

# The CoRoNaVirus Health Impact Survey (CRISIS) V0.3

## *Adult Self-Report Baseline Form*

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The CRISIS questionnaires were developed through a collaborative effort between the research teams of Kathleen Merikangas and Argyris Stringaris at the National Institute of Mental Health Intramural Research Program Mood Spectrum Collaboration, and those of Michael P. Milham at the Child Mind Institute and the NYS Nathan S. Kline Institute for Psychiatric Research.

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Our team encourages advanced notification of any media, scientific reports or publications of data that have been collected with the CRISIS ([merikank@mail.nih.gov](mailto:merikank@mail.nih.gov)), though this is not required. We also encourage voluntary data sharing for the purpose of psychometric studies that will be led by Dr. Stringaris ([argyris.stringaris@nih.gov](mailto:argyris.stringaris@nih.gov)).

**Identification Number:**

**Country:**

**State/Province/Region:**

**Your age (years):**

## **BACKGROUND**

**First, before we get started with the main questions, we would like to obtain some background information about you.**

**1. Please specify your sex:**

- a. Male
- b. Female
- c. Other \_\_\_\_\_

**2. Thinking about what you know of your family history, which of the following best describes the geographic regions from where your ancestors (i.e. your great-great-grandparents) came? You may select as many choices as you need.**

- a. England, Ireland, Scotland or Wales
- b. Australia – not of Aboriginal or Torres Strait Islander descent
- c. Australia – of Aboriginal or Torres Strait Islander descent
- d. New Zealand – not of Maori descent
- e. New Zealand – of Maori descent
- f. Northern Europe including Sweden, Norway, Finland and surrounding countries
- g. Western Europe including France, Germany, the Netherlands and surrounding countries
- h. Eastern Europe, including Russia, Poland, Hungary and surrounding countries
- i. Southern Europe including Italy, Greece, Spain, Portugal and surrounding countries
- j. Middle East including Lebanon, Turkey and surrounding countries
- k. Eastern Asia including China, Japan, South Korea, North Korea, Taiwan and Hong Kong
- l. South-East Asia including Thailand, Malaysia, Indonesia, Singapore and surrounding countries
- m. South Asia including India, Pakistan, Sri Lanka and surrounding countries
- n. Polynesia, Micronesia or Melanesia including Tonga, Fiji, Papua New Guinea and surrounding countries
- o. Africa
- p. North America - not of First Nations, Native American, Inuit or Métis descent
- q. North America - of First Nations, Native American, Inuit or Métis descent
- r. Central or South America
- s. Don't know
- t. Other

3. **Are you of Hispanic or Latino descent - that is, Mexican, Mexican American, Chicano, Puerto Rican, Cuban, South or Central American or other Spanish culture or origin?**
  - a. Yes
  - b. No
4. **Are you currently working or in school?**
  - a. Working for pay
  - b. On leave
  - c. Laid off or lost job
  - d. Unemployed and looking for a job
  - e. Retired
  - f. Staying at home / homemaker
  - g. Disabled
  - h. Enrolled in school/college/university
5. **What is your occupation?** \_\_\_\_\_
6. **Have you served in the military?**
  - a. Yes
  - b. No
7. **Which best describes the area in which you live?**
  - a. Large city
  - b. Suburbs of a large city
  - c. Small city
  - d. Town or village
  - e. Rural area
8. **What is the highest level of education YOU completed?**
  - a. Some grade school
  - b. Some high school
  - c. High school diploma or GED
  - d. Some college or 2-year degree
  - e. 4-year college graduate
  - f. Some school beyond college
  - g. Graduate or professional degree
9. **How many people currently live in your home (excluding yourself)?** \_\_\_\_
10. **Please specify your relationship to the people in your home (check all that apply):**
  - a. Partner/Spouse
  - b. Parent(s)
  - c. Grandparent(s)
  - d. Siblings
  - e. Children
  - f. Other relatives
  - g. Unrelated person

**11. Are any adults living in the home an ESSENTIAL WORKER (e.g., healthcare, delivery worker, store worker, security, building maintenance)? Y/N**

