

Personality and depression during COVID-19

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Introduction

COVID-19 Impact

- Individuals reported negative habits such as difficulty sleeping (36%), eating (32%), increased alcohol consumption (12%), and worsening chronic conditions (12%) during COVID-19⁴
- Lack of socialization has led to anger, sadness, and frustration for college students
- Limited social interaction Influences how college students connect with others⁴
- Stress is a key factor- alcohol abuse risk³

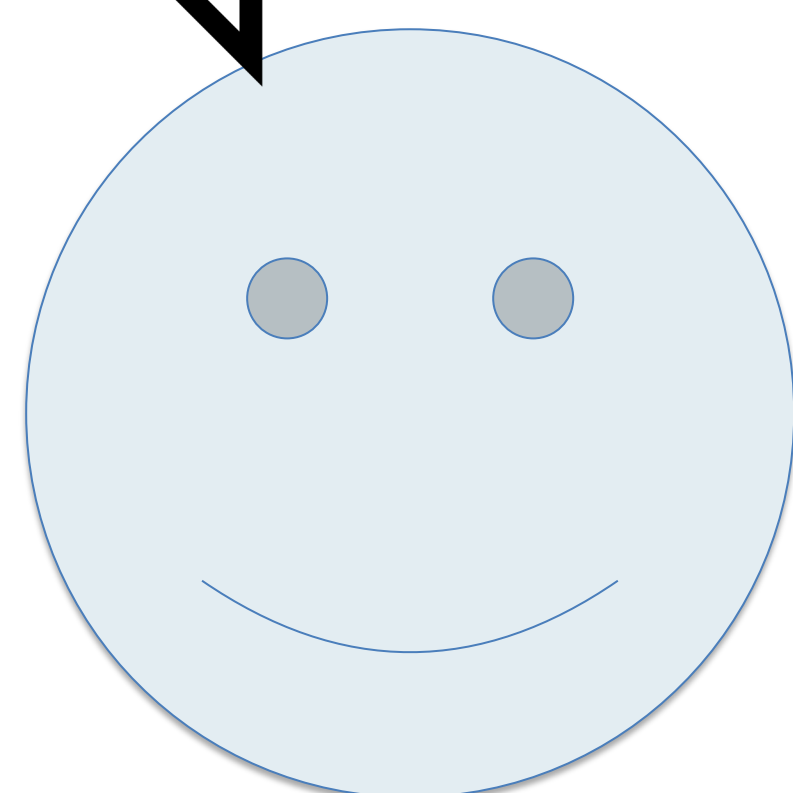
Personality and Mental Health

- Neurotic individuals have more difficulty connecting in therapeutic relationships²
- Lower levels of neuroticism and higher levels of extraversion, agreeableness, conscientiousness, and openness had a more favorable outcome- therapeutic technique²
- Introverts may be more likely to self-isolate due to personality type¹
- Connection between introversion, neuroticism and likelihood of depression, substance abuse¹

