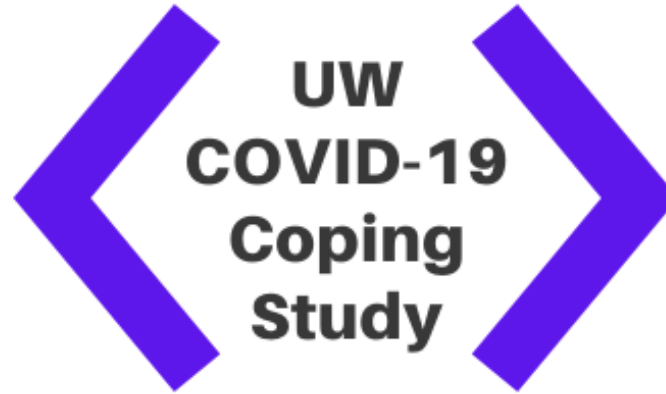




# Coping with COVID in our Everyday Lives: Evidence for What Works



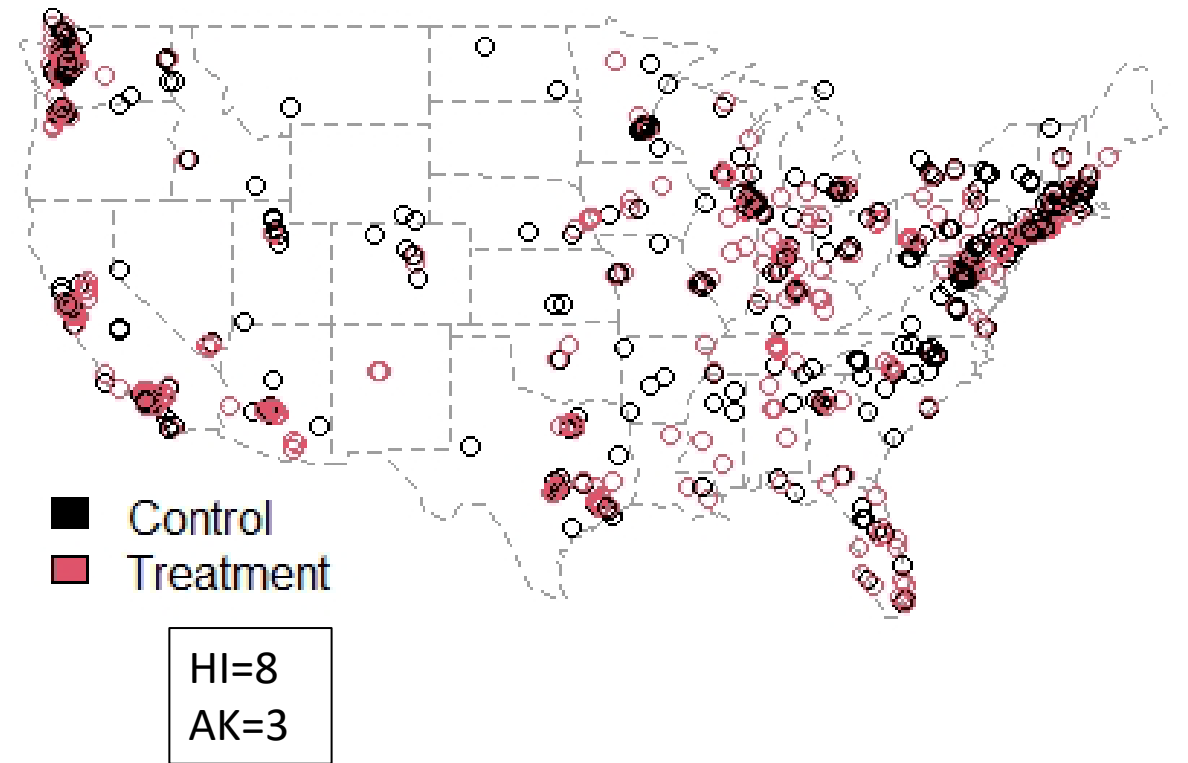
Jonathan Kanter, PhD  
he/him/his  
jonkan@uw.edu

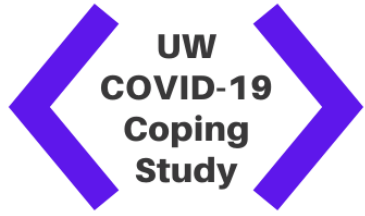


*Can we translate key evidence-based insights from relationship and psychological science into brief and effective suggestions that individuals could implement daily, thereby quickly improving relational well-being and decreasing depression and loneliness at a critical time?*

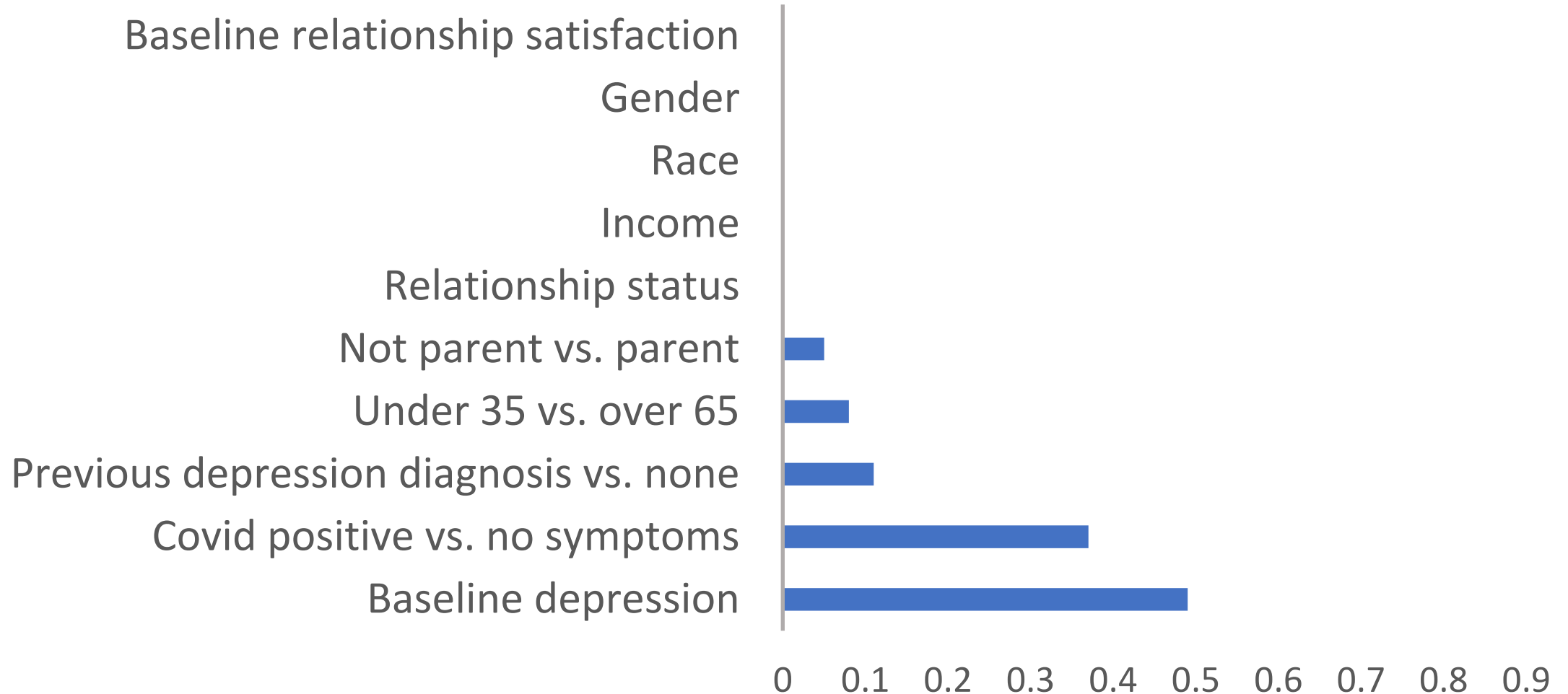
# UW COVID-19 Coping Study

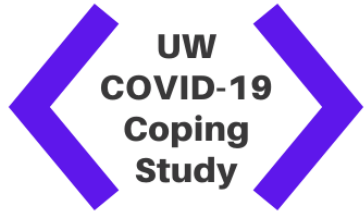
- Recruited 1,602 U.S. adults
- Every evening at 8 pm, for 4 weeks: Text-messaged brief phone survey
- Enrollment started April 8, 2020 and ended July 10, 2020



