



# COVID-19 Coping Study

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University of Michigan

## **2-MONTH FOLLOW-UP SURVEY**

Launched 5/29/2020

**Thank you for your continued participation in the COVID-19 Coping Study!**

This follow-up survey is meant to check in with you. Your responses will help us better understand ongoing experiences, perspectives, and ways of coping with the COVID-19 pandemic.

After today, we will email you the next follow-up survey in about a month. We are so grateful for your continuing engagement.

Thanks again!  
Jessica & Lindsay

You can revisit the information about the study  
here: <https://sph.umich.edu/covid19copingstudy/>

By providing further data you are consenting to your continued involvement in this study. If you would like to withdraw from this study, simply close this web browser page.

We think that it should take about 10 minutes to complete this follow-up survey.

Please feel free to reach out with any questions or concerns. If you have questions later or if you have a research-related problem, you can email or call either of the study investigators:

- Dr. Lindsay Kobayashi: lkob@umich.edu, 734-763-0322
- Dr. Jessica Finlay: jmfinlay@umich.edu, 734-647-0858

If you have questions about your rights as a research participant, or you have complaints about this research, you call the University of Michigan Institutional Review Board at (734) 936-0933 or email [irbhsbs@umich.edu](mailto:irbhsbs@umich.edu).

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Before we begin, please confirm the login ID included in the email. *[text box]*

Please click “Next” to continue.

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### Questions about current impacts of the COVID-19 pandemic

We’d like to ask you about your ongoing experiences and feelings related to the COVID-19 pandemic. Some questions are repeated from previous surveys, others are new. Please answer each question to the best of your ability, as your answers are very important to track changes over time.

1. How worried are you **right now** about the COVID-19 pandemic? *[not at all worried; slightly worried; somewhat worried; moderately worried; extremely worried]*
2. In the **past month**, have you had COVID-19? *[yes, diagnosed with a test and recovered; yes, diagnosed with a test and still sick; not diagnosed or tested, but I have had a cough, fever, shortness of breath, new loss of taste or smell, or other COVID-19-like symptoms; no]*
3. In the **past month**, have any of your family members or friends had COVID-19? *[check all that apply: yes, diagnosed with a test and recovered; yes, diagnosed with a test and still sick; they were not diagnosed or tested, but they have had a cough, fever, shortness of breath, new loss of taste or smell, or other COVID-19-like symptoms; no]*
4. In the **past month**, have any of your family members or friends been hospitalized? *[yes; no]* **If no → skip 4a**
  - a. Was the hospitalization of your family member(s) or friend(s) due to COVID-19? *[check all that apply: yes; no; don’t know]*
5. In the **past month**, have any of your family members or friends passed away? *[yes; no]* **If no → skip 5a**
  - a. Did your family member(s) or friend(s) pass away due to COVID-19? *[check all that apply: yes; no; don’t know]*
6. In the **past month**, has there been a change in your employment status or daily work situation? *[yes; no]* **if no → skip 6a**

