



Abstracts scientific conference Resilience and Recovery after Covid-19: insights from the social and behavioural sciences

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Round 1

Session 1 - Pandemic and beyond: Family Functioning

Authors Dr. Michelle Achterberg, Simone Dobbelaar, MSc, Olga Boer, MSc, and prof. dr. Eveline Crone (ESSB)

Title Perceived stress as mediator for longitudinal effects of the COVID-19 lockdown on wellbeing of parents and children

Abstract Dealing with a COVID-19 lockdown may have negative effects on children, but at the same time might facilitate parent-child bonding. Perceived stress may influence the direction of these effects. Using a longitudinal twin design, we investigated how perceived stress influenced lockdown induced changes in wellbeing of parents and children. A total of 106 parents and 151 children (10-13-year-olds) filled in questionnaires during lockdown and data were combined with data of previous years. We report a significant increase in parental negative feelings (anxiety, depression, hostility and interpersonal sensitivity). Longitudinal child measures showed a gradual decrease in internalizing and externalizing behavior, which seemed decelerated by the COVID-19 lockdown. Changes in parental negative feelings and children's externalizing behavior were mediated by perceived stress: higher scores prior to the lockdown were related to more stress during the lockdown, which in turn was associated with an increase in parental negative feelings and children's externalizing behavior. Perceived stress in parents and children was associated with negative coping strategies. Additionally, children's stress levels were influenced by prior and current parental overreactivity. These results suggest that children in families with negative coping strategies and (a history of) parental overreactivity might be at risk for negative consequences of the lockdown.

Authors Dr. L.P. Dekker, dr. R.E.R. Van der Halen, dr. E.H.M. van Rijen, dr. F.L. Truijens, (ESSB) dr. D. Bastiaansen, Yulius, dr. A. Louwerse, dr. G.C. Dieleman, dr. P.F.A. de Nijs, drs. L.W. ten Hoopen (Sophia Kinderziekenhuis Kinder- en Jeugdpsychiatrie), dr. K. Visser, dr. W. Ester, (SARR autisme Rotterdam, Youz, Parnassia groep, Curium-LUMC Kinder- en Jeugdpsychiatrie) and Linde W.E. Hooijman, MSc, (ESSB)

Title The impact of COVID-19 on children and adolescents with Autism Spectrum Disorder and their families

Abstract The COVID-19 pandemic is a challenge for everyone, particularly for children and adolescents with autism spectrum disorder (ASD). ASD is a developmental disorder that is characterized by limitations in social communication, repetitive behavioral patterns, and limited interests, and activities. Current circumstances rely heavily on the capacities which many children and adolescents with ASD and their families struggle with. It is expected that many families with children with ASD, will experience more problems due to the COVID-19 pandemic. At the same time, some may experience improved functioning, due to fewer expectations, social demands and less pressure from society. Primary aim is to identify the impact of COVID-19 on families with children with ASD. Additionally, we aim

to identify risk and protective factors as well as the impact on parents and family functioning.

In a mixed-method study, parents of children with ASD (ages 4-21) and adolescents with ASD (ages 12-21) who were in care pre-COVID-19 at one of three large mental health care institutions in the region of Rotterdam will participate. Pre-COVID-19 baseline clinical data will be retrieved from clinical records. Participants will fill out two surveys and parents are invited to participate in interviews. Surveys include measures which were included pre-COVID-19 (i.e., overall functioning and autism symptoms) as well as specific measures to identify family functioning and COVID-19 impact (e.g., parenting load, loneliness, anxiety, stress, and behavioral consequences of COVID-19). The semi-structured interviews focus on family functioning, and care- and informational needs of parents. During this presentation preliminary findings of the study will be presented.

Authors Dr. Renske Verweij, dr. Katrien Helmerhorst and prof. dr. Renske Keizer (ESSB)

Title Work-to-family conflict, family-to-work conflict and their relation to perceived parenting before and during the Covid-19 lockdown.

Abstract During the Covid-19 lockdown, parents were asked to provide childcare and home-schooling for their children while also being expected to fulfil their work obligations. Under these circumstances, this study was set out to, first, examine whether, to what extent and for whom work-to-family conflict (W→F-conflict) and family-to-work conflict (F→W-conflict) changed from the pre-Covid-19 period to the lockdown period. Second, our study was set out to examine whether, to what extent and for whom the associations between W→F-conflict/F→W-conflict and perceived parenting (positive encouragement, coercive parenting and parent-child relationship) became stronger. Multilevel regression models were applied to unique longitudinal data collected among 59 employed mothers and 77 employed fathers with a 3-year-old child. Our results showed that F→W-conflict/W→F-conflict increased most strongly among highly educated mothers, followed by lower/medium educated mothers and highly educated fathers, while no increase or even a decrease was observed among lower/medium educated fathers. We found some associations between W→F-conflict/F→W-conflict with perceived parenting, but these were not consistent for fathers nor mothers, nor across waves. Although overall heightened levels of conflict did not strongly spill-over to mothers' and fathers' perceived parenting, our results showed that for some parents, in particular those with high working hours, conflict clearly increased with negative implications for their perceived parenting. In sum, with some noteworthy exceptions, our study revealed that increases in F→W-conflict/W→F-conflict did not coincide with decreases in perceived parenting, indicating that most parents did not let increased conflict between work and family affect their parenting.

