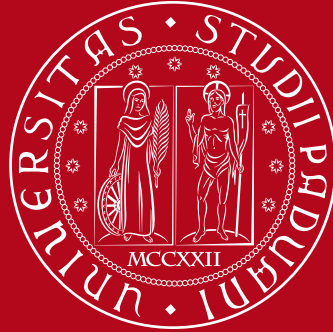


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How we cope with the COVID-19 pandemic

Sabrina Cipolletta

Department of General Psychology





*«We should do nothing, but wait»
(Martin Heidegger)*

Starting questions



1. How are we experiencing this situation?
2. Reflections based on previous studies and personal narratives
3. New questions

The day before Lockdown in UK...



Patrons at the Lord Stamford pub on Friday night made the most of their last opportunity to knock back drinks after the government said pubs were to be shuttered to stop the spread of the deadly contagion

...and in Italy



After lockdown



UK 23 april 2020, hottest day of the year so far during lockdown



25 person lockdown street party 'with bingo and BBQ' sparks huge police response in Brambles Farm

Neighbours said people were having barbecues and playing bingo until police broke up the party

SHARE    3325 SHARES

By [Jade McElwee](#)

17:01, 4 MAY 2020 | UPDATED 20:23, 4 MAY 2020



Sunday 3 may 2020 in Spain...



...and in Italy



 World Health Organization

Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

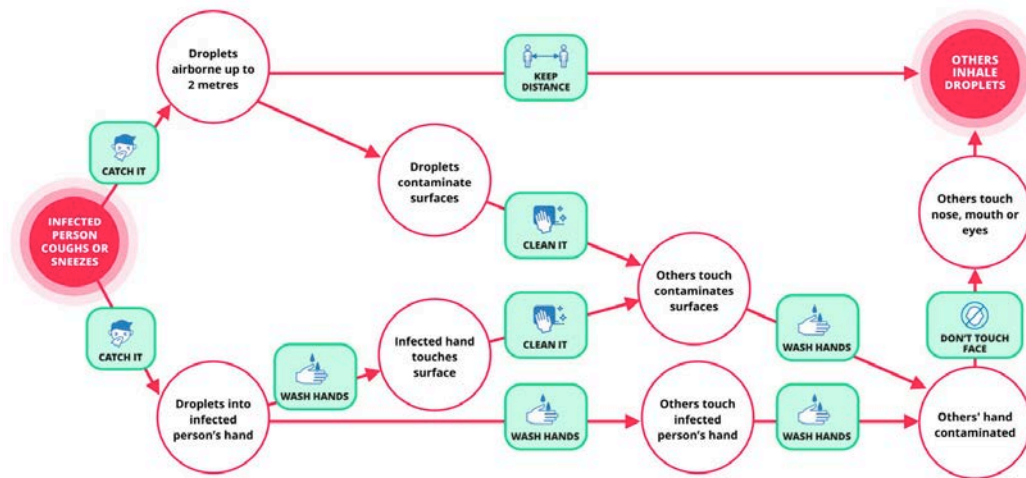
Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

A mental model of how to block transmission of the virus



Michie et al. 2020

1. Why don't recipes always work?
2. Why is someone reacting in a way and someone else in a different way?
3. Why is someone coping with this situation with apathy and retirement, while someone else with new energies and new way forward?



- ✓ Anxiety causes stress, perceived threat for personal health and promotes behaviours of risk avoidance such as obsessive cleaning, information control, respecting rules etc. (Bish & Michie, 2010; Fergus et al. 2015)
- ✓ «Infodemic» (Gao et al. 2020)



- ✓ Cyclothymic and depressive attitude are associated with distress (Moccia et al. 2020)
- ✓ Unrealistic optimism can lead to an underestimation of risk and illness (Makridakise e Moleskis, 2015) and can foster risk behaviours (Kim & Niederdeppe, 2013)



What kind of man?



An alternative perspective

*A person chooses for him
or her self that alternative
through which he or she
better anticipates events*
(Kelly, 1955)



Previous studies and...

When Health Is an Attitudinal Matter: A Qualitative Research

Sabrina Cipolletta¹,
and Peter Horvath²

A Psychological Perspective on the Experience of Eye Floaters

Sabrina Cipolletta,¹ Alessandra Galan,¹
and Alessandro Galan²

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Illness trajectories in patients with amyotrophic lateral sclerosis: How illness progression is related to life narratives and interpersonal relationships

Sabrina Cipolletta PhD, Assistant Professor¹ | Arianna Palmieri PhD, Assistant Professor² | Giorgia Rosamaria Gammino MA Psych,
Psychologist¹

Sabrina Cipolletta and Lin

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WILEY Journal of Clinical Nursing

SAGE

... personal narratives

*Everything you were looking for was right
there with you all long.
«The Wizard of Oz»*



- ✓ Fear of getting sick
- ✓ Fear of a beloved one getting sick
- ✓ and...



