

PSYCHOLOGICAL FLEXIBILITY CORRELATES PANDEMIC DISTRESS AND PROPENSITY TO DEPRESSION

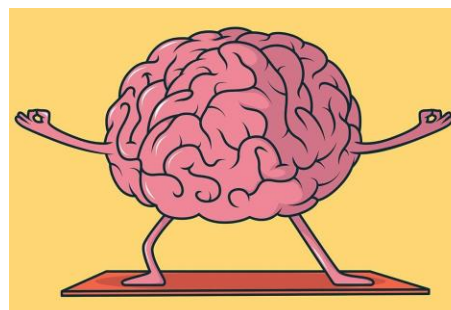
INTRODUCTION

Due to the uncertain advent of COVID-19 (Origin: Wuhan, China) PANDEMIC, sudden changes in lifestyle such as forced isolation far from home, lost lives and worldwide alarming news induced stress and anxiety.

Psychologists conducted studies to find out the metric for comparing and quantifying the effects of the pandemic on society, to understand the major factors attributing to the distress might be leading to suicide and depression. However, most of the previous research (1) focused on psychological health and missed to account for another possible explaining factor – psychological flexibility that is closely associated with coping mechanisms, that one employs to deal with unpleasant thoughts, emotions and feelings in uncertain situation. This research aims to bridge this gap by incorporating MPFI along with CPDI, BDI and other possible demographic factors to analyze the situation in India during pandemic.

PSYCHOLOGICAL FLEXIBILITY

Psychological flexibility of an individual simply quantifies how flexible a person's psychological mindset, that is, if it can be stretched and molded according to the external situation.



[Image Source](#)

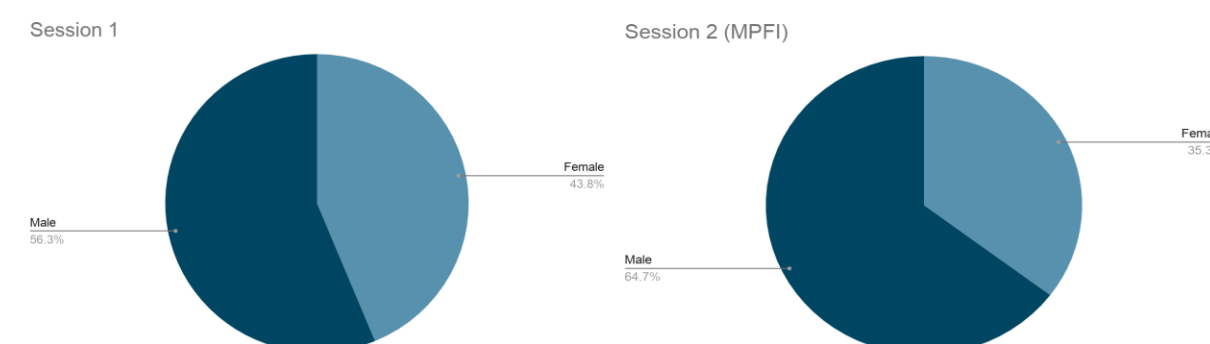
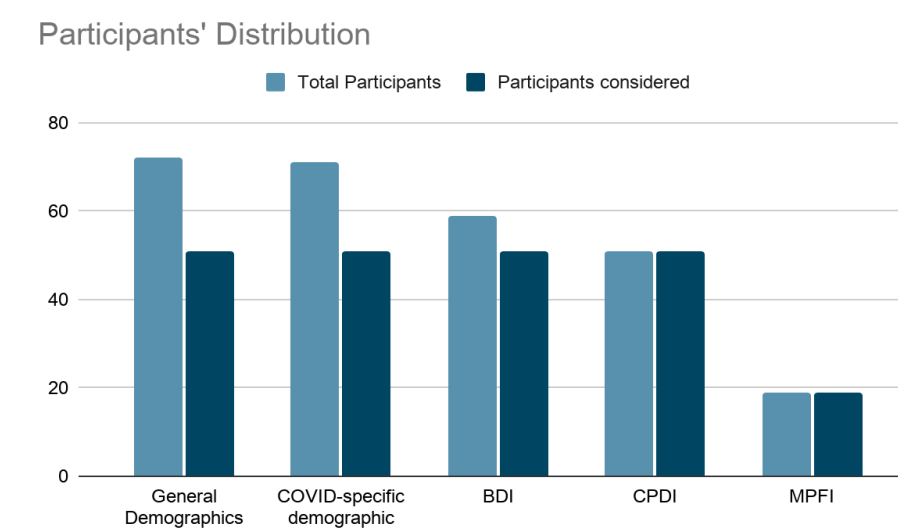
It is a confluence of six therapeutic processes: (2)

