

VARIABLES PREDICTIVAS DE LA ANSIEDAD DURANTE EL CONFINAMIENTO POR EL COVID-19

Alumna: Nerea Capdevila Bastard **Tutora:** Helena Villa Martín

Resumen

Introducción: El COVID-19 surgió en Wuhan a finales del año 2019, perteneciente a la familia Betacoronavirus, causa manifestaciones respiratorias, digestivas y sistémicas. La transferencia de humano a humano está confirmada por lo que la OMS declaró la pandemia mundial el 11 de Marzo, y el Gobierno de España decretó el 14 de Marzo de 2020, el estado de alarma y el confinamiento nacional. Se han realizado varios estudios sobre la sintomatología psicológica durante este aislamiento, pero ninguno ha estudiado las variables predictoras de la ansiedad ni las estrategias de afrontamiento más efectivas. **Objetivo:** Analizar el papel de la 'ansiedad estado' en la percepción de riesgo, las conductas preventivas y el desarrollo de estrategias de afrontamiento en una muestra de la Comunidad Valenciana. **Método:** 323 participantes con un rango de edad de 18 a 64 años realizaron de forma online y voluntaria, un cuestionario ad hoc que valora los datos sociodemográficos, así como la preocupación y los cambios de hábitos durante el confinamiento, también el cuestionario STAI R/E. **Resultados:** Se encontraron diferencias entre sexos y edades (experimentando las mujeres mayor ansiedad rasgo/estado y los jóvenes mayor ansiedad estado). Se encontraron diferencias en la percepción de riesgo y ciertos hábitos en función de los niveles de ansiedad o conductas preventivas. Las variables predictivas de la ansiedad estado fueron el sexo, la edad, la ansiedad rasgo, la mala calidad del sueño, el aumento de horas viendo noticias y buscando en internet información sobre la pandemia. **Discusión:** En este estudio como en investigaciones previas, las mujeres presentaron mayores puntuaciones en ansiedad rasgo-estado, indicando que son más proclives a padecer sintomatología ansiosa durante el confinamiento, sin embargo, los jóvenes experimentaron mayor ansiedad estado. Los resultados obtenidos pueden tener importantes repercusiones para la intervención y prevención de la ansiedad en situaciones de confinamiento o aislamiento.

Palabras clave: Covid-19, Betacoronavirus, pandemia, confinamiento, sintomatología, ansiedad E/R, riesgo, conductas preventivas, estrategias de afrontamiento.

Summary

Introduction: COVID-19 emerged in Wuhan at the end of 2019, belonging to the Betacoronaviruses family, this virus causes respiratory, digestive, and systemic manifestations. The human-to-human transfer is confirmed that is why the OMS declared the world pandemic on March 11, and the Government of Spain decreed on March 14, 2020, the state of alarm and national confinement. Several studies have been carried out on psychological symptoms during this isolation, but none of them have studied the predictors of anxiety or the most effective coping strategies. **Objective:** To analyze the role of 'state anxiety' in risk perception, preventive behaviors, and the development of coping strategies in a Valencian Community sample. **Method:** 323 participants with an age range of 18 to 64 years carried out online and voluntarily, an ad hoc questionnaire that assesses sociodemographic data as well as concern and changes in habits during confinement, also the S/T STAI Inventory. **Results:** Differences between sexes and ages were found (women experienced greater state/trait anxiety and young people greater state anxiety). Differences were found in risk perception and certain habits depending on anxiety levels or preventive behaviours. Predictive variables of state anxiety were sex, age, trait anxiety, poor sleep quality, increased hours watching the news, and searching the internet for pandemic information. **Discussion:** In this study as in previous research, women had higher scores in state-trait anxiety, indicating that they are more likely to suffer from anxiety symptoms during confinement, however, young people experienced a higher state of anxiety. The results obtained have important repercussions for anxiety intervention and prevention in confinement or isolation situations.

Keywords: Covid-19, Betacoronaviruses, pandemic, confinement, symptoms, S/T anxiety, risk, preventive behaviours, coping strategies.

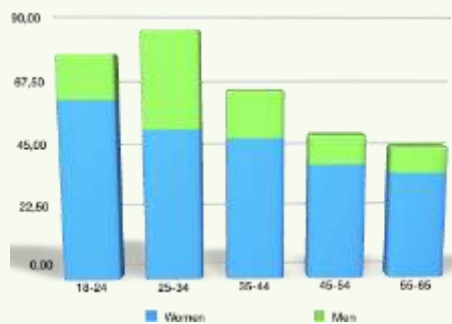


INTRODUCTION

COVID-19 emerged in Wuhan at the end of 2019, this virus belongs to the Beta-Coronaviruses family and causes respiratory, digestive, and systemic manifestations (Bonilla-Aldana, Villamil-Gómez, Rabaa & Rodríguez-Morales, 2018). The transfer from human to human is widely confirmed, that is why "the OMS declared the world pandemic on 11 March" (Ubillos, González, Puente & Gracia, 2020), and the Spanish Government decreed on March 14, 2020, the state of alarm and national confinement. Several studies have been carried out on psychological symptoms during this confinement, but none have studied the predictors of anxiety or the most effective coping strategies. The objective of this study is to analyse the role of 'state anxiety' in risk perception, preventive behaviours, and the development of coping strategies in a Valencian Community sample, hypothesizing that women and older people will present higher levels in both, trait and state anxiety.

