

Brown Bag Lunchtime Seminar (Via Zoom)
(Theme: Social and Health Psychology)

A latent profile analysis of daily routines patterns and the links to psychiatric symptoms at the early phase of COVID-19 pandemic

12:30 p.m. – 1:30 p.m. | April 23, 2021 (Friday)



Lik LIANG

MPhil Student

Department of Psychology

The University of Hong Kong

Abstract

The unprecedented COVID-19 pandemic has largely influenced people's everyday life. The dramatic changes in major life domains may resemble the functional impairment consequential to mental disorders. In the current study, we used latent profile analysis to identify different patterns of regularity of daily routines among Hong Kong population (N = 4,042) and to link the daily routines profiles to depression and anxiety. Six distinct profiles were determined based on fit statistics and interpretability. Half of the respondents demonstrated regularity in all daily routines. The remaining half of the respondents experienced different degrees of irregular daily life. Lower levels of psychiatric symptoms were observed among people who could maintain all regular daily routines compared to their counterparts. People who had regular leisure activities exhibited lower levels of psychiatric symptoms than those in more irregular daily life patterns. Our study showed that a considerable proportion of Hong Kong citizens did not maintain regular daily life during the COVID-19 pandemic, which may place them at greater risk of poor mental health. The present findings provide a feasible direction for developing scalable behavioral interventions for potential mental health problems.

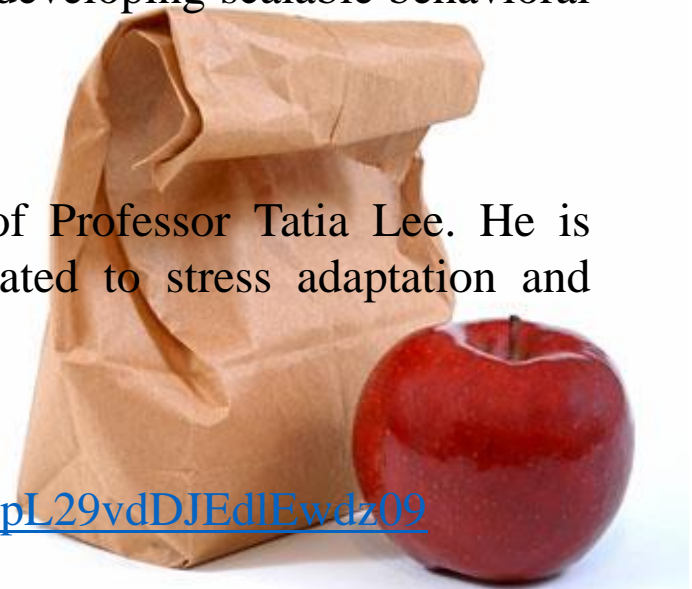
About the speaker

Lik is a first year MPhil student under the supervision of Professor Tatia Lee. He is interested in the everyday processes and mechanisms related to stress adaptation and psychological resilience.

Zoom Meeting

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEEdEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

Enquiry: rpsyc@hku.hk