

COVID-19 Pandemic Associated Stress Questionnaire (all sections are required)

1. General information

- Sex: male — female
- Age: _____
- Educational status: incomplete secondary — secondary — professional — incomplete higher — higher — academic degree
- Marital status: registered marriage — de facto marriage — single — divorced — widower/widow
- Employment: public institutions employee — private institutions employee — own business — out-of-work status
- City of residence: _____
- Main affective disorder: depressive disorder — bipolar affective disorder — generalized anxiety disorder — panic disorder — cyclothymia — dysthymia
- Any somatic diseases: endocrinological, cardiovascular, gynecological, gastrointestinal tract disorders, etc.

2. Pandemic associated distress

a) I tracked information about COVID-19 in the media and Internet during the last 7 days

- 8 — every hour,
- 7 — 4–5 times a day,
- 6 — morning and evening,
- 5 — once a day,
- 4 — 4–5 times a week,
- 3 — 2–3 times a week,
- 2 — once,
- 1 — never.

b) Regarding the announced coronavirus pandemic (COVID-19), you are most concerned about (several possible answers):

	Don't care	Care about
Virus transmissibility		
Risk of social isolation		
Lack of specific treatment for COVID-19		
Threat to the own life		
Threat to the life and health of relatives and important people		
Possible financial difficulties		
Harsh social consequences		
Possible lack of medication for daily use		
Lack of commercially available protection remedies (face shields, hand sanitizer gel)		
Disrupted normal routine (traveling, theaters, restaurants, etc.)		

c) Which methods of disease prevention do you use?

	Yes	No
Wearing face shield or FFP mask		
Wearing gloves		
Use of antiseptic products		
Hands washing		
Physical distancing		
Self-isolation		

d) Psychological Stress Measure (PSM-25)

Determine your overall condition. After each statement, circle a number from 1 to 8, which most accurately expresses your condition during the last days (4–5 days). There are no wrong or erroneous answers:

- 1 — never,
- 2 — scarcely,
- 3 — very rarely,
- 4 — rarely,
- 5 — occasionally,
- 6 — often,
- 7 — very often,
- 8 — permanently.

1	I'm feeling tense and excited (screwed)	1 2 3 4 5 6 7 8
2	I've got a lump in my throat and/or dry mouth	1 2 3 4 5 6 7 8
3	I'm overworked. I don't have time for everything	1 2 3 4 5 6 7 8
4	I swallow the food or forget to eat	1 2 3 4 5 6 7 8
5	I repeat things over and over in my head; I change my plans; I have repeating thought	1 2 3 4 5 6 7 8
6	I feel lonely, isolated and misunderstood.	1 2 3 4 5 6 7 8
7	I'm suffering from a physical ailment; I have headache, tight neck muscles, back pain, stomach cramps	1 2 3 4 5 6 7 8
8	I'm preoccupied, exhausted or worried	1 2 3 4 5 6 7 8
9	I'm suddenly fluctuating between burning up and freezing	1 2 3 4 5 6 7 8
10	I forget about appointments or work to be done.	1 2 3 4 5 6 7 8
11	I cry easily	1 2 3 4 5 6 7 8
12	I feel tired	1 2 3 4 5 6 7 8
13	I clench my jaw tightly	1 2 3 4 5 6 7 8
14	I'm not calm	1 2 3 4 5 6 7 8
15	I can hardly breathe, and (or) my breath is taken away	1 2 3 4 5 6 7 8
16	I have digestive and intestinal problems (pain, stomach cramps, diarrhoea or constipation)	1 2 3 4 5 6 7 8
17	I'm excited, worried or embarrassed	1 2 3 4 5 6 7 8
18	I get scared easily; noise or rustling makes me flinch	1 2 3 4 5 6 7 8
19	I need more than half an hour to fall asleep	1 2 3 4 5 6 7 8
20	I'm confused; my mind is confused; I lack focus, and can't concentrate	1 2 3 4 5 6 7 8
21	I look tired; I have bags or dark circles under my eyes	1 2 3 4 5 6 7 8
22	I feel heaviness on my shoulders	1 2 3 4 5 6 7 8
23	I'm anxious. I need to keep moving; I can't stay still	1 2 3 4 5 6 7 8
24	I find it difficult to control my actions, emotions, mood or gestures	1 2 3 4 5 6 7 8
25	I'm feeling tense	1 2 3 4 5 6 7 8

3. Attitude towards people infected with COVID-19

There can be people with respiratory symptoms (coughing, runny nose, sneezing) in your environment. Please rate in points how much you agree with the statements below (1 — strongly disagree, 2 — disagree, 3 — agree, 4 — strongly agree).

	1	2	3	4
A person with any respiratory symptoms should be isolated				
Every person with respiratory symptoms (coughing, runny nose, sneezing) should be put in the hospital				
I'm not able to trust a person with respiratory symptoms				
I will continue to be friends with a person with respiratory symptoms				
COVID-19 infected people are not like other people				
I think less of people with respiratory symptoms				
I believe that COVID-19 infection is a sign of one's personal failure				
If a person is infected with COVID-19, I would stop taking him seriously				
I can spend time with a person having respiratory symptoms				