Preferred language

This survey is available in both official languages. Please use the box above to select the language you would like to use.

Ce questionnaire est disponible dans les deux langues officielles canadiennes. Veuillez utiliser la case ci-dessus pour sélectionner la langue dans laquelle vous souhaitez participer.

Consent Form
This survey will focus on the COVID-19 pandemic and its possible effects on your social relationships.

If for any reason you anticipate that you might become upset by thinking about (a) the COVID-19 pandemic, (b) your social relationships, or (c) the possible ways the pandemic has affected your relationships—or if you are otherwise uncomfortable with the topic of this research—please do not proceed further. Moreover, if you are in a relationship, only one member of the couple can participate in this survey.

PLEASE NOTE: YOU MUST BE AT LEAST 18 YEARS OF AGE AND RESIDING IN CANADA TO PARTICIPATE IN THIS STUDY.
Name of Researchers, Faculty, Department, Telephone, and Email:

Dr. Susan D. Boon, University of Calgary, Faculty of Arts, Department of Psychology, CANADA, 403-220-5564, sdboon@ucalgary.ca,

Sara Salavati, University of Calgary, Faculty of Arts, Department of Psychology, CANADA, 587-429-4275, sara.salavati@ucalgary.ca,

Dr. Katherine Peloquin, Université de Montréal, Faculté des arts et des sciences, Département de Psychologie, CANADA, 514 343-6111 #4320, katherine.peloquin@umontreal.ca

Title of Project:
COVID-19: EFFECTS OF A GLOBAL STRESSOR ON SOCIAL RELATIONSHIPS IN CANADA

This consent form is only one part of the consent process. If you want more details about something mentioned here, or information not included here, you should feel free to ask. Please take the time to read this consent carefully and to understand any accompanying information.

The University of Calgary Conjoint Faculties Research Ethics Board and Université de Montréal Ethics Board have approved this research.

Participation is completely voluntary and anonymous.

Purpose of the study:
This study has been designed to explore the possible ways that the COVID-19 (coronavirus) pandemic may be affecting people’s relationships with members of their social networks (i.e., romantic partners, family, friends, coworkers, neighbours, etc.). As humans, we are social by nature and our connections with others help us meet needs for security and belonging. Stressors related to the pandemic may affect our relationships with others in ways that are important to understand. This study aims to investigate those effects in the Canadian context and is part of an international research project currently running in more than 20 countries worldwide.

The data collected from this study will serve as the basis for conference presentations and journal articles. The data may also be used in the future for other research purposes related to this area of study (e.g., it may be used to inform research projects undertaken by our undergraduate or graduate students or in collaboration with other researchers, including members of the international research consortium in the future). The data will be shared (in anonymized form) with other researchers participating in the international research consortium. In all presentations and uses of the data, however, your personal identity cannot be disclosed. In addition, where results of this study are published or publicly presented, it is possible that research assistants and others who contributed to the project (including members of the international research consortium) may be indicated as co-authors.

**What will I be asked to do?**

There are two versions of the main survey in this study, one for individuals who are currently involved in romantic relationships and one for those who are currently single. Depending on your answers to a brief screening survey, you will be directed automatically to the main survey that is appropriate for your personal circumstances. Whichever version
you complete, your responses to the main survey will provide valuable information that will help scientists understand the impact of COVID-19 on people’s social networks.

**In this study, you will be asked to:**

- provide demographic information about yourself (and your current romantic relationship if you are in a current romantic relationship) complete questions concerning your present health (including whether you, your partner if you have one, or members of your family and close friends have had coronavirus) and beliefs about the COVID-19 pandemic. These questions will include items asking about COVID-19 symptoms. Please note that these items are not intended to diagnose COVID-19.
- complete questions concerning possible stressors you, your partner (if you have one) or your friends and family, or others in your community may be experiencing as a result of the COVID-19 pandemic
- complete scales that assess your previous (before COVID-19) and current wellbeing
- rate your romantic relationship along a variety of dimensions (e.g., satisfaction, commitment, intimacy) OR rate your general behaviours, thoughts, and feelings in romantic relationships
- complete questions concerning how you and your partner are coping with the stresses associated with COVID-19 OR complete questions concerning your ability to handle distress/upset

We anticipate that it will take you approximately **45 minutes** to complete this survey. As a token of appreciation for your time, you will be entered in a lottery to win one of ten **$50 Indigo.ca gift cards** for completing the survey. To be entered in the lottery, you must (a) **provide an active email address at the end of the survey** and (b) **complete at least 80% of the questions in the survey**. Once the
lottery winners have received their gift cards, we will delete all email addresses.

Please note that your participation in this study is voluntary. You may refuse to participate altogether, you may refuse to participate in parts of the study, you may decline to answer any and all questions, and you may withdraw from the study at any time.

Once data collection and analysis have been completed, the fully anonymous data from this study will be posted on the Open Science Framework.

If for any reason you anticipate that you might become upset by thinking about (a) the COVID-19 pandemic, (b) your social relationships or (c) the possible ways the pandemic has been affecting your social relationships—or if you are otherwise uncomfortable with the topic of this research—please do not proceed further. Moreover, if you are in a relationship, only one member of the couple can participate in this survey.

