

COVID-19 Experiences (COVEX)

Suggested citation

Fisher, P.W., Desai, P., Klotz, J., Turner, J.B., Reyes-Portillo, J.A., Ghisolfi, I., Canino, G., and Duarte, C.S. (2020) COVID-19 Experiences (COVEX).

Section 7: Coping

1. Which of the following strategies [have been/were] helpful to YOU during the COVID-19 outbreak?

1a. Texting, calling or video-calling family members or friends

Not at all/I didn't try this	Slightly	Somewhat	Moderately	Very much
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1b. Talking to therapist

Not at all/I didn't try this	Slightly	Somewhat	Moderately	Very much
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1c. Exercising/walking

Not at all/I didn't try this	Slightly	Somewhat	Moderately	Very much
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1d. Cooking/baking

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1e. Arts and crafts project

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1f. Cleaning/doing household chores

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1g. Playing games with family members

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1h. Playing online games

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1i. Virtual entertainment (concerts, live shows, sports, museums, etc.)

Not at all/I didn't try this Slightly Somewhat Moderately Very much

1j. Other (specify) _____

Not at all/I didn't try this Slightly Somewhat Moderately Very much

2. Overall, do you think the COVID-19 outbreak has had a positive impact on your life?

- No positive impact
- Small positive impact
- Moderate/medium positive impact
- Large positive impact

If respondent had children, ask;

3. Which of the following strategies [have been/were] helpful to YOUR CHILD while staying at home because of the COVID-19 outbreak?

3a. Texting, calling or video-calling family members or friends

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3b. Virtual learning/school

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3c. Talking to therapist

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3d. Exercising/walking

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3e. Cooking/baking

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3f. Arts and crafts project

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3g. Playing Board games, cards with family members

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3h. Playing online games

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3i. Virtual entertainment (concerts, live shows, sports, museums, etc.)

Not at all/Didn't try this Slightly Somewhat Moderately Very much

3j. Other (specify) _____

Not at all/Didn't try this Slightly Somewhat Moderately Very much