1. [include] Akdağ, S., Korkmaz, B., Tiftik, T., & Uzer, T. (2023). Ruminative reminiscence predicts COVID-related stress symptoms while reflective reminiscence and social reminiscence predict post-COVID growth. *Current psychology (New Brunswick, N.J.)*, 1–15. Advance online publication. <https://doi.org/10.1007/s12144-023-04750->7

**Abstract:** Reminiscence refers to the process or act of thinking or telling about past experiences. Few studies address the relationship between reminiscence functions and trauma-related cognitions and emotions. This study aimed to expand the previous literature by investigating the frequency of different types of reminiscence during the COVID-19 pandemic and their relations to the likelihood of developing post-traumatic growth (PTG) and post-traumatic stress disorder (PTSD), using an adult sample. Altogether, 184 participants (*Mage* = 30.38; *SD* = 10.95) completed the Reminiscence Functions Scale to report the purposes for which they shared their experiences during the first two waves of COVID-19. They also responded to the COVID-Transitional Impact Scale, Post-Traumatic Stress Disorder Checklist for DSM-5, Post Traumatic Growth Inventory, Revised Form of The Multidimensional Scale of Perceived Social Support, and Connor-Davidson Resilience Scale, when considering the first two waves of COVID-19. The results demonstrated that pro-social reminiscence and self-positive reminiscence were significantly more common than self-negative reminiscence. Yet, these differences disappeared when the presence of COVID virus was controlled. Pro-social and self-positive reminiscence significantly predicted PTG beyond demographic characteristics, COVID-19 impact, social support, and resilience. In contrast, only self-negative reminiscence predicted PTSD beyond COVID-19 impact and demographic characteristics. Furthermore, serial mediation analysis indicated that pro-social reminiscence predicted PTG via its association with perceived social support and resilience. Our findings suggest the benefit of using reminiscence therapy-type interventions to facilitate PTG and reduce PTSD after large-scale disasters like pandemics.

1. [include] Azman, N., Nik Jaafar, N. R., Leong Bin Abdullah, M. F. I., Abdul Taib, N. I., Mohamad Kamal, N. A., Abdullah, M. N., Dollah, S. N., & Mohamed Said, M. S. (2023). Stigma and posttraumatic growth among COVID-19 survivors during the first wave of the COVID-19 pandemic in Malaysia: a multicenter cross-sectional study. *Frontiers in psychiatry*, *14*, 1152105. <https://doi.org/10.3389/fpsyt.2023.1152105>

**Abstract:** Contracting COVID-19 can cause negative and distressing psychological sequelae, but traumatic stressors may also facilitate the development of positive psychological change beyond an individual's previous level of adaptation, known as posttraumatic growth (PTG). As a result, studies have investigated the negative effects of COVID-19 on mental health, but data on PTG among patients who have recovered from COVID-19 remains limited. This study aims to evaluate the level of PTG and its associations with stigma, psychological complications, and sociodemographic factors among COVID-19 patients 6 months post-hospitalization. **Method:**A cross-sectional online survey of 152 COVID-19 patients was conducted after 6 months of being discharged from Hospital Canselor Tuanku Muhriz, MAEPS Quarantine Center, or Hospital Sungai Buloh, Malaysia. Patients completed a set of questionnaires on sociodemographic and clinical data. The Posttraumatic Growth Inventory (PTGI-SF) was used to assess the level of PTG, the Kessler Psychological Distress (K6) was used to measure the degree of psychological distress, the General Anxiety Disorder-7 (GAD-7) was used to evaluate the severity of anxiety symptoms, the Patient Health Questionnaire (PHQ-9) was used to assess the severity of depression symptoms, and the Explanatory Model Interview Catalog Stigma Scale (EMIC-SS) was used to record the degree of perceived stigma toward COVID-19. **Results:**The median PTGI SF score of the respondents was 40.0 (Interquartile range 16.0). Multivariable general linear model with bootstrapping (2,000 replications) revealed factors that significantly predicted PTG, which were at the higher level of the perceived stigma score, at 37 (*B* = 0.367, 95% CI = 0.041 to 0.691, *p* = 0.026), among the Malay ethnicity (*B* = 12.767, 95% CI 38 = 7.541 to 17.993, *p* < 0.001), retirees (*B* = -12.060, 95% CI = -21.310 to -2.811, *p* = 0.011), and those with a history of medical illness (*B* = 4.971, 95% CI = 0.096 to 9.845, *p* = 0.046). **Conclusion:**Experiencing stigma contributed to patients' PTG in addition to psychosocial factors such as ethnicity, history of medical illness, and retirement.

1. [exclude – only correlation were reported] Azoulay, E., Pochard, F., Argaud, L., Cariou, A., Clere-Jehl, R., Guisset, O., Labbé, V., Tamion, F., Bruneel, F., Jourdain, M., Reuter, D., Klouche, K., Kouatchet, A., Souppart, V., Lautrette, A., Bohé, J., Vieillard Baron, A., Dellamonica, J., Papazian, L., Reignier, J., … Kentish-Barnes, N. (2024). Resilience and Mental-Health Symptoms in ICU Healthcare Professionals Facing Repeated COVID-19 Waves. *American journal of respiratory and critical care medicine*, *209*(5), 573–583. <https://doi.org/10.1164/rccm.202305-0806OC>

