LIVED EXPERIENCE, POLICY AND RESILIENCE UNDER COVID 19

Gerald McKinley, PhD
Western University
London, Ontario

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.

Full List of Authors
Gerald P. McKinley

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: