

PSYCHOLOGICAL SCIENCE MEETS POLICY

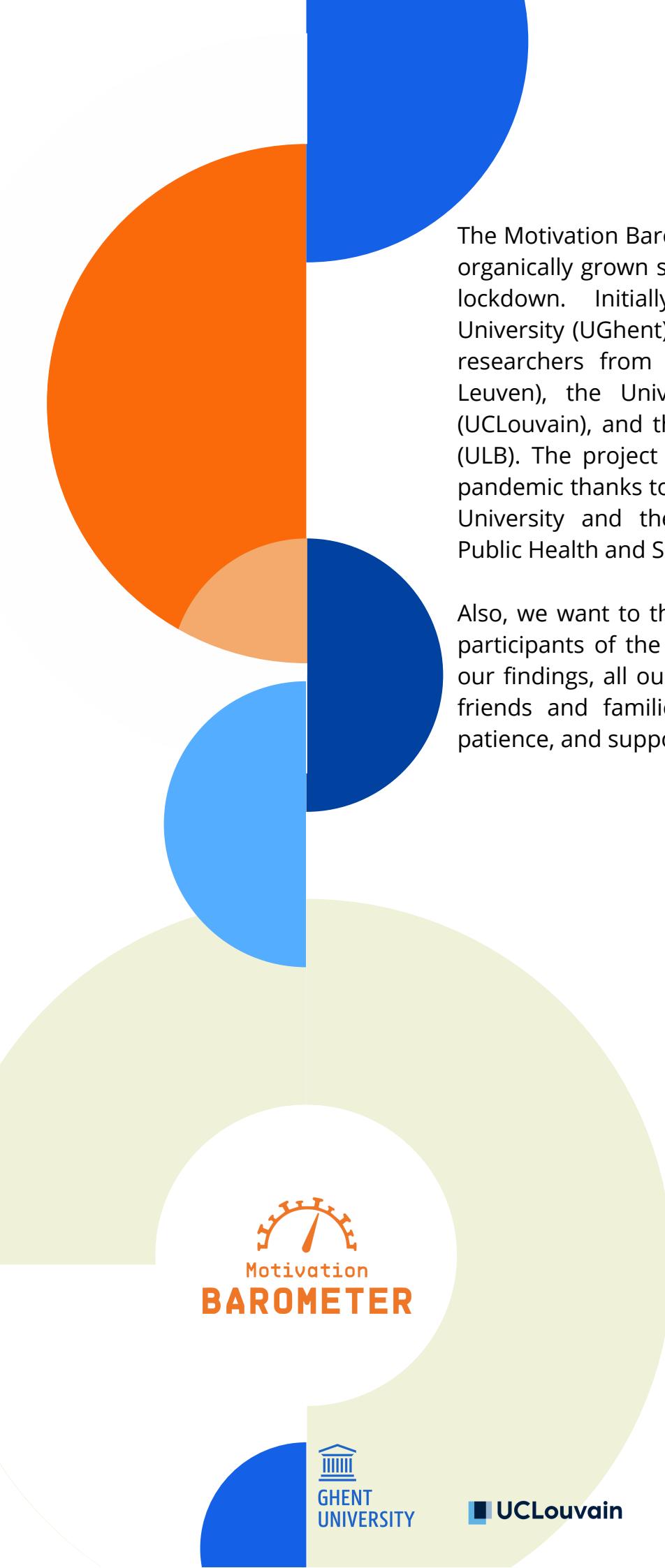
SYMPOSIUM ON LESSONS TO BE LEARNED FROM THE PANDEMIC

7 june 2022



Under the Patronage of Her Majesty Queen Mathilde





The Motivation Barometer is an initiative which has organically grown since the first day of the Belgian lockdown. Initially launched by the Ghent University (UGhent), it eventually brought together researchers from the University of Leuven (KU Leuven), the Université catholique de Louvain (UCLouvain), and the Université libre de Bruxelles (ULB). The project was continued throughout the pandemic thanks to funding provided by the Ghent University and the Belgian Federal Ministry of Public Health and Social Affairs.

Also, we want to thank INAMI/RIZIV, Sciensano, all participants of the surveys, the media for sharing our findings, all our colleagues, and especially our friends and families for the unconditional love, patience, and support.

THE MOTIVATION BAROMETER

From one day to the next, the population had to drastically change its living style in order to control the virus spread: our choices and freedom were curtailed, our social contacts were restricted to a minimum and there was a lot of uncertainty how the situation would evolve. It was immediately clear that it would also be a psychological-motivational crisis.

For more than two years - and over more than 100 measurement points - the Motivation Barometer project (www.motivationbarometer.com) collected empirical data on the support for measures, the motivational commitment, the psychological well-being and vaccination intentions of the population. The project provides a unique insight in the psychological impact of the corona crisis.

In this concluding symposium, we provide a helicopter perspective on the key findings emerging from this large-scale study. At the same time, we aim to look forward thereby synthesizing psychological lessons that can be useful to handle similar situations in the future. These psychological take-home messages are discussed in a panel discussion with key players from other scientific disciplines, the media, and policy. To secure that these psychological insights can be used on future occasions, six different podcasts on diverse themes (e.g., measures and motivation; vaccination; well-being) in three different languages (Dutch, French, English) will be made available soon through the website.

We all wish you an inspiring symposium!



The symposium

After a brief introduction of the Motivation Barometer and the methodology used (data collection, processing, reporting), the key scientific findings with respect to three themes are presented and reflected upon in the first part, moderated by Johanne Montay (RTBF). In the second part, moderated by Bart Schols (VRT) a panel discussion is held on the interaction between (psychological) science and policy.

Part 1: Lessons learned

Theme 1: Motivation and risk perception

Olivier Luminet, Cathy Berx, Mathias Schmitz

Motivation is a crucial factor in limiting virus circulation through our behaviour. How did our motivation and behaviour fluctuate and which factors played the most important role in this?

