

Investigating the psychological, social and economic impact of COVID-19 epidemic and its response in a cohort of smokers in Pakistan - Questionnaire

We are calling you because you previously participated in the STOP survey and gave permission to be contacted again in six months for a follow-up.

We are now carrying out a follow up to ask about you about your smoking as we did in STOP survey. We also want to understand how the current coronavirus epidemic is affecting you and your household. Therefore we will also ask you questions related to coronavirus. We hope that this information will help the people responsible to take appropriate measures to deal with this epidemic.

Information sheet read out

Consent form read out

Consent received

Participant died

Reason of death: _____

For office use only	<p>Cluster-ID/PSU No:</p> <p>Household's ID:</p> <p>Interviewer ID No:</p> <p>Follow up No: [1,2,3,....]</p>
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Date of start
.....

Date of completion
.....

Participant's ID
.....

RESULT OF INTERVIEW

Phone/mobile not connected

1. Wrong number
2. Not the concerning(participant) person
3. Number is off / not reachable
4. Phone busy
5. Not picking up the phone

Phone connected

1. Start Interview
 - Number of attempts (1-4 on 4 consecutive days at different times)
2. Refused to give an interview
3. Not willing
4. Not available
5. No time
6. Busy right now will give interview later

INSTRUCTIONS FOR COMPLETING THIS QUESTIONNAIRE.

Thanks for your participation. Before you start, please read the following information, which will help you to answer the questions.

If there is a choice of answers, pick the one that is true for you and place a Tick (✓) in the parenthesis next to it.

For example:

- i. Slight
- ii. Moderate
- iii. Strong
- iv. Very strong
- v. Extremely strong
- vi. N/A

The survey has further 11 sub-sections. These are structured, as follows: [Only for researcher not for respondent]

Section 1 asks questions about your knowledge, attitude and practice towards coronavirus;

Section 2 assesses your and your family's exposure to coronavirus, health concerns and healthcare access;

Section 3, 4, 5, 6 and 7 assess the impact of the coronavirus epidemic on your social connections, housing, livelihood, access to food, and finances, respectively;

Section 8 assess any change in health risk behaviours (smoking); and

Section 9, 10 and 11 assess the impact of the epidemic on your wellbeing and mental health.

Please respond in your own language (either Urdu, or English) to the following questions

Section 1: Your knowledge, attitude and practice towards coronavirus epidemic

1.1 Based on current knowledge, which of the following are common symptoms of coronavirus?

(Multiple answers are allowed)

- i) Sore throat
- ii) Bleeding (internal or external)

- iii) Breathing difficulties i.e. shortness of breath
- iv) Coughing
- v) Fever

1.2 Based on current knowledge, how do you think coronavirus spreads?

(Multiple answers are allowed)

- i) Breathing air in confined spaces
- ii) Touching surfaces
- iii) Insects, for example flies and mosquitoes
- iv) People coughing or sneezing
- v) People touching each other

1.3 Here are some statements about coronavirus. Do you agree or disagree with each one?

1.3.1 Does maintaining at least 2 meter (6 feet) distance from another person protects you and others from coronavirus?.

- i) Yes
- ii) No
- iii) DK

1.3.2 Does warm weather helps to kill coronavirus?

- i) Yes
- ii) No
- iii) DK

1.3.3 Does regularly rinsing your nose with saline protect you from coronavirus?

- i) Yes
- ii) No
- iii) DK

1.3.4 Does wearing a facemask protect you and others from coronavirus?

- i) Yes
- ii) No
- iii) DK

1.3.5 Does washing your hands with soap and water protect you from corona virus?

- i) Yes
- ii) No
- iii) DK

1.3.6 Does using hand sanitizer protect you from corona virus?

- i) Yes
- ii) No
- iii) DK

1.3.7 Are antibiotics effective in preventing and treating coronavirus?

- i) Yes
- ii) No
- iii) DK

1.4 To reduce your risk of being infected by the coronavirus, have you recently

(Multiple answers are allowed)

- i) Taken herbal supplements like green tea, joshanda, etc.
- ii) Covered your nose and mouth with a tissue or sleeve when coughing or sneezing
- iii) Used disinfectants to wash surfaces in your home
- iv) Washed your hands with soap and water or used hand sanitizer more often
- v) Worn a facemask outside

1.5 Here are some statements that describe how we have been asked to live during the coronavirus lock down. Do you agree or disagree with each one?

