

Introduction

- Resiliency increases can be used as a measure of overall Mental Wellness and likelihood remission from PTSD and (Connor, 2006)
- Post Traumatic Growth is generally defined as a blanket term for the desirable, mental change directly developed by difficulty of navigating extreme life events (Kou, 2021).
- Unique opportunity to widely study protracted stressor (Covid-19 Pandemic) with varying levels of isolated yet related HMS events
- Currently in development: **Coronavirus Anxiety Scale (CAS)**; Lee, 2020) measures anxiety about Covid-19 via Psychology of Fear and Anxiety, not stress related to its affected experiences

Prior Research

- This study set out to expand upon Thomas (2020), the first at the time to investigate EI's affect as a mediator upon CER and PTG.
- Mixed Trauma Sample, all N at least one HMS
- Thomas's findings:
 - Correlations:
 - Positive & Significant- All adaptive CERQ strategies: EI
 - Positive & Significant- All adaptive CER strategies : PTG
 - Mediation:
 - Significant & Direct Effects on PTG: CERQ Acceptance, CERQ Positive Reappraisal
 - Significant & Indirect Effects on PTG (*ie. mediation*): CERQ Positive refocusing, CERQ refocusing on planning

Methods

- N= 67 Adults, Mean age of 25.70** (SD= 8.435)
- Students (90%) ; Female (78.7%)**
- White/Caucasian (46.7%), Asian/Pacific Islander (16.7%), Hispanic/Latino (15%), and Black (3.3%)** respondents
- Relationship Status:** condensed into **Single/Other (62.30%) & Cohabiting (37.70%)**
- HMS events reported (92.5%), TS events reported (92.5%)**

SurveyMonkey

4 Scales, 3 Demographic indices

Found no pre-existing measures of Covid Scale nor Grief, created measures to extend study of stress' impact upon PTG

- Trauma History Screen (THS;** Carlson, 2011) explores exposure to High Magnitude Stressors (HMS) and Persistent Posttraumatic Distress (PPD) occurrences.
- Post Traumatic Growth Inventory (PTGI;** Tedeschi, 1996) measures positive outcomes following traumatic stress.
- Cognitive Emotional Regulation Questionnaire (CERQ;** Garnefski, 2007) measures participants' conscious engagement of cognitive processes that contribute to emotional control during threatening or stressful life events, independent from behaviors.
- Assessing Emotions Scale (AES/SREIS;** Goldenberg, 2006) measures multiple aspects of **Emotional Intelligence (EI)**, formatted from an agility model framework
- Demographics C (Covid Shutdown, Covid Changes, & Covid Health)** participants rank the impact level of varying **COVID-related items** to represent overall burden of experience upon participant's life; includes **Grief** measures.

