

## **The Impact of Resilience Training on Psychological Capital and Emotion Regulation in COVID-19 Patients**

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### **Extended Abstract**

#### **Aim**

The purpose of this study was to determine the efficacy of resilience training on the psychological capital and affective regulation of patients with COVID-19.

#### **Methodology**

The study was applied and semi-experimental, with pre- and post-tests. The statistical population included male and female patients with corona virus who visited Fajr and Bou Alisina hospitals in Tehran's 13th and 14th districts during the second quarter of 2021. These individuals numbered 8900 (5400 men and 3500 women). Inclusion criteria include age between 45 and 65, being an outpatient with COVID-19, having a minimum cycle-level education, the ability and literacy to use the WhatsApp program to receive virtual education, physical and mental health based on self-report, consent to complete the questionnaires, and not being pregnant or breastfeeding. The treatment was administered concurrently with enrollment in the study. Exclusion criteria included patient mortality or absence from more than two treatment sessions. First, 120 individuals were selected from the statistical population based on entrance and exit criteria, and among those whose psychological capital was below 60 on the questionnaire developed by Luthans, Alio, Avi, and Norman (2007) and whose emotion regulation was below 40. In Gross and John's (2003) questionnaire, a sample group of 30 individuals was randomly selected and then divided into two experimental groups (15 individuals: 4 women and 11 men) and control groups (15 individuals: 7 women and 8 men). The experimental group was exposed to virtual and group resiliency training for ten 60-minute sessions per week, twice per week. Before and after the intervention, both groups were given the Luthans Psychological Capital Questionnaire (PCQ) and the Gross and John Emotion Regulation Questionnaire (ERQ) to capture data. Multivariate and univariate covariance tests were used to analyze the data, with SPSS version 25 serving as the premise for statistical analysis.

#### **Findings**

The mean and standard deviation of psychological capital and emotion regulation dimension scores, as well as the total scores on the post-test, were higher in the experimental group than in the control group, as determined by statistical analysis. This finding indicates that resilience training enhanced self-efficacy, resilience, optimism (psychological capital dimensions), and suppression (emotion regulation dimension) in the experimental group compared to the control group during the post-test phase ( $p < 0.05$ ).

#### **Conclusion**

Positive psychology presupposes that optimism, faith, and perseverance function as a defense shield against illness and are the antithesis of helplessness. Based on the findings of this study, it can be concluded that treatments based on positive psychology, such as resilience, can be effective in enhancing the psychological health of corona patients and suppressing their negative and toxic emotions. In addition to drug therapy and home treatment, these psychological interventions are recommended.

**Keywords:** COVID-19, Emotion Regulation, Psychological Capital, Resilience Training.