Theme 2: Vaccination and communication

Olivier Klein, Jean-Michel Dogné, Pascaline Van Oost

Which psychological factors contributed to participation in the vaccination campaign and what were the psychological barriers? What role did trust in the government and in health care workers play? How did people respond to the CST?

Theme 3: Well-being

Omer Van den Bergh, Koen Lowet, Sofie Morbée

How have different aspects of the mental health of the Belgian population and of vulnerable target groups fluctuated and what were the causes of these fluctuations? What interventions were needed to support well-being and basic psychological needs?

Part 2: Panel discussion

The debate will be introduced by Pedro Facon, the former corona commissioner of the government. Speakers in the panel discussion, entitled **Towards an inclusive policy of the pandemic: lessons learned from psychological and medical sciences** are:

Minister Christie Morreale

Vice-President of the Walloon Government with responsibility for Health

Catherine Fonck

Member of Parliament, leader of the Les Engagés group in the Chamber and Specialist in internal medicine and nephrology

Anne-Sophie Leurquin

Journalist at Le Soir

Maxie Eckert

Journalist at De Standaard

Erika Vlieghe

Professor of Virology at the University of Antwerp and Chair of the Expert Group on COVID-19 Management Strategy, GEMS

Maarten Vansteenkiste

Professor of Developmental and Motivational Psychology at Ghent University

The Deputy Prime Minister and Minister of Social Affairs and Public Health, **Frank Vandenbroucke** will reflect on the role of psychology in corona policy.

Vincent Yzerbyt, Professor of Social Psychology at the Catholic University of Louvain, will close the afternoon with a few words on how psychological and behavioural sciences can play a key role in addressing some of the challenges that await us. This will conclude the official part of the afternoon and will be followed by a reception.

Who is who?

Team Motivation Barometer

Maarten Vansteenkiste

is Professor at Ghent University within the Department of Developmental, Personality and Social Psychology. Inspired by the Self-Determination Theory, he tries to formulate an answer to motivational questions and how the social environment can interact with our motivation and psychosocial well-being. Since the beginning of the crisis, Maarten and his team have been developing the Motivation Barometer project and translating research findings into concrete policy recommendations. He served as a co-chair of the Psychology and Corona Expert Group and was a member of the GEMS (Crisis Strategy Expert Group for COVID-19).



Omer Van den Bergh

is Emeritus Professor of Health Psychology at the Faculty of Psychological and Educational Sciences, KU Leuven since October 2018. His main research interests and expertise focus on the interaction between behaviour and health, (psycho)physiological dysfunction, illness and the relationship with self-reported symptoms. Since the beginning of the crisis, he has been co-chair of the expert group Psychology and Corona.



Olivier Klein

is Professor of social psychology at ULB and teaches part-time at the University of Mons. Among other topics of interest (social stereotypes, collective memory, sexism), his research bears on psychological vulnerability to misinformation and belief in conspiracy theories. He works in the expert group Psychology and Corona, is director of the Centre for Social and Cultural Psychology at ULB and co-editor-in-chief of the International Review of Social Psychology.





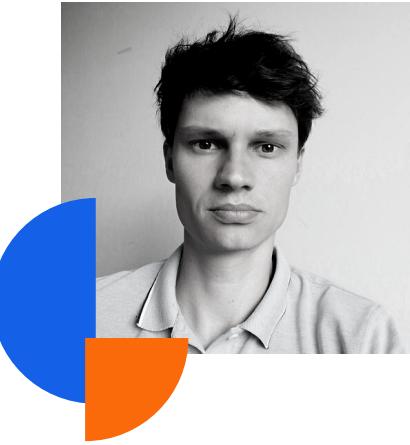
Olivier Luminet

is research director at the Fonds de la Recherche Scientifique (FRS-FNRS) and Professor of health and emotion psychology at UCLouvain and ULB. His research focuses on the interactions between 1) emotions, identity, and memory, and 2) emotions, personality and health. Since the COVID-19 pandemic, he has extended his expertise into psychological factors predicting health behaviours. He is a member of the expert group Psychology and Corona and of the Superior Health Council. Furthermore, he is the past president of the Belgian Association for Psychological Sciences(BAPS) and director of the research centre Health, Emotion, Cognition, and Memory.



Vincent Yzerbyt

is Professor of social and cultural psychology and statistics and the director of the Social Psychology Lab at UCLouvain. A renowned expert on intergroup relations, social cognition, and stereotypes, his expertise also includes statistics and research methods. As former president of the European Association for Social Psychology, the Crisis Centre liaison for the COVID-19 group of social psychologists and a member of the Psychology and Corona Expert Group and the GEMS+, he contributes to the management of the corona policy by focusing on social psychological dimensions of the COVID-19 pandemic and their impact on health behaviours and vaccine hesitancy.



Mathias Schmitz

is a postdoctoral researcher at the Faculty of Psychology and Educational Sciences of UCLouvain. He completed his PhD at the same faculty. His research expertise focuses on health psychology, intergroup relations, political psychology, methods, and statistics. Since January 2021, his postdoctorate is dedicated to the study of the relationship between different psychological variables and preventive behaviour in relation to the corona crisis. In this context, he joined the Motivation Barometer team, where he is specifically in charge of data management and analysis.



Pascaline Van Oost

holds a master's degree in social psychology from UCLouvain and is currently a doctoral researcher at the Laboratory of Social Psychology of UCLouvain in collaboration with ULB. Her research focuses on the relationship between prejudice, secularism, intergroup relations, and political psychology and joined ULB as part of the Motivation Barometer team in January 2021. Within the group, her main task is to elaborate, manage, and distribute the questionnaires.