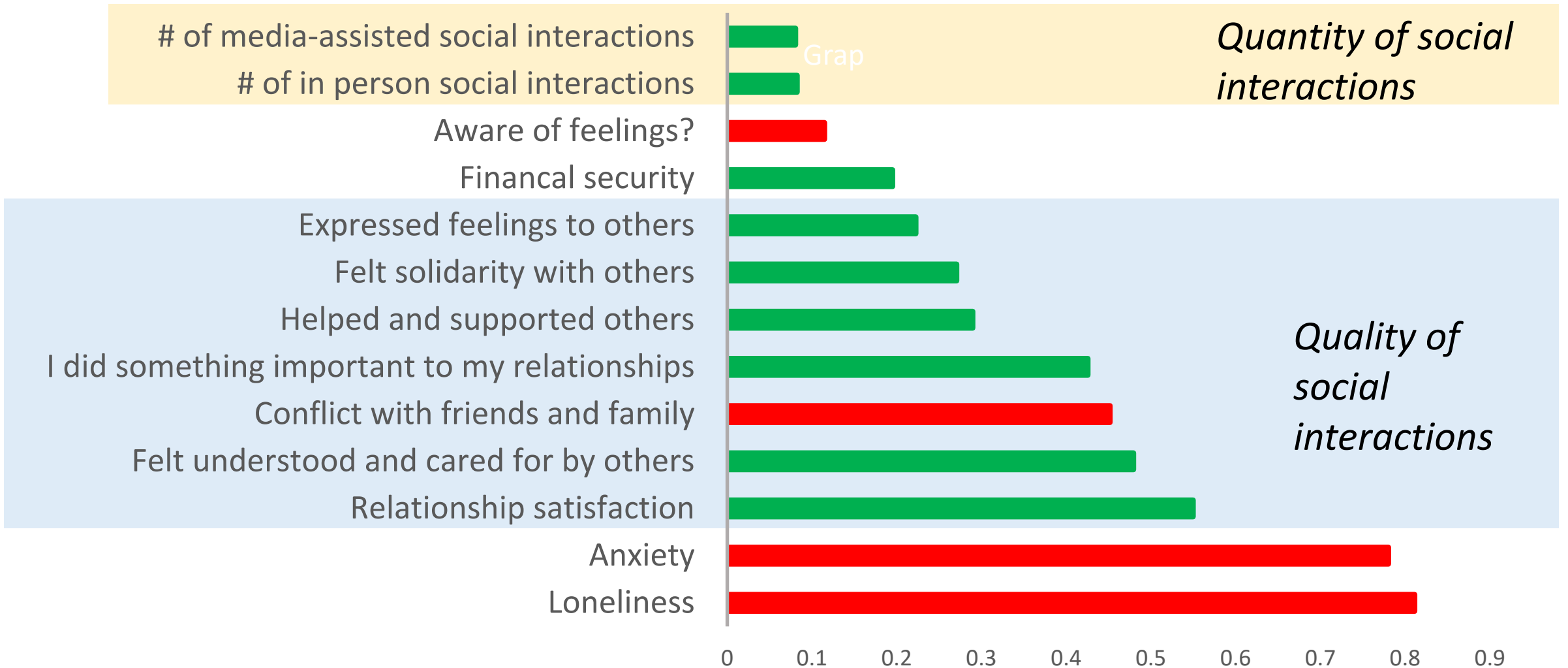


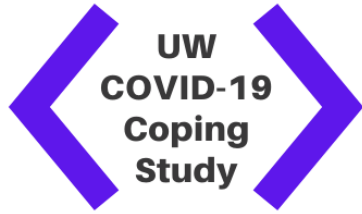
# *Predicting depression from baseline characteristics?*



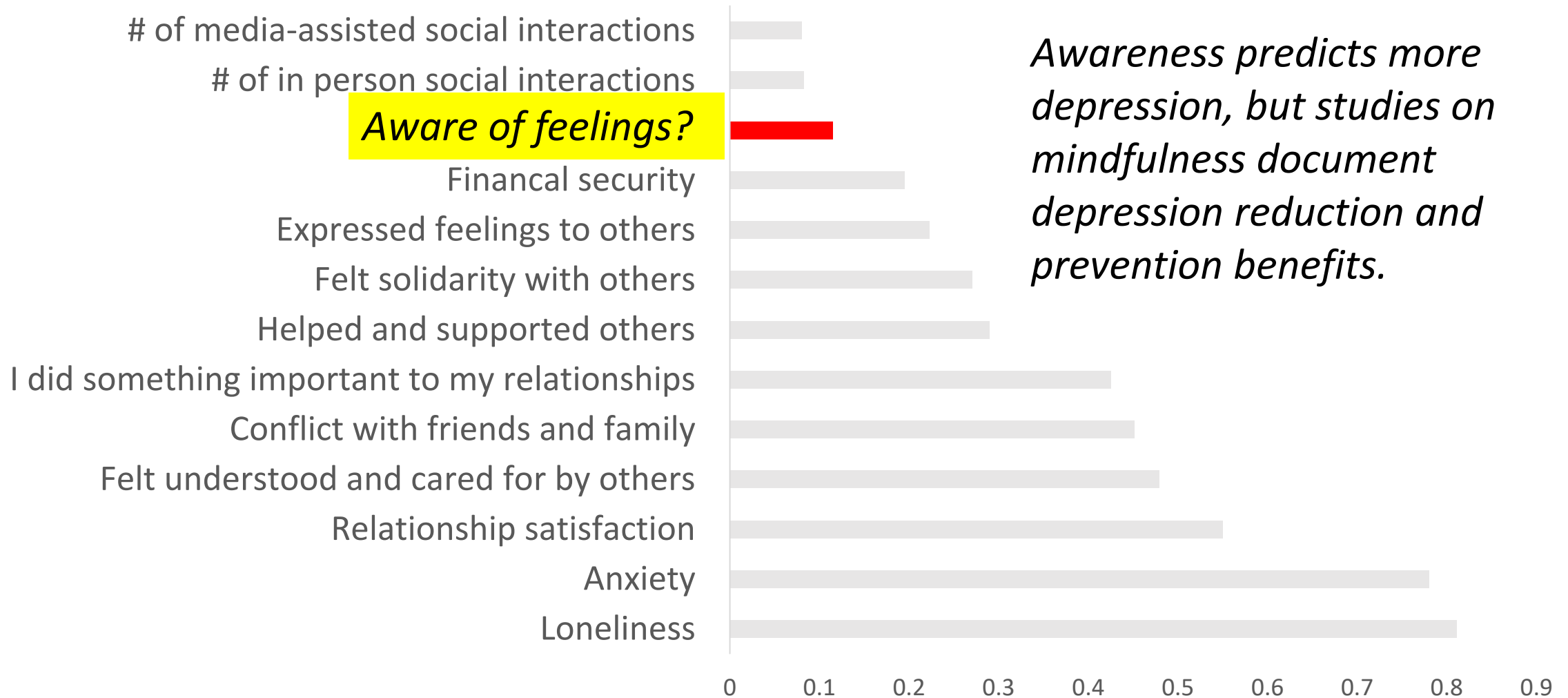


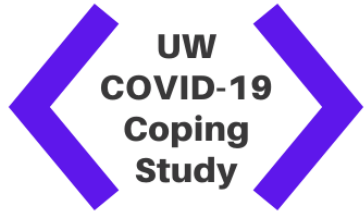
# Predicting depression from day-to-day experiences?



