



Determining levels of psychological distress and anxiety among university students during the COVID-19 outbreak.

Greetings students,

We are a group of researchers from the University of Sharjah evaluating the levels of stress and anxiety associated with the recent COVID-19 outbreak among university students through this brief survey. The findings from this research will further improve our preparedness & awareness campaigns as well as help tailor services suited to your needs during these times.

We would appreciate if you could take a few minutes of your time to answer the questions below, keeping in mind that all your answers will remain confidential.

You can choose to provide (or not to provide) your email address at the end of the survey for participation in a **lucky draw for two Apple AirPods**.

Thanking you for your time and efforts. Your participation is highly valued.

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\* 1. Please indicate your willingness to participate in this survey

- I am a medical/dental student, and I ACCEPT to participate in this Survey
- I am a non-medical student, and I ACCEPT to participate in this Survey
- I do NOT accept to participate in this Survey



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\* 2. You are a:

\* 3. What is your age in years?

\* 4. What is your gender?

\* 5. In which hospital department do you currently have your rotation?

\* 6. In which area do you spend most of your current rotation



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\* 7. During the recent outbreak, do you suspect being in contact with any (proven or suspected COVID-19) patients?

- Yes, with COVID-19 patient
- Yes, with suspected COVID-19, but screening was negative
- Yes, for both COVID-19 infected and suspected cases
- No contact

\* 8. Please describe how much change you have personally observed in the following practices after the recent COVID-19 outbreak

	Very much has changed	Moderate change	Little change	No change at all
Compliance with increased hand hygiene (e.g. hand washing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compliance with universal precautions (e.g. masks and gloves)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase in hand sanitizer use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoidance of being in contact with people having flu-like symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decrease in social visits (e.g. visiting friends)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decrease in hand shaking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decrease in use of public facilities (e.g. toilets)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decrease in going to crowded places (e.g. malls)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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\* 9. What do you think of each of the following statements about COVID-19?

	True	False	I don't know
It can be transmitted by droplets from the patient's coughing or sneezing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It can be transmitted by contact with patient tools then touching the face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It can cause severe respiratory symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It can cause neurological symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical/dental students are at higher risk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is no vaccine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is no specific treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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The next few questions will assess your level of anxiety in regards to the recent COVID-19 outbreak. Please take your time considering your most suitable choices.

**Non-medical students, please proceed to question 11.**

10. Medical and dental students, while you were attending the hospital during the recent COVID-19 outbreak, how often were you bothered by the following?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 11. Before the introduction of online learning how often were you bothered by the following?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 12. After the introduction of online learning how often were you bothered by the following?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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\* 13. Please rate how worried you were over the past few weeks about catching COVID-19 yourself?

Extremely worried	Very worried	Somewhat worried	Little worried	Not worried at all
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 14. Please rate how worried you were over the past few weeks about transmitting the COVID-19 from your university/hospital to one of your family members/friends?

Extremely worried	Very worried	Somewhat worried	Little worried	Not worried at all
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 15. What is your opinion about the following statements describing the public fear that is associated with the recent COVID-19 outbreak?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
The public fear is justifiable/appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The fear is dysfunctional (e.g. it has caused unnecessary absence from university)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)





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\* 16. I believe that I have heard sufficient information about:

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
COVID-19 symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COVID-19 prognosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COVID-19 treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COVID-19 transmission routes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COVID-19 prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 17. What is/are your usual sources of information about COVID-19? (Check all that apply)

- Hospital announcements
- Official statements or press releases from MOH
- Websites
- WHO website
- University announcements
- Social media (facebook, twitter, instagram, whatsapp)
- Other (please specify)

18. Thank you for your time and effort in completing this survey. If you would like to participate in a lucky draw for gift coupons, please provide your university email address below.