

Mar 19th, 9:00 AM - 11:00 AM

The Relationship Between Rumination of COVID-19 and Anxiety Levels

Madysen Hernandez
Old Dominion University

Alicia Kruzelock
Old Dominion University

Nathan Hager
Old Dominion University

Follow this and additional works at: <https://digitalcommons.odu.edu/undergradsymposium>



Part of the [Clinical Psychology Commons](#)

Hernandez, Madysen; Kruzelock, Alicia; and Hager, Nathan, "The Relationship Between Rumination of COVID-19 and Anxiety Levels" (2022). *Undergraduate Research Symposium*. 24.
<https://digitalcommons.odu.edu/undergradsymposium/2022/posters/24>

This Poster is brought to you for free and open access by the Undergraduate Student Events at ODU Digital Commons. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of ODU Digital Commons. For more information, please contact digitalcommons@odu.edu.

The Relationship Between Rumination of COVID-19 and Anxiety Levels

Madyson Hernandez, Alicia Milam, Nathan Hager

Old Dominion University

Introduction

The COVID-19 pandemic has caused an increase in psychological distress among individuals around the world (1,2). Rumination is defined as repetitively thinking about negative emotions or events, which may increase distress caused by the pandemic. Rumination about COVID-19 may be related to cancelled events, intolerance of uncertainty, lifestyle changes, or contracting/transmitting the virus. However, it is unknown whether time thinking about COVID-19 impacts this relationship uniquely and directly as well.