- a. If yes,
  - Do they come home each day?
    - Yes
    - No, separated due to COVID-19
    - No separated due to other reasons
  - Are they a FIRST RESPONDER, HEALTHCARE PROVIDER or OTHER WORKER in a facility treating COVID-19? Y/N

**12. How many rooms (total) are in your home? \_\_\_\_**

**13. Are you covered by health insurance?**

- a. Yes, military
- b. Yes, employer-sponsored
- c. Yes, individual
- d. Yes, Medicare
- e. Yes, Medicaid or CHIP
- f. Yes, other
- g. No

**14. In the 3 months prior to the Coronavirus/COVID-19 crisis in your area, did you or your family receive money from government assistance programs like welfare, Aid to Families with Dependent Children, General Assistance, or Temporary Assistance for Needy Families?**

- a. Yes
- b. No

**15. How would you rate your overall physical health?**

- a. Excellent
- b. Very Good
- c. Good
- d. Fair
- e. Poor

**16. Has a health or educational professional ever told you that you had any of the following health conditions (check all that apply)?**

- a. Seasonal allergies
- b. Asthma or other lung problems
- c. Heart problems
- d. Kidney problems
- e. Immune disorder
- f. Diabetes or high blood sugar
- g. Cancer
- h. Arthritis
- i. Frequent or very bad headaches
- j. Epilepsy or seizures
- k. Serious stomach or bowel problems
- l. Serious acne or skin problems
- m. Emotional or mental health problems such as Depression or Anxiety
- n. Problems with alcohol or drugs
- o. Intellectual disability
- p. Autism Spectrum Disorder
- q. Learning Disorder

**17. How tall are you? \_\_\_\_ centimeters(cm)/inches(in)**

**18. How much do you weigh? \_\_\_\_ kilograms(kg)/pounds(lbs)**

**19. How would you rate your overall Mental/Emotional health before the Coronavirus/COVID-19 crisis in your area?**

- a. Excellent
- b. Very Good
- c. Good
- d. Fair
- e. Poor

## **CORONAVIRUS/COVID-19 HEALTH/EXPOSURE STATUS**

**During the PAST TWO WEEKS:**

**20. ... have you been exposed to someone likely to have Coronavirus/COVID-19? (check all that apply)**

- a. Yes, someone with positive test
- b. Yes, someone with medical diagnosis, but no test
- c. Yes, someone with possible symptoms, but no diagnosis by doctor
- d. No, not to my knowledge

**21. ... have you been suspected of having Coronavirus/COVID-19 infection?**

- a. Yes, has positive test
- b. Yes, medical diagnosis, but no test
- c. Yes, have had some possible symptoms, but no diagnosis by doctor
- d. No symptoms or signs

**22. ... have you had any of the following symptoms? (check all that apply)**

- a. Fever
- b. Cough
- c. Shortness of breath
- d. Sore throat
- e. Fatigue
- f. Loss of taste or smell
- g. Eye infection
- h. Other \_\_\_\_\_

**23. ... has anyone in your family been diagnosed with Coronavirus/COVID-19? (check all that apply)**

- a. Yes, member of household
- b. Yes, non-household member
- c. No

**24. ... have any of the following happened to your family members because of Coronavirus/COVID-19? (check all that apply)**

- a. Fallen ill physically
- b. Hospitalized
- c. Put into self-quarantine with symptoms
- d. Put into self-quarantine without symptoms (e.g., due to possible exposure)
- e. Lost or been laid off from job
- f. Reduced ability to earn money
- g. Passed away
- h. None of the above

**During the PAST TWO WEEKS, how worried have you been about:**

**25. .... being infected?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

**26. ... friends or family being infected?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

**27. ... your *Physical health* being influenced by Coronavirus/COVID-19?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

**28. ... your *Mental/Emotional health* being influenced by Coronavirus/COVID-19?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very
- e. Extremely