...the unknown



- ✓ Trauma-related disorders in Chinese and Italian population (Rossi et al., 2020; Qiu et al. 2020)
- ✓ *Where they derive from?*

Fearing that everything will change!



I am paralyzed by fear: I can't stop thinking about it, I can't go out, I am terrified of losing everything!

«There is no living thing that is not afraid when it faces danger.» (L.F. Baum)

Constriction

Until the day before I used to go to the gym, I was doing everything... and then all of a sudden I found myself trapped into my home!

Sometimes I go to visit some of my friends...



Losing personal role

What can I
do now?

They took away
everything that was
important to me: I
found myself being
alone, useless and
unable to do anything.



The war metaphor

- ✓ An enemy to be destroyed
- ✓ The illusion of going back to past normality



Doctors as heroes



- ✓ Anger and criticism
- ✓ Media lynching (and not only!)



Members of the Asian American Commission stand together to protest against anti-Asian racism and hate crimes on the steps of the statehouse in Boston on March 12, 2020. (AP photo by Steven Senne)

'What's wrong with you Mexico?' Health workers attacked amid Covid-19 fears

Doctors and nurses have been assaulted, thrown off buses and barred from their homes, accused of spreading coronavirus



▲ Groups of health workers protest to denounce the death of several specialists for not having the basic protection equipment in Mexico City on Tuesday. Photograph: Jorge Nunez/EPA

- ✓ Anger and criticism
- ✓ Media lynching (and not only!)

Coronavirus a Padova, corre senza mascherina: aggredito e pestato a sangue



‘Quarantine shaming’:

I was out for a walk and a person yelled at me from a balcony: «Do you understand what does it mean #stayathome?»

Alternative Metaphors

Travel

Care

Discovery



Possibility

I focused on things
that before I used to
ignore.

I am living a
healthier life.

I have
re(discovered)...

I am living an
intense
experience



From «The elegance of the hedgehog»:

“When we move, we are in a way de-structured by our movement toward something: we are both here and at the same time not here because we're already in the process of going elsewhere”

(Barbery, 2006 p. 167)

Sense of humour



I'm going out for a coffee!



**CORONAVIRUS: DAD
HOSTS 'POSH' DINNER
PARTY FOR KIDS**

Notice from the Association of Psychiatrists

Dear citizens,
During the quarantine it is *considered*
normal to talk to your plants and pets.
Kindly contact us only if they reply.

Thank you



ALMENO
DI TESTA?
SI PUÒ USCIRE!

Sense of closeness

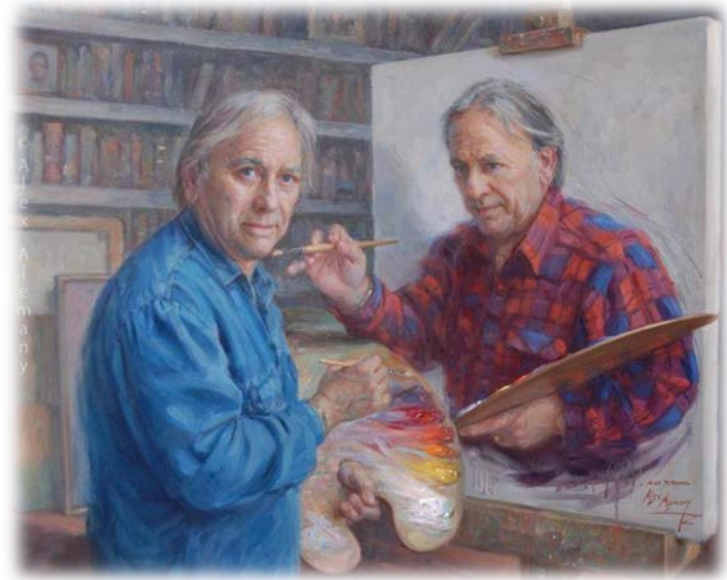
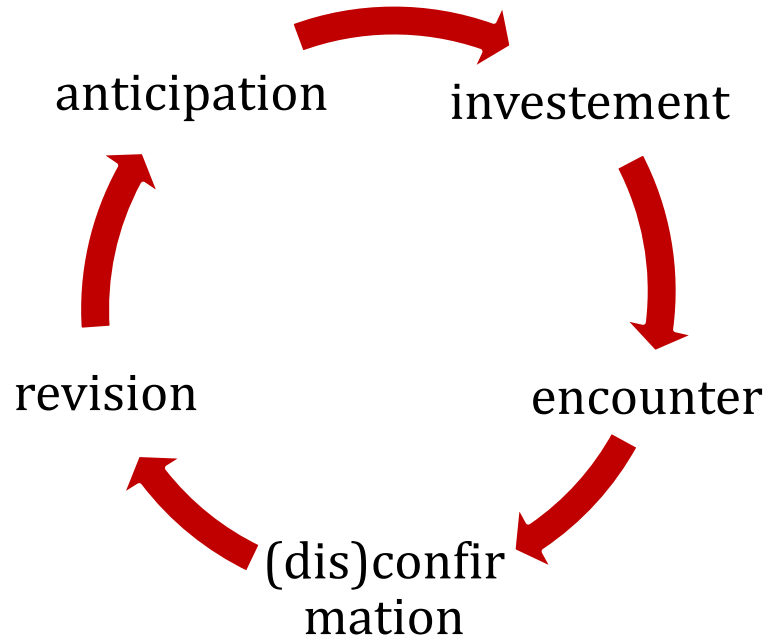
I was feeling alone
because even if I was
constantly seeing people
on the monitor, they were
always apart...
Then I tried to be there...