Methodology

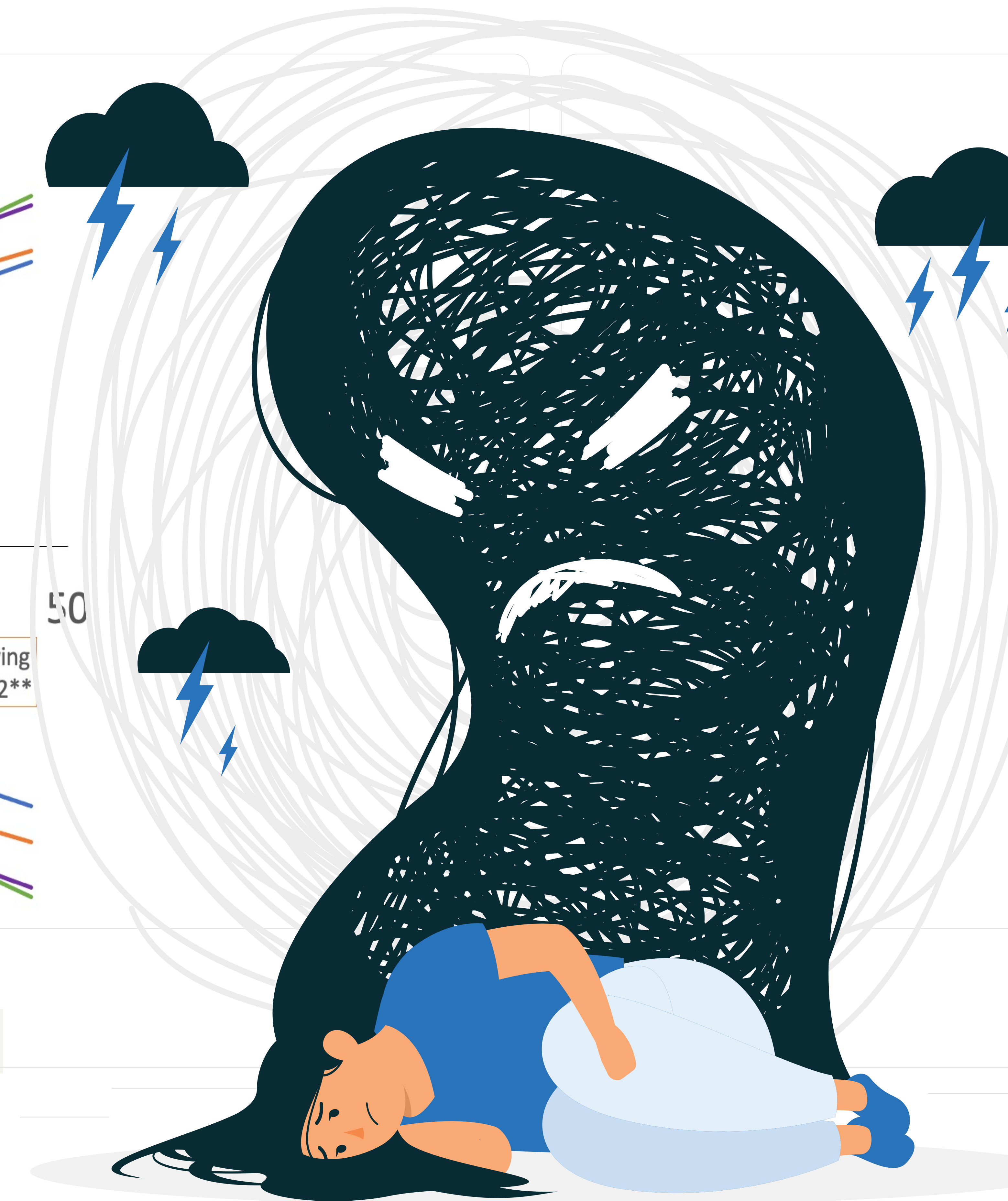
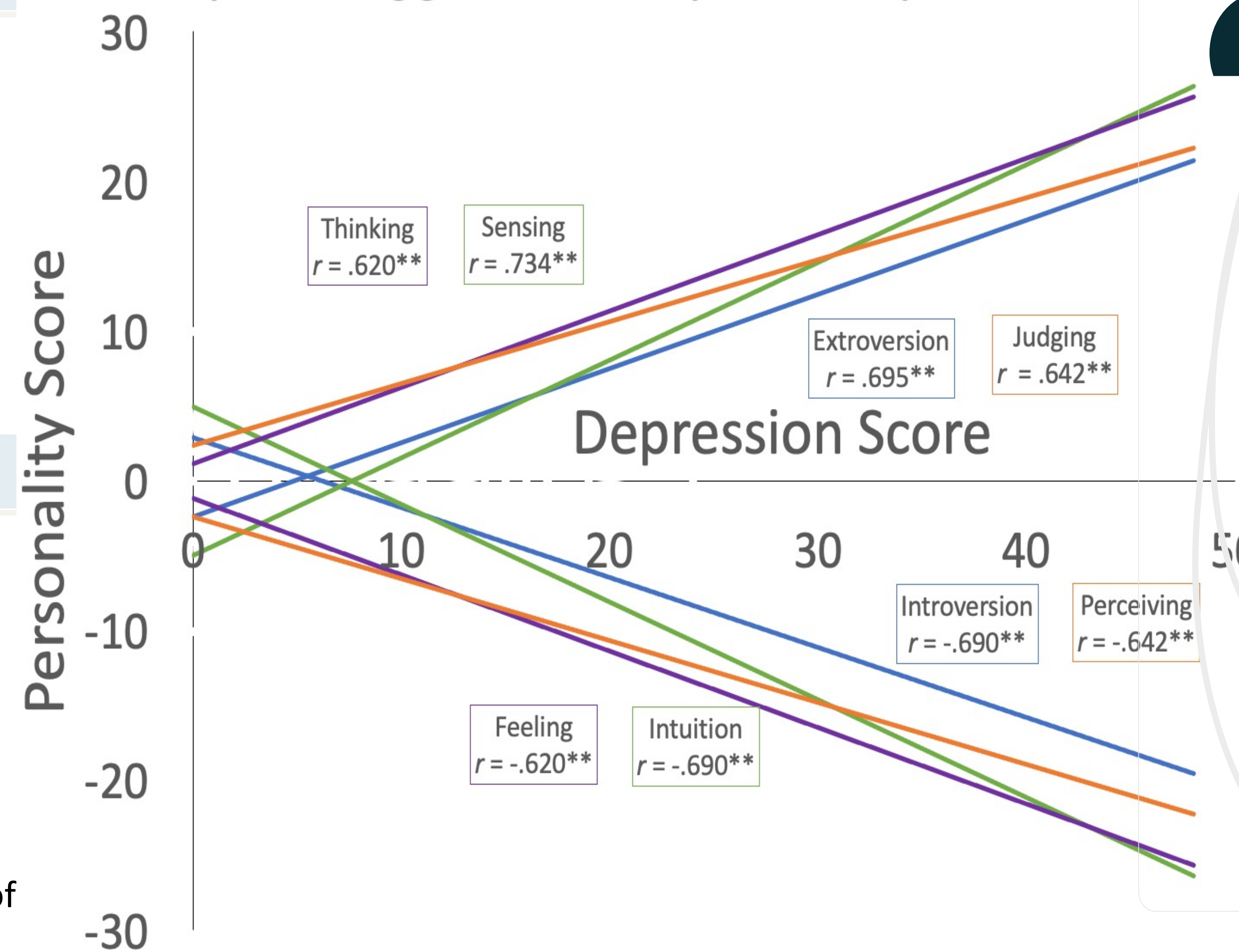


