

Presenter: Jonathan Kanter, Ph.D.

Date: December 17, 2020

#	Question	Answers
1	Any youth information/intervention?	Answered live.
2	How did you compensate for the digital divide? Those who did not have the technology (lower income, diverse persons of color)?	Answered live.
3	Did you analyze religious affiliations or different occupational fields in the study?	Answered live.
4	This study occurred fairly early during the pandemic. I wonder if, now that the pandemic is months long, study results would be similar or different. Also, it would be interesting to see if "essential workers" had different mental health issues than "non-essential" workers.	Answered live.
5	Do you think the more aware the more depressed they were is because they just started thinking about their feelings for the first time? And maybe folks don't have good language for what they are feeling so they go with 'not great = depressed'?	Answered live.
6	Was the quarantine status in each area considered or factored in during the data collection? For instance, the Carolinas were very late to implement the quarantine regulations whereas Ohio was a front runner.	Answered live.
7	Since COVID-19 began has there been a higher rate in attempted suicide and suicide? I have heard that there has been an increase in mental health services. Are doctors correlating the increase in mental health care is because of COVID (the illness) or because of the exasperating circumstances?	Answered live.

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8	Were participants not in the control group encouraged to use the tips they were texted throughout the study (on their own on days they didn't receive the tips?) or was it understood that they only do the hints on the days you send them the texts?	Answered live.
9	Do you think if there was an equal number of participants for each race the findings would be different? Since you mentioned most participants were white, it would make sense the findings are the interventions would affect white people more.	Answered live.
10	What is the name of the book and the author?	Vivek Murthy, <i>Together: The Healing Power of Human Connection in a Sometimes Lonely World</i>
11	How does our cultural bias play into the wellness of relationships?	I'm not sure exactly what is being asked here. There is a large literature on how inter-racial relationships are difficult due to cultural biases; for example, Black people often leave an interpersonal interaction feeling that it went worse, while white people will feel it went better. This is because Black people will pick up on subtle indicators of bias from the white person that the white person does not notice in themselves. But there is much more to say on this topic - it deserves a whole lecture.
12	Where can we learn more about each intervention?	You can see the actual interventions here: http://depts.washington.edu/uwcsc/content/centers- suggestions , but please contact me if you would like to implement them in your context. They were developed in March, at a very specific moment of the pandemic, and will need to be tailored. But the basic ideas of each intervention should stand the test of time and context well.
13	What's the name of the surgeon general you mentioned?	Vivek Murthy. He is fantastic on this subject. I particularly recommend this talk: https://www.youtube.com/watch?v=ilfAqqlm6jE&ab_channel=KhanAcademy
14	Do you have any helpful links to videos, or training material, regarding use of those	You can see the actual interventions here, http://depts.washington.edu/uwcsc/content/centers- suggestions , but

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	meditation techniques? Especially interested in the "Bringing Critical Thoughts..." one.	please contact me if you would like to implement them in your context. They were developed in March, at a very specific moment of the pandemic, and will need to be tailored. But the basic ideas of each intervention should stand the test of time and context well.
15	Do you have any thoughts on loneliness and social connection in an international context? Social connection in an American sense is very different from many collectivist cultures.	Yes, this is an important question. Because of those differences, we constrained our sample to U.S.A. Even within the U.S.A., there are important cultural differences we were not able to consider. I have talked about and worked with people in many cultures, including Singapore, Brazil, Argentina, Indonesia, and China, all much more collectivist cultures than we are. In general, there are fewer obstacles to engagement in this material in those cultures than there are here, because they in general are more oriented towards relationships. As a general rule, they are very positive about this work. That said, important cultural nuances must be addressed, such as differences in gender hierarchies that are stronger in Asian culture than here, and the importance of family hierarchies (i.e., respecting elders).
16	Since the outcome was good, have you thought about making the mourning tips available for everyone? (Outside of a study)	Yes, this is what we want to do. We are looking for funding to help us with this. Let us know if you have ideas!
17	You saw an impact on people COVID-positive verse COVID-negative. Living in a rural area with a large group of COVID "deniers", we see people afraid to reach out for help or acknowledge they were impacted. Did you see a difference in isolation or loneliness based on rural verse city?	This is a great question, and I wish I had a strong answer, but we have not been able to look at the rural-urban distinction yet. These differences - intersecting with political differences - are on many people's minds right now. We hopefully did not display a liberal bias in our intervention, but some of it is language in a liberal way. For example, <i>mindfulness</i> itself is seen by some conservatives as a liberal thing. A conservative friend of mine, for example, called it a "tree-hugger" thing. I would like our intervention to work across rural-urban and political differences, but I cannot speak to it at this time unfortunately.
18	Also interested in any resources related to the "Islands of Good Feelings" technique/skill. Thank you!!!	You can see the actual interventions here, http://depts.washington.edu/uwcssc/content/centers-suggestions , but please contact me if you would like to implement them in your context. They were developed in March, at a very specific moment of the pandemic, and will need to be tailored. But the basic ideas of each intervention should stand the test of time and context well.

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19	Was there a difference politically?	<p>Same as above. This is a great question, and I wish I had a strong answer, but we have not been able to look at the rural-urban distinction yet. These differences - intersecting with political differences - are on many people's minds right now. We hopefully did not display a liberal bias in our intervention, but some of it is languaged in a liberal way. For example, mindfulness itself is seen by some conservatives as a liberal thing. A conservative friend of mine, for example, called it a "tree-hugger" thing. I would like our intervention to work across rural-urban and political differences, but I cannot speak to it at this time unfortunately.</p>