**Abstract:** Psychological resilience (the ability to thrive in adversity) may protect against mental-health symptoms in healthcare professionals during coronavirus disease (COVID-19) waves. **Objectives:** To identify determinants of resilience in ICU staff members. **Methods:** In this cross-sectional survey in 21 French ICUs, staff members completed the 10-item Connor-Davidson Resilience Scale, Hospital Anxiety and Depression Scale, and Impact of Event Scale-Revised (for post-traumatic stress disorder [PTSD]). Factors independently associated with resilience were identified. **Measurements and Main Results:** The response rate was 73.1% (950 of 1,300). The median 10-item Connor-Davidson Resilience Scale score was 29 (interquartile range, 25-32). Symptoms of anxiety, depression, and PTSD were present in 61%, 39%, and 36% of staff members, respectively. Distress associated with the COVID-19 infodemic was correlated with symptoms of depression and PTSD. More resilient respondents less often had symptoms of anxiety, depression, and PTSD. Greater resilience was independently associated with male sex, having provided intensive care during the early waves, having managed more than 50 patients with COVID-19, and, compared with earlier waves, working longer hours, having greater motivation, and more often involving families in end-of-life decisions. Independent risk factors for lower resilience were having managed more than 10 patients who died of COVID-19, having felt frightened or isolated, and greater distress from the COVID-19 infodemic. **Conclusions:** This study identifies modifiable determinants of resilience among ICU staff members. Longitudinal studies are needed to determine whether prior resilience decreases the risk of mental ill health during subsequent challenges. Hospital and ICU managers, for whom preserving mental well-being among staff members is a key duty, should pay careful attention to resilience.

1. [include] Bai, C., & Bai, B. (2024). Control beliefs about stress and post-traumatic growth in nurses during the COVID-19 pandemic: The mediating roles of basic psychological needs satisfaction and optimism. *International journal of mental health nursing*, 10.1111/inm.13293. Advance online publication. <https://doi.org/10.1111/inm.13293>

**Abstract:** The purpose of this study was to examine the relationship between control beliefs about stress and post-traumatic growth among Chinese nurses during the COVID-19 pandemic and to examine the mediating role of basic psychological needs satisfaction and optimism in this relationship. A total of 692 Chinese nurses participated in this online study, who completed the Beliefs about Stress Scale, Post-Traumatic Growth Inventory, Positive Psychological Capital Questionnaire, Basic Psychological Needs Satisfaction Scale and demographic variables between September and October 2020. Results indicate that 48.8% (N = 388) of nurses reported significant post-traumatic growth related to the COVID-19 pandemic. Moreover, control beliefs about stress were positively related to post-traumatic growth (r = 0.38, p < 0.001), basic psychological needs satisfaction (r = 0.44, p < 0.001) and optimism (r = 0.47, p < 0.001). In addition, basic psychological needs satisfaction and optimism were both independent and serial mediators of the relationship between control beliefs about stress and post-traumatic growth. Nurses and hospital administrators should focus on increasing nurses' control beliefs about stress and thereby enhancing their post-traumatic growth after experiencing events such as the COVID-19 pandemic. To support this process, programs should be designed to meet nurses' basic psychological needs and increase their optimism.

1. [include – this one does the same thing we are doing] Bovero, A., Balzani, S., Tormen, G., Malandrone, F., & Carletto, S. (2023). Factors Associated with Post-Traumatic Growth during the COVID-19 Pandemic: A Systematic Review. *Journal of clinical medicine*, *13*(1), 95. <https://doi.org/10.3390/jcm13010095>

**Abstract:** The COVID-19 pandemic was an unprecedented event that further stimulated the debate on the concept of trauma. To increase knowledge about the traumatic potential of the pandemic, the main objective of this study was to identify, through a systematic literature review, the main factors associated with the adaptive outcome of post-traumatic growth caused by COVID-19. Studies were selected from the PsychInfo, Embase, and PubMed databases, and 29 articles were included at the end of the screening process. The identified factors are of different natures, including personal variables such as personality traits, coping, and cognitive strategies used to face adversity, and interpersonal variables, one of the most important of which is the level of social support. In addition, several results confirmed a relationship between post-traumatic growth and post-traumatic stress symptoms, as well as indices related to psychological well-being. Finally, the results are discussed by comparing them with those already present in the literature, as well as with some of the main explanatory models of post-traumatic growth. In this regard, some of the factors identified, such as maladaptive coping, avoidance symptoms, optimism, and low-stress tolerance, suggest the possibility that the process of post-traumatic growth may also be characterized by an illusory dimension.

1. [include] Cardinali, P., Olcese, M., Antichi, L., & Migliorini, L. (2024). Cumulative trauma and perceived community resilience: A serial mediation model. *Journal of community psychology*, *52*(1), 276–288. <https://doi.org/10.1002/jcop.23097>

**Abstract:** Communities affected by cumulative trauma can experience negative psychological reactions but also posttraumatic growth and community resilience, which promote adaptation and preparation for future traumatic events. This study aims to investigate the mechanisms that mediate the relationship between traumatic events and perceived community resilience. Participants were 118 Italian adults who experienced cumulative trauma and were recruited to complete an online survey. A serial multiple mediation model was estimated to assess whether the impact of the Morandi bridge collapse and posttraumatic growth mediated the relationship between the psychological impact of the Covid-19 pandemic and perceived community resilience. The impact of the collapsed bridge and posttraumatic growth in serial partially mediated the relationship between the impact of the Covid-19 pandemic and perceived community resilience. The impact of cumulative trauma can be considered through an ecological perspective that considers the consequences of these events in relation to community resilience.

1. [include] Deitz A. H. H. (2024). Self-compassion, childhood emotional neglect, and posttraumatic growth: Parental well-being during COVID-19. *Journal of affective disorders*, *350*, 504–512. <https://doi.org/10.1016/j.jad.2024.01.130>

**Abstract:** The CoronaVirus Disease 2019 (COVID-19) pandemic can be conceptualized as a trauma that created additional unique stressors for parents. Self-compassion might promote posttraumatic growth (PTG); however, parents with histories of childhood emotional neglect may struggle to practice self-compassion when their own affectional needs were unmet earlier in life, carrying implications for both parental and child well-being. The objective is to examine the relationship between childhood emotional neglect and pandemic-related PTG, and the moderating role of self-compassion. **Methods:**An online cross-sectional survey collected information from 436 parents (M = 37.62 years, SD = 9.31) across the U.S. on pandemic- and parenting-related stresses, childhood emotional neglect, self-compassionate behavior, psychological distress, and pandemic-related PTG. Multiple regression analyses were conducted to analyze relationships among childhood emotional neglect, self-compassionate behavior, and pandemic-related PTG. **Results:**Parents who reported greater frequency of self-compassionate behavior tended to report higher pandemic-related PTG. Childhood emotional neglect alone did not predict pandemic-related PTG; however, for parents who reported less frequent self-compassionate behavior, greater childhood emotional neglect predicted lower pandemic-related PTG. **Limitations:**The cross-sectional design and sample homogeneity limit both causal inference and generalizability. Limitations in operationalization of PTG and self-compassion constructs are discussed. **Conclusions:**Findings emphasize the utility of self-compassionate behavior in promoting pandemic-related PTG, especially for adults with histories of childhood emotional neglect. Self-compassion is a freely accessible practice that individuals can implement successfully with minimal instruction. In terms of clinical relevance, therapists may be able to identify points of intervention wherein self-compassion may stimulate pandemic-related PTG.

