

## **Understanding adaptive and maladaptive responses to the Coronavirus (Covid-19) outbreak - A prospective longitudinal study in Germany, China and Lithuania**

Initiative: Corona Crisis and Beyond – Perspectives for Science, Scholarship and Society (beendet)

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Which factors predict adaptive and maladaptive responses to the Covid-19 outbreak? Results of the planned prospective, longitudinal and cross-cultural project will identify universal and/or country/culture-specific protective and risk factors that influence how the current changes of daily life caused by Covid-19 are processed (as a burden or as a beneficial challenge), and by which behavioral responses they are accompanied. The way people perceive and deal with the current situation affects their mental and physical health and willingness to actively participate in the required actions (e.g., social distance); the identification and targeted modification of the factors that influence this process can therefore help to protect health as well as reduce the further spread of Covid-19 and the associated negative consequences.

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