

Introduction

The COVID-19 pandemic is an international health crisis that has increased anxiety amongst the student population

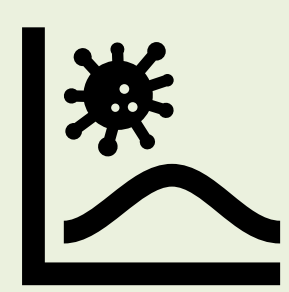
Previous Pandemic Research

- Those with more knowledge about the Zika virus had higher levels of anxiety (Blakely & Abramowitz, 2017)
- Health anxiety predicted H1N1 anxiety (Wheaton et al., 2012)

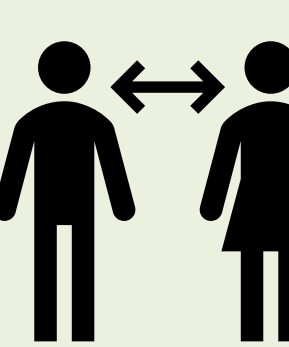
COVID-19 Anxiety Research

- Individuals with pre-existing anxiety scored higher on a COVID-19 anxiety measure (Asmundson et al., 2020)
- Health anxiety and intolerance of uncertainty related to an increase in COVID-19 anxiety (Jungmann & Witthöff, 2020; Satıcı et al., 2020)

Hypotheses



Anxiety symptoms and dysfunctional beliefs will be significantly correlated with COVID-19 anxiety measures



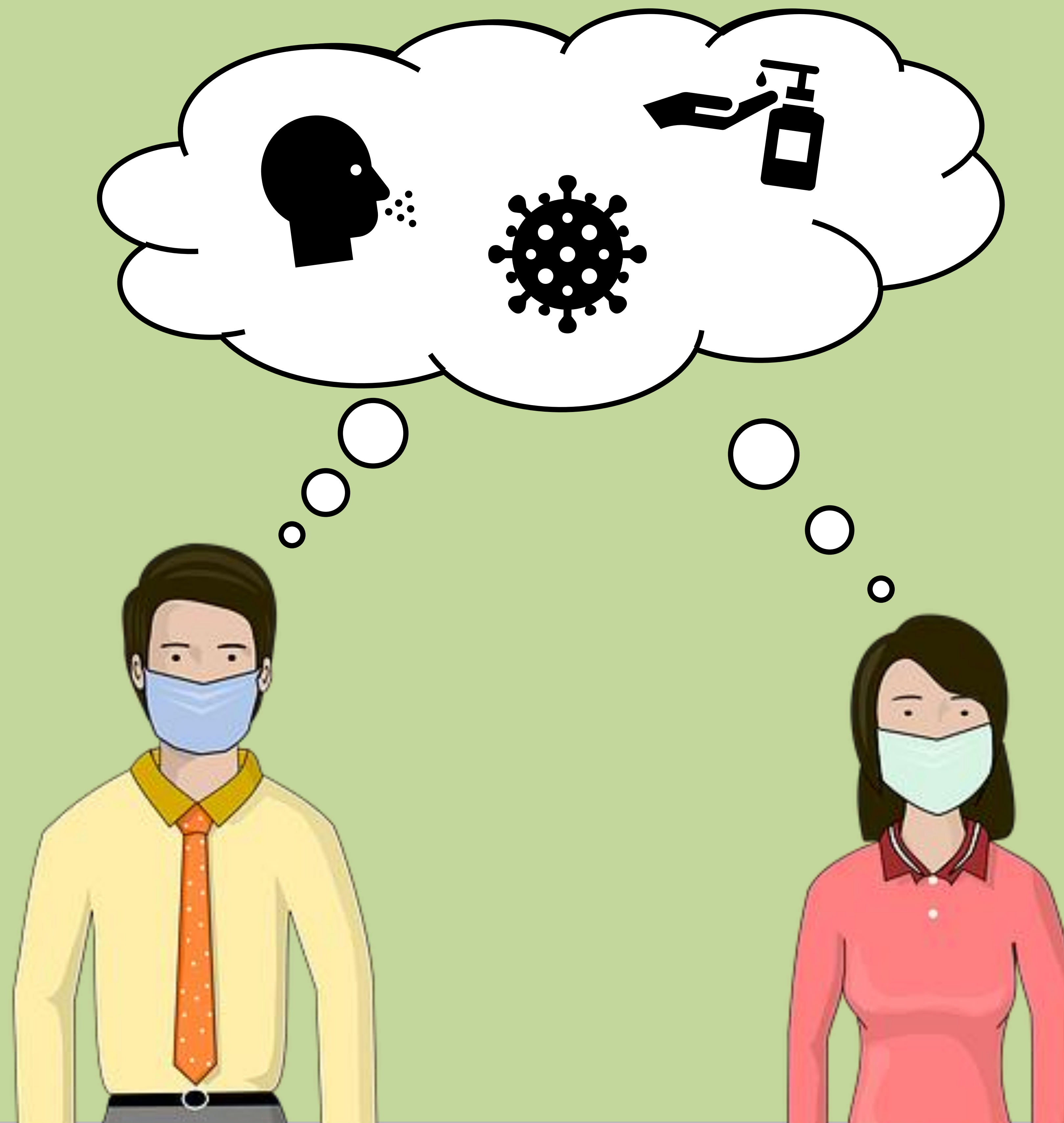
Individuals higher in health anxiety, intolerance of uncertainty, metacognitive beliefs, and somatosensory amplification will reporter greater COVID-19 anxiety



Students higher in COVID-19 anxiety will have more negative and anxious opinions about COVID-19

ANXIOUS ABOUT COVID-19?

Mental health professionals may wish to target specific dysfunctional beliefs and anxiety symptoms when treating COVID-19 anxiety



Methods

Sample: 593 MacEwan undergraduate psychology students

COVID-19 Anxiety

- COVID Stress Scale
- Fear of Coronavirus Scale
- Coronavirus 19 Phobia Scale

Student Opinions

- Student Opinion of COVID-19
- Perceived Risk

Anxiety Symptoms

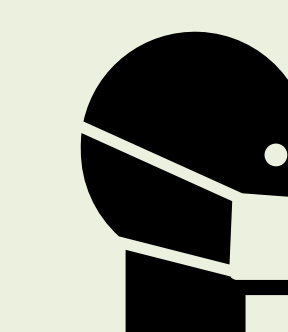
- Health Anxiety
- Generalized Anxiety Disorder
- Social Anxiety
- Panic Disorder
- Obsessive-Compulsive Disorder

Dysfunctional Beliefs

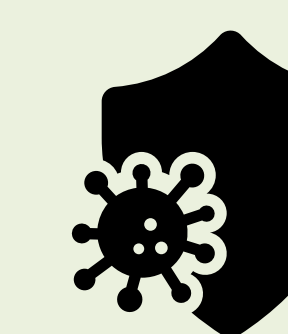
- Anxiety Sensitivity
- Disgust Propensity and Sensitivity
- Intolerance of Uncertainty
- Metacognitions
- Somatosensory Amplification

Regression analyses will be done through SPSS

Implications



Increase our understanding of how anxiety symptoms and anxiety-related beliefs relate to COVID-19 anxiety



Provide an investigation of the relationship between student's anxiety and their perceptions of the COVID-19 pandemic