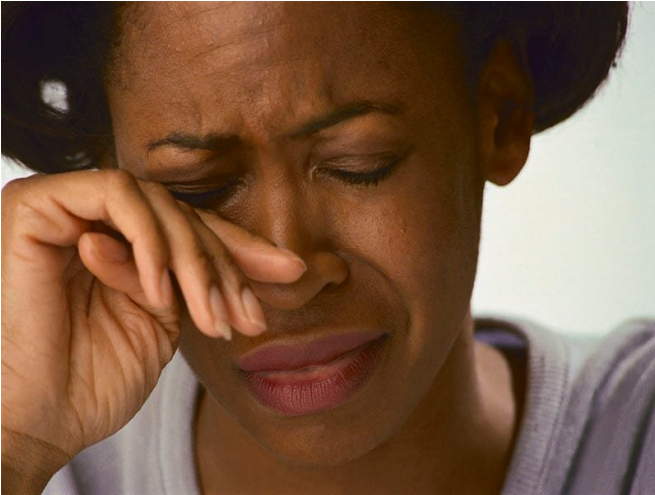


# Mental health resilience tied to fewer COVID-19 worries

26 August 2020



were not health care providers. There was an association observed between higher resilience scores and lower COVID-19-related worries. Each 1 standard-deviation increase in the resilience score was associated with reduced rates of anxiety (65 percent) and depression (69 percent) for both [health care professionals](#) and individuals who were not [health care providers](#).

"As we get a better grasp of what constitutes resilience in people during COVID-19, we hope that soon we will be able to inform interventions that can enhance [resilience](#), thereby mitigating the adverse effects of COVID-19 on [mental health](#)," a coauthor said in a statement.

**More information:** [Abstract/Full Text](#)

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(HealthDay)—Resilience helps alleviate COVID-19-related worries as well as anxiety and depression, according to a study published online Aug. 20 in *Translational Psychiatry*.

Ran Barzilay, M.D., Ph.D., from the University of Pennsylvania Perelman School of Medicine in Philadelphia, and colleagues developed and deployed a brief online resilience survey that asked questions about self-reliance, emotion regulation, interpersonal relationship patterns, and neighborhood environment during the acute COVID-19 outbreak (April 6 to 15, 2020). The analysis included 3,042 participants (65 percent female; mean age, 39 years).

The researchers found that participants reported significantly more distress about family contracting COVID-19 (48.5 percent) and unknowingly infecting others (36 percent) than getting COVID-19 themselves (19.9 percent). Rates of anxiety and depression did not differ significantly between health care providers and individuals who

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