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Abstract: PC06 (June 8) *COVID-19 and social inequalities in a syndemic approach: social, clinical and psychological aspects*

Changes in mindfulness during the first lockdown from Covid-19

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ABSTRACT

The Lockdown due to the pandemic from COVID-19 has been a cause of psychological and cognitive distress, generating insecurity, confusion and emotional isolation. Emerging adults were the most vulnerable to the psychosocial effects of the pandemic, also experiencing increased levels of rumination, intrusive thoughts, and cognitive failures. The awareness that emerges from paying attention to the present moment experience can prevent anxiety and fear associated with the lockdown, and decrease negative, ruminative, and automatic thoughts.

The aims of the present longitudinal study were (a) to establish pre- and during-COVID-19 mindfulness profiles in emerging adults; (b) to investigate how COVID-related emotions, socio-economic status and housing conditions influenced profile membership; and (c) to investigate whether there were differences across mindfulness profiles with respect to cognitive failures, intrusive thoughts and rumination.

Using a sample of 181 healthy emerging adults, the results showed overall more cognitive failures and rumination during the first lockdown, especially for those participants who have experienced a reduction of mindfulness levels. On the contrary, all those who showed an improvement in their level of mindfulness, reported stable or even diminished signs of cognitive distress. Financial difficulties and a reduced sense of privacy were predictive of less stability in mindfulness profiles. Thus, being fully aware about what is happening in the present moment can reduce cognitive discomfort and psychological maladjustment, in times of severe stress, such as those of social isolation that produce a strong sense of fragility and uncertainty.