

Aim: Do people who are more religious and spiritual experience less COVID-related distress?

Design: Cross-sectional Survey

Participants: 1,382 United States adults who were members of the Harvard Digital Lab for the Social Sciences (DLABSS) panel

Procedure: Surveys conducted April and May of 2020.


Measures:

- 1-item measure of general concern about COVID
- 5-item measure of COVID-related stress ($\alpha = .73$)
- 1-item measures of religious and spiritual identity
- 1-item measure of pre-pandemic religious attendance
- 2-item measures of positive ($\alpha = .92$) and negative religious coping ($\alpha = .71$)

What if I get sick?

Lockdown is so lonely...

What if I lose my job?

What if we run out of ?
Or food?

Results: General Concern about COVID

Higher...

- religious identity ($\beta = -.172^{***}$)
- spiritual identity ($\beta = -.055^*$)
- religious attendance ($\beta = -.091^{***}$)
- positive religious coping ($\beta = -.139^{***}$)

...were associated with lower general concern about COVID

Results: COVID-related stress

Higher...

- religious identity ($\beta = -.212^{***}$)
- spiritual identity ($\beta = -.127^{***}$)
- religious attendance ($\beta = -.179^{***}$)
- positive religious coping ($\beta = -.205^{***}$)

...were associated with lower COVID-related stress

Negative religious coping was associated with higher COVID-related stress ($\beta = .187^{***}$)

Conclusions: Religiousness and spirituality may be protective of stress and concern related to COVID.

