

Quarantine & Coronavirus Impact (QCI) Inventory Self-Report

Spring 2021 Edition

J. Kevin Cameron
Dr. Marleen Wong



**NORTH AMERICAN CENTER
FOR THREAT ASSESSMENT
AND TRAUMA RESPONSE**

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Introduction

The COVID-19 crisis has resulted in more adults at home and at work experiencing symptoms of depression and anxiety. The top three challenges adults identify during this time are anxiety over layoffs, burnout, and mental health—ranking well above other concerns, like financial security, childcare, and homeschooling responsibilities. Women were approximately 1.5 times more likely to report mental health as a challenge as compared with men. Higher levels of anxiety and depression are experienced among people of color than white Americans and North Americans.

This all poses a serious threat to our recovery and to the current and future workforce in schools, businesses and government offices. “Mental health” occurs along a continuum, with positive mental health at one end and serious mental illnesses or addictions at the other. In between, however, there are many shades of substance use, anxiety, depression, and other conditions that vary in intensity and impact. A recent [survey](#) from the US Centers for Disease Control and Prevention found that almost 41 percent of American adults struggle with mental-health issues stemming from the pandemic.¹ That number increases to 75 percent among those 18 to 24 years old.

In every organization, leaders must ask, “What are the challenges our employees are confronting and what are we doing to help our employees stay physically and emotionally healthy”. In addition to the suffering of adults, children and families - for the global economy - the loss of productivity because of poor mental health can be as high as **\$1 trillion per year**.² The pandemic has also created a disproportionate mental toll on women in the workplace, causing one in four senior-level women to consider [leaving the workforce](#) or downshifting their careers since the start of the COVID-19 pandemic. Our physical and emotional recovery, rebuilding all human services institutions and a strong economy rebound depends upon the understanding we have about what each person has suffered (assessment) and what we can do to meet the needs of children, adults, families and the organizations tasked to serve them.

QCI Purpose:

This version of the **QCI** was developed to assist individuals in assessing the impact of the pandemic on individual, workplace and family functioning. It was also developed to assist “naturally open” (healthy, connected, and emotionally safe) workplace teams to collate their experiences (usually verbally) into themes we are likely to see in those we deliver services to. It is a way to inoculate against the stories we may hear from those who have struggled over the past year and a half and help to reduce compassion fatigue in our professional roles.

1. Czeisler MÉ, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: [http://dx.doi.org/10.15585/mmwr.mm6932a1external icon](http://dx.doi.org/10.15585/mmwr.mm6932a1externalicon).

MMWR and Morbidity and Mortality Weekly Report are service marks of the U.S. Department of Health and Human Services.

2. [Hutchins Coe, E., Enomoto, K.](#) Returning to resilience: The impact of COVID-19 on mental health and substance use. [April 2, 2020 | Online Article](#), McKinsey's Center for Societal Benefit through Healthcare: <https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/returning-to-resilience-the-impact-of-covid-19-on-behavioral-health>

INDIVIDUAL

How has the Quarantine and the Coronavirus Pandemic changed your life in each of the following ways?

1) Routines:

0. **No change.**
1. **Mild.** Change in only one area (e.g. work, education, social life, hobbies, religious activities).
2. **Moderate.** Change in two areas (e.g. work, education, social life, hobbies, religious activities).
3. **Severe.** Change in three or more areas (e.g. work, education, social life, hobbies, religious activities).

2) Food Access:

0. **No Change**
1. **Mild.** Enough food but difficulty getting to stores and/or finding needed items.
2. **Moderate.** Occasionally without enough food and/or good quality (e.g., healthy) foods.
3. **Severe.** Frequently without enough food and/or good quality (e.g., healthy) foods. Dependent on food banks, schools and other sources for all needs

3) Medical health care access:

0. **No change. (a. never sought care - b. no interruption in ongoing treatment).**
1. **Mild.** Appointments moved to telehealth.
2. **Moderate.** Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact.
3. **Severe.** Unable to access needed care resulting in moderate to severe impact on health.

4) Mental health care access:

0. **No change.**
1. **Mild.** Appointments moved to telehealth.
2. **Moderate.** Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact.
3. **Severe.** Unable to access needed care resulting in severe risk and/or significant impact.

5) Access to extended family and non-family social supports:

0. **No change.**
1. **Mild.** Continued visits with social distancing and/or regular phone calls and/or tele-video or social media contacts.
2. **Moderate.** Loss of in person and remote contact with a few people, but not all supports.
3. **Severe.** Loss of in person and remote contact with all supports.