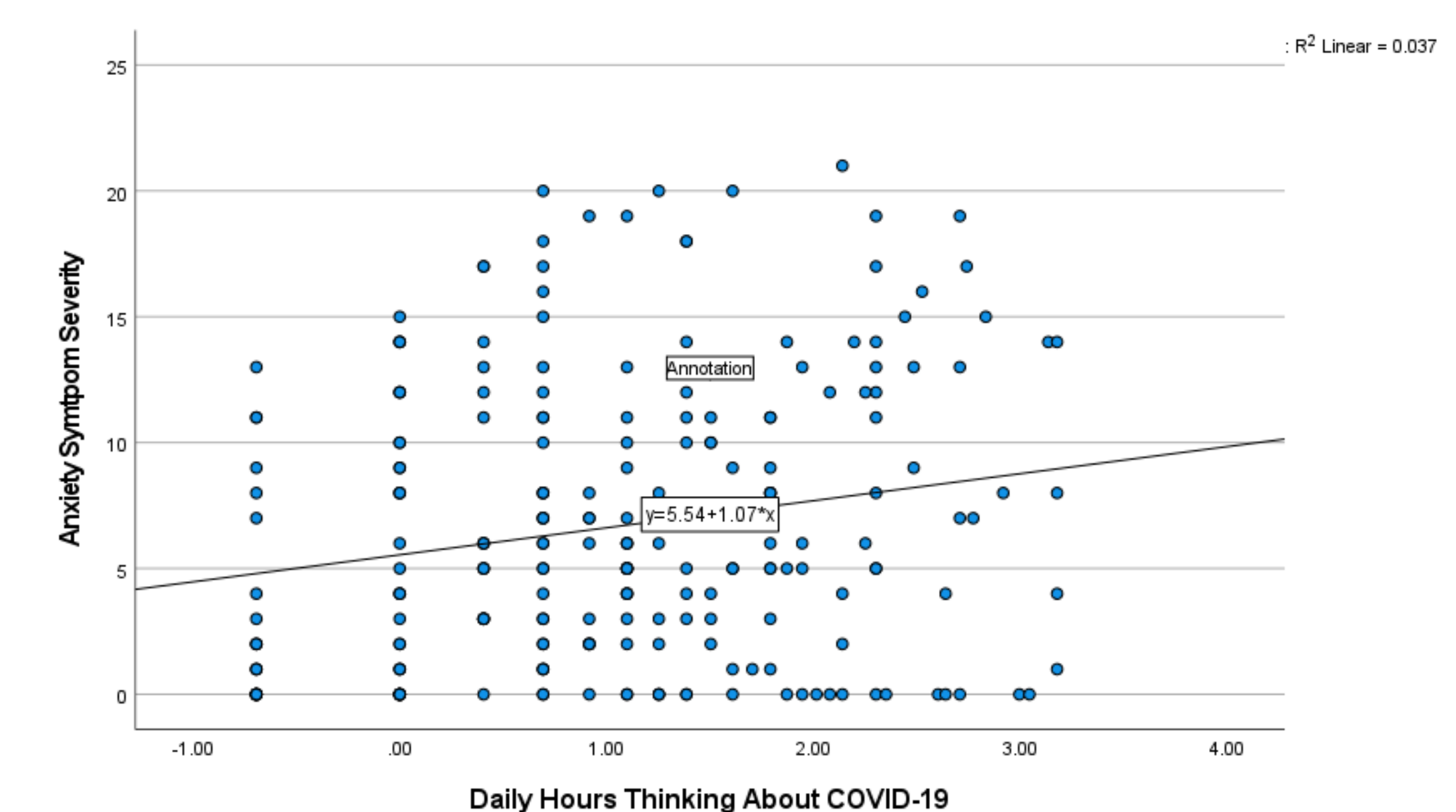
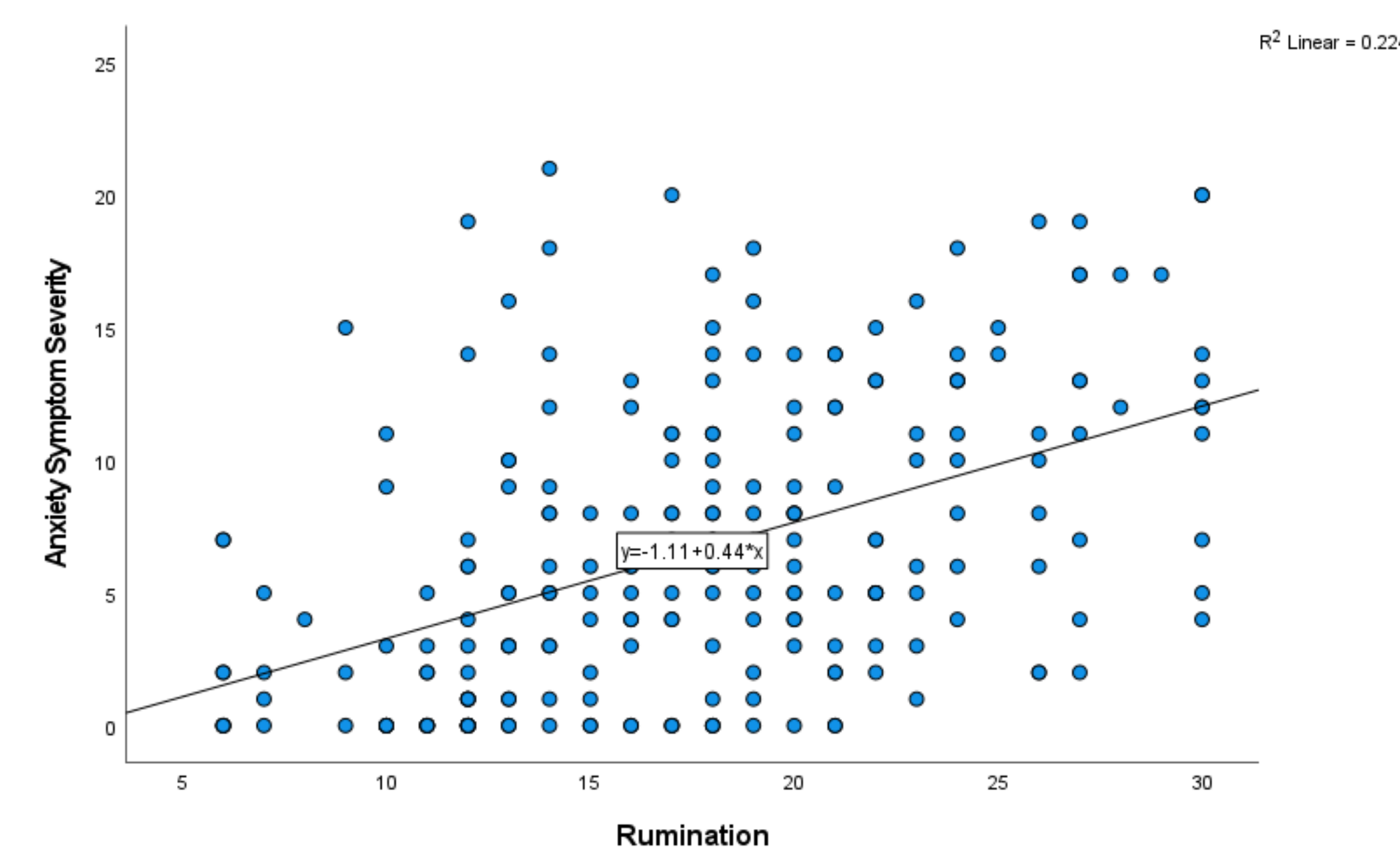
Hypothesis

Hypothesis 1: Tendency to ruminate will be associated with greater anxiety symptoms.