**What type of personal information will be collected?**

To permit us to (a) describe the characteristics of our sample and (b) explore whether people’s responses vary as a function of those characteristics, we will ask you to provide the following personal information:

- demographic information, including country and province/territory of residence, gender/sex, sexual orientation, age, ethnic background, income, and level of educational attainment
- information about your current relationship (if you have one),
including whether you are currently involved in a relationship and, if so, its length, status (e.g., engaged, married) and whether you are currently living together, how long you’ve known each other, and whether you have children (and the ages of any children)
• whether you have any chronic health conditions
• your email address (if you wish to enter the lottery)

Your data will be retained indefinitely as part of this dataset unless you indicate your preference otherwise in the survey itself when asked (i.e., near the end of the survey we will ask you if you are willing to allow your data to be used in our analyses. If you say no, we will delete your responses from the data set). Please note that it will not be possible to withdraw your data after this point. We will not be able to withdraw your data after you have submitted the survey as we will be unable to identify your submission in order to delete it (i.e., your submission will be anonymous). As the survey where you will enter your email address (if you choose to enter the lottery for the gift card) is external to the present survey, your email address cannot be used for purposes of identifying your responses in the main survey.

Are there risks or benefits if I participate?

Benefits:
This study will provide you with an opportunity to see how research is conducted and to participate in a research project. Through your participation in this study, you may develop interest in a new topic, or further your appreciation for an area of study. Data collected from this study will provide valuable information that may ultimately help mental health practitioners and physicians better understand how to help
individuals cope with stress associated with COVID-19. In addition, because these data are being collected as part of a large, multinational research project, researchers will be able to compare adjustment—and variables that predict adjustment—across countries.

**Risks:**
There is a small chance that you may find it upsetting to think about your experiences with the COVID-pandemic, about aspects of your social relationships (i.e., romantic relationship if you are in one), or about how the pandemic may be affecting your relationship(s). We do not anticipate that this risk will be any greater than the risk of upset you may encounter in your daily life when you think about these topics or discuss them with others. Nevertheless, if you think that this may be an issue for you, please feel free to withdraw from the study at any time.

You may find the following links helpful if you are experiencing upset as a result of COVID-19 or its impact on your relationship(s):


If you would like information concerning the symptoms of COVID-19, the following link might be helpful:

Although we will never disclose your name or other personal identifying information in any presentations or publications, there is a very small risk that somebody familiar with you may recognize you from your responses to open-ended questions if these responses are presented in publications or presentations. We do not expect that this is likely, but if you have any concerns about this possibility, you should be aware that this is a small but possible risk of your participation. You can minimize that risk by ensuring that your answers to open-ended questions in this study cannot identify you (or others) in any way.

**What happens to the information I provide?**

The data from the screening survey and main survey will always be fully anonymous. All email addresses in the lottery survey will be deleted once the lottery winners have been determined and the gift cards distributed to the winners. The fully anonymous data set will be retained indefinitely.

The fully anonymous data from this Canadian sample will be shared with other researchers who are part of the international research consortium so that the consortium may investigate possible differences in peoples’ experiences as a function of country of residence. Once data collection and analysis have been completed, the fully anonymous data from this study will be posted on the Open Science Framework.

As indicated previously, if you wish to withdraw your data, you must indicate this preference in the survey itself by selecting “withdraw my data” near the end of the survey. We are unable to withdraw the data submitted by any individual who fails to indicate their desire to withdraw in the survey in response to this item.
With the exception of quotes (see below), results from this study will be reported on a group basis for any presentation or publication of results. We may quote parts of your responses to open-ended survey questions in publications and in conference presentations, but we will not use any identifying information in connection with any such quote/response. Please use a pseudonym to refer to any people you might mention in your responses, to protect their identity as well.

Finally, please note that this online survey is being administered by Qualtrics, an American software company. As a result, your responses are subject to U.S. laws, including the USA Patriot Act. The risks associated with participation are minimal, however, and similar to those associated with many email programs, such as Hotmail© and social utilities spaces, such as Facebook© and MySpace©.
Consent:

Clicking on the “consent” button below indicates that you (1) understand to your satisfaction the information provided to you about your participation in this research project, and (2) agree to participate as a research subject/participant. In no way does this waive your legal rights nor release the investigators, sponsors, or involved institutions from their legal and professional responsibilities. You are free to withdraw from this research project at any time and to skip any questions that you do not feel comfortable answering. You should feel free to ask for clarification or new information throughout your participation.

Questions/Concerns

If you have further questions or want clarification regarding this research and/or your participation, please contact:

Dr. Susan Boon
Department of Psychology, University of Calgary
sdboon@ucalgary.ca
(403.220.5564)

If you have any concerns about the way you’ve been treated as a participant, please contact the Research Ethics Analyst, Research Services Office, University of Calgary at 403.220.6289 or 403.220.8640; email cfreb@ucalgary.ca.

☐ I consent to participate in this research study
☐ I do not wish to participate in this research study (selecting this option will exit the survey)
Screening Questionnaire

Are you at least 18 years of age?

- Yes
- No

Do you currently live in Canada?

- Yes
- No

Are you currently in a romantic relationship?

- Yes
- No

Do you currently live with your romantic partner?

- Yes
- No
How long have you and your romantic partner been together?

- Less than 6 months
- Over 6 months, however, less than 1 year
- 1 year or more

My partner has already participated in this survey.

- Yes
- No
- I don’t know

**Under 18, Not living in Canada**

We are sorry to inform you that you must be at least 18 years old and a Canadian resident to participate in the current study. Also, if your partner has already participated, you are not eligible to participate in this survey. Thank you for your time!