**29. How much are you reading or talking about Coronavirus/COVID-19?**

- a. Never
- b. Rarely
- c. Occasionally
- d. Often
- e. Most of the time

**30. Has the Coronavirus/COVID-19 crisis in your area led to any positive changes in your life?**

- a. None
- b. Only a few
- c. Some

- If answered b or c to question 30, please specify: \_\_\_\_\_

## **LIFE CHANGES DUE TO CORONAVIRUS/COVID-19 CRISIS IN THE LAST TWO WEEKS**

During the PAST TWO WEEKS:

**31. ... if you attend school, has your school building been closed? Y/N/Not Applicable**

- a. If no,
  - Are classes in session? Y/N
  - Are you attending classes in-person? Y/N
- b. If yes,
  - Have classes resumed online? Y/N
  - Do you have easy access to the internet and a computer? Y/N
  - Are there assignments for you to complete? Y/N
  - Are you able to receive meals from the school? Y/N

**32. ... if you had a job prior to the Coronavirus/COVID-19, are you still working? Y/N/Not Applicable**

- a. If yes,
  - Are you still going to your workplace? Y/N
  - Are you teleworking or working from home? Y/N
- b. If no,
  - Were you laid off from your job? Y/N
  - Did you lose your job? Y/N

**33. ... how many people, from outside of your household, have you had an in-person conversation with? \_\_\_\_\_**

- 34. ... how much time have you spent going outside of the home (e.g., going to stores, parks, etc.)?**
- a. Not at all
  - b. 1-2 days per week
  - c. A few days per week
  - d. Several days per week
  - e. Every day
- 35. ... how stressful have the restrictions on leaving home been for you?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely
- 36. ... have your contacts with people outside of your home changed relative to *before* the Coronavirus/COVID-19 crisis in your area?**
- a. A lot less
  - b. A little less
  - c. About the same
  - d. A little more
  - e. A lot more
- 37. ... how much difficulty have you had following the recommendations for keeping away from close contact with people?**
- a. None
  - b. A little
  - c. Moderate
  - d. A lot
  - e. A great amount
- 38. ... has the quality of the relationships between you and members of your family changed?**
- a. A lot worse
  - b. A little worse
  - c. About the same
  - d. A little better
  - e. A lot better
- 39. ... how stressful have these changes in family contacts been for you?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely



- 40. ... has the quality of your relationships with your friends changed?**
- a. A lot worse
  - b. A little worse
  - c. About the same
  - d. A little better
  - e. A lot better
- 41. ... how stressful have these changes in social contacts been for you?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely
- 42. ... how much has cancellation of important events (such as graduation, prom, vacation, etc.) in your life been difficult for you?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely
- 43. ... to what degree have changes related to the Coronavirus/COVID-19 crisis in your area created financial problems for you or your family?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely
- 44. ... to what degree are you concerned about the stability of your living situation?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely
- 45. ... did you worry whether your food would run out because of a lack of money?**
- a. Yes
  - b. No
- 46. How hopeful are you that the Coronavirus/COVID-19 crisis in your area will end soon?**
- a. Not at all
  - b. Slightly
  - c. Moderately
  - d. Very
  - e. Extremely

## DAILY BEHAVIORS (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area:

**47. ... on average, what time did you go to bed on WEEKDAYS?**

- a. Before 9 pm
- b. 9 pm-11 pm
- c. 11 pm-1 am
- d. After 1 am

**48. ... on average, what time did you go to bed on WEEKENDS?**

- a. Before 9 pm
- b. 9 pm-11 pm
- c. 11 pm-1 am
- d. After 1 am

**49. ... on average, how many hours per night did you sleep on WEEKDAYS?**

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

**50. ... on average, how many hours per night did you sleep on WEEKENDS?**

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

**51. ... how many days per week did you exercise (e.g., increased heart rate, breathing) for at least 30 minutes?**

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

**52. ... how many days per week did you spend time outdoors?**

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

## EMOTIONS/WORRIES (THREE MONTHS PRIOR TO CRISIS)

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area:

**53. ... how worried were you generally?**

- a. Not worried at all
- b. Slightly worried
- c. Moderately worried
- d. Very worried
- e. Extremely worried

