



COPE: Coronavirus Perinatal Experiences - Impact Survey (COPE-IS)

ALL RESPONDENTS

PART 6: COVID-19 OUTBREAK – COPING AND ADJUSTMENT

1. **What are you doing to cope with your stress related to the COVID-19 outbreak? (check all that apply)**
 - (1) Getting a good night's sleep
 - (2) Meditation and/or mindfulness practices
 - (3) Talking with friends and family
 - (4) Engaging in more family activities (e.g., games, sports)
 - (5) Talking to people who are pregnant or parenting
 - (6) Increased screen time (i.e. gaming, binge watching shows)
 - (7) Increased time on social media (Facebook, Instagram and other)
 - (8) Decreased time on social media (Facebook, Instagram and other)
 - (9) Increased time following news coverage
 - (10) Decreased time following news coverage
 - (11) Eating comfort foods (e.g., candy and chips)
 - (12) Eating healthier
 - (13) Increased self-care (e.g., taking baths, giving self a facial)
 - (14) Increased time reading books, or doing activities like puzzles and crosswords
 - (15) Exercising
 - (16) Drinking alcohol
 - (17) Using tobacco (i.e. smoking, vaping)
 - (18) Using marijuana (i.e. smoking, vaping, eating)

- (19) Using CBD only
 - (20) Using other recreational drugs
 - (21) Using new prescription drugs
 - (22) Using over the counter sleep aids
 - (23) Talking to my health providers more frequently
 - (24) Talking with a mental health care provider (e.g. therapist, psychologist, counselor)
 - (25) Helping others
 - (26) None
 - (27) Other
- If other, please list:

****Question #1-is listed as question #25 in original survey***

Suggested citation: Thomason, M.E., Graham, A., VanTieghem, M.R. (2020). The COPE-IS: Coronavirus Perinatal Experiences – Impact Survey.