6) Experiences of stress related to coronavirus pandemic:

0. **None.**
1. **Mild.** Occasional worries and/or minor stress-related symptoms (e.g., feel a little anxious, sad, and/or angry; mild/rare trouble sleeping).
2. **Moderate.** Frequent worries and/or moderate stress-related symptoms (e.g., feel moderately anxious, sad, and/or angry; moderate/occasional trouble sleeping). Beginning to cause conflict in my relationships at home and/or work
3. **Severe.** Persistent worries and/or severe stress-related symptoms (e.g., feel extremely anxious, sad, and/or angry; severe/frequent trouble sleeping). Negatively affecting my relationships at home and work

7) Non - COVID related Death(s)

0. **None.**
1. **Mild.** Loss of an acquaintance.
2. **Moderate.** Loss of a person in your life who you know but are not personally or meaningfully emotionally connected to (some coworkers or distant family members).
3. **Severe.** Loss of a person you are emotionally connected to (personal meaningful connection).

8) Personal diagnosis of coronavirus.

0. **None.**
1. **Mild.** Symptoms effectively managed at home.
2. **Moderate.** Symptoms severe and required brief hospitalization.
3. **Severe.** Symptoms severe and required ventilation.

9) Periods where I have felt overwhelmed by anxiety.

0. **None**
1. **Mild.** Very infrequent, short lived and minimally distressing (e.g. "I understood the source of my anxiety").
2. **Moderate.** Intermittent periods of distressing anxiety left have concerned me from time to time.
3. **Severe.** Extreme and protracted periods of anxiety that I have had difficulty controlling.

10) Periods where I have felt overwhelmed by depression.

0. **None**
1. **Mild.** Very infrequent, short lived and minimally distressing (e.g. "I understood the source of my depression").
2. **Moderate.** Intermittent periods of distressing depression left have concerned me from time to time.
3. **Severe.** Extreme and protracted periods of depression that I have had difficulty managing.

11) Other. Consider any other ways the coronavirus pandemic has impacted your life?

FAMILY

How have those in your family or household [2 or more adults and/or adults and children] been impacted? This can include those you are responsible for like an adult child who depends on your support?

1) Routines:

0. **No change.**
1. **Mild.** Change in only one area (e.g. work, education, social life, hobbies, religious activities).
2. **Moderate.** Change in two areas (e.g. work, education, social life, hobbies, religious activities).
3. **Severe.** Change in three or more areas (e.g. work, education, social life, hobbies, religious activities).

2) Family Income/Employment:

0. **No change.**
1. **Mild.** Small change; able to meet all needs and pay bills.
2. **Moderate.** Having to make cuts but able to meet basic needs and pay bills.
3. **Severe.** Unable to meet basic needs and/or pay bills. Cannot afford my own place to live

3) Food Access:

0. **No Change**
1. **Mild.** Enough food but difficulty getting to stores and/or finding needed items.
2. **Moderate.** Occasionally without enough food and/or good quality (e.g., healthy) foods.
3. **Severe.** Frequently without enough food and/or good quality (e.g., healthy) foods. Depend upon foodbanks, schools, church, temple or synagogue (religious institutions) or other community-based resources for food

4) Medical health care access:

0. **No change.**
1. **Mild.** Appointments moved to telehealth.
2. **Moderate.** Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact.
3. **Severe.** Unable to access needed care resulting in moderate to severe impact on health.

5) Mental health care access:

0. **No change.**
1. **Mild.** Appointments moved to telehealth.
2. **Moderate.** Delays or cancellations in appointments and/or delays in getting prescriptions; changes have minimal impact.
3. **Severe.** Unable to access needed care resulting in severe risk and/or significant impact.

6) Access to extended family and non-family social supports:

0. **No change.** *I see family and friends as often as before the pandemic*
1. **Mild.** Continued visits with social distancing and/or regular phone calls and/or tele-video or social media contacts.
2. **Moderate.** Loss of in person and remote contact with a few people, but not all supports.
3. **Severe.** Loss of in person and remote contact with all supports.

7) Experiences of stress related to coronavirus pandemic:

0. **None. The pandemic has not changed my life at all**
1. **Mild.** Occasional worries and/or minor stress-related symptoms (e.g., feel a little anxious, sad, and/or angry; mild/rare trouble sleeping).
2. **Moderate.** Frequent worries and/or moderate stress-related symptoms (e.g., feel moderately anxious, sad, and/or angry; moderate/occasional trouble sleeping).
3. **Severe.** Persistent worries and/or severe stress-related symptoms (e.g., feel extremely anxious, sad, and/or angry; severe/frequent trouble sleeping).

8) Stress level in the family *before* the pandemic:

0. **None. The pandemic has not changed family life at all**
1. **Mild.** Family members occasionally short-tempered with one another; no physical violence.
2. **Moderate.** Family members frequently short-tempered with one another; and/or children in the home getting in physical fights with one another.
3. **Severe.** Family members frequently short-tempered with one another and adults in the home throwing things at one another, and/or knocking over furniture, and/or hitting and/or harming one another.

