Psychological functioning and preparedness for students quarantined during COVID-19

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Responding to stressors

- **Resilience is the most common response to stressful events**

66%
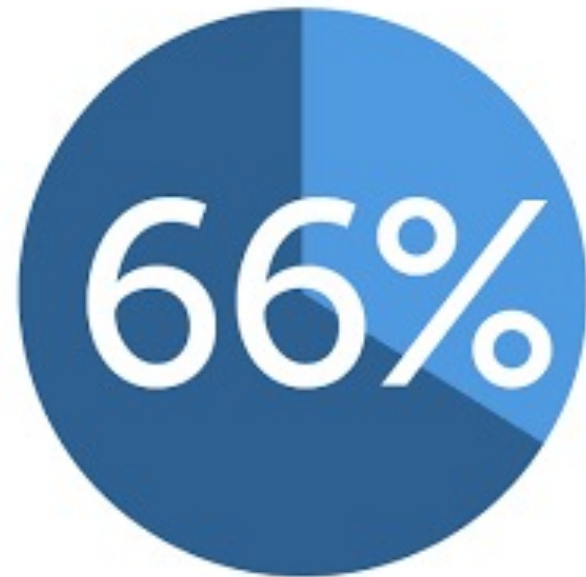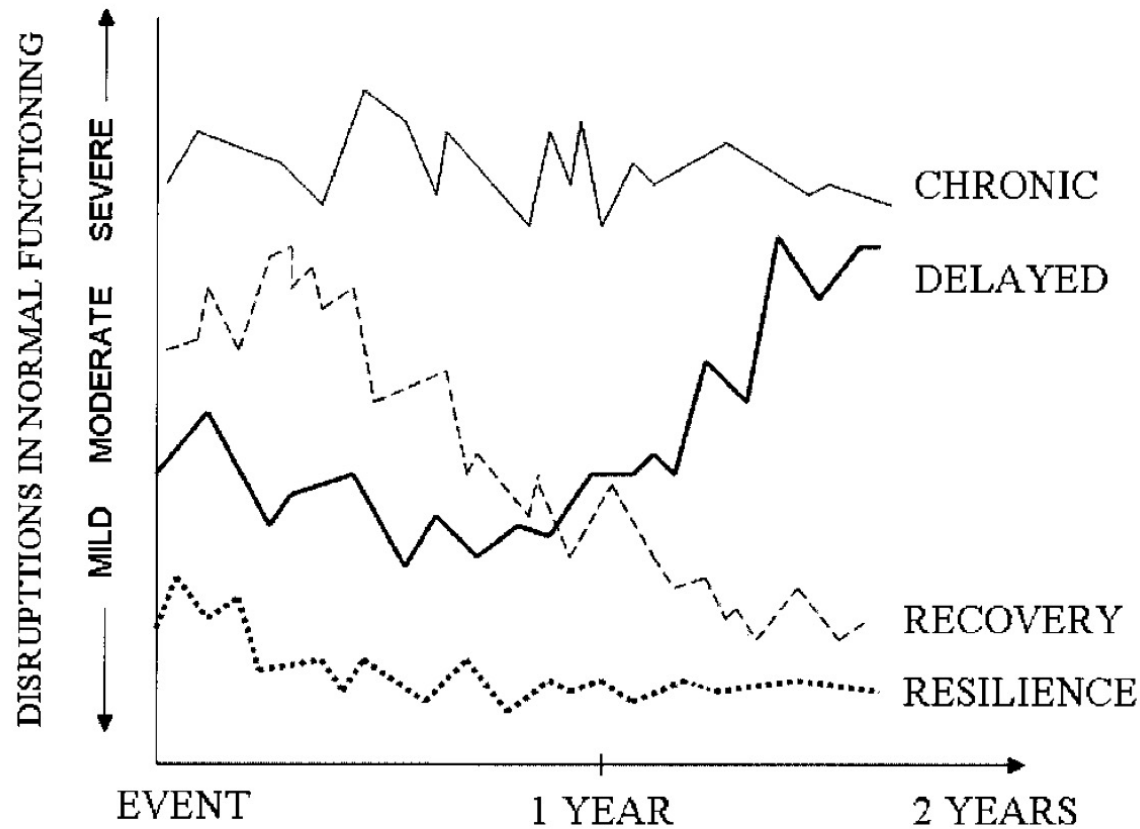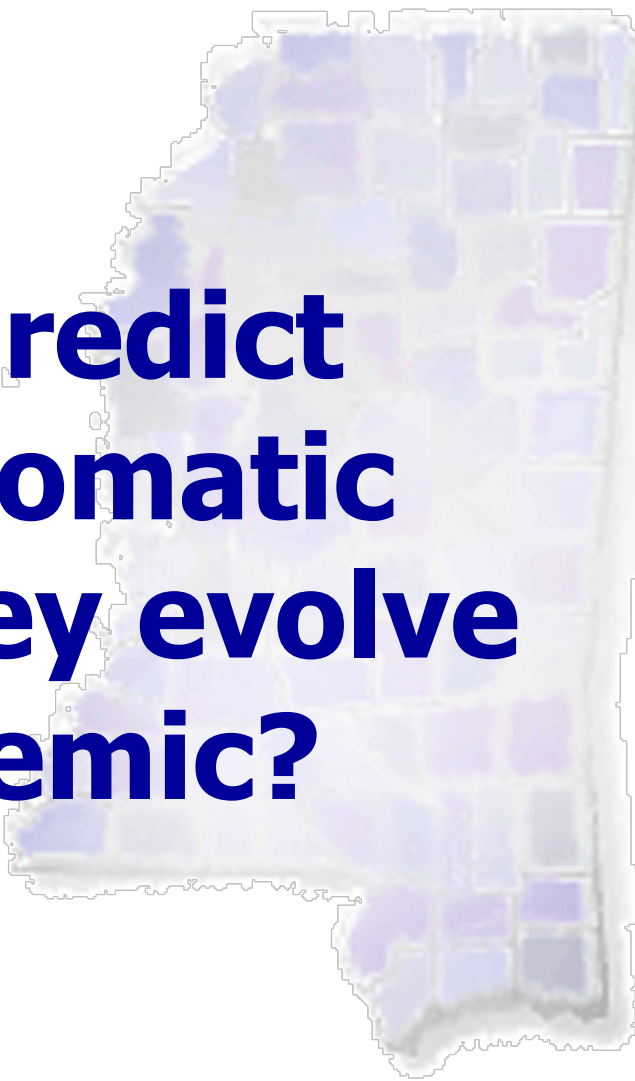
Resilience

