



ONLINE BAT SYMPOSIUM
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An Online Positive Psychological Intervention (OPPI) during Covid-19 and its effects on Wellbeing and Burnout

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Context

During the **COVID-19 pandemic**, confinement, social distancing, and the use of masks have caused important changes in our daily lives and in the psychological well-being of the general population (Salazar De Pablo et al., 2020).

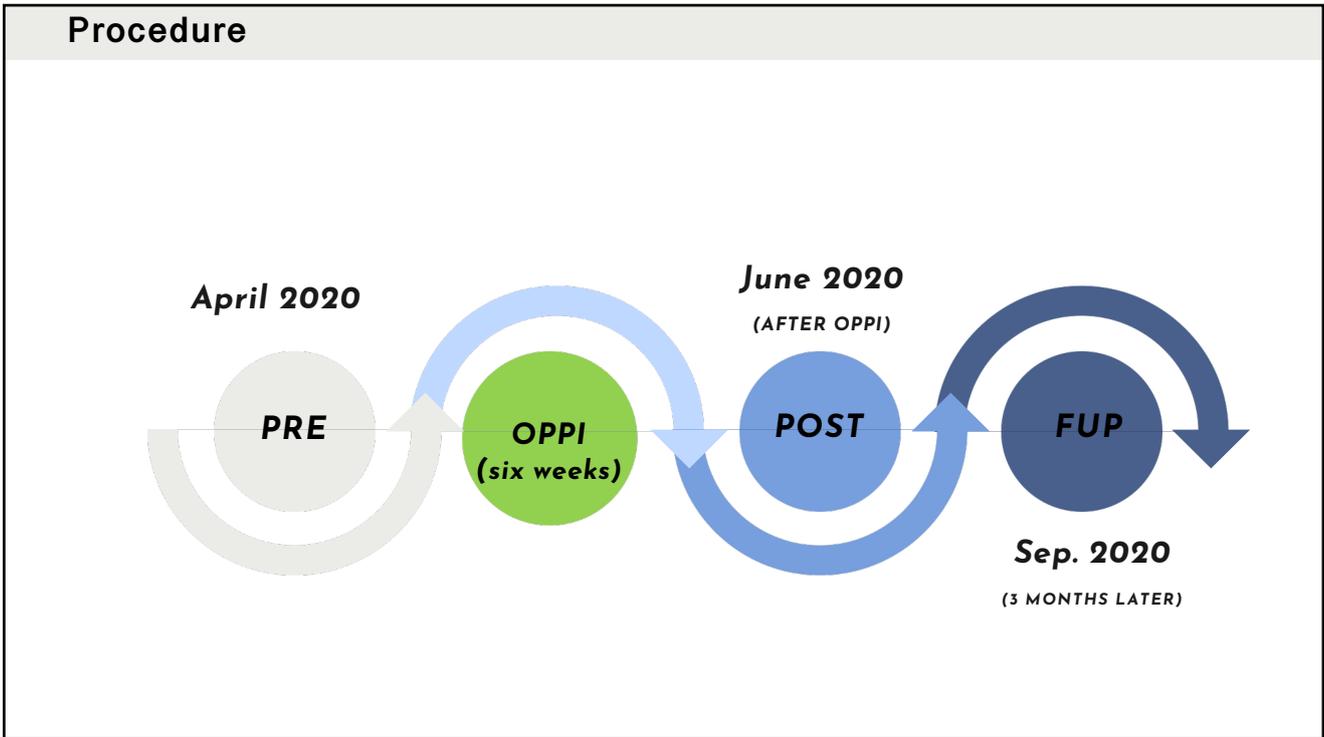
Recent research showed that:

- levels of **stress, anxiety, fear, and frustration** increased during covid time (Arslan et al., 2020; Brooks et al., 2020; Talaee et al., 2020)
- high levels of distress during the COVID-19 pandemic were associated with **burnout** (Morgantini et al., 2020; Orrù et al., 2021; Sung et al., 2020; Talaee et al., 2020; Yildirim & Solmaz, 2020).
- **Positive Psychological Interventions (PPIs)** contribute to increase people's psychological well-being, even in adverse situations like pandemic (Bolier et al., 2013; Carr et al., 2020)