9) Stress level in the family *during* the pandemic:

0. **None.**
1. **Mild.** Family members occasionally short-tempered with one another; no physical violence.
2. **Moderate.** Family members frequently short-tempered with one another; and/or children in the home getting in physical fights with one another.
3. **Severe.** Family members frequently short-tempered with one another and adults in the home throwing things at one another, and/or knocking over furniture, and/or hitting and/or harming one another.

10) Negative changes in important *family* relationships unlikely to be repaired:

0. **None.**
1. **Mild.** A few aspects of a relationship(s) that have created a little emotional distance.
2. **Moderate.** Significant aspects of a relationship(s) that have created a lot of emotional distance and the frequency and quality of future contacts.
3. **Severe.** Complete emotional cut-off and or termination of an important relationship (not related to death).

11) Number of *immediate family members* diagnosed with coronavirus: ____

Rate the symptoms of the person who was most sick:

0. **Mild.** Symptoms effectively managed at home.
1. **Moderate.** Symptoms severe and required brief hospitalization.
2. **Severe.** Symptoms severe and required ventilation.
3. **Immediate family member died** from coronavirus.

12) Number of **extended family members** and/or **close friends** diagnosed with coronavirus: ____

Rate the symptoms of the person who was most sick:

0. **Mild.** Symptoms effectively managed at home.
1. **Moderate.** Symptoms severe and required brief hospitalization.
2. **Severe.** Symptoms severe and required ventilation.
3. **Extended family member and/or close friend died** of coronavirus.

13) Non - COVID related Death (**Losses that may or may not have affected you but did affect a family member**).

0. **None.**
1. **Mild.** Loss of an acquaintance.
2. **Moderate.** Loss of a person in a family members' life who they knew but were not personally or meaningfully emotionally connected to (some coworkers or distant family members).
3. **Severe.** Loss of a person they were emotionally connected to (personal meaningful connection).

14) Stress level due to polarization between **pro-containment measure** (e.g. **masking**) **family members or friends** and **anti-containment measure** (e.g. **opposed to masking**) **family members or friends**:

0. **None.**
1. **Mild.** Rare spirited conversation but no personal attacks.
2. **Moderate.** Occasional angry or heated arguments that became personal followed by a genuine apology.
3. **Severe.** Frequent angry or heated arguments that are emotionally abusive, physical abusive and/or are resulting in toxic alliances between family members or friends.

15) Periods where one or more **family/household members** felt overwhelmed by anxiety.

0. **None**
1. **Mild.** Very infrequent, short lived and minimally distressing (e.g. "They understood the source of their anxiety").
2. **Moderate.** Intermittent periods of distressing anxiety that left them concerned from time to time.
3. **Severe.** Extreme and protracted periods of anxiety they had difficulty controlling.

16) Periods where one or more **family/household members** felt overwhelmed by depression.

0. **None**
1. **Mild.** Very infrequent, short lived and minimally distressing (e.g. "They understood the source of their depression").
2. **Moderate.** Intermittent periods of distressing depression that left them concerned from time to time.
3. **Severe.** Extreme and protracted periods of depression they had had difficulty managing.

17) Other. Consider any other ways the coronavirus pandemic has impacted your Family?

WORK

How have your work relationships and experience changed during the pandemic?

1) Negative changes in important **work** relationships unlikely to be repaired:

0. **None.**
1. **Mild.** A few aspects of a relationship(s) that have created a little emotional distance.
2. **Moderate.** Significant aspects of a relationship(s) that have created a lot of emotional distance and the frequency and quality of future contacts.
3. **Severe.** Complete emotional cut-off and/or termination of an important relationship (not related to death).

2) Stress level in the workplace **before** the pandemic:

0. **None.**
1. **Mild.** Co-workers occasionally short-tempered with one another.
2. **Moderate.** Co-workers frequently short-tempered with one another or gossiping and backbiting.
3. **Severe.** Frequently short-tempered with one another as well as gossiping and backbiting. Workplace harassment, threats and/or violence.

3) Stress level in the workplace **during** the pandemic:

0. **None.**
1. **Mild.** Co-workers occasionally short-tempered with one another.
2. **Moderate.** Co-workers frequently short-tempered with one another or gossiping and backbiting.
3. **Severe.** Frequently short-tempered with one another as well as gossiping and backbiting. Workplace harassment, threats and/or violence.

4) Negative changes in important **work** relationships unlikely to be repaired:

0. **None.**
1. **Mild.** A few aspects of a relationship(s) that have created a little emotional distance.
2. **Moderate.** Significant aspects of a relationship(s) that have created a lot of emotional distance and the frequency and quality of future contacts.
3. **Severe.** Complete emotional cut-off and or termination of an important relationship (not related to death).