Galatzer-Levy, Huang, & Bonanno, 2018

Figure 1
Prototypical Patterns of Disruption in Normal Functioning Across Time Following Interpersonal Loss or Potentially Traumatic Events

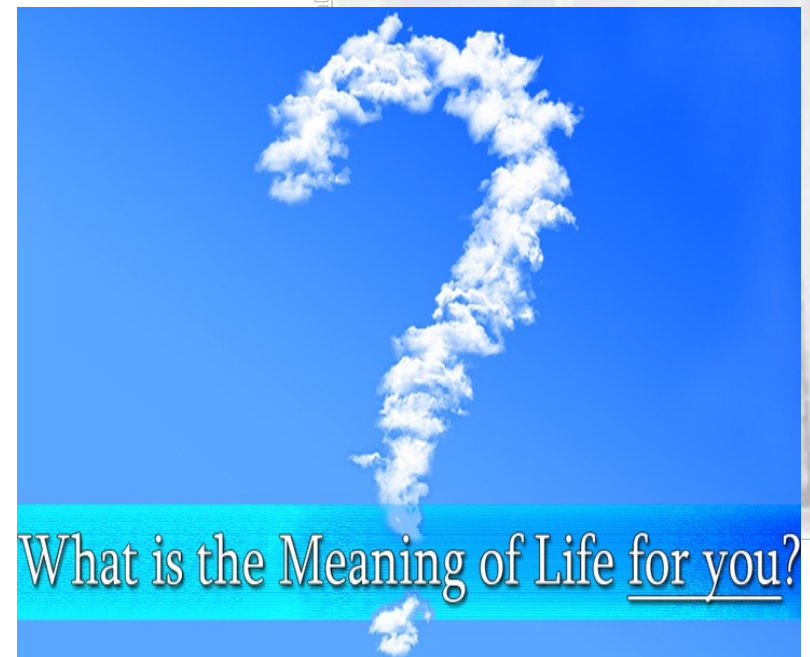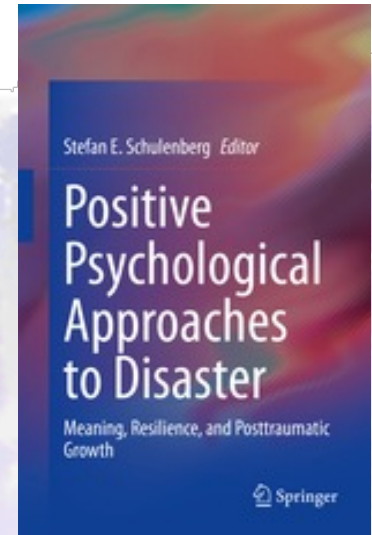Galatzer-Levy, Huang, & Bonanno, 2018

What factors predict resilient/symptomatic trajectories as they evolve during a pandemic?