Sofie Morbée

graduated as a clinical psychologist and has been working as a PhD student at Ghent University since 2017. In her doctoral research she studies the role of factors that influence the (de)motivational behaviour of coaches and parents of young athletes. With her expertise in motivation and Self-Determination Theory, she has been contributing to the Motivation Barometer project since the beginning of the pandemic, where she is responsible for the development and distribution of the questionnaire.



Joachim Waterschoot

graduated as an experimental psychologist and obtained a Master of Statistical Data Analysis. He is currently working as a PhD student at Ghent University, conducting research on boredom and how people keep themselves motivated. With a passion for developmental psychology and Self-Determination Theory, his doctoral research is currently dedicated to the Motivation Barometer project. Within this project, he is responsible for the website and data coordination, management, analyses, visualisation and reporting.



Eveline Raemdonck

graduated as a clinical psychologist at Ghent University. With a passion for psychogerontology and care for the elderly, she started a Research Master in Gerontological Sciences at the VUB in 2020. Besides this study, she has been contributing to the Motivation Barometer project since February 2022, where she is responsible for the inventory and organization of the questionnaire.



Marie Brisbois

holds a master's degree in neuropsychology from the University of Liège. She is interested in many fields of psychology, ranging from intergroup relations, stereotypes, prejudice and the neurophysiological basis of behaviour. Since January 2022, she has been working for the Centre of Social and Cultural Psychology of ULB and joined the team of the Motivation Barometer project. Within this project, she is mainly responsible for the inventory and organization of the questionnaire.



Guest speakers

Cathy Berx

is governor of the province of Antwerp. She studied law at the University of Antwerp, where she obtained a doctorate, and has been teaching there as a Professor since 2000. She is the author of books on political and institutional issues. She is also involved in other functions such as chairwoman of the Board of Directors of the Institute of Tropical Medicine, the Flemish Forum for Road Safety, vzw Bolster, and the steering committee BELvue Fund. In the past, she has been Vice-President of the CD&V.



Jean-Michel Dogné

is Professor and Director of the Department of Pharmacy at the University of Namur. He is an expert in the field of pharmacovigilance and a member of the Pharmacovigilance Risk Assessment Committee (PRAC) of the European Medicines Agency (EMA). At the beginning of the health crisis, he became a member of the World Health Organization (WHO) Global Advisory Committee on Vaccine Safety.



Koen Lowet

is delegate director of the Flemish Association of Clinical Psychologists. From the start of the pandemic, Koen emphasized the contribution of psychology to policy, since people's behaviour would be a determining factor in the course of the pandemic. He helped set up the "Psychology and Corona" expert group and hammered home to the public themes such as social cohesion and our mental well-being.



Christie Morreale

has been Vice-President of the Walloon Government and Minister of Employment, Training, Health, Social Action and Social Economy, Equal Opportunities and Women's Rights since September 2019. She earned a degree in criminology (Ulg) and then went into politics and served, during her career, as vice-president of the Socialist Party, a councilwoman in Esneux, a senator, and a regional deputy.



Pedro Facon

is a public management professional in public health, social security and health crisis governance and management. He worked successively in research, teaching, advisory, and management positions at the Public Management Institute (KULeuven), the National Institute for Health and Disability Insurance, the Cabinet Office of the Belgian federal minister of Social Security and Public Health and the Belgian Ministry of Health. In October 2020 he was designated Government Commissioner COVID-19 by the Belgian federal government. In April 2022 he was designated deputy administrator general by RIZIV/INAMI/NIHDI. He is a Fellow at the Medical Campus of the Free University of Brussels and Guest Professor at the Department of Public Health & Primary Care of Ghent University.



Erika Vlieghe

is Head of the department of General Internal Medicine, Infectious Diseases and Tropical Medicine at the UZ Antwerp and is a senior lecturer at the University of Antwerp. As chair of the GEMS, she advised on the exit strategy and measures to manage the crisis and integrated the corona commissary led by Pedro Facon. In 2020, she received the gold medal from the Royal Flemish Academy of Belgium for Sciences and Arts (KVAB) for her prominent role in the crisis. Interested in epidemiology and clinical management of infectious diseases, she previously plaid a major role in the Ebola crisis, as a National Ebola coordinator.



Maxie Eckert

is an editor journalist for De Standaard. She studied chemistry and obtained a doctorate within the PLASMANT (Plasma Lab for Applications in Sustainability and Medicine - ANTwerp) research group at the University of Antwerp in 2010. She writes news and investigations on health and science-related topics such as politics, hospitals and pharmaceuticals.



Anne-Sophie Leurquin

is journalist at Le Soir in the Society Department. She holds a teaching qualification from the UCLouvain and a diploma in Romance languages and literature. She has worked at Le Soir since the late 1990s, first in the Correction Department and then in the Web Department. In 2015, she joined the Society Department in which she is in charge of health-related issues. This position led her to cover many dimensions of the health crisis, such as vaccination, infection rates and COVID-19 variants, sanitary measures and political decisions but also mental health implications of these measures and decisions.





Catherine Fonck

is a Belgian political figure and specialist in internal medicine and nephrology. During her career, her political commitment led her to become Minister for Children, Youth Care and Health and Secretary of State for the Environment, Energy, Mobility and Institutional Reforms. Since 2014, she is now a federal deputy and leader of the group of "Les Engagés" in the Parliament. She played a key role in the health crisis management and provided a critical look at it.



Frank Vandenbroucke

is Vice-Prime Minister and Minister for Social Affairs and Public Health. During his career, he has held various ministerial positions, in social affairs, pensions, employment, education and training and also as a senator. Another part of his professional career was dedicated to teaching, as a Professor at the KU Leuven in the Faculty of Economics and Management Sciences and until 2020 at the University of Antwerp in the Faculty of Social and Political Sciences where he was also holder of the Herman Deleeck Chair, and at the University of Amsterdam. In his capacity as Minister of Health since October 2020, he played a crucial role in the decisions and management of the health crisis.

