

Psychological impact of the COVID-19 crisis

Information for participants

This is a cross-cultural and inter-university study. It is a collaboration between researchers from the Universidad Autónoma de Madrid (Madrid, Spain), the ICEERS Foundation, the Medical Anthropology Research Center (MARC) of the Rovira i Virgili University (Tarragona, Spain), and the University of Sao Paulo in Riberão Preto (Brazil).

Objective of the study

This study aims to assess the possible psychological consequences of the COVID-19 crisis, including during the period of confinement and over the medium and long terms.

Voluntary participation

You are completely free to choose whether or not to participate in this study and to withdraw from it if you wish.

Study procedures

This study involves the completion of an on-line questionnaire. The first part of the questionnaire asks for personal data (demographic information, substance use, etc.). This is followed by questions of a psychological nature. It will take you about 20-30 minutes to complete the questionnaire.

Participation in this study involves you completing another form at two and six months after completing this questionnaire. The researchers will contact you via email.

Expected benefits and risks

Although no direct benefits are anticipated, your participation in this study will contribute to a better understanding of the consequences of quarantine on psychological well-being. This knowledge can help with the development of improved psychological care and counseling.

Completing the questionnaires does not pose any risk to your health.

Confidentiality

In accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation), the personal and health data collected in the context of this study will be those necessary to meet the objectives of the study. These data will be identified by a code to ensure participant confidentiality, and only the research team will have access to this information.

You may exercise your rights of access, rectification, cancellation, and opposition at any time by contacting the researcher who is assisting you in this study, who will inform the sponsor.

The analysis of the results will be completely anonymous and will be used only for scientific purposes.

Likewise, the results of the study may be communicated to the scientific community through conferences and publications, but without participants' identities being revealed at any time.

Questions / Information:

If you wish to ask any questions or clarify any concerns related to the study, or if you need help regarding any health problem related to this study, please do not hesitate to contact the researchers by emailing research@iceers.org

Thank you for your time and cooperation.

By continuing with the questionnaire, you are confirming that you have read, understand, and agree with the above points, and therefore freely consent to participate in this study.

First, we will ask you for your email address, so that we can contact you within 2 and 6 months.

Email:

Age (as a number)

*

Gender

*

Female

Male

Prefer not to say

Other...

Nationality

*

Ethnicity

*

Caucasian

Asian

Black

Other...

Marital status

*

Single

In a relationship

Married

Separated

Divorced

Widowed

Other...

Religion

*

Catholicism

Judaism

Islam

Buddhism

Agnostic

Atheist

Other...

Are you a practitioner of that religion?

Yes

No

Other...

Do you consider yourself a spiritual person?

*

Yes

No

Do you habitually engage in any spiritual practices, such as prayer, meditation, etc.?

*

Yes

No

Type of housing

*

I do not have a permanent home

Apartment / flat

House without garden / patio

House with garden / patio

Other...

Square meters of the house (approximately)

*

Less than 30

Between 31 and 50

Between 51 and 70

Between 71 and 100

More than 100

Other...

Square meters of balcony / terrace / garden

*

Who do you currently live with?

*

Alone

With one or more pets

With my partner

With my partner and child

With my partner and children

With friends

With my parents

With my parents and my children

Other...

If you have children, please indicate their age(s). (Example: a 4 year old child; 2 children, a 4 month old child and a 2 year old child)

Do you take care of elderly people? If yes, how many and their age(s)

Do you care for people with special needs? If yes, please indicate how many and their condition(s)

Do you have a space / room specifically to relax in?

*

Yes

No

Do you have a space / room specifically to work in?

*

Yes

No

Have you lost your job due to the coronavirus crisis?

*

Yes

No

Other...

Has your income decreased due to the coronavirus crisis?

*

Yes

No

Other...

Activities performed during confinement

Below, we ask you for some information about your daily activities during confinement.

Yoga

*

Never

Few days per week

Every day

Meditation

*

Never

Few days per week

Every day

Pilates

*

Never

Few days per week

Every day

Aerobic exercise

*

Never

Few days per week

Every day

Martial arts

*

Never

Few days per week

Every day

Weight lifting and/or bending

*

Never

Few days per week

Every day

Play a musical instrument and/or sing

*

I don't play any instruments or sing

Few days per week

Every day

Read books and/or magazines

*

I don't usually do that

Few days per week

Every day

Play video games

*

I don't usually do that

Few days per week

Every day

View pornography

*

I don't usually do that

Few days per week

Every day

Watch TV / Netflix or other platforms / movies or series online

*

I don't usually do that

Few days per week

Every day

Watch / listen to news about the coronavirus

*

I don't usually do that

Few days per week

Every day

Some questions about you

Here are some general questions about you

Do you have any diseases? If yes, please specify which one(s).

*

Do you have any diagnosed psychological problems? If yes, please specify which one(s).

*

Have you experienced difficulties in accessing commodities?

*

Yes

No

How many minutes per day do you spend cooking?

*

Less than 30 minutes

Between 30 minutes and one hour

More than one hour

Indicate your degree of confinement.