1.5.1 I only go outside for essentials(food, medical needs and work) AGREE / DISAGREE

1.5.2 When I do go out, I stay at least 1 meters(3ft) away from other people AGREE / DISAGREE

1.5.3 I always wash my hands as soon as I get home AGREE / DISAGREE

1.5.4 I do not meet others, even my friends or relatives AGREE / DISAGREE

1.6 How likely is it for smokers to catch coronavirus?(compared with nonsmokers)

i) More

ii) Less

iii) Same

1.7 How likely is it for hookah/shisha smokers to catch coronavirus?

i) More

ii) Less

iii) Same

1.8 Once infected with coronavirus, how likely is it for smokers to get severe lung disease?

i) More

ii) Less

iii) Same

1.9 Once infected with coronavirus, how likely is it for smokers to die?

i) More

ii) Less

iii) Same

1.10 How likely is it for the coronavirus to spread if people smoke indoors?

i) More

ii) Less

iii) Does not make any difference

1.11 Where do you get the information about coronavirus from? For each of these sources, how much trust do you have? (1= No, 2= A little, 3=Yes).

		1) Yes 2) No	1 No	2 A little	3 Yes
a.	Family or friends				
b.	Government agencies				
c.	Doctor				
d.	Social media (Facebook, Whatsapp)				
f.	Internet website				
g.	Radio				
h.	Television				
i.	Newspapers				

Section 2: Health (coronavirus exposure, health concerns, access to healthcare)

These questions are about you and your family's health at the moment

2.1 Have you had coronavirus (fever and/or persistent cough)?

- i) Yes diagnosed and recovered
- ii) Yes diagnosed and still ill
- iii) Not diagnosed but suspected
- iv) No
- v) Don't know

2.2 Has any member of your household had coronavirus (fever and/or persistent cough)?

- i) Yes diagnosed and recovered
- ii) Yes diagnosed and still ill
- iii) Not diagnosed but suspected
- iv) No

2.3 Have you come in contact with somebody who had coronavirus?

- i) Yes
- ii) No
- iii) DK

2.4 Are you observing quarantine now (Self isolation means not leaving the house at all, even for shopping)?

- i) Yes..... , for how long.....
- ii) No

If yes, reason:

- i) Contact with someone with symptoms
- ii) Had symptoms yourself
- iii) Someone in household had symptoms
- iv) Come back from travel to a high risk area

2.5 Is your household observing quarantine now (that is, not leaving the house at all, even for shopping)?

- i) Yes....., for how long.....
- ii) No

If yes, reason:

- i) Contact with someone with symptoms
- ii) Had symptoms yourself
- iii) Someone in household had symptoms
- iv) Come back from travel to a high risk area

2.6 Which of the following best describes how you've been feeling over the past week:

- i) I do not worry about my health
- ii) I occasionally worry about my health
- iii) I spend much of my time worrying about my health
- iv) I spend most of my time worrying about my health

2.7 If you worry about health what specifically do you worry about regarding your health?

Free text.....

2.8 Have you or a member of your household needed to seek healthcare since the lockdown?

- i) Yes
- ii) No

If yes, have you been able to get the healthcare you needed?

- i) Yes
- ii) No

2.9 Have you or a member of your household needed medicines since the lockdown?

- i) Yes
- ii) No

If yes, have you been able to get the medicines you needed?