Moderators



Bart Schols

is a journalist at VRT and more specifically a reporter for De Afspraak on Canvas. He is a former sports journalist. Previously, he held a sport section in De Zevende Dag and was active in Sporza Radio. In this particular field, he presented the Olympic Games in Beijing from Brussels in 2008.



Johanne Montay

studied journalism at ULB. She is currently an editorial journalist in charge of science, health and innovation at RTBF. She has been covering extensively the COVID-19 pandemic. Before her current position, she was responsible for 360 info and was political editor-in-chief.

Key questions

Introduction: the Motivation Barometer

1. Why is it important to study people's motivation and well-being?
2. What is the Motivation Barometer exactly?
3. How was the Motivation Barometer developed from a scientific standpoint?
4. How was the Motivation Barometer used as a policy instrument?

Theme 1: Motivation and risk perception

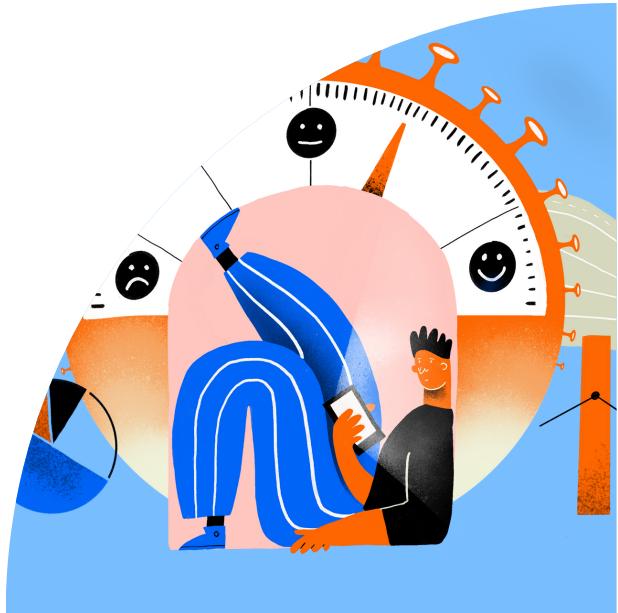
1. Which motivational factors play a critical role in predicting people's adherence to the sanitary measures?
2. Which dimensions of risk perception play a critical role in people's adherence to sanitary measures?
3. How has Omicron changed the situation?

Theme 2: Vaccination and communication

1. How did support for vaccination evolve?
2. What factors influence the intention to be vaccinated?
3. Who do people trust about vaccination?
4. How do people react to restrictive policies (e.g., CST)?

Theme 3: Well-being

1. How was well-being overall influenced by the pandemic and its management?
2. At what time point was the impact greatest and did policy decisions play a role?
3. Was the impact different according to age and vaccination status?
4. What can be done to improve well-being?



The program

Welcome

13.15 h.

30 min.

Part 1: Thematic sessions and reflections

13.45 h.

Introduction of the chairperson

5 min.

Bart Schols & Johanne Montay

13.50 h.

Introduction to the methodology

17 min.

Maarten Vansteenkiste &
Joachim Waterschoot

Public discussion

8 min.

Theme 1: Motivation and risk perception

14.15 h.

Academic speaker

15 min.

Olivier Luminet,
Cathy Berx &
Mathias Schmitz

Reflection

7 min.

Public discussion

8 min.

Theme 2: Vaccination and communication

14.45 h.

Academic speaker

15 min.

Olivier Klein,
Jean-Michel Dogné &
Pascaline Van Oost

Reflection

7 min.

Public discussion

8 min.

Theme 3: Well-being

15.15 h.

Academic speaker

15 min.

Omer Van den Berghe,
Koen Lowet &
Sofie Morbée

Reflection

7 min.

Public discussion

8 min.

Coffee break

15.45 h.

30 min.

Part 2: Panel discussion 'Towards an inclusive policy of the pandemic'

16.15 h.

Evidence-based policy in crisis times

15 min.

Pedro Facón

16.30 h.

Panel discussion

60 min.

Maarten Vansteenkiste, Erika Vlieghe,
Christie Morreale, Catherine Fonck,
Anne-Sophie Leurquin & Maxie Eckert

17.30 h.

Reflections Minister

15 min.

Frank Vandenbroucke

Closing reflections

17.45 h.

15 min.

