

Appendix A: COVID-19 Pandemic

Module Items from the Middle Years Development Instrument

The last 18 questions ask about your experiences during the Coronavirus/COVID-19 pandemic. Some of these questions ask how your life is different now compared to before the Coronavirus/COVID-19 pandemic.

As a reminder, you don't have to answer any questions you don't want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the Withdraw from this survey button at the bottom of every page. It is important for you to know that **ALL OF YOUR ANSWERS** that you put in this survey will be confidential (private) and will not be shared with your teacher, principal, parents, or your friends.

Compared to before the COVID-19 pandemic

How did the following change from before the COVID-19 pandemic to now?

102. I spend time with my friends online.	Much Less <input type="radio"/>	Less <input type="radio"/>	About the same <input type="radio"/>	More <input type="radio"/>	Much more <input type="radio"/>
103. I spend time with my friends in person/face-to-face.	Much Less <input type="radio"/>	Less <input type="radio"/>	About the same <input type="radio"/>	More <input type="radio"/>	Much more <input type="radio"/>
104. I spend time with family members who live in my home.	Much Less <input type="radio"/>	Less <input type="radio"/>	About the same <input type="radio"/>	More <input type="radio"/>	Much more <input type="radio"/>
105. I spend time outdoors (for example, playing sports, hiking, biking, going for walks).	Much Less <input type="radio"/>	Less <input type="radio"/>	About the same <input type="radio"/>	More <input type="radio"/>	Much more <input type="radio"/>

Previous

Next

From before the COVID-19 pandemic to now...

106. ... have your relationships with your parents or other adults at home gotten worse or better?

A lot worse

☐

A little worse

☐

About the same

☐

A little better

☐

A lot better

☐

107. ... have your relationships with teachers or other adults at your school gotten worse or better?

A lot worse

☐

A little worse

☐

About the same

☐

A little better

☐

A lot better

☐

108. ... have your relationships with your friends gotten worse or better?

A lot worse

☐

A little worse

☐

About the same

☐

A little better

☐

A lot better

☐

Previous

Next

During the COVID-19 pandemic

109. How much are you reading or talking about the COVID-19 pandemic?

Never Rarely Occasionally Often Most of the time

☐ ☐ ☐ ☐ ☐

110. During the PAST TWO WEEKS, how worried have you been about your Mental/Emotional health being influenced by the COVID-19 pandemic?

Not at all Slightly Somewhat Very Extremely

☐ ☐ ☐ ☐ ☐

Previous

Next

111. What has helped you deal/cope with worries and stress related to the COVID-19 pandemic? (Please select all the things that have helped you deal/cope with worries and stress.)

- ☐ I have not felt worried or stressed much about the COVID-19 pandemic
- ☐ Connecting in-person with family
- ☐ Connecting virtually with family (phone, video games/chat, text)
- ☐ Connecting in-person with friends
- ☐ Connecting virtually with friends (phone, video games/chat, text)
- ☐ Getting support from my teacher(s) or other adults at school (principal, counsellor)
- ☐ Getting support from a counsellor or therapist outside of school
- ☐ Accessing mental health websites or apps (for example, KidsHelpPhone)
- ☐ Exercising
- ☐ Spending time outdoors
- ☐ Spending time with pet(s)
- ☐ Exploring my interests (music, reading, arts & crafts)
- ☐ Volunteering to help
- ☒ Other
- ☐ Nothing has helped me deal/cope with worries and stress related to the COVID-19 pandemic

Other (describe):

Previous

Next

How easy or hard is it for you to do the following behaviours at your school?

112. Wear a mask	Very hard <input type="radio"/>	A little hard <input type="radio"/>	Not hard or easy <input type="radio"/>	A little easy <input type="radio"/>	Very easy <input type="radio"/>	Does not apply (we don't do this at my school) <input type="radio"/>
113. Practice physical distancing	Very hard <input type="radio"/>	A little hard <input type="radio"/>	Not hard or easy <input type="radio"/>	A little easy <input type="radio"/>	Very easy <input type="radio"/>	Does not apply (we don't do this at my school) <input type="radio"/>
114. Wash hands (or use hand sanitizer) more often	Very hard <input type="radio"/>	A little hard <input type="radio"/>	Not hard or easy <input type="radio"/>	A little easy <input type="radio"/>	Very easy <input type="radio"/>	Does not apply (we don't do this at my school) <input type="radio"/>
115. Stay home when sick	Very hard <input type="radio"/>	A little hard <input type="radio"/>	Not hard or easy <input type="radio"/>	A little easy <input type="radio"/>	Very easy <input type="radio"/>	Does not apply (we don't do this at my school) <input type="radio"/>
116. Avoid big groups	Very hard <input type="radio"/>	A little hard <input type="radio"/>	Not hard or easy <input type="radio"/>	A little easy <input type="radio"/>	Very easy <input type="radio"/>	Does not apply (we don't do this at my school) <input type="radio"/>

Previous

Next



Many changes have been made to protect children from getting COVID-19 at school.



117. How often do the COVID-19 safety measures at school make you feel safe from getting COVID-19?

Never safe

☐

Safe some of the time

☐

Safe most of the time

☐

Always safe

☐

Previous

Next

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118. What do you miss the most at school during the COVID-19 pandemic? *(Please select all the things you miss the most.)*

- ☐ Field trips
- ☐ Assemblies
- ☐ School sports clubs (for example, cross-country, volleyball, basketball, soccer)
- ☐ Other school clubs (for example, environmental club, arts club)
- ☐ Choir, strings, band
- ☐ Little buddies - reading program with younger grades
- ☐ Lunch monitor/Park monitor
- ☐ Going to library during free time
- ☐ Class parties
- ☐ Typical instruction (the ways you used to learn before the pandemic)
- ☒ Other things I miss most at school

Other (describe):

Previous

Next

119. What are some positive changes that have occurred in your life during the COVID-19 pandemic? *(Please select all the positive changes that have occurred.)*

- ☐ There were no positive changes
- ☐ Exploring other interests (for example, cooking, learning a new instrument, learning a new language, eating new foods)
- ☐ Spending more time with friends
- ☐ Spending more time with family members (for example, parents/guardians, siblings)
- ☐ Getting more sleep
- ☐ Having more time to yourself
- ☐ Helping others more (for example, walking your neighbour's dog, helping prepare food)
- ☒ Other

Other (describe):

Previous

Next