

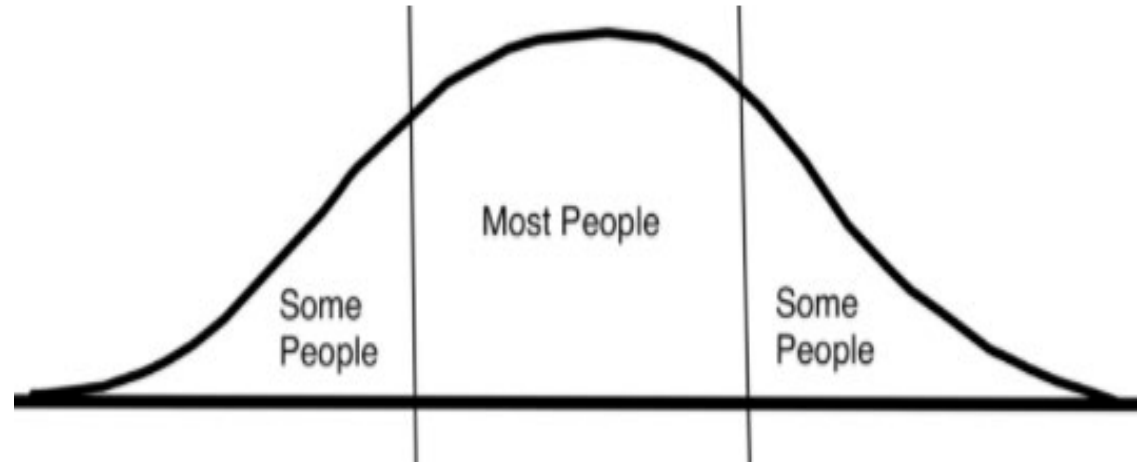
COVID Stress Study

Funded by:

Canadian Institutes
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COVID Stress Study



- Evidence for:
- COVID Stress Syndrome
- COVID Disregard “Syndrome”
- Extreme ends of a continuum
- ~15% at each end

WHAT IS COVID STRESS SYNDROME?

COMPONENTS

COVID Stress Syndrome is characterized by five related facets: danger and contamination fears, socioeconomic concerns, xenophobia, traumatic stress, and compulsive checking and reassurance seeking.



ASSOCIATIONS

People with more severe COVID Stress Syndrome are more likely to be anxious or depressed, stockpile supplies, experience distress during voluntary self-isolation, and avoid public places or transportation.



ANXIETY OR DEPRESSION



SELF-ISOLATION DISTRESS



PANIC BUYING



AVOIDANCE BEHAVIOURS

WHAT IS COVID DISREGARD SYNDROME?

COMPONENTS

COVID Disregard Syndrome involves believing that the COVID-19 threat is exaggerated, believing one will be largely unaffected from COVID-19 infection, and a disregard for social distancing.



ASSOCIATIONS

People with more severe COVID Disregard Syndrome are more likely to have poorer COVID-19 hygiene practices (e.g., hand washing) and stronger COVID-19 anti-vaccination attitudes.



**POORER COVID-19
HYGIENE**



**COVID-19 ANTI-VACCINATION
ATTITUDES**