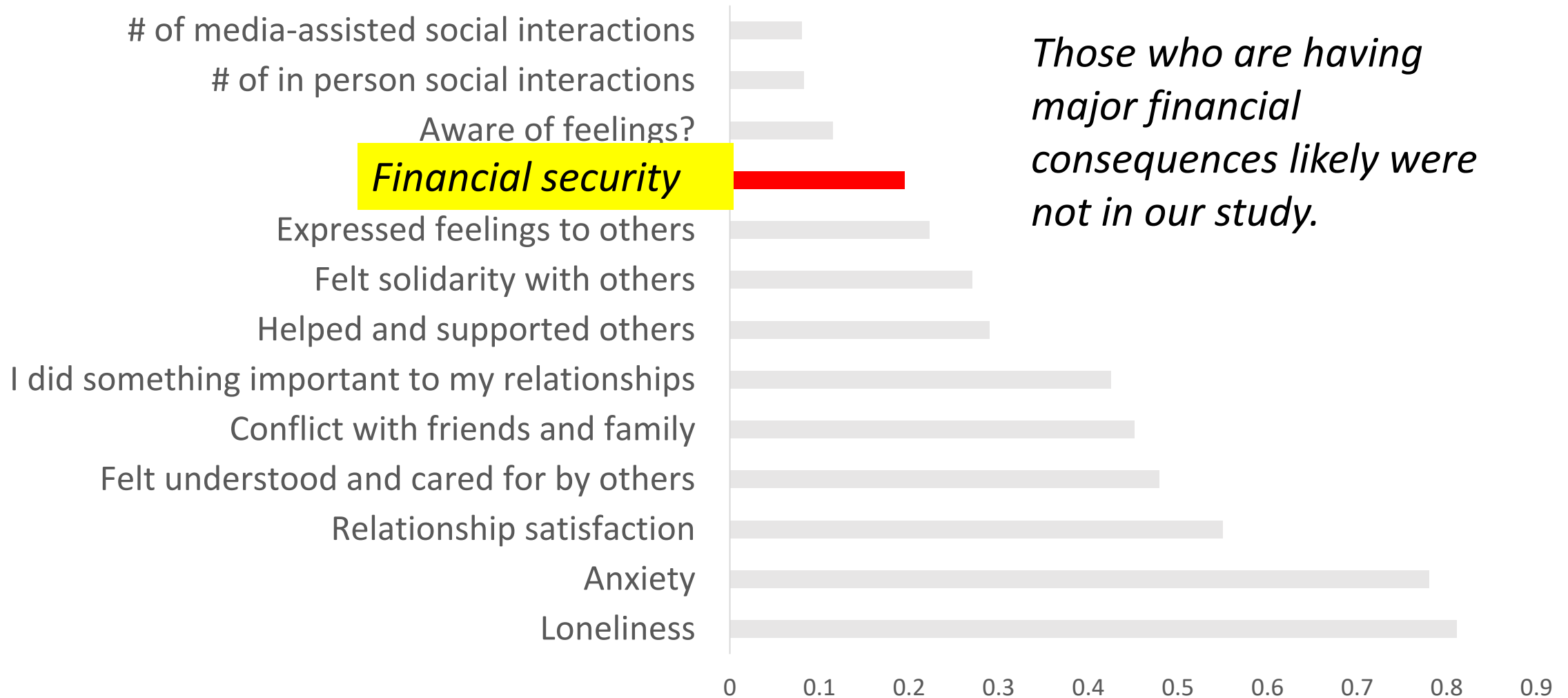


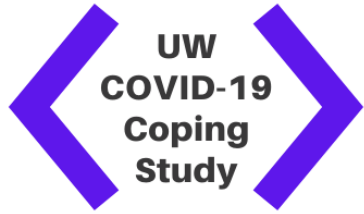
# *Predicting depression from day-to-day experiences? Awareness*



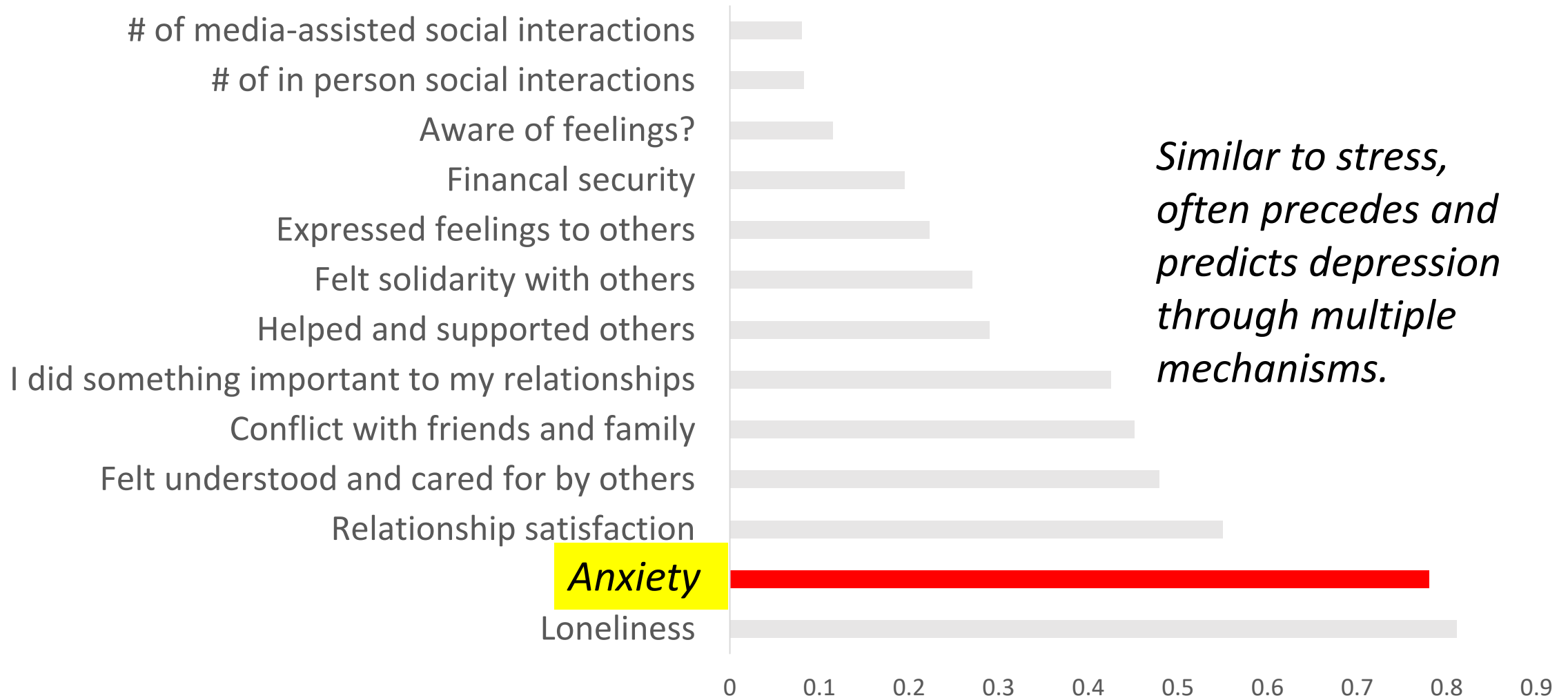


# *Predicting depression from day-to-day experiences? Financial Security*

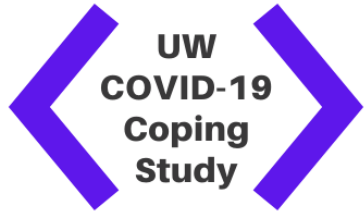




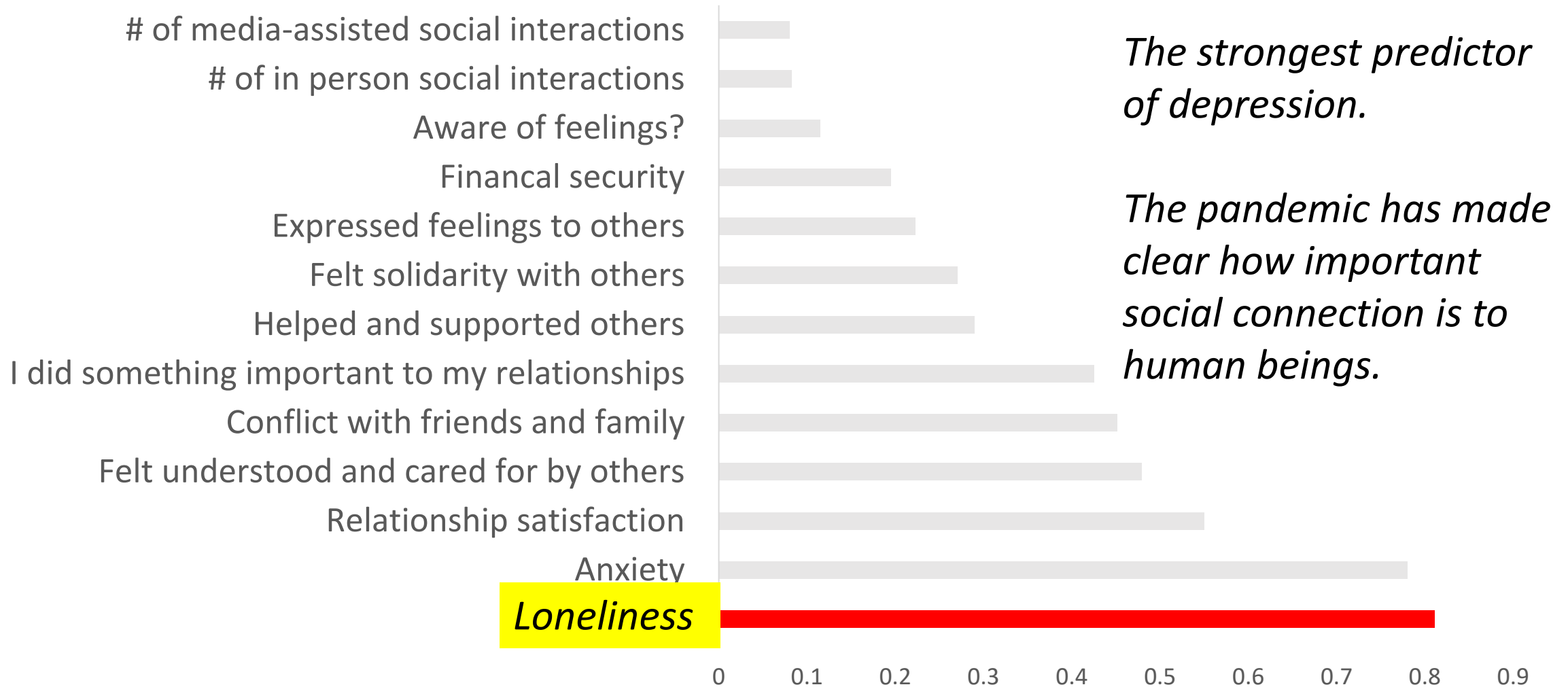
# *Predicting depression from day-to-day experiences? Anxiety*

