



COPE: Coronavirus Perinatal Experiences – Impact Update (COPE-IU)

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The Coronavirus Perinatal Experiences Impact Update (COPE-IU) is a newly developed measure designed to learn about the experiences of new and expectant mothers in the time of the Coronavirus COVID-19 (SARS-CoV-2) pandemic. COPE-IU is a companion to the Coronavirus Perinatal Experiences Impact Survey (COPE-IS) assessment tool. The COPE-IU is a shorter assessment (50-items) intended as a standalone instrument, or for brief, repeat longitudinal follow-up assessments, or updates.

All materials associated with this assessment tool are completely open source with no restrictions to their rights or use. At present, psychometric properties for this measure have yet to be established and scoring procedures have yet to be determined. In the future, those updates, along with language translations, and source materials (e.g., project REDCap files) will be available on the Open Science Framework (OSF) at <https://osf.io/uqhcv/>. For researchers planning to distribute this instrument, we welcome opportunity to join our COPE research collaborative; however, participation is entirely optional. If you wish to join, please email moriah.thomason@nyulangone.org. We will add you to the distribution list of connected researchers using this instrument.

Select questions within the COPE-IU were adapted from existing assessment tools: *Items 29-45*: (1) Derogatis, L.R. (1993). BSI Brief Symptom Inventory: Administration, Scoring, and Procedure Manual (4th Ed.). Minneapolis, MN: National Computer Systems, and (2) Weathers, F.W., Litz, B.T., Keane, T.M., Palmieri, P.A., Marx, B.P., & Schnurr, P.P. (2013). The PTSD Checklist for DSM-5 (PCL-5). These items were selected based on review of NYU Langone NYC survey data obtained in 281 pregnant women and mothers of babies <6 months old, analyzed 4/13/20. NYC data indicated that >5% of mothers endorsed retained items as occurring 'quite often' or 'extremely' (often); *Items 47-50*: Grasso, D.J., Briggs-Gowan, M.J., Ford, J.D., & Carter, A.S. (2020). The Epidemic – Pandemic Impacts Inventory (EPII).

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PART 1: COVID-19 EXPOSURES AND SYMPTOMS (SELF AND FAMILY)

We are interested in whether you and your family have been exposed to or are experiencing any symptoms like those seen in COVID-19.

Major symptoms: fever or chill, cough, shortness of breath.

Minor symptoms: sore throat, headache, muscle or body aches, runny nose, fatigue, diarrhea/nausea, vomiting, loss of smell or taste, itchy/red eyes.

1. For all of the following people, please indicate which has occurred. Check all that apply.

ROWS (self, partner, newborn, other children, other living in home)

Section i. COLUMN: (1) No symptoms, (2) currently have symptoms, (3) symptoms in the past

Section ii. COLUMN: (1) Never tested, (2) Tested positive for COVID-19, (3) Tested negative for COVID-19, (4) Tested and waiting for results

If click (self) tested, conditional response: **Date of test:** _____

Section i.

| | No symptoms | Currently have symptoms | Symptoms in the past |
|-----------------------------|-------------|-------------------------|----------------------|
| self | | | |
| partner | | | |
| newborn | | | |
| other children | | | |
| other living in home | | | |

Section ii.

| | Never tested | Tested positive for COVID-19 | Tested negative for COVID-19 | Tested and waiting for results |
|-----------------------------|--------------|------------------------------|------------------------------|--------------------------------|
| self | | | | |
| partner | | | | |
| newborn | | | | |
| other children | | | | |
| other living in home | | | | |

2. **In general, how distressed are you about COVID-19 related symptoms or potential illness in you or your loved ones?**
(Likert scale 1-7, 1 = No distress, 7 = Highly distressed)

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