

Exploring Which Anxiety-Related Disorder Symptoms and Mechanisms are Associated with COVID-19 Anxiety

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Daily increase of COVID-19 cases

COVID-19 ANXIETY





NOT

TODAY

#COVID19

Anxiety-Related Symptoms

Health Anxiety (HA)

Generalized Anxiety Disorder (GAD)

Obsessive-Compulsive Disorder (OCD)

Social Anxiety Disorder (SAD)

Panic Disorder (PD)





Anxiety-Related Mechanisms

Anxiety Sensitivity

Disgust

Intolerance of Uncertainty

Metacognitive Beliefs

Hypotheses

- 1.** HA & OCD symptoms will be associated with COVID anxiety
- 2.** Anxiety sensitivity, disgust propensity & sensitivity, HA metacognitions & HA-specific intolerance of uncertainty will be associated with COVID anxiety



$N = 549$

Sample

Measures

COVID Stress Scale (CSS)

Coronavirus Anxiety Scale (CAS)

Coronavirus 19 Phobia Scale (CP19-S)

Fear of Coronavirus Scale (FCV-19S)

Patient Health Questionnaire - 15 (PHQ-15)

Short Health Anxiety Index (SHAI)

Generalized Anxiety Disorder - 7 (GAD-7)

Obsessive-Compulsive Inventory-Revised (OCI-R)

Social Interaction Anxiety Scale (SIAS)

Social Phobia Scale (SPS)

Panic Disorder Severity Scale-Self Report (PDSS)

Anxiety Sensitivity Index-3 (ASI-3)

Disgust Propensity and Sensitivity Scale-Revised (DPSS-R)

Disorder-Specific Intolerance of Uncertainty Scales (DSIU)

Metacognition Questionnaire-Health Anxiety (MCQ-HA)

Hypothesis 1 Results

Obsessive Compulsive Disorder

COVID-19 Anxiety (CSS)	COVID-19 Anxiety (CAS)	COVID-19 Anxiety (CP19-S)	COVID-19 Anxiety (FCV-19S)
SHAI: $pr = .23^{**}$	SHAI: $pr = .17^{**}$	SHAI: $pr = .29^{**}$	SHAI: $pr = .29^{**}$
OCI-R: $pr = .35^{**}$	OCI-R: $pr = .19^{**}$	OCI-R: $pr = .28^{**}$	OCI-R: $pr = .16^{**}$
	PDSS: $pr = .26^{**}$	PDSS: $pr = .13^{*}$	PDSS: $pr = .15^{**}$

* = $p < .01$ ** = $p < .001$

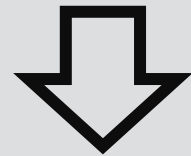
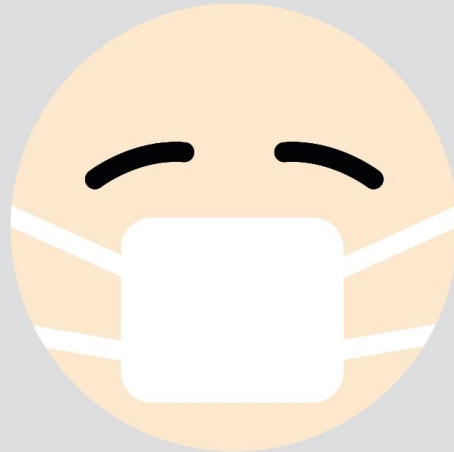
Hypothesis 2 Results

Metacognitive Beliefs, Disgust Thinking, and Regard for One's Health

COVID-19 Anxiety (CSS)	COVID-19 Anxiety (CAS)	COVID-19 Anxiety (CP19-S)	COVID-19 Anxiety (FCV-19S)
DPSS-DS: $pr = .16^{**}$	DPSS-DS: $pr = .15^{**}$	DPSS-DS: $pr = .14^*$	DPSS-DS: $pr = .13^*$
DSIU-HA: $pr = .21^{**}$	DSIU-HA: $pr = .12^*$	DSIU-HA: $pr = .26^{**}$	DSIU-HA: $pr = .29^{**}$
ASI-P: $pr = .13^*$	ASI-C: $pr = .12^*$		
MCQ-BT: $pr = .19^{**}$	MCQ-BT: $pr = .15^{**}$		

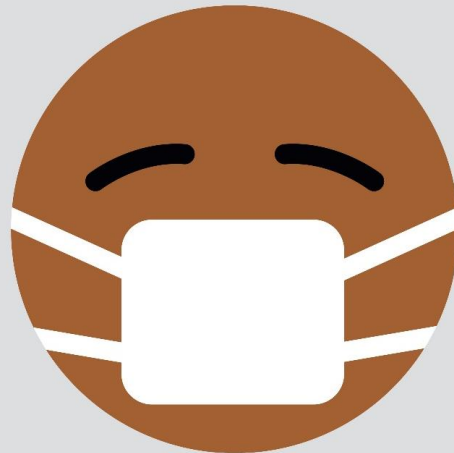
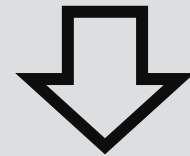
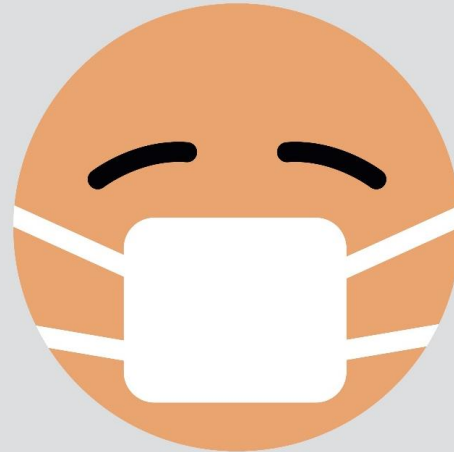
* = $p < .01$ ** = $p < .001$

HA



IU

OCD



DS

Implications

HOW
ARE
YOU,
REALLY?



t h a n k

y o u



Questions