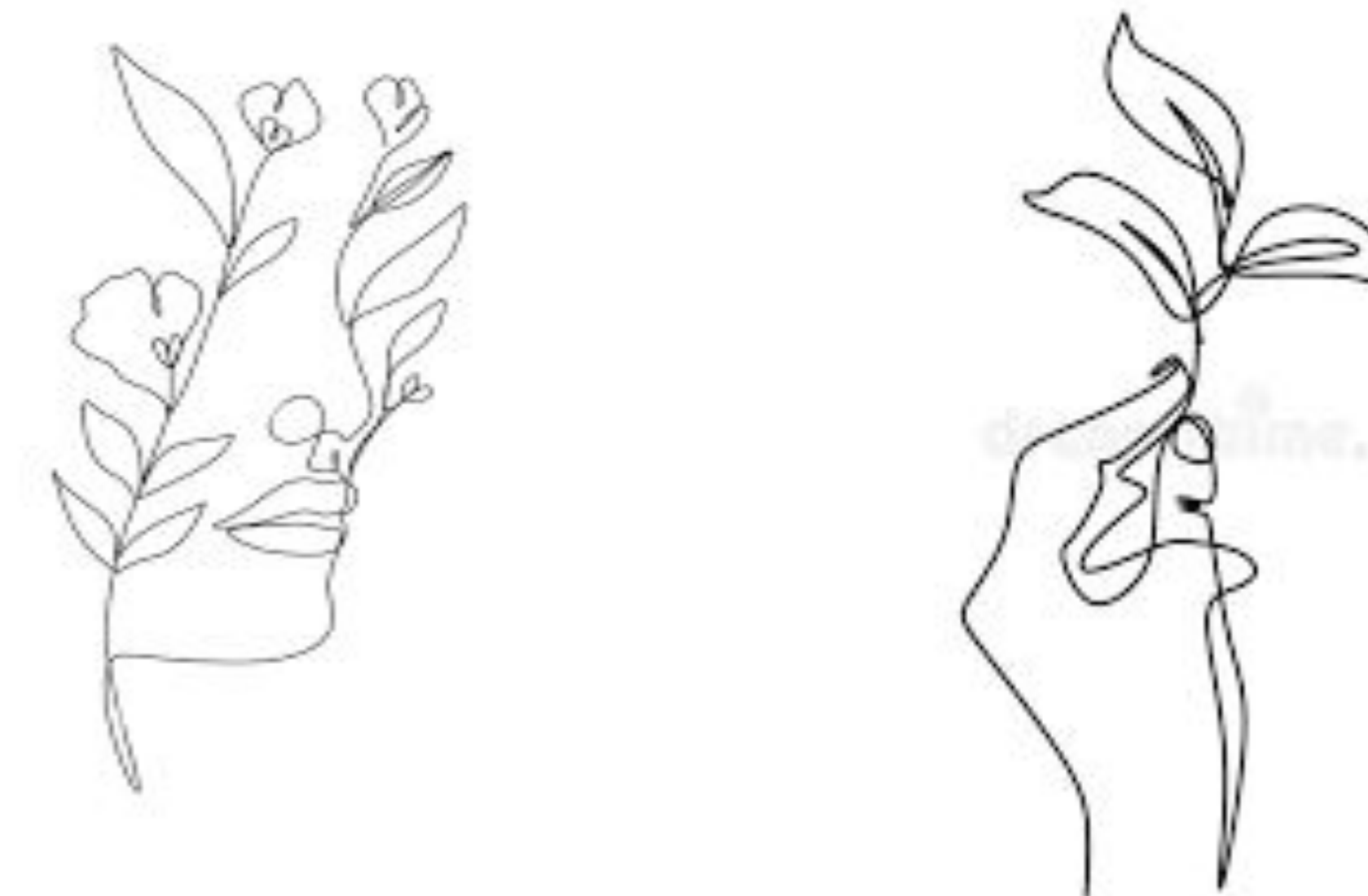
Data was analyzed using **ANOVAs** and **Pearson's Correlations** via a statistical analysis calculating software, **IBM SPSS v.26 Statistics**.