5) Retirement, resignation or termination of supervisors or coworkers affecting the culture and climate of the workplace:

0. **None**
1. **Mild:** Departure of an employee has **improved** the culture and climate a little. **OR** Departure of an employee has **impaired** the culture and climate a little.
2. **Moderate:** Departure of an employee has noticeably **improved** the culture and climate for most people. **OR** Departure of an employee has noticeably **impaired** the culture and climate for most people.
3. **Severe:** Departure of an employee has had a **profound positive** impact on the culture and climate for most people. **OR** Departure of an employee has had a **profound negative** impact the culture and climate for most people.

6) **Stress level due to polarization between pro-containment measure (e.g. masking) and anti-containment measure (e.g. anti-masking) *co-workers*:**

0. **None.**
1. **Mild.** Rare spirited conversation but no personal attacks.
2. **Moderate.** Occasional angry or heated arguments that became personal followed by a genuine apology.
3. **Severe.** Frequent angry or heated arguments that are emotionally abusive, physical abusive and/or are resulting in toxic alliances between family members or friends.

7) **A change of role or responsibilities in the workplace that has increased your level of stress:**

0. **None.**
1. **Mild.** Some increase in stress but overall the change has been refreshing (rewarding).
2. **Moderate.** Growing increase in stress that has me considering from time to time whether I should look for a different job.
3. **Severe.** Sustained stress that I can feel is making me physically/emotionally unwell.

8) **Other. Consider any other ways the coronavirus pandemic has impacted your Workplace?**

A special thank you to Dr. Joel Stoddard, MD and Dr. Joan Kaufman, PhD. for supporting our use of their original "Coronavirus Impact Scale" in our earlier work "Guidelines for Re-Entry into the School Setting During the Pandemic: Managing the Social, Emotional and Traumatic Impact" (May 2020). This modified version of the scale is for use by staff as a self-assessment. It can also be used to assist teams to safely normalize themes staff are experiencing from pandemic exposure that may generalize to those we serve.



Quarantine & Coronavirus Impact (QCI) Inventory - *Self-Report*

Tally Sheet



INDIVIDUAL		"0"	"1"	"2"	"3"
1)	Routines.				
2)	Food Access.				
3)	Medical health care access.				
4)	Mental health care access.				
5)	Access to extended family and non-family social supports.				
6)	Experiences of stress related to coronavirus pandemic.				
7)	Non - COVID related Death(s)				
8)	Personal diagnosis of coronavirus.				
9)	Periods where I have felt overwhelmed by anxiety.				
10)	Periods where I have felt overwhelmed by depression.				
11)	Other. Consider any other ways the coronavirus pandemic has impacted your life?				
FAMILY		"0"	"1"	"2"	"3"
1)	Routines.				
2)	Family Income/Employment.				
3)	Food Access.				
4)	Medical health care access.				
5)	Mental health care access.				
6)	Access to extended family and non-family social supports.				
7)	Experiences of stress related to coronavirus pandemic.				
8)	Stress level in the family <i>before</i> the pandemic.				
9)	Stress level in the family <i>during</i> the pandemic.				
10)	Negative changes in important <i>family</i> relationships unlikely to be repaired.				
11)	Number of <i>immediate family members</i> diagnosed with coronavirus: ____				
12)	Number of <i>extended family members</i> and/or <i>close friends</i> diagnosed with coronavirus: ____				
13)	Non - COVID related Death (<i>Losses that may or may not have affected you but did affect a family member</i>).				
14)	Stress level due to polarization between <i>pro-containment measure</i> (e.g. masking) <i>family members or friends</i> and <i>anti-containment measure</i> (e.g. opposed to masking) family members or friends.				
15)	Periods where one or more <i>family/household members</i> felt overwhelmed by anxiety.				
16)	Periods where one or more <i>family/household members</i> felt overwhelmed by depression.				
17)	Other. Consider any other ways the coronavirus pandemic has impacted your Family?				
WORK		"0"	"1"	"2"	"3"
1)	Negative changes in important <i>work</i> relationships unlikely to be repaired.				
2)	Stress level in the workplace <i>before</i> the pandemic.				
3)	Stress level in the workplace <i>during</i> the pandemic.				
4)	Negative changes in important <i>work</i> relationships unlikely to be repaired.				
5)	Retirement, resignation or termination of supervisors or coworkers affecting the culture and climate of the workplace.				
6)	Stress level due to polarization between <i>pro-containment measure</i> (e.g. masking) and <i>anti-containment measure</i> (e.g. anti-masking) <i>co-workers</i> .				
7)	A change of role or responsibilities in the workplace that has increased your level of stress.				
8)	Other. Consider any other ways the coronavirus pandemic has impacted your Workplace?				