

COVID-RELATED STRESS IN THE FINANCIAL, RELATIONAL AND HEALTH DOMAINS. WHICH LONGITUDINAL EFFECTS ON PRESENT AND FUTURE PERCEPTION?

MARGHERITA LANZ,^(1,2) ROSSELLA CALICIURI,⁽¹⁾ RAFFAELLA IAFRATE,^(1,2) CAMILLO REGALIA,^(1,2) ROSA ROSNATI^(1,2) & ANGELA SORGENTE⁽¹⁾

1) DEPARTMENT OF PSYCHOLOGY, UNIVERSITÀ CATTOLICA DEL SACRO CUORE, MILAN, ITALY
2) FAMILY STUDIES AND RESEARCH UNIVERSITY CENTRE, UNIVERSITÀ CATTOLICA DEL SACRO CUORE, MILAN, ITALY



SCAN TO READ
THE FULL
ARTICLE

THE GLOBAL COVID-19
PANDEMIC IS A
“**PERFECT STORM OF
STRESSORS**”
(WALSH, 2020)

THE INCIDENCE OF THE VIRUS AND THE
RELATED MEASURES
TAKEN BY GOVERNMENTS HAVE
CHANGED DURING PANDEMIC.

IT IS IMPORTANT TO ADOPT
A **LONGITUDINAL APPROACH**

COVID-RELATED STRESS AS A
MONODIMENSIONAL
CONSTRUCT
VS
MULTIDIMENSIONAL
CONSTRUCT.
DOMAIN-SPECIFIC STRESS

THE CURRENT STUDY AIMED TO
LONGITUDINALLY ASSESS THE IMPACT
THAT COVID-RELATED STRESS IN
FINANCIAL, RELATIONAL, AND HEALTH
DOMAINS HAD ON INDIVIDUALS'
PSYCHOLOGICAL WELL-BEING AND
FUTURE ANXIETY, TAKING INTO
ACCOUNT THE ROLE OF AGE AS A
MODERATOR.

HEALTH-RELATED STRESS

(THE FEAR OF GETTING SICK
AND/OR THE FEAR OF
ONE'S FAMILY MEMBERS
GETTING SICK)

RELATIONAL STRESS

(MANAGEMENT OF EVERYDAY
LIFE, SUCH AS BALANCING
FAMILY AND WORK LIFE
WHEN WORKING FROM
HOME)

FINANCIAL STRESS

(WORRIES FOR ONE'S
EARNINGS,
SUCH AS HAVING LOST A
JOB)

MARCH-APRIL
2020

(THIRD WEEK OF THE
FIRST LOCKDOWN)

JULY 2020

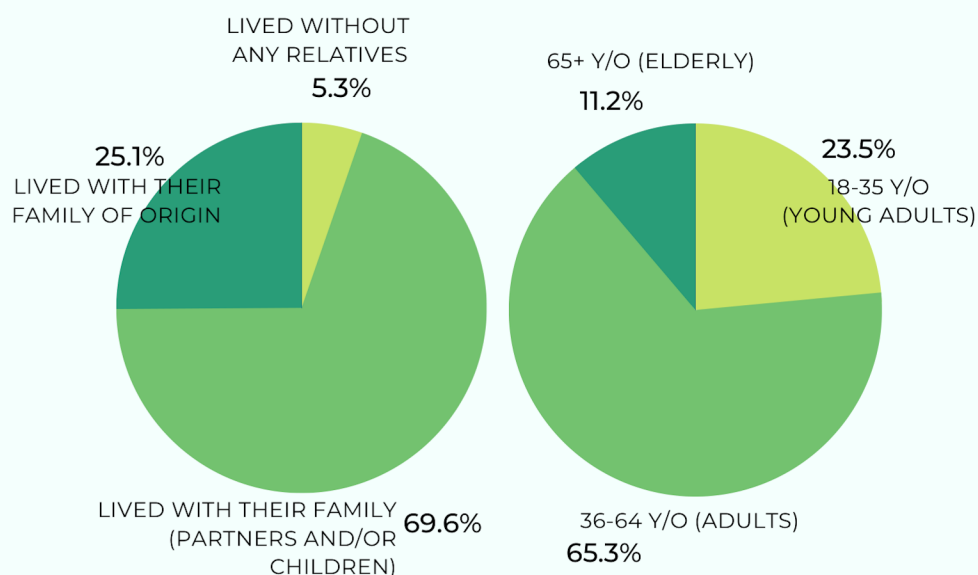
(REOPENING
PHASE)

