



Narratives of Covid-19 Experiences: Relations to Mental Health

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Introduction



Present Study

- As part of our hypothesis, the participants are expected to report higher levels of distress due to the isolation and lower levels of narrative elaboration.

Related Past Research

- Pennebaker & Seagal's (1999) study found that the composing self-written narratives on individual traumatic experiences leads to health benefits such as the release of tension and negative feelings.
- Hamza, Ewing, Heath, & Goldstein's research (2020) reported that college students without preexisting mental health issues have been suffered more of academic distress in 2020 than their previous study in 2019.



Research Methods



Participants

- 218 college students: 131 Freshmen, 38 Sophomores, 22 Juniors, 27 Seniors
- Ages ranging from 18 – 63
- 128 Females, 88 Males, and 2 non-specific

Questionnaire Measures

- The Ryff Scales of Psychological Well-Being (Ryff et al., 2007)
- The Beck Depression Inventory (Beck et al., 1961)
- Perceived Stress Scale (Cohen, 1988)

Covid-19 Elaboration coding:

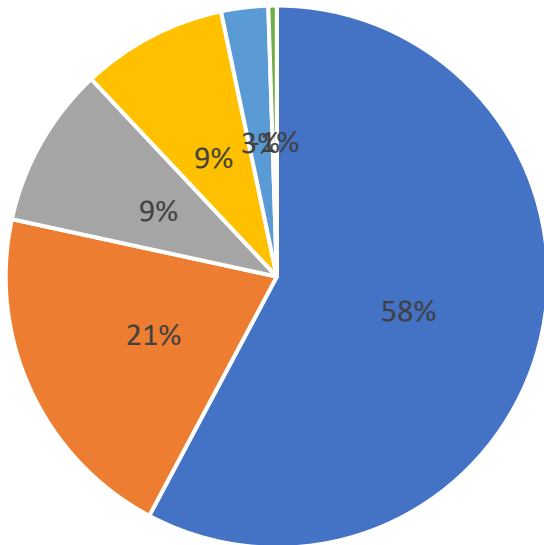
Nine battery of questionnaires to fill out regarding their COVID-19 experiences 3 narratives on their own or their parents' migration story. For example: *Describe your most difficult experience during the pandemic. Describe in detail what happened or is happening (including when it happened, your feelings, who was involved).*

- 0 = No story provided at all.
- 1 = No elaboration: Narrow and Flat Story
- 2 = Low elaboration: Generally Constricted Story
- 3 = Good (Satisfactory) Elaboration: Generally detailed Story
- 4 = Highly Elaborated and Detailed Story



Results: Beck Depression Inventory

Beck Depression Inventory



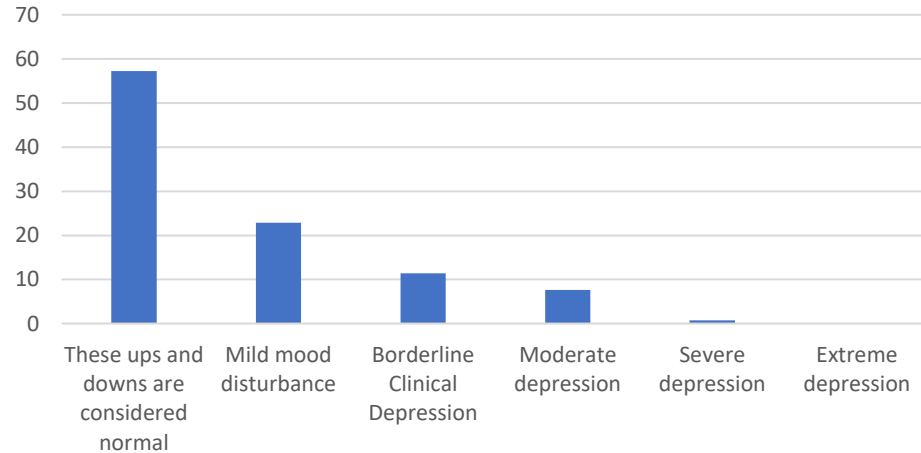
- 57.8% These ups and downs are considered normal
- 20.6 % Mild mood disturbance
- 9.6 % Borderline Clinical Depression
- 8.7 % Moderate depression
- 2.8 % Severe depression
- 0.5 % Extreme depression

