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МИНИСТАРСТВО
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PONAŠANJE I MENTALNO ZDRAVLJE TOKOM
PANDEMIJE COVID-19 U CENTRALNOJ EVROPI

BEHAVIOR AND MENTAL HEALTH DURING
THE COVID-19 PANDEMIC IN CENTRAL EUROPE

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The role of personality, conspiracy mentality, REBT irrational beliefs, and attachment in COVID-19 health behaviors

Evidence suggests that low adherence to recommended health behaviors (RHB) and the use of pseudo-scientific practices (PSP) during the COVID-19 pandemic is predicted by various types of irrational thinking and beliefs. This study investigates the role of different irrational beliefs and attitudes (i.e., REBT irrational beliefs and attachment anxiety and avoidance), as mediators of the relationship between seven personality traits (HEXACO and Disintegration) and COVID-19 health behaviors. We included a third mediator - conspiracy mentality, as an already established predictor of both non-adherence to RHB and PSP. We expected mediators to correlate with non-adherence to RHB, and Disintegration to be related to all mediator variables. An online survey was conducted during the third wave of the COVID-19 pandemic in Serbia - between December 2020 and March 2021. The final sample consisted of 287 participants (80.1% female, M (age) = 31.86, SD = 13.79). Used measures: the Brief HEXACO Inventory (BHI), DELTA 9 (Disintegration trait), the short form of Experience in Close Relationships (ECR-RD12) (attachment anxiety and avoidance), The shortened General Attitude and Belief Scale (REBT irrational beliefs), and Conspiracy Mentality Questionnaire. We created questionnaires assessing adherence to RHB (11 items referring to mask-wearing and social distancing), and PSP (8 items referring to alternative and traditional medicine). With two items we measured the behaviors regarding vaccination, i.e., whether the respondent already got the COVID-19 vaccine or is intended to take it, and whether the respondent would recommend the vaccine to a close person. To investigate the relationship between variables we used structural equation modeling. Sociodemographic variables (age, gender, and education) were included in the model. The tested mediation model showed very good fit indices: χ^2 (61) = 107.23, RMSEA [CI90%] = .051 [.035-.067], CFI = .951, TLI = .919, SRMR = .045. The only independent variable that did not show significant effects on mediator and outcome variables was Conscientiousness. In line with our expectations, our findings show Disintegration is the only personality trait related to all mediating variables, corroborating our

previous results on the importance of Disintegration in the emergence of irrational beliefs. As expected, results show that conspiracy mentality mediates the role of Disintegration in low adherence to RHB, negative vaccination behavior, and greater use of PSP. Additionally, attachment anxiety mediates the relationship between personality traits (high Disintegration, high Emotionality, and low Honesty) and lower adherence to RHB. Higher adherence to RHB predicted positive vaccination behavior, whilst there was no relationship between PSP use and vaccination behavior. REBT irrational beliefs and attachment avoidance were not found to be significant mediators of the relationship between personality traits and COVID-19 health behaviors.

Keywords: SEVEN PERSONALITY TRAITS (HEXACO + Disintegration), conspiracy mentality, adult attachment, REBT irrational beliefs, COVID-19 health behaviors

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Person-oriented analyses of Depression, Anxiety and Stress through COVID-19 Pandemic in Hungary

The aim of our study was to analyze how different personality clusters can be linked to different Depression, Anxiety and Stress patterns in COVID-19 pandemic in Hungary. Moreover, we aimed to analyze how time spent in nature, nature connectedness and nature home can provide a protective factor against mental problems of different personalities.

Although many previous researches have outlined the negative impact of pandemic and positive impact of nature on mental health, less focus has been given on analyzing these impacts on different personality types.

In our study, based on gender-age-education representative quotas, 865 males (mean age = 42.11, SD = 18.37) and 1334 females (mean age = 43.09, SD = 18.35) have filled out our online survey in three consecutive time periods (spring, summer and winter of 2020). Our questionnaire battery included 10-item version of Big Five