

**Table 1**  
Exploratory factor analysis (Canadian sample): Factor loadings.

Item	Scale	I	II	III	IV	V
I am worried about catching the virus	D	<b>0.67</b>	0.11	0.00	0.13	0.06
I am worried that I can't keep my family safe from the virus	D	<b>0.54</b>	0.22	0.01	0.15	-0.01
I am worried that our healthcare system won't be able to protect my loved ones	D	<b>0.54</b>	0.24	0.04	0.11	-0.08
I am worried that our healthcare system is unable to keep me safe from the virus	D	<b>0.51</b>	0.23	0.09	0.12	-0.07
I am worried that basic hygiene (e.g., handwashing) is not enough to keep me safe from the virus	D	<b>0.51</b>	0.23	0.07	0.15	0.01
I am worried that social distancing is not enough to keep me safe from the virus	D	<b>0.50</b>	0.19	0.11	0.13	0.04
I am worried about grocery stores running out of food	SE	0.05	<b>0.80</b>	0.02	0.03	-0.01
I am worried that grocery stores will close down	SE	0.02	<b>0.72</b>	0.03	0.05	-0.01
I am worried about grocery stores running out of cleaning or disinfectant supplies	SE	0.19	<b>0.61</b>	0.05	0.02	0.06
I am worried about grocery stores running out of cold or flu remedies	SE	0.07	<b>0.61</b>	0.09	0.06	0.15
I am worried about grocery stores running out of water	SE	-0.10	<b>0.60</b>	0.15	0.05	0.19
I am worried about pharmacies running out of prescription medicines	SE	0.15	<b>0.58</b>	0.06	0.08	0.04
I am worried that foreigners are spreading the virus in my country	X	-0.03	0.07	<b>0.83</b>	0.03	-0.02
If I went to a restaurant that specialized in foreign foods, I'd be worried about catching the virus	X	-0.13	0.10	<b>0.79</b>	0.04	0.03
I am worried about coming into contact with foreigners because they might have the virus	X	0.12	0.00	<b>0.78</b>	0.04	0.04
If I met a person from a foreign country, I'd be worried that they might have the virus	X	0.12	0.01	<b>0.75</b>	0.05	0.03
If I was in an elevator with a group of foreigners, I'd be worried that they're infected with the virus	X	0.29	0.00	<b>0.63</b>	-0.02	0.02
I am worried that foreigners are spreading the virus because they're not as clean as we are	X	0.09	0.10	<b>0.59</b>	0.06	0.12
I am worried that if I touched something in a public space (e.g., handrail, door handle), I would catch the virus	C	<b>0.68</b>	0.02	0.11	0.06	0.12
I am worried that if someone coughed or sneezed near me, I would catch the virus	C	<b>0.64</b>	0.04	0.16	0.04	0.06
I am worried that people around me will infect me with the virus	C	<b>0.60</b>	0.09	0.15	0.11	0.07
I am worried about taking change in cash transactions	C	<b>0.57</b>	0.01	0.12	0.05	0.17
I am worried that I might catch the virus from handling money or using a debit machine	C	<b>0.56</b>	0.07	0.14	0.07	0.15
I am worried that my mail has been contaminated by mail handlers	C	<b>0.41</b>	0.14	0.22	0.02	0.19
I had trouble concentrating because I kept thinking about the virus	T	0.09	0.00	0.00	<b>0.85</b>	0.01
Disturbing mental images about the virus popped into my mind against my will	T	-0.01	0.03	0.07	<b>0.80</b>	0.07
I had trouble sleeping because I worried about the virus	T	0.07	0.05	0.00	<b>0.75</b>	0.04
I thought about the virus when I didn't mean to	T	0.16	0.03	-0.03	<b>0.75</b>	-0.01
Reminders of the virus caused me to have physical reactions, such as sweating or a pounding heart	T	-0.03	0.04	0.07	<b>0.74</b>	0.11
I had bad dreams about the virus	T	-0.11	0.06	0.06	<b>0.69</b>	0.15
Searched the Internet for treatments for COVID-19	CH	0.00	0.09	0.08	0.06	<b>0.67</b>
Asking health professionals (e.g., doctors or pharmacists) for advice about COVID-19	CH	-0.11	0.08	0.06	0.10	<b>0.66</b>
YouTube videos about COVID-19	CH	0.03	0.00	0.02	0.04	<b>0.65</b>
Checking your own body for signs of infection (e.g., taking your temperature)	CH	0.12	0.03	0.01	0.09	<b>0.59</b>
Seeking reassurance from friends or family about COVID-19	CH	0.13	0.02	-0.06	0.15	<b>0.55</b>
Social media posts concerning COVID-19	CH	0.24	-0.03	-0.09	0.04	<b>0.46</b>

Bold = salient (> .30) loading. D = danger, SE = socio-economic consequences, X = xenophobia, C = contamination, T = traumatic stress, CH = compulsive checking.

### 3.4. Internal consistency of scales

Based on the results of the factor analysis, five scales were constructed to form the CSS. The complete CSS appears in the supplement. The scales were scored by adding the unit-weighted items together. Higher scores indicate greater levels of COVID-19-related distress. Items were unit-weighted instead of being weighted according to factor score coefficients, because unit-weightings are more likely to be reliable (i.e., replicable) in future studies (Cohen, 1990). Table 2 presents Cronbach alpha coefficients for each scale in each sample. Here, it can be seen that all of the coefficients were > .80, indicating good-to-excellent reliability as internal consistency (Tavakol & Dennick, 2011). Table 3 presents the correlations among the scales. Here, it can be seen that all the scales of the CSS were intercorrelated. This suggests, for people with high scores, that symptoms assessed in the CSS form a coherent COVID Stress Syndrome.

**Table 2**  
Reliability as internal consistency: Cronbach alphas.

	Canadian sample	U.S. sample
COVID danger and contamination	0.94	0.95
COVID socioeconomic consequences	0.90	0.91
COVID xenophobia	0.92	0.93
COVID traumatic stress	0.93	0.93
COVID compulsive checking	0.83	0.86

**Table 3**  
Correlations among the COVID Stress Scales: Canadian (and U.S.) samples.

	1	2	3	4
1. COVID danger and contamination	-			
2. COVID socioeconomic consequences	.71 (.73)	-		
3. COVID xenophobia	.65 (.66)	.58 (.60)	-	
4. COVID traumatic stress symptoms	.62 (.62)	.55 (.57)	.43 (.48)	-
5. COVID compulsive checking	.53 (.54)	.49 (.53)	.41 (.48)	.58 (.63)

All  $p < .001$ .

### 3.5. Convergent validity

Table 4 shows the correlations of the scales of CSS with the pre-COVID trait measures of health anxiety and obsessive-compulsive (OC) contamination and checking symptoms. Here, it can be seen that all correlations were significant ( $p < .001$ ) and almost all were medium-to-large in magnitude. These findings support the convergent validity of the CSS.

### 3.6. Discriminant validity

Due to the large sample sizes, the correlations between the five scales of the CSS and social desirability were statistically significant for each country ( $p < .001$ ); but, they were substantively trivial in their absolute values, smaller than Cohen's classification of "small" correlation (i.e., the correlations ranged from -.14 to -.05). This finding indicates that a socially desirable response set was essentially unrelated to