

COVID-19 Exposure and Family Impact Survey Adolescent and Young Adult Version (CEFIS-AYA)

The COVID-19 Exposure and Family Impact Survey (CEFIS) was developed using a rapid iterative process in late March/early April 2020.¹ At that time the COVID-19 pandemic was impacting most, if not all, American families to some extent. Communities were coming under “stay at home” orders, schools were closing, and health and financial implications of the COVID-19 pandemic were unfolding. This modification of CEFIS for adolescents and young adults, ages 15-29, was completed in early May 2020.

Various aspects of the COVID epidemic are likely to impact individuals and families and may influence the findings of research in health. CEFIS-AYA was designed to be used in ongoing and new studies where COVID-19 may influence study outcomes. It conceptualizes exposure to potentially traumatic aspects of COVID-19 and assesses the impact of the pandemic on the individual and family. It is available in English and Spanish.

CEFIS-AYA is available for use without charge through the Center for Pediatric Traumatic Stress (CPTS).² It is available as a REDCap survey. We ask that you register with us before using it and provide us with information about your use and share de-identified data with us so that we can refine the measure. We will provide a REDCap data dictionary to facilitate this process. There is no normative data nor clinical cutoffs available at this point. Interested users should contact Gabriela Vega (gabriela.vega@nemours.org).

Scoring

- Part 1 (Exposure) consists of 28 items (Yes/No responses) that measure the participants’ “exposure” to COVID-19 and related events. Items #17-20 have two parts. If either is marked “yes” the item scores as an exposure. The Exposure Score is a count of “yes” responses and may range from 0 to 28.
- Part 2 (Impact) consists of 16 items that measure the impact of COVID-19. 15 items use a four-point Likert scale rating impact on the participant’s and family’s life; 1 item uses a 10-point distress scale. Higher scores denote more negative impact / higher distress. The Impact Score (sum of items 29-44) may range from 15 to 70.
- Part 3 is an open-ended question so that participants can expand upon their experiences and add effects of COVID not covered in the other questions.

¹ The following contributed to the development of CEFIS. Nemours Center for Healthcare Delivery Science (Anne Kazak, Ph.D., ABPP; Kimberly Canter, Ph.D.; Thao-Ly Phan-Vo, M.D., MPH; Glynnis McDonnell, Ph.D., Aimee Hildenbrand, Ph.D., Melissa Alderfer, Ph.D., Corinna Schultz, M.D.); The Children’s Hospital of Philadelphia (CHOP: Lamia Barakat, Ph.D.; Nancy Kassam-Adams, Ph.D.); Cincinnati Children’s Hospital Medical Center (CCHMC: Ahna Pai, Ph.D.); University of Pennsylvania (Janet Deatrck, Ph.D., FAAN). We appreciate the helpful feedback provided by Darlene Barkman and Kerry Doyle-Shannon. The following contributed to the CEFIS-AYA: Lisa Schwartz, Ph.D., Sara King-Dowling, Ph.D., and Alexandra Psihogios, Ph.D. (CHOP) and Lori Crosby, Ph.D. (CCHMC). General inquires may be sent to Dr. Kazak (anne.kazak@nemours.org).

² CPTS has several COVID-19 related resources for patients, families and healthcare providers at <https://www.healthcaretoolbox.org/tools-and-resources/covid19.html>

COVID-19 may have many impacts on you and your family life. In general, how has the COVID-19 pandemic affected each of the following?

1. Parenting your children

- | | | | | |
|----------------------|-------------------------|------------------------|---------------------|--------------------------|
| 1 | 2 | 3 | 4 | <input type="checkbox"/> |
| Made it a lot better | Made it a little better | Made it a little worse | Made it a lot worse | Not Applicable |

2. How family/household members get along

- | | | | | |
|----------------------|-------------------------|------------------------|---------------------|--------------------------|
| 1 | 2 | 3 | 4 | <input type="checkbox"/> |
| Made it a lot better | Made it a little better | Made it a little worse | Made it a lot worse | Not Applicable |

3. Ability to care for your health

- | | | | | |
|----------------------|-------------------------|------------------------|---------------------|--------------------------|
| 1 | 2 | 3 | 4 | <input type="checkbox"/> |
| Made it a lot better | Made it a little better | Made it a little worse | Made it a lot worse | Not Applicable |

4. Ability to be independent

- | | | | | |
|----------------------|-------------------------|------------------------|---------------------|--------------------------|
| 1 | 2 | 3 | 4 | <input type="checkbox"/> |
| Made it a lot better | Made it a little better | Made it a little worse | Made it a lot worse | Not Applicable |

5. Ability to care for others in your family

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

6. Your physical wellbeing – sedentary behavior (lack of movement--screen time, sitting, laying down)

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

7. Your physical wellbeing – exercise/ physical activity

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

8. Your physical wellbeing – eating

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

9. Your physical wellbeing – sleeping

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

10. Your physical wellbeing – substance use (smoking/vaping, drinking alcohol, marijuana use, etc)

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

11. Your emotional wellbeing – anxiety/ worry

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

12. Your emotional wellbeing – mood

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

13. Your emotional wellbeing – loneliness

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

14. Your social well-being – relationships with friends

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

15. Your social well-being – romantic relationships or dating

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

16. Overall, how much distress have you experienced related to COVID-19?

1	2	3	4	5	6	7	8	9	10
No Distress									Extreme Distress

Contains items 29-44 (part 2) from full survey