- a. What change in your employment or work situation have you experienced in the **past month**? *[check all that apply: I have a new job; I retired; I have lost a job; I have been furloughed; I have taken a leave of absence; I have taken vacation time; I have reduced work hours; I have increased work hours; I am now working from home, part- or full-time; I am now in a workplace away from home, part- or full-time; There are less people in my workplace; There are more people in my workplace; Other [please describe]]*
7. Has your living situation changed during the pandemic (e.g., changes in where you live or who you live with)? *[yes; no] if yes → skip 7a*
  - a. What changes in living situation have you experienced? *[check all that apply: I have moved to a new residence and officially changed my address; I have temporarily moved in with others (e.g., family, friends, roommates); Others have moved in with me (e.g., family, friends, roommates); I have stayed in a private vacation home; I have stayed in a hotel, hostel, or other short-term rental; I am currently housing insecure; Other [please describe]]*
8. In the **past month**, have you received a personal stimulus check from the federal government? The stimulus check is also known as the Economic Impact Payment from the Internal Revenue Service (IRS) *[yes; not yet, but I expect to; no, I already received it more than one month ago; no, I am not eligible; don't know]*
9. In the **past week**, how many days have you: *[response options for all: 0 days, 1-3 days, 4-6 days, 7 days]*
  - a. Been self-isolating (i.e., not left your residence except for essential purposes such as work, obtaining food, medications, or other supplies, outdoor exercise, or taking care of pets)?
  - b. Washed your hands with soap or used hand sanitizer more than normal (before COVID-19)?
  - c. Worn a face mask?
  - d. Stayed at least 6 feet away from other people when outside your home?
  - e. Been outside for 15 minutes or more?
  - f. Had in-person face-to-face contact with another person for 15 minutes or more (including someone you live with)?
  - g. Had a phone or video call with another person for 15 minutes or more?
  - h. Communicated with family, friends, and/or community members over text message, email, or other social media or messaging applications such as Facebook or WhatsApp?
10. In the **past month**, have you expanded the number of people with whom you have face-to-face contact? *[yes-indicate how many (text box); no]*
11. In the **past month**, have you expanded the number of places you go to and spend time in? *[yes – please indicate how many (text box); no] → if no, skip 11a*
  - a. Please indicate the new places you have gone to and spent time in over the **past month**. *[check all that apply: grocery store; pharmacy; family member's home; friend's home; restaurant, coffee shop, or bar; place of worship; park or nature area; gym or recreation center; community center or senior center; non-grocery retail store (e.g. clothing, home*

*improvement/gardening, pet supply, convenience stores); personal care establishment (e.g., hair or nail salon, barbershop, spa); healthcare provider (e.g., doctor's office, dentist, or eye doctor); hospital; other (please describe)]*

12. In the **past month**, has anything been causing you significant stress (e.g., constantly on your mind or keeping you awake at night)? Please describe. *[large text box]*
13. Overall, **how satisfied are you with your life** in the current situation, all things considered? Please answer on a scale from 0 (completely dissatisfied) to 10 (completely satisfied) *[response options from (completely dissatisfied to 10 (completely satisfied))]*
14. The next questions are about how you feel about different aspects of your life. For each one, please say how often you felt that way during the **past week**. *[response options for all: hardly ever; some of the time; often]*
  - a. How often do you feel you lack companionship?
  - b. How often do you feel left out?
  - c. How often do you feel isolated from others?
15. Now, think about the **past week** and the feelings you have experienced. Are any of the following true for you? In the past week, *[response options for all: yes; no]*
  - a. .... much of the time, you felt depressed?
  - b. ... much of the time, you felt that everything you did was an effort?
  - c. ... much of the time, your sleep was restless?
  - d. ... much of the time, you were happy?
  - e. ... much of the time, you felt lonely?
  - f. ... much of the time, you enjoyed life?
  - g. ... much of the time, you felt sad?
  - h. ... much of the time, you could not get going?
16. After each statement, please indicate how often you felt that way during the **past week**. The best answer is usually the one that comes to your mind first, so do not spend too much time on any one statement. *[response options: most of the time, some of the time, hardly ever, never]*
  - i. I had fear of the worst happening.
  - ii. I was nervous.
  - iii. I felt my hands trembling.
  - iv. I had a fear of dying.
  - v. I felt faint.
17. During the **past week**, how many drinks of alcohol did you have (e.g. glasses of wine, beer, or shots of spirits/hard liquor)? *[drop-down menu for number: 0 through 10+]*
18. During the **past week**, how much moderate-to-vigorous exercise did you do (e.g., exercise for leisure, transportation, or housework that gets your heart rate elevated and makes you breathe faster)? *[drop-down menu 30-minute intervals from 0 minutes to 2.5 hours or more]*
19. How would you rate your **health** at the present time? *[excellent; good; very good; good; fair; poor]*

20. How would you rate your **memory** at the present time? *[excellent; good; very good; good; fair; poor]*
21. Do you have any stories from your experiences during the pandemic that resonate with you? These may be times that are particularly joyful, fulfilling, distressing, or challenging. We would love to hear about any stories from your COVID-19 experiences. *[large text box]*
22. Is there anything else that you would like to tell us about your ongoing experiences during the COVID-19 pandemic? *[large text box]*

Thank you so much!