1. [exclude – only correlations] Deleuil, S., & Mussap, A. J. (2023). Evaluating an online self-distancing intervention to promote emotional regulation and posttraumatic growth during the COVID-19 pandemic. *Anxiety, stress, and coping*, *36*(1), 18–37. <https://doi.org/10.1080/10615806.2022.2150177>

**Abstract:** Three online studies were conducted to elucidate the role of emotional regulation (ER) in posttraumatic growth (PTG), evaluate the ability of an online self-distancing intervention to achieve ER, and test whether increasing the use of ER strategies promotes PTG. **Design:**Cross-sectional (Study 1) and longitudinal randomized controlled trials (RCT) (Studies 2 and 3). **Method:**In Study 1, 626 adults completed measures of ER, PTG, and psychosocial functioning during the COVID-19 pandemic. In Study 2, 149 adults participated in a five-week RCT comparing self-immersed, spatially self-distanced, and temporally self-distanced reflection in their ability to regulate negative affect. In Study 3, 117 adults replicated the RCT of Study 2 and completed the measures from Study 1 a week pre- and post-intervention. **Results:**Path analyses confirmed that ER strategies were relevant to COVID-19-related PTG. MANOVAs revealed that self-distancing was effective in regulating state negative affect. However, ANOVAs suggest that this was not due to increased use of ER strategies and did not improve PTG or psychosocial functioning. **Conclusions:**These findings support further research into the relevance of ER to PTG, and provide a foundation to understand PTG and develop PTG-promoting interventions within a broader stress-coping framework.

1. [include] Gaboardi, M., Naddeo, D., Meneghini, A. M., Lenzi, M., Canale, N., Stanzani, S., & Santinello, M. (2024). Yes, I will do it! Factors promoting the intention to volunteer after COVID-19 pandemic in Italy. *International journal of psychology : Journal international de psychologie*, 10.1002/ijop.13110. Advance online publication. <https://doi.org/10.1002/ijop.13110>

**Abstract:** This cross-sectional study assessed the extent to which the intention to volunteer after the COVID-19 pandemic is associated with resilience, post-traumatic growth, and community service self-efficacy in a representative Italian sample (N = 295; Mage = 44.77; SD = 14.79; range = 18-83 years; 53.22% men). The model tested through a path analysis revealed a positive association between community service self-efficacy and intention to continue volunteering. Multi-group comparisons revealed that this relationship was maintained in participants who were active volunteers, while in the group of former volunteers, only a positive association between post-traumatic growth and intention to volunteer was found. This study contributed to highlight the importance of community service self-efficacy and post-traumatic growth in the volunteering experience and the intention to continue volunteering in the future.

1. [include] Gesi, C., Cafaro, R., Achilli, F., Boscacci, M., Cerioli, M., Cirnigliaro, G., Loupakis, F., Di Maio, M., & Dell'Osso, B. (2024). The relationship among posttraumatic stress disorder, posttraumatic growth, and suicidal ideation among Italian healthcare workers during the first wave of COVID-19 pandemic. *CNS spectrums*, *29*(1), 60–64. <https://doi.org/10.1017/S1092852923002493>

**Abstract:** The COVID-19 pandemic impacted mental health across different groups, including healthcare workers (HWs). To date, few studies focused on potential positive aspects that may follow the exposure to the pandemic. We investigated the prevalence of posttraumatic stress disorder (PTSD) in Italian HWs and whether posttraumatic growth (PTG) dimensions affected the risk of suicidal ideation (SI) during the first COVID-19 wave. **Methods:**An online self-report survey was conducted between April and May 2020. Sociodemographic data, information about COVID-19-related stressful events, Impact of the Event Scale-revised, and Post-Traumatic Growth Inventory-Short Form (PTGI-SF) scores were collected and compared between participants. Patient Health Questionnaire-9 scores were also collected to assess SI through item 9. Multivariate logistic regression was used to assess the relationship between PTGI and SI. **Results:**Among 948 HWs, 257 (27.0%) reported a provisional PTSD diagnosis. The median PTGI-SF score was 24. Participants reporting PTSD symptoms had higher scores in the *Spiritual change*, *Appreciation of life*, and *New possibilities* domains, and in the total PTG scale. A total of 100 HWs (10.8%) screened positive for SI. Improvements in *Relating to others* domain of PTGI-SF (odds ratioOR: .46; 95% confidence interval: .25-.85) were associated with lower odds of SI. **Conclusions:**COVID-19 pandemic has been indicated as a risk factor for SI, also among HWs. PTG may have a protective role on suicide risk. Improvements in *Relating to others* domain reduced odds of SI, consistently with the role of loneliness and lack of connectedness with others in enhancing suicidal risk.