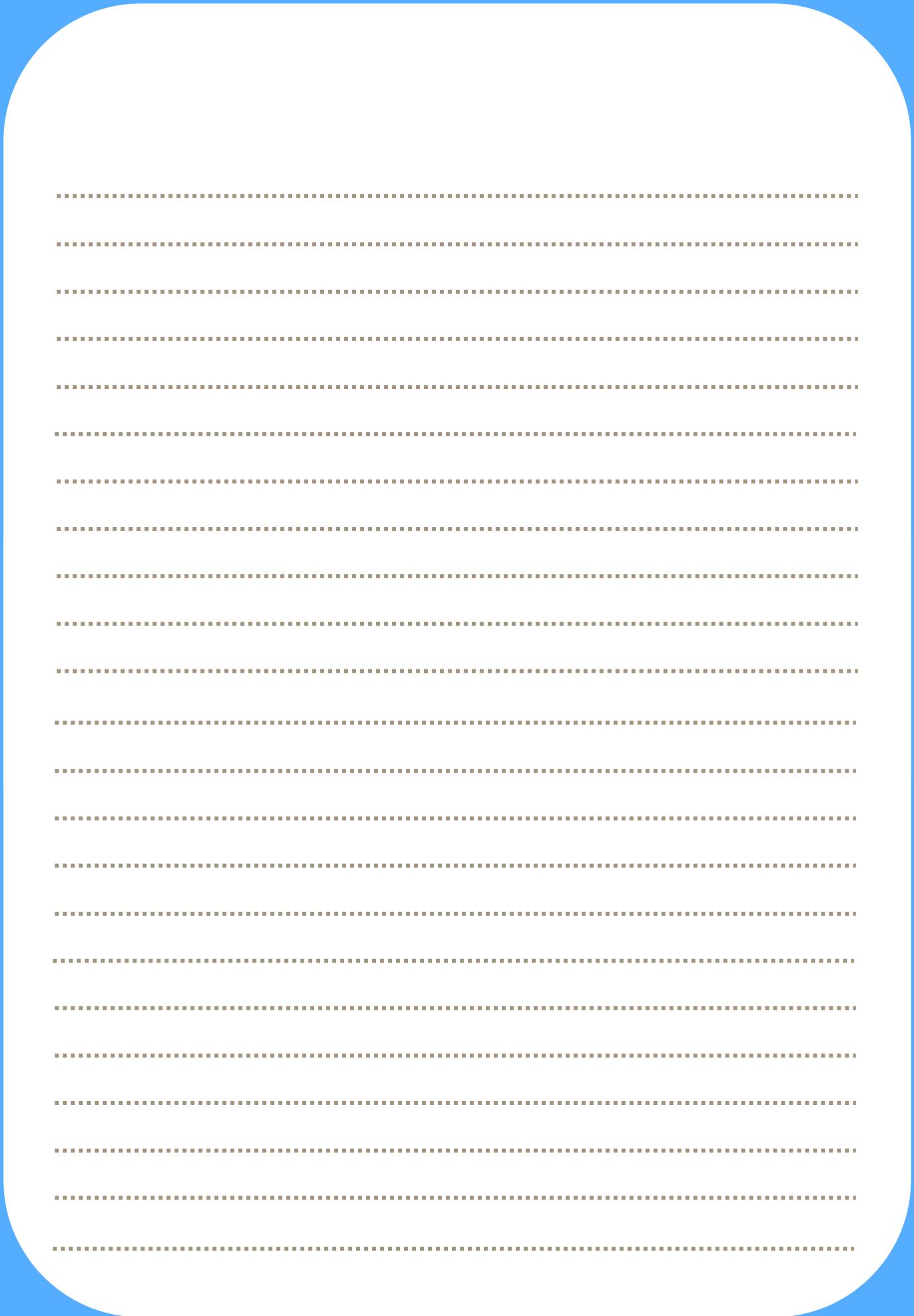
Vincent Yzerbyt

Reception

18.00 h.

75 min.

Notes



Public reports

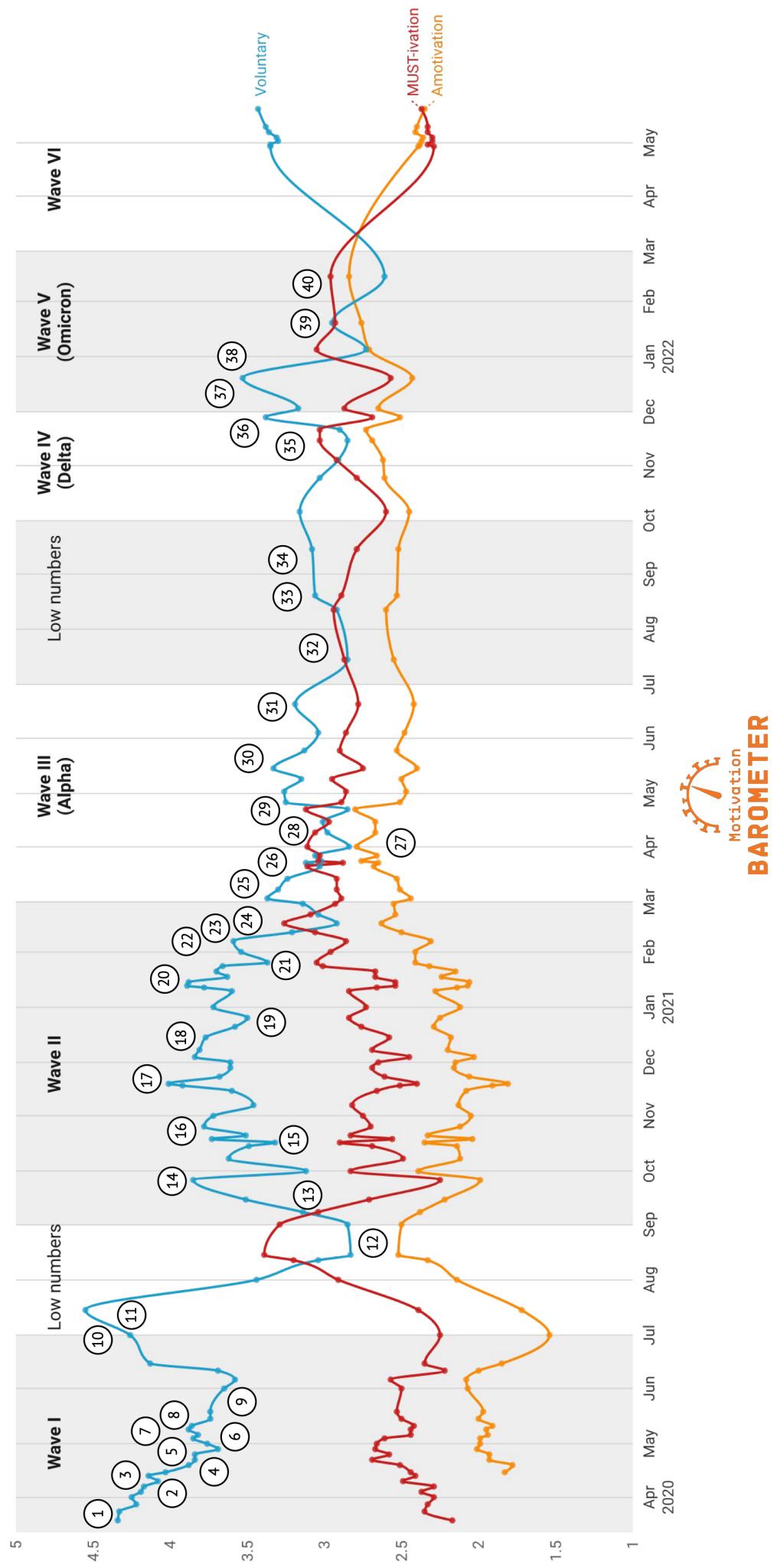
1.	30/03 2020	How long will we hold on to these measures? Our motivation is strong at the moment!	22.	06/02	Movement as an essential element of well-being
2.	08/04	Is our motivation to adhere to the measures flattening? The importance of clear and logical communication	23.	11/02	(Re)building trust: vaccination and the actors of the pandemic
3.	14/04	Psychological vitamins in times of corona fatigue	24.	14/02	How can we re-energize motivation?
4.	21/04	Voluntary motivation for the collective marathon is dwindling: the leadership compass as a guide to motivational communication	25.	02/03	The corona numbers: motivation matters!
5.	26/04	Fatigue during the collective marathon strikes. Evolutions in motivation, mental health and (de)motivating governmental communication	26.	24/03	Is there motivational willingness for stricter measures?
6.	05/05	Motivation rises slightly. Government, continue the positive momentum of motivational communication!	27.	01/04	Saliva testing in schools: impact on mental health, motivation and behaviour
7.	12/05	Does 'bubbling' on Mother's Day boost our relatedness and motivation?	28.	06/04	Vaccination: preferences become clear!
8.	14/05	Student life is the time of your life! Even during corona?	29.	21/04	Does the prospect of future relaxations motivate the population?
9.	19/05	Discomforts of face masks: How we carry them with a smile by encouraging voluntary responsibility.	30.	13/05	Motivation for behavioural measures and vaccination readiness heading into the summer.
10.	01/07	What makes for an energizing and worthwhile summer vacation in corona times?	31.	23/06	Seduce, persuade and/or inform? How to deal with vaccine doubters?
11.	16/07	How to keep motivation high during this summertime? The role of risk perception, fear and obligation.	32.	14/07	Obliging health workers to be vaccinated: a good idea?
12.	19/08	The population is no longer motivated. How can we create a motivating framework?	33.	19/08	Motivation for the measures and attitude towards the COVID-Safe Ticket and compulsory vaccination.
13.	17/09	What do people think are meaningful alternatives to the current bubble concept?	34.	09/09	Is there still motivational support for the measures in various regions?
14.	30/09	What do citizens think of corona badges and the corona barometer? A closer look at some motivational tools.	35.	12/11	Is the population still conscious of the risks and motivated to follow the measures? What is the role of the COVID Pass in this?
15.	14/10	Even tough nuts can be cracked in a motivational way!	36.	17/11	On the eve of stricter measures: Attitudes toward the new measures and the vaccine pass

