**Research Version of the COVID-19 Impact Domain Scales (CIDS-R)**

Please indicate how much the following questions apply to you.

1 = Not at all

2 = A little

3 = Moderately

4 = Quite a bit

5 = Very much

**Health**

1. My health problems from the COVID-19 pandemic hold me back in life
2. I am not as healthy as I used to be because of the COVID-19 pandemic
3. My fears about my health have increased because of the COVID-19 pandemic
4. I am not as in shape as I was before the COVID-19 pandemic
5. I worry that I am vulnerable to getting seriously ill if I catch COVID-19
6. I am not as physically active as I was before the COVID-19 pandemic

**Quality of Life**

1. the COVID-19 pandemic has made my life miserable
2. My life seems dull in comparison to how it was before the COVID-19 pandemic
3. I hate what my life has become because of the COVID-19 pandemic
4. I do not enjoy my life like I used to before the COVID-19 pandemic
5. I do not find life to be as meaningful as it was before the COVID-19 pandemic
6. I experience less peace of mind now than I did before the COVID-19 pandemic

**Finances**

1. I am not as financially secure as I was before COVID-19
2. I find that money has become a bigger issue for me than it was before the COVID-19 pandemic
3. I struggle to pay for things more now than before the COVID-19 pandemic
4. I lost a significant amount of money because of the COVID-19 pandemic
5. I can no longer buy as many things that I enjoy because of the COVID-19 pandemic
6. I had to change my spending habits because of the COVID-19 pandemic

**Loved Ones**

1. I worry about my loved ones' future more now than I did before the COVID-19 pandemic
2. I missed out on quality time with a loved one because of the COVID-19 pandemic
3. My relationship with a loved one is not as strong as it was compared to before the COVID-19 pandemic
4. I feel bad because I missed out on important holidays with my loved ones because of the COVID-19 pandemic
5. It has been hard to stay connected with a loved one during the COVID-19 pandemic
6. I grew emotionally distant from a loved one because of the COVID-19 pandemic

**Job**

1. The COVID-19 pandemic made engaging with my job more challenging
2. I wanted to leave my job because of the COVID-19 pandemic
3. I worried that I would lose my job because of the COVID-19 pandemic
4. I worried that I would get laid off/fired because of the COVID-19 pandemic
5. I had to work harder at my job because of the COVID-19 pandemic
6. I felt more cynical about my job because of the COVID-19 pandemic

**Safety**

1. I no longer feel as safe as I did compared to before the COVID-19 pandemic
2. I worry that I am in danger because of the COVID-19 pandemic
3. I do not feel as safe in public places as I used to because of the COVID-19 pandemic
4. I do not feel as safe around other people as I used to because of the COVID-19 pandemic
5. I take extra precautions so that I can feel safer because of the COVID-19 pandemic
6. I do not feel safe around my friends because of COVID-19

**School**

1. I struggled to go to class because of the COVID-19 pandemic
2. My grades suffered because of the COVID-19 pandemic
3. The COVID-19 pandemic made engaging with my schoolwork more challenging
4. I wanted to leave school because of the COVID-19 pandemic
5. I found it hard to engage with school because of the COVID-19 pandemic
6. I worried that I would fail out of school because of the COVID-19 pandemic

**Mental Health**

1. I feel like I am sadder/depressed now than I was before the COVID-19 pandemic
2. I find that I am more anxious/scared now than before the COVID-19 pandemic
3. My mental health has suffered because of the COVID-19 pandemic
4. I experience burn out much quicker than I did before the COVID-19 pandemic
5. I experience more burn out than I did before the COVID-19 pandemic
6. I am more stressed now than I was before the COVID-19 pandemic

**Social**

1. I lost quality time with friends because of the COVID-19 pandemic
2. I missed out on holidays because of the COVID-19 pandemic
3. I was not able to carry out holiday traditions because of the COVID-19 pandemic
4. I miss the way my social life used to be before the COVID-19 pandemic
5. I do not feel as connected with my friends as I did before the COVID-19 pandemic
6. I do not feel as close to some of my friends because of the COVID-19 pandemic

**Clinical Version of the COVID-19 Impact Domain Scales (CIDS-C)**

Please indicate how much the following questions apply to you.

1 = Not at all

2 = A little

3 = Moderately

4 = Quite a bit

5 = Very much

**Health**

1. My fears about my health have increased because of the COVID-19 pandemic
2. I am not as in shape as I was before the COVID-19 pandemic

**Quality of Life**

1. My life seems dull in comparison to how it was before the COVID-19 pandemic
2. I do not find life to be as meaningful as it was before the COVID-19 pandemic

**Finances**

1. I find that money has become a bigger issue for me than it was before the COVID-19 pandemic
2. I struggle to pay for things more now than before the COVID-19 pandemic

**Loved Ones**

1. I missed out on quality time with a loved one because of the COVID-19 pandemic
2. It has been hard to stay connected with a loved one during the COVID-19 pandemic

**Job**

1. I worried that I would lose my job because of the COVID-19 pandemic
2. I worried that I would get laid off/fired because of the COVID-19 pandemic

**Safety**

1. I do not feel as safe in public places as I used to because of the COVID-19 pandemic
2. I do not feel as safe around other people as I used to because of the COVID-19 pandemic

**School**

1. My grades suffered because of the COVID-19 pandemic
2. The COVID-19 pandemic made engaging with my schoolwork more challenging

**Mental Health**

1. I feel like I am sadder/depressed now than I was before the COVID-19 pandemic
2. My mental health has suffered because of the COVID-19 pandemic

**Social**

1. I missed out on holidays because of the COVID-19 pandemic
2. I was not able to carry out holiday traditions because of the COVID-19 pandemic