1. [exclude – no descriptive statstics reported] Governale, A., McTighe, K., & Cechova, V. (2024). Psychological reactions to COVID-19: Ambiguous loss, posttraumatic growth, and coronavirus impact among college students. *Psychological trauma : theory, research, practice and policy*, *16*(2), 201–207. <https://doi.org/10.1037/tra0001508>

**Abstract:** As social distancing and mask requirements lift, young adults may experience continued impacts from the pandemic. For example, college students may be particularly vulnerable to negative impact of COVID-19 due to social isolation, disruption to education, and lost personal and economic opportunity. **Method:**In order to investigate how psychological reactions (e.g., ambiguous loss, psychological growth) predict current COVID-19 impact, 224 students (*M*age = 20.21, *SD* = 2.64) from a private liberal arts college completed a cross-sectional survey during February or March 2022. **Results:**Several demographic findings emerged, including increased impact among older students (*B* = .25, *p* = .01) and caregiving students (*B* = 2.14, *p* < .001), while ambiguous loss (*B* = .24, *p* < .001) appeared to be the strongest predictor after controlling for demographic factors and COVID awareness. Finally, the relationship between posttraumatic psychological growth and COVID impact was moderated by first-generation student status, *B* = .15, *p* = .04. **Conclusions:**First-generation students reported elevated levels of COVID impact even when reporting high levels of growth, while posttraumatic growth buffered impact among non-first-generation students. Results support the need for targeted college-based resources and services for students who may need long-term social support and trauma-informed intervention following the COVID-19 pandemic.

1. [exclude – no effect size reported] Jiang, J., Liu, Y., Han, P., Zhang, P., Shao, H., Dai, Z., & Zhuang, Y. (2024). Post-traumatic growth among emergency nurses after COVID-19 in Shanghai, China: a qualitative study. *BMJ open*, *14*(2), e081212. <https://doi.org/10.1136/bmjopen-2023-081212>

**Abstract:** This study aims to investigate the post-traumatic growth of emergency nurses (ENs) in Shanghai, China, in 2022 following the COVID-19 pandemic.

**Design:**A phenomenological qualitative research approach was employed, with 17 ENs being interviewed between July and August 2022. Data collection was conducted through semistructured, in-depth interviews, and data analysis was carried out using the Colaizzi's seven-step analysis method. **Setting:**A third-level hospital in Shanghai. **Participants:**A total of 17 ENs were interviewed through face-to-face, semistructured, in-depth interviews. **Results:**Three main themes and eight subthemes were extracted from the data: (a) stress, (b) restructuring and (c) growth. **Conclusion:**Significant stress was imposed on ENs by the Shanghai COVID-19 pandemic, but cognitive restructuring was successfully undergone by them, leading to the experience of growth. It is recommended that post-traumatic growth levels be enhanced through professional psychological counselling and tailored support measures for different stages.

1. [include] Kalaitzaki, A., Theodoratou, M., Tsouvelas, G., Tamiolaki, A., & Konstantakopoulos, G. (2024). Coping profiles and their association with vicarious post-traumatic growth among nurses during the three waves of the COVID-19 pandemic. *Journal of clinical nursing*, 10.1111/jocn.16988. Advance online publication. <https://doi.org/10.1111/jocn.16988>

**Abstract:** This study aimed to examine (a) changes in coping strategies and vicarious post-traumatic growth (VPTG) across three timepoints of the COVID-19 pandemic among nurses; (b) discrete groups of nurses with unique coping profiles and (c) the association of these coping profiles with VPTG across the timepoints.

**Background:**Although literature abounds with the negative mental health consequences of the pandemic among healthcare professionals, much less is known about the positive consequences on nurses, the coping strategies that they use, and how these change over time.**Design:**This was a cross-sectional web-based survey at three timepoints during the pandemic. **Methods:**A sample of 429 nurses completed online the Post-Traumatic Growth Inventory (PTGI) and the Brief Coping Orientation to Problems Experienced Inventory (COPE) to measure vicarious post-traumatic growth (VPTG) and coping strategies, respectively. The STROBE checklist was used to report the present study. **Results:**Significantly higher VPTG scores were observed during the third timepoint. Different coping strategies were employed across the three timepoints. Nurses responded to the pandemic either with an active, an avoidant or a passive coping profile. Significantly higher VPTG levels were reported by the nurses of the active profile compared to those of the passive profile, whereas the difference between active and avoidant profiles was not significant. **Conclusions:**Notwithstanding the preponderance of the nurses with the active coping profile in achieving high VPTG, the avoidant copers had more gains (VPTG) than the passive copers, suggesting that doing something to cope with the stressor-let it be trying to avoid it-was better than doing nothing.

1. [exclude – no effect size found] Levinsky, M., Schiff, M., Pat-Horenczyk, R., & Benbenishty, R. (2024). Emotional distress and posttraumatic growth during the COVID-19 pandemic: The case of the ultra-Orthodox Jewish society in Israel. *Psychological trauma : theory, research, practice and policy*, *16*(1), 57–67. <https://doi.org/10.1037/tra0001406>

**Abstract:** The COVID-19 pandemic has been associated with a range of negative responses, including emotional distress, as well as with positive changes, such as posttraumatic growth (PTG). Among the vulnerability factors the literature lists SES and being part of a minority group. The aim of this study is to identify patterns of responses among the ultra-Orthodox Jewish society in Israel, in terms of both emotional distress (anxiety and depression) and multiple dimensions of PTG. **Method:**The data were collected during the second wave of COVID-19 in Israel, between May and November 2020. The sample included 369 participants, all belonging to the ultra-Orthodox society. Latent class analysis was used to establish heterogeneous classes of participants displaying similar response patterns, using the Patient Health Questionnaire-9 (PHQ-9) for depression, the Generalized Anxiety Disorder-7 index (JAD-7), and the 10-item version of the Posttraumatic Growth Inventory (PTGI-10). Multinomial regression examined which of the predictors best distinguished between the classes. **Results:**Three classes were identified, termed here Resilience, Growth, and Distress. As differential predictors of class membership, the study identified age; gender; self-rated health; and COVID-19-related potential negative experiences: economic decline, concerns, and microaggression. The Resilience and Growth patterns were the most prominent. A small number of participants formed a class characterized by high levels of distress. **Conclusions:**The findings contribute to understanding the psychological response patterns of a minority group to COVID-19. The characteristics of the three classes highlight the important role of potentially negative experiences related to COVID-19 in the response patterns.

