

Emotions and Coping During Crisis

Emotions and Coping During Crisis - Session 6

This Q&A session on the theme "Local Contexts and Policy Emotions " is based on 10 projects registered on the WPRN database



Q&A session - Emotions and Coping During Crisis

1. Humor Styles Predict Emotional and Behavioral Responses to COVID-19

A correlational study (n = 180 adults) in the United States tested the hypothesis that self-directed humor styles predict emotional responses to COVID-19, specifically stress and hopelessness, and in turn predict engagement in protective behaviors. Results from a sequential mediation analysis supported our hypotheses. First, to the extent that people have a self-enhancing humor style they perceived less stress and hopelessness associated with COVID-19 and as a result reported engaging in more protective behaviors. Second, people higher in self-defeating humor style showed the opposite pattern; they perceived more stress and hopelessness due to COVID-19 and thus reported engaging in less