

COVID – 19 Coping Scale

Below is a list of statements that describe how people sometimes feel during the past 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 processes					
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					
8. I feel uncertain					
9. I can enjoy things					
10. I feel supported at work					
11. I feel like I am coping					
12. I feel confused					
13. feel tired					
14. 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 _____