

## COVID-19 measures included in the PACE Vermont Study

| Measure  | Response options  | Source   | Notes |
|--|---|--|-------|
| <b>COVID-19 concerns</b>   |   |  |       |
| How concerned about coronavirus (COVID-19) are you for your own health?  | 1 (not at all) to 10 (extremely)  | *New*  |       |
| How concerned about coronavirus (COVID-19) are you for the health of your family?  | 1 (not at all) to 10 (extremely)  | *New*  |       |
| Please choose one option per row.<br><b>The novel coronavirus (COVID-19) to me feels ...</b>   | Close to me [*] [*] [*] [*] [*] [*] Far away from me<br>New [*] [*] [*] [*] [*] [*] Old<br>Spreading fast [*] [*] [*] [*] [*] [*] [*] Spreading slowly<br>Something I think about all the time [*] [*] [*] [*] [*] Something I almost never think about<br>Fear-inducing [*] [*] [*] [*] [*] [*] Not fear-inducing<br>Media hyped [*] [*] [*] [*] [*] [*] Not media hyped<br>Worrying [*] [*] [*] [*] [*] [*] Not worrying<br>Something that makes me feel helpless [*] [*] [*] [*] [*] [*] Something I am able to combat with my own action<br>Stressful [*] [*] [*] [*] [*] [*] [*] Not stressful | World Health Organization<br><a href="http://www.euro.who.int/__data/assets/pdf_file/0007/436705/COVID-19-survey-tool-and-guidance.pdf?ua=1">http://www.euro.who.int/__data/assets/pdf_file/0007/436705/COVID-19-survey-tool-and-guidance.pdf?ua=1</a> |       |
| Since the start of the COVID-19 pandemic, how much have the following things in your life been difficult for you?  | 1. Not at all<br>2. Slightly<br>3. Moderately<br>4. Very<br>5. Extremely  | CRISIS<br><a href="https://www.nlm.nih.gov/dr2/CRISIS_Adult_Self-Report_Baseline_Current_Form_V0.3.pdf">https://www.nlm.nih.gov/dr2/CRISIS_Adult_Self-Report_Baseline_Current_Form_V0.3.pdf</a>  |       |
| 1. Cancellation of important events (such as graduation, prom, vacation, etc.)<br>2. Changes in daily activities (e.g., afterschool activities, online school, sports) |   |  |       |

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| 3. Financial (money) problems for you or your family   |   |   |  |
| Since the start of the COVID-19 pandemic, to what degree have you been concerned about the following?<br>1. The stability of your living situation (or having to move)?<br>2. The impact of COVID-19 on your school or work?<br>3. Whether your food would run out because of a lack of money?   | 1. Not at all<br>2. Slightly<br>3. Moderately<br>4. Very<br>5. Extremely  | CRISIS<br><a href="https://www.nlm.nih.gov/dr2/CRISIS_Adult_Self-Report_Baseline_Current_Form_V0.3.pdf">https://www.nlm.nih.gov/dr2/CRISIS_Adult_Self-Report_Baseline_Current_Form_V0.3.pdf</a>   |  |
| COVID-19 may have many impacts on you and your family life. In general, how has the COVID-19 pandemic affected each of the following?<br>1. How family/household members get along<br>2. Ability to care for your health<br>3. Ability to be independent<br>4. Ability to care for others in your family<br>5. Your physical wellbeing – sedentary behavior (lack of movement, screen time, sitting, laying down)<br>6. Your physical wellbeing – exercise/physical activity<br>7. Your physical wellbeing – eating<br>8. Your physical wellbeing – sleeping<br>9. Your physical wellbeing – substance use (smoking/vaping, drinking alcohol, marijuana use, etc.)<br>10. Your emotional wellbeing – anxiety/worry<br>11. Your emotional wellbeing – mood<br>12. Your emotional wellbeing – loneliness | 1. Made it a lot better<br>2. Made it a little better<br>3. Made it a little worse<br>4. Made it a lot worse<br>5. Not applicable | CEFIS-AYA ( <a href="https://www.healthcaretoolbox.org/images/CEFIS-AYA_English_051820_final_sample.pdf">https://www.healthcaretoolbox.org/images/CEFIS-AYA_English_051820_final_sample.pdf</a> ) |  |