So far:

- We designed a free **online positive psychological intervention (OPPI)**, to share the basics of the science of well-being and offer some practical tools from positive psychology to a general public, in the hopes of contributing to their well-being.
- Our study tests the **efficacy and sustainability of the effects of this OPPI** on the psychological well-being of an international group of participants.
- To test the **power of psychological resilience** as a personal resource to cope with stress/burnout and increase wellbeing

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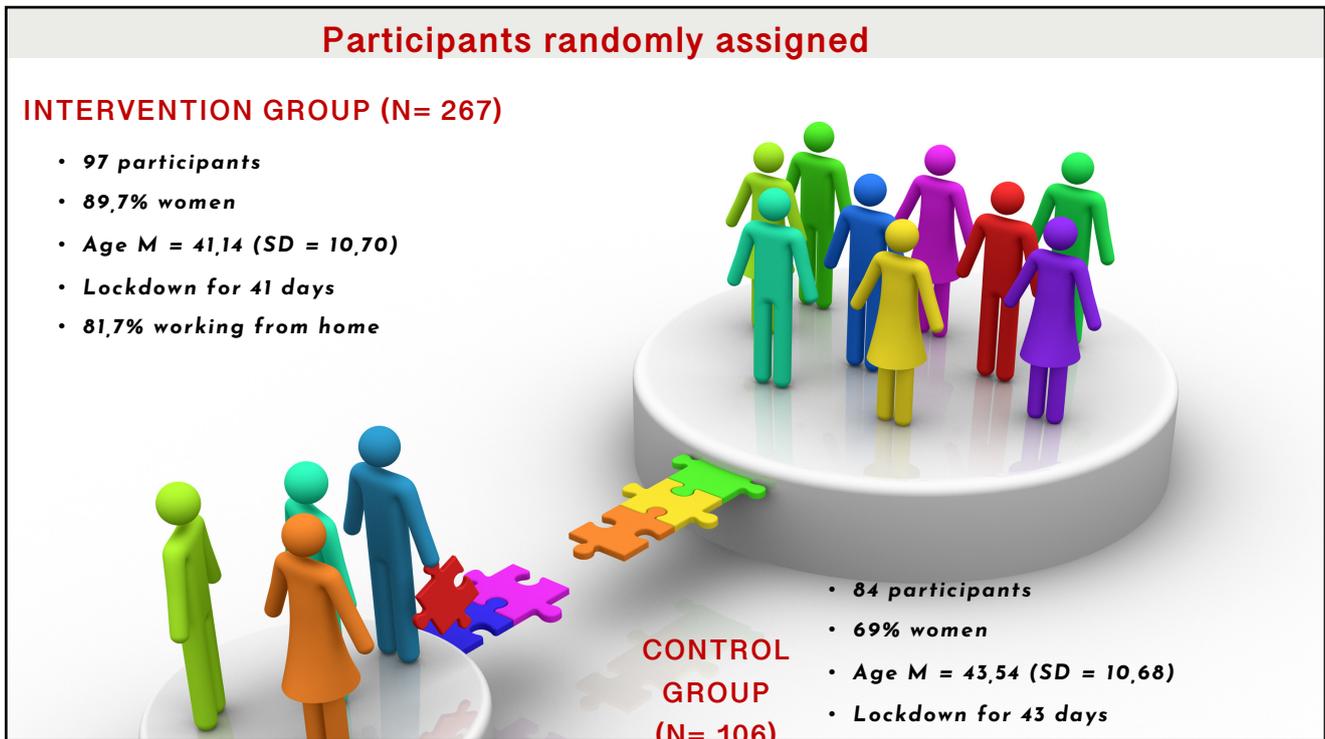
“Your best you” OPPI

Six-week period
An hour-long synchronous session each week and specific exercises inter-sessions
Zoom platform

PERMA MODEL
 (Seligman, 2011)