Meaning in Life

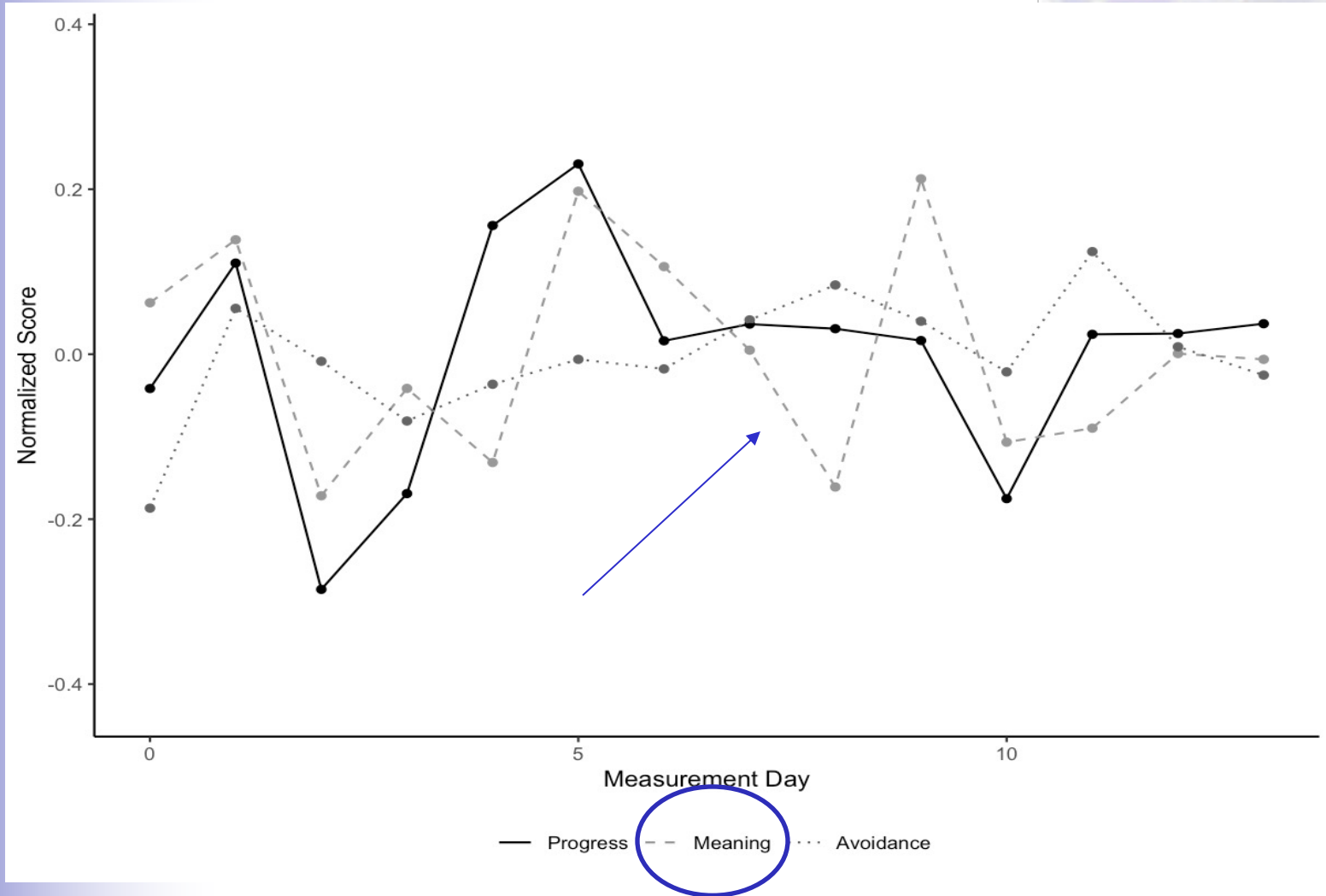- **Perception that one's life is significant**
- **Meaning-making**

Stefan E. Schulenberg *Editor*

Positive
Psychological
Approaches
to Disaster

Meaning, Resilience, and Posttraumatic Growth

Springer

What is the Meaning of Life for you?

Park, 2010; Schulenberg, 2020; Weber, Pavlacic, Gawlik, Schulenberg, & Buchanan, 2019

Social Support

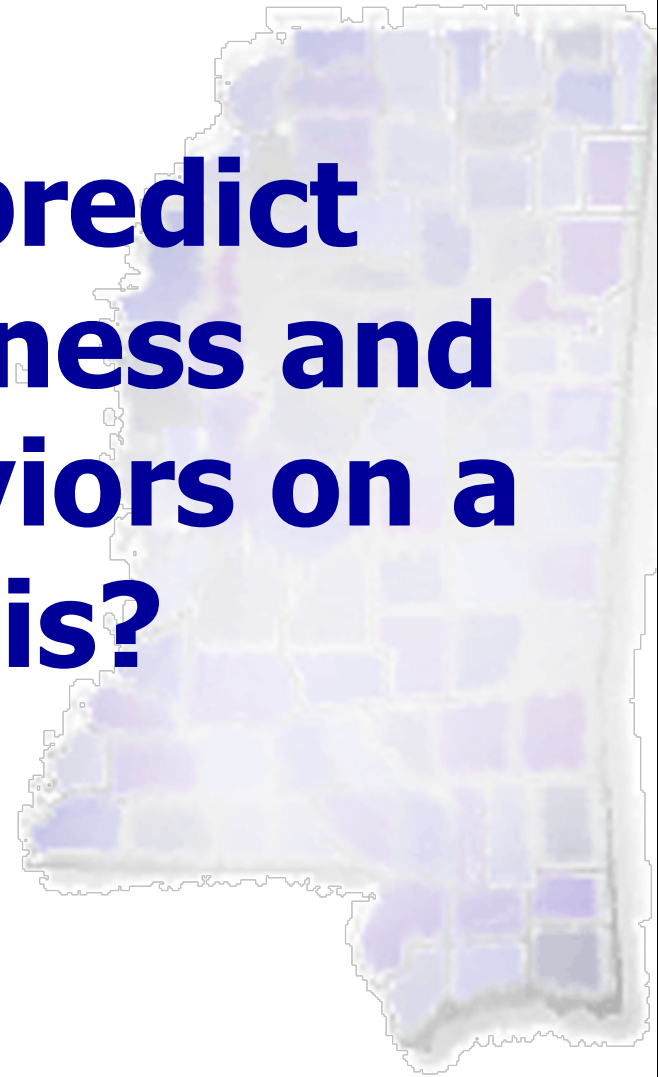Boullion, Pavlacic, Schulenberg, Buchanan, & Steger, 2020; Hayes & Hofmann, 2018

Individual Variability

What factors predict hazard preparedness and prevention behaviors on a weekly basis?

