



## Dear participant!

Thank you for participating in our family study!

Due to the corona pandemic, there have been some lockdowns, school closures, and other changes in daily life over the past year and a half. This survey is about how parents, children and adolescents have experienced this time, what difficulties have been encountered and how families have dealt with this situation. By participating in this study, you will make a great contribution to discovering how families in Graz are doing and how they can be supported in the best possible way.

To participate in this study, it is important that you are a parent of at least one child under the age of 18 and that you live in Graz.

The completion of this questionnaire will take about 15 minutes. Please take the necessary time and complete the questionnaire alone and in privacy.

The study is conducted by the University of Graz on behalf of the Office for Youth and Family of the city of Graz. If you have any questions, please contact:

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### Data Privacy Statement

The data collected in the following will be treated strictly confidentially and stored in anonymous form. All data provided by you will be handled in confidence. Conclusions about your person are therefore not possible. Regulations of the Data Protection Act as well as the General Data Protection Regulation will be adhered to. The participation in this study is voluntary and can be terminated at any time without giving reasons and without any resulting disadvantages.

I agree to the use of my data for an scientific analysis of the anonymized data.

## 1. Demographic data

Initially, we would like you to complete a few questions about yourself and your family.

**How many children do you have?**

none  1  2  3  4  5 or more

**Do you have a child/children between the ages of 3 and 14?**

yes  no

**Age of the (oldest) child**

**Age of the youngest child**

\_\_\_\_\_ years

\_\_\_\_\_ years

## 2. Demographic data

Please give us some more information about yourself.

**Age**

\_\_\_\_\_ years

**Gender**

female  male  diverse

**Occupational situation**

full-time employed  part-time employed  marginally employed  
 in education  unemployed

**Occupational situation of your partner (if available)**

full-time employed  part-time employed  marginally employed  
 in education  unemployed

**What is your nationality?**

Austrian citizenship  other: \_\_\_\_\_

**In which country were you born?**

Austria  other country: \_\_\_\_\_

**Which language/languages do you speak most often at home?**

\_\_\_\_\_

**In which district in Graz do you live?**

Innere Stadt  St.Leonhard  Geidorf  Lend  Gries  Andritz  
 Liebenau  St.Peter  Waltendorf  Ries  Mariatrost  Gösting  
 Eggenberg  Wetzelsdorf  Straßgang  Puntigam  Jakomini

**Highest education completed**

Compulsory school  Apprenticeship diploma  Vocational middle school without A-levels  
 General or vocational higher education school with A-levels  College  
 Academy  University/University of Applied Sciences

**Are you a single parent?**

yes  no

**Family status**

single  in partnership  married  divorced  widowed

**How do you and your family get along with the money you have available?**

very good  good  moderate  bad  very bad  not specified

### 3. Questions about general well-being

How are you currently doing as a mother/father in terms of the corona pandemic?

very good  good  moderate  bad  very bad

How have you been coping with the challenges and burdens of the pandemic over the past 1.5 years?

very good  good  moderate  bad  very bad

### 4. Questions about family climate

Please think about the time since the corona pandemic began. How have the following things changed in your family since then?

Please tick the appropriate box.

	much better	better	equal	worse	much worse
family climate					
time spent together					
talking to each other					
mutual support					

### 5. Questions about parenting

Please think about the time since the corona pandemic started. How much do you agree with the following statements?

Please tick the appropriate box.

Since the beginning of the pandemic...	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
... the other parent has taken on more parenting responsibilities than before.					
... I have taken on more parenting responsibilities than before.					
... I am more satisfied with the distribution of tasks in parenting.					
... I have more time for raising our children.					
... the other parent has more time for raising our children.					
... I am experiencing more responsibility in raising our children.					
... the other parent is experiencing more responsibility in raising our children.					

## 6. Questions about resources

There are many things that can help to cope better with stress in an exceptional situation. You will now see a list of such things. Please indicate how helpful from 1 (very helpful) to 7 (not helpful at all) the following points are for you. Please rate the things even if you have not been able to use or experience them directly.