66 EMU Undergrad Students



Findings

Myers Briggs Inventory and Depression



Discussion/Take Away

- As Sensing, Thinking, Judging, and Extroversion scores **increase**, depressive tendencies also **increase**.
- As Intuition, Feeling, Perceiving, and Introversion scores **increase**, depressive tendencies **decrease**.
- As expected, the numbers were inversely related to each other since they are opposite ends of one continuum.
- Introversion was **not** positively related to depression. This could show how the pandemic has impacted extroverts **more** negatively than introverts.
- No relationship** between alcohol use and depression was found.
- These findings would suggest that the Myers Briggs is better at detecting depressive tendencies than any other personality test.
- It is important to note that none of the other tests correlated to the Beck Depression Inventory.
- Limitations for this study: homogenous sample, small sample size, no pre-pandemic data.

References

- ¹Bacon, A.M. & Corr, P.J. (2020). Coronavirus (COVID-19) in the United Kingdom: A personality- based perspective on concerns and intention to self-isolate. *The British Psychological Society*, doi:10.1111/bjhp.12423.
- ²Bucher, M. A., Suzuki, T., & Samuel, D. B. (2019). A meta-analytic review of personality traits and their associations with mental health treatment outcomes. *Clinical psychology review*, 70, 51-63.
- ³Clay, J. M., & Parker, M. O. (2020). Alcohol use and misuse during the COVID-19 pandemic: a potential public health crisis?. *The Lancet Public Health*, 5(5), e259.
- ⁴Panchal, N., Kamal, R., Orgera, K., Cox, C., Garfield, R., Hamel, L., & Chidambaram, P. (2020). The implications of COVID-19 for mental health and substance use. *Kaiser Family Foundation*.