Extended Parallel Process Model

- ↑**Self-Efficacy + ↑Threat Perception**
- ↑**Self-Efficacy + ↓Threat Perception**
- ↑**Threat Perception + ↓Self-Efficacy**

Weber, Schulenberg, & Lair, 2018; Witte, 1992
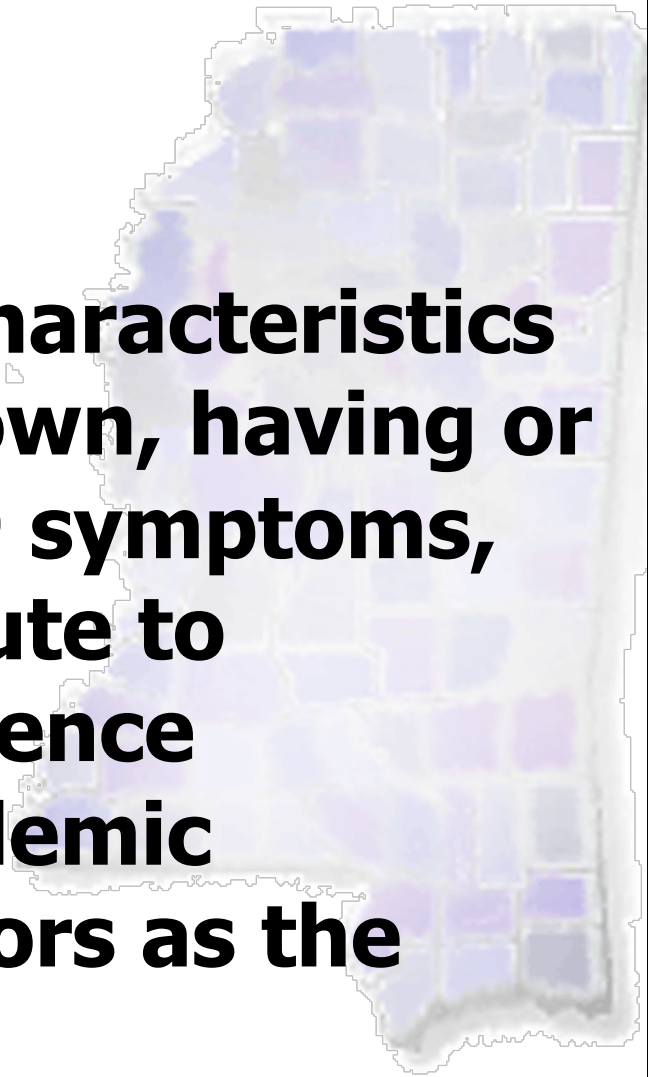
International Students

- **Increased risk for prejudice and discrimination**
- **Limited social support/access to resources**
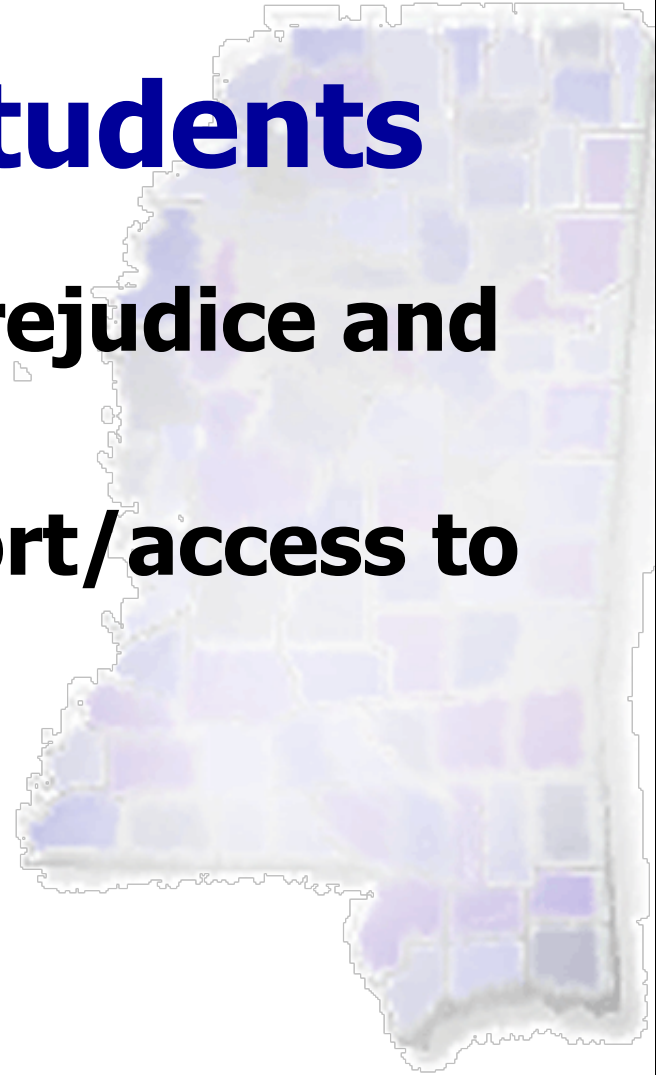
RQ1+H1