- i) Yes
- ii) No

2.10 How would you describe your health generally at the moment?

- i) Good
- ii) Fair
- iii) Poor
- iv) Don't know

Section 3: Social connections (social isolation)

These questions are about where you are living now (i.e. today and in the past week)

3.1 Does your home have outdoor space (garden, yard, lawn, roof) which you and your family can use?

- i) Yes
- ii) No

3.2 Can you access the internet from your home (e.g. broadband / data on phone)?

- i) Yes
- ii) No

3.3 Do you have people you can usually count on in times of need?

- i) Yes
- ii) No

3.4 If yes, do these people live in your local area (walking distance)?

- i) Yes
- ii) No

3.5 How easy or difficult is it to get practical help (e.g. shopping, advice, picking up medication) from friends/family/neighbours if you should need it?

- i) Difficult
- ii) Possible
- iii) Easy

3.6 In the past week, are there people with whom you have had regular talks (once a day)?

- i) Yes
- ii) No

Section 4: Housing security

4.1 Kindly choose the best response for the following two questions:

4.1.1 I worry about paying house rent/house loan

- i) No
- ii) Sometimes
- iii) Yes

4.1.2 I worry about getting evicted/losing my home

- i) No
- ii) Sometimes
- iii) Yes

Section 5: Livelihoods - job/business security of the main earner

These questions are about how things are right now, this week. They are asking about the person who contributes the most money to your household – the main earner.

5.1 Who is the main earner in the household?

- i) Me
- ii) Partner (husband/wife)
- iii) Other family member

5.2 Is the earner (main) in your household currently employed/running a business?

- i. Unemployed
- ii. Employed/running a business but not currently working
- iii. Employed/running a business and currently working
- iv. Uncertain.....?
- v. Retired

5.3 If they are still working, are they

- 1) Working from home
- 2) Still going in to work

5.4 If still working, how much do you agree/disagree with the following today;

I worry about the job/business security of the main earner.

- i) No
- ii) Sometimes
- iii) Yes

5.5 If still working what do you expect to happen to the main earners job/business in the next 12 months

5.5.1 their income is likely to be unstable and uncertain

- i) Yes
- ii) No

5.5.2 they are likely to lose their job/business

- i) Yes
- ii) No

5.6 If still working do you expect the main earner to still have their job/business in a year's time?

- i) Yes
- ii) No
- iii) Don't know

If No, Why?

Section 6: Food security

I'm going to ask you about food situation. Please respond as often, sometimes, or never for (you/your household) SINCE THE CORONAVIRUS LOCKDOWN—that is, since THE 21ST OF MARCH 2020.

6.1 I have been able to buy the food I needed.

- i) Often
- ii) Sometimes
- iii) Never
- iv) DK or Refused

6.2 Since the coronavirus lockdown, did (you/or other adults in your household) ever eat less than you felt you should because there wasn't enough money for food?

- i) Yes, this has changed
- ii) Yes, but this happened before the lockdown as well
- iii) No (Skip Q-6.3)
- iv) DK (Skip Q-6.3)

6.2.1 [IF YES ABOVE, ASK] How often did this happen—almost every day, some days but not every day, or in only 1 or 2 days?

- i) Almost every day
- ii) Some days but not every day
- iii) Only 1 or 2 days
- iv) DK

6.3 Since the coronavirus lockdown, were you ever hungry but didn't eat because there wasn't enough money for food?

- i) Yes
- ii) No
- iii) DK

6.3.1.1 [IF YES ABOVE, ASK] How often did this happen—almost every day, some days but not every day, or in only 1 or 2 days?

- i) Almost every day
- ii) Some days but not every day
- iii) Only 1 or 2 days
- iv) DK

Section 7: Financial impact

7.1 How well would you say you (and your family) are managing financially right now? Would you say you are:

- i) Doing alright
- ii) Just about getting by
- iii) Finding it quite difficult
- iv) Don't know
- v) Do not wish to answer

7.2 Compared to 3 months ago, how would you say you (and your household) are doing financially now?

- i) Better off
- ii) Worse off
- iii) About the same
- iv) Don't know
- v) Don't wish to answer

