

Introduction

- COVID-19: novel outbreak of coronavirus. First identified in Wuhan, Hubei, China and soon spread worldwide (Kang et al., 2020)
- Well-being: “scientific term for happiness and life satisfaction, thinking and feeling that your life is going well, not badly” (Diener, 2020)
- Well-being is negatively affected due to many changes that have occurred because of this pandemic
- Many people were forced to stay home even if not infected (Guibilini et al., 2018)

Research Question & Hypothesis

- How are people’s well-being related to their social distance adherence?
- The hypothesis is that people’s mental and social well-being is negatively affected by social distancing

Literature Review

- Social well-being is good for one’s mental health. Social well-being is when we have good relationships, social stability and peace (Social well-being, n.d.)
- Social distancing can be a threat to people’s well-being
- The benefits of quarantine outweigh the government imposing on people’s rights during this pandemic (Guibilini et al., 2018)
- People stay in touch through various means since social distancing (calling, texting, Zoom)
- Mental well-being has affected people. Negative moods are prevalent as people are worried that the world is changing for the worse (Horesh & Brown, 2020)
- Black people have the highest chances of dying if they contract COVID-19, followed by Indigenous people (APM Research Lab Staff, 2020)

Acknowledgements

- I would like to thank Aaron Wainman, Monte Stewart, Eleni Pinnow, my fellow cohort and everyone who helped us all out along the way

Abstract

- The purpose of this research is to focus on people’s well-being pertaining to COVID-19. How are people’s well-being tied to their social distancing adherence? It is important to understand this in order to help people cope with how the world is changing due to COVID-19

Tables

Social distancing adherence by gender

Gender	Mean (SD)	Number of participants
Male	2.53 (.72)	70
Female	2.26 (.60)	288
Non-binary/ Genderqueer	2.03 (.53)	9

Zung depression score by race

Race	Mean (SD)	Number of participants
Bi/multiracial	3.32 (.76)	12
White	3.74 (.87)	264
Black	4.04 (.90)	36
Latinx	3.44 (1.08)	29
Asian	3.50 (.99)	15

Methodology

Participants

378

Materials

- All scales were presented on a scale of 1 (Strongly Disagree) to 6 (Strongly Agree)
- COVID-19 Scale (Liao, Cowling, Nam, Ng & Fielding, 2010)
 - Sample question: *I understand how people get infected with COVID-19.*
- Well-Being Scale (Beckman, 1981)
 - Sample question: *I find it easy to do things I used to do.*

Procedure

- Participants took a Qualtrics survey, which took approximately 15 minutes to complete
- Demographics, such as race/ethnicity and gender were collected

Results

- Significant main effect on gender in the social distancing variable revealed that men distance the most and people who are non-binary distance the least [$F(2, 367) = 6.358, p < .05$]
- Significant positive correlation between depression and perceived likelihood of getting COVID-19 [$r(370) = .240, p > .05$]
- Main effect of perceived susceptibility revealed that Black and Asian participants felt more likely to catch COVID-19 in the next month than other races [$F(4, 365) = 5.627, p < .001$]
- Black participants felt more depressed than other races [$F(4, 366) = 3.348, p < .05$]

Discussion

- People with higher levels of depression felt that they were more likely to catch COVID-19 in the coming month
 - This may be related to cognitive distortions that are common with depression such as an inability to ignore negative stimuli (Hoffman et al., 2016)
 - Or the depressive symptoms may be caused by fear and stress related to catching COVID-19
- Black participants reported higher levels of depression and perceived susceptibility to COVID-19
 - This is consistent with other research and may reflect the Black community's awareness of health disparities in illness and treatment (Yancy, 2020)
 - Our study stopped data collection *prior* to the death of George Floyd and subsequent protests related to the Black lives Matter movement; these events also increased depression and anxiety in Black people (Devakumar et al., 2020)
 - The Black community has faced two public health crises in 2020: COVID-19 and racism
- Contrary to our hypothesis, there were no correlations between social distancing and depression, loneliness, or perceived susceptibility in getting COVID-19
- Our prediction that men would social distance less was incorrect; men reported the highest levels of distancing
- “We need to challenge our traditionally held ideas of what it means to be a man in the 21st century” (Monson, 2020)
- People must continue to do what they can to prevent germs