



Mar 16, 2021

Protocol for "Thriving during COVID-19: Predictors of Psychological Well-Being and Ways of Coping"

PLOS One

dguess¹¹Ma. Teresa Tuason, C. Dominik Güss, Lauren Boyd**1** Works for me dx.doi.org/10.17504/protocols.io.brpcm3iw

dguess

SUBMIT TO PLOS ONE

ABSTRACT

COVID-19 has led to global dramatic shifts in daily life. Following the biopsychosocial model of health, the goal of the current study was to predict people's psychological well-being (PWB) during the initial lockdown phase of the pandemic and to investigate which coping strategies were most common among people with low and high PWB. Participants were 938 volunteers in the United States who responded to an online survey during pre-peak April 2020. The main findings were that all three groups of variables, biological, psychological, and socio-economic, significantly contributed to PWB explaining 53% variance, with social loneliness and sense of agency being the strongest predictors. PWB was significantly predicted by physical health (not gender nor age); by spirituality, emotional loneliness, and sense of agency; by social loneliness, and employment security (not income, nor neighborhood safety, nor hrs. spent on social media). Comparing the coping strategies of participants, results show more intentional coping in the high-PWB group and more passive coping in the low-PWB group. With this unprecedented pandemic, the findings highlight that actively and intentionally attending to one's PWB by using strategies that own one's control and being an agent for physical, spiritual health, and social connection, may pose greater sustainability in the course of this global shift.

EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0248591>

ATTACHMENTS

[Coronavirus_Survey.docx](#) [Data 938US.sav](#)

DOI

dx.doi.org/10.17504/protocols.io.brpcm3iw

EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0248591>

PROTOCOL CITATION

dguess 2021. Protocol for "Thriving during COVID-19: Predictors of Psychological Well-Being and Ways of Coping". **protocols.io**
<https://dx.doi.org/10.17504/protocols.io.brpcm3iw>

LICENSE

————— This is an open access protocol distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

CREATED

Jan 13, 2021

LAST MODIFIED

Mar 16, 2021

PROTOCOL INTEGER ID

46276

- 1 Survey administered online: "Psychological Well-Being during COVID-19"
- 2 Data collected in SPSS format for the survey on "Psychological Well-Being during COVID-19" (N = 938 U.S. participants)