

The relation between catastrophizing and depression following Covid-19 infection

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INTRODUCTION

- Covid-19 impacted the world, and most individuals still experience ongoing symptoms that impacts their day-to-day lives that could lead to mental health problems such as depression
- Even though not everyone gets depressed after Covid, some are more susceptible
- Most of the literature has investigated risk factors: increasing age, lower education, lower SES, female sex
- Catastrophizing has been associated with an increased risk of developing depressive symptom severity

We examined the relation between **catastrophic thinking** and **depressive symptom severity** in those who have been infected **Covid-19** in the past 6 months.

METHODS

Participants:

- 451 individuals (114 males; 337 females)
- Mean age: 46.22 years

Procedure & Measures:

- Telephone interview
- To assess depression:
 - Patient Health Questionnaire-9 (PHQ-9)
- To assess Catastrophic thinking:
 - Symptom Catastrophizing Scale (SCS)
- To assess Comorbid conditions:
 - Self-administered Co-morbidity Questionnaire (SCQ)

Data analytic approach:

- Pearson correlation
- Cross-sectional hierarchical regression analysis

CONCLUSION

- The results of this study increase our knowledge of factors that contribute to the experience of depression following Covid-19 infection.
- This provides an empirical foundation for the development of new avenues of research that might reduce the severity of symptoms of those that were infected.

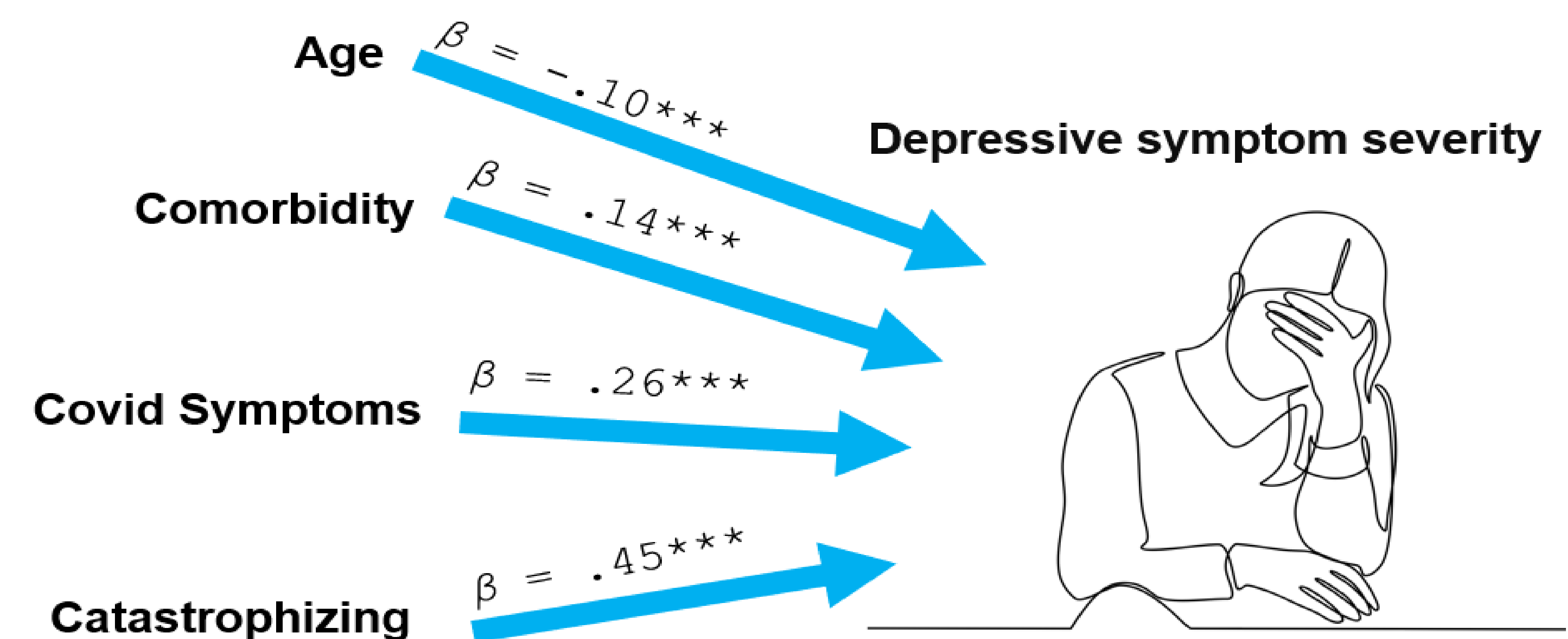
RESULTS

Table 1
Correlations among study variables

Variable	1	2	3	4	5
1 Age					
2 Education		-.157**			
3 Covid symptoms			-.190**		
4 Catastrophizing				.595**	
5 Comorbidity					.522**
6 Depression					

** . Correlation is significant at the 0.01 level (2-tailed)

* . Correlation is significant at the 0.05 level (2-tailed)



Significant regression coefficients for the prediction of depressive symptom severity
***. Significance <.001

Note: regression coefficient are from the final regression equation