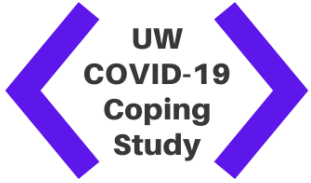




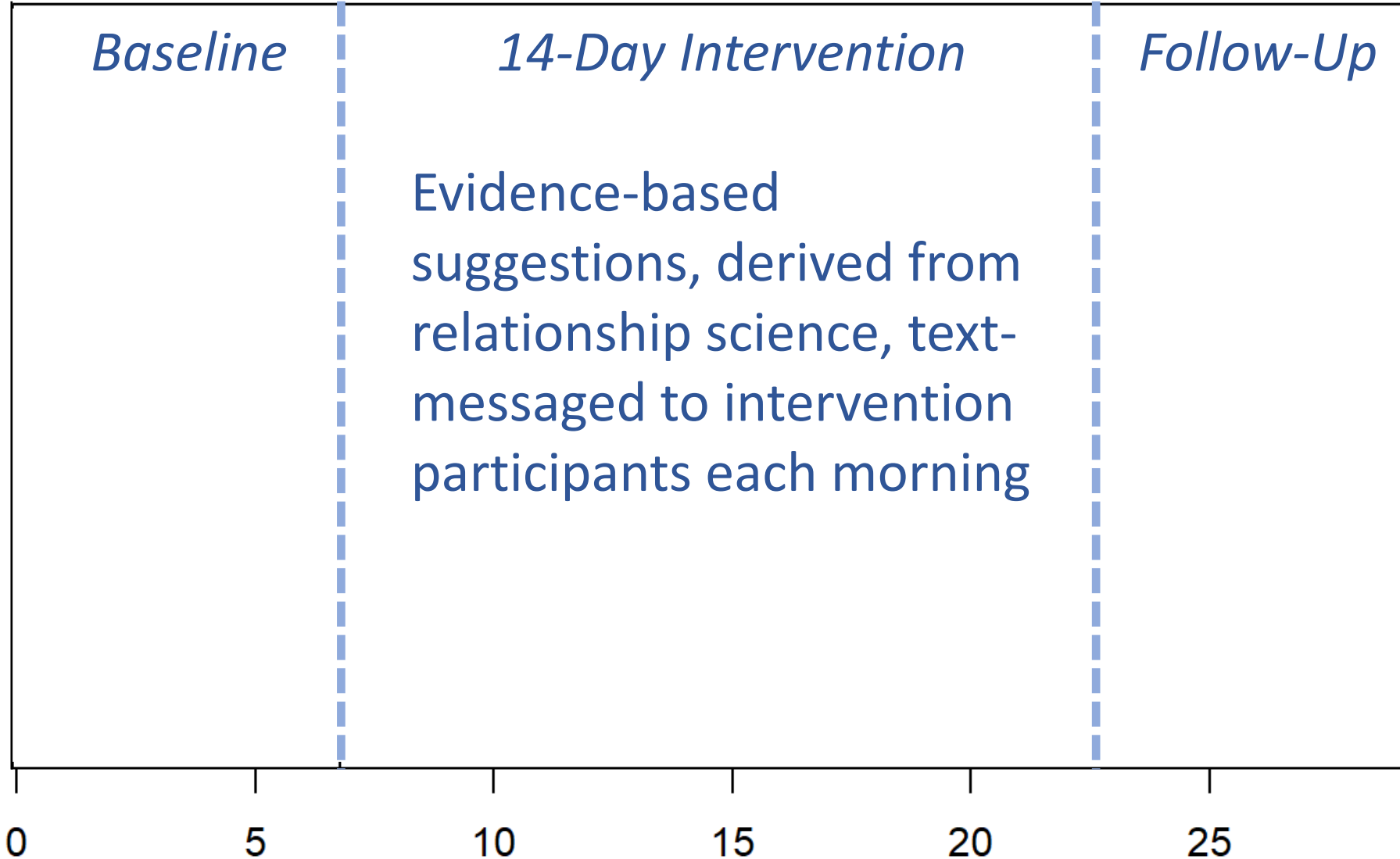


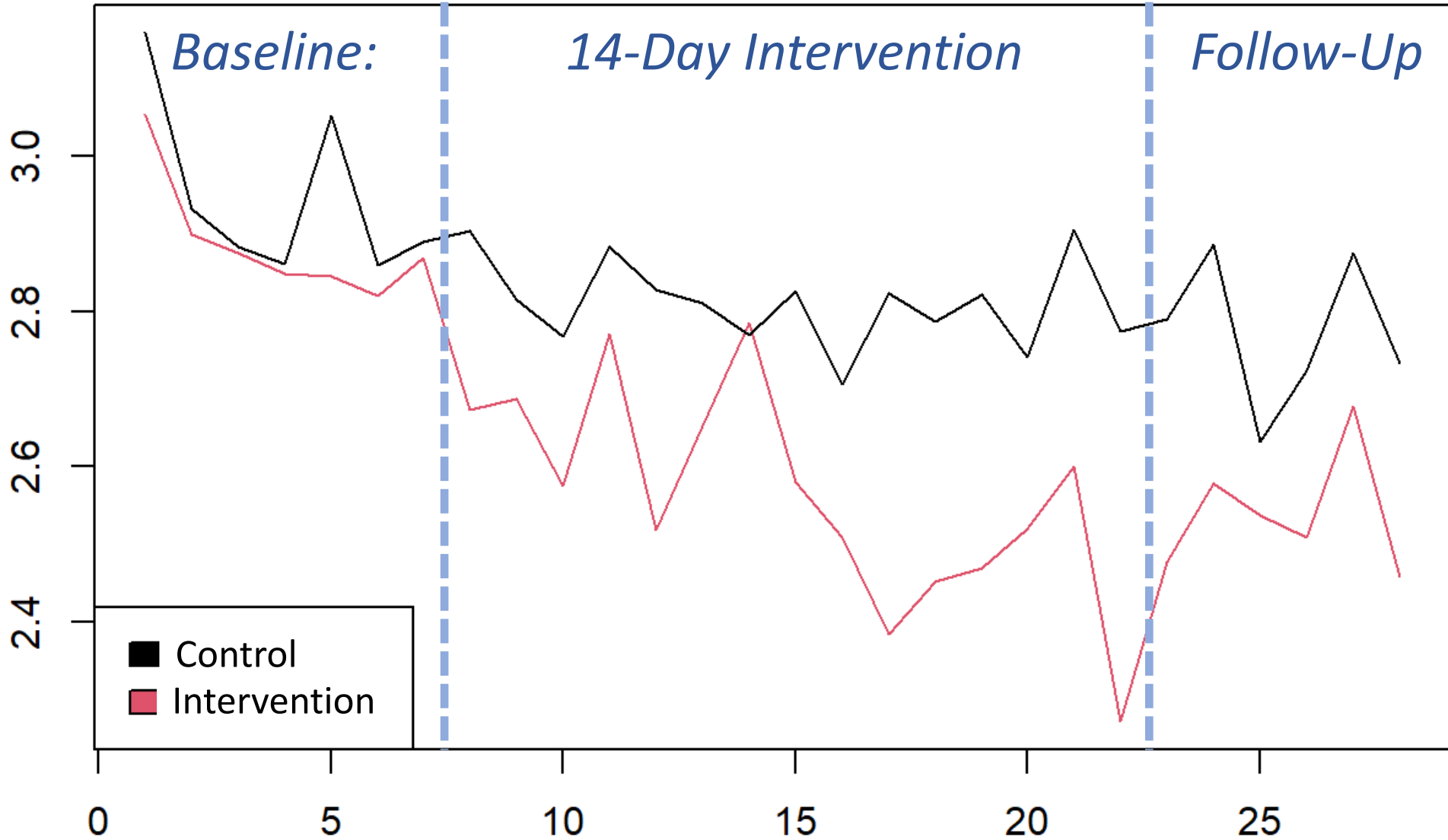
# *Predicting depression from day-to-day experiences? Loneliness*



