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## EXPLORING WAYS PEOPLE THRIVE DURING A PANDEMIC: QUANTITATIVE MEASURES

Despite the disruption and dramatic changes the lockdown measures have caused for people, individuals have found ways to thrive during the COVID-19 pandemic. We used a mixed-methods research design to explore factors present to people who thrive during a pandemic. Two hundred and five participants, ages 18 to 83 years, completed an online survey with 102 quantitative questions consisting of 5 inventories, a number of demographic questions, as well as 5 qualitative questions. Thriving was measured using the Comprehensive Inventory of Thriving (CIT) (Sue et al., 2014), which includes seven core dimensions of positive psychological health: relationship, engagement, mastery, autonomy, meaning, optimism, and subjective well-being. Predictor variables were measured using the Brief Resilience Scale (Smith et al., 2008), the Personal Growth Scale (Ryff & Keyes, 1995), the Inclusion of Nature in Self Scale (Schultz, 2002), and the Curiosity and Exploration Inventory-II, which includes two dimensions of curiosity: stretching and embracing

(Kashdan et al., 2009). Data were analyzed using regression analysis. Regardless of age and income, personal growth was the strongest predictor of variance for every aspect of thriving measured by the CIT. Resilience was the second strongest predictor for every dimension of thriving. Nature connectedness predicted the engagement dimension of the CIT; curiosity-stretching predicted the mastery and subjective well-being dimensions of the CIT. Age was a significant predictor only of the relationship dimension of the CIT. The results are complemented by the responses to the qualitative questions. For example, although owning a pet did not significantly predict thriving, many participants indicated that their pet(s) provided comfort and eased loneliness during the pandemic. The results of the qualitative portion of this study are presented in another presentation in this research forum.

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