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| 13. Your social well-being – relationships with friends<br>14. Your social well-being – romantic relationships or dating  |   |   |                            |
| Overall, how much distress have you experienced related to COVID-19?  | 1 (No distress) to 10 (Extreme distress)  | CEFIS-AYA ( <a href="https://www.healthcaretoolbox.org/images/CEFIS-AYA_English_051820_final_sample.pdf">https://www.healthcaretoolbox.org/images/CEFIS-AYA_English_051820_final_sample.pdf</a> ) |                            |
| Please describe anything else that concerns you about the impact of Coronavirus/COVID-19 on you, your friends, or family. | [open ended]  | CRISIS  |                            |
| What are you most looking forward to at the end of the COVID-19 pandemic?   | [open ended]  | *New*   |                            |
| <b>COVID-19/Substance use</b>   |   |   |                            |
| How has your cigarette use changed since you learned about the coronavirus pandemic (COVID-19)?                           | <ol style="list-style-type: none"> <li>1. My cigarette use has increased</li> <li>2. My cigarette use has stayed the same</li> <li>3. My cigarette use has decreased</li> <li>4. I don't use cigarettes regularly</li> <li>5. Other (please specify)</li> </ol> | *New*   | Ask if ever cigarette user |
| How has your vaping changed since you learned about the coronavirus pandemic (COVID-19)?                                  | <ol style="list-style-type: none"> <li>1. My vaping has increased</li> <li>2. My vaping has stayed the same</li> <li>3. My vaping has decreased</li> <li>4. I don't vape regularly</li> <li>5. Other (please specify)</li> </ol>                                | *New*   | Ask if ever EVP user       |
| How has your alcohol use changed since you learned about the coronavirus pandemic (COVID-19)?                             | <ol style="list-style-type: none"> <li>1. My alcohol use has increased</li> <li>2. My alcohol use has stayed the same</li> <li>3. My alcohol use has decreased</li> <li>4. I don't use alcohol regularly</li> <li>5. Other (please specify)</li> </ol>          | *New*   | Ask if ever alcohol user   |

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| How has your marijuana use changed since you learned about the coronavirus pandemic (COVID-19)? | <ol style="list-style-type: none"> <li>1. My marijuana use has increased</li> <li>2. My marijuana use has stayed the same</li> <li>3. My marijuana use has decreased</li> <li>4. I don't use marijuana regularly</li> <li>5. Other (please specify)</li> </ol>   | *New*  | Ask if ever marijuana user                   |
| <b>COVID-19/School/work</b>   |  |        |  |
| Are you currently a student?  | <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> </ol>  |        |  |
| Do you currently work for pay?  | <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> </ol>  |        |  |
| During the PAST TWO WEEKS:<br>has your work or school building been closed?                     | <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> </ol>  | CRISIS |  |
| [IF NO TO PREVIOUS Q about work/school building being closed]                                   | <ol style="list-style-type: none"> <li>A. Are classes in session?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. no</li> </ol> </li> <li>B. Are you attending classes in-person?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. no</li> <li>1.</li> </ol> </li> </ol>  | CRISIS | If currently student and building not closed |
| [IF YES TO PREVIOUS Q about work/school building being closed]                                  | <ol style="list-style-type: none"> <li>A. Are you attending classes online?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> </ol> </li> </ol> <p>If Yes, answer B, C, D:</p> <ol style="list-style-type: none"> <li>B. Do you have easy access to the internet and a computer?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. no</li> </ol> </li> <li>C. Are there assignments for you to complete?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. no</li> </ol> </li> <li>D. Are you able to receive meals from the school?             <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. no</li> </ol> </li> </ol> | CRISIS | If currently student and building closed     |