**54. ... how happy versus sad were you?**

- a. Very sad/depressed/unhappy
- b. Moderately sad/depressed/unhappy
- c. Neutral
- d. Moderately happy/cheerful
- e. Very happy/cheerful

**55. ... how much were you able to enjoy your usual activities?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very much
- e. A lot

**56. ... how relaxed versus anxious were you?**

- a. Very relaxed/calm
- b. Moderately relaxed/calm
- c. Neutral
- d. Moderately nervous/anxious
- e. Very nervous/anxious

**57. ... how fidgety or restless were you?**

- a. Not fidgety/restless at all
- b. Slightly fidgety/restless
- c. Moderately fidgety/restless
- d. Very fidgety/restless
- e. Extremely fidgety/restless

**58. ... how fatigued or tired were you?**

- a. Not fatigued or tired at all
- b. Slightly fatigued or tired
- c. Moderately fatigued or tired
- d. Very fatigued or tired
- e. Extremely fatigued or tired

**59. ... how well were you able to concentrate or focus?**

- a. Very focused/attentive
- b. Moderately focused/attentive
- c. Neutral
- d. Moderately unfocused/distracted
- e. Very unfocused/distracted

**60. ... how irritable or easily angered were you?**

- a. Not irritable or easily angered at all
- b. Slightly irritable or easily angered
- c. Moderately irritable or easily angered
- d. Very irritable or easily angered
- e. Extremely irritable or easily angered

**61. ... how lonely were you?**

- a. Not lonely at all
- b. Slightly lonely
- c. Moderately lonely
- d. Very lonely
- e. Extremely lonely

**62. ... to what extent did you have negative thoughts, thoughts about unpleasant experiences or things that made you feel bad?**

- a. Not at all
- b. Rarely
- c. Occasionally
- d. Often
- e. A lot of the time

## **MEDIA USE (THREE MONTHS PRIOR TO CRISIS)**

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area, how much time per day did you spend:

**63. ... watching TV or digital media (e.g., Netflix, YouTube, web surfing)?**

- a. No TV or digital media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

**64. ... using social media (e.g., Facetime, Facebook, Instagram, Snapchat, Twitter, TikTok)?**

- a. No social media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

**65. ... playing video games?**

- a. No video games
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

**SUBSTANCE USE (THREE MONTHS PRIOR TO CRISIS)**

During the THREE MONTHS PRIOR to the onset of the Coronavirus/COVID-19 crisis in your area, how frequently did you use:

**66. ... alcohol?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**67. ... vaping products?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**68. ... cigarettes or other tobacco products?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**69. ... marijuana/cannabis (e.g., joint, blunt, pipe, bong)?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**70. ... opiates, heroin, or narcotics?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**71. ... other drugs including cocaine, crack, amphetamine, methamphetamine, hallucinogens, or ecstasy?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**72. ... sleeping medications or sedatives/hypnotics?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

## **DAILY BEHAVIORS (PAST TWO WEEKS)**

During the **PAST TWO WEEKS**:

**73. ... on average, what time did you go to bed on WEEKDAYS?**

- a. Before 9 pm
- b. 9 pm-11 pm
- c. 11 pm-1 am
- d. After 1 am

**74. ... on average, what time did you go to bed on WEEKENDS?**

- a. Before 9 pm
- b. 9 pm-11 pm
- c. 11 pm-1 am
- d. After 1 am

**75. ... on average, how many hours per night did you sleep on WEEKDAYS?**

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

**76. ... on average, how many hours per night did you sleep on WEEKENDS?**

- a. <6 hours
- b. 6-8 hours
- c. 8-10 hours
- d. >10 hours

**77. ... how many days per week did you exercise (e.g., increased heart rate, breathing) for at least 30 minutes?**

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

**78. ... how many days per week did you spend time outdoors?**

- a. None
- b. 1-2 days
- c. 3-4 days
- d. 5-6 days
- e. Daily

## **EMOTIONS/WORRIES (PAST TWO WEEKS)**

During the PAST TWO WEEKS:

**79. ... how worried were you generally?**

- a. Not worried at all
- b. Slightly worried
- c. Moderately worried
- d. Very worried
- e. Extremely worried

