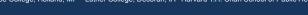


Religiousness, Spirituality, and Covid-Related Distress

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

Design: Cross-sectional Survey

Lockdown is so lonely...

What if I get sick?

Results: General Concern about COVID

Higher...

- religious identity (β = -.172***)
- spiritual identity (β = -.055*)
- religious attendance (β = -.091***)
- positive religious coping (β = -.139***)

...were associated with lower general concern about COVID

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.

What if we run out of ? Or food?

What if I lose my job?

Results: COVID-related stress

Higher...

- religious identity (β = -.212***)
- spiritual identity (β = -.127***)
- religious attendance (β= -.179***)
- positive religious coping (β = -.205***)

...were associated with lower COVID-related stress

Negative religious coping was associated with higher COVID-related stress (β= .187***)

Measures:

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



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