**Demographics**
How old are you?

Years

[ ]

Months

[ ]

What gender/sex do you identify with? Please select all that apply.

[ ] Man

[ ] Woman

[ ] Fluid/Genderqueer

[ ] Transgender

[ ] Non-Binary

[ ] Two-Spirit

[ ] None of these options applies to me. I identify as (please specify):

[ ]
Please indicate the sexual orientation you identify with? (choose all that apply)

☐ Lesbian
☐ Gay
☐ Heterosexual
☐ Pansexual
☐ Queer
☐ Bisexual
☐ Other. I identify as (please specify):


Where do you currently live?

- British Columbia
- Alberta
- Saskatchewan
- Yukon
- Northwest Territories
- Nunavut
- Manitoba
- Ontario
- Québec
- New Brunswick
- Nova Scotia
- Newfoundland and Labrador
- Prince Edward Island
Which, if any, of the following racial/ethnic groups do you identify with? (Please select all that apply)

- South Asian/Indian Descent
- East Asian/East Asian Descent
- Middle Eastern/Middle Eastern Descent
- Indigenous Peoples of Canada/ First Nations
- White/European/European Descent
- Black/African/African Descent
- Latin(X)/Latin American Descent
- You don’t have an option that applies to me. My racial/ethnic identity is: [ ]

What is your typical yearly individual income before taxes?

- $0 - $24,999
- $25,000 - $49,999
- $50,000 - $74,999
- $75,000 - $99,999
- $100,000 - $149,999
- Greater than $150,000
What is the highest level of education you have completed?

- Less than high school
- High school
- Professional program
- Undergraduate degree
- Graduate degree

How would you describe your relationship status?

- Single
- In a committed relationship - living together
- Engaged - living together
- Married

How would you describe your relationship status?

- Single
- Casually dating
- Exclusively dating
- Engaged
- Married
If you are married to your partner, how long have you and your partner been married?

Years

Months

How long have you and your partner known each other?

Years

Months
How long have you and your partner been in a romantic relationship together?

Years

[ ]

Months

[ ]

Do you have any children?

[ ] Yes

[ ] No
What ages are your children?

Research Survey

Are you suffering from a chronic health condition?

☐ Yes
☐ No

Please specify the chronic health condition:
In general, would you say that your health is:

- Excellent
- Very good
- Good
- Fair
- Poor

Have you been infected by the new coronavirus?

- Yes
- No
- Not Sure (have had some symptoms, but not officially diagnosed)

Has your partner been infected by the new coronavirus?

- Yes
- No
- Not Sure (have had some symptoms, but not officially diagnosed)
Has any member of your family or close friends been infected by the new coronavirus?

- Yes
- No
- Not Sure (have had some symptoms, but not officially diagnosed)

How much has the COVID-19 pandemic affected your life?

[0] No effect at all
[1] 1
[2] 2
[3] 3
[4] 4
[5] 5
[6] 6
[7] 7
[8] 8
[9] 9
[10] 10

Severely affects my life

How long do you think the COVID-19 pandemic will continue?

[0] A very short time
[1] 1
[2] 2
[3] 3
[4] 4
[5] 5
[6] 6
[7] 7
[8] 8
[9] 9
[10] 10

Forever

How much control do you feel you have over the COVID-19 situation (e.g., not getting infected or getting over it)?

[0] Absolutely no control
[1] 1
[2] 2
[3] 3
[4] 4
[5] 5
[6] 6
[7] 7
[8] 8
[9] 9
[10] 10

Extreme amount of control
How much do you think existing treatments can help COVID-19 patients?

Not at all helpful 0 1 2 3 4 5 6 7 8 9 10 Extremely helpful

How concerned are you about the COVID-19 pandemic?

Not at all concerned 0 1 2 3 4 5 6 7 8 9 10 Extremely concerned

How well do you feel you understand the COVID-19 situation?

Don’t understand at all 0 1 2 3 4 5 6 7 8 9 10 Understand very clearly

How much does the COVID-19 pandemic affect you emotionally? (e.g. does it make you angry, scared, upset or depressed?)

Not at all affected emotionally 0 1 2 3 4 5 6 7 8 9 10 Extremely affected emotionally

The next items ask about different experiences people sometimes have. Please read each statement and indicate how much the statement applied to you BEFORE the travel ban and restrictions on March 18, 2020 were implemented. Click here for more information.
I found it hard to wind down.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I was aware of dryness of my mouth.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I couldn’t seem to experience any positive feeling at all.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found it difficult to work up the initiative to do things.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I tended to over-react to situations.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I experienced trembling (e.g., in the hands).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that I was using a lot of nervous energy.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was worried about situations in which I might panic and make a fool of myself.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I felt that I had nothing to look forward to.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I found myself getting agitated.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I found it difficult to relax.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I felt down-hearted and blue.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was intolerant of anything that kept me from getting on with what I was doing.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt I was close to panic.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I was unable to become enthusiastic about anything.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I felt I wasn’t worth much as a person.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I felt that I was rather touchy.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt scared without any good reason.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that life was meaningless.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

The next items ask about different experiences people sometimes have.
Please read each statement and indicate how much the statement applied to you *AFTER the travel ban and restrictions on March 18, 2020 were implemented*. Click [here](#) for more information.

I found it hard to wind down.