- **What demographic characteristics (i.e., extent of lockdown, having or not having COVID-19 symptoms, gender, SES) contribute to symptomatic or resilience trajectories and pandemic preparedness behaviors as the pandemic unfolds?**
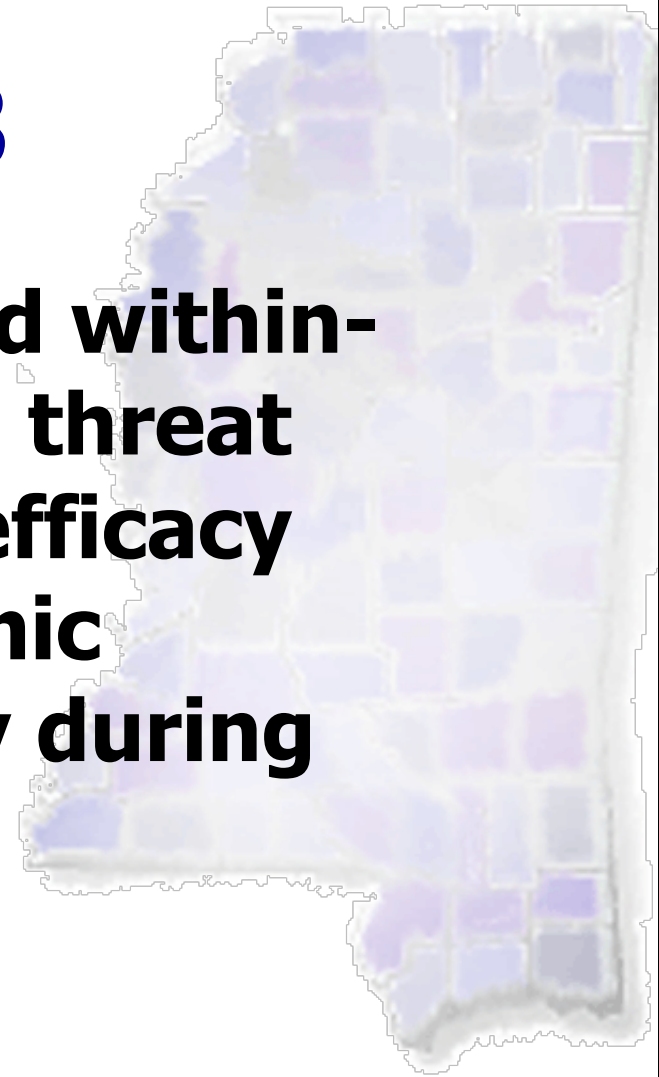
RQ2+H2

- **How do baseline and between- and within-person differences in meaning, social support, and self-efficacy contribute to resilience or symptomatic trajectories, and how do these relationships fluctuate at the weekly level during the pandemic?**
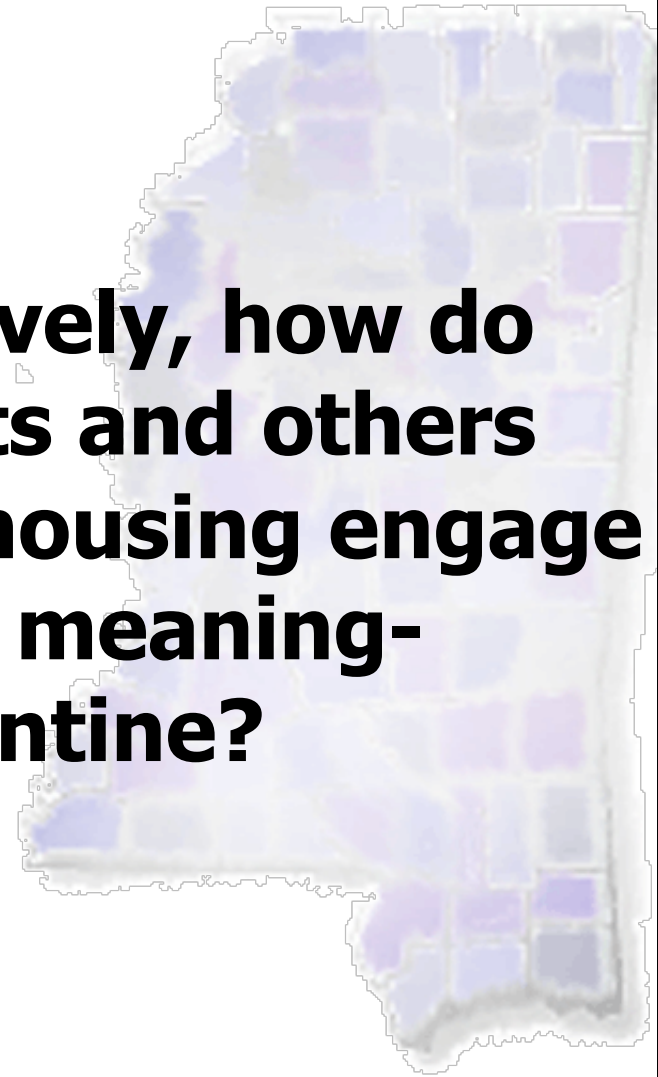
RQ3+H3

