

Perceived efficacy of actions on mental health

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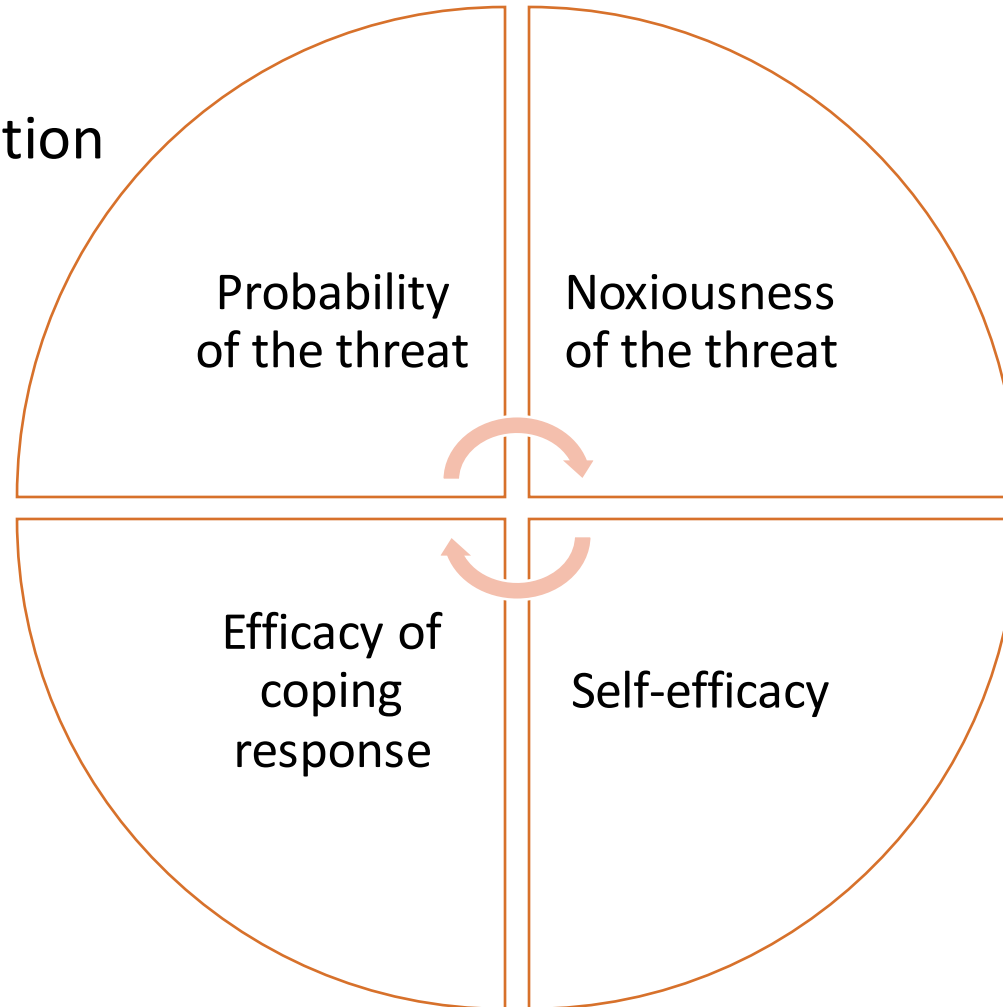
2020-12-03

Protection Motivation theory

(Rogers 1975, Maddux & Rogers, 1983)