- [ ] Did not apply to me at all
- [ ] Applied to me to some degree, or some of the time
- [ ] Applied to me a considerable degree, or a good part of the time
- [ ] Applied to me very much, or most of the time

I was aware of dryness of my mouth.

- [ ] Did not apply to me at all
- [ ] Applied to me to some degree, or some of the time
- [ ] Applied to me a considerable degree, or a good part of the time
- [ ] Applied to me very much, or most of the time
I couldn’t seem to experience any positive feeling at all.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).

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I found it difficult to work up the initiative to do things.

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- Applied to me very much, or most of the time
I tended to over-react to situations.

- Did not apply to me at all
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- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I experienced trembling (e.g., in the hands).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that I was using a lot of nervous energy.

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- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I was worried about situations in which I might panic and make a fool of myself.

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○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I felt that I had nothing to look forward to.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I found myself getting agitated.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I found it difficult to relax.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt down-hearted and blue.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was intolerant of anything that kept me from getting on with what I was doing.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I felt I was close to panic.

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- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was unable to become enthusiastic about anything.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
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I felt I wasn’t worth much as a person.

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- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I felt that I was rather touchy.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I felt scared without any good reason.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I felt that life was meaningless.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

Please rate your current partner and your relationship.

How satisfied are you with your relationship?

- Not at all
- Neutral
- Extremely

How content are you with your relationship?

- Not at all
- Neutral
- Extremely

How happy are you with your relationship?

- Not at all
- Neutral
- Extremely
How committed are you to your relationship?
Not at all  ○   ○   ○ Neutral  ○   ○   ○ Extremely  ○

How dedicated are you to your relationship?
Not at all  ○   ○   ○ Neutral  ○   ○   ○ Extremely  ○

How devoted are you to your relationship?
Not at all  ○   ○   ○ Neutral  ○   ○   ○ Extremely  ○

How intimate is your relationship?
Not at all  ○   ○   ○ Neutral  ○   ○   ○ Extremely  ○

How close is your relationship?
Not at all  ○   ○   ○ Neutral  ○   ○   ○ Extremely  ○
How connected are you to your partner?
Not at all  Neutral  Extremely

How much do you trust your partner?
Not at all  Neutral  Extremely

How much can you count on your partner?
Not at all  Neutral  Extremely

How dependable is your partner?
Not at all  Neutral  Extremely

How passionate is your relationship?
Not at all  Neutral  Extremely
How lustful is your relationship?

Not at all  ○  ○  Neutral  ○  ○  Extremely  ○

How sexually intense is your relationship?

Not at all  ○  ○  Neutral  ○  ○  Extremely  ○

How much do you love your partner?

Not at all  ○  ○  Neutral  ○  ○  Extremely  ○

How much do you adore your partner?

Not at all  ○  ○  Neutral  ○  ○  Extremely  ○

How much do you cherish your partner?

Not at all  ○  ○  Neutral  ○  ○  Extremely  ○

The next questions are designed to measure how you and your partner
cope with stress about COVID-19. Please indicate the first response that you feel is appropriate. Please be as honest as possible.

This section is about how you communicate your stress to your partner about COVID-19.

I let my partner know that I appreciate their practical support, advice, or help.

- Very rarely
- Rarely
- Sometimes
- Often
- Very often

I ask my partner to do things for me when I have too much to do.

- Very rarely
- Rarely
- Sometimes
- Often
- Very often

I show my partner through my behavior when I am not doing well or when I have problems.

- Very rarely
- Rarely
- Sometimes
- Often
- Very often
I tell my partner openly how I feel and that I would appreciate their support.

Very rarely    Rarely    Sometimes    Often    Very often

This section is about how your partner communicates when they are feeling stressed about COVID-19.

My partner lets me know that they appreciate my practical support, advice, or help.

Very rarely    Rarely    Sometimes    Often    Very often

My partner asks me to do things for them when they have too much to do.

Very rarely    Rarely    Sometimes    Often    Very often
My partner shows me through their behavior that they are not doing well or when they have problems.

Very rarely  Rarely  Sometimes  Often  Very often

My partner tells me openly how they feel and that they would appreciate my support.

Very rarely  Rarely  Sometimes  Often  Very often

This section is about what you do when your partner is stressed about COVID-19.

I show empathy and understanding.

Very rarely  Rarely  Sometimes  Often  Very often

I express to my partner that I am on their side.

Very rarely  Rarely  Sometimes  Often  Very often
I blame my partner for not coping well enough with stress.

Very rarely  Rarely  Sometimes  Often  Very often

I tell my partner that their stress is not that bad and help them to see the situation in a different light.

Very rarely  Rarely  Sometimes  Often  Very often

I listen to my partner and give them space and time to communicate what really bothers them.

Very rarely  Rarely  Sometimes  Often  Very often

I do not take my partner’s stress seriously.

Very rarely  Rarely  Sometimes  Often  Very often

When my partner is stressed I tend to withdraw.

Very rarely  Rarely  Sometimes  Often  Very often
I provide support, but do so unwillingly and without enthusiasm because I think that they should cope with their problems on their own.

Very rarely  Rarely  Sometimes  Often  Very often

I take on things that my partner would normally do in order to help them out.

Very rarely  Rarely  Sometimes  Often  Very often

I try to analyze the situation together with my partner in an objective manner and help them to understand and change the problem.

Very rarely  Rarely  Sometimes  Often  Very often

When my partner feels they have too much to do, I help them out.