Level of Depression	Female	Male	Non-specified	Grand Total
These ups and downs are considered normal	69	56	1	126
Mild mood disturbance	28	17	0	45
Borderline Clinical Depression	15	6	0	21
Moderate depression	12	6	1	19
Severe depression	3	3	0	6
Extreme depression	1	0	0	1
Grand Total	128	88	2	218

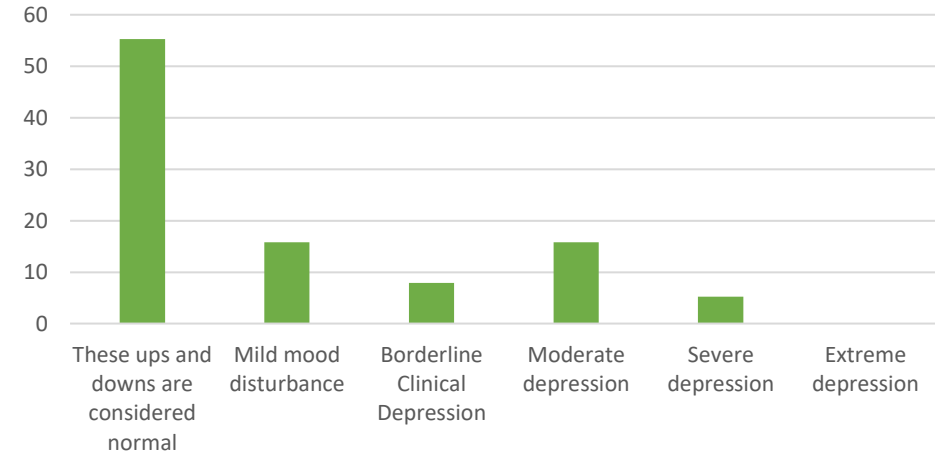


Results: Beck Depression Inventory

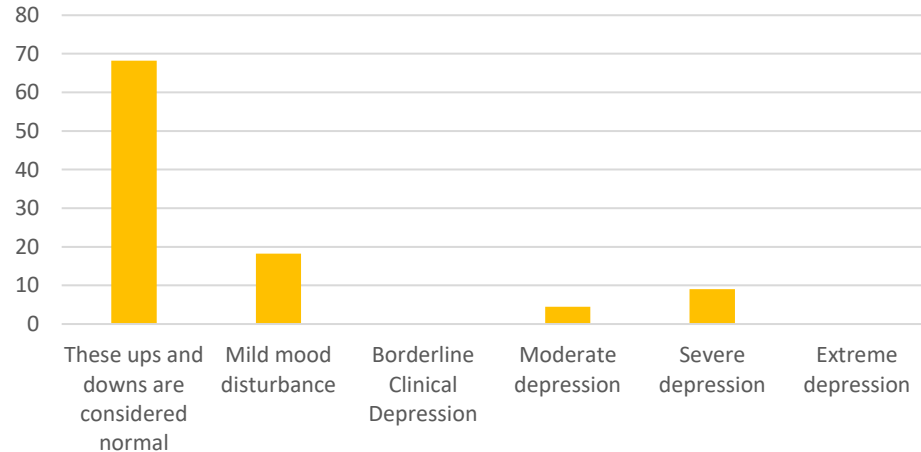
Freshman – % Level of Depression



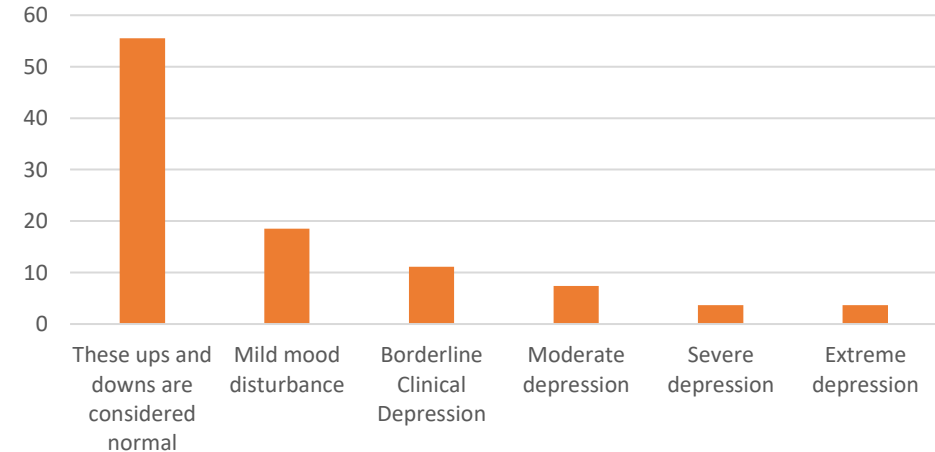
Sophomore – % Level of Depression



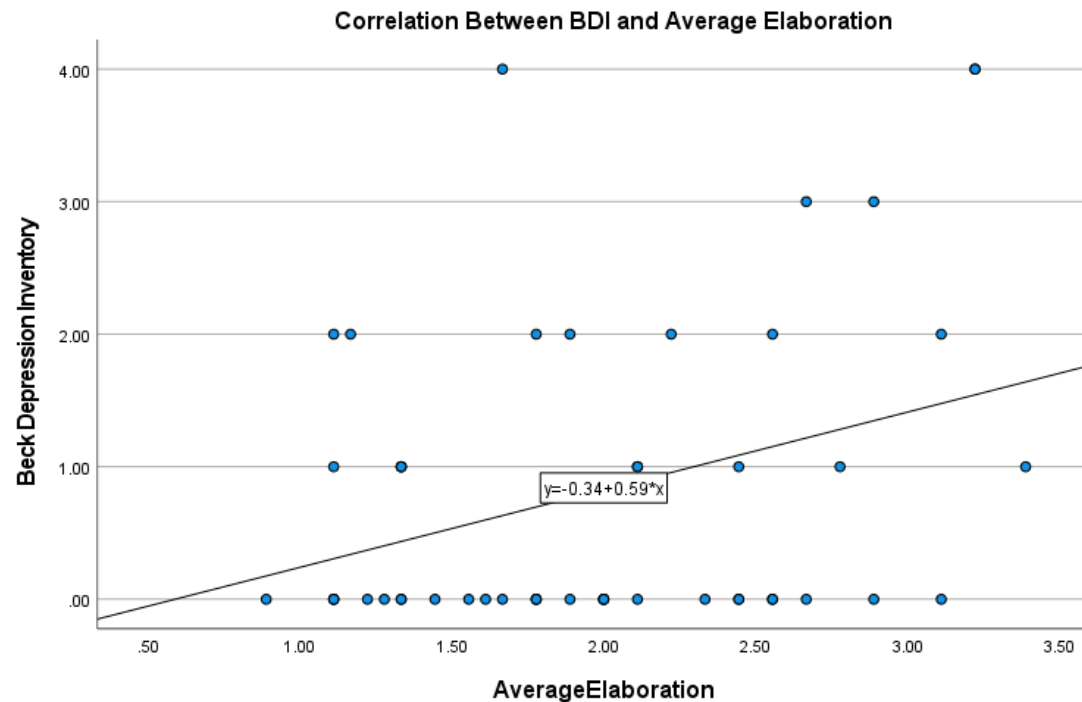