MAY 2021

(DIFFERENT RULES IN ITALIAN
REGIONS
DEPENDING ON THE SEVERITY
OF THE VIRUS SPREAD)

PLEASE, FOR ANY
QUESTION WRITE TO
margherita.lanz@unicatt.it

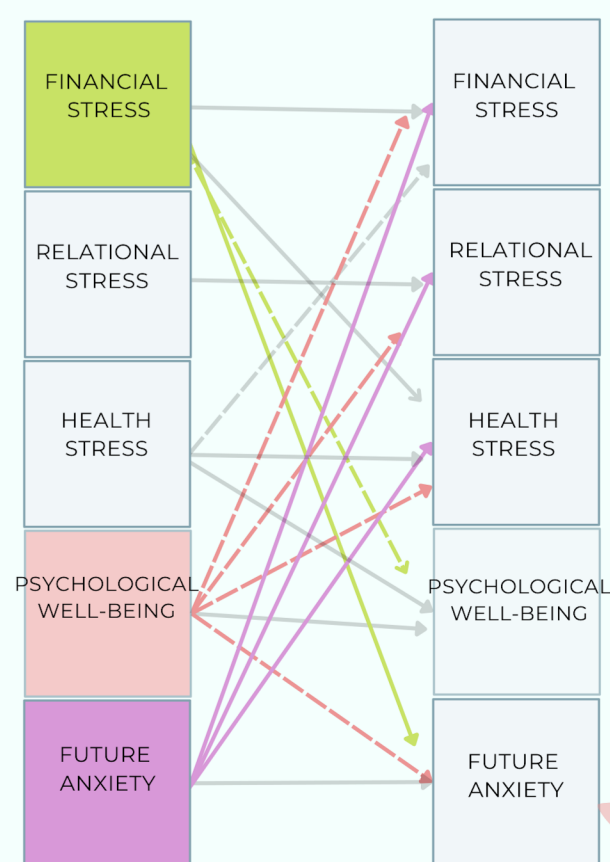
THE LONGITUDINAL SAMPLE (N = 4184) COMPRISED ITALIAN
PARTICIPANTS (55.4% FEMALE) AGED 18–90 YEARS.



PARTICIPANTS WERE ASKED TO COMPLETE AN ANONYMOUS ONLINE
SURVEY THAT INCLUDES:

- **DEMOGRAPHIC VARIABLES;**
- **COVID-RELATED STRESS** MEASURED USING AN 11-ITEM SCALE DEVELOPED AD HOC FOR THIS STUDY. THESE ITEMS WERE GROUPED INTO THREE SUB-SCALES: HEALTH STRESS (*HOW STRESSED YOU ARE IN THIS PERIOD FROM TO BECOME ILL*) ($\Omega = .719$), RELATIONAL STRESS (*... THE LIMITATION OF SOCIAL LIFE*) ($\Omega = .709$) AND FINANCIAL STRESS (*... NOT HAVING ENOUGH MONEY TO PAY YOUR BILLS*) ($\Omega = .916$);
- **PSYCHOLOGICAL WELL-BEING** MEASURED USING 4 ITEMS OF THE ITALIAN VERSION OF THE SHORT-FORM OF HEALTH SURVEY (APOLONE ET AL., 2001; APOLONE & MOSCONI, 1998) (SF-12) ($\Omega = .681$);
- **FUTURE ANXIETY** MEASURED USING THE 5-ITEM DARK FUTURE SCALE (ZALESKI ET AL., 2019) ($\Omega = .892$).