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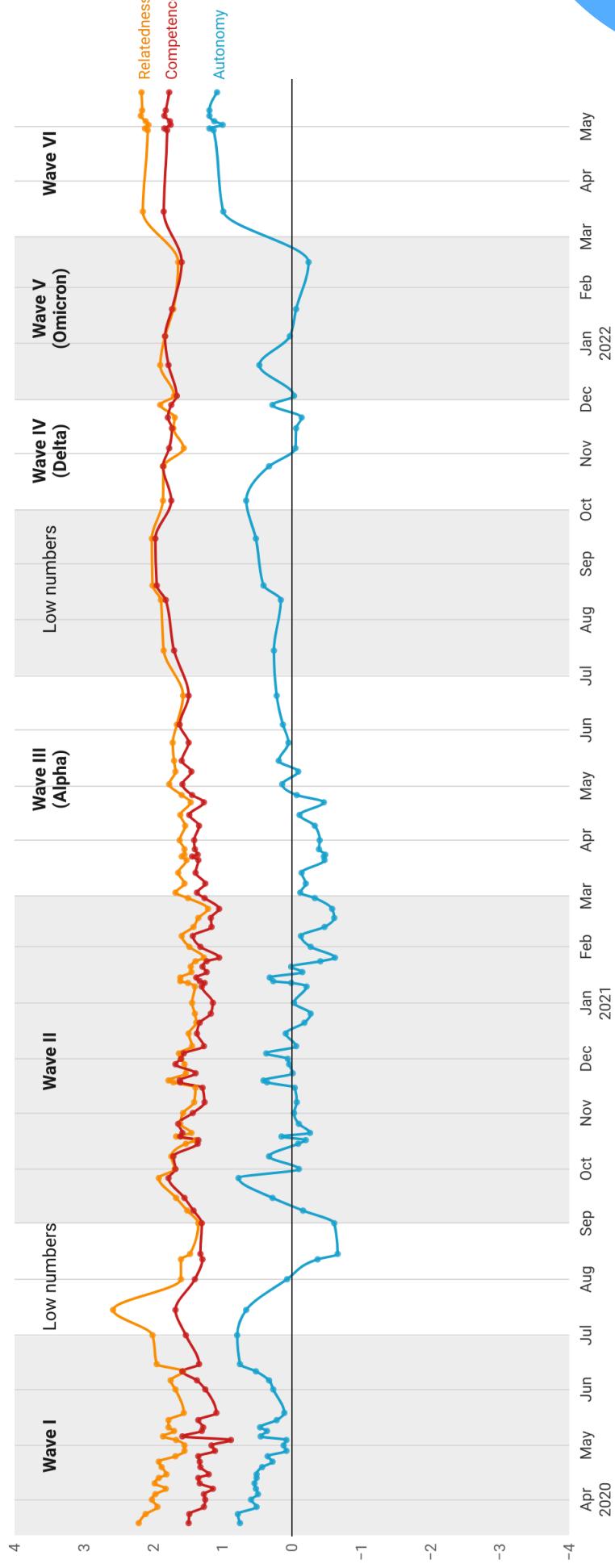
16.	27/10	Taking a closer look at some assumptions about behaviour and motivation
17.	23/11	What makes for a happy Christmas in 2020?
18.	14/12	Vaccination willingness and motivation
19.	23/12	Christmas 2020
20.	15/01 2021	What are the psychological conditions of/for vaccination?
21.	29/01	At our limits end and yet persevering