- S1** Know yourself and overcoming obstacles
- S2** Positive emotions
- S3** Engagement
- S4** Personal strengths
- S5** (positive) Relationship
- S6** Meaning and Accomplishment

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Variables



• PSYCHOLOGICAL WELLBEING

- PERMA-profiler (Butler & Kern, 2016) 15i ($\alpha = .70 \rightarrow .95$)
- Pemberton Happiness Index (PHI; Hervás & Vázquez, 2013) 11i ($\alpha = .86 \rightarrow .92$)

• STRESS

Perceived Stress Scale (PSS; Remor, 2006) 14i ($\alpha = .78 \rightarrow .89$)

• BURNOUT (BAT)

General version of the short BAT (Schaufeli et al., 2020) (except mental distance, $\alpha = .38$). 9i ($\alpha = .62 \rightarrow .89$)

• RESILIENCE

Brief Resilience Scale (BRS; Rodríguez-Rey et al., 2016) 6i ($\alpha = .74 \rightarrow .86$)

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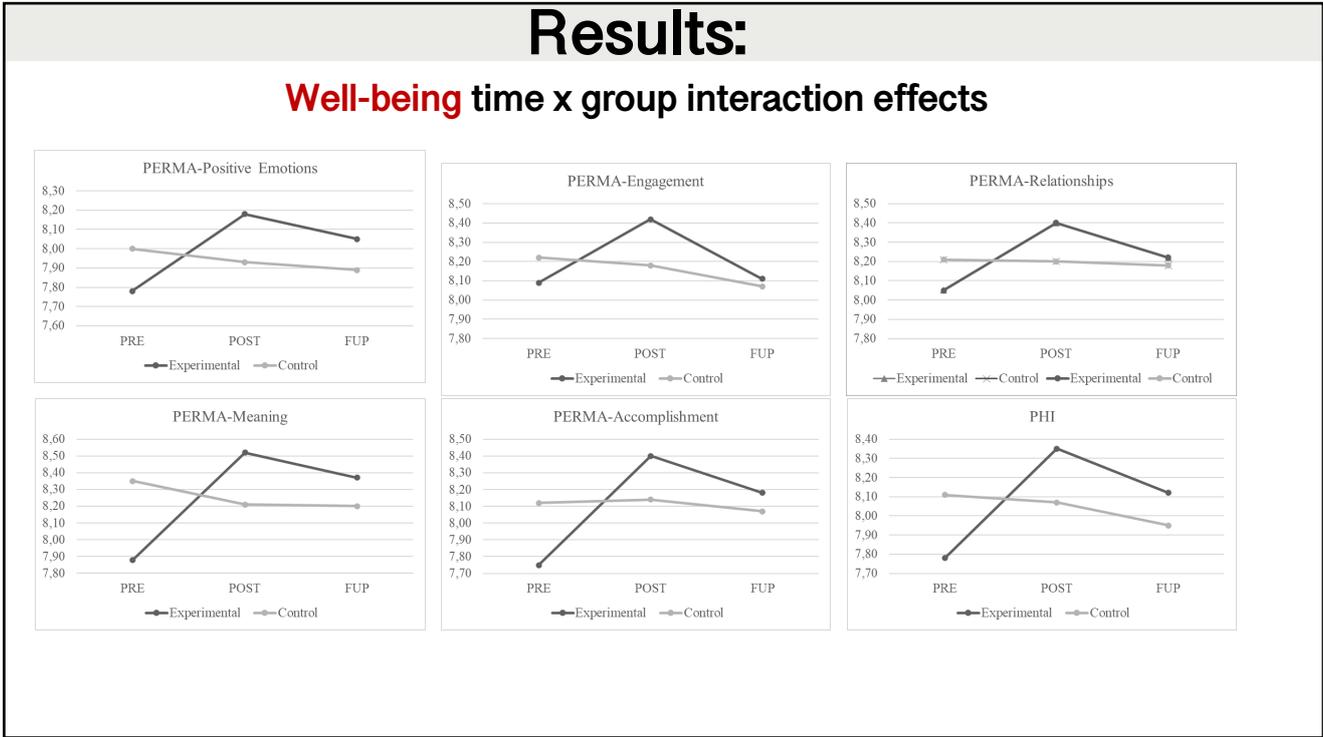
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| Results: effects of intervention | Effects of GXT INTERVENTION | |
|--|--------------------------------|------------|
| | F | η^2_p |
| PERMA-Positive Emotions | 5.64** | .03 |
| PERMA-Engagement | 3.19* | .02 |
| PERMA-Relationships | 2.65# | .02 |
| PERMA-Meaning | 14.95*** | .08 |
| PERMA-Accomplishment | 12.25*** | .06 |
| PHI | 10.19*** | .05 |
| Stress | 1.45 <i>ns</i> | .01 |
| Burnout-Exhaustion | 1.74 <i>ns</i> | .01 |
| Burnout-Cognitive impairment | 7.52** | .04 |
| Burnout-Emotional impairment | 6.24** | .03 |
| Burnout | 8.56*** | .05 |

