

The COVID Stress Scales

The following asks about various kinds of worries that you might have experienced **over the past seven days**. In the following statements, we refer to COVID-19 as "the virus".

	Not at all	Slightly	Moderately	Very	Extremely
1. I am worried about catching the virus	0	1	2	3	4
2. I am worried that I can't keep my family safe from the virus	0	1	2	3	4
3. I am worried that our healthcare system won't be able to protect my loved ones	0	1	2	3	4
4. I am worried our healthcare system is unable to keep me safe from the virus	0	1	2	3	4
5. I am worried that basic hygiene (e.g., handwashing) is not enough to keep me safe from the virus	0	1	2	3	4
6. I am worried that social distancing is not enough to keep me safe from the virus	0	1	2	3	4
7. I am worried about grocery stores running out of food	0	1	2	3	4
8. I am worried that grocery stores will close down	0	1	2	3	4
9. I am worried about grocery stores running out of cleaning or disinfectant supplies	0	1	2	3	4
10. I am worried about grocery stores running out of cold or flu remedies	0	1	2	3	4
11. I am worried about grocery stores running out of water	0	1	2	3	4
12. I am worried about pharmacies running out of prescription medicines	0	1	2	3	4
13. I am worried that foreigners are spreading the virus in my country	0	1	2	3	4
14. If I went to a restaurant that specialized in foreign foods, I'd be worried about catching the virus	0	1	2	3	4

15. I am worried about coming into contact with foreigners because they might have the virus	0	1	2	3	4
16. If I met a person from a foreign country, I'd be worried that they might have the virus	0	1	2	3	4
17. If I was in an elevator with a group of foreigners, I'd be worried that they're infected with the virus	0	1	2	3	4
18. I am worried that foreigners are spreading the virus because they're not as clean as we are	0	1	2	3	4
19. I am worried that if I touched something in a public space (e.g., handrail, door handle), I would catch the virus	0	1	2	3	4
20. I am worried that if someone coughed or sneezed near me, I would catch the virus	0	1	2	3	4
21. I am worried that people around me will infect me with the virus	0	1	2	3	4
22. I am worried about taking change in cash transactions	0	1	2	3	4
23. I am worried that I might catch the virus from handling money or using a debit machine	0	1	2	3	4
24. I am worried that my mail has been contaminated by mail handlers	0	1	2	3	4

Please read each statement and indicate how frequently you have experienced each problem **during the past seven days.**

	Never	Rarely	Sometimes	Often	Almost Always
25. I had trouble concentrating because I kept thinking about the virus	0	1	2	3	4
26. Disturbing mental images about the virus popped into my mind against my will	0	1	2	3	4
27. I had trouble sleeping because I worried about the virus	0	1	2	3	4
28. I thought about the virus when I didn't mean to	0	1	2	3	4

29. Reminders of the virus caused me to have physical reactions, such as sweating or a pounding heart	0	1	2	3	4
30. I had bad dreams about the virus	0	1	2	3	4

The following items ask about checking behaviours. ***During the past seven days***, how much have you done the following because of concerns about COVID-19?

	Never	Rarely	Sometimes	Often	Almost Always
31. Searched the Internet for treatments for COVID-19	0	1	2	3	4
32. Asked health professionals (e.g., doctors or pharmacists) for advice about COVID-19	0	1	2	3	4
33. Checked YouTube videos about COVID-19	0	1	2	3	4
34. Checked your own body for signs of infection (e.g., taking your temperature)	0	1	2	3	4
35. Sought reassurance from friends or family about COVID-19	0	1	2	3	4
36. Checked social media posts concerning COVID-19	0	1	2	3	4

Found in: Taylor, S., Landry, C. A., Paluszek, M. M., Fergus, T. A., McKay, D. & Asmundson, G. J. G. Development and initial validation of the COVID Stress Scales. *Journal of Anxiety Disorders*.

Scoring:

<i>Danger subscale:</i>	Add scores for items 1-6	_____
<i>Socio-economic consequences subscale:</i>	Add scores for items 7-12	_____
<i>Xenophobia subscale:</i>	Add scores for items 13-18	_____
<i>Contamination subscale:</i>	Add scores for items 19-24	_____
<i>Traumatic Stress subscale:</i>	Add scores for items 25-30	_____
<i>Compulsive Checking subscale:</i>	Add scores for items 31-36	_____
Total:		_____