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Relationship Among Routine Preference and Openness to Experience, During Covid-19, with Rates of Psychological Distress



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Background and Introduction

- Covid-19 has introduced new sets of implications on an individual's daily life There has been an increase in psychological distress rates-relating to a vast array of different elements (Vahedian-Azimi, 2020)
- Factors are dependent on the individual and can cause an influx of psychological distress rates (e.g. depression and/or anxiety)
- Factors include inconsistent routinized behaviors, and an individual's high or low level of openness to experience, disrupted routines Previous studies indicate a strong relationship between state effect and trait effect (Chow, 2017).

Hypothesis and Research Question

Q: Is there a relationship between the personality trait openness to experience and psychological distress?

H: There is a negative correlation between student ratings of openness to experience and psychological distress rates.

Q: Is there a relationship between preference for routine and psychological distress?

H: There is a positive correlation between student ratings of preference for routine and psychological distress rates.

Materials

- To assess Openness to experience we used a 10 question Big Five Personality trait inventory
- To assess current level of distress Participants took the full DASS-21 Inventory and only their stress scores were used
- To Assess preference for routine we used Routinization inventory
- The end of the survey contained demographic questions asking about race, gender, age, and academic year

Methods and Materials

- Participants: 53 Longwood psychology students, male (9) Female(43) Transgender(1) White(37) African American (8) Asian (2) Latino (6)
- Participants used Sona Systems and Google's survey system to take a survey looking at personality, distress, and preference for routine
- Following participation in our study individuals were awarded 1 point of extra credit.

Results

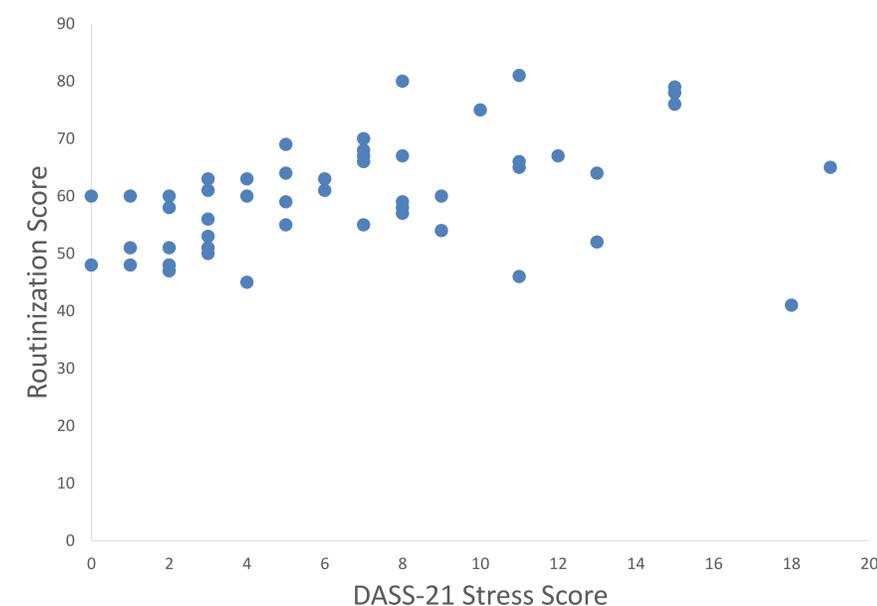
Two Pearson r analyses we conducted

- Looking at the results from the Openness to experience scores and the distress score, we found no significant negative correlation
- Looking at the results from preference for routine and level of distress there was a significant positive correlation found

Openness to experience and routinization in relation to current level of distress

<i>Variables</i>	<i>n</i>	<i>M</i>	<i>SD</i>	<i>Pearson Correlation</i>
Openness Score	51	7.00	1.74	.089
Routinization Score	51	60.78	9.41	.582*
Psychological Distress Score	51	6.68	4.46	---

P-value > .01 in regards to the results form of distress and routinization*



Discussion

- Following the completion of our study, there could be a relationship between preference for routine and distress level
- The results regarding routine lined up with prior research, however, there was no correlation found between openness and distress.
- We believe that based on our results people should take into account how mental health seems to be related to a disruption of routine

Future Research

- Some of our limitations, survey fatigue, and the use of shortened inventories as to prevent survey fatigue
- Future research can be done in using full inventories as to get a better picture of the participants personality
- Future research can and looking at other personality traits, as we only looked at openness

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