

Codifying a Positivist Psychology-Based Model of Psychological Consequences and Evaluating Its Impact on the Resilience of the People with COVID-19 Anxiety

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Extended Abstract

Aim

The global pandemic of the COVID-19 virus, which was first reported in Wuhan (China), has garnered worldwide attention. In this disease, while the majority of infected patients exhibit fever and respiratory symptoms, several uncommon manifestations, including gastrointestinal complications, cardiac events, kidney failure, and neurological deficits, have been reported in recent years. Due to the pandemic of this virus, anxiety is a prevalent symptom among patients with chronic respiratory disorders and the general public. At the same time, the people of the society experience a great deal of anxiety due to their dread of infection and the virus's potentially fatal complications. Common anxiety about the COVID-19 virus appears to be primarily attributable to the virus' obscurity and the cognitive ambiguity it generates in people. Accordingly, the present study was conducted to codify a psychological model based on positivist psychology and to assess its effect on the resilience of individuals with COVID-19 anxiety.

Method

In the qualitative portion of the study, the researchers employed an inductive method for theme analysis and a quasi-experimental design with a pretest, posttest, control group, and two-month follow-up period for the quantitative portion. The statistical population of the present investigation comprised COVID-19 anxiety sufferers in Tehran during the spring and summer of 2021. Using a method of purposive sampling, 35 individuals with COVID-19 anxiety were selected and randomly assigned to experimental and control groups. The experimental group received the related interventions (10 sessions) over the course of one and a half months. In this study, the applied questionnaires included the Corona Disease Anxiety Scale (CDAS) and the Resilience Questionnaire (RQ). The data were analyzed using the mixed ANOVA procedure and SPSS-23 statistical software.

Findings

The results demonstrated that the positivist psychological model has sufficient content validity. Moreover, this intervention has a positive effect on the resilience of individuals with COVID-19 anxiety ($P < 0.0001$). As evidenced by the findings, this intervention improves the resilience of individuals with COVID-19 anxiety. These outcomes remained unchanged during the two-month follow-up period.

Discussion

According to the present study, the model of psychological coping based on positive psychology can be considered an effective method for enhancing the resilience of people with COVID-19 anxiety by emphasizing their strengths and positive traits, fostering altruism and devotion, being thankful and appreciative, and developing hope and optimism. Moreover, during the course of receiving the treatment model of the present study, persons with COVID-19 anxiety became more aware of their strengths and positive experiences, and realized the role these experiences play in boosting self-esteem. On the other hand, it is well-known that focusing on the positive instills a more positive self-perception in the individual, leading to increased resilience in difficult and tense situations through reliance on inner fortitude.

Keywords: COVID-19 Anxiety, Positivist Psychology, Resilience.