

Fear of COVID-19 Scale

Purpose

The Fear of COVID-19 Scale is a brief self-report measure assessing fear and emotional responses related to COVID-19.

Instructions

Below are several statements related to COVID-19. Please indicate your level of agreement with each statement.

Response Scale

1	Strongly disagree
2	Disagree
3	Neither agree nor disagree
4	Agree
5	Strongly agree

Items

- 1 I am most afraid of COVID-19.
 - 2 It makes me uncomfortable to think about COVID-19.
 - 3 My hands become clammy when I think about COVID-19.
 - 4 I am afraid of losing my life because of COVID-19.
 - 5 When watching news and stories about COVID-19 on social media, I become nervous or anxious.
 - 6 I cannot sleep because I'm worrying about getting COVID-19.
 - 7 My heart races or palpitates when I think about getting COVID-19.
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Scoring

The Fear of COVID-19 Scale is scored by summing responses across all 7 items. Higher scores indicate greater fear of COVID-19.

Citations

Original Scale Development Paper

Ahorsu, D. K., Lin, C.-Y., Imani, V., Saffari, M., Griffiths, M. D., & Pakpour, A. H. (2020). The Fear of COVID-19 Scale: Development and initial validation. *International Journal of Mental Health and Addiction*.

Cross-Cultural Validation Across 48 Countries

Sawicki, A. J., Żemojtel-Piotrowska, M., Balcerowska, J. M., Sawicka, M. J., Piotrowski, J., Sedikides, C., Jonason, P. K., Maltby, J., Adamovic, M., Agada, A. M. D., Ahmed, O., Al-Shawaf, L., et al. (2022). The Fear of COVID-19 Scale: Its structure and measurement invariance across 48 countries. *Psychological Assessment*.