Fear appeal communication

Arouse to persuade



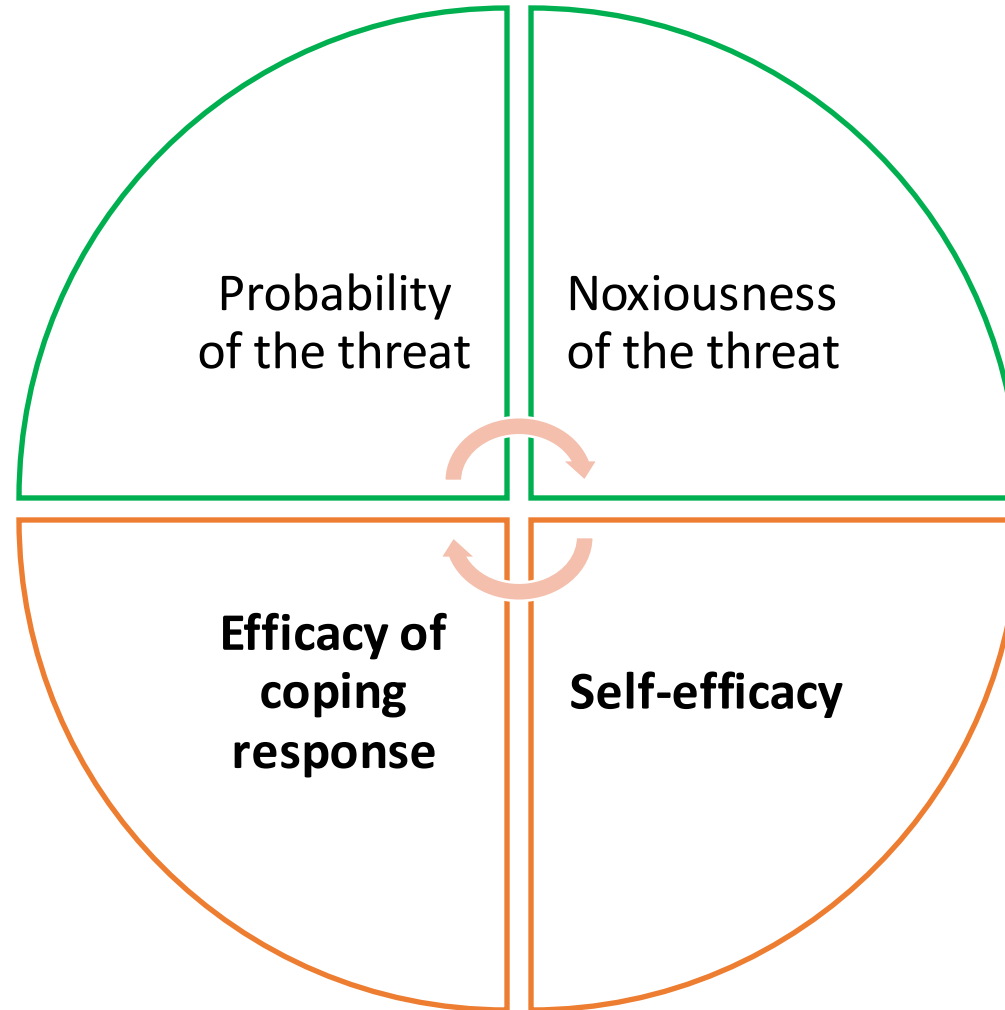
=> Fear evaluation

Protection Motivation theory

(Rogers 1975, Maddux & Rogers, 1983)

