Research article

The magnitude of COVID-19 related stress, anxiety and depression associated with intense mass media coverage in Saudi Arabia

Yosef Mohamed-Azzam Zakout\textsuperscript{1,3,*}, Fayez Saud Alreshidi\textsuperscript{2}, Ruba Mustafa Elsaid\textsuperscript{1} and Hussain Gadelkarim Ahmed\textsuperscript{1,3}

\textsuperscript{1} Department of Pathology, College of Medicine, University of Hail, Hail, Kingdom of Saudi Arabia
\textsuperscript{2} Department of Family and Community Medicine, College of Medicine, University of Hail, Hail, Kingdom of Saudi Arabia
\textsuperscript{3} Department of Histopathology and Cytology, Faculty of Medical Laboratory Sciences, University of Khartoum, Khartoum, Sudan

\* Correspondence: Email: y.zakout@uoh.edu.sa; yosifzakot@yahoo.com; Tel: +966551369928; +249912927880.

Supplementary

The 32 questions of the questionnaire (were translated to Arabic).

- Nationality:
  - Saudi
  - Non-Saudi

- Are you currently living in Saudi Arabia?
  - Yes
  - No

- Gender:
  - Male
  - Female

- How old are you (in years)?

- Marital status:
  - Married
  - Unmarried
6- Education level:
   Basic study
   Graduate
   Postgraduate

7- Occupation:
   Unemployed
   House wife
   Student
   Employee
   Self-employed
   Retired
   Other

8- How do you describe your level of following the news of COVID-19 pandemic?
   Excessively (Daily)
   Actively (4-6 days a week)
   Moderately (2-3 days a week)
   Rarely (1 day or less weekly)

9- What is your primary source of following the news of this pandemic?
   T.V
   Radio
   Social media
   Journals
   Internet

10- Do you feel the extensive coverage in the media of COVID-19 news causes you stress and/or anxiety?
    Yes
    No

11- Do you live alone?
    Yes
    No

12- I found it hard to wind down.
    0. Did not apply to me at all
    1. Applied to me to some degree, or some of the time
    2. Applied to me to a considerable degree or a good part of time
    3. Applied to me very much or most of the time

13- I was aware of dryness of my mouth.
    0. Did not apply to me at all
    1. Applied to me to some degree, or some of the time
    2. Applied to me to a considerable degree or a good part of time
    3. Applied to me very much or most of the time

14- I couldn’t seem to experience any positive feeling at all.
    0. Did not apply to me at all
    1. Applied to me to some degree, or some of the time
    2. Applied to me to a considerable degree or a good part of time
3. Applied to me very much or most of the time

15-I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion).
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

16-I found it difficult to work up the initiative to do things.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

17-I tended to over-react to situations.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

18-I experienced trembling (e.g. in the hands).
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

19-I felt that I was using a lot of nervous energy.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

20-I was worried about situations in which I might panic and make a fool of myself.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

21-I felt that I had nothing to look forward to.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

22-I found myself getting agitated.
   0. Did not apply to me at all
      1. Applied to me to some degree, or some of the time
      2. Applied to me to a considerable degree or a good part of time
      3. Applied to me very much or most of the time

23-I found it difficult to relax.
   0. Did not apply to me at all
1. Applied to me to some degree, or some of the time
2. Applied to me to a considerable degree or a good part of time
3. Applied to me very much or most of the time

24- I felt down-hearted and blue.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

25- I was intolerant of anything that kept me from getting on with what I was doing.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

26- I felt I was close to panic.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

27- I was unable to become enthusiastic about anything.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

28- I felt I wasn’t worth much as a person.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

29- I felt that I was rather touchy.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

30- I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat).
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time

31- I felt scared without any good reason.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time
32- I felt that life was meaningless.
   0. Did not apply to me at all
   1. Applied to me to some degree, or some of the time
   2. Applied to me to a considerable degree or a good part of time
   3. Applied to me very much or most of the time