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; Talae 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; Talae 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.
Procedure

April 2020  
PRE

June 2020  
(OPPI (six weeks))
POST

Sep. 2020  
(FUP (3 MONTHS LATER))

“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)

Know your self and overcoming obstacles  
S1

Positive emotions  
S2

Engagement  
S3

Personal strengths  
S4

(positive) Relationship  
S5

Meaning and Accomplishment  
S6
Participants randomly assigned

INTERVENTION GROUP (N= 267)
- 97 participants
- 89.7% women
- Age M = 41.14 (SD = 10.70)
- Lockdown for 41 days
- 81.7% working from home

CONTROL GROUP (N= 106)
- 84 participants
- 69% women
- Age M = 43.54 (SD = 10.68)
- Lockdown for 43 days

Variables

- PSYCHOLOGICAL WELLBEING
  - PERMA-profile (Butler & Kern, 2016) 15i (a = .70 → .95)
  - Pemberton Happiness Index (PHI; Hervás & Vázquez, 2013) 11i (a = .86 → .92)

- STRESS
  Perceived Stress Scale (PSS; Remor, 2006) 14i (a = .78 → .89)

- BURNOUT (BAT)
  General version of the short BAT (Schaufeli et al., 2020) (except mental distance, a = .38). 9i (a = .62 → .89)

- RESILIENCE
  Brief Resilience Scale (BRS; Rodríguez-Rey et al., 2016) 6i (a = .74 → .86)
Results

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

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<tr>
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<th>Effects of GXT INTERVENTION</th>
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<tr>
<td>PERMA-Positive Emotions</td>
<td>5.64**</td>
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<td>PERMA-Engagement</td>
<td>3.19*</td>
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<tr>
<td>PERMA-Relationships</td>
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<tr>
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<td>14.95***</td>
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<tr>
<td>Stress</td>
<td>1.45 ns</td>
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<tr>
<td>Burnout-Exhaustion</td>
<td>1.74 ns</td>
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<tr>
<td>Burnout-Cognitive impairment</td>
<td>7.52**</td>
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<tr>
<td>Burnout-Emotional impairment</td>
<td>6.24**</td>
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<tr>
<td>Burnout</td>
<td>8.56***</td>
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Note: # < .10; * < .05; ** < .01; *** < .001
Results:

**Well-being** time x group interaction effects

Results:

**Stress and Burnout**

Time X Group Interaction Effect

- **Stress**: n.s.
- **Burnout-Exhaustion**: n.s.
- **Burnout-Cognitive impairment**
- **Burnout-Emotional impairment**
- **Burnout**
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

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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)
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

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