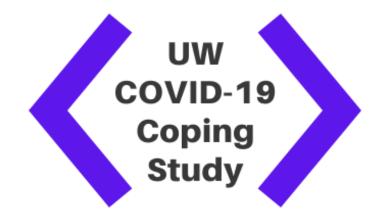


### Coping with COVID in our Everyday Lives: Evidence for What Works



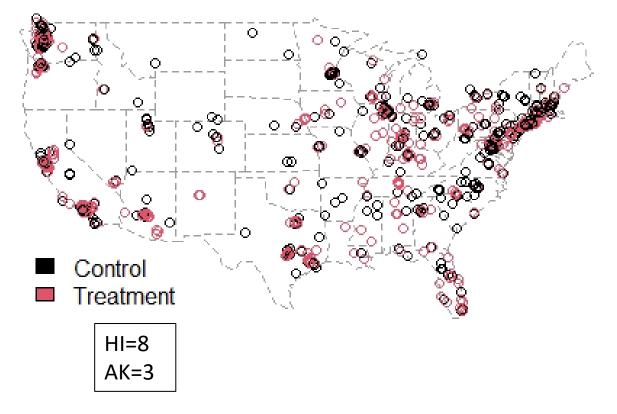
Jonathan Kanter, PhD he/him/his jonkan@uw.edu



Can we translate key evidence-based insights from relationship and psychological science into brief and effective suggestions that individuals could implement daily, thereby quickly improving relational well-being and decreasing depression and loneliness at a critical time?



- Recruited 1,602 U.S. adults
- Every evening at 8 pm, for 4 weeks: Text-messaged brief phone survey
- Enrollment started April 8, 2020 and ended July 10, 2020



### Predicting depression from baseline characteristics?

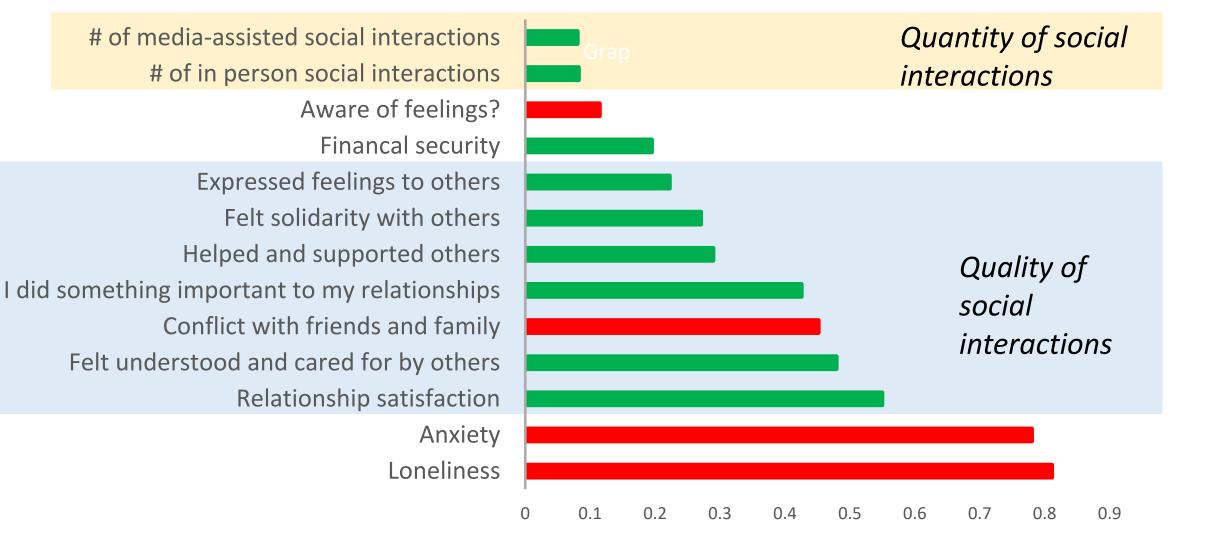


Baseline relationship satisfaction Gender Race Income Relationship status Not parent vs. parent Under 35 vs. over 65 Previous depression diagnosis vs. none Covid positive vs. no symptoms Baseline depression

0.3 0.4 0.5 0.6 0.7 0.8 02 0.9

## Predicting depression from day-to-day experiences?





### Predicting depression from day-to-day experiences? Awareness

0.1

0

0.2

0.3

0.4

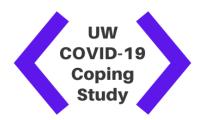
0.5

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0.9



# of media-assisted social interactions # of in person social interactions Aware of feelings? **Financal security** Expressed feelings to others Felt solidarity with others Helped and supported others I did something important to my relationships Conflict with friends and family Felt understood and cared for by others **Relationship satisfaction** Anxiety **Loneliness** 

Awareness predicts more depression, but studies on mindfulness document depression reduction and prevention benefits.