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| During the PAST TWO WEEKS:<br>Have you been unable to work due to the coronavirus pandemic (COVID-19)   | 1. Yes<br>2. No  | *new*                                  | If currently works for pay                                  |
| <b>COVID-19 Activities</b>  |  |  |   |
| How many hours per week did you typically participate in afterschool activities (such as band, drama, or clubs run by their schools or community groups) BEFORE the COVID-19 pandemic?<br><br>Please do NOT count the time that you participated in team sports.    | Enter number of hours  | Personal communication, VT AfterSchool | Youth only  |
| How many hours per week did you typically participate in team sports BEFORE the COVID-19 pandemic?  | Enter number of hours  | Personal communication, VT AfterSchool | Youth only  |
| How many hours per week do you currently participate in IN-PERSON activities outside the school day?  | Enter number of hours  | Personal communication, VT AfterSchool | Youth only  |
| How many hours per week do you currently participate in VIRTUAL activities outside the school day?  | Enter number of hours  | Personal communication, VT AfterSchool | Youth only  |
| <b>Policy awareness and support</b>   |  |  |   |
| During the pandemic there were changes made in the way alcohol could be sold in Vermont: restaurants and bars could sell to-go alcohol and the delivery of alcohol to buildings or residences was allowed.<br><br>Did this policy change how much you used alcohol? | 1. Yes<br>2. No<br>3. Don't Know                                       | *New*                                  |   |
| How did this policy change your alcohol use?  | 1. I increased my alcohol use<br>2. My alcohol use has stayed the same | *New*                                  | [If yes or don't know to Question re: COVID alcohol policy] |

|   |  |  |                              |
|---|--|--|------------------------------|
|   | <p>3. I decreased my alcohol use<br/>4. Other (please specify)</p>   |  |                              |
| <b>Respiratory Symptoms</b>   |  |  |                              |
| In the past 12 months, have you received a COVID vaccine?   | <p>1. Yes<br/>2. No<br/>3. I don't know</p>  | *New*                                  | Respiratory Symptoms - Brief |
| <b>Additional COVID-19 Questions</b>  |  |  |                              |
| How concerned about coronavirus (COVID-19) are you for the health of others in your community?  | 1 (not at all) to 7 (extremely)  | *New*                                  |                              |
| Do you think your cigarette use increases your risk of harm from coronavirus (COVID-19)?  | 1(definitely no) to 7 (definitely yes)   | *New*                                  |                              |
| How has your motivation to quit smoking changed since you learned about the coronavirus pandemic (COVID-19)?  | <p>1. My motivation to quit has <b>increased</b><br/>2. My motivation to quit has <b>stayed the same</b><br/>3. My motivation to quit has <b>decreased</b><br/>4. Other (please specify)</p> | *New*                                  |                              |
| In response to the coronavirus pandemic, are you:<br><br>1. buying more packs per visit?<br>2. buying cartons instead of packs?<br>3. buying cheaper cigarette brands?<br>4. buying cigarettes online?<br>5. going to the store more frequently to buy cigarettes<br>6. buying cigarettes from an Indian Reservation<br>7. buying fewer cigarettes than normal? | <p>1. Yes<br/>2. No</p>  | Personnel communication, Shyanika Rose |                              |

|   |                       |                                       |  |
|---|-----------------------|---------------------------------------|--|
| 8. buying other tobacco products instead of cigarettes (e.g., filtered cigars, cigarillos, smokeless tobacco)   |                       |                                       |  |
| Since the coronavirus pandemic (COVID-19), to what extent have cigarettes been: <ol style="list-style-type: none"> <li>1. Much easier to find – much harder to find</li> <li>2. Much cheaper – much more expensive</li> </ol> | 5 pt scale            | Personal communication, Shyanika Rose |  |
| What have you found useful for coping during the coronavirus pandemic (COVID-19)?   | [open-ended response] | *New*                                 |  |