

This is a rapid screening measure to identify those at risk for deteriorating mental health problems during the COVID-19 pandemic.

1. What age are you? _____ years

2. Do you currently live in a city?
 - Yes
 - No

3. Are you currently receiving treatment for any type of mental health problem?
 - Yes
 - No

4. Have you ever in your life received treatment for any type of mental health problem?
 - Yes
 - No

5. Prior to the outbreak of COVID-19, were you diagnosed with a chronic physical health problem?
 - Yes
 - No

6. On a scale of 1-10 where 1 = 'Never' and 10 = 'Always', **how often do you feel lonely?**

7. On a scale of 1-10 where 1 = 'Not at all true of me', and 10 = 'Completely true of me', to what extent does the following statement describe you: **"I am an empathic person"**?

8. On a scale of 1-10 where 1 = 'Not at all true of me', and 10 = 'Completely true of me', to what extent does the following statement describe you: **"I feel comfortable in situations that are uncertain"**?

Instructions

In a study of the Irish adult population who were tracked over the first 9 months of the COVID-19 pandemic, we found that 15% of people had consistently poor mental health or their mental health got worse during the pandemic. These individuals were characterised by:

- Younger age
- Living in a city
- Currently receiving treatment for a mental health problem
- Having received treatment for a mental health problem in the past
- Having a chronic physical health problem
- Higher levels of loneliness
- Higher levels of empathy
- Higher levels of intolerance of uncertainty

The eight questions in this rapid screening measure can be used to identify those who are at risk for poor mental health during the pandemic. The more of these eight risk factors that are evident, the more likely the person is experiencing poor mental health during the pandemic.

Reference

Hyland, P., Vallières, F., Daly, M., Butter, S., Bentall, R. P., Murphy, J., McBride, O., Karatzias, T., MacLachlan, M., Spikol, E., Fox, R., & Shevlin, M. (under review). Trajectories of change in internalizing symptoms during the COVID-19 pandemic: A longitudinal population-based study.