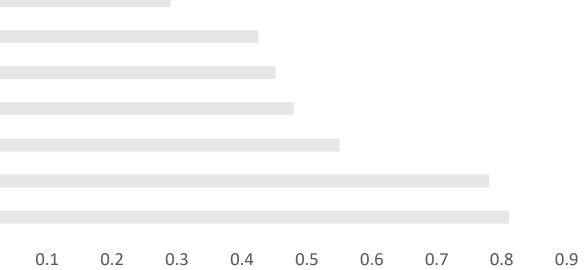


# Predicting depression from day-to-day experiences? Financial Security

# of media-assisted social interactions # of in person social interactions Aware of feelings? Financial security Expressed feelings to others Felt solidarity with others Helped and supported others I did something important to my relationships Conflict with friends and family Felt understood and cared for by others **Relationship satisfaction** Anxiety **Loneliness** 

0

Those who are having major financial consequences likely were not in our study.



## Predicting depression from day-to-day experiences? Anxiety



# of media-assisted social interactions # of in person social interactions Aware of feelings? **Financal security** Expressed feelings to others Felt solidarity with others Helped and supported others I did something important to my relationships Conflict with friends and family Felt understood and cared for by others **Relationship satisfaction** 

Anxiety Loneliness

0.1

0

0.2

0.3

Similar to stress, often precedes and predicts depression through multiple mechanisms.

0.5

0.6

0.7

0.8

0.9

0.4

## Predicting depression from day-to-day experiences? Loneliness



The strongest predictor of depression. The pandemic has made clear how important social connection is to human beings.

0.1

0

0.2

0.3

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0.5

0.6

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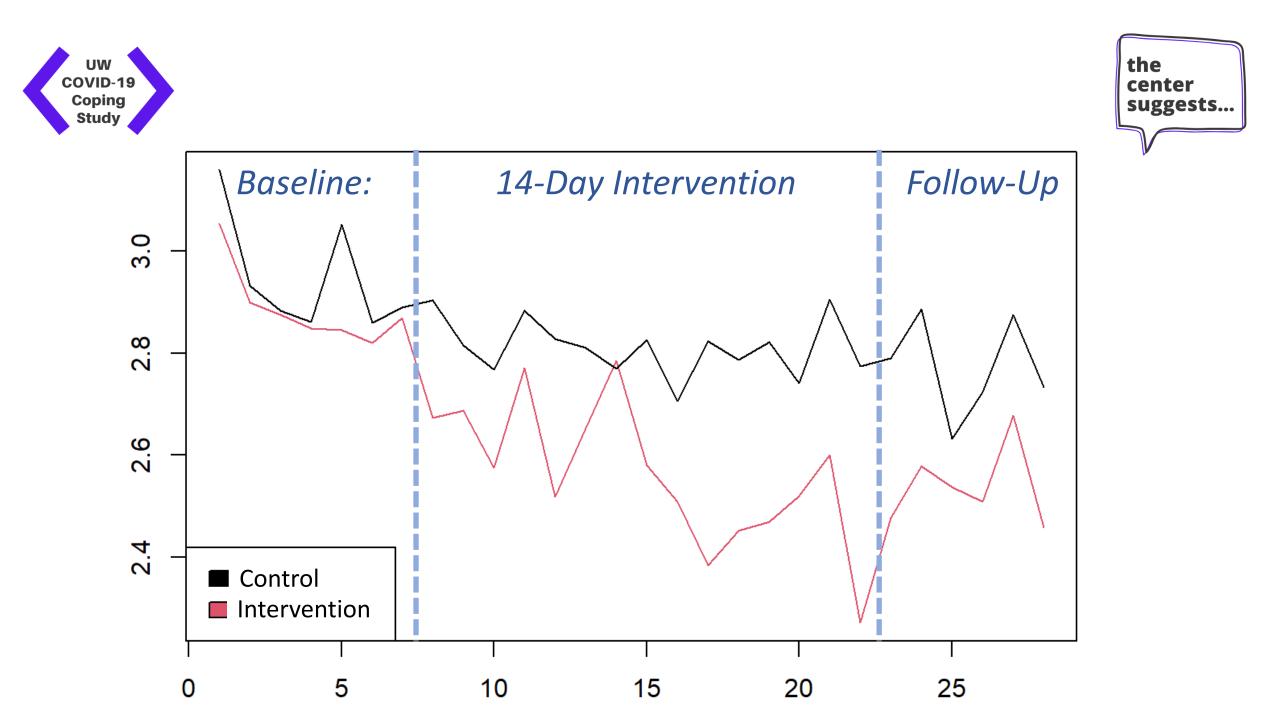
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the center suggests...

