COVID-19 EXPERIENCES AMONG SOUTH AFRICAN ADOLESCENT GIRLS AND THEIR MOTHERS

<u>Notes</u>: This tool was designed to be completed by South African adolescent girls (ages 15-19 years) and their mothers or another primary caregiver as part of the IMARA (Informed, Motivated, Aware, and Responsible Adolescents and Adults) study. Xhosa translations are in blue and italics below.

Please tell us about your experiences during the novel Coronavirus (COVID-19) pandemic. In answering these questions, please think about what has happened from March 2020 to the present, due to COVID-19.

Nceda usixelele ngamava akho ngelilixa lesifo se Corona (COVID-19). Ekuphenduleni lemibuzo, nceda ucinge ngokwenzekileypo ukusukela ngo March 2020 ukuzotsho ngoku, ngenxa ye COVID-19.

Q1. Overall, how much distress have you experienced related to COVID-19 or the Coronavirus? Please rate on a scale from 1 (No distress) to 10 (Extreme distress).

1	2	3	4	5	6	7	8	9	10
No dis	tress								Extreme distress

Kukonke, uye wakufumana kangakanani ukuxinezeleka okunqwamane ne COVID-19? Nceda uchonge kwi-scale esisuka ku 1(khange ndibandazeleke) ukuya ku10 (ndibandazeleke kakhulu).

1	2	3	4	5	6	7	8	9	10
khar	nge ndil	bandaze	eleke						ndibandazeleke kakhulu

Q2. Please rate on a scale from 1 (Very positive) to 7 (Very negative) the extent to which you view the COVID-19 outbreak as having either a positive or negative impact on your life.

1	2	3	4	5	6	7
Very	positive		No impac	ot		Very negative

Nceda uchonge kwi-scale esisuka ku 1(Entle kakhulu) ukuya ku7 (Kakubi kakhulu) imbhono yakho ngokubakho uqhabuko lwe-COVID-19, benze indima entle okanye embi ebomini bakho.

1	2	3	4	5	6	7
Entle	kakhulu		Akukho n	npembelezo		Kakubi kakhulu

Q3. Since becoming aware of the COVID-19 outbreak, how often have you had difficulty sleeping?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, bekunzima kangakanani ukulala?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q4. Since becoming aware of the COVID-19 outbreak, how often have you startled easily?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wothuka lula kangakanani?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q5. Since becoming aware of the COVID-19 outbreak, how often have you had angry outbursts?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wavutha ngumsindo kangakanani?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q6. Since becoming aware of the COVID-19 outbreak, how often have you felt a sense of time slowing down?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uve kangakanani ingathi ixesha liyacotha?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q7. Since becoming aware of the COVID-19 outbreak, how often have you felt in a daze?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye waziva kangakanani wothukile/ungakwazi ukucinga kakuhle?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q8. Since becoming aware of the COVID-19 outbreak, how often have you tried to avoid thoughts and feelings about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uzame kangakanani ukungahoyi ingcinga okanye imizwa nge COVID-19?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q9. Since becoming aware of the COVID-19 outbreak, how often have you tried to avoid reading or watching information about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazileukuba kukhona uqhabhuko lwe-COVID-19, uye wazama kangakanani ukungahoyi ukufunda okanye ukubukela ulwazi malunga ne COVID-19?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q10. Since becoming aware of the COVID-19 outbreak, how often have you had distressing dreams about COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile ukuba kukhona uqhabhuko lwe-COVID-19, uye wanamaphupha ahluphayo nge COVID-19 kangakanani?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo

Q11. Since becoming aware of the COVID-19 outbreak, how often have you been distressed when you see something that reminds you of COVID-19?

- 1 Not at all
- 2 Sometimes
- 3 Often

Ukusukela ekubeni wazile kuba kukhona uqhabhuko lwe-COVID-19, uye waxinezeleka kangakanani xaubona into ekukhumbuza nge COVID-19?

- 1 Hayi kwaphela
- 2 Ngamanye Amaxesha
- 3 Rhoqo
- **Q12.** What have you done to cope with your stress related to the COVID-19 outbreak? *Select all that apply.*
 - Meditation and/or mindfulness practices
 - Physical activity
 - Spending time outside
 - Spending time with friends in-person
 - Spending time with friends remotely (e.g., online, social media, texting)
 - Spending time watching TV, playing video/computer games, or using social media
 - Engaging in family activities (e.g., games, sports)
 - Eating, including snacking
 - Reading books, or doing activities like puzzles and crosswords

- Talking to your healthcare providers, including mental healthcare provider (e.g., therapist, psychologist, counselor)
- Consulting with ancestors, spiritual leaders, or traditional healers
- Volunteer work
- Other, please specify

Uyewenza ntoni ukumelana noxinezelelo okunqamane nokubakho uqhabuko lwe-COVID-19? Khetha konke okufanelekileyo.

