

The Oxford Psychological Investigation of Coronavirus Questionnaire – TOPIC-Q.

(Rosebrock, Černis, Lambe, Waite, Rek, Petit, Ehlers, Clark, & Freeman, 2021,  
<http://dx.doi.org/10.1017/S0033291721000283>)

How strongly do you **currently** believe each of these statements?

	Not at all	A little	Moderately	A lot	Totally
1. The only way to survive is not to leave the house.	0	1	2	3	4
2. I am going to die from this virus.	0	1	2	3	4
3. I will never be safe from the virus.	0	1	2	3	4
4. If I get coronavirus, no treatment will save me.	0	1	2	3	4
5. The virus is on almost every surface.	0	1	2	3	4
6. My world has been shattered by coronavirus.	0	1	2	3	4
7. Having to isolate has permanently changed me for the worse.	0	1	2	3	4
8. The pandemic has made everything hopeless.	0	1	2	3	4
9. There is no point planning ahead.	0	1	2	3	4
10. Whenever my breath is short I think I've got the virus.	0	1	2	3	4
11. If I feel hot, I think I'm dying.	0	1	2	3	4
12. If I cough, I'm certain I have the virus.	0	1	2	3	4
13. If others tell me I look tired, I fear I have the virus.	0	1	2	3	4
14. My response to the lockdown shows that I am a bad person.	0	1	2	3	4
15. I deserve to get coronavirus.	0	1	2	3	4

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16. I have failed in my response to coronavirus.	0	1	2	3	4
17. People will think I'm infected with coronavirus if I cough or sneeze in public.	0	1	2	3	4
18. People will judge me badly because of my response to coronavirus.	0	1	2	3	4
19. People will think I'm disgusting if I cough or sneeze in public.	0	1	2	3	4
20. People will think I'm horrible if I get too close to them.	0	1	2	3	4
21. I have spread the virus to hundreds of people.	0	1	2	3	4
22. I have spread the virus and caused other people to die.	0	1	2	3	4
23. I have spread the virus without realising I had it.	0	1	2	3	4
24. People are deliberately trying to give me the virus.	0	1	2	3	4
25. The virus is particularly going after me.	0	1	2	3	4
26. When outside, people get close to me in order to give me the virus.	0	1	2	3	4

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Scoring (sum the scores for each subscale):

Cognitions about Safety and Vulnerability: Items 1, 2, 3, 4, 5

Cognitions about Negative Long-Term Impact: Items 6, 7, 8, 9

Cognitions about Having the Virus: Items 10, 11, 12, 13

Cognitions about Negative Self: Items 14, 15, 16

Cognitions about Social Judgment: Items 17, 18, 19, 20

Cognitions about Spreading the Virus: Items 21, 22, 23

Cognitions about Being Targeted: Items 24, 25, 26