Title: Medical student wellness, coping, and motivation during the COVID-19 pandemic

Research Questions:
- Has the COVID-19 situation affected medical students’ general and emotional wellness?
- How did medical students cope with the changes (e.g., learning environment) in their life due to the COVID-19 pandemic?
- Did COVID-19 have an impact on medical students’ motivation to learn and prepare for their career?

Demographics:
1. Medical student year during 2019-20: M1 (Class of 2023), M2 (Class of 2022), M3 (Class of 2021), M4 (Class of 2020)
3. Gender: Male, Female, Other (please specify)
4. Ethnicity (select all that apply): White or Caucasian, Hispanic or Latino, Black or African American, Native American or American Indian, Asian/Pacific Islander, Other (please specify)

Thinking about the period during the COVID-19 Stay at Home order, please respond to the following survey items:

Wellness
- Strongly disagree-Disagree-Neither agree nor disagree-Agree-Strongly agree
5. I was able to achieve most of the goals that I set for myself.
6. In general, I think that I obtained outcomes that are important to me.
7. I was able to successfully overcome challenges.
8. I am confident that I performed effectively on many different tasks.
9. Compared to other people, I completed most tasks very well.
10. Even when things were tough, I performed quite well.
   Comments:
11. Describe the most challenging aspect(s) due to the COVID-19 Stay at Home order.

Perceived Stress
- Never-Rarely-Sometimes-Frequently-Always
12. How often did you feel nervous and stressed?
13. How often did you feel that you were effectively coping with important changes that were occurring in your life?
14. How often did you feel confident about your ability to handle your personal problems?
15. How often did you feel that you were on top of things?
16. How often did you feel difficulties were piling up so high that you could not overcome them?
   Comments:
17. Describe your adjustment to the new learning environment (all online).

Coping
- Strongly disagree-Disagree-Neither agree nor disagree-Agree-Strongly agree
18. I actively looked for ways to maintain balance in my life.
19. I believe that I grew in positive ways by dealing with difficult situations resulting from the Stay at Home order.
20. I looked for creative ways to alter difficult situations caused by the crisis.
21. I believe I controlled my reaction to the pandemic.
22. When I needed help, I did not hesitate to seek assistance.
23. I sought assistance for mental wellness (e.g., apps, counseling services, friends/family) to cope with the pandemic.

Comments:
24. Describe the methods (e.g., exercise, alcohol, television) used for coping with the pandemic and their effectiveness.

**Motivation to Learn**

Strongly disagree-Disagree-Neither agree nor disagree-Agree-Strongly agree
25. I feel like the pandemic has improved the effort I put toward my learning and career preparation.
26. I was able to continue my studies despite the Stay at Home order.
27. Even when educational materials were dull and uninteresting, I kept working until I finished.
28. I found that when completing educational materials, I thought of other things and could not really focus.
29. I worked hard to find ways to prepare for my career during the pandemic.

Comments
30. Provide any additional comments regarding your wellness, coping, and motivation to learn during the pandemic.