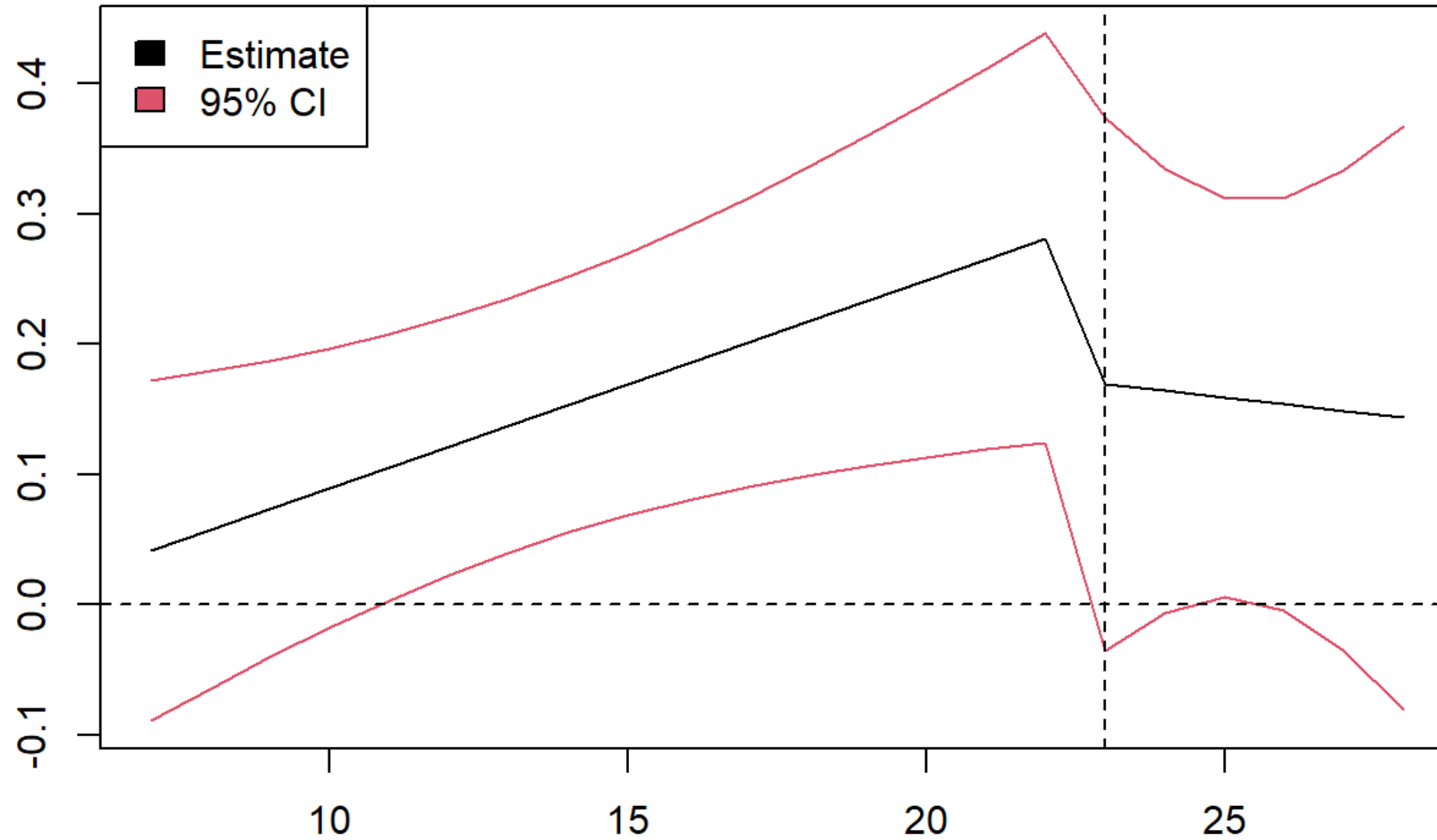


the center suggests...