Key Terms

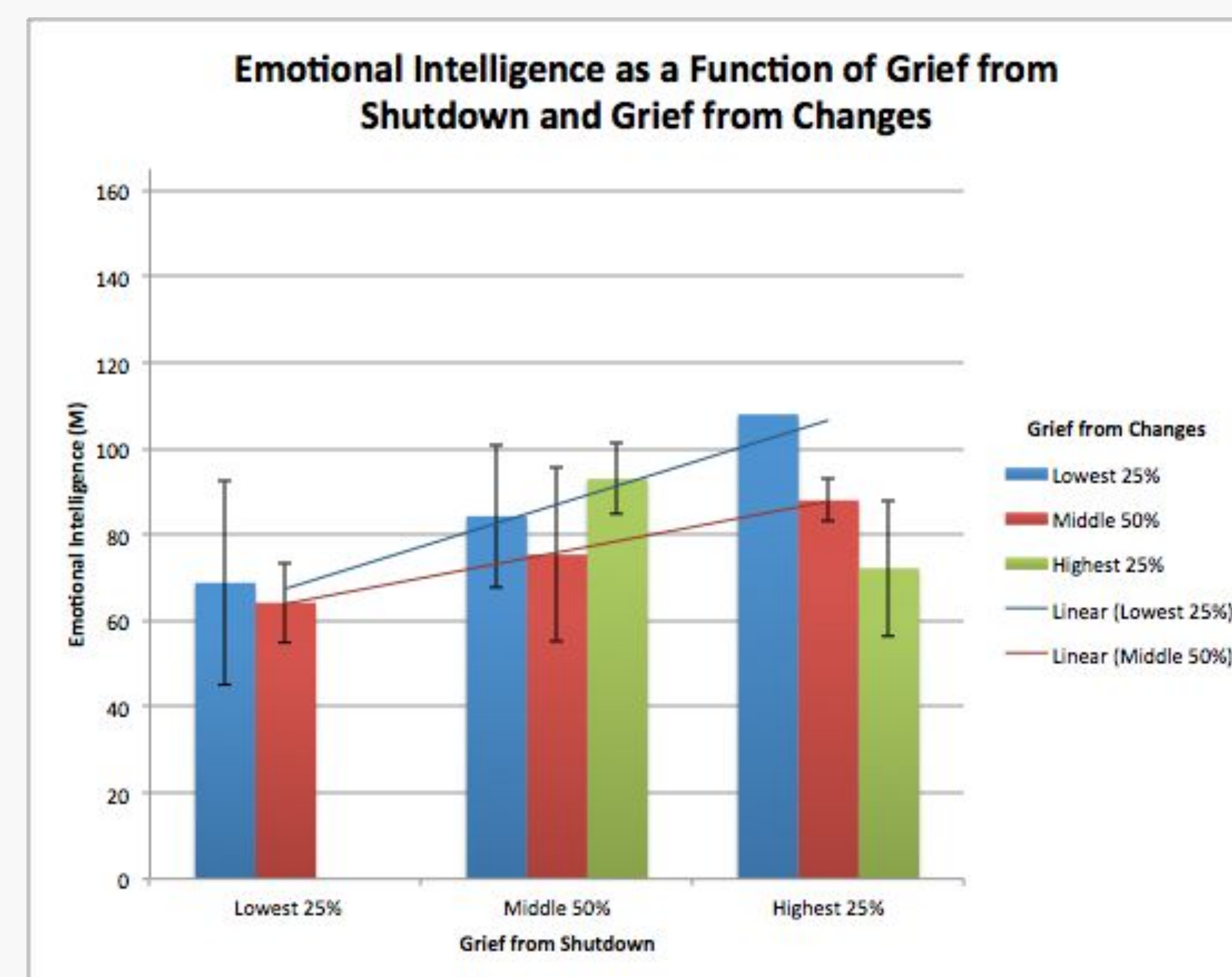
- PTG** Post Traumatic Growth
- CER** Cognitive Emotional Regulation
- EI** Emotional Intelligence
- TS** Traumatic Stressor (High Magnitude Stressor events w/ extreme distress)

Hypothesis

- H₁:** Strong positive correlation between CER and PTG
- H₂:** Strong positive correlation between adaptive CER strategies and EI
- H₃:** Slightly positive correlation between **TS** and CER, EI, PTG
- H₄:** Slightly positive correlation between **Grief** and EI, CER, PTG
- H₅:** Positive correlation **Covid** measures and **PTG**
- H₆:** Support (via. **Relationship**) correlated with **EI** and **PTG**
- H₇:** Negative correlation **TS** and **PTG**
- H₈:** Positive correlation **EI** and **PTG**
- H₉:** No correlation **PTG** and **Covid impact Health**
- H₁₀:** Slightly positive correlation **TS** and **HMS** with **CER, EI, and PTG**

