Predicting Depression During a Pandemic
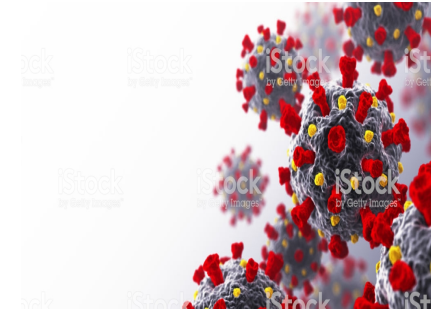
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Depression Due to COVID-19

In March, governments introduced lockdowns to 'flatten the curve', leading to increased isolation, fear, uncertainty, and economic turmoil
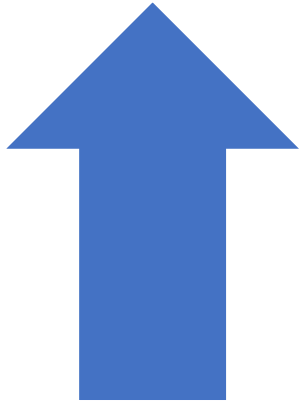
Depression screenings in the US are 374% higher compared to pre-pandemic levels (MHA National, 2020)

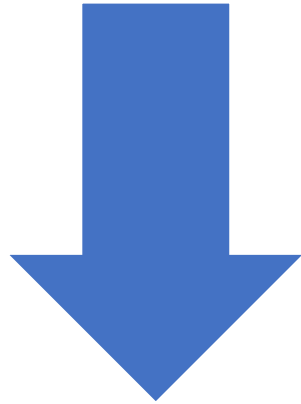Large increases in depression and anxiety in Germany (Jung et al., 2020)

Over 50% of Canadians report worse mental health since onset of physical distancing (Statistics Canada, 2020)

Over 40% of the Italian population (Codagnone et al., 2020) are at risk for mental illness

Hypotheses- Predictors of Depression

Occupational risk
Affected plans
Individual differences
 - Worry
 - Poor health

Self-efficacy
Social support
 - Friends/family
 - Social media

Methods and Participants

- Online survey on MTurk
Participants: Adults from Canada, US, Italy, Germany, and the UK (n = 150 per country N_{total} = 750)

- mean age = 32 yrs old

- female = 35%

- married = 40%

- university educated =70%

- students = 26%

Statistical Analysis

- One hierarchical multiple regression model
- Criterion: Depression~

    Four Blocks of Predictors:

    I. Occupational risk

    II. Individual differences

    III. Affected Plans

    IV. Social Support

~ Using the scale below, indicate your recent feelings about Coronavirus by selecting the response that corresponds best to your feelings   1, not at all - 5, extremely   Sample item: miserable (POMS)

Predictors of Depression

Block	Independent Variables	R^2	$R^2\Delta$	Beta	t
1	Occupational risk	.039	.039***	.113	3.69***
2	Individual differences	.306	.267***		
	Health[1]			.089	2.79**
	Self-efficacy			-.180	-5.68***
	Worry[2]			-.402	-12.63***
3	Affected plans	.335	.029	.170	5.47***
4	Social support	.352	.017		
	Social media			.123	3.88***
	Friends/family support			-.091	-2.89**

1. The higher the number, the worse the health   2. The lower the number, the greater the worry

***p < .001   **p < .01

Stages of Quarantine