	1 very helpful	2 helpful	3 rather helpful	4 neither nor	5 rather not helpful	6 not helpful	7 not helpful at all
Exchange with others affected by the corona pandemic and its consequences							
Support from people outside the family (e.g. social work, counselling services, therapy,..)							
Staying in contact with friends, families, and colleagues							
Support from the partner							
Support from friends, relatives, acquaintances...							
The feeling that we all have to go through the same.							
Receiving reliable and comprehensible information about the pandemic and current measures							
The prospect of an improvement of the situation (e.g. announcement of school openings, end of the lockdown)							
Omission of everyday appointments/obligations							
Participation in (digital) therapy and support services (e.g. counselling services, exchange, group services, networking...)							
The feeling of achievement							
Having a private retreat							
Maintaining daily structures (e.g. fixed bedtimes)							
Distraction and alternative leisure activities (handicrafts, reading, cooking, crafts...)							
Occupation with media (television, computer, digital media,...)							
Exercise and sport							
Talking about fears and worries							
Others:							

Are there things that **would have helped** you in this situation which you could **not experience or use**? If so, what are the **reasons** why you could not use these things?

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How have your feelings changed regarding to the following statements **since the pandemic in relation to before the pandemic?**

Please tick the appropriate box.

	more than before	a bit more than before	stays the same	a bit less than before	less than before
I can rely on my own abilities in difficult situations.					
I am able to solve most problems on my own.					
I can usually solve even challenging and complex tasks well.					
I know whom to contact when I need help.					

**To what extent would you agree with the following statements?**

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
I managed to stay calm throughout the pandemic.					
I think that we will weather the crisis well.					
If I can't manage something on my own I am sure that I can call for help any time.					
I can see the purpose of the Corona protection measures.					

### Recovery and Stress

This questionnaire consists of a series of statements. These statements possibly describe your mental, emotional, or physical well-being or your activities during the past 7 days and nights.

Please select the answer that most accurately reflects your thoughts and activities.

During the last 7 days and nights...	0 never	1 seldom	2 sometimes	3 often	4 more often	5 very often	6 always
... I laughed.							
... I felt physically fit.							
... I was in good spirits.							
... I was successful in what I did.							
... I felt down.							
... I was fed up with everything.							
... I was in a good mood.							
... I felt very exhausted.							

## 7. Questions about burdens

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

Please tick the appropriate box.

	not at all	several days	more than half the days	nearly every day
little interest or pleasure in doing things				
feeling down, depressed, or hopeless				
feeling nervous, anxious or on edge				
not being able to stop or control worrying				

To what extent would you agree with the following statements?

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
The pandemic-related changes have been very burdening for me.					
I am afraid that I or people close to me will catch Corona.					
We suffer financially due to the corona pandemic.					
I often feel overwhelmed due to the corona pandemic.					
The disputes/conflicts in my family have been increasing since the corona pandemic.					
It was stressful for me and my family not being able to participate in the usual services (leisure activities, counselling, group offerings, therapy ...) or only to be able to participate digitally.					
The pandemic seems never ending.					
My quality of life has deteriorated significantly since the beginning of the pandemic.					
Since the beginning of the pandemic I've often felt lonely.					
I usually feel well informed about the corona pandemic and the current measures.					
I feel safe about how the pandemic is being handled in Austria.					

## 8. Questions concerning your child

Below you will find some questions related to different aspects of childrens' health during the corona pandemic.

This study is going to explore some more details about the situation of children between the ages of 3 and 14.

- If you **do not** have a child who is **between 3 and 14 years old**, the survey ends here for you. **Thank you very much for participating!**
- If you **do** have a child who is **between the ages of 3 and 14**, please focus on that child when answering the questions.
- If you have **multiple** children **between the ages of 3 and 14**, please think of that child who has had a harder time dealing with the pandemic compared to the other siblings when answering the questions.

### Age

\_\_\_\_\_ years

### Gender

female  male  diverse

### My child

goes to kindergarten  goes to school  is at home  other

## 9. Questions about the general well-being

How is your child currently doing in terms of the corona situation?

very good  good  moderate  bad  very bad

How has your child been coping with the challenges and burdens due to the corona pandemic over the past 1.5 years?

very good  good  moderate  bad  very bad



**10. Questions about school** [only for children who are attending school]

**How did your child cope with school requirements within the last year?**

- very good  good  moderate  bad  very bad

**To which of the following things has your child had access to during the last year?**

The child had...