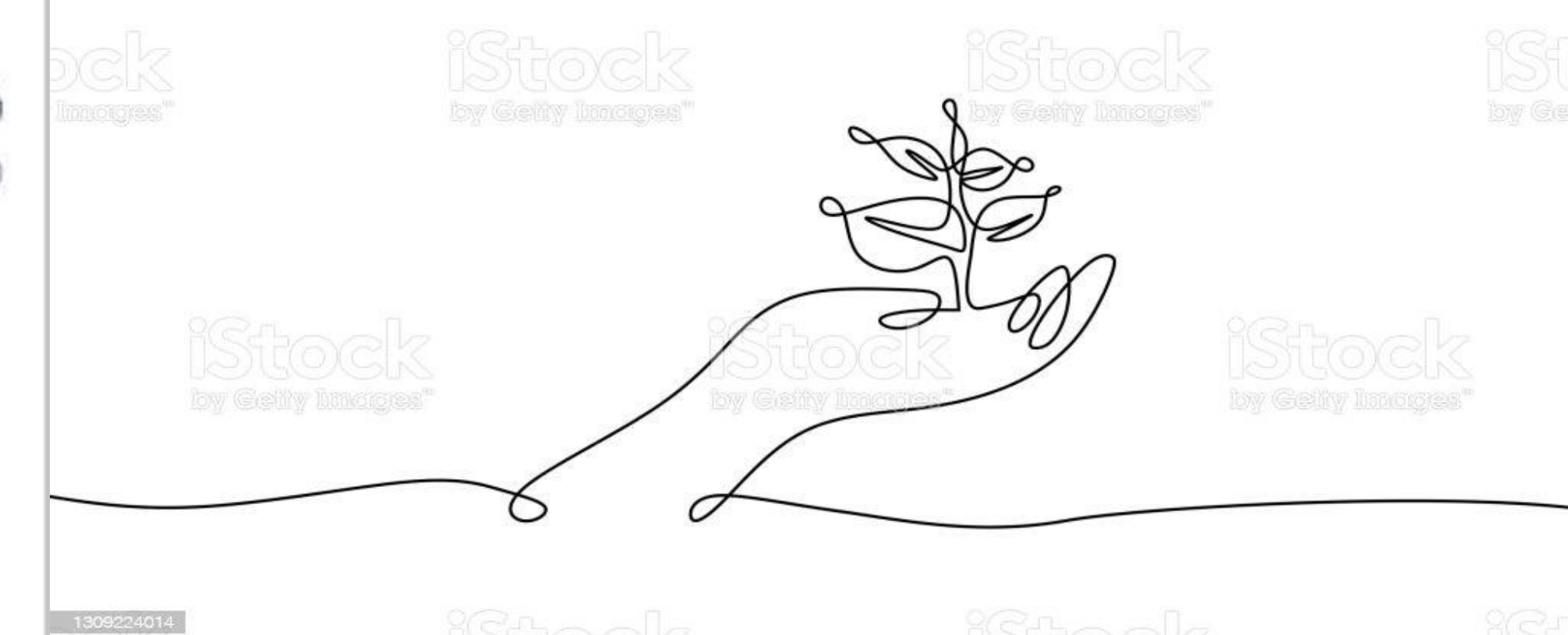


Results: ANOVA



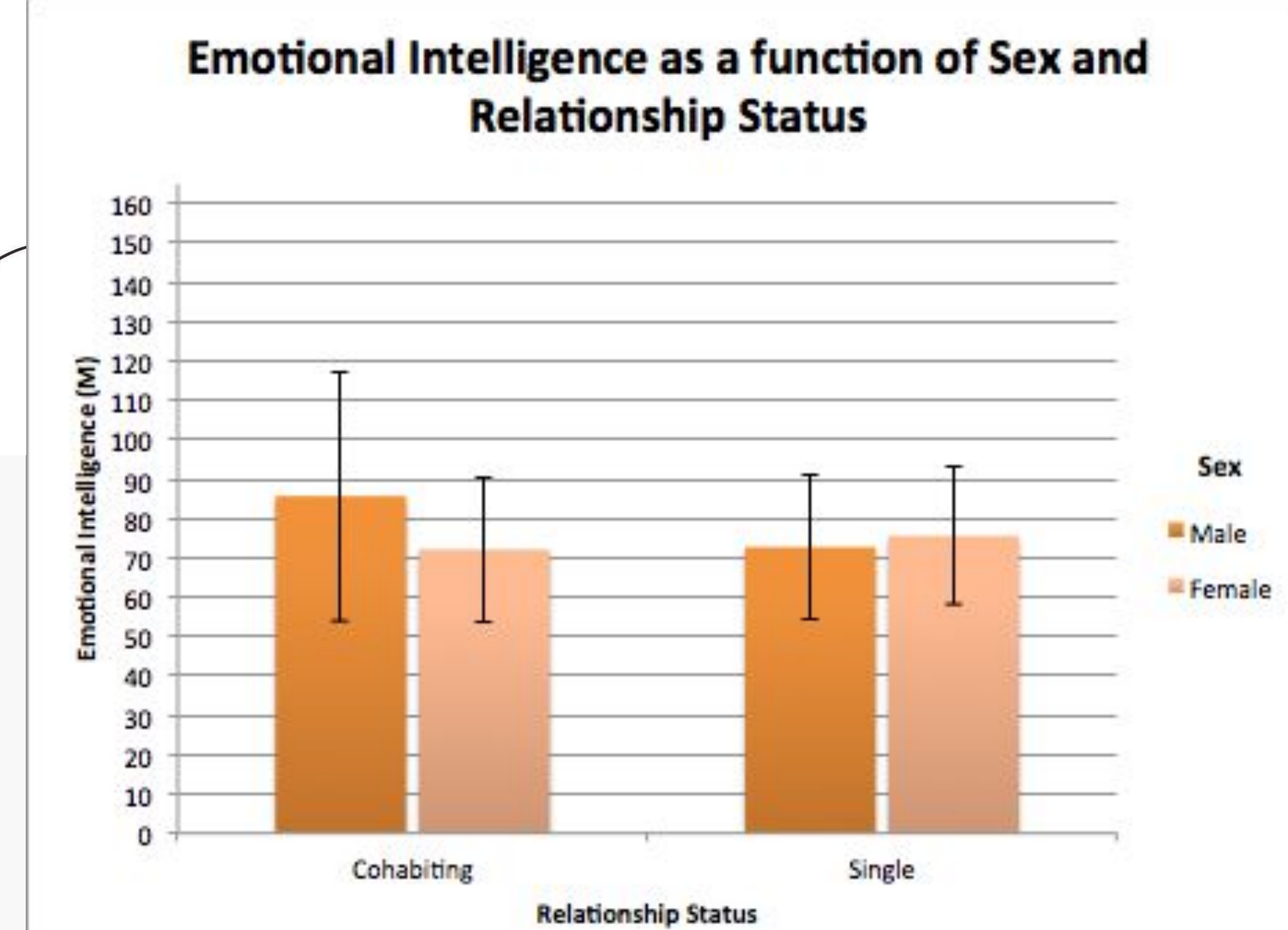
ANOVA: Grief from Shutdown by Grief from Changes upon EI

