

Explaining Psychological Vulnerability and Responses to COVID-19 Lockdown in Greece 2020

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Abstract: The present study is exploring the psychosocial impact of Covid-19 pandemic in Greek population during the period of lockdown aiming in the examination of depression, anxiety and stress scores but also in the investigation of possible factors related to mental health conditions during the lockdown period. A total of 911 adults participated in an online survey by completing a self-reporting questionnaire including demographic questions, DASS42 (anxiety, stress, depression scale), 'Integrative Worldview Framework' (IWF) and open-ended questions. Statistical analysis revealed mild increased stress levels in female participants ($p=0.063$) while gender differences were significant in depression and anxiety scores as well. Age and education level appeared to be important vulnerability factors for younger ages and for individuals with tertiary education level. Moreover, individuals with traditional worldviews appear to be somewhat more vulnerable than others to stress symptoms ($p=0.060$), while those with modern worldviews exhibit significantly lower DASS42 scores in all three categories ($p=0.035$, 0.061 , and 0.007).

Keywords: Psychosocial impact, depression, anxiety, worldviews, lockdown, COVID-19, Greece

Intro: The term "coronaphobia" is mentioned in current studies as the mass fear of COVID-19, which has generated an excessive amount of psychiatric symptoms and manifestations in multiple social and cultural contexts (Dubey et al., 2020) while lockdown measures play an important role in the way that each individual experiences the pandemic crisis. The effectiveness of lockdown measure has been largely questioned as a preventive for disease transmission since they relate it with the level of compliance, mental health problems, adequate financial support and enhanced knowledge about pandemic planning (Saurabh & Ranjan, 2020). During the time of 42 days general lockdown in Greece, individuals were obliged by the law to stay indoors. This specific condition seemed to have a major impact in Greek's social and personal life as well as an economic burden and financial losses. The current research is aiming at the exploration of the psychosocial impact of Covid-19 and lockdown conditions while worldviews as mental health possible predictors were explored.

Data, Materials and Methods: 911 adult participants, living in Greece completed an online survey assessing self-reported **depressive and anxiety symptoms**, quality of **social supporting network**, general **worldviews**, **attitudes towards pandemic** measures and other **demographic data**. The materials used were the Greek translation of **DASS42** scale, a self administered questionnaire which principally measures anxiety stress and depression as a feature of the general population with 42 item (Lyrakos et al., 2011) and the quantitative version of the '**Integrative Worldview Framework**' (IWF), a worldview-scale aiming to distinguish between four major worldviews – labeled **traditional, modern, postmodern, and integrative** (De Witt et al., 2016).

Participants: The mean age of the participants is 42.99 with SD=13.9, and median age 42. Among them 69.6% are females and 30.4% are males. The mean age of females is 41.32, SD=13.6 and median age 41, while the mean age of males is 46.8, s.d.13.9 and median age 47.



Analysis: Multiple regression modelling was applied using DASS42 scores for depression, anxiety, and stress as dependent variables with a variety of explanatory qualitative and quantitative variables representing all the main demographic characteristics of the individuals as age, sex, family status, employment status, living conditions, number of children, as well as, variables related to their social relationships, emotional experiences, and their attitudes towards quarantine.

Results – Main Findings

53% of the participants declare that tranquility was the most prominent feeling they experienced during the quarantine period, while 21.3% declared stress as the most prominent feeling they experienced during the same time period. According to DASS42 methodology the mean depression scores were 8.4 and 6.3 for females and males respectively ($p=0.000$), the mean anxiety scores were 5.33 and 3.33 females and males respectively ($p=0.000$), and the mean scores for stress were 10.11 and 7.24 for females and males respectively ($p=0.000$). Moreover, 40% of participants in the traditional worldview category reported depression symptoms in contrast with a 31.4% of individual resting in the rest categories.

Table 1: Psychosocial Vulnerability Factors

	DEPRESSION				ANXIETY				STRESS	
	(β)	Standard error of β	p	Parameter estimate (β)	Standard error of β	p	(β)	Standard error of β	p	
(Constant)	11.004	2.137	.000**	5.447	1.494	.000**	11.516	2.044	.000**	
Gender	-1.005	.536	.061*	-1.194	.375	.001**	-1.866	.513	.000**	
Age	-.062	.025	.014**	-.043	.018	.013**	-.082	.024	.001**	
Single	-1.212	.904	.180	-.688	.632	.277	-.691	.865	.424	
Cohabiting	-1.009	1.066	.344	-.444	.745	.551	-.653	1.020	.522	
In a relationship	-2.158	.826	.009**	-1.091	.578	.054*	-.756	.790	.339	
Employed	.359	1.167	.759	.947	.816	.246	1.352	1.116	.226	
Unemployed before lockdown	-.873	.945	.356	.105	.661	.873	.060	.904	.947	
Unemployed after lockdown	.103	1.116	.927	.629	.780	.420	1.283	1.067	.230	
Parenthood	1.233	.644	.053*	.713	.450	.114	.063	.616	.918	
Secondary Education	-.912	.723	.207	.498	.505	.325	.169	.692	.807	
Tertiary education	1.329	.591	.025*	.874	.413	.035*	.807	.565	.153	
Doctoral degree	1.705	.807	.035*	1.400	.564	.013**	.352	.772	.648	
Traditional	1.904	.954	.046*	.955	.667	.153	1.665	.913	.069*	
Postmodern	-.302	.676	.655	-.213	.473	.652	-.682	.647	.292	
Integrative	.799	.641	.213	.458	.448	.307	.730	.613	.234	

Findings/Conclusions: A multiple regression modelling revealed a relationship between females and higher scores in depression, anxiety and stress, while younger participants found to be more vulnerable in all three categories. Furthermore, individuals who were in a non-cohabitating relationship during lockdown reported more symptoms of depression and anxiety. Parents found more vulnerable in depression as well, while individuals with tertiary education found to be more prone to depression and anxiety symptoms. Additionally, individuals with more traditional worldviews found more vulnerable in depression and stress. Findings about gender and age align with previous literature (Skapinakis et al., 2020) while worldviews seem to be related with the way that people perceive and deal with pandemic prevention measures (Dryhurst et al., 2020) as well as mental health conditions.

Related publications

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