1. [include] Liu, G., Zeng, L., Wang, F., Feng, F., Jin, M., Xie, W., Tang, P., Qiu, Y., & Wang, J. (2024). Prevalence and factors of posttraumatic growth among Hubei residents during the COVID-19 pandemic: A cross-sectional study. *Psychology, health & medicine*, *29*(1), 100–107. <https://doi.org/10.1080/13548506.2022.2132409>

**Abstract:** The adverse impact of the COVID-19 pandemic on mental health has been widely concerned, but the research on positive psychological factors is insufficient, this study aims to investigate the prevalence and factors of posttraumatic growth (PTG) among residents in the worst-hit areas of China (Hubei Province). We were conducted in three disaster areas with different severity in Hubei Province three months after the outbreak, and the data were from 575 respondents. Instruments included the simplified Chinese version of the Posttraumatic Growth Inventory (C-PTGI) and the public health emergency psychological questionnaire. Nonparametric tests, Spearman correlation analyses, and multiple linear regression equations were used to analyze the data. The results showed that three months after the outbreak of COVID-19, the PTG of Hubei residents was at a low level, and their sense of fear was the most prominent, with a positive detection rate of 82.09%. According to the results of this study, high PTG levels were associated with high levels of fear, married and healthcare providers, while low levels of PTG were associated with serious chronic diseases, males, good economic status, and poor prevention and control measures. Government departments should strengthen social support for residents, carry out necessary stress management training to help them correctly deal with negative emotions and promote their personal growth.

1. [include] Liu, S., Curenton, S. M., Sims, J., & Fisher, P. A. (2024). The promotive and protective effects of parents' perceived changes during the COVID-19 pandemic on emotional well-being among U.S. households with young children: an investigation of family resilience processes. *Frontiers in psychology*, *14*, 1270514. <https://doi.org/10.3389/fpsyg.2023.1270514>

**Abstract:** The COVID-19 pandemic may constitute a traumatic event for families with young children due to its acute onset, the unpredictable and ubiquitous nature, and the highly distressing disruptions it caused in family lives. Despite the prevalent challenges such as material hardships, child care disruptions, and social isolation, some families evinced remarkable resilience in the face of this potentially traumatic event. This study examined domains of changes perceived by parents of young children that were consistent with the post-traumatic growth (PTG) model as factors that facilitate family resilience processes. **Methods:**This study drew data from the RAPID project, a large ongoing national study that used frequent online surveys to examine the pandemic impact on U.S. households with young children. A subsample of 669 families was leveraged for the current investigation, including 8.07% Black, 9.57% Latino(a), 74.44% non-Latino(a) White families, and 7.92% households of other racial/ethnic backgrounds. In this subsample, 26.36% were below 200% federal poverty level.

**Results:**Approximately half of the parents reported moderate-to-large degrees of changes during the pandemic, and the most prevalent domain of change was appreciation of life, followed by personal strengths, new possibilities, improved relationships, and spiritual growth. Black and Latino(a) parents reported more changes in all five domains than White parents and more spiritual growth than parents of the other racial/ethnic groups. Moreover, parent-reported improved relationships were found to indirectly reduce young children's overall fussiness/defiance and fear/anxiety symptoms through reducing parents' emotional distress. Perceived changes in the new possibilities, personal strengths, and appreciation of life domains were found to serve as protective factors that buffered the indirect impacts of material hardship mean levels on child behavioral symptoms via mitigating parents' emotional distress.

**Discussion:**These findings shed light on resilience processes of a family system in a large-scale, disruptive, and stressful socio-historical event such as the COVID-19 pandemic. The five PTG domains could inform therapeutic and intervention practices in the face of future similar events. Importantly, these findings and the evinced family resilience should not negate the urgent needs of policy and program efforts to address material hardships, financial instabilities, and race/ethnicity-based structural inequalities for families of young children.

1. [include] Nowicki, G. J., Schneider-Matyka, D., Godlewska, I., Tytuła, A., Kotus, M., Walec, M., Grochans, E., & Ślusarska, B. (2024). The relationship between the strength of religious faith and spirituality in relation to post-traumatic growth among nurses caring for COVID-19 patients in eastern Poland: a cross-sectional study. *Frontiers in psychiatry*, *14*, 1331033. <https://doi.org/10.3389/fpsyt.2023.1331033>

**Abstract:** The COVID-19 pandemic had forced intensive care unit (ICU) nurses to adapt to extreme conditions in a short period of time. This resulted in them experiencing extremely stressful situations. The aim of this study was to assess the relationship between post-traumatic growth (PTG) and religiosity and spirituality (R/S) among nurses caring for COVID-19 patients in intensive care during the pandemic.

**Materials and methods:**120 nurses working in Lublin, eastern Poland, participated in the cross-sectional study. The questionnaire was made up of three standardised tools: The Post-Traumatic Growth Inventory, The Santa Clara Strength of Religious Faith Questionnaire, The Spiritual Attitude and Involvement List. **Results:**In terms of spirituality, the study group of nurses achieved the highest score in the Connectedness with Nature subscale (4.37 ± 1.07), while the strength of religious beliefs had a positive correlation with post-traumatic growth only in the Spiritual changes subscale (*r* = 0.422, *p*< 0.001). The following dimensions of spirituality were significantly correlated with post-traumatic growth in the multi-factor model that included religiosity and spirituality: Transcendent experiences, Spiritual activities, Meaningfulness, Acceptance, and Trust. We saw that increase in the assessment of the Transcendent experiences, Meaningfulness and Trust subscales significantly mirrors increase in post-traumatic growth, while increase in the assessment of the Spiritual activities and Acceptance subscales significantly mirrors decrease in post-traumatic growth. The above variables explained up to 44% of the dependent variable. **Conclusion:**Both religiosity and spirituality were significantly associated with post-traumatic growth in the group of ICU nurses, but spirituality appears to have played a larger role. Our findings support the value and significance of the development of spiritual and religious identity as a means of enhancing positive psychological changes in the face of traumatic events.

