

COVID-19-RELATED WORRY AND GRIEF SCALES

Two brief measures regarding COVID-19-related experiences have been developed to better understand the psychological impact on individuals. The **COVID-19-related worry scale** is a 6-item measure that assesses individuals' levels of worry in regard to common COVID-19 concerns, such as being able to obtain testing and treatment for COVID-19, maintaining employment and financial stability, and keeping in touch with loved ones despite social distancing guidelines. **COVID-19-related grief scale** is a 6-item measure that assesses feelings of grief and loss related to the pandemic, such as loss of daily routine or feeling stunned or dazed over what happened.

Researchers are welcome to use these measures within their research studies and may disseminate the instruments using a paper or online format. Should researchers choose to use these instruments, please maintain the integrity of instructions and items.

These measures should not be used for clinical purposes nor should they be used to inform clinical decision-making. Future evaluations are necessary to further establish the psychometric properties of each measure.

We are eager to learn about your findings and are open to future research collaborations. Should you choose to use the following measures, please contact the developers of these instruments by emailing Dr. Cindy H. Liu (chliu@bwh.harvard.edu) and Dr. Hyeouk "Chris" Hahm (hahm@bu.edu) with the following information:

- Principal Investigator(s); Purpose of Research Study; Study Population; Study Location

Suggested Citation: Liu, C.H., Zhang, E. & Hahm, H.C. (2020). *COVID-19-Related Worry and Grief Scales*.

COVID-19-RELATED WORRY

Severity of COVID-19 pandemic-related worry is assessed using a measure consisting of 6 items, including concerns such as being able to obtain groceries, obtaining a COVID-19 test if one were to become sick, getting treatment for COVID-19 if contracted, keeping in touch with loved ones under social distancing guidelines, and maintaining employment and financial stability. Participants were asked to indicate their level of worry for each item on a scale of 1 to 5, with 1 being “not worried at all,” and 5 being “very worried.”

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Scoring

The six items are summed to create a total “COVID-19-related worry” score. Total scores may be dichotomously recoded with a cutoff score of 24 or greater as “highly worried.”

Reliability

Cronbach’s alpha for measure items was .77, indicating good reliability.

Preliminary Evidence for Validity (Mental Health and Psychosocial Factors)

The COVID-19 Worry measure has been shown to be related to:

- Depression (PHQ-8)
- Anxiety (GAD-7)
- PTSD (PCL-C)
- Stress (Perceived Stress Scale)
- Resilience (CD-RISC-10)
- Distress Tolerance (Distress Tolerance Scale)

Preliminary evidence for reliability and validity is drawn from the following sample of U.S. young adults (ages 18-30) during April and May 2020 of the COVID-19 pandemic:

	<i>N</i>	Mean	<i>SD</i>
Gender			
Women	685	15.95	5.27
Men	117	14.97	5.37
Transgender Woman	1	.	.
Transgender Man	8	21.38	5.85
Self-Identify	28	18.79	4.57
Race			
White	508	15.96	5.20
Asian	164	15.79	5.60
Black	47	15.53	4.87
Hispanic/Latino	50	17.14	6.32
AI/NA	1	.	.
Mixed Race	55	15.34	4.88
Other	13	16.85	5.41
Total	839	15.96	5.32

Citation

Liu, C. H., Zhang, E., Wong, G. T. F., Hyun, S., & Hahm, H. C. (under review). Factors Associated with Depression, Anxiety, and PTSD Symptomatology during the COVID-19 Pandemic: Clinical Implications for U.S. Young Adult Mental Health.

COVID-19-Related Worry

How worried do you feel about the following on a scale of 1-5?

1	2	3	4	5
Not Worried at All	A Little Worried	Somewhat Worried	Worried	Very Worried

	1	2	3	4	5
1. I am worried I won't have enough groceries during city lockdowns/social distancing protocols					
2. I am worried that I will not be able to obtain a COVID-19 test if I become sick					
3. I am worried that I will not be able to receive treatment for COVID-19 if I contract it					
4. I am worried about keeping in touch with loved ones during social distancing protocols					
5. I am worried about maintaining employment during the subsequent economic downturn					
6. I am worried about having enough money to pay for rent and buy basic necessities					

COVID-19-RELATED GRIEF

Feelings of grief and loss during the COVID-19 pandemic are assessed in this 6-item measure. Three items were adapted from the Inventory of Complicated Grief to capture (Prigerson et al., 1995). Participants indicated the extent to which they agreed with these statements on a scale of 1 to 5, with 1 being *strongly disagree*, and 5 being *strongly agree*.

Suggested Citation: Liu, C.H., Zhang, E. & Hahm, H.C. (2020). *COVID-19-Related Worry and Grief Scales*.

Scoring

To calculate a total score, the rating for each of the 6 items is summed. To recode into a dichotomous variable, a score of 24 or greater considered to be “high” levels of grief.

Reliability

Cronbach’s alpha for measure items was 0.75, indicating good reliability.

Preliminary Evidence for Validity

The COVID-19 Grief measure has been shown to be related to:

- Depression (PHQ-8)
- Anxiety (GAD-7)
- PTSD (PCL-C)
- Stress (Perceived Stress Scale)
- Resilience (CD-RISC-10)
- Distress Tolerance (Distress Tolerance Scale)

Preliminary evidence for reliability and validity is drawn from the following sample of U.S. young adults (ages 18-30) during April and May 2020 of the COVID-19 pandemic:

	<i>N</i>	Mean	<i>SD</i>
Gender			
Women	685	19.14	4.58
Men	117	18.11	4.68
Transgender Woman	1	.	.
Transgender Man	8	24.63	2.83
Self-Identify	28	22.04	4.89
Race			
White	508	19.70	4.54
Asian	164	17.77	4.42
Black	47	17.74	4.92
Hispanic/Latino	50	19.52	5.39
AI/NA	1	.	.
Mixed Race	55	18.85	4.71
Other	13	20.08	4.57
Total	838	19.16	4.66

References

- Liu, C. H., Hyun, S., Wong, G. T. F., Zhang, E., & Hyeouk, H. C. (under review). Psychosocial Characteristics of Loneliness among U.S. Young Adults during the COVID-19 Pandemic.
- Prigerson, H. G., Maciejewski, P. K., Reynolds III, C. F., Bierhals, A. J., Newsom, J. T., Fasiczka, A., Frank, E.e, Doman, J., & Miller, M. (1995). Inventory of Complicated Grief: a scale to measure maladaptive symptoms of loss. *Psychiatry Research*, 59(1-2), 65-79.

COVID-19-Related Grief

Please rate the extent to which you agree or disagree with the following statements about your COVID-19 experiences on a scale of 1-5.

1	2	3	4	5
Strongly Disagree	Disagree	Somewhat Agree/Somewhat Disagree	Agree	Strongly Agree

Statement	1	2	3	4	5
1. I will miss out on significant life events due to COVID-19.					
2. I worry about losing touch with my friends due to social distancing.					
3. I have lost vital resources due to COVID-19 (e.g., housing, mentorship, food access, health care).					
4. I feel stunned or dazed over what happened.					
5. I feel that life is empty.					
6. I feel bitter that COVID-19 caused me to experience loss in my routines and activities.					