Probability: low

Fatality: low



=> Fear evaluation

Perceived efficacy of governmental actions and Trust in authorities



High in March, April and July



High in March, but declines



Very good in March, April and July



Good in March, April and July

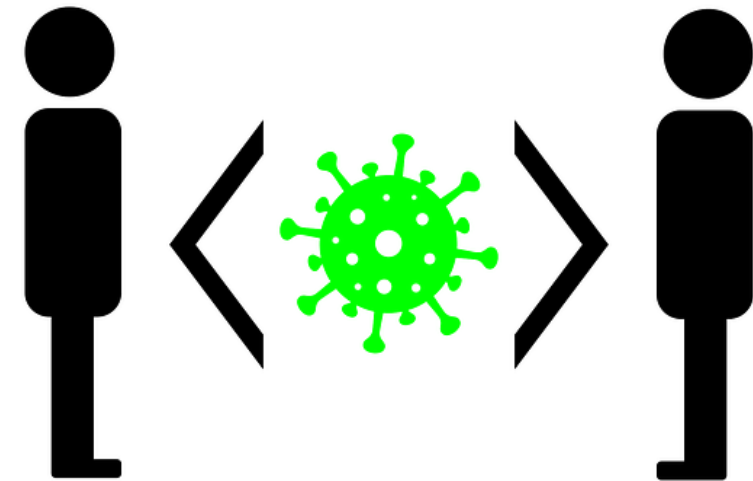


Low in March and declines even more in April

Perceived efficacy of own actions

- HIGH in all countries
- Higher than governmental actions

=> **SELF-EFFICACY**



Perceived efficacy of own vs governmental actions matter for mental health



Regularity, trust and thriving protect for distress

Perceived Efficacy

RISK

Negative Mindset

Financial Worry

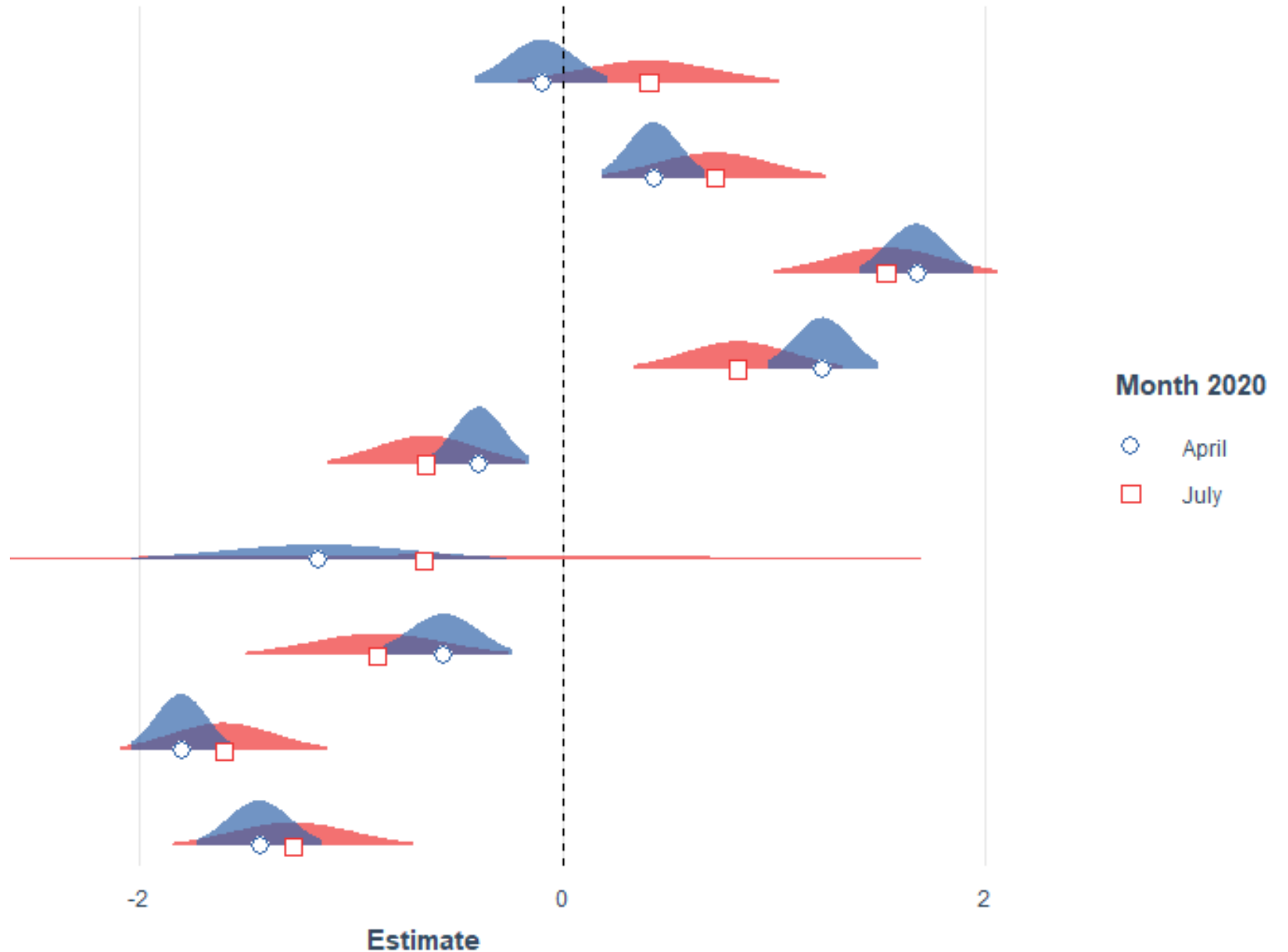
Education

Overreaction

TRUST

Regularity

Thriving



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Section

Abstract

1. Introduction

2. Methods

3. Results

4. Discussion

5. Summary and conclusion

Ethics

Data accessibility

Authors' contributions

Competing interests

Funding

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Research articles

Perceived efficacy of COVID-19 restrictions, reactions and their impact on mental health during the early phase of the outbreak in six countries

Martin Jensen Mækelæ†, Niv Reggev†, Natalia Dutra, Ricardo M. Tamayo, Reinaldo A. Silva-Sobrinho, Kristoffer Klevjer and Gerit Pfuhl

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Review history

Abstract

The COVID-19 pandemic forced millions of people to drastically change their social life habits as governments employed harsh restrictions to reduce the spread of the virus. Although beneficial to physical health, the perception of physical distancing and related restrictions could impact mental health. In a pre-registered online survey, we assessed how effective a range of restrictions were perceived, how severely they affected daily life, general distress and paranoia during the early phase of the outbreak in Brazil, Colombia, Germany, Israel, Norway and USA. Most of our over 2000 respondents rated the restrictions as effective. School closings were perceived as having the strongest effect on daily life. Participants who believed their country reacted too mildly perceived the risk of contracting SARS-CoV-2 to be higher, were more worried and expressed reduced beliefs in the ability to control the outbreak. Relatedly, dissatisfaction with governmental reactions corresponded with increased distress levels. Together, we found that satisfaction with one's governmental reactions and fear appraisal play an important role in assessing the efficacy of restrictions during the pandemic and their related psychological outcomes. These findings inform policy-makers on the psychological factors that strengthen resilience and foster the well-being of citizens in times of global



Details



References



Related



Figures

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