

COVID-19 Exposure and Family Impact Survey (CEFIS)

The COVID-19 Exposure and Family Impact Survey (CEFIS) was developed using a rapid iterative process in late March/early April 2020.¹ At that time the COVID-19 pandemic was impacting most, if not all, American families to some extent. Communities were coming under “stay at home” orders, schools were closing, and health and financial implications of the COVID-19 pandemic were unfolding.

Various aspects of the COVID epidemic are likely to impact families and may influence the findings of research in pediatric health. CEFIS was designed to be used in ongoing and new studies where COVID-19 may influence study outcomes. It conceptualizes exposure to potentially traumatic aspects of COVID-19 and assesses the impact of the pandemic on the family. CEFIS should be completed by caregivers. Each caregiver can complete CEFIS. It is available in English and Spanish.

CEFIS is available for use without charge through the Center for Pediatric Traumatic Stress (CPTS).² CEFIS is available as a REDCap survey. We ask that you register with us before using it and provide us with information about your use and share de-identified data with us so that we can refine the measure. We will provide a REDCap data dictionary to facilitate this process. There is no normative data nor clinical cutoffs available at this point. Interested users should contact Gabriela Vega (Gabriela.Vega@nemours.org).

Scoring

- Part 1 (Exposure) consists of 25 items (Yes/No responses) that measure the participants’ “exposure” to COVID-19 and related events. The Exposure Score is a count of “yes” responses and may range from 0 to 25.
- Part 2 (Impact) consists of 12 items that measure the impact of COVID-19. 10 items use a four-point Likert scale rating impact on participant’s and family’s life; 2 items use a 10-point distress scale. Higher scores denote more negative impact / higher distress. The Impact Score (sum of items 26-37) may range from 12 to 60.
- Part 3 is an open-ended question so that participants can expand upon their experiences and add effects of COVID not covered in the other questions.

¹ The following contributed to the development of CEFIS. Nemours Center for Healthcare Delivery Science (Anne Kazak, Ph.D., ABPP; Kimberly Canter, Ph.D.; Thao-Ly Phan-Vo, M.D., MPH; Glynnis McDonnell, Ph.D., Aimee Hildenbrand, Ph.D., Melissa Alderfer, Ph.D., Corinna Schultz, M.D.); The Children’s Hospital of Philadelphia (Lamia Barakat, Ph.D.; Nancy Kassam-Adams, Ph.D.); Cincinnati Children’s Hospital Medical Center (Ahna Pai, Ph.D.); University of Pennsylvania (Janet Deatrck, Ph.D., FAAN). We appreciate the helpful feedback provided by Darlene Barkman and Kerry Doyle-Shannon. General inquires may be sent to Dr. Kazak (anne.kazak@nemours.org).

² CPTS has several COVID-19 related resources for patients, families and healthcare providers at <https://www.healthcaretoolbox.org/tools-and-resources/covid19.html>

Part 2. COVID-19 may have many impacts on you and your family life. In general, how has the COVID-19 pandemic affected each of the following?

1. Parenting

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

2. How family members get along with each other

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

3. Ability to care for your child with [add illness/condition]

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

4. Ability to care for other children in your family

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

5. Ability to care for older adults or people with disabilities in your family

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

6. Your physical wellbeing – exercise

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

7. Your physical wellbeing - eating

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

8. Your physical wellbeing – sleeping

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

9. Your emotional wellbeing – anxiety

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

10. Your emotional wellbeing – mood

1	2	3	4	<input type="checkbox"/>
Made it a lot better	Made it a little better	Made it a little worse	Made it a lot worse	Not Applicable