37.	08/12	The CST, mandatory vaccination, 1G policy or stop everything? (June 2022)
38.	21/12	Omicron and children's vaccination invited to the holiday celebrations
39.	19/01 2022	Motivation, well-being and vaccination attitudes in Omikron times
40.	02/02	The CST, mandatory vaccination, 1G policy or stop everything?
41.		

16.	There is still support for health measures, not for the pandemic management.
17.	Omicron and children's vaccination invited to the holiday celebrations
18.	Motivation, well-being and vaccination attitudes in Omikron times
19.	The CST, mandatory vaccination, 1G policy or stop everything? (June 2022)
20.	
21.	



Psychological needs during the pandemic



Weights are based on age, gender, education and region

Source: Motivationbarometer • Created with Datawrapper

Vaccination intention and status across national vaccination rollout

December 2020/January 2021:

- news about high effectiveness of COVID-19 vaccines
 - Residents and staff in residential care centres + nursing staff (doctors, nurses, etc.) in hospitals receive vaccine
- 0.6% vaccinated in Belgium

February 2021:

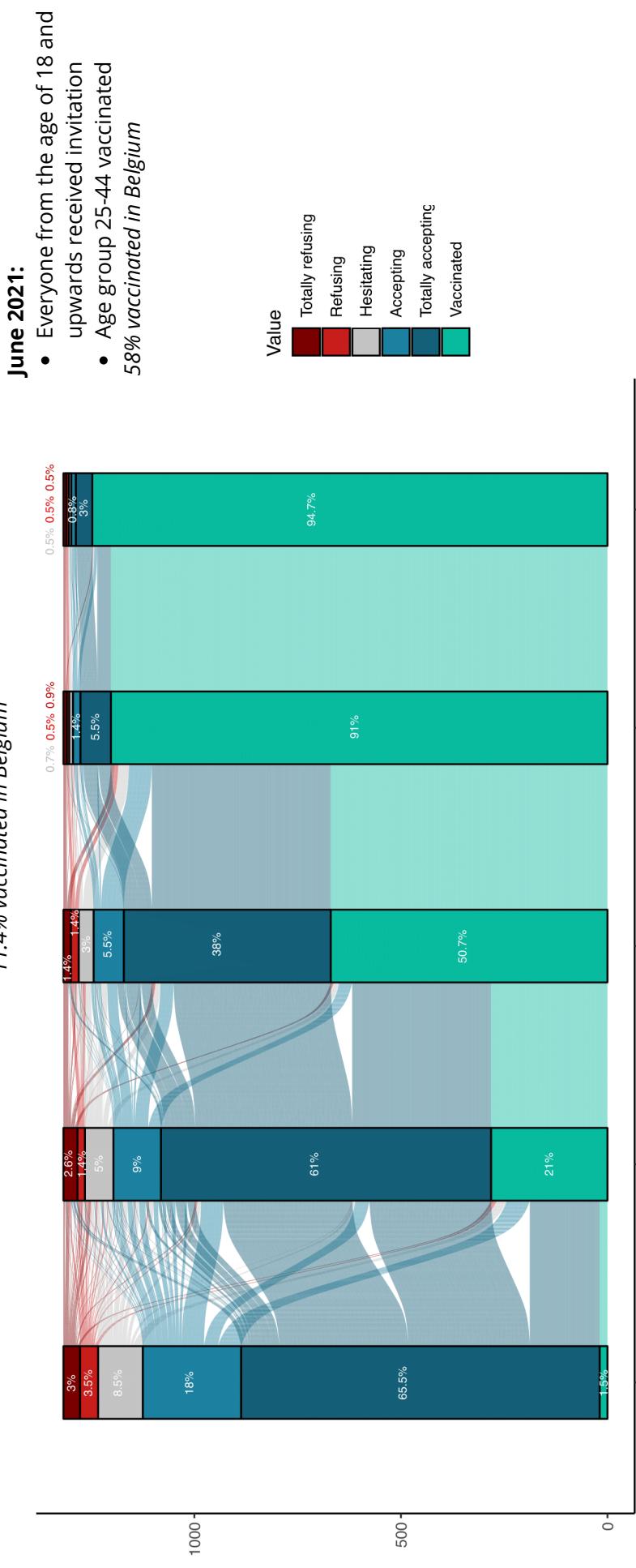
- Staff in primary care (general practitioners, pharmacists, etc.) + community care institutions (care of the disabled, etc.) and other hospital staff

April 2021:

- People at higher risk due to specific health problems (see below)
- 23.1% vaccinated in Belgium

March 2021:

- Everybody aged 65 and over received invitation
- 11.4% vaccinated in Belgium



Scientific publications

Motivation, risk perception and communication

Legate, N., Nguyen, T. V. T., Weinstein, N., Moller, A. C., Legault, L., Adamkovic, M., ... & Zahra, E. (2022). **A global experiment on motivating social distancing during the COVID-19 pandemic.** *Proceedings of the National Academy of Sciences*.

Martela, F., Hankonen, N., Ryan, R. M., & Vansteenkiste, M. (2021). **Motivating voluntary compliance to behavioural restrictions: Self-determination theory-based checklist of principles for COVID-19 and other emergency communications.** *European Review of Social Psychology*, 32(2), 305-347.

