**Psychological Effects of COVID-19 among Pakistani Healthcare Workers and How They Are Coping**

You are invited to participate in a research study about the psychological effects of Coronavirus Disease (COVID-19) among Pakistani healthcare workers and their coping strategies. The goal of this study is to evaluate generalized anxiety and depression among Pakistani healthcare workers (physicians, nurse and pharmacists) during the ongoing pandemic and coping strategies adopted by them to manage the psychological distress. It will take less than 15 minutes to complete this questionnaire. You participation in this study is completely voluntary. You may refuse to take part in the research or exit the survey at any time without penalty. You are free to decline to answer any particular question you do not wish to answer for any reason.

Participating in this study may not benefit you directly, but it will help us learn about the psychological effects of COVID-19 on medical forces and assist the authorities to initiate measures necessary to protect the mental wellbeing and mitigate vulnerability of HCWs amid COVID-19 pandemic.

Our questionnaire does not collect identifying information such as your name, email address, or IP address. Therefore, your responses will remain anonymous. No one will be able to identify you or your answers, and no one will know whether or not you participated in the study.

If you have any questions about this study, please contact Dr. Muhammad Salman [msk5012@gmail.com, muhammad.salman@pharm.uol.edu.pk].

**E-CONSENT:** Please select your choice below. You may print a copy of this consent form for your records. Clicking on the “Agree” button indicates that you have read the abovementioned information and voluntarily agree to participate in this study.

🞎 Agree 🞎 Disagree

**Section-I**

**Age:** \_\_\_\_\_\_\_\_\_\_\_\_ years

**Gender:** (a) Male (b) Female

**Occupation:** (a) Doctor (b) Nurse (c) Pharmacist

**Experience:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ years

**Hospital/healthcare setting/organization (provide the name)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Duty during the pandemic (**Isolation ward/Quarantine facility/COVID ICU etc.) **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Have you received sufficient infection prevention training for COVID-19?**

(a) Yes (b) No

**Section-II**

**Over the last 2 weeks, how often have you been bothered by the following problems?**

**Feeling nervous, anxious, or on edge?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Not being able to stop or control worrying?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Worrying too much about different things?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Trouble relaxing?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Being so restless that it's hard to sit still?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Becoming easily annoyed or irritable?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Feeling afraid as if something awful might happen?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Little interest or pleasure in doing things?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Feeling down, depressed, or hopeless?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Trouble falling or staying asleep, or sleeping too much?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Feeling tired or having little energy?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Poor appetite or overeating?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Feeling bad about yourself or that you are a failure or have let yourself or your family down?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Trouble concentrating on things, such as reading the newspaper or watching television?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**Thoughts that you would be better off dead, or of hurting yourself.**

(a) Not at all (b) several days (less than a week) (c) over half the days (more than a week) (d) Nearly every day

**If you checked off any aforementioned problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?**

(a) Not difficult at all (b) Somewhat difficult (c) Very difficult (d) Extremely difficult

**Source of distress during the ongoing pandemic**

**I feel that I might get infected by COVID-19 at any moment**

(a) Yes (b) No

**I worry that my family members will get infected because of me**

(a) Yes (b) No

**I worry about the poor relationship between my family members/friends and me induced by COVID-19**

(a) Yes (b) No

**I am worried because public in general is careless and not complying with disease control measures**

(a) Yes (b) No

**I feel COVID-19 will persist in Pakistani community for a very long time**

(a) Yes (b) No

**I feel that there is lack of sufficient protective equipment for health care providers**

(a) Yes (b) No

**I feel that mass scale diagnostic testing for COVID-19 is not being done**

(a) Yes (b) No

**I feel incapable managing critical COVID-19 patients**

(a) Yes (b) No

**Coping strategies:** The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style.

**I have been turning to work or other activities to take my mind off things**

(a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been concentrating my efforts on doing something about the situation I am in**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been saying to myself "this is not real"**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been using drugs/medicines to make myself feel better**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been getting emotional support from others**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been giving up trying to deal with it**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been taking action to try to make the situation better**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been refusing to believe that it has happened**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been saying things to let my unpleasant feelings escape**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been getting help and advice from other people**

a) Not at all (b) A little bit (c) A moderate amount (d) A lot

**I have been using drugs/medicines to help me get through it**

a) Not at all (b) A little bit (c) A moderate amount (d) A lot

**I have been trying to see it in a different light, to make it seem more positive**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been criticizing myself.**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been trying to come up with a strategy about what to do**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been getting comfort and understanding from someone**

a) Not at all (b) A little bit (c) A moderate amount (d) A lot

**I have been giving up the attempt to cope**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been looking for something good in what is happening**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been making jokes about it**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been doing something to think about it less, such as watching TV, reading, daydreaming, sleeping, or shopping online.**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been accepting the reality of the fact that it has happened**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been expressing my negative feelings**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been trying to find comfort in my religion or spiritual beliefs**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been trying to get advice or help from other people about it**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been learning to live with this situation**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been thinking hard about what steps to take**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been blaming myself for things that happened**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been praying or meditating**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

**I have been making fun of the situation**

a) Not doing this at all (b) A little bit (c) A moderate amount (d) Doing this a lot

Thank you for participating in this survey.