

## **LIVED EXPERIENCE, POLICY AND RESILIENCE UNDER COVID 19**

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**Background:** The COVID 19 pandemic has placed an enhanced focus on the relationship between lived experience, policy and mental health. The global response to the COVID-19 pandemic has included attempts to implement social distancing measures and other restrictive public health measures, such as quarantine, isolation, school closures, and travel restrictions. In this paper I focus on understanding how policy impacts lived experience. Drawing on semi-structured interviews and results from the Connor-Davidson Resilience Scale (CD-25) this paper will explore the relationship between lived experience and policy during the COVID 19 pandemic.

**Objectives:** The aim of this project is to document how COVID 19 policies have impacted the day-to-day lives of participants. I explore three main themes: access to social support networks, adaptiveness of individuals to policies, and self-perception of resilience and mental wellness.

**Methods:** Data was collected using semi-structured, one-on-one interview with a random selection of participants in and around Peterborough, Ontario. Interviews have been transcribed, coded, and grouped according to my research themes. Participants also completed the CD-25, providing a standard measurement of resilience during the pandemic.

**Results:** Participants who were proactive in maintaining adjusted means of staying in contact with their social support networks demonstrated high degrees of self-perception of their own resilience and scored higher on the CD-25. Additionally, participants who were able to continue to participate in activities they enjoyed also maintained higher levels of resilience.

**Discussion:** This research is part of a larger team collaborating to understand the impact of COVID 19 through policy analysis. This paper shifts the policy focus towards lived-experience to begin to understand how policy, and the way people adjust their life-styles, impacts overall resilience and mental wellness.

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### Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Participants will be able to expand their knowledge on the relationship between policy, lived-experience, and mental-wellness.
2. Participants will be able to explore an analysis of one-on-one interviews and how that this work engages with knowledge synthesis.

References:

Campbell-Sills, L., and MB Stein. 2007. Psychometric Analysis and Relevance of the Connor-Davidson Scale (CD-RISC): Validation of a 10-Item Measure of Resilience. *Journal of Traumatic Stress*, 20(6): 1019-1028

Putman, M. 2018. Loneliness, Resilience, and Social Supports. *Journal of Gerontological Social Work*. 61(6): 583-583