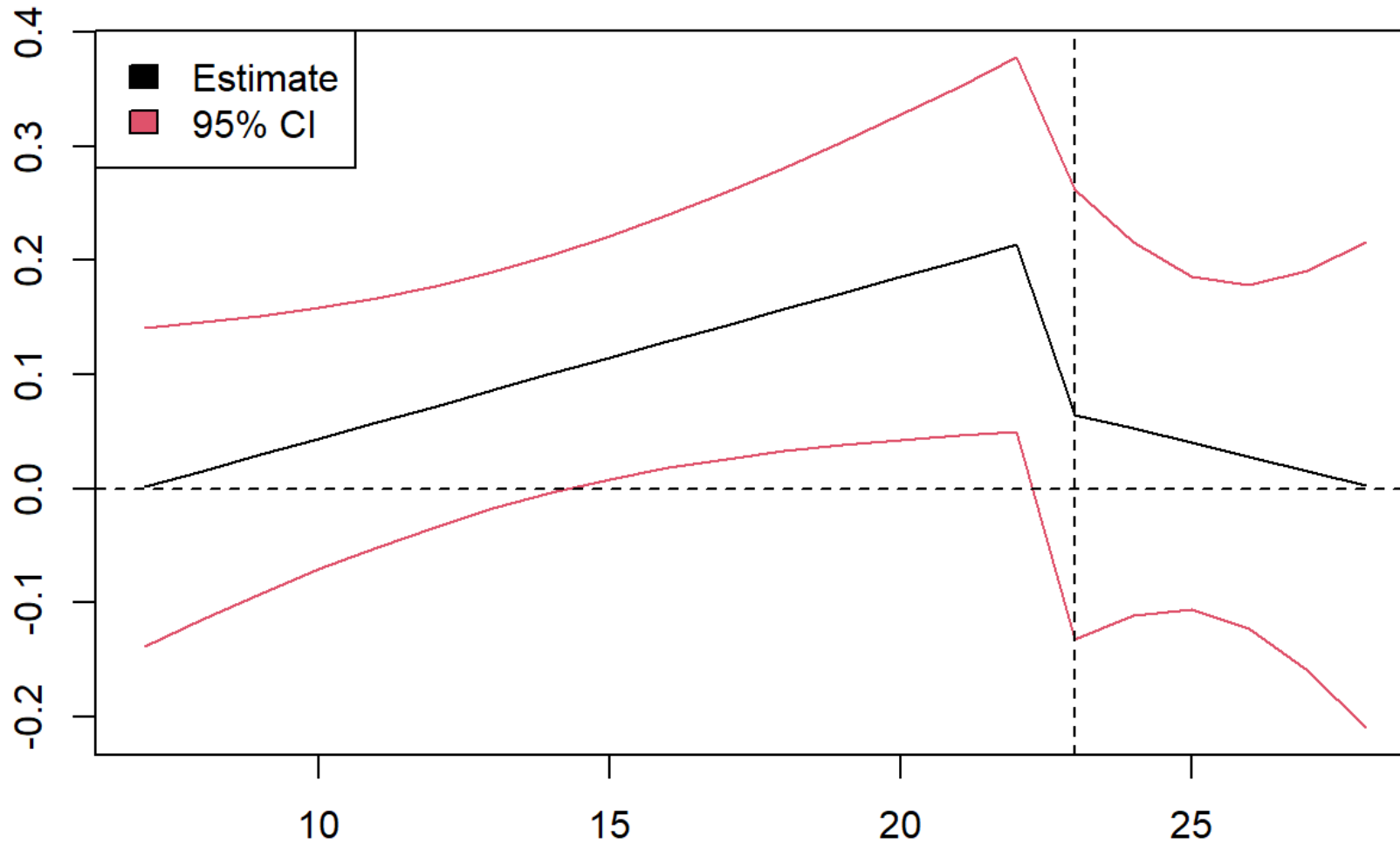




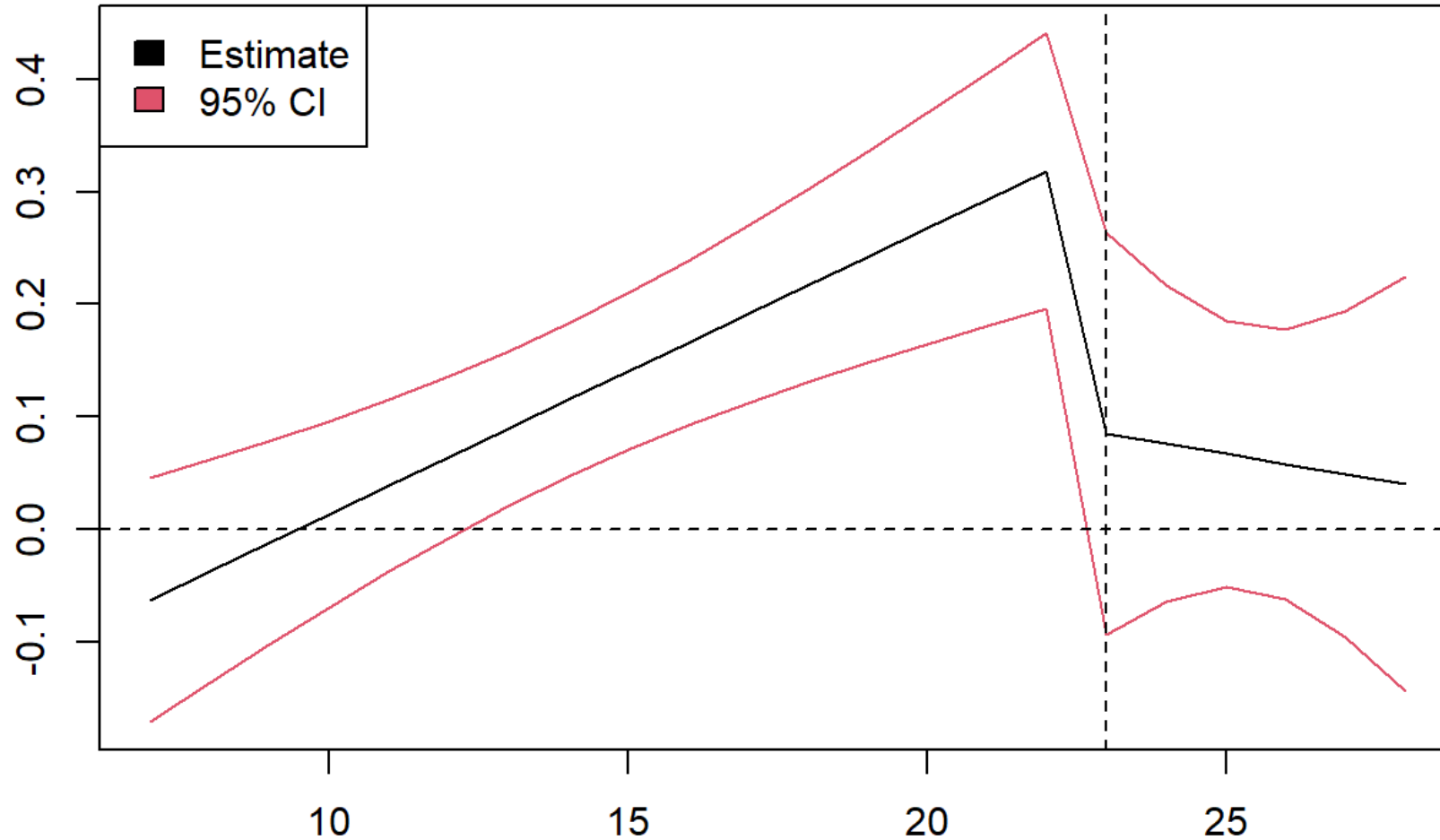
# Intervention Effect: Depression



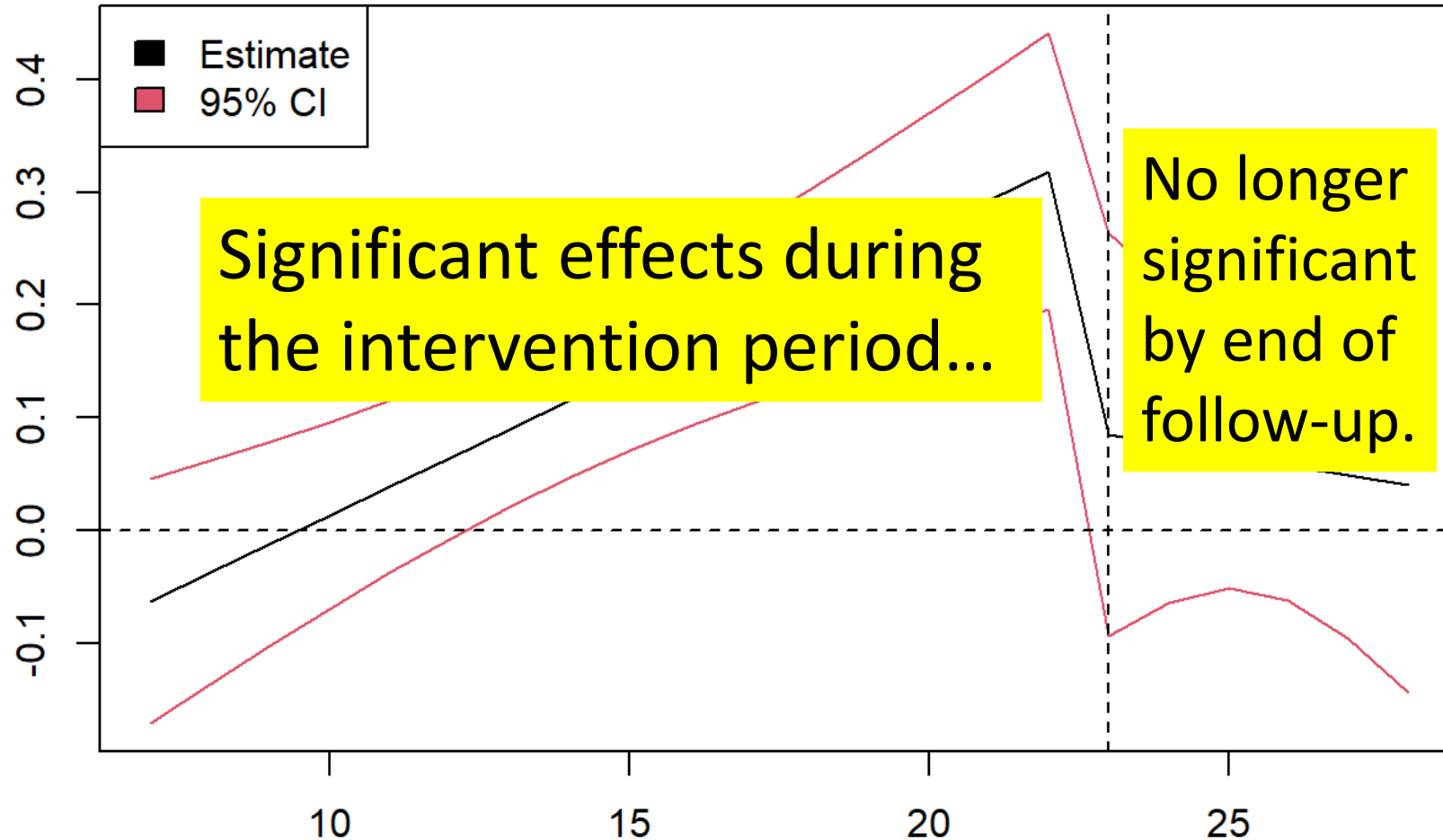
# Intervention Effect: Loneliness

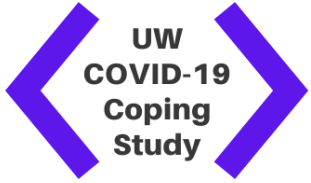


# Intervention Effect: Relationship Satisfaction



# Intervention Effects: Summary





# Characteristics Associated with Improvement?



*Depression?*

*Loneliness?*

*Relationship Quality?*

---

None

None

Older  
Living Alone  
White



*Awareness*

- Disconnecting from Media
- Loving Kindness Meditation
- Breathing
- Acceptance
- Bringing Critical Thoughts with You

*Vulnerable self-disclosure  
(Courage)*

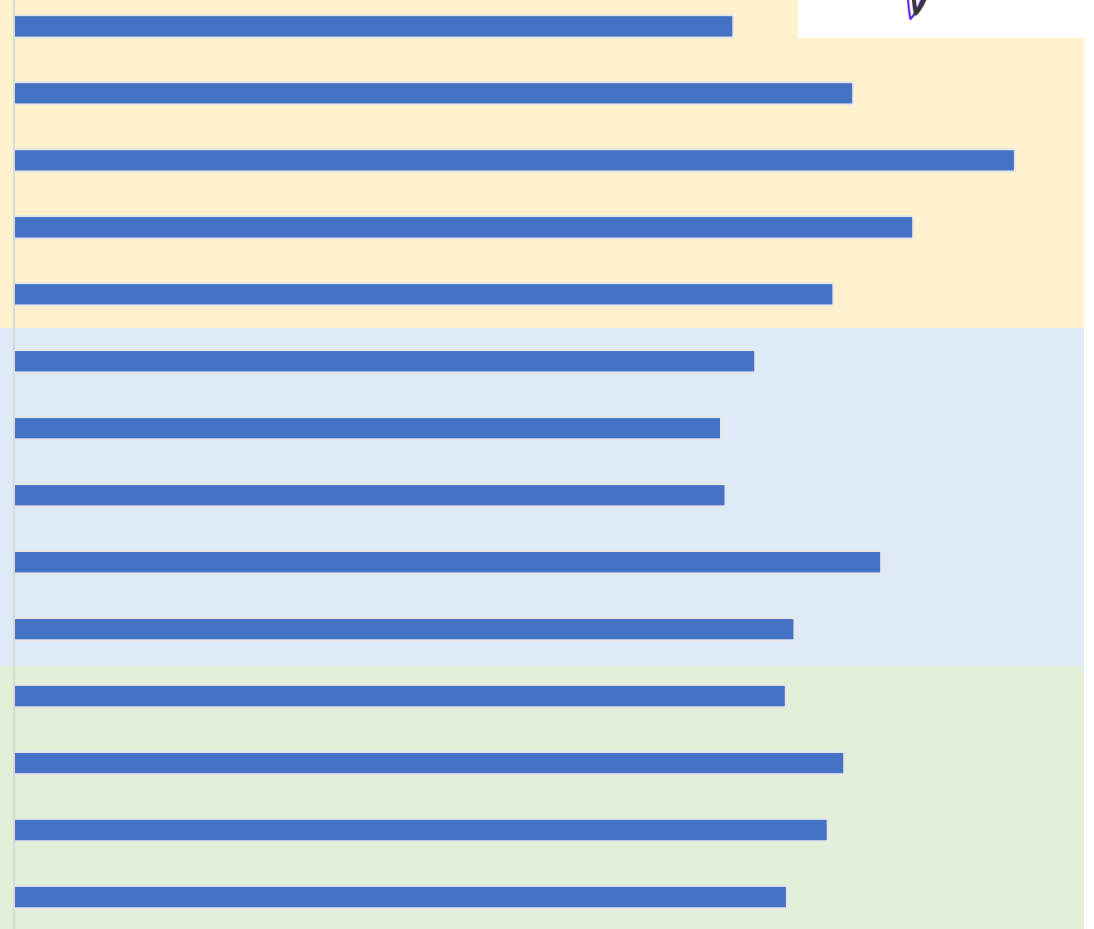
- Exploring Grief and Loss
- The Fast Friends Procedure
- Exploring and Sharing Feelings
- Islands of Good Feelings
- Expanding your Social Group

*Responsiveness  
(Love)*

- Gratitude
- Giving to Others
- Sharing Your Strengths
- Being a Vulnerability Hawk

0 1 2 3 4 5 6

■ Helpful for mental health?