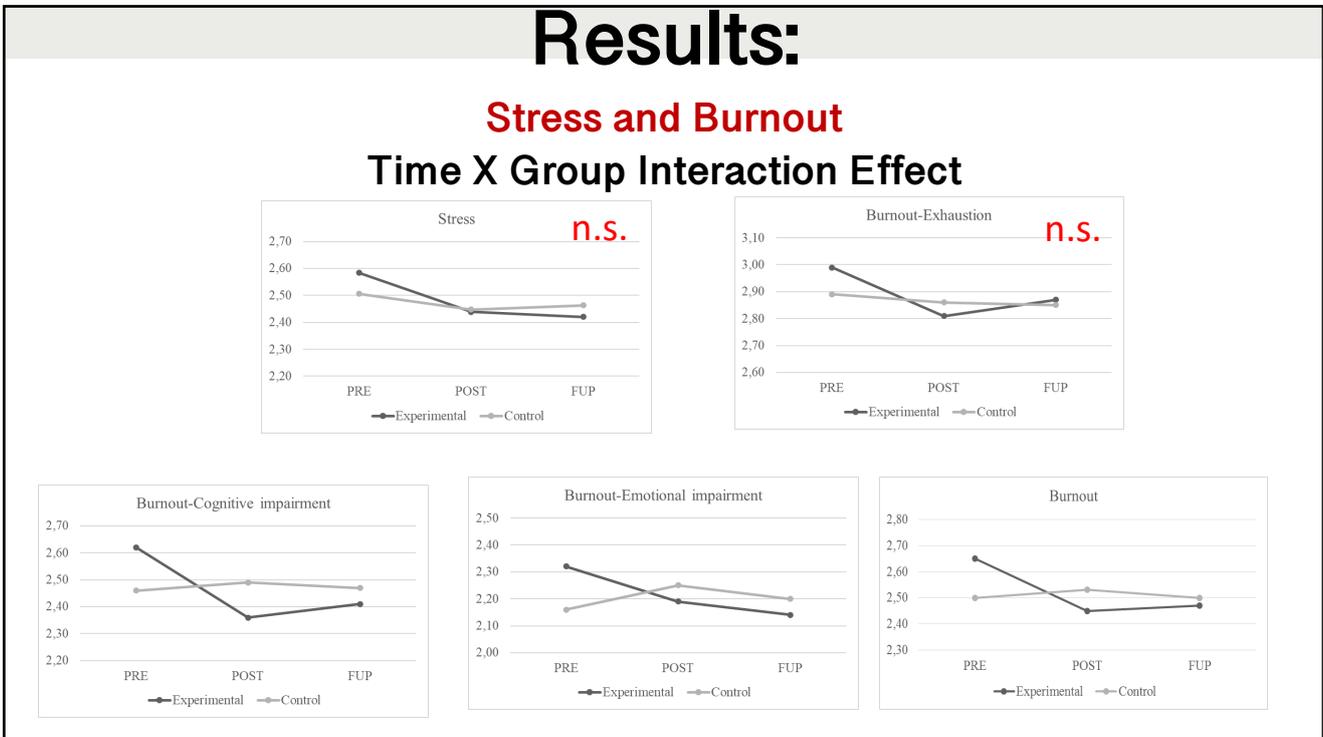
ANOVA for repeated measures with Bonferroni adjustment, studying the **group x time interaction**