Junior – % Level of Depression



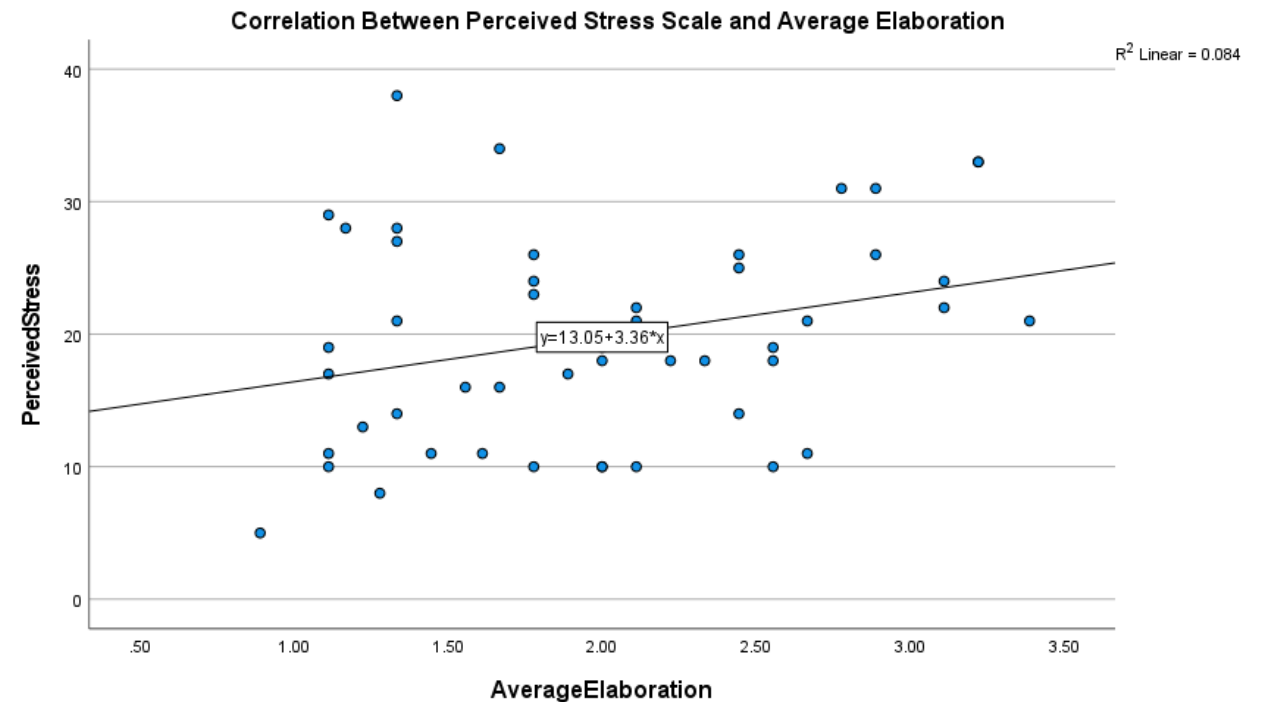
Senior – % Level of Depression



Results: Narrative correlations



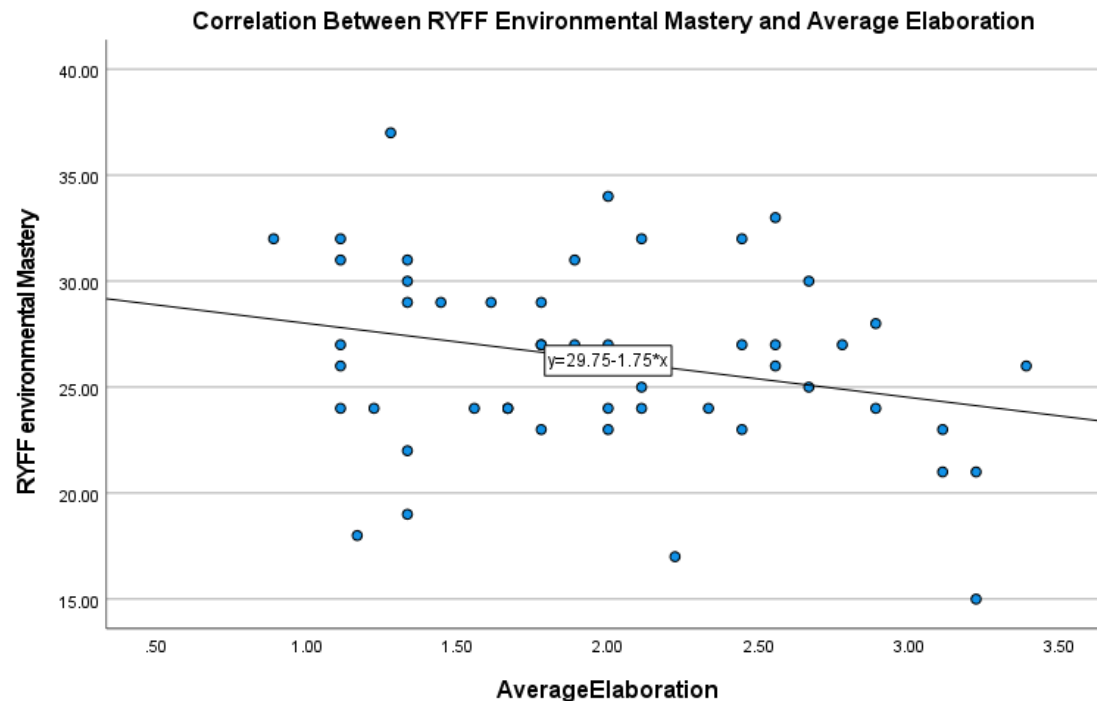
There is a moderate positive correlation between BDI and narrative elaboration; $r = .334$, $p = 0.18$