*Awareness:  
Breathing*

Disconnecting from Media  
Loving Kindness Meditation

**Breathing  
Acceptance**

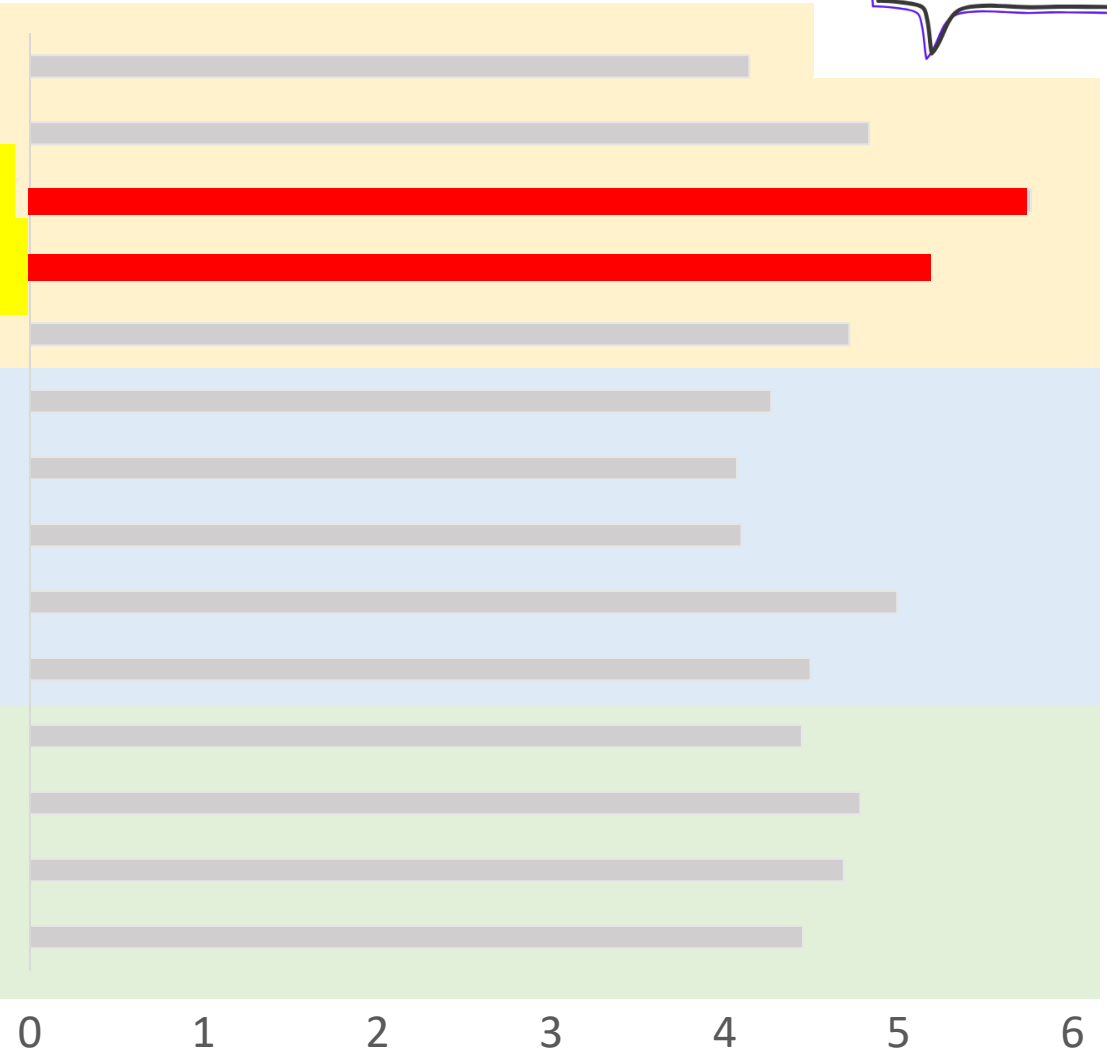
Bringing Critical Thoughts with You

*Vulnerable self-  
disclosure  
(Courage)*

Exploring Grief and Loss  
The Fast Friends Procedure  
Exploring and Sharing Feelings  
Islands of Good Feelings  
Expanding your Social Group

*Responsiveness  
(Love)*

Gratitude  
Giving to Others  
Sharing Your Strengths  
Being a Vulnerability Hawk



■ Helpful for mental health?

*Awareness:*

- Disconnecting from Media
- Loving Kindness Meditation
- Breathing
- Acceptance
- Bringing Critical Thoughts with You

*Vulnerable self-disclosure  
(Courage)*

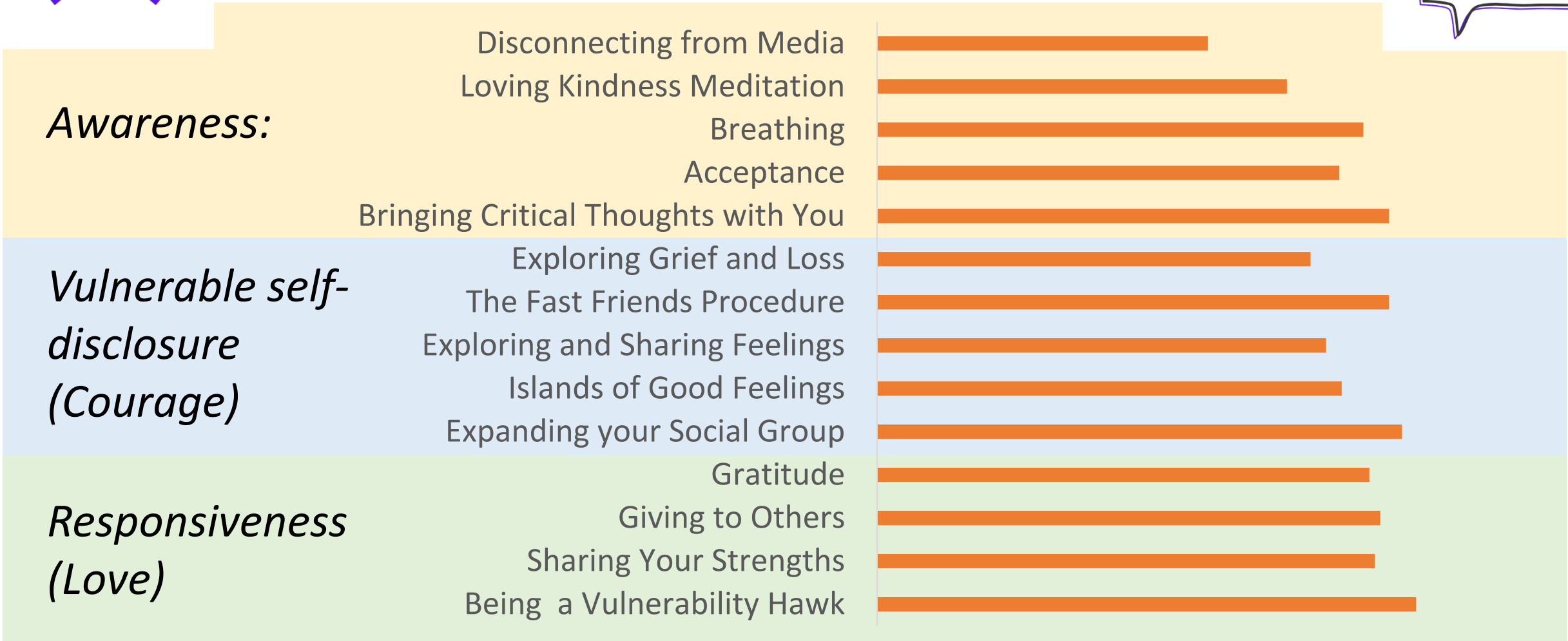
- Exploring Grief and Loss
- The Fast Friends Procedure
- Exploring and Sharing Feelings
- Islands of Good Feelings
- Expanding your Social Group

*Responsiveness  
(Love)*

- Gratitude
- Giving to Others
- Sharing Your Strengths
- Being a Vulnerability Hawk

0 1 2 3 4 5 6

■ Helpful for relationships?