- **How do between- and within-person differences in threat perception and self-efficacy contribute to pandemic preparedness weekly during COVID-19?**
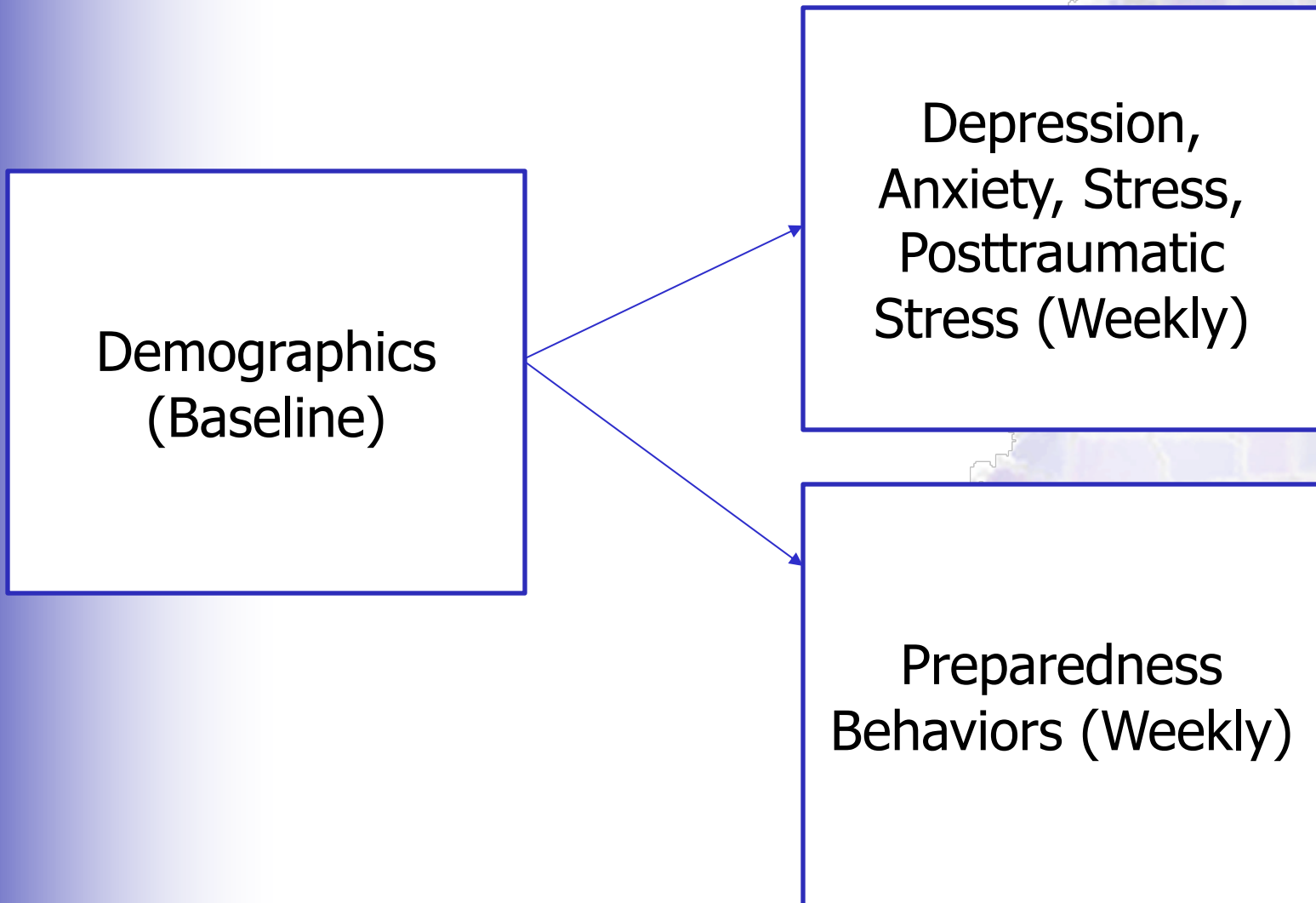
THE UNIVERSITY OF MISSISSIPPI

RQ4

- **As assessed qualitatively, how do international students and others confined to campus housing engage in social support and meaning-making during quarantine?**
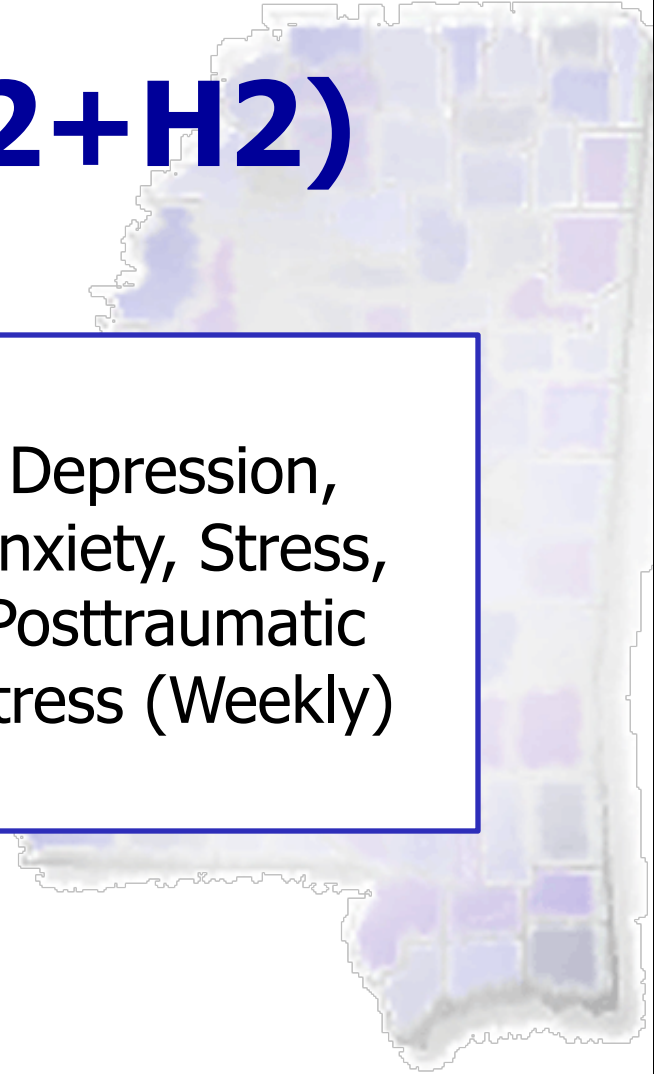
Measures (RQ1+H1)

Demographics (Baseline)

Depression, Anxiety, Stress, Posttraumatic Stress (Weekly)

Preparedness Behaviors (Weekly)

Measures (RQ2+H2)