Hypothesis 2: Time spent thinking about COVID-19 will be associated with greater anxiety symptoms, controlling for rumination.

Results

- A linear regression analysis tested the relationship between rumination, time thinking about COVID-19 and anxiety.
- Results indicated that both rumination, $B = .44$, $p < .001$, and time spent thinking about COVID-19, $B = 1.05$, $p = .001$, predicted the severity of anxiety symptoms.



Method

Participants

- A sample of 225 undergraduate psychology students (N=225).

Procedure

- Participants completed an online survey in April 2020 evaluating rumination, time spent thinking about COVID-19, and symptoms of anxiety.

Measures:

- Time thinking about COVID-19:
 - In the PAST 2 WEEKS, how many hours per day, on average, have you spent thinking or talking about coronavirus? (In hours)
- Regulation of Emotion Systems Survey (Rumination Subscale): At the time I experience a negative emotion, I usually respond to it right away by...?
 - EX) Continually thinking about what was bothering me
- Generalized Anxiety Disorder-7: Over the PAST 2 WEEKS, how often have you been bothered by the following problems?
 - EX) Not being able to stop or control worrying

Descriptive Characteristics	n(%)	Descriptive Characteristic	n(%)
Gender		Race/Ethnicity	
Cis-Female	184 (77.0)	White	99(41.4)
Cis-Male	48(20.1)	Black	97(40.6)
Trans-Male	1(0.4)	Asian	10 (4.2)
Other	6(2.5)	Middle Eastern	1(0.4)
Age <i>M (SD)</i>	31.80(4.96)	Native American	1(0.4)
Range 18-63		Pacific Islander	1(0.4)
		Other	5(2.1)
		Multiracial	1(0.4)

Discussion

- Our results suggest that the tendency to ruminate and time spent thinking about COVID-19 are related to increased anxiety symptoms.
- The current study suggests that limiting one's time thinking about COVID-19 may reduce anxiety.
- Understanding how COVID-19 impacts the psychological mind can aid in targeting this issue in therapy.
- Remaining self-aware of the relationships between rumination and negative feelings about COVID-19 may improve one's quality of life during the COVID-19 pandemic.

References

- Jamieson, D., Kannis-Dyand, L., Beaudequin, D. A., Schwenn, P., Shan, Z., McLoughlin, L. T., Lagopoulos, J., & Hermens, D. F. (2021). Can measures of sleep quality or white matter structural integrity predict level of worry or rumination in adolescents facing stressful situations? Lessons from the COVID-19 pandemic. *Journal of Adolescence*, 91, 110–118. <https://doi.org/10.1016/j.adolescence.2021.08.002>
- Saddik, B., Hussein, A., Albanna, A., Elbarazi, I., Al-Shujairi, A., Temsah, M.-H., Saheb Sharif-Askari, F., Stip, E., Hamid, Q., & Halwani, R. (2021). The psychological impact of the COVID-19 pandemic on adults and children in the United Arab Emirates: A nationwide cross-sectional study. *BMC Psychiatry*, 21. <https://doi.org/10.1186/s12888-021-03213-2>
- Ting, T. C. M., Wong, A. W. S., Liu, W. S., Leung, F. L. T., & Ng, M. T. (2021). Impact of COVID-19 outbreak on posttraumatic stress in patients with psychiatric illness. *Psychiatry Research*, 303. <https://doi.org/10.1016/j.psychres.2021.114065>
- Olatunji, B. O., Naragon-Gainey, K., & Wolitzky-Taylor, K. B. (2013). Specificity of rumination in anxiety and depression: A multimodal meta-analysis. *Clinical Psychology: Science and Practice*, 20(3), 225–257. <https://doi.org/10.1037/h0101719>
- Satici, B., Saricali, M., Satici, S.A. et al (2020). Intolerance of Uncertainty and Mental Wellbeing: Serial Mediation by Rumination and Fear of COVID-19. *Int J Ment Health Addiction* <https://doi.org/10.1007/s11469-020-00305-0>