*Awareness...*

- Disconnecting from Media
- Loving Kindness Meditation
- Breathing
- Acceptance

***Bringing your Critical Thoughts with You***

*Vulnerable self-disclosure  
(Courage)*

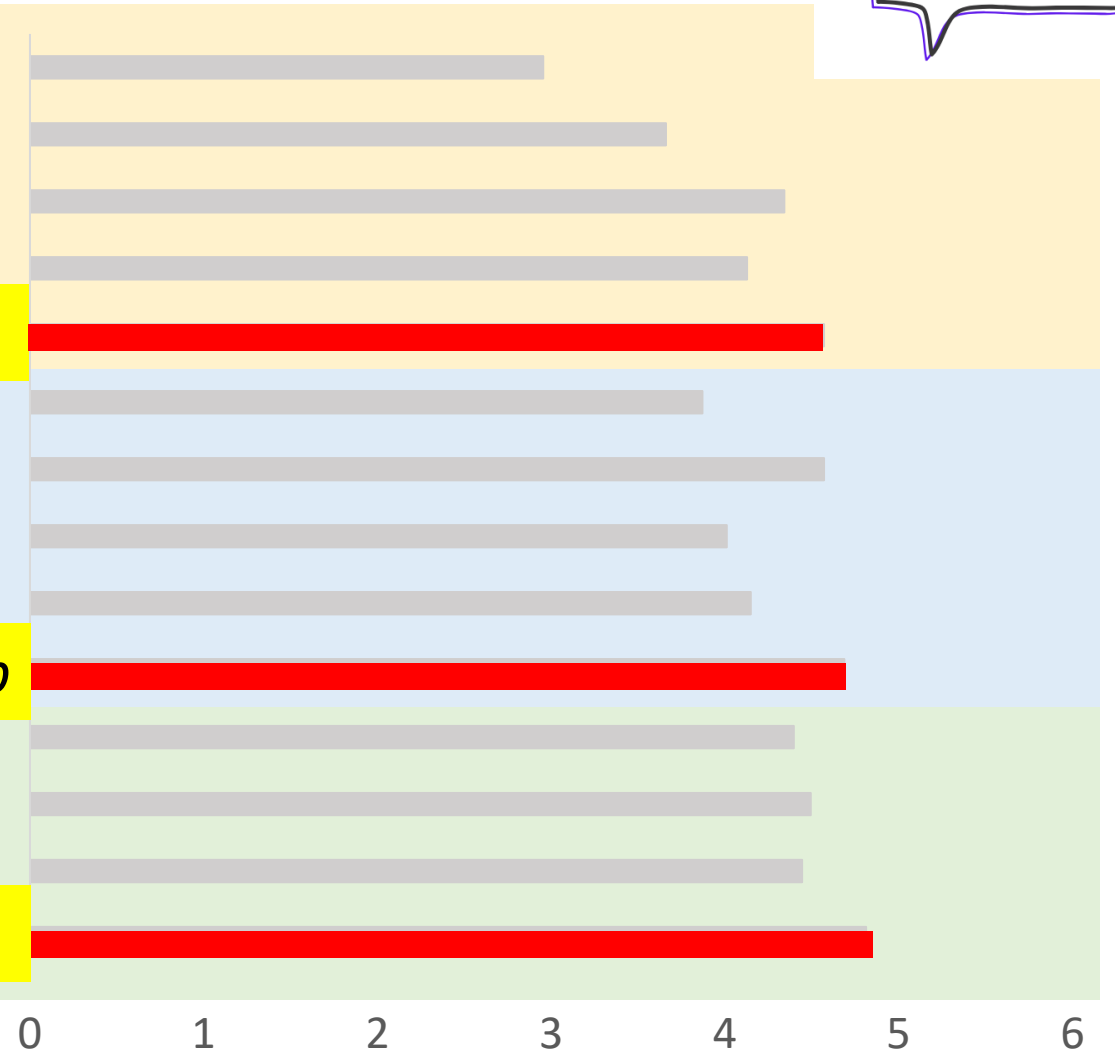
- Exploring Grief and Loss
- The Fast Friends Procedure
- Exploring and Sharing Feelings
- Islands of Good Feelings

***Expanding your Social Group***

*Responsiveness  
(Love)*

- Gratitude
- Giving to Others
- Sharing Your Strengths

***Being a Vulnerability Hawk***



■ Helpful for relationships?

*Awareness-*

- Disconnecting from Media
- Loving Kindness Meditation
- Breathing
- Acceptance
- Bringing Critical Thoughts with You

*Vulnerable self-disclosure  
(Courage)*

- Exploring Grief and Loss
- The Fast Friends Procedure
- Exploring and Sharing Feelings
- Islands of Good Feelings
- Expanding your Social Group

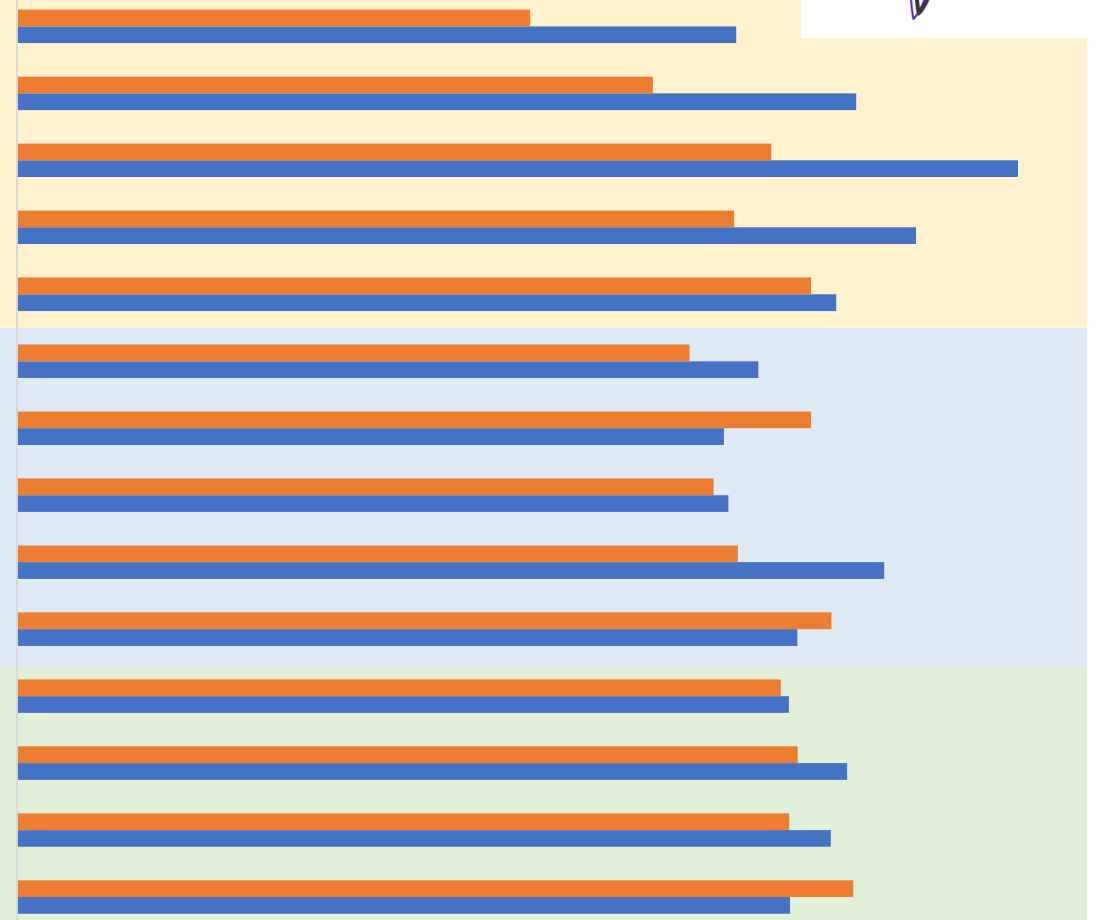
*Responsiveness  
(Love)*

- Gratitude
- Giving to Others
- Sharing Your Strengths
- Being a Vulnerability Hawk

0 1 2 3 4 5 6

■ Helpful for relationships?

■ Helpful for mental health?



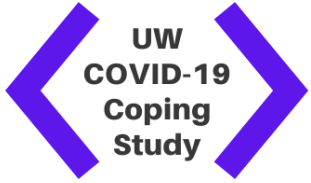
Breathing

Acceptance

Bringing Critical Thoughts with You

# Being a Vulnerability Hawk





# Final Thoughts



- Our suggestions are directly derived from relationship and psychological science
- Most individuals need ongoing support
- Different ethnic and cultural groups require different solutions
- The ultimate lesson of the pandemic is to go back to basics:

Breathing and mindfulness

Vulnerable self-disclosure

Love





## Questions?



Jonathan Kanter, PhD  
he/him/his  
jonkan@uw.edu