

COVID-19 Household Environment Scale (CHES)

Social Distancing is the practice of reducing physical contact with people outside of the home (e.g., in social, work, or school settings) to avoid transmission of COVID-19 (Coronavirus).

Part 1

Personal Information

Age _____

Gender: Male ____ Female ____ Nonbinary ____

Country where you currently live _____ If you are currently living in the US, please provide your zip code: _____

Years living in current country _____

What is the highest grade of school you've completed?

- ☐ No formal education completed
- ☐ 1st to 8th grade
- ☐ 9th to 11th grade
- ☐ GED (high school equivalent)
- ☐ High school diploma
- ☐ Some college/university
- ☐ College/university degree

Household Information

Total number of people living in the home (including yourself)? _____

Number who are not members of the family (e.g., friends, roommates, renters) _____

Number of adults aged 65 or above _____

Number of adults requiring caregiving due to health problems or disability (not due to COVID-19) ____

Number of children: under age 5 _____ ages 5-11 _____ ages 12-18 _____

Number of children with a disability or special healthcare need _____

Number of bedrooms in the home _____

Do you or your family own the home? Yes _____; No _____

COVID-19 information

Time practicing social distancing

- a. Less than one week
- b. One week to one month
- c. One to two months
- d. More than two months

Are you currently practicing social distancing? Yes____; No____

Did anyone in your home have symptoms of COVID-19? Yes____; No____

If yes, did they get tested? Yes____; No____

If yes, was it a diagnosed case (a positive result)? Yes____; No____

If yes, did it require hospitalization? Yes____; No____

Has anyone in your family (in or outside of your home) passed away from COVID-19 or related complications? Yes____; No____

During the COVID-19 pandemic are/were you or anyone in the home working in healthcare with direct patient contact? Yes____; No____

During the pandemic, are/were you or anyone in the home working in a job that you considered to be high risk for contracting COVID-19?

Yes____; No____

Of the adults in the home, how many are working from home? ____

Of the adults in the home, how many stopped working as result of COVID-19? ____

Part 2

Compared to BEFORE the COVID-19 pandemic, during social distancing, were/are there more CONFLICTS in your household about...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
How to spend leisure time (e.g., watching TV, hobbies, games, exercise)							
Parenting or childcare							
Children's schoolwork							
Decisions about how people should take care of their health (e.g. taking medicines, going to the doctor, getting enough to eat)							
Decisions about going out (e.g., on errands, to appointments, for visits)							
Decisions about visitors to the home							
Home maintenance (e.g., cleaning or tidying, laundry, repairs)							
Personal hygiene							

Food (e.g., what is purchased, what meals are prepared, or amount that is eaten)							
Work or employment (e.g., finding a job, going to a job, needing a quiet space to work at home)							
Finances (e.g., spending, purchases, paying bills)							
Privacy or personal space							
News or Social Media (e.g., watching too much news, what people believe from social media, what people share on social media)							
Alcohol, tobacco or drug use							
Politics							

Compared to BEFORE the COVID-19 pandemic, during social distancing, was/is there is more TOGETHERNESS in your household because of...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
Spending leisure time together (e.g., hobbies, television, playing games, social media)							
Engaging in conversation							
Doing exercise or fitness activities together							
Getting involved in the children's education							
Facing challenges or solving problems together							
Helping each other (e.g., with use of technology, health needs)							

Sharing household tasks (e.g., cooking, gardening, laundry, cleaning)							
Going on errands together (e.g. to the market or drugstore)							
Eating together							
Showing concern or emotional support for each other							
Showing affection (hugs, kisses)							
Physical intimacy (sexual relations)							
Sharing religious or spiritual activities (e.g. praying, meditating, religious lessons)							
Sharing material resources (e.g., personal items, books, money)							
Helping others together (e.g., volunteering, charitable work)							

Citation: Behar-Zusman, V., Chavez, J.V. & Gattamorta, K. (*In Preparation*), Developing a Measure of the Impact of COVID-19 Social Distancing on Household Conflict and Cohesion.