- (1) acceptance
- (2) defusion
- (3) present moment awareness
- (4) self-as-context
- (5) values
- (6) committed action

METHOD

Two sessions, separated by 24 hours gap were conducted consisting of following surveys, and had a participation of **48** For session 1 and **17** for session 2.

- **General Demographic Survey**
- **Covid-19 Specific Demographics**
- **Beck Depression Inventory – II (BDI-II)**
- **COVID-19 Peritraumatic Distress Index (CPDI)**
- **Multidimensional Psychological Flexibility Inventory (MPFI)**



RESULTS

Random Forest Analysis

Important factors for explaining BDI

- Mental Health
- Consume alcohol

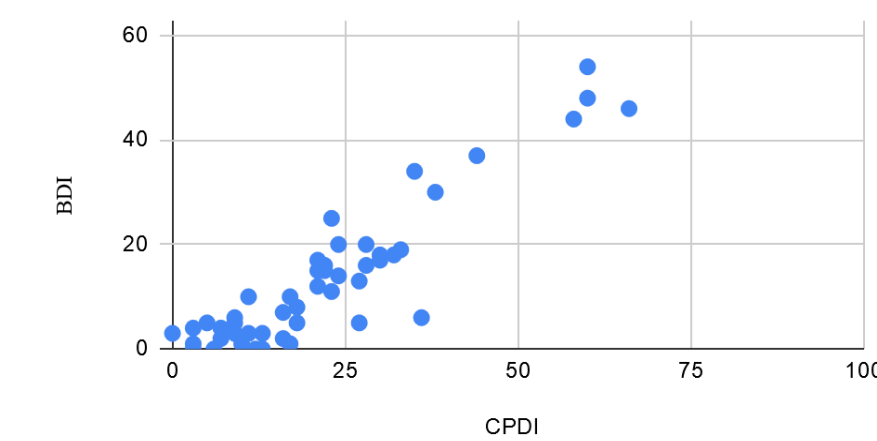
Important factors for explaining CPDI

- Mental Health
- Watching News

Most Important MPFI factor for explaining BDI & CPDI

- Lack of contact with value

Correlation between BDI and CPDI



Correlation between MPFI & CPDI and MPFI & BDI

	MPFI inflexibility	MPFI flexibility
CPDI	r = 0.482; p = 0.05	r = -0.36; p = 0.153
BDI	r = 0.408; p = 0.104	r = -0.44; p = 0.757

CONCLUSION

- The importance of coping strategies.
- The **psychological inflexibility** could be a result of environmental factors
- Understanding the importance of **MPFI** with its varying determinants are crucial.

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1. Cortez PA, Joseph SJ, Das N, Bhandari SS, Shoib S. Tools to measure the psychological impact of the COVID-19 pandemic: What do we have in the platter?. *Asian J Psychiatry*. 2020;53:102371. doi:10.1016/j.ajp.2020.102371
2. Hayes S.C., Strosahl K.D., Wilson K.G. *An experiential approach to behavior change*. 2nd ed. The Guildford Press; New York: 2012. Acceptance and commitment therapy.