METHOD

Participants



N= 323
 Women: 74.3%
 Men: 25.7%
 Age:
 - Range: 18 to 64 years
 - Mean (women): 36.72 (DT=11.82)
 - Mean (men): 36.72 (DT=13.03)
 - Representation in the age range between 25-34 years was higher than in other ages (see Fig. 1).

Figure 1. Frequency of women and men by age group

Instruments

An ad hoc questionnaire that assesses sociodemographic data as well as concerns and changes in habits during confinement, and subsequently, the State-Trait Anxiety Inventory (Spielberger et al., 1999).

Procedure

A survey was developed using Qualtrics and distributed on social networks for 2 weeks, participation was voluntary and the confidentiality of the data was reported at the beginning. As requirements, participants must be over 18 and under 85 years of age.

Statistics Descriptives, chi-square, ANOVA, hierarchical regression.

RESULTS



Figure 2. Differences in S/T anxiety by sex



Figure 3. Differences in S/T anxiety by age

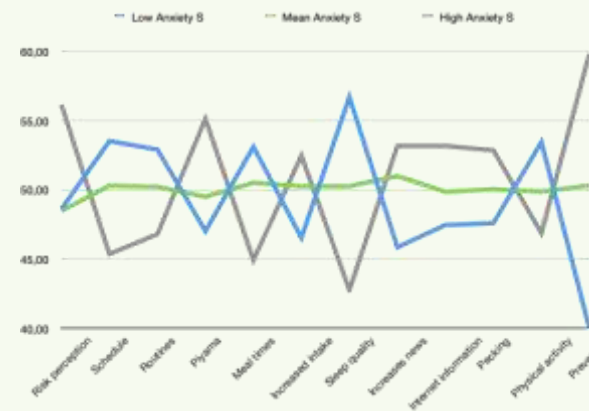


Figure 4. Differences in risk perception, preventive behaviours and coping strategies based on state anxiety

Step	IV	Anxiety S		
		R ²	ΔR ²	β
1	Sex	.246***	.246***	.15**
	Age			-.13*
	Anxiety R			.43***
	2	Sleep quality	.478***	.273***
	News			.19***
	internet			.10*

Table 1. Hierarchical regression

DISCUSSION AND CONCLUSIONS

In this study as in previous research (Faravelli et al., 2013), women presented higher scores in S/T anxiety, indicating that they are more likely to suffer anxious symptoms during confinement. Contrary to expectations, young people experienced greater 'state anxiety' despite having a lower perception of the risk of having COVID-19. After analysing the independent variables that affect the state of anxiety, we conclude that these differences are mainly due to sex, age, having high scores in trait anxiety, changes in sleep pattern, spending many hours watching the news, and spending time searching the internet for pandemic information. For this reason, professionals must know the predictive variables of psychopathology to adapt resources to groups that report greater emotional distress to intervene as soon as possible and prevent mental health deterioration, especially in situations like confinement or isolation.

PREDICTIVE VARIABLES OF ANXIETY DURING CONFINEMENT BY COVID-19

REFERENCIAS BIBLIOGRÁFICAS / BIBLIOGRAPHIC REFERENCES:

Bonilla-Aldana, D. K., Villamil-Gómez, W. E., Rabaan, A. A., & Rodríguez-Morales, A. J. (2020). Una nueva zoonosis viral de preocupación global. *Iatreia*, 33(2), 107-110.

Faravelli, C., Alessandra Scarpato, M., Castellini, G., & Lo Sauro, C. (2013). Gender differences in depression and anxiety: the role of age. *Psychiatry research*, 210(3), 1301–1303. <https://doi.org/10.1016/j.psychres.2013.09.027>

Spielberger, C. D., Gorsuch, R. L., Lushene, R. E., & Cubero, N. S. (1999). *STAI: Cuestionario de ansiedad estado-rasgo*. Madrid: TEA ediciones.

Ubillos Landa, S., González Castro, J. L., Puente Martínez, A., & Gracia Leiva, M. (2020). *Afrontando el impacto del COVID-19: resultados preliminares I*. Facultad de Ciencias de la Salud: Universidad de Burgos. Recuperado de <http://hdl.handle.net/10259/5279>