Coping with COVID-19

We want to ask you if you can take part in a study on the coping methods in relation to the Covid-19.

# Purpose:

The following questions relate to the way you have dealt with the situation during the Covid-19 (Coronavirus), which was declared a pandemic by the World Health Organization (WHO) in March 2020. Countries have begun to take precautions to prevent the spread of the virus, and these precautions have affected individuals and society on all levels. There are many ways to deal with problems. Of course, different people deal with their problems in different ways, and we are interested in how you have dealt with the situation, especially the ones related to your emotions such as worries, fear, and loneliness, which was caused by the spread of the virus in your country and the world. So in this questionnaire, wherever we mention “situation”, we refer to the situation caused by the spreading of the Covid-19 virus, which is characterized by a lack of physical contact with people in general, working at a distance from your regular office, an extreme concern of yours and your family members’ health, concerns about the economic situation for you personally and for others, both now and for the future, as well as concerns for the future.

# About the study:

Each question says something about a particular way of dealing with the situation; these ways are called coping methods. We want to know to what extent you have used these coping methods and to what extent. Please use response options.

The questions deal with your experiences and shouldn’t result in any uncomfortable situation or risks for you. If you need any consulting due to the question, contact us, and we will provide you with professional support. As a research team, we have long experience of coping studies as well as survey studies. Your answers to the survey will be saved at the repository of University of Blinded, which is password protected. Only the researchers have access to the material, which is preserved for 10 years. We follow the GDPR directives (EU 2016/679). We will present the results of the study on group and thematic levels only, in scientific publications. If you want more information about the study and its results, you can contact the project leader Blinded (E-mail: Blinded).

# Consent

1. I have been informed about the study “Coping with Covid-19” and I give consent to participate in this study:

 Yes 0 No 1

2. I give consent that my answers are handled as described in the information letter:

Yes 0 No 1

3. In general, would you say your health is:

Poor 1 Fair 2 Good 3 Very good 4 Excellent 5

Occupational health

4. Do you work more than you are contracted each week if you started to work at home as a result of the COVID-19 situation?

No 0 Yes 1

5. How satisfied are you with your current work from home arrangement?

1 Very dissatisfied

2 Somewhat dissatisfied

3 Neither satisfied nor dissatisfied

4 Somewhat satisfied

5 Very satisfied

6. If you have challenges to work from home how do you cope with them?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never | Seldom | Sometimes | Often | Always |
| A. I have social contact with my colleagues/classmates through distance tools and other social media | 1 | 2 | 3 | 4 | 5 |
| B. I have social contact with my family and friends through distance tools and social media | 1 | 2 | 3 | 4 | 5 |
| C. I think about what I can do, rather than what I can't | 1 | 2 | 3 | 4 | 5 |
| D. I make myself busy with my working day because it makes me feel useful | 1 | 2 | 3 | 4 | 5 |
| E. I read/collect information from Public health authorities in my country or World Health Organization and keep myself update with public health news | 1 | 2 | 3 | 4 | 5 |
| F. I trust state or local health authorities in my country | 1 | 2 | 3 | 4 | 5 |
| G. I give myself a news time limit for each day | 1 | 2 | 3 | 4 | 5 |
| H. I avoid recommendations that are not from public health authorities in my county or from World Health Organization. | 1 | 2 | 3 | 4 | 5 |
| I. I care for my mental and physical health | 1 | 2 | 3 | 4 | 5 |
| J. I try providing kindness and support to the people around me | 1 | 2 | 3 | 4 | 5 |
| K. I make sure to have access to medical resources and the health services if I need to seek health care | 1 | 2 | 3 | 4 | 5 |
| L. I believe we are all in this together, and with solidarity we can find the best solutions for handling covid-19  | 1 | 2 | 3 | 4 | 5 |

Background questions

We end by some background information, which are needed for our analysis.

7. What is your current employment/student status?

1Employed full-time

2Employed part-time

3Campus student

4Distance learning student

8. Which year were you born? …….

9. What is your gender?

1Man

2Woman

3None of the above

10. What is your highest education?

1Lower than elementary school

2Elementary School or equivalent

3Gymnasium or equivalent

4University or equivalent

11. What is your current relationship status?

1Married

2Divorced

3Engaged

4Widowed

5Single

6Other (please briefly specify)………………

12. Do you have children?

 Yes

 No

13. What characterizes the place you live?

 Capital

Mid-large city, not capital

Small city/town close to a large city

Small city/town far from a large city

14. What is your country of birth? (Please write).............................................

15. Country of residence: (please write) ……………………………..