1. [include] Özönder Ünal, I., Ünal, C., Duymaz, T., & Ordu, C. (2023). The relationship between psychological flexibility, self-compassion, and posttraumatic growth in cancer patients in the COVID-19 pandemic. *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*, *31*(7), 428. <https://doi.org/10.1007/s00520-023-07891->4

**Abstract:** The COVID-19 pandemic may have an important long-term emotional impact on patients with cancer diagnosis, as they are in the high-risk group. We aimed to evaluate the relationship between self-compassion, psychological flexibility, and posttraumatic growth, and to examine whether psychological flexibility may serve as a mediator between self-compassion and posttraumatic growth. **Methods:**Two hundred fifty-three patients with cancer were included in the study. Sociodemographic and Clinical Features Data Form, Self-Compassion Scale (SCS), Freiburg Mindfulness Inventory (FMI), Acceptance and Action Questionnaire-II (AAQ-II), Cognitive Fusion Questionnaire (CFQ), and Posttraumatic Growth Inventory (PTGI) were applied to all patients. **Results:**The multivariate analysis with independent variable SCS, FMI, AAQ-II, and CFQ scores explains 49% of the variance in PTGI (F(4,248) = 60,585, p < 0.001). SC and FMI scores were found to have a positive and AAQ-II and CFQ scores a negative predictive effect on PTGI scores. The partial mediational effect of psychological flexibility on the relationship between self-compassion and posttraumatic growth was found to be statistically significant.**Conclusion:**In traumatic life events such as pandemics, the importance of self-compassion for posttraumatic growth and the mediator role of psychological flexibility in this relationship should be considered in order to manage the treatment process in cancer patients. These patients are more affected by the pandemic due to the nature of their malignancy and the strict protective measures they must follow as members of a high-risk group. The significance of therapies focused on psychological flexibility should be emphasized in comprehensive biopsychosocial approaches for the management of cancer patients.

1. [exclude – no effect size were provided] Petrocchi, S., Pellegrino, S. A., Manoni, G., Petrovic, G., & Schulz, P. J. (2023). "What does not kill you… mutates and tries again." A study on personality determinants of post-traumatic growth during the COVID-19 pandemic. *Current psychology (New Brunswick, N.J.)*, 1–15. Advance online publication. <https://doi.org/10.1007/s12144-023-04415->5

**Abstract:** The COVID-19 pandemic was recognized as a collective trauma and as a major threat to mental health. Recent literature focused on the stress symptomatology or post-traumatic stress disorder associated to the COVID-19 exposure. The concept that people have a natural inclination toward growth, even under stressful and threatening events, gathered less attention. Previous research has analyzed antecedents of post-traumatic growth (PTG) with non-conclusive results. **Methods**. The present research aimed at including findings on PTG from personality traits, i.e., sense of control and self-mastery, and distal condition of nurturance and support received by others, i.e., cognitive and affective well-being. Analyses were based on 4934 interviews with adults (Mage = 57.81 years, 55.5% women) from the Swiss Household Panel study. **Results**. Relationships over time emerged between sense of control and self-mastery on PTG and worries, measured after two years, via the mediation of cognitive and affective well-being. **Conclusion**. Results come from a large study in a design seldom employed in this type of research and can inform both research and interventions.

1. [no access to this journal] Pfeiffer, K., Cunningham, T., Cranmer, J. N., Harrison, T., Crosby, H., Schroeder, K., Jordan, D., & Coburn, C. (2023). Changes in Posttraumatic Growth After a Virtual Contemplative Intervention During the COVID-19 Pandemic. *The Journal of nursing administration*, *53*(1), 40–46. <https://doi.org/10.1097/NNA.0000000000001240>

**Abstract:** The aim of this study was to describe the effects of an intervention called "Compassion & Growth Workshops" on reported posttraumatic growth (PTG) using the Posttraumatic Growth Inventory-Expanded (PTGI-X). **Background:**Few studies measure the impact of interventions, such as contemplative practices, on nurse PTG. **Methods:**We delivered a series of three 2-hour microretreats to nurses and advanced practice nurses and measured their impact on PTG scores. Using multivariate logistic regression, we identified cofactors predictive of 25% overall improvement on the PTGI-X. **Results:**Overall PTG increased among participants, with the greatest improvement in relating to others, new possibilities, and personal strength. Posttraumatic growth improved as workshop attendance increased; nurses providing direct patient care also benefitted the most. **Conclusions:**Contemplative interventions can substantively improve PTG. This may be particularly relevant for coping with COVID pandemic stress among nurses on the frontlines and for healthcare leaders seeking to strengthen psychological support within their teams and reform the workplace environment.

1. [exclude – no effect size] Ponce, S. A., Green, A., Strassle, P. D., & Nápoles, A. M. (2024). Positive and negative aspects of the COVID-19 pandemic among a diverse sample of US adults: an exploratory mixed-methods analysis of online survey data. *BMC public health*, *24*(1), 22. <https://doi.org/10.1186/s12889-023-17491->w

**Abstract:** The COVID-19 pandemic had a profound social and economic impact across the United States due to the lockdowns and consequent changes to everyday activities in social spaces. **Methods:**The COVID-19's Unequal Racial Burden (CURB) survey was a nationally representative, online survey of 5,500 American Indian/Alaska Native, Asian, Black/African American, Latino (English- and Spanish-speaking), Native Hawaiian/Pacific Islander, White, and multiracial adults living in the U.S. For this analysis, we used data from the 1,931 participants who responded to the 6-month follow-up survey conducted between 8/16/2021-9/9/2021. As part of the follow-up survey, participants were asked "What was the worst thing about the pandemic that you experienced?" and "Was there anything positive in your life that resulted from the pandemic?" Verbatim responses were coded independently by two coders using open and axial coding techniques to identify salient themes, definitions of themes, and illustrative quotes, with reconciliation across coders. Chi-square tests were used to estimate the association between sociodemographics and salient themes.

