

COVID – 19 Coping Scale

Below is a list of statements that describe how people sometimes feel during the months of COVID-19. Please read each item carefully, then circle the one number next to each item which best describes **how true each statement is for you today**.

	0 Not at all	1 A little	2 Moderately	3 Quite a Bit	4 Extremely
1. I feel in control of my work functions					
2. I feel fed up with COVID					
3. I feel angry					
4. I feel worried					
5. I don't care about protections					
6. I feel calm					
7. I can focus					
8. I can remember things					
9. I feel uncertain					
10. I can enjoy things					
11. I feel supported at work					
12. I feel like I am coping					
13. I feel confused					
14. feel tired					
15. I am worried about my mental health					

Overall, today I am coping (circle the face that represents how you feel today)



I need help with _____

I need information about _____

Scoring

Positive Scale: Add items 1,6,7,8,10,11,12. The higher the score the more positive and mentally healthy you are on the day completing the scale.

Negative Scale: Add items 2,3,4,5,9,13,14. The higher the scores, the more distressed you are. If score are consistently 3s and 4s you may need to seek help from your doctor or a mental health professional.