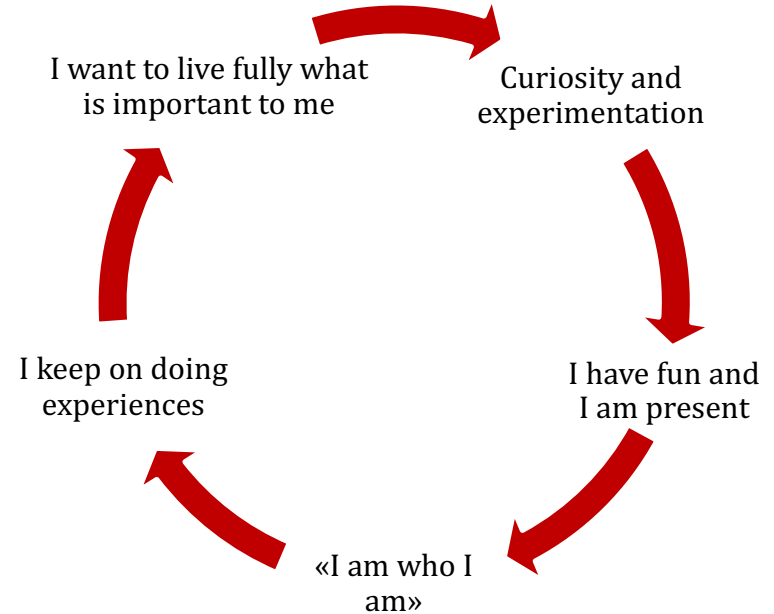
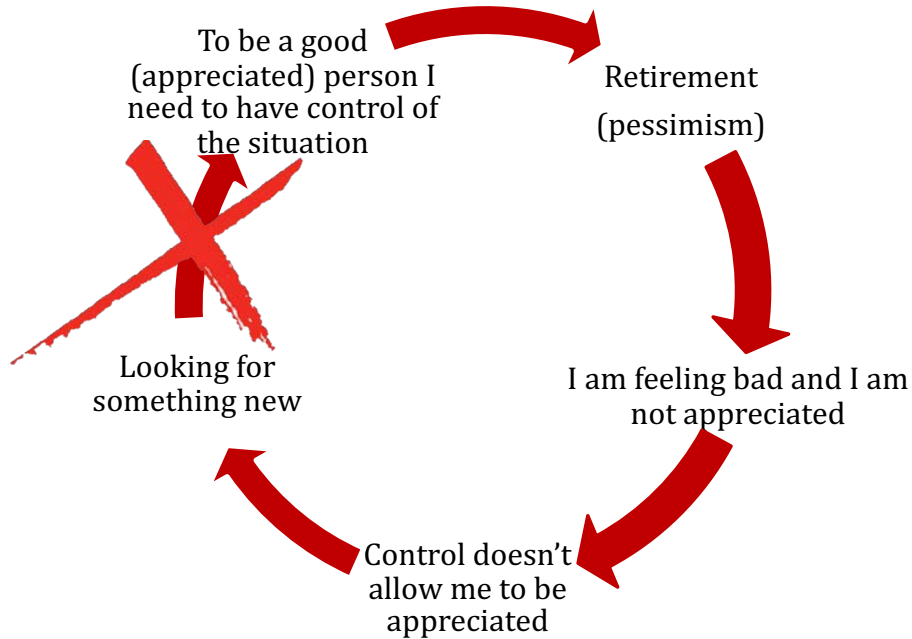
*“It is a condition of **being there** (Da-Sein), of **being in the world** (In-der-Welt-Sein), of **being together with people** (Mit-den-Menschen-Sein), of **being taken in by an active and rewarding engagement with the things that matter in life.**»
(Gadamer, 1993)*



Man-the-Scientist (Kelly, 1955)



A personal story



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Alternatives





«What it is» (E. Fried)

*It is nonsense
says reason
It is what it is
says love*

*It is calamity
says calculation
It is nothing but pain
says fear
It is hopeless
says insight
It is what it is
says love*

*It is ludicrous
says pride
It is foolish
says caution
It is impossible
says experience
It is what it is
says love*

*Thank you for your participation,
for all the personal stories shared
and those yet to be shared...*

*... and thank you to
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<http://www.dpg.unipd.it/en/psymed>

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