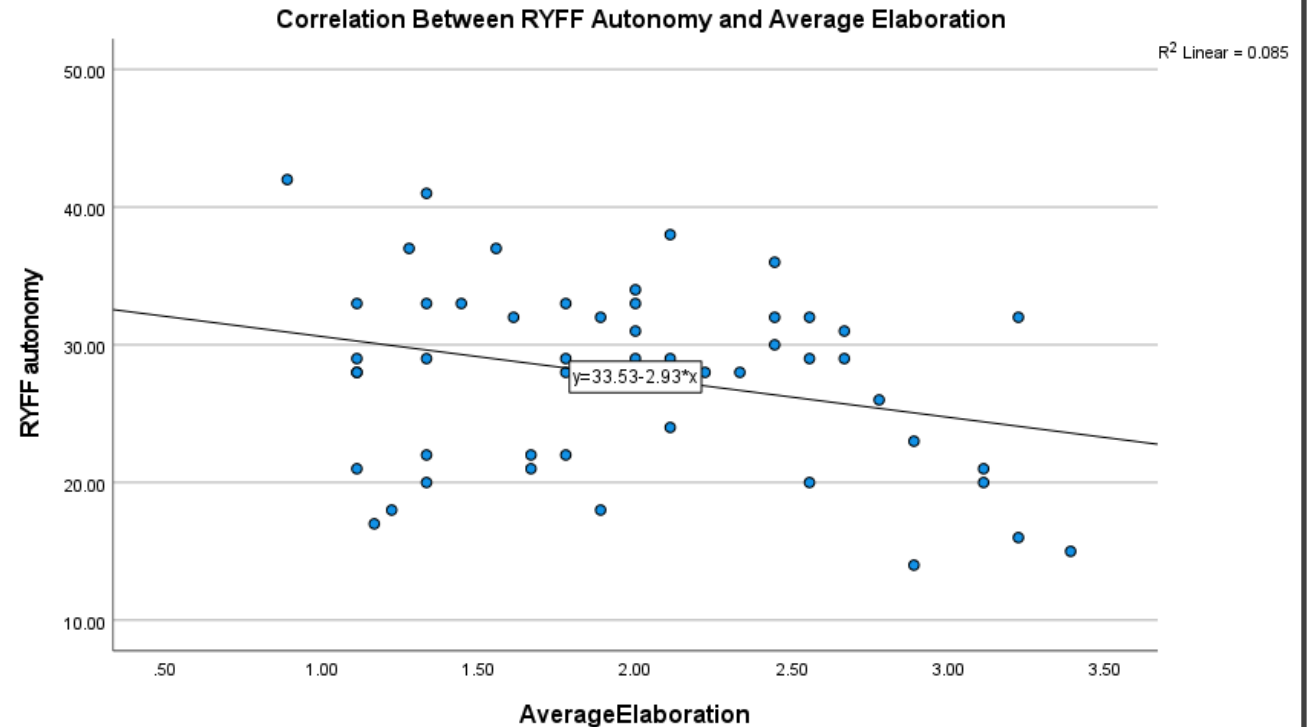
There is a moderate positive correlation between PSC and narrative elaboration; $r = .290$, $p = 0.41$



