

Determinants of adherence to behavioural recommendations and psychological adaptation to COVID-19 in everyday life

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Widespread adherence to behavioural recommendations (e.g., social distancing, wearing facemasks, etc.) is crucial for the control of COVID-19 in later stages of pandemic responses (e.g., easing of restrictions in Germany, stage 2 of adjustments in UK), but we know little about the determinants of adherence in everyday life and their impacts on everyday mental health. In this project, the team will use state-of-the-art digital assessment methods for assessing behaviour and mental health in naturalistic settings and evidence-based taxonomies of behavioural determinants to identify potentially modifiable entry points for interventions to support adherence and mental health. The results of this research will improve our understanding of the psychological and behavioural impact of the COVID-19 pandemic and improve preparedness for potential second and third waves of the SARS-CoV2 virus and likely future pandemic situations.

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