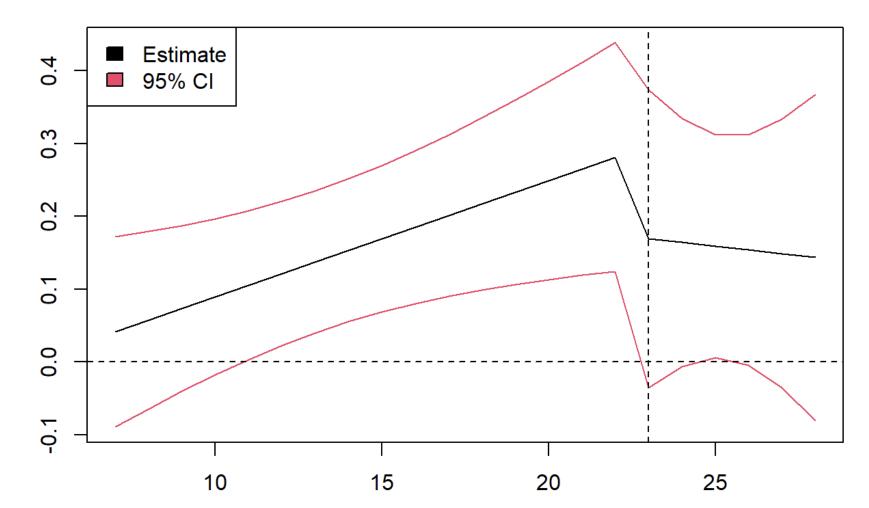
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Ва	seline	14-D	Day Interve	ention	Follow	v-Up
		suggest relation message	Evidence-based suggestions, derived from relationship science, text- messaged to intervention participants each morning			
C	5	10	15	20	25	





#### Intervention Effect: Depression



the center suggests...

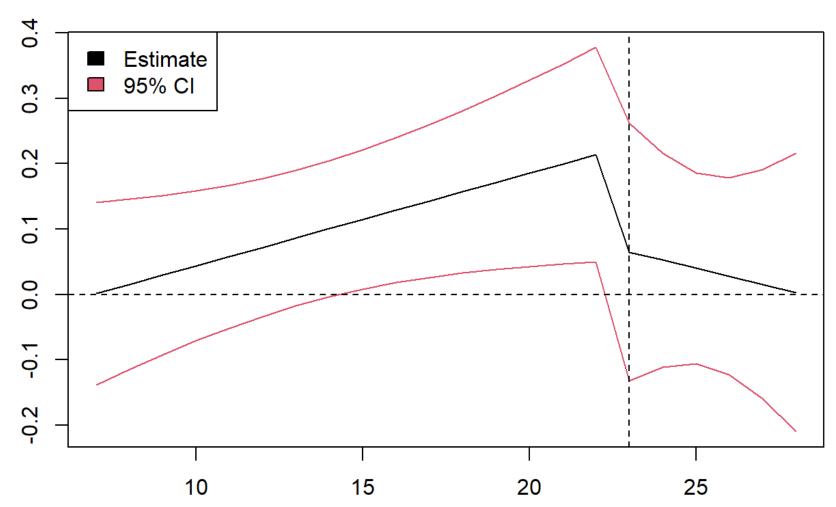


#### Intervention Effect: Loneliness

the

center

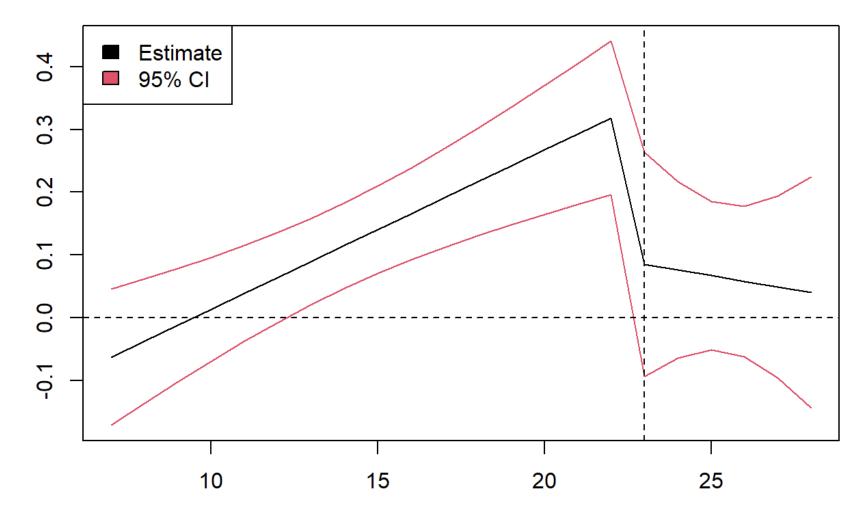
suggests...

