

EPIDEMIC – PANDEMIC IMPACTS INVENTORY (EPII)

INSTRUCTIONS

We would like to learn how the coronavirus disease pandemic has changed people's lives. For each statement below, please indicate whether the pandemic has impacted you or a person in your home in the way described.

Check YES (Me) if you were impacted.

Check YES (Person in Home) if another person (or people) in your home were impacted.

Check NO if you and the people in your home were not impacted.

Check N/A if the statement does not apply to you or someone in the home.

If both YES (Me) and YES (Person in Home) are true, check both

Since the coronavirus disease pandemic began, what has changed for you or your family?

POSITIVE CHANGE			
74. More quality time with family or friends in person or from a distance (e.g., on the phone, Email, social media, video conferencing, online gaming).	YES (Me) YES (Person in Home)	NO	N/A
75. More quality time with partner or spouse.	YES (Me) YES (Person in Home)	NO	N/A
76. More quality time with children.	YES (Me) YES (Person in Home)	NO	N/A
77. Improved relationships with family or friends.	YES (Me) YES (Person in Home)	NO	N/A
78. New connections made with supportive people.	YES (Me) YES (Person in Home)	NO	N/A
79. Increase in exercise or physical activity.	YES (Me) YES (Person in Home)	NO	N/A
80. More time in nature or being outdoors.	YES (Me) YES (Person in Home)	NO	N/A
81. More time doing enjoyable activities (e.g., reading books, puzzles).	YES (Me) YES (Person in Home)	NO	N/A
82. Developed new hobbies or activities	YES (Me) YES (Person in Home)	NO	N/A
83. More appreciative of things usually taken for granted.	YES (Me) YES (Person in Home)	NO	N/A
84. Paid more attention to personal health.	YES (Me) YES (Person in Home)	NO	N/A
85. Paid more attention to preventing physical injuries.	YES (Me) YES (Person in Home)	NO	N/A
86. Ate healthier foods.	YES (Me)	NO	N/A

	YES (Person in Home)		
87. Less use of alcohol or substances.	YES (Me) YES (Person in Home)	NO	N/A
88. Spent less time on screens or devices outside of work hours (e.g., looking at phone, playing video games, watching TV).	YES (Me) YES (Person in Home)	NO	N/A
89. Volunteered time to help people in need.	YES (Me) YES (Person in Home)	NO	N/A
90. Donated time or goods to a cause related to this disease (e.g., made masks, donated blood, volunteered).	YES (Me) YES (Person in Home)	NO	N/A
91. Found greater meaning in work, employment, or school.	YES (Me) YES (Person in Home)	NO	N/A
92. More efficient or productive in work, employment, or school.	YES (Me) YES (Person in Home)	NO	N/A

Suggested Citation

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