- Ukuzilolonga ngezinto ezipholisa inqodo
- Imisebenzi yomzimba
- Ukuchitha ixesha ngaphandle
- Ukuchitha ixesha nabahlobo ngokubonana
- Ukuchitha ixesha nabahlobo bekude (umz, kwi intanethi, imidiya yokuncokola, ukubhalelana ngokwe fowuni)
- Ukuchitha ixesha ubukela umabona kude, udlala iVidiyo/ okanye imidlalo kwikhompyuter okanye usebenzisa imidiya yokuncokola
- Ukubandakanyeka kwimisebenzi yosapho (umz. Imzidlalo, ezemidlalo)
- Ukutya, ukuquka okutya into ezincinci
- Ukufunda incwadi, okanye ukwenza imisebenzi enjenge puzzile namagama
- Ukuthetha naba khathaleli bakho bempilo, okuquka abakhathalele impilo yengqondo (umz. i-therapist, ugqirha wengqondo, i-counsela)
- Ukubonisana nezinyanya, inkokheli zomoya, okanye abanyanga ngokwesintu
- Umsebenzi wokuvolontiya
- Okunye; Nceda uchaze wenze njani ukumelana noxinzelelo okudibene nobukho boqhabhuko lwe- COVID-19.
- **Q13.** *Items for daughters (ages 15-19 years):* Since the COVID-19 outbreak, has the quality of the relationship between you and your mother changed? When we say mother we mean the caregiver who is doing IMARA with you.
 - 1 Yes, it's better
 - 2 No, it's about the same
 - 3 Yes, it's worse

Ukusukela oko kwaqale uqhabhuko lwe-COVID-19, ingaba ukomelela bobudlelwane phakathi kwakho nomama wakho buye baguquka?Xasisithi umama sithetha umkhathaleli owenza u-IMARA kunye nawe.

- 1 Ewe, kungcono
- 2 Hayi, kubufana
- 3 Ewe, kubi kakhulu

Item for mothers/caregivers: Since the COVID-19 outbreak, has the quality of the relationship between you and your daughter changed? When we say daughter we mean the girl who is doing IMARA with you.

- 1 Yes, it's better
- 2 No, it's about the same
- 3 Yes, it's worse

Ukusukela oko kwaqale uqhabhuki lwe-COVID-19, ingaba ukomelela bobudlelwane phakathi kwakho nentombi yakho buye baguquka?Xasisithi intombi yakho sithetha intombi eyenza u-IMARA kunye nawe.

- 1 Ewe, kungcono
- 2 Hayi, kubufana
- 3 Ewe, kubi kakhulu

- **Q14.** Since the COVID-19 outbreak, are you concerned about being at risk for homelessness because of not being able to pay your rent or bond?
 - 1 Not at all concerned
 - 2 Somewhat concerned
 - 3 Very concerned

Ukusukela oko kwaqale uqhabhuko lwe-COVID-19, uxhalabile ekubasesichengeni sokungabinandawo yokuhlala kuba awukwazi ukubhatala imali yerente okanye ibhondi?

- 1 Akunkxhalabisi kwaphela
- 2 Kunkxhalabisi ngandlela ithile
- 3 Kunkxhalabisi kakhulu
- **Q15.** Since the COVID-19 outbreak, do you worry whether your food would run out because of a lack of money?
 - 1 Yes
 - 0 No

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyaxhalaba ukuba ukutya kwakho kungaphela kuba kungekho mali?

- 1 Ewe
- 0 Hayi
- Q16. Since the COVID-19 outbreak, you have sex:
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, wabelana ngesondo:

- 1 Rhogo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- **Q17.** Since the COVID-19 outbreak, you drink alcohol (beer, wine, liquor, local brew, booze, spirits, etc.):
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19,usela utywala (ibhiya, iwayini, utywala, utywala obenziwiweyo, isipirithi, nokunye.):

- 1 Rhogo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- **Q18.** Since the COVID-19 outbreak, you use marijuana (dagga, chamba, weed):
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, usebenzisa insangu(dagga,chamba,iweed) :

- 1 Rhogo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi

- **Q19.** Since the COVID-19 outbreak, you use drugs other than marijuana:
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, usebenzise iziyobisi ngaphandle kwensangu:

- 1 Rhoqo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- **Q20.** Since the COVID-19 outbreak, you go to the clinic or attend health care appointments with your doctor:
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyaya eKlinikhi, okanye uphumelele kumadinga akho wempilo nogqirha wakho:

- 1 Rhoqo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- **Q21.** Since the COVID-19 outbreak, you get PrEP clinical care:
 - 1 Less often
 - 2 About the same
 - 3 More often

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19, uyayifumana inkathalo yeKlinikhi ka PrEP:

- 1 Rhoqo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- **Q22.** Since the COVID-19 outbreak, your adherence to daily oral PrEP has:
 - 1 Decreased
 - 2 Not changed
 - 3 Increased

Ukusukela oko kwaqala uqhabhuko lwe-COVID-19,ukubambelela kwakho ekuthatheni iPrEP eselwayo mihla yonke kuye kwa:

- 1 Rhogo kancinci
- 2 Ngokufanayo
- 3 Ngamaxesha amaninsi
- Q23. Since the COVID-19 outbreak, your willingness to prevent HIV has:
 - 1 Decreased
 - 2 Not changed
 - 3 Increased

UKUSUKELA OKO KWAQALA UQHABHUKO LWE-COVID-19,UKULUNGELA KWAKHO UKUTHINTELA IHIV KUYE KWA:

- 1 Kwehlile
- 2 Akutshintshanga
- 3 Kwenyukile