COVID-19 Household Environment Scale (CHES)

Social Distancing is the practice of reducing physical contact with people outside of the home (e.g., in social, work, or school settings) to avoid transmission of COVID-19 (Coronavirus).

Compared to BEFORE the COVID-19 pandemic, during social distancing, were/are there more CONFLICTS in your household about...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
How to spend leisure time (e.g., watching TV, hobbies, games, exercise)							
Parenting or childcare							
Children's schoolwork							
Decisions about how people should take care of their health (e.g. taking medicines, going to the doctor, getting enough to eat)							
Decisions about going out (e.g., on errands, to appointments, for visits)							
Decisions about visitors to the home							
Home maintenance (e.g., cleaning or tidying, laundry, repairs)							
Personal hygiene							
Food (e.g., what is purchased, what meals are prepared, or amount that is eaten)							
Work or employment (e.g., finding a job, going to a job, needing a quiet space to work at home)							
Finances (e.g., spending, purchases, paying bills)							
Privacy or personal space							
News or Social Media (e.g., watching too much news, what people believe from social media, what people share on social media)							
Alcohol, tobacco or drug use							
Politics							

Compared to <u>BEFORE</u> the COVID-19 pandemic, during social distancing, was/is there is more <u>TOGETHERNESS</u> in your household because of...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
Spending leisure time together (e.g., hobbies, television, playing games, social media)							
Engaging in conversation							
Doing exercise or fitness activities together							
Getting involved in the children's education							
Facing challenges or solving problems together							
Helping each other (e.g., with use of technology, health needs)							
Sharing household tasks (e.g., cooking, gardening, laundry, cleaning)							
Going on errands together (e.g. to the market or drugstore)							
Eating together							
Showing concern or emotional support for each other							
Showing affection (hugs, kisses)							
Physical intimacy (sexual relations)							
Sharing religious or spiritual activities (e.g. praying, meditating, religious lessons)							
Sharing material resources (e.g., personal items, books, money)							
Helping others together (e.g., volunteering, charitable work)							

Citation:
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Items come from pages 2-3 (Section 2) from full document "COVID-19 Household Environment Scale (CHES)"