**80. ... how happy versus sad were you?**

- a. Very sad/depressed/unhappy
- b. Moderately sad/depressed/unhappy
- c. Neutral
- d. Moderately happy/cheerful
- e. Very happy/cheerful

**81. ... how much were you able to enjoy your usual activities?**

- a. Not at all
- b. Slightly
- c. Moderately
- d. Very much
- e. A lot

**82. ... how relaxed versus anxious were you?**

- a. Very relaxed/calm
- b. Moderately relaxed/calm
- c. Neutral
- d. Moderately nervous/anxious
- e. Very nervous/anxious

**83. ... how fidgety or restless were you?**

- a. Not fidgety/restless at all
- b. Slightly fidgety/restless
- c. Moderately fidgety/restless
- d. Very fidgety/restless
- e. Extremely fidgety/restless

**84. ... how fatigued or tired were you?**

- a. Not fatigued or tired at all
- b. Slightly fatigued or tired
- c. Moderately fatigued or tired
- d. Very fatigued or tired
- e. Extremely fatigued or tired

**85. ... how well were you able to concentrate or focus?**

- a. Very focused/attentive
- b. Moderately focused/attentive
- c. Neutral
- d. Moderately unfocused/distracted
- e. Very unfocused/distracted

**86. ... how irritable or easily angered were you?**

- a. Not irritable or easily angered at all
- b. Slightly irritable or easily angered
- c. Moderately irritable or easily angered
- d. Very irritable or easily angered
- e. Extremely irritable or easily angered

**87. ... how lonely were you?**

- a. Not lonely at all
- b. Slightly lonely
- c. Moderately lonely
- d. Very lonely
- e. Extremely lonely



**88. ... to what extent did you have negative thoughts, thoughts about unpleasant experiences or things that make you feel bad?**

- a. Not at all
- b. Rarely
- c. Occasionally
- d. Often
- e. A lot of the time

## **MEDIA USE (PAST TWO WEEKS)**

During the **PAST TWO WEEKS**, how much time per day did you spend:

**89. ... watching TV or digital media (e.g., Netflix, YouTube, web surfing)?**

- a. No TV or digital media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

**90. ... using social media (e.g., Facetime, Facebook, Instagram, Snapchat, Twitter, TikTok)?**

- a. No social media
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

**91. ... playing video games?**

- a. No video games
- b. Under 1 hour
- c. 1-3 hours
- d. 4-6 hours
- e. More than 6 hours

## **SUBSTANCE USE (PAST TWO WEEKS)**

During the **PAST TWO WEEKS**, how frequently did you use:

**92. ... alcohol?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**93. ... vaping products?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**94. ... cigarettes or other tobacco products?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**95. ... marijuana/cannabis (e.g., joint, blunt, pipe, bong)?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**96. ... opiates, heroin, or narcotics?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**97. ... other drugs including cocaine, crack, amphetamine, methamphetamine, hallucinogens, or ecstasy?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**98. ... sleeping medications or sedatives/hypnotics?**

- a. Not at all
- b. Rarely
- c. Once a month
- d. Several times a month
- e. Once a week
- f. Several times a week
- g. Once a day
- h. More than once a day

**SUPPORTS**

**99. Which of the following supports were in place for you before the Coronavirus/COVID-19 crisis in your area and have been disrupted over the PAST TWO WEEKS? (check all that apply)**

- a. Resource room
- b. Tutoring
- c. Mentoring programs
- d. After school activity programs
- e. Volunteer programs
- f. Psychotherapy
- g. Psychiatric care
- h. Occupational therapy
- i. Physical therapy
- j. Speech/language therapy
- k. Sporting activities
- l. Medical care for chronic illnesses
- m. Other: Specify \_\_\_\_\_

**ADDITIONAL CONCERNS AND COMMENTS**

**Please describe anything else that concerns you about the impact of Coronavirus/COVID-19 on you, your friends, or your family.**

**[TEXT BOX]**

**Please provide any comments that you would like about this survey and/or related topics.**

**[TEXT BOX]**