Meaning, Social Support, Self-Efficacy (Baseline and Weekly) → Depression, Anxiety, Stress, Posttraumatic Stress (Weekly)
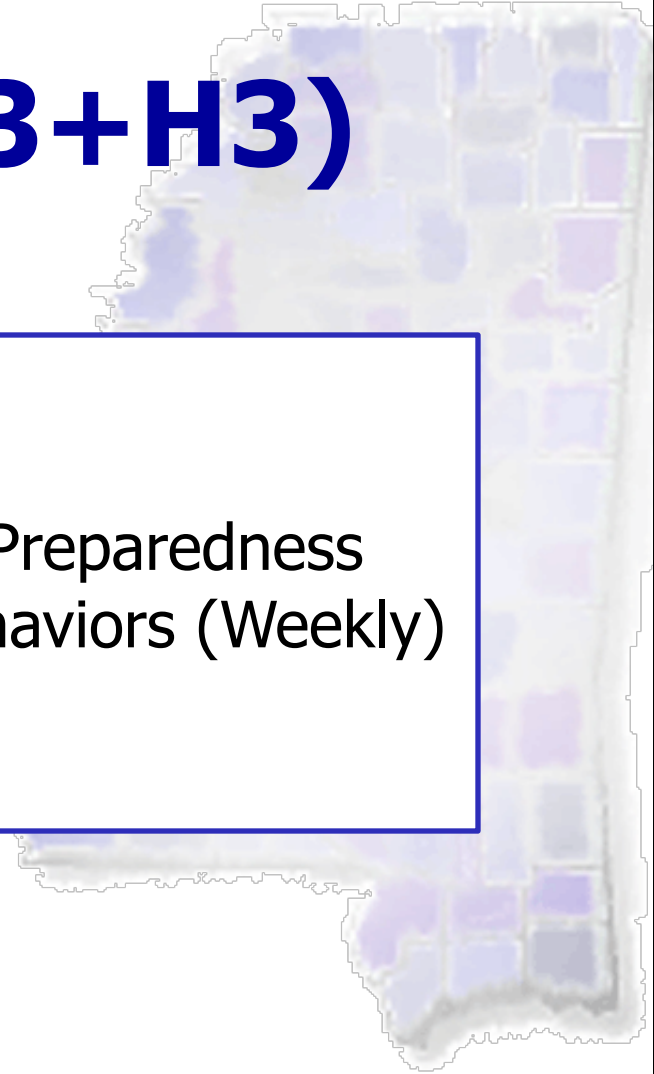
Measures (RQ3+H3)

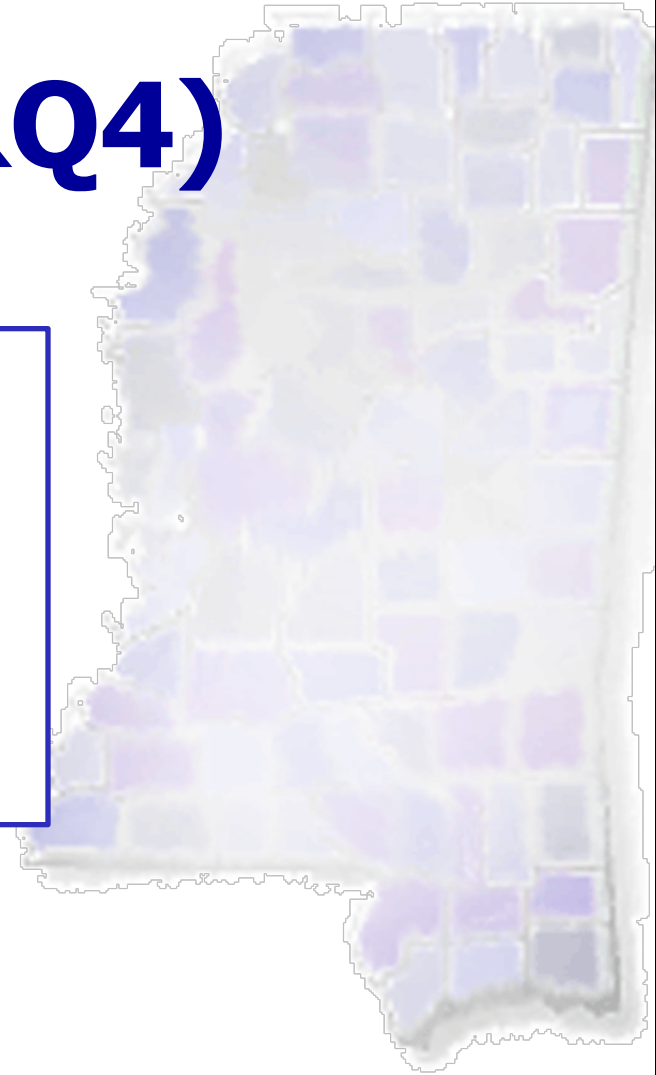Threat Perception, Self-Efficacy, (Weekly) → Preparedness Behaviors (Weekly)
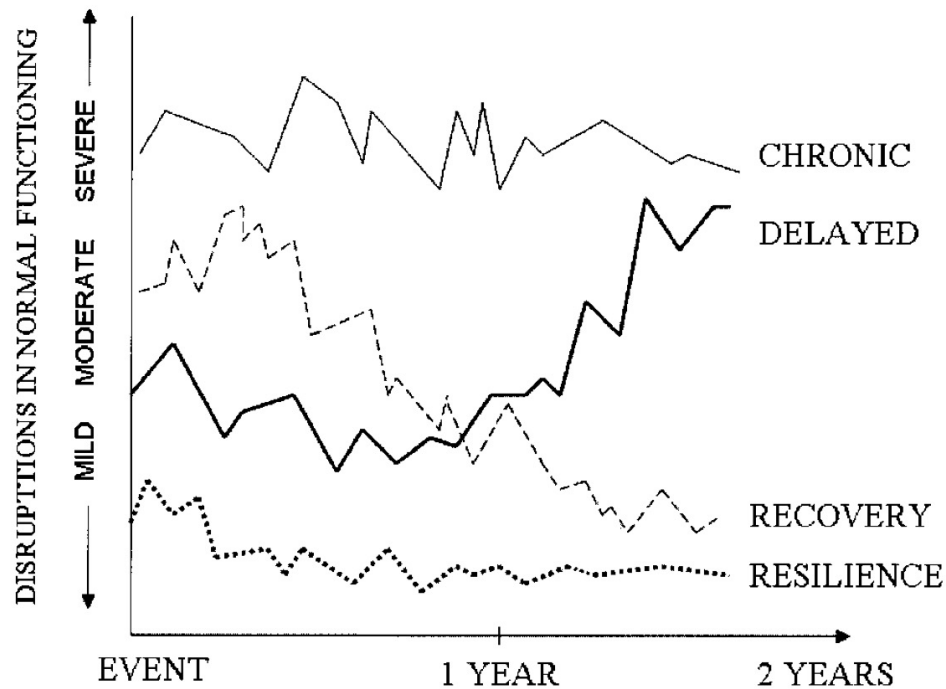
Measures (RQ4)

