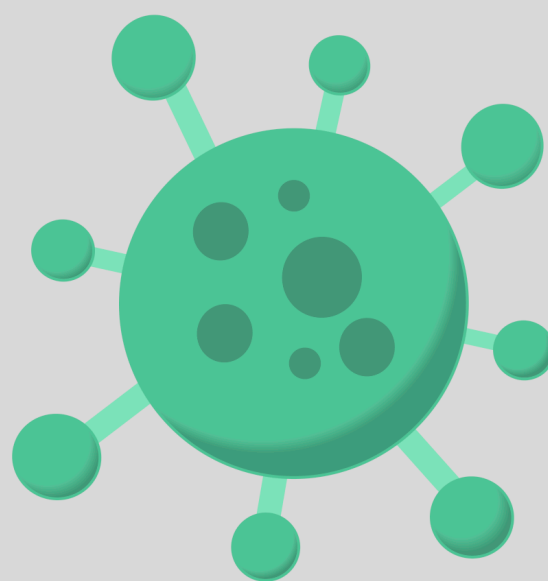


THERE ARE 5 COVID-19-RELATED DISTRESS RESPONSES

The COVID Stress Scales were developed to identify pandemic-related stress responses. Results indicated 5 responses: 1) danger and contamination fears, 2) socioeconomic concerns, 3) xenophobia, 4) traumatic stress, and 5) compulsive checking. The scales offer promise for identifying people in need of pandemic-related mental health services.

COVID STRESS SCALES

- 1 DANGER & CONTAMINATION FEARS
- 2 SOCIOECONOMIC CONCERNS
- 3 XENOPHOBIA
- 4 TRAUMATIC STRESS
- 5 COMPULSIVE CHECKING



The 5 components were intercorrelated, providing evidence of a **COVID STRESS SYNDROME**



Taylor, S., Landry, C. A., Paluszek, M. M., Fergus, T., McKay, D., & Asmundson, G. J. G. (2020). Development and initial validation of the COVID Stress scales. *Journal of Anxiety Disorders*, 72, 102232.