

## Psychological Impact of COVID-19 Confinement and its Relationship with Meditation

Laura C Sanchez-Sanchez<sup>1\*</sup>, Oliver Jimenez<sup>2</sup>, and Jose M Garcia-Montes<sup>3</sup>

<sup>1</sup>University of Granada, Spain

<sup>2</sup>University of Malaga, Spain

<sup>3</sup>University of Almeria, Spain

Published November 23<sup>rd</sup>, 2020

### ABSTRACT

The objective of this study was to evaluate the psychological impact of confinement due to the COVID-19 pandemic, considering any protective factors, such as the practice of meditation or self-compassion, and their relationship with different lifestyles and circumstances of adults residing in Spain. A cross-sectional study was done using an anonymous online survey in which 412 participants filled out the Depression, Anxiety and Stress Scale-2; the Impact of Events Scale; and the Self-Compassion Scale-Short Form, reporting severe symptomatology of posttraumatic stress and mild anxiety and depression. Quality of cohabitation and age were found to be key variables in the psychological impact of confinement. The impact of confinement was more negative for those who reported very poor cohabitation as opposed to very good ( $F(3, 405) = 30.75, p \leq 0.001, d = 2.44, r = 0.054$ ) or for those under 35 years of age compared to those over 46 ( $F(2, 409) = 5.14, p = 0.006, d = 0.36$ ). Practicing meditation was not revealed as a protective factor, but self-compassion was related to better cohabitation during confinement ( $F(3, 403) = 11.83, p \leq 0.001, d = 1.05$ ). These results could be relevant in designing psychological interventions to improve coping and mental health in other situations similar to confinement.

**Keywords:** Coronavirus, COVID-19, Stress, Anxiety, Depression, Mindfulness, Mental health, Spain, Psychological impact, Confinement

**Corresponding author:** Laura C Sanchez-Sanchez, Department of Evolutionary and Educational Psychology, Faculty of Science Education and Sport, University of Granada, Calle Santander, N° 1, 52071 Melilla, Spain, Tel : +34-95-269-8731, E-mail: lcsanchezsa@ugr.es

**Citation:** Sanchez-Sanchez LC, Jimenez O & Garcia-Montes JM (2020) Psychological Impact of COVID-19 Confinement and its Relationship with Meditation. J Immunol Res Ther, 5(S1): 09.

**Copyright:** ©2020 Sanchez-Sanchez LC, Jimenez O & Garcia-Montes JM. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.