Results: Narrative correlations



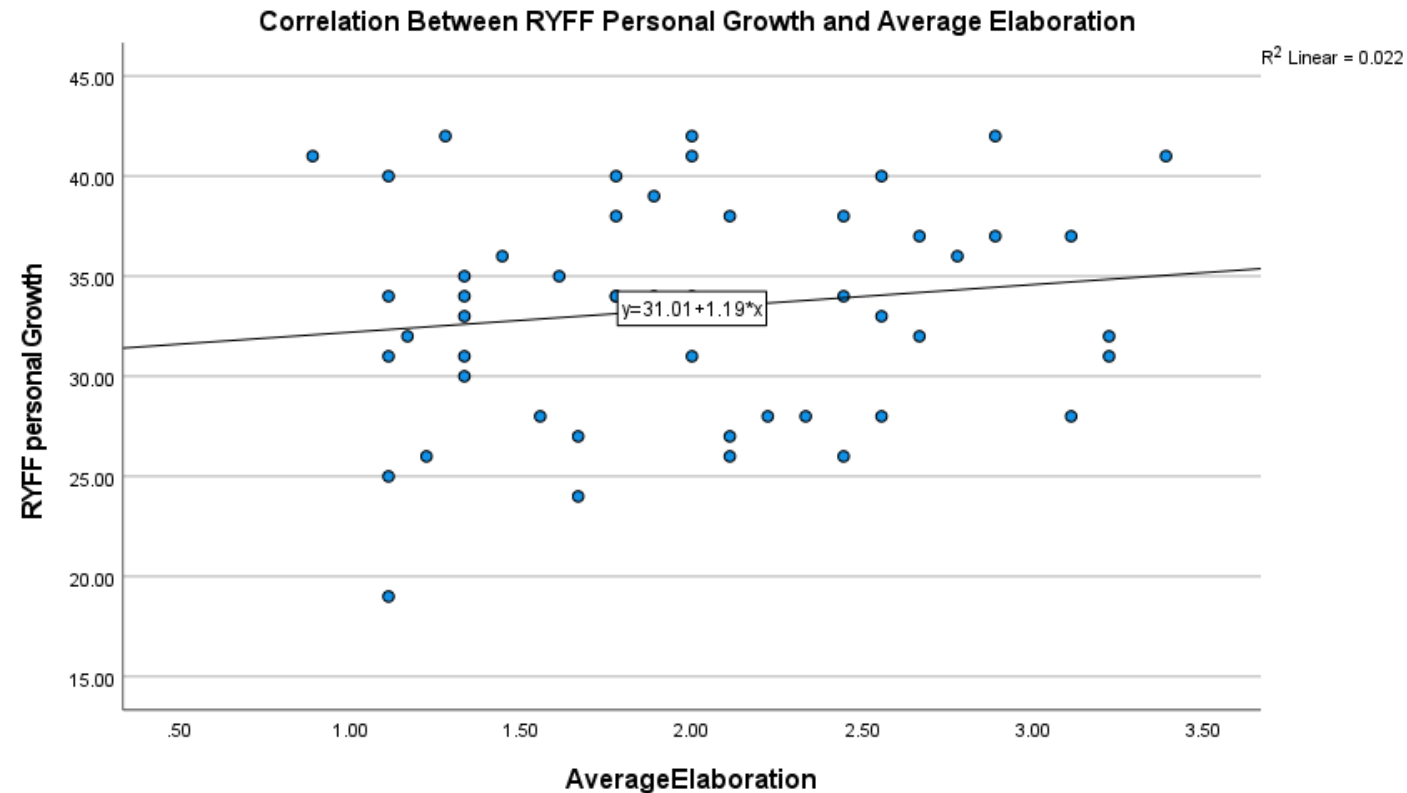
There is a moderate negative correlation between R-EM and narrative elaboration; $r = -.264$, $p = 0.64$



There is a moderate negative correlation between R-Autonomy and narrative elaboration; $r = -.291$, $p = 0.04$



Results: Narrative correlations



There is a moderate positive correlation between R-PG and narrative elaboration; $r = .147$, $p = 0.309$



Acknowledgement

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