Very rarely  Rarely  Sometimes  Often  Very often

The following questions are related to how your partner responds to your stress about COVID-19.
My partner shows empathy and understanding.

Very rarely  Rarely  Sometimes  Often  Very often

My partner expresses that they are on my side.

Very rarely  Rarely  Sometimes  Often  Very often

My partner blames me for not coping well enough with stress.

Very rarely  Rarely  Sometimes  Often  Very often

My partner helps me to see stressful situations in a different light.

Very rarely  Rarely  Sometimes  Often  Very often

My partner listens to me and gives me the opportunity to communicate what really bothers me.

Very rarely  Rarely  Sometimes  Often  Very often
My partner does not take my stress seriously.

Very rarely  Rarely  Sometimes  Often  Very often

My partner provides support, but does so unwillingly and without enthusiasm.

Very rarely  Rarely  Sometimes  Often  Very often

My partner takes on things that I normally do in order to help me out.

Very rarely  Rarely  Sometimes  Often  Very often

My partner helps me analyze the situation so that I can better face the problem.

Very rarely  Rarely  Sometimes  Often  Very often

When I am too busy, my partner helps me out.

Very rarely  Rarely  Sometimes  Often  Very often
When I am stressed, my partner tends to withdraw.

Very rarely    Rarely    Sometimes    Often    Very often

This section is about what you and your partner do when you are both feeling stressed.

We try to cope with the problem together and search for shared solutions.

Very rarely    Rarely    Sometimes    Often    Very often

We engage in a serious discussion about the problem and think through what has to be done.

Very rarely    Rarely    Sometimes    Often    Very often

We help one another to put the problem in perspective and see it in a new light.

Very rarely    Rarely    Sometimes    Often    Very often
We help each other relax with such things like massage, taking a bath together, or listening to music together.

Very rarely  Rarely  Sometimes  Often  Very often

We are affectionate to each other, make love and try to cope with stress that way.

Very rarely  Rarely  Sometimes  Often  Very often

This section is about how you evaluate your coping as a couple with COVID-19.

I am satisfied with the support I receive from my partner and the way we deal with stress together.

Very rarely  Rarely  Sometimes  Often  Very often
I am satisfied with the support I receive from my partner and I find as a couple, the way we deal with stress together is effective.

Very rarely  Rarely  Sometimes  Often  Very often

Please select your response that corresponds your experience of each over the last 2 weeks:

I am feeling optimistic about the future.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been feeling useful.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been feeling relaxed.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been feeling interested in other people.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've had energy to spare.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been dealing with problems well.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been thinking clearly.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been feeling good about myself.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling close to other people.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been feeling confident.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been able to make up my own mind about things.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been feeling loved.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been interested in new things.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been feeling cheerful.

I pray daily.

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Please answer the following questions about religious faith using the scale below. Indicate the level of agreement (or disagreement) for each statement.
I look to my faith as providing meaning and purpose in my life.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

I consider myself active in my faith or religious/faith community.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

I enjoy being around others who share my faith.

- Strongly disagree
- Disagree
- Agree
- Strongly agree
I look to my faith as a source of comfort.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

My faith impacts many of my decisions.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it.
I worry about being abandoned.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

I worry that romantic partners won’t care about me as much as I care about them.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

I worry a fair amount about losing my partner.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

I don’t feel comfortable opening up to romantic partners.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree
I worry about being alone.

I feel comfortable sharing my private thoughts and feelings with my partner.

I need a lot of reassurance that I am loved by my partner.

If I can't my partner to show interest in me, I get upset or angry.
I tell my partner just about everything.

Strongly disagree  ○ ○ ○ ○ ○ ○ Strongly agree

I usually discuss my problems and concerns with my partner.

Strongly disagree  ○ ○ ○ ○ ○ ○ Strongly agree

I feel comfortable depending on romantic partners.

Strongly disagree  ○ ○ ○ ○ ○ ○ Strongly agree

I don’t mind asking romantic partners for comfort, advice, or help.

Strongly disagree  ○ ○ ○ ○ ○ ○ Strongly agree

Below are a series of open-ended questions regarding the stress you, your partner, and your community may be facing as a result of COVID-19. For each of the questions below, please elaborate on your
response as much as possible.

What stressors are you experiencing due to COVID-19?

What stressors do you think your romantic partner is experiencing due to COVID-19?

What stressors do you think others in the community (e.g., friends, neighbors) are experiencing due to COVID-19?
Thank you for completing this survey. Please indicate your willingness to allow us to retain your responses for use in our analyses by selecting one of the options below. Please note that your answer will have no impact on your chance to win the gift card. That is, you will still have the chance to win the gift card regardless of how you respond and, as for all the rest of the responses to this survey, your response will be completely anonymous.

PLEASE NOTE: If you wish to enter the draw for the gift cards, please do not exit the survey until you have clicked on the link that will take you to a place where you can enter your email. That link will appear on the last page of the survey (i.e., on the page following the summary that appears next).

- I give permission to the researchers to retain and use my responses in their analyses
- I would like my responses data withdrawn from the data set.

We humans are profoundly social beings. From the cradle to the grave, each of us lives embedded in a web or network of relationships with those around us—including our family members, friends, classmates, romantic partners, neighbours, coworkers, teammates, and so forth. Our relationships with members of our social networks influence our lives in many ways, not least of which is through providing companionship, support, and a sense of belonging.

