COVID-19 Family Stress Screener

The current coronavirus (COVID-19) outbreak is causing extra stress for many people, including families with children of all ages. We would like to know how things are going for you and your family related to this situation. Please answer the following questions about your experiences and feelings over the last few weeks, using the following scale.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly Disagree | 2  Somewhat Disagree | 3  Neither Agree nor Disagree | 4  Somewhat Agree | 5  Strongly  Agree |

Because of COVID-19 related events and changes, I have felt increased stress about:

1. Food running out or being unavailable 1 2 3 4 5
2. Losing a job or decrease in family income 1 2 3 4 5
3. Housing or utilities 1 2 3 4 5
4. Loss of or limited childcare 1 2 3 4 5
5. Taking care of children, including those who 1 2 3 4 5

are normally in school

1. Tension or conflict between household 1 2 3 4 5

members

1. Physical health concerns for me or a 1 2 3 4 5

family member

1. Increased anxiety or depression 1 2 3 4 5
2. Reminders of past stressful/traumatic events 1 2 3 4 5
3. Loss of social connections, social isolation 1 2 3 4 5