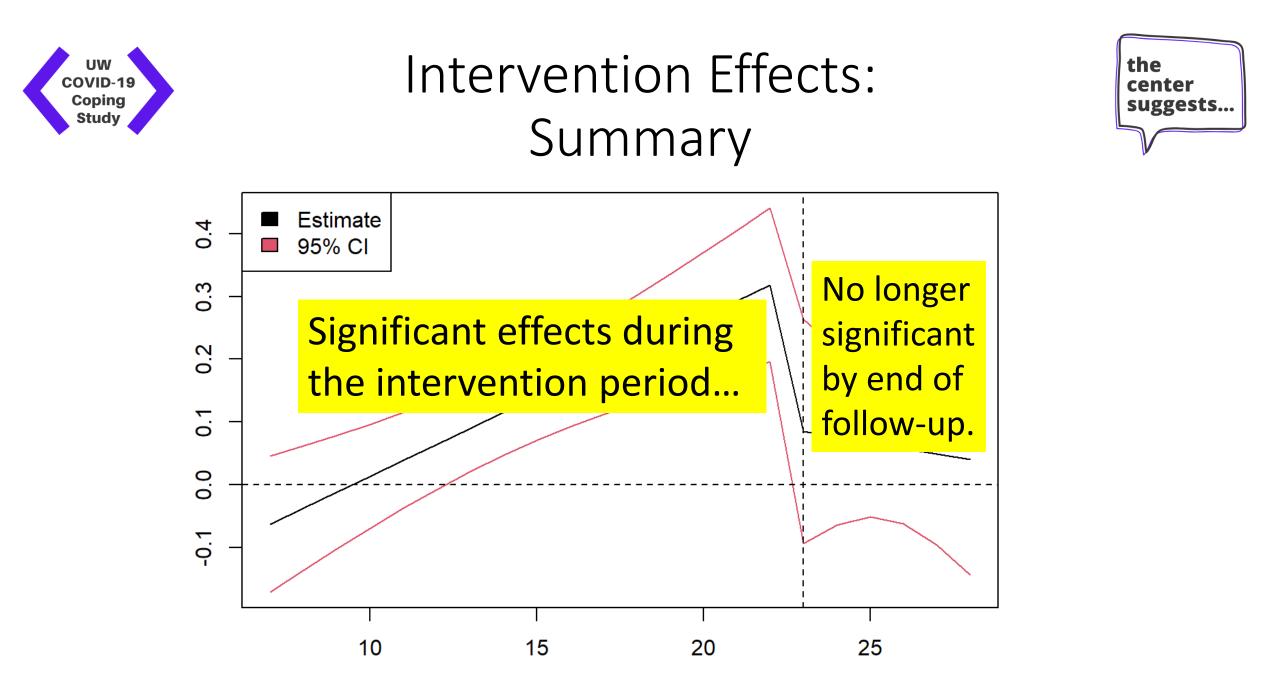




#### Intervention Effect: Relationship Satisfaction







UW COVID-19 Coping Study		racteristics Asso vith Improveme		the center suggests
Depress	sion?	Loneliness?	Relationship Quality?	
None		None	Older Living Alone White	



**Disconnecting from Media** Loving Kindness Meditation Awareness Breathing Acceptance Bringing Critical Thoughts with You **Exploring Grief and Loss** Vulnerable self-The Fast Friends Procedure disclosure **Exploring and Sharing Feelings** Islands of Good Feelings (Courage) Expanding your Social Group Gratitude Giving to Others Responsiveness Sharing Your Strengths (Love)

Being a Vulnerability Hawk

center suggests...

3

4

5

6

the

Helpful for mental health?