If you are currently in a romantic relationship, you completed a version of the main survey designed specifically to explore the effects of the COVID pandemic on your current romantic relationship. If you are currently single, you completed a version of the main survey designed to explore the effects of the COVID pandemic on your social network, broadly defined (i.e., including your friends, family members, as well as other members of your community).
Because relationships with members of our social networks help us fulfill important needs such as for belonging and security, it is very important that we understand how sources of distress impact them. With that knowledge, relationship scientists can help to lay the foundation to design interventions to help people face relationship difficulties, if and when they occur. Stressors related to the COVID-19 pandemic may affect our relationships with others in ways that are important to understand in this regard. This study aims to investigate those effects.

Through your participation in this study, you join with people from more than 20 different countries across the world who have completed the survey. Your responses will help researchers answer important questions concerning how people’s social/romantic relationships are affected by, for example, social distancing, self-isolation, and concerns related to the pandemic (e.g., concerns about becoming infected with COVID, etc.). The information we gather from this study will provide valuable information that may ultimately help counsellors, mental health practitioners, and physicians better understand how to help individuals cope with stress associated with COVID-19 and similar infectious diseases.

We understand that there is a chance that you may have found it upsetting to think about your experiences with the COVID-pandemic, about aspects of your social relationships/romantic relationship, or about how the pandemic may be affecting your relationship(s). We do not anticipate that this risk will be any greater than the risk of upset you may encounter in your daily life when you think about these topics or discuss them with others. Nevertheless, we have found the following links which offer a range of potentially helpful resources in case you might wish to access them to deal with any negative emotions you may be experiencing either as a result of your participation in this study or because of the COVID pandemic and its effects on your life (or the life of those close to you) more generally:

If you would like information concerning the symptoms of COVID-19, the following link might be helpful:


Thank you for your participation in this research. We appreciate the time and thought you put into completing the survey. We could not do this research without you and your willingness to respond honestly and openly.

PLEASE PROCEED TO THE NEXT PAGE TO ENTER THE LOTTERY.
Thank you for completing the survey!

Please click the link below to be taken to a separate survey enter your email address if you would like to be entered into the raffle to receive one of ten $50 CAD Indigo.ca gift cards.

Note: this information will not be associated with your data in any way.

Click here to access compensation survey.

Survey-participants who don't meet eligibility criteria

Are you suffering from a chronic health condition?

- [ ] Yes
- [ ] No

Please specify the chronic health condition:
In general, would you say that your health is:

- [ ] Excellent
- [ ] Very good
- [ ] Good
- [ ] Fair
- [ ] Poor

Have you been infected by the new coronavirus?

- [ ] Yes
- [ ] No
- [ ] Not Sure (have had some symptoms, but not officially diagnosed)

Has your partner been infected by the new coronavirus?

- [ ] Yes
- [ ] No
- [ ] Not Sure (have had some symptoms, but not officially diagnosed)
Has any member of your family or close friends been infected by the new coronavirus?

- Yes
- No
- Not Sure (have had some symptoms, but not officially diagnosed)

How much has the COVID-19 pandemic affected your life?

No effect at all

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Severely affects my life

How long do you think the COVID-19 pandemic will continue?

A very short time

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Forever

How much control do you feel you have over the COVID-19 situation (e.g., not getting infected or getting over it)?

Absolutely no control

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extreme amount of control
How much do you think existing treatments can help COVID-19 patients?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely helpful

How concerned are you about the COVID-19 pandemic?

Not at all concerned 0 1 2 3 4 5 6 7 8 9 10 Extremely concerned

How well do you feel you understand the COVID-19 situation?

Don’t understand at all 0 1 2 3 4 5 6 7 8 9 10 Understand very clearly

How much does the COVID-19 pandemic affect you emotionally? (e.g. does it make you angry, scared, upset or depressed?)

Not at all affected emotionally 0 1 2 3 4 5 6 7 8 9 10 Extremely affected emotionally

The next items ask about different experiences people sometimes have. Please read each statement and indicate how much the statement applied to you BEFORE the travel ban and restrictions on March 18, 2020 were implemented. Click here for more information.
I found it hard to wind down.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was aware of dryness of my mouth.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I couldn’t seem to experience any positive feeling at all.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found it difficult to work up the initiative to do things.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I tended to over-react to situations.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I experienced trembling (e.g., in the hands).

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I felt that I was using a lot of nervous energy.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time

I was worried about situations in which I might panic and make a fool of myself.

○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
○ Applied to me a considerable degree, or a good part of the time
○ Applied to me very much, or most of the time
I felt that I had nothing to look forward to.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found myself getting agitated.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found it difficult to relax.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I felt down-hearted and blue.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was intolerant of anything that kept me from getting on with what I was doing.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt I was close to panic.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I was unable to become enthusiastic about anything.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt I wasn’t worth much as a person.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that I was rather touchy.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt scared without any good reason.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that life was meaningless.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

The next items ask about different experiences people sometimes have.
Please read each statement and indicate how much the statement applied to you after the travel ban and restrictions on March 18, 2020 were implemented. Click here for more information.

I found it hard to wind down.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was aware of dryness of my mouth.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time
I couldn’t seem to experience any positive feeling at all.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
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I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).

- Did not apply to me at all
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- Applied to me very much, or most of the time
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○ Did not apply to me at all
○ Applied to me to some degree, or some of the time
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I experienced trembling (e.g., in the hands).