RESULTS



$\chi^2 (39) = 660.99$; $p < .001$; RMSEA = .062 (.058, .066), CFI = .987; SRMR = .012.

PSYCHOLOGICAL WELL-BEING AT TIME T WORKED AS **PROTECTIVE FACTOR** (NEGATIVELY RELATED TO ANY KINDS OF STRESS AS WELL AS TO FUTURE ANXIETY AT TIME T+1)

HAVING A **FUTURE ANXIETY** AT TIME T INCREASED THE FINANCIAL, RELATIONAL AND HEALTH STRESS PARTICIPANTS HAD AT TIME T+1 (**RISK FACTOR**)

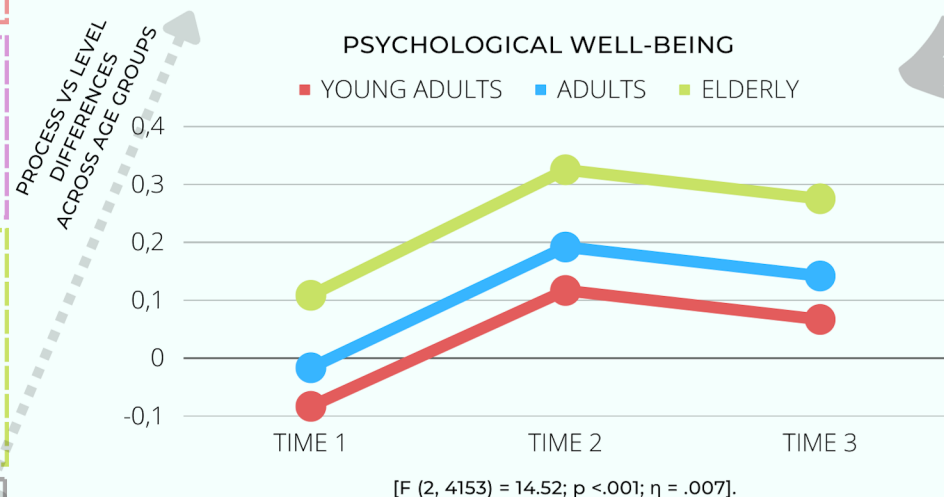
FINANCIAL DOMAIN IS THE LIFE DOMAIN ABOUT WHICH PEOPLE ARE MORE WORRIED DURING THE PANDEMIC AS IT HAD THE STRONGEST IMPACT ON BOTH PSYCHOLOGICAL WELL-BEING AND FUTURE ANXIETY

NO AGE'S MODERATION: THE RELATIONSHIPS BETWEEN VARIABLES WERE INVARIANT ACROSS AGE GROUPS

CONCLUSION

AGE'S DIFFERENCE

WE FOUND SIGNIFICANT DIFFERENCE FOR AGE IN THE MEAN LEVEL OF ALL VARIABLES.
YOUNG ADULTS: THE GROUP HAS THE HIGHEST LEVEL OF STRESS AND FUTURE ANXIETY AS WELL AS THE LOWEST LEVEL OF PSYCHOLOGICAL WELL-BEING.



1. THE YOUNG GENERATIONS ARE EXPERIENCING UNPRECEDENTED UNCERTAINTY THAT IS SLOWING DOWN THEIR TRANSITION TO ADULthood.
2. COVID-RELATED STRESS IS AFFECTING BOTH PRESENT WELL-BEING AND THE PERCEPTION INDIVIDUALS HAVE OF THEIR FUTURE LIFE, SUGGESTING THAT THIS PANDEMIC WILL HAVE A LONG-TERM PSYCHOLOGICAL IMPACT.
3. DUE TO THE RELEVANCE OF THE FINANCIAL DOMAIN, THE GOVERNMENT SHOULD PROPOSE LONG-TERM POLICIES TO MITIGATE PEOPLE'S FINANCIAL STRESS.