2

1

0



Awareness: Breathing Vulnerable selfdisclosure (Courage) Responsiveness

(Love)

**Disconnecting from Media** Loving Kindness Meditation Breathing Acceptance Bringing Critical Thoughts with You **Exploring Grief and Loss** The Fast Friends Procedure **Exploring and Sharing Feelings** Islands of Good Feelings Expanding your Social Group Gratitude Giving to Others Sharing Your Strengths Being a Vulnerability Hawk

012345Helpful for mental health?

the

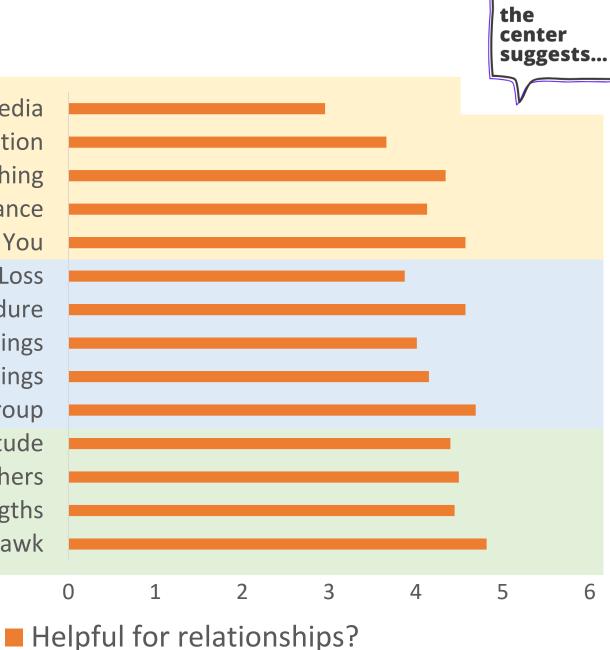
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suggests...

6



**Disconnecting from Media** Loving Kindness Meditation Awareness: Breathing Acceptance Bringing Critical Thoughts with You **Exploring Grief and Loss** Vulnerable self-The Fast Friends Procedure disclosure **Exploring and Sharing Feelings** Islands of Good Feelings (Courage) Expanding your Social Group Gratitude Giving to Others Responsiveness Sharing Your Strengths (Love) Being a Vulnerability Hawk



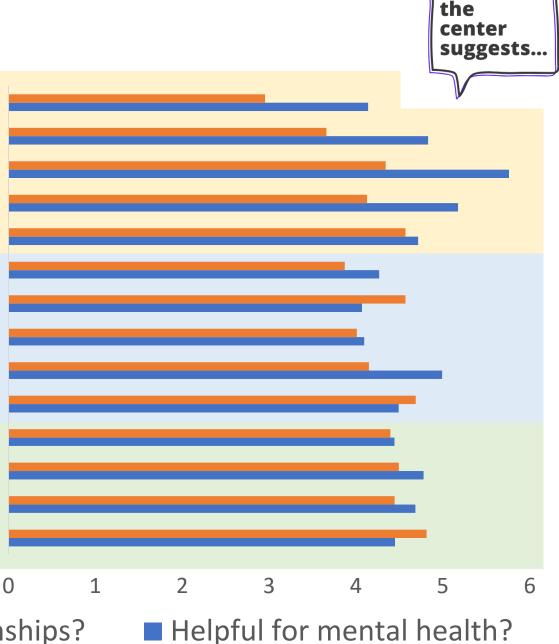


Coping Study							sugges	
	Disconnecting from Media							
	Loving Kindness Meditation							
Awareness	Breathing					_		
	Acceptance							
Bringing yo								
Vulnerable self-	Exploring Grief and Loss							
<b>,</b>	The Fast Friends Procedure							
disclosure	Exploring and Sharing Feelings							
(Courage)	Islands of Good Feelings							
	Expanding your Social Group						•	
_	Gratitude							
Responsiveness	Giving to Others							
(Love)	Sharing Your Strengths							
()	Being a Vulnerability Hawk						-	
	0		1	2	3	4	5	6
	Helpful for relationships?							

the center



**Disconnecting from Media** Loving Kindness Meditation Awareness-Breathing Acceptance Bringing Critical Thoughts with You **Exploring Grief and Loss** Vulnerable self-The Fast Friends Procedure disclosure **Exploring and Sharing Feelings** Islands of Good Feelings (Courage) Expanding your Social Group Gratitude Giving to Others Responsiveness Sharing Your Strengths (Love) Being a Vulnerability Hawk



Helpful for relationships?

Breathing

Acceptance

Bringing Critical Thoughts with You

#### Being a Vulnerability Hawk





### Final Thoughts



- Our suggestions are directly derived from relationship and psychological science
- Most individuals need ongoing support
- Different ethnic and cultural groups require different solutions
- The ultimate lesson of the pandemic is to go back to basics:

Breathing and mindfulness Vulnerable self-disclosure

Love

#### **CENTER FOR THE SCIENCE OF SOCIAL CONNECTION** UNIVERSITY of WASHINGTON

### Questions?



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