**Results:**Commonly reported negative themes among participants reflected disrupted lifestyle/routine (27.4%), not seeing family and friends (9.8%), and negative economic impacts (10.0%). Positive themes included improved relationships (16.9%), improved financial situation (10.1%), and positive employment changes (9.8%). Differences in themes were seen across race-ethnicity, gender, and age; for example, adults ≥ 65 years old, compared to adults 18-64, were more likely to report disrupted routine/lifestyle (37.6% vs. 24.2%, p < 0.001) as a negative aspect of the pandemic, and Spanish-speaking Latino adults were much more likely to report improved relationships compared to other racial-ethnic groups (31.1% vs. 14.8-18.6%, p = 0.03).

**Discussion:**Positive and negative experiences during the COVID-19 pandemic varied widely and differed across race-ethnicity, gender, and age. Future public health interventions should work to mitigate negative social and economic impacts and facilitate posttraumatic growth associated with pandemics.

1. [include] Read, R. K., Mason, O. J., & Jones, C. J. (2023). A randomised controlled trial (RCT) exploring the impact of a photography intervention on wellbeing and posttraumatic growth during the COVID-19 pandemic. *Arts & health*, *15*(3), 275–291. <https://doi.org/10.1080/17533015.2022.2107033>

**Abstract:** Emerging evidence points to rising levels of psychological distress resulting from the COVID-19 pandemic. There is a need for self-administered, low-cost, and accessible interventions that facilitate wellbeing and growth. **Methods:**This study used a randomised controlled trial (RCT) design to investigate the effects of a two-week positivity-oriented photography intervention on wellbeing and posttraumatic growth in comparison to a control group. Participants were adults between the ages of 21 and 80 living in the UK recruited between May and August 2020 (*n* = 109). **Results:**After adjusting for baseline wellbeing, both wellbeing and PTG were significantly higher in the intervention group compared to the control group following intervention completion, with this effect remaining similar at one-month follow-up. **Conclusions:**The study offers preliminary evidence that a brief self-administered photography intervention could hold therapeutic value.

1. [include] Wu A. (2024). The relationship of social support to posttraumatic growth in COVID-19 among college students after experiencing campus lockdown: the effects of belief in a just world and meaning in life. *Frontiers in psychiatry*, *15*, 1337030. <https://doi.org/10.3389/fpsyt.2024.1337030>

**Abstract:** Campus lockdown orders were issued for the purpose of preventing and controlling COVID-19, which resulted in psychological problems among college students. However, the experiences they have during the pandemic may also lead to positive personal changes, including posttraumatic growth (PTG). The current study examined the mediating role of belief in a just world and meaning in life in social support and PTG during the COVID-19 campus lockdown.

**Method:**An online survey was conducted on 1711 college students in Hebei Province, China. Based on the survey results, a structural equation model was established.

**Results:**Social support positively predicted PTG. Furthermore, belief in a just world and meaning in life played a mediating role between social support and PTG respectively. Besides, social support could also predict PTG through the multiple serial mediating effect of belief in a just world and meaning in life.

**Conclusion:**These results indicated mechanisms by which social support influenced PTG, and this provided insights into how to promote post-traumatic growth among university students in the post-pandemic period.

1. [exclude – no effect size] Wu, E. W., Hagan, M. J., Eschleman, K., & Gard, D. E. (2024). Hardiness predicts mental health recovery during the COVID-19 pandemic. *Psychological trauma : theory, research, practice and policy*, 10.1037/tra0001660. Advance online publication. <https://doi.org/10.1037/tra0001660>

**Abstract:** The COVID-19 pandemic has elicited wide-scale general psychological distress; however, longitudinal investigations are required to identify the critical resources that support individuals' adaptation to this type of unique situation over time. Hardiness, a cognitive trait that facilitates adaptation in the context of adversity and possible posttraumatic growth, may be particularly influential on mental health recovery during health disasters when other resources are not available or effective.

**Method:**We tested the hypothesis that greater psychological hardiness prior to the pandemic would predict lower traumatic stress symptoms (TSSs) and loneliness early into the pandemic and decreases in TSSs and loneliness between early 2020 and late 2021. Predominantly ethnic minority (77% Latina/o/x or Asian American) female young adults (*N* = 80; *M*age = 25 years; 88% female) attending a minority-serving public university completed a measure of hardiness in January 2020 as well as measures of pandemic-related TSSs and loneliness in April 2020, October 2020, and December 2021. **Results:**Latent growth curve analyses indicated that hardiness was associated with lower initial loneliness as well as decreases in TSSs and loneliness over time. **Conclusions:**Consistent with previous research on adaptation to other potentially traumatic stressors, the current findings suggest that psychological hardiness may play a critical protective role during a global health disaster, both in terms of initial distress and changes in distress over time.

1. [exclude – no effect size] Yang C. (2024). Influences of prepandemic bullying victimization and COVID-19 peer discrimination on Chinese American adolescents' mental health during the COVID-19 pandemic. *School psychology (Washington, D.C.)*, *39*(1), 20–30. <https://doi.org/10.1037/spq0000554>

**Abstract:** Guided by the social-ecological diathesis-stress model, we examined the interactive influences of prepandemic bullying victimization and COVID-19 peer discrimination on Chinese American adolescents' mental health during the COVID-19 pandemic. Participants included 193 Chinese American adolescents from middle and high schools in the United States. Results of regression analyses suggested that Chinese American adolescents' prepandemic bullying victimization in both traditional and cyber forms, but not COVID-19 peer discrimination, was significantly and positively associated with both their internalizing and externalizing problems during the COVID-19 pandemic, after their sex, grade level, age, and immigration status were controlled. Moreover, Chinese American adolescents' prepandemic bullying victimization in cyber form (but not in traditional form), mitigated the risk influence of COVID-19 peer discrimination on their internalizing problems (but not externalizing problems), during the pandemic. The findings indicate the salient and lasting influence of prepandemic bullying victimization on Chinese American adolescents' mental health during the COVID-19 pandemic. It highlights the importance of continued support for vulnerable students who suffered from prepandemic bullying victimization during the school reopening and postpandemic recovery. It also highlights the importance of developing a resilience-focused approach to creating conditions and opportunities to foster posttraumatic growth among youth with bullying and racial trauma experience.