- a stable internet connection  
 an available laptop, tablet or computer he/she could work with  
 help with studies from a parent or carer  
 a quiet space for studying  
 a desk for studying  
 regular support from school  
 none of these

**How much do you agree with the following statements?**

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
My child could organise himself/herself well. (completing assignments on time, participating in online classes...)					
In general, my child was motivated for school.					
I am worried that my child has learned less as a result of the corona pandemic.					
It was easy for my child to adapt to the different forms of teaching.					
My child is looking forward to having a normal school routine again.					

## 11. Questions about resources

There are many things that can help children in an exceptional situation to cope better with stress. You will now see a list of such things. Please indicate how helpful from 1 (very helpful) to 7 (not helpful at all) the following points are for your child. **Rate** the things even if your child **has not been able to use or experience** them directly.

	1 very helpful	2 helpful	3 rather helpful	4 neither nor	5 rather not helpful	6 not helpful	7 not helpful at all
Contact with other children.							
The prospect of an improvement of the situation (e.g. announcement of school openings, end of the lockdown).							
Participation in (digital) therapy and support services (e.g. counselling services, exchange, group services, networking...).							
Support from people outside the family (e.g. social work, school psychology, therapy, street work...).							
Spending more time with the family.							
The feeling of achievement							
Having a private retreat							
Maintaining daily structures (e.g. fixed bedtimes).							
Distraction and alternative leisure activities (handicrafts, reading, cooking, crafts...).							
Occupation with media (television, computer, digital media,...).							
Exercise and sport.							
Availability of caregivers.							
Talking about fears and worries.							
Receiving reliable and comprehensible information about the pandemic and current measures.							
Others:							

Are there things that **would have helped** your child which he or she could not experience or use? If so, what do you think could be **possible reasons** for it?

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**How much would you agree with the following statements?**

Please tick the appropriate box.

	strongly agree	some-what agree	neither agree nor disagree	some-what disagree	strongly disagree
My child has managed to stay calm in the Covid19-Pandemic.					
My child usually solves his/her problems on his/her own.					
If my child can't do something on his/her own, he/she gets support.					
My child knows who to turn to when he/she needs support.					
My child is good at keeping himself/herself busy.					

**To what extent would you agree with the following statements?**

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
My child suffered badly from social distancing.					
I do have the feeling that my child has been feeling lonely more often since the pandemic.					
My child is or was very afraid of getting contracted or of family members getting contracted with Corona.					
My child is or was very afraid of transmitting the infection to close relatives.					
I do have the feeling that my child was not able to handle the changed circumstances well (e.g., social distancing, home schooling, a lot of time at home ...).					
The pre-existing problems and difficulties concerning my child have increased due to the pandemic.					
The problems and difficulties concerning my child have <b>not changed</b> substantively since the beginning of the pandemic.					
I am afraid that due to the pandemic my child won't develop as good as it would without.					
My child has recently had difficulties getting along with a large group of children.					

**Over the last 2 weeks, how often has your child been bothered by the following problems?**

Please tick the appropriate box.

	not at all	several days	more than half the days	nearly every day
little interest or pleasure in doing things				
feeling down, depressed, or hopeless				
feeling nervous, anxious or on edge				
not being able to stop or control worrying				

**Concerning your child, which behaviours or reactions have you increasingly been observing since the beginning of the pandemic?**

- aggressiveness
- verbal violence
- physical violence
- fatigue, exhaustion
- lack of motivation, listlessness
- neglect of previous popular activities
- suicidal ideation
- changed eating behaviour
- addictive behaviour**
  - computer games
  - digital media/ social media
  - smoking
  - alcohol
  - cannabis
  - other illegal drugs (heroin, cocaine...)

**What are your biggest concerns about your child right now?**

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### 13. Completion

**There are certain things that make it easier to cope with challenges like the pandemic, a few of them are listed below. Which things would you like to strengthen for yourself?**

- organizing ability
- patience, sedateness
- Establishing contact with authorities / official channels
- Dealing with family conflicts
- Creating everyday structures
- Dealing with strong feelings (sadness, anger, fear ...)
- flexibility, adaptability
- Knowledge about the needs and development of children
- parenting skills
- Dealing with difficult situations with children
- social support network
- others: \_\_\_\_\_

**What kind of support could the Office for Youth and Family offer you?**

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**In your opinion, what are the positive effects of the corona pandemic for you personally and/or your family?**

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**Thank you very much for participating!**