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I felt that I was using a lot of nervous energy.

○ Did not apply to me at all
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I was worried about situations in which I might panic and make a fool of myself.

- Did not apply to me at all
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I found myself getting agitated.

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I found it difficult to relax.

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- Applied to me very much, or most of the time

I felt down-hearted and blue.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was intolerant of anything that kept me from getting on with what I was doing.

- Did not apply to me at all
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I felt scared without any good reason.

○ Did not apply to me at all
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I felt that life was meaningless.

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

The following statements concern how you feel in romantic relationships. We are interested in **how you generally experience relationships**, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it.

I worry about being abandoned.

- Strongly disagree
- Disagree (2)
- Neutral/Mixed (3)
- Agree (5)
- Strongly agree (6)
I worry that romantic partners won’t care about me as much as I care about them.

Strongly disagree  2  3  Neutral/Mixed  5  6  Strongly agree

I worry a fair amount about losing my partner.

Strongly disagree  2  3  Neutral/Mixed  5  6  Strongly agree

I don’t feel comfortable opening up to romantic partners.

Strongly disagree  2  3  Neutral/Mixed  5  6  Strongly agree

I worry about being alone.

Strongly disagree  2  3  Neutral/Mixed  5  6  Strongly agree
I feel comfortable sharing my private thoughts and feelings with my partner.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

I need a lot of reassurance that I am loved by my partner.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

If I can’t get my partner to show interest in me, I get upset or angry.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree

I tell my partner just about everything.

Strongly disagree 2 3 Neutral/Mixed 5 6 Strongly agree
I usually discuss my problems and concerns with my partner.

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<th>Strongly disagree</th>
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I feel comfortable depending on romantic partners.

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I don’t mind asking romantic partners for comfort, advice, or help.

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<th>3</th>
<th>Neutral/Mixed</th>
<th>5</th>
<th>6</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

The following 6 questions ask about people in your life who provide you with help and support when you need it most. For the first part, please list all the people you know who you can count on for help and support, giving the person’s initials and their relationship to you (See the example below).

For the second part, please specify how satisfied you feel with the overall support you have.

If you feel you have no support for a question then please circle “No one” but still rate your level of satisfaction.
Example:

Who do you know whom you can trust with information that could get you in trouble?

- No one

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<th>Relationship</th>
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<tr>
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<td>Mother</td>
</tr>
<tr>
<td>2)</td>
<td>H. N.</td>
<td>Spouse</td>
</tr>
<tr>
<td>3)</td>
<td>L. S.</td>
<td>Friend</td>
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<td>V. S.</td>
<td>Brother</td>
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<td>A. S.</td>
<td>Father</td>
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How satisfied are you?

- Very dissatisfied
- 2
- 3
- Neutral
- 4
- 5
- Very satisfied
Whom can you really count on to help you feel more relaxed when you are under pressure or tense?

- No one

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</table>
How satisfied are you?

Very dissatisfied  2  3  4  5  Very satisfied

Whom can you really count on to distract you from your worries when you feel under stress?

No one
**Whom can you really count on to distract you from your worries when you feel under stress?**

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**How satisfied are you?**

- Very dissatisfied: 2, 3, 4, 5, Very satisfied: 1
Who accepts you totally, including both your worst and your best points?

- [ ] No one

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</table>
How satisfied are you?

Very dissatisfied 〇 〇 〇 〇 〇 Very satisfied 〇

Whom can you really count on to care about you, regardless of what is happening to you?

〇 No one
**Whom can you really count on to care about you, regardless of what is happening to you?**

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**How satisfied are you?**

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<th>Very satisfied</th>
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Whom can you really count on to help you feel better when you are feeling generally down-in-the-dumps?

- No one

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</table>
How satisfied are you?

Very dissatisfied 2 3 4 5 Very satisfied

Whom can you really count on to console you when you are very upset?

No one
**Whom can you really count on to console you when you are very upset?**

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**How satisfied are you?**

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<th>Very satisfied</th>
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Please select your response that corresponds your experience of each over the last 2 weeks:
I am feeling optimistic about the future.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling useful.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been feeling relaxed.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling interested in other people.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've had energy to spare.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been dealing with problems well.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I've been thinking clearly.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling good about myself.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been feeling close to other people.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been feeling confident.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been able to make up my own mind about things.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been feeling loved.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time
I’ve been interested in new things.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I’ve been feeling cheerful.

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

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Please answer the following questions about religious faith using the scale below. Indicate the level of agreement (or disagreement) for each statement.

I pray daily.

○ Strongly disagree
○ Disagree
○ Agree
○ Strongly agree

I look to my faith as providing meaning and purpose in my life.

○ Strongly disagree
○ Disagree
○ Agree
○ Strongly agree
I consider myself active in my faith or religious/faith community.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

I enjoy being around others who share my faith.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

I look to my faith as a source of comfort.

- Strongly disagree
- Disagree
- Agree
- Strongly agree
My faith impacts many of my decisions.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

Think of times that you feel distressed or upset in your life. Please rate the degree to which you agree or disagree with each of the following statements related to feeling distressed or upset. Please, answer regarding your feelings of distress "in general", that is, on average.

Feeling distressed or upset is unbearable to me.

- Strongly disagree
- Mildly disagree
- Agree and disagree equally
- Mildly agree
- Strongly agree
When I feel distressed or upset, all I can think about is how bad I feel.