7.3 Sometimes people are not able to pay utility bills when they are due? Are you up to date with your utility bills?

- i) Yes
- ii) No
- iii) Don't know
- iv) Do not wish to answer

7.4 The government is giving emergency financial assistance due to the current epidemic, are you aware of this?

- i) Yes
- ii) No

7.4.1 If YES, have you been in contact with anyone to seek this assistance?

- i) Yes
- ii) No

7.4.2 If YES, have you been able to receive such assistance?

- i) Yes
- ii) No

7.4.3 If YES, from whom?..... and how much?.....

Section 8: Health risk behaviours (smoking)

8.1 Which of the following statements applies to you best now? [Note that cigarettes refer to tobacco cigarettes and NOT to electronic cigarettes]

- i) I smoke cigarettes every day
- ii) I smoke cigarettes, but not every day
- iii) I smoke cigarettes, but I also smoke tobacco in other forms (e.g. water pipe or cigar)
- iv) I smoke tobacco, but I also use smokeless tobacco
- v) I have stopped smoking cigarettes but I smoke other form(s) of tobacco (bidi/water pipe/cigar)
- vi) I have stopped smoking tobacco but I continue to use smokeless tobacco
- vii) I have stopped smoking tobacco but now I use smokeless tobacco
- viii) I have stopped using all forms of tobacco

[If Q1=i, ii, iii or iv go to Q8.2, otherwise go to Q8.3]

8.2 If you are still smoking, how many cigarettes do you usually smoke? [Please provide only one answer: enter the quantity per day, per week or per month (occasional user).]

- i) Per day: <integer> [allow numeric range between 1-999]
- ii) Per week: <integer> [allow numeric range between 1-999]
- iii) Per month: <integer> [allow numeric range between 1-999]

8.3 Which of the following best describes you?

- i) I have stopped smoking
 - ii) I don't want to stop smoking
 - iii) I think I should stop smoking but don't really want to
 - iv) I want to stop smoking but haven't thought about when
 - v) I REALLY want to stop smoking but I don't know when I will
 - vi) I want to stop smoking and hope to soon
 - vii) I REALLY want to stop smoking and intend to in the next 3 months
 - viii) I REALLY want to stop smoking and intend to in the next month
- [If Q 3= iv, v, vi, vii or viii, do Q8.4]

8.4 How many attempts to stop smoking have you made in the last 6 months? (By quit attempt I mean you stopped smoking for 24 hours).

<integer> [allow numeric range between 0-100, respectively 1-100 if Q8.1 =iv]

Section 9: Your wellbeing

(WEMWBS) Use the available validated Urdu versions)

9.1 Below are some statements about feelings and thoughts. Please select the answer that best describes your experience of each over the last 2 weeks.

		None of the time	Rarely	Some of the time	Often	All of the time
A.	I've been feeling optimistic about the future					
B.	I've been feeling useful					
C.	I've been feeling relaxed					
F.	I've been dealing with problems well					
G.	I've been thinking clearly					
I.	I've been feeling close to other people					
K.	I've been able to make up my own mind about things					

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.

Section 10: Depression (PHQ-9 Urdu)

Over the last two weeks, how often have you been bothered by any of the following problems?

PH01 Little interest or pleasure in doing things?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH02 Feeling down, depressed, or hopeless?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH03 Trouble falling or staying asleep, or sleeping too much?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH04 Feeling tired or having little energy?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH05 Poor appetite or overeating?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH06 Feeling bad about yourself - or that you are a failure or have let yourself or your family down?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH07 Trouble concentrating on things, such as reading the newspaper or watching television?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH08 Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

PH09 Thoughts that you would be better off dead, or of hurting yourself in some way?

- (1) Not at all
- (2) Several days
- (3) More than half of the days
- (4) Nearly every day

I answer is 2, 3 or 4 please advise to contact with psychiatrist.

Section 11: Anxiety

GAD-7 (Use the available validated Urdu version)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

GA01 Feeling nervous, anxious or on edge?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA02 Not being able to stop or control worrying?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA03 Worrying too much about different things?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA04 Trouble relaxing?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA05 Being so restless that it is hard to sit still?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA06 Becoming easily annoyed or irritable?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day

GA07 Feeling afraid as if something awful might happen?

- (1) Not at all
- (2) Several days
- (3) More than half the days
- (4) Nearly every day