Morbée, S., Haerens, L., Waterschoot, J., & Vansteenkiste, M. (2021). **Which cyclists manage to cope with the corona crisis in a resilient way? The role of motivational profiles.** *International Journal of Sport and Exercise Psychology*, 1-19.

Morbée, S., Vermote, B., Waterschoot, J., Dieleman, L., Soenens, B., Van den Bergh, O., Ryan, R. M., Vanhalst, J., De Muynck, G.-J., & Vansteenkiste, M. (2021). **Adherence to COVID-19 measures: The critical role of autonomous motivation on a short- and long-term basis.** *Motivation Science*, 7(4), 487-496.

Van de Casteele, M., Anthierens, S., DeSmet, A., Galland, B., Goossens, H., Morbée, S., Waterschoot, J., & Vansteenkiste, M. **Saliva Testing among Teachers during the COVID-19 Pandemic: Effects on Health Concerns, Well-being, and Behavior.** *Under review*.

Waterschoot, J., Morbée, S., Van den Bergh, O., & Vansteenkiste, M. (2022). **Merry Christmas and a 'Healthy' New Year: Assessing people's Expectations regarding Christmas Gathering in Pandemic Times.** *Accepted in European Journal of Health Psychology*

Waterschoot, J., Morbée, S., Yzerbyt, V., Van Oost, P., Klein, O., Luminet, O., Schmitz, M., Van den Bergh, O., & Vansteenkiste, M. **'Dances with Viruses': The Association between Motivation and Epidemiology of COVID-19.** *In progress*

Waterschoot, J., Vansteenkiste, M., Brisbois, M., Klein, O., Luminet, O., Morbée, S., Raemdonck, E., Schmitz, M., Van Oost, P., Yzerbyt, V. & Van den Bergh, O. **The Role of Risk Perception in the Prediction of Autonomous Motivation, Behavioral Adherence and Vaccination Intentions during the COVID-19 Pandemic.** *In progress*

Well-being, emotion regulation and identity

Brenning, K., Dieleman, L., Waterschoot, J., Morbée, S., Vermote, B., Soenens, B., Van der Kaap-Deeder, J., van den Bogaard, D., & Vansteenkiste, M. (2022). **Maladaptive Emotion Regulation as a Vulnerability Factor during the COVID-19 Pandemic: A 10-Wave Longitudinal Study.** *Accepted in Stress & Health*

Laporte, N., van den Bogaard, D., Brenning, K. et al. (2022). **Testing an Online Program to Foster Need Crafting During the COVID-19 Pandemic.** *Current Psychology*.

Schrooyen, C., Soenens, B., Waterschoot, J., Vermote, B., Morbée, S., Beyers, W., Brenning, K., Dieleman, L., Van der Kaap-Deeder, J., & Vansteenkiste, M. (2021). **Parental identity as a resource for parental adaptation during the COVID-19 lockdown.** *Journal of Family Psychology*, 35(8), 1053-1064.

van den Bogaard, D., Brenning, K., Soenens, B., & Vansteenkiste, M. **Training need crafting skills among students during the COVID-19 pandemic: Testing the effectiveness of LifeCraft, an online prevention program.** *In progress*.

van den Bogaard, D., Brenning, K., Soenens, B., & Vansteenkiste, M. **Day to day measurements of self-initiated need-based experiences among students during the COVID-19 pandemic.** *In progress*.

van der Kaap-Deeder, J., Vermote, B., Waterschoot, J., Soenens, B., Morbée, S., & Vansteenkiste, M. (2021). **The role of ego integrity and despair in older adults' well-being during the COVID-19 crisis: the mediating role of need-based experiences.** *European Journal of Ageing*, 1-13.

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Vaccination, trust and conspiracies

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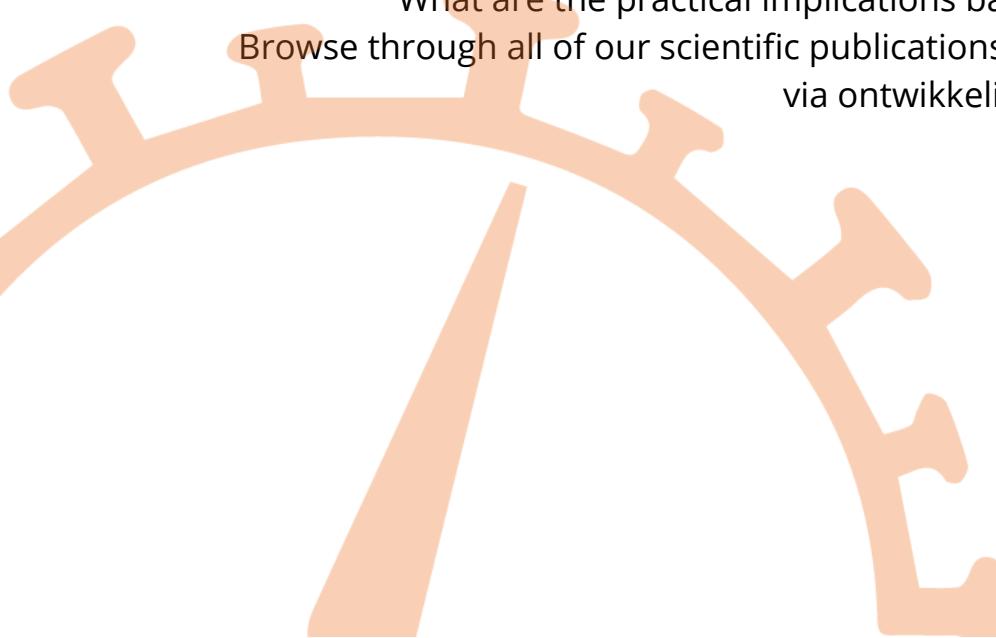




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