Free Responses

Procedure

- **Department of Student Housing at a large southeastern university**
- *A priori* **power analysis: 81 participants across 8 weeks**
- **~ 650 total responses**
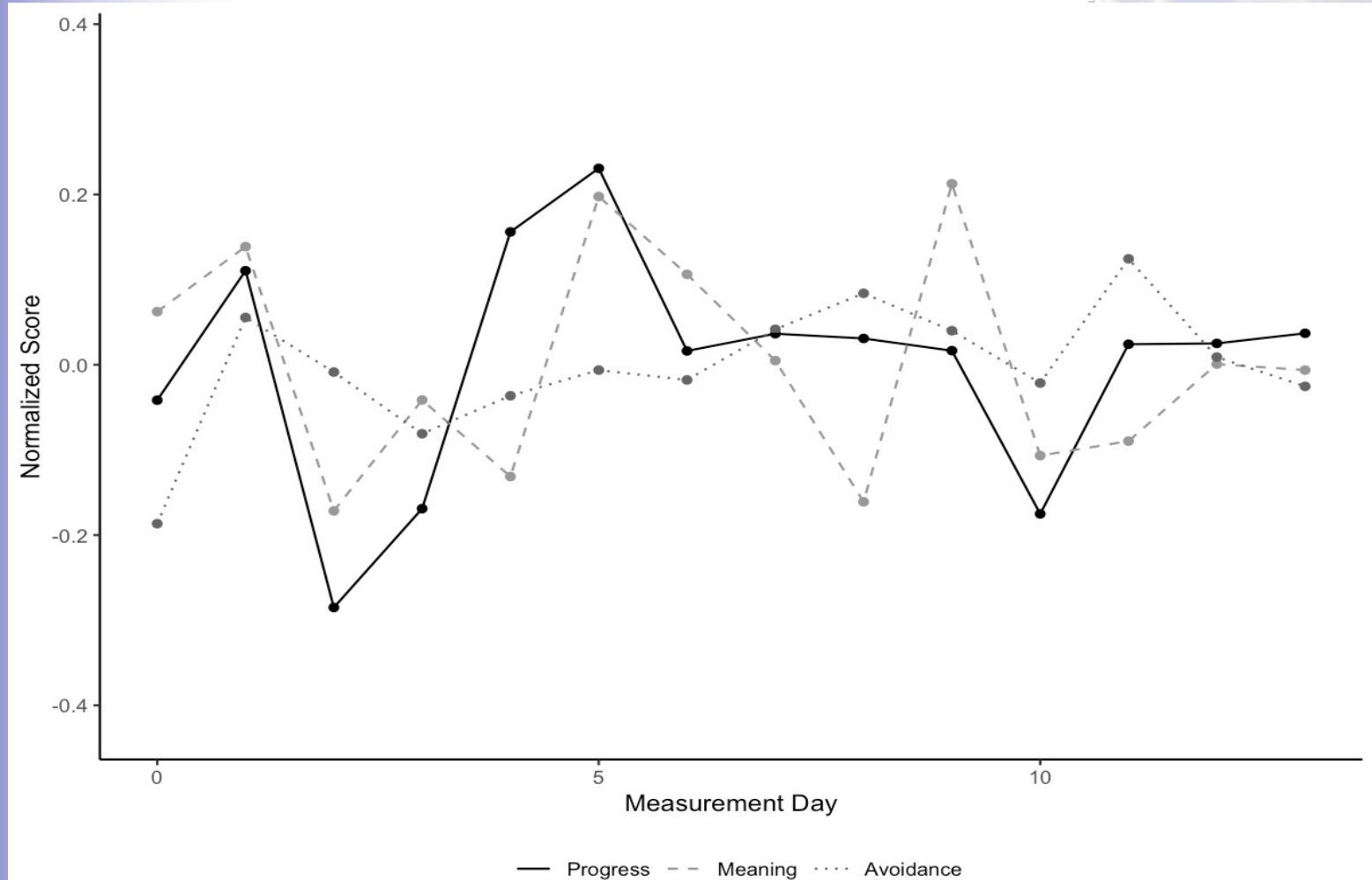- **Weeks 2-8 through weekly emails**

Latent Growth Mixture Modeling

Figure 1
Prototypical Patterns of Disruption in Normal Functioning Across Time Following Interpersonal Loss or Potentially Traumatic Events

Galatzer-Levy, Huang, & Bonanno, 2018

Multilevel Modeling

Pavlacic, Schulenberg, & Buchanan, *under review*

Qualitative Analyses

- **Identifying themes**

Contact info and thanks to the NHC for funding our study!

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