- Main effect Grief from Shutdown
 - $F(1, 38) = 7.71, p = .002, \eta_p^2 = .29$
- Main effect Grief from Changes
 - $F(1, 38) = 2.65, p > .05, \eta_p^2 = .12$
- Interaction Grief from Shutdown x Grief from Changes
 - $F(3, 38) = 2.54, p > .05, \eta_p^2 = .167$



ANOVA: Sex and Relationship Status upon EI

- Main effect Sex
 - $F(1, 38) = 2.52, p > .05, \eta_p^2 = .062$
- Main effect Relationship Group
 - $F(1, 38) = 1.55, p > .05, \eta_p^2 = .039$
- Interaction Sex x Relationship Group
 - $F(1, 38) = 10.89, p = .002, \eta_p^2 = .223$



Results: Correlations

	1	2	3	4
PTGI	0.203	.316**	.319*	-0.198
1. TS		0.164	0.107	-0.217
2. COVIDxLIFE			.768**	0.151
3. SHUTDOWNxLIFE				0.078
4. EI				

Alpha level <.05 was used for all analyses

Discussion

- Thomas' 2020** study qualifier of at least one traumatic event met by Covid-19 pandemic, advanced by addition of 10th percentile qualification of *at least one additional* TS event. Study expanded by mixed trauma samples within each dataset.

Supported Hypotheses

- H₄:** Grief from Shutdown x EI
- H₂:** Grief from Changes x EI ($F(1, 38) = 2.65, p = .084, \eta_p^2 = .12$)
- H₄:** Grief from Shutdown x Grief from Changes x EI ($F(3, 38) = 2.54, p = .071, \eta_p^2 = .17$)
- H₆:** Sex x Relationship Group x EI
- H₅:** PTG x Covid Impact on Life, PTG x Covid Shutdown
- H₈:** PTG X Covid Impact Health ($p = .072$)
- Covid & Grief** effects on individual **growth** may relate to Narratives or value amount surrounding Covid &/or grief as an experience (Michalchuk, 2019; Jirek, 2017).
 - If narrative is internal, CER analysis will expand (potential implications of trauma centrality and threat to core beliefs) (George, 2016; Groleau, 2012).
 - Growth** may also be attributed Time [since shutdown, of prolonged HMS] (Harms, 2007).
- The **Covid** questionnaires developed may be able to be investigated as a separate scale in relation to widespread epidemics or pandemics as HMS
 - Strong correlations PTG, not reflected in (potentially independent of) THS
- Grief** may be a useful eustress measure to investigate, alternatively, grief may be best recognized by those scoring higher in **EI**
- Future Studies** with larger datasets will emphasize further analysis of **CER**, in duplication and deeper investigation of PTG through Covid. Preliminary correlations partially supporting Thomas' 2020 study.

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