

EMERGE COVID-19 and Gender Questions

Physical and Mental Health

These questions can be used with women and men. They gendered nature of these questions is that women are more likely to report than men to report many of the assessed health concerns, and likely, these concerns – especially mental health concerns – have increased due to COVID-19.

1. How would you rate your overall physical health – excellent, very good, good, fair, or poor?
 - a. Excellent
 - b. Very Good
 - c. Good
 - d. Fair
 - e. Poor
 - f. Don't Know

2. Is your physical health in general now better, worse, or about the same as it was before the COVID-19 pandemic and the social containment efforts to manage the spread of the virus (lockdown, curfew, and other social distancing efforts)?
 - a. Better
 - b. Worse
 - c. Same

3. How would you rate your overall mental health – excellent, very good, good, fair, or poor?
 - a. Excellent
 - b. Very Good
 - c. Good
 - d. Fair
 - e. Poor
 - f. Don't Know

4. Is your mental health in general now better, worse, or about the same as it was before the COVID-19 pandemic and the social containment efforts to manage the spread of the virus (lockdown, curfew, and other social distancing efforts)?
 - a. Better
 - b. Worse
 - c. Same

5. Have you ever in your life had an attack of fear or panic when all of a sudden you felt very frightened, anxious, or uneasy?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No

6. Have you ever in your life had a period of time lasting several days or longer when most of the day you felt sad, empty or depressed?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No

7. Have you ever had a period of time lasting several days or longer when most of the day you were very discouraged about how things were going in your life?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No

8. Have you ever had a period of time lasting several days or longer when you lost interest in most things you usually enjoy?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
9. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. Have you ever felt like this?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
10. Have you ever had a period of time lasting four days or longer when most of the time you were very irritable, grumpy, or in a bad mood?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
11. Have you ever had a period of time lasting four days or longer when most of the time you were so irritable that you either started arguments, shouted at people, or hit people?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
12. Did you ever have a time in your life when you were a “worrier” – that is, when you worried a lot more about things than other people with the same problems as you?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
13. Did you ever have a time in your life when you were much more nervous or anxious than most other people with the same problems as you?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No
14. Did you ever have a period lasting one month or longer when you were anxious and worried most days?
 - a. Yes, including in the past 60 days
 - b. Yes, but not in the past 60 days
 - c. No

NOTE: We would highly recommend you have a hotline number or other way of providing referrals to health resources for all participants assessed via these items. You should provide direct linkage to mental health services if the participant indicates suicidality, in particular. You may wish to assess which items to include in your survey based on the referrals you will be able to provide to respondents.

SOURCE: Taken or adapted from -

- The World Health Organization World Mental Health Composite International Diagnostic Interview (WHO WMH-CIDI). (1990). Retrieved from <https://www.hcp.med.harvard.edu/wmh/cidi/download-the-who-wmh-cidi-instruments/>

To further develop your survey, please refer to the following modules:

- [Health Care Access and Trust in Health Care](#)
- [Social Support and Community Engagement](#)