

## Appendix C: Table 1 Examination Components and Survey List

**Table 1. Examination Components and Survey List**

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|---|
| <b>Personal History</b>   |
| Personal History, Medical History   |
| <b>Questionnaires</b>   |
| Beck Anxiety Inventory (BAI), CES-D, Beck Hopelessness Scale, Connor-Davidson Resilience Scale 10, Brief COPE, Beck Depression Inventory-II, Organizational Support, Maslach Burnout Inventory-GS; Fatigue scale; Spielberger Stress Survey |
| PCL-PTSD Checklist for DSM-5,   |
| COVID specific questions/ civil unrest  |
| <b>Lifestyle Factors</b>  |
| Pittsburgh Sleep Quality Index  |
| <b>Physical Measurements</b>  |
| Physical Measurements (Anthropometrics, Blood Pressure, Pulse)  |
| <b>Biological Measures</b>  |
| Pre-qualifying Blood Draw and Cortisol Form, Survey, Saliva Take Home Questionnaires  |
| Telomere Length   |
| <b>Screening Forms</b>  |
| Eligibility Screening Form  |