*

I have to go to work outside my home

I go out to buy food and/or medicine only one or two days per week

I go out to buy food and/or medicine often

I go out every day to walk the dog

I can often go to a nearby park, forest, or wilderness

Other...

Indicate your degree of respect for maintaining confinement.

*

I go out almost every day

I go out 4 to 6 days per week

I go out 2 to 3 days per week

I only go out on occasion

I do not normally go out, and whenever I have left home it has been out of necessity.

Other...

During confinement, do you think you eat better, healthier?

*

Yes

No

On the contrary, I eat worse (larger servings, more fats, fried foods, more alcohol)

Has your libido and/or frequency of sex decreased due to the coronavirus crisis?

*

Yes

No

If you do not live alone, how are the household chores distributed?

*

Quite equally

I do most of the work

I do only a small part of the tasks

Other...

Under normal conditions, before confinement, how would you rank your psychological well-being?

*

Very low. I did not have a strong sense of well-being.

1

2

3

4

5

6

7

8

9

10

Excellent. My psychological well-being was very strong.

Currently, in confinement, how would you rank your psychological well-being?

*

Very low. I did not have a strong sense of well-being.

1

2

3

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10

Excellent. My psychological well-being was very strong.

Under normal conditions, before confinement, how did you think of your home environment?

*

Very negative, conflicting

1

2

3

4

5

6

7

8

9

10

Excellent, very positive

Currently, in confinement, how do you think of your familial environment?

*

Very negative, conflicting

1

2

3

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10

Excellent, very positive

How do you rate the coronavirus information provided by politicians?

*

Very negatively, as they do not convey confidence and security.

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Very positively, as they transmit confidence and security.

How do you rate the coronavirus information provided by the media?

*

Very negatively, as they do not convey confidence and security.

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Very positively, as they transmit confidence and security.

Indicate the number of days you have been in confinement.

*

Indicate the time you spend outdoors each week (in hours).

*

Do you follow anti-contagion safety tips (mask, safety distance, gloves...)?

*

Mostly yes

Mostly no

Indicate the approximate amount of time you spend talking to others by text message daily (via Whatsapp, Signal, Telegram, Facebook chat, etc.).

*

Less than 30 minutes

Between half an hour and an hour per day

Between one and two hours per day

More than two hours per day

Indicate the approximate amount of time you spend talking to other people by video call daily (via Whatsapp, Skype, Zoom, Whereby, etc.).

*

Less than 30 minutes

Between half an hour and an hour per day

Between one and two hours per day

More than two hours per day

Please indicate the degree of discomfort caused by the confinement

*

No discomfort; I'm great.

1

2

3

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6

7

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9

10

Much discomfort; I'm not well.

Have any of your neighbors raised a concern when you were performing permitted tasks (grocery shopping, trip to the pharmacy, etc.)?

*

Yes

No

Have any of your neighbors raised a concern when you were performing unauthorized tasks?

*

Yes

No

Have you been fined for going out on the street to perform permitted tasks (buying food, trip to the pharmacy, etc.)?

*

Yes

No

Have you been fined for going out on the street to perform unauthorized tasks?

*

Yes

No

Are you a healthcare worker who has been treating coronavirus patients?

*

Yes

No

Are you non-healthcare personnel who has been in contact with coronavirus patients?

*

Yes

No

Are you working for the public (supermarkets, banks, pharmacies)?

*

Yes

No

Have you ever had coronavirus?

*

Yes, I have had a coronavirus PCR test and received a positive result

I have not been tested, but I had clear symptoms of COVID (temperature, dry cough...)

No

If you have had coronavirus, did you need medical assistance? Briefly explain when and where you were treated.

If you have had coronavirus, have you suffered any stigma for having been infected?

Is your vision of the economic system or the predominant values of our society changing (regarding consumerism, competitiveness, progress, etc.)?

*

Yes, now I am more in favor of change.

Yes, now I am against change.

No, nothing has changed.

Has anyone in your immediate vicinity been infected with coronavirus? If so, please explain who (your brother or sister, father, mother, etc.).

*

Has anyone in your immediate environment died from the coronavirus? If so, please explain who (your brother or sister, father, mother, etc.).

*

Alcohol

*

Never

Once or twice per week

Between 3 and 4 times per week

Almost every day

Tobacco

*

I am not smoking

Less than 5 cigarettes per day

Between 5 and 10 cigarettes per day

More than 10 cigarettes per day

Cannabis

*

I do not use cannabis

I have tried it, but I do not regularly consume it

Less than one gram per day

More than one gram per day

Other...

Cocaine

*

I am not using cocaine

I have tried it, but I do not regularly consume it

Less than one gram per day

More than one gram per day

Other...

Amphetamines

*

I am not using amphetamines

I have tried it, but I do not regularly consume it

Less than one gram per day

More than one gram per day

Other...