I can’t handle feeling distressed or upset.

My feelings of distress are so intense that they completely take over.

There’s nothing worse than feeling distressed or upset.
I can tolerate being distressed or upset as well as most people.

- Strongly disagree
- Mildly disagree
- Agree and disagree equally
- Mildly agree
- Strongly agree

My feelings of distress or being upset are not acceptable.

- Strongly disagree
- Mildly disagree
- Agree and disagree equally
- Mildly agree
- Strongly agree

I'll do anything to avoid feeling distressed or upset.

- Strongly disagree
- Mildly disagree
- Agree and disagree equally
- Mildly agree
- Strongly agree
Other people seem to be able to tolerate feeling distressed or upset better than I can.

Mildly disagree

Agree and disagree equally

Mildly agree

Strongly agree

Being distressed or upset is always a major ordeal for me.

Mildly disagree

Agree and disagree equally

Mildly agree

Strongly agree

I am ashamed of myself when I feel distressed or upset.

Mildly disagree

Agree and disagree equally

Mildly agree

Strongly agree
My feelings of distress or being upset scare me.

<table>
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<th>Strongly disagree</th>
<th>Mildly disagree</th>
<th>Agree and disagree equally</th>
<th>Mildly agree</th>
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I’ll do anything to stop feeling distressed or upset.

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When I feel distressed or upset, I must do something about it immediately.

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When I feel distressed or upset, I cannot help but concentrate on how bad the distress actually feels.

Below are a series of open-ended questions regarding the stress you, your romantic partner (if you have one), your friends and family, and your community may be facing as a result of COVID-19. For each of the questions below, please elaborate on your response as much as possible.

What stressors are you experiencing due to COVID-19?
What stressors do you think your romantic partner is experiencing due to COVID-19?

What stressors do you think your friends and family are experiencing due to COVID-19?

What stressors do you think others in the community (e.g., co-workers, neighbors) are experiencing due to COVID-19?
Thank you for completing this survey. Please indicate your willingness to allow us to retain your responses for use in our analyses by selecting one of the options below. Please note that your answer will have no impact on your chance to win the gift card. That is, you will still have the chance to win the gift card regardless of how you respond and, as for all the rest of the responses to this survey, your response will be completely anonymous.

Please note: If you wish to enter the draw for the gift cards, please do not exit the survey until you have clicked on the link that will take you to a place where you can enter your email. That link will appear on the last page of the survey (i.e., on the page following the summary that appears next).

☐ I give permission to the researchers to retain and use my responses in their analyses

☐ I would like my responses data withdrawn from the data set.

We humans are profoundly social beings. From the cradle to the grave, each of us lives embedded in a web or network of relationships with those around us—including our family members, friends, classmates, romantic partners, neighbours, coworkers, teammates, and so forth. Our relationships with members of our social networks influence our lives in many ways, not least of which is through providing companionship, support, and a sense of belonging.

If you are currently in a romantic relationship, you completed a version of the main survey designed specifically to explore the effects of the COVID pandemic on your current romantic relationship. If you are currently single, you completed a version of the main survey designed to explore the effects of the COVID pandemic on your social network, broadly defined (i.e., including your friends, family members, as well as other members of your community).
Because relationships with members of our social networks help us fulfill important needs such as for belonging and security, it is very important that we understand how sources of distress impact them. With that knowledge, relationship scientists can help to lay the foundation to design interventions to help people face relationship difficulties, if and when they occur. Stressors related to the COVID-19 pandemic may affect our relationships with others in ways that are important to understand in this regard. This study aims to investigate those effects.

Through your participation in this study, you join with people from more than 20 different countries across the world who have completed the survey. Your responses will help researchers answer important questions concerning how people’s social/romantic relationships are affected by, for example, social distancing, self-isolation, and concerns related to the pandemic (e.g., concerns about becoming infected with COVID, etc.). The information we gather from this study will provide valuable information that may ultimately help counsellors, mental health practitioners, and physicians better understand how to help individuals cope with stress associated with COVID-19 and similar infectious diseases.

We understand that there is a chance that you may have found it upsetting to think about your experiences with the COVID-pandemic, about aspects of your social relationships/romantic relationship, or about how the pandemic may be affecting your relationship(s). We do not anticipate that this risk will be any greater than the risk of upset you may encounter in your daily life when you think about these topics or discuss them with others. Nevertheless, we have found the following links which offer a range of potentially helpful resources in case you might wish to access them to deal with any negative emotions you may be experiencing either as a result of your participation in this study or because of the COVID pandemic and its effects on your life (or the life of those close to you) more generally:


Thank you for your participation in this research. We appreciate the time and thought you put into completing the survey. We could not do this research without you and your willingness to respond honestly and openly.

PLEASE PROCEED TO THE NEXT PAGE TO ENTER THE LOTTERY FOR THE GIFT CARDS.

Thank you for completing the survey!

Please click the link below to be taken to a separate survey enter your email address if you would like to be entered into the raffle to receive one of ten $50 CAD Indigo.ca gift cards.

Note: this information will not be associated with your data in any way.

Click here to access compensation survey.

You may find the following links helpful if you are experiencing upset as a result
of COVID-19 or its impact on your relationship(s): Click here
Les liens suivants peuvent être utiles si vous vous sentez bouleversé(e) en raison de la COVID-19 ou de son impact sur vos relations: Cliquez ici

Powered by Qualtrics