

COVID-19 Stressors Questionnaire (C19SQ-23)

For each of the statements below, rate how often the problem is happening to you in the past few weeks.

In the past few weeks, I worry about ...

No.		Not at all	A little	Some times	A lot
1	Myself getting sick from COVID-19.	1	2	3	4
2	Not being able to socialize with friends and relatives because of COVID-19.	1	2	3	4
3	Changes in routines and schedules (e.g., school schedule, sleep schedule, or not being able to go out) because of COVID-19.	1	2	3	4
4	What is going to happen in the future (e.g., when COVID-19 will end, how the economy will be impacted, or how things will be different).	1	2	3	4
5	Someone close to me (e.g., family members or friends) becoming sick.	1	2	3	4
6	Having to take health precautions (e.g., wearing a mask and sanitizing hands).	1	2	3	4
7	Not doing well in tests and exams.	1	2	3	4
8	Not being able to engage in recreational activities (e.g., dining in restaurants, shopping, jogging, cycling, or swimming).	1	2	3	4
9	Losing my freedom to travel to different places because of COVID-19.	1	2	3	4
10	Arguments and conflicts at home.	1	2	3	4
11	Completing my internship or degree.	1	2	3	4
12	Whether school is a safe place because of COVID-19.	1	2	3	4
13	Space and privacy constraints at home.	1	2	3	4
14	My future (e.g., education, career, and relationships).	1	2	3	4
15	Not being able to see a doctor or a counsellor.	1	2	3	4
16	Not being able to attend outside school activities (e.g., sports or leisure activities) because of COVID-19.	1	2	3	4
17	Not being able to participate in school activities and events (e.g., co-curricular activities, camps).	1	2	3	4

In the past few weeks, I worry about ...

No.		Not at all	A little	Some times	A lot
18	Drifting away from my friends socially.	1	2	3	4
19	More family responsibilities (e.g., grocery shopping, taking care of siblings, helping to supplement family income, or helping parents with internet use).	1	2	3	4
20	Whether I have the skills and ability to cope with the future.	1	2	3	4
21	Money problems because of COVID-19 (e.g., parents losing jobs, loss of income, or difficulty paying expenses).	1	2	3	4
22	Large number of COVID-19 cases.	1	2	3	4
23	Not having the technological resources to learn from home (e.g., computers or internet access).	1	2	3	4

Items for subscales

Resource Constraints: 10, 13, 15, 19, 21, and 23

Social Restrictions: 2, 3, 8, 9, 16, 17, and 18

Future Uncertainty: 4, 7, 11, 14, and 20

Health Concerns: 1, 5, 6, 12, and 22

Yong, M. & Suh, H. (2022). University Students Adjusting to COVID-19 Stressors: Exploratory and Confirmatory Factor Analyses of the COVID-19 Stressors Questionnaire. *Frontiers in Psychology*, 13, 0-0. <https://doi.org/10.3389/fpsyg.2022.816961>