Note: # < .10; * < .05; ** < .01; *** < .001

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Results: effects of intervention and of the covariate

ANOVA for repeated measures with Bonferroni adjustment, studying the **group x time interaction**

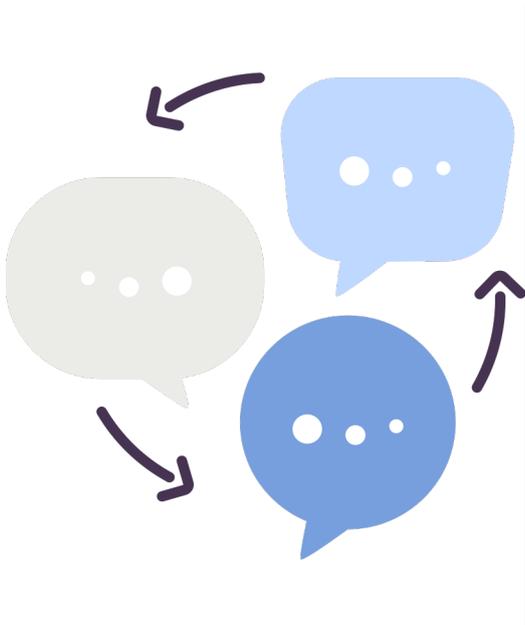
resilience was included as time-invariant covariable to examine if initial level of resilience may explain the dispersion of results

Note: # < .10; * < .05; ** < .01; *** < .001

| | Effects of intervention | | Effects of covariate | |
|------------------------------|-------------------------|------------|----------------------|------------|
| | F | η^2_p | F | η^2_p |
| PERMA-Positive Emotions | 5.64** | .03 | 2.34 <i>ns</i> | .01 |
| PERMA-Engagement | 3.19* | .02 | 2.20 <i>ns</i> | .01 |
| PERMA-Relationships | 2.65# | .02 | 3.38* | .02 |
| PERMA-Meaning | 14.95*** | .08 | 5.15** | .03 |
| PERMA-Accomplishment | 12.25*** | .06 | 4.90** | .03 |
| PHI | 10.19*** | .05 | 2.36 <i>ns</i> | .01 |
| Stress | 1.45 <i>ns</i> | .01 | 1.63 <i>ns</i> | .01 |
| Burnout-Exhaustion | 1.74 <i>ns</i> | .01 | 1.00 <i>ns</i> | .01 |
| Burnout-Cognitive impairment | 7.52** | .04 | .05 <i>ns</i> | .00 |
| Burnout-Emotional impairment | 6.24** | .03 | 2.08 <i>ns</i> | .01 |
| Burnout | 8.56*** | .05 | 1.07 <i>ns</i> | .01 |

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Discussion



- **OPPI had significant short and medium effects on psychological wellbeing and burnout (EI, CI and total BO)**
- **After controlling for the effects of Resilience, social(positive relations) and eudaimonic wellbeing (meaning and accomplishment) significantly increased after the intervention (POST and FUP) compared to their baseline levels (PRE), and control group.**
- **Resilience is a powerful covariable and initial levels of resilience explains dispersion of the OPPI results, even for Burnout (EI, CI and total BO)**

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Limitations & future research

- Control group without any task: **Active control or waiting list groups**
- Assessments after the program ended (POST) and three months afterwards (FUP): **Assess the effects of the program over a longer time period**
- Activity completion were assessed at the end of the program: **Adherence could be assessed during the program**

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CONCLUSION

- *This study shows how an OPPI can promote well-being and mitigate distress during difficult times like the Covid 19 pandemic.*
- *Positive interventions can be delivered successfully online to large groups.*
- *More research about the role of resilience as a powerful psychological mechanism that influence results of PPIs*

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