MDMA, ecstasy, Molly

*

I am not using MDMA

I have tried it, but I do not regularly consume it

I take it 1 to 2 times every 6 months

I take it between 3 and 5 times every 6 months

I take it more than 6 times every 6 months (at least once per month)

Ayahuasca

*

I have not tried it

I have tried it, but I do not regularly consume it

I take it 1 to 2 times every 6 months

I take it between 3 and 5 times every 6 months

I take it more than 6 times every 6 months (at least once per month)

Magic mushrooms (psilocybin)

*

I have not tried it

I have tried it, but I do not regularly consume it

I take it 1 to 2 times every 6 months

I take it between 3 and 5 times every 6 months

I take it more than 6 times every 6 months (at least once per month)

LSD

*

I have not tried it

I have tried it, but I do not regularly consume it

I take it 1 to 2 times every 6 months

I take it between 3 and 5 times every 6 months

I take it more than 6 times every 6 months (at least once per month)

Peyote, San Pedro, Bufo alvarius or 5-MeO-DMT, changa or other psychedelic substances

*

I have not tried them

I have tried it, but I do not regularly consume it

I take it 1 to 2 times every 6 months

I take it between 3 and 5 times every 6 months

I take it more than 6 times every 6 months (at least once per month)

If you have marked MDMA, ayahuasca, LSD or other psychedelic substances, in what contexts do you usually use them? (You can check more than one option.)

Alone

With friends

In ritual context / ceremony

At parties

Other...

Are you using any of these substances during your confinement? (You can check more than one option.)

*

I have not consumed anything

Alcohol

Tobacco

Cannabis

Cocaine

MDMA

Ayahuasca

Peyote

San Pedro

Bufo alvarius or 5-MeO-DMT

Magic mushrooms

LSD

Changa

Other...

During confinement, are you consuming any of the above substances more than usual, or less than usual?

Do you think that having taken ayahuasca, LSD, magic mushrooms and/or other psychedelic drugs in the past has helped you to manage confinement better?

*

I have not tried them

It has served me well

It has served me a little

Indifferent

It has had a small negative impact

It has had a major negative impact

If you have used MDMA, ayahuasca, LSD, magic mushrooms or other psychedelic drugs during confinement, is it helping you to cope better?

*

I have not tried them

It has served me well

It has served me a little

Indifferent

It has had a small negative impact

It has had a major negative impact

If you are using alcohol, cocaine or amphetamines during confinement, is it helping you to cope better?

*

I have not tried them

It has served me well

It has served me a little

Indifferent

It has had a small negative impact

It has had a major negative impact

If you are using cannabis during confinement, is it helping you to cope better?

*

I am not using it

It has served me well

It has served me a little

Indifferent

It has had a small negative impact

It has had a major negative impact

Questionnaires:

- Duke-UNC-11

- GHQ-12

- Peritraumatic Stress Inventory

- Brief Symptom Inventory

- Temperament and Character Inventory-67

Questionnaire of both follow-ups:

The information below is practically the same as that provided for the previous questionnaire.

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Participation in this study involves you completing another form four months after completing this questionnaire. The researchers will contact you via email.

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Thank you for your time and cooperation.

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Please enter the email address at which you received the link to this questionnaire:

In which country do you currently live?

Two months ago, when you answered the initial questionnaire, if you lived in a different country than you do currently, please write which country you lived in then.

Are you still in any way confined due to the COVID-19 crisis?

Yes

No

Other

In the last two months, have you felt reluctant or afraid to leave your home, even though the government is allowing more outdoor activities?

Yes

No

Other

In the last two months, have you noticed any changes in your relationships?

*

Yes, now I relate to fewer people

Yeah, I'm hanging out with more people now

No, my relationships have not been altered

Over the course of these last two months, have you separated or become divorced from your partner?

*

Yes

No

I started a new relationship

Other:

Over the course of these last two months, have you moved from your home?

*

Yes, I'm in a bigger or better place than the last one

Yes, I'm in a smaller or worse place than the last one

Yes, I went to live with my family

No, I haven't changed my home

Over the course of these last two months, have your intradomestic conflicts increased and/or become more intense?

*

Yes

No

I left the house I was living in because I couldn't stand it

Other:

Have you lost your job due to the COVID-19 crisis?

*

Yes

No

Other:

Are you afraid of losing your job in the next few months?

*

Yes

No

Other:

Has your income decreased due to the COVID-19 crisis?

*

Yes

No

Other:

Do you anticipate that your income will decrease in the coming months?

*

Yes

No

Other:

Some governments have provided financial assistance to those severely affected by the interruption of economic activity caused by the COVID-19 crisis. Have you requested any of this assistance?

*

Yes, I have applied for grants related to the professional field (grants to self-employed, SMEs, etc.)

Yes, I have applied for assistance with rent or basic expenses such as food, bills, etc.

I have not asked for any help, but I have had to go to foundations or associations to ask for food, clothes or other basic products

I did not ask for any help

Other:

If you asked for any help, did you receive it? If not, indicate in the option "other" the approximate time that you have been waiting.

*

Yes, I've already received it

Other:

Have you experienced any financial difficulties in the last 2 months?

*

Yes, more difficulties than before the COVID-19 crisis

Yes, but before the COVID-19 crisis I faced the same difficulties

No, I have not faced any difficulties

How do you rate the COVID-19 information provided by politicians?

*

Very negatively, as they do not convey confidence and security.

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Very positively, as they express confidence and security.

How do you rate the COVID-19 information provided by the media?

*

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