1. [include] Yılmaz-Karaman, İ. G., Yastıbaş-Kaçar, C., & Ece İnce, F. (2023). Posttraumatic growth levels of healthcare workers in two periods with different intensities of COVID-19 pandemic. *PsyCh journal*, *12*(2), 297–306. <https://doi.org/10.1002/pchj.599>

**Abstract:** The COVID-19 pandemic threatens health-care workers' (HCW) mental health and well-being. Although traumatic life events may result in psychiatric disorders, occasionally they give rise to positive changes, such as post-traumatic growth. Accordingly, the present study evaluated the traumatic stress, anxiety, and depression levels of HCWs and their post-traumatic growth levels during the pandemic. In addition, the study aimed to assess the changes in psychological outcomes during the pandemic. For this aim, the data were collected in two different periods. The first data-collection period was between May and July 2020, and the second period started in November 2020 and ended in January 2021. The sociodemographic data form, Impact of Events Scale-Revised (IES-R), Generalized Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire-9 (PHQ-9), and Post-traumatic Growth Inventory (PTGI) were used to collect data. Sixty-six HCWs participated in the study. No significant differences appeared between the baseline scores and 6-month follow-up in the depression, anxiety, and traumatic stress levels of HCWs. Furthermore, the PTGI scores decreased significantly over time. Although the change in the psychological distress scores was not statistically significant, the depression and post-traumatic stress scores increased over time. Previous research specified an inverse-parabolic relationship between traumatic stress and PTGI. Our results support previous research; as the exposure to the stressors continues, individual traumatic stress levels increase, psychiatric disorders become frequent, and affirmative changes (like post-traumatic growth) decline.

1. [include] Zeng, Z., Wang, H., Zhou, Y., Lu, Z., Ci, R., Lin, Y., Zeng, X., & Huang, L. (2023). The prevalence and factors associated with posttraumatic growth after 3-years outbreak of COVID-19 among resident physicians in China: a cross-sectional study. *Frontiers in psychiatry*, *14*, 1228259. <https://doi.org/10.3389/fpsyt.2023.1228259>

**Abstract:** The Coronavirus disease 2019 (COVID-19) pandemic is a global traumatic event that has profoundly struck individuals' mental health. However, this might potentially promote positive transformation such as posttraumatic growth (PTG). Studies have indicated that the COVID-19 pandemic negatively affected the well-being of resident physicians, but little is known about PTG among this vulnerable population in China. Therefore, this study investigated the prevalence and associated factors of PTG among Chinese resident physicians after 3-years outbreak of COVID-19.

**Methods:**An online survey was conducted from 9 March to 20 March in 2023. PTG was assessed using the 10-item Posttraumatic Growth Inventory-Short Form (PTGI-SF). Scores ≥30 implied moderate-to-high PTG. We also collected possible associated factors for PTG, including socio-demographic and psychological variables. Data was analyzed by applying descriptive statistics, univariable and multivariable logistic regression models. **Results:**In total, 2267 Chinese resident physicians provided validated data. 38.7% of them reported moderate-to-high PTG. In the multivariable logistic regression models, age (odds ratio, OR = 1.039; 95% confidence interval, 95%CI = 1.008-1.070), female (OR = 1.383, 95%CI = 1.151-1.662), satisfied or neutral with annual income (OR = 2.078, 95%CI = 1.524-2.832; OR = 1.416, 95%CI = 1.157-1.732), sufficient support at work (OR = 1.432, 95%CI = 1.171-1.751) and resilience (OR = 1.171, 95%CI = 1.096-1.252) were significantly positively associated with moderate-to-high PTG. On the contrary, burnout (OR = 0.653, 95%CI = 0.525-0.812), depression symptoms (OR = 0.700, 95%CI = 0.552-0.889), and stress (OR = 0.757, 95%CI = 0.604-0.949) were significantly negatively associated with moderate-to-high PTG.

**Discussion:**Overall, resident physicians in China experienced relatively high prevalence of PTG that could be associated with several psychosocial factors. Findings may provide evidence to develop interventions for resident physicians to systematically and constructively process traumatic events related to the pandemic and foster their PTG.

1. [exclude – no effect size] Żurko, M., Słowińska, A., Senejko, A., Madeja-Bień, K., & Łoś, Z. (2022). Pandemic-activated psychological growth: significance of extraversion, self-consciousness and COVID-19 related anxiety. *Current issues in personality psychology*, *11*(3), 182–192. <https://doi.org/10.5114/cipp.2022.112945>

**Abstract:** The sense of threat to health and life in the face of a pandemic, accompanied by difficulties imposed by lockdown, may trigger a serious crisis. Among possible consequences of such a crisis may paradoxically be the phenomenon of psychological growth. The aim of this article is to identify predictors of pandemic-activated psychological growth (PPG). The relationships between extraversion, reflective and ruminative self-consciousness and PPG were the subject of our inquiry. Additionally, a question was posed about the indirect effect of self-consciousness on PPG through anxiety. **Participants and procedure:**The study involved 1206 participants aged 18 to 26 years, who declared that the pandemic situation significantly threatened their important life goals. Procedure: cross-sectional design. Four online short questionnaire-measures were used: the Ten-Item Personality Inventory (TIPI), the Rumination-Reflection Questionnaire (RRQ), the Current Self-disposition Scale (CSS), and the Post-traumatic Growth Inventory (PTGI). **Results:**Extraversion and reflective self-consciousness were direct predictors of higher PPG, whereas ruminative self-consciousness was directly related to a lower PPG. There was an indirect effect of ruminative self-consciousness on PPG through COVID-19 related anxiety. **Conclusions:**Although the results do not confirm the permanence of a growth effect, finding PPG predictors considered as beneficial resources for coping with difficult pandemic circumstances appears to be valuable in the current state of affairs.