Authors Novika Purnama Sari, MSc, prof. dr. Pauline Jansen, prof. dr. Marinus van IJzendoorn (ESSB), prof. dr. Marian J. Bakermans-Kranenburg (Vrije University Amsterdam) and dr. Madelon Hendricx-Riem (Radboud University)

Title Higher Levels of Harsh Parenting During the COVID-19 Lockdown in the Netherlands

Abstract Previous studies on the impact of COVID-19 indicate that pandemic-related distress increases risks for child maltreatment, although data on the scope of this problem are still scarce. Here, we assessed whether parents with toddlers (n=206) more often used harsh discipline during the lockdown in the Netherlands compared to a matched parent sample collected prior to the pandemic (n=1030). Parents were matched on background characteristics using propensity score matching. We found that harsh parenting levels were significantly elevated compared to pre-pandemic levels. Harsh parenting behaviors with a low prevalence before COVID-19 increased most strongly: shaking, calling names, and calling the child stupid. These results suggest that parental tolerance for children's disobedience is lower under the adverse circumstances of COVID-19 and, as a result, abusive parenting responses are more difficult to inhibit. Thus, a lockdown seems to increase risks for child maltreatment, underscoring the need for effective support strategies for at-risk families.

Session 2 - Pandemic and beyond: Engaged Citizens

Authors Arnout B. Boot, MSc, (ESSB), dr. Anita Eerland (Utrecht University), dr. Joran Jongerling, dr. Peter P.J.L. Verkoeijen and prof. dr. Rolf A. Zwaan (ESSB)

Title Gathering, Processing, and Interpreting Information About COVID-19

Abstract Does cognitive motivation influence how people gather and interpret information about COVID-19 and their adherence to measures? To address these questions, we conducted a longitudinal survey among European and American respondents. Wave 1 (N=501) was conducted on March 27, 2020 and Wave 2 (N=326) on July 1, 2020. We assessed COVID-19 knowledge, endorsement of COVID-19 conspiracy theories, media use, Need for Cognition (NC), Need for Cognitive Closure (NCC), and self-reported adherence to governmental measures taken. Results showed that nearly three-quarters of our respondents actively searched for information about COVID-19. Most at least once a day. Information seeking behaviour was not influenced by cognitive motivation (i.e., NC and NCC). However, cognitive motivation was related to (1) knowledge about COVID-19, (2) conspiracy rejection, and (3) change in knowledge over time. Respondents with more knowledge on COVID-19 also indicated to adhere more often to measures taken by their government. Self-reported adherence to measures was not influenced by cognitive motivation. Implications of these findings will be discussed.

Authors Dr.ir. Beitske Boonstra, Sophie Claessens, MSc. dr. Rianne Warsen and dr. Ingmar van Meerkerk (ESSB)

Title Keep going on. A Qualitative Comparative Analysis on the durability of COVID-19 solidarity initiatives in Rotterdam, the Netherlands

Abstract As the first COVID-19 lockdown was announced in the Netherlands, in March 2020, numerous solidarity initiatives emerged throughout the city of Rotterdam. Such initiatives, mostly undertaken by entrepreneurs and community organizations, aim to provide relief to those effected by the lockdown measures: elderly, socio-economically vulnerable groups, children, entrepreneurs, and the cultural sector. Such initiatives have an important added value for a city under crisis. Firstly, they provide instant and pragmatic solutions to timely and crisis-related needs and challenges. Secondly, they build on and strengthen the networks and connectivity between actors in the city and thus contribute to urban resilience on the long run (Folke et al., 2005; Marston et al., 2020).

The durability of these initiatives is however a serious concern and although the literature on durability of community-based initiatives is growing (Igalla et al., 2019), there is a lack of understanding of how solidarity initiatives are able to sustain under the challenging dynamics of a major crisis. In the literature on community-based initiatives we found various conditions explaining durability, among others, governmental support, organizational capacity, boundary spanning activity and social capital (Van Meerkerk et al., 2018; Igalla et al., 2020). Using a fuzzy set Qualitative Comparative Analysis (Ragin, 2000) of 15 COVID-19 solidarity initiatives in Rotterdam, this paper explores whether these conditions apply for the durability of solidarity initiatives as well. In addition to previous literature, we are going particularly

deeper into the interaction between the different conditions and examine which different configurations of conditions might lead to a durable initiative in the challenging context of the COVID-19 crisis.

Authors Dr. Joost Oude Groeniger, Kjell Noordzij, MSc, prof.dr. Willem de Koster and prof.dr. Jeroen van der Waal (ESSB)

Title Dutch COVID-19 lockdown measures increased trust in government and trust in science: A difference-in-differences analysis

Abstract Many governments have implemented strict lockdown measures to prevent the transmission of the new coronavirus (SARS-CoV-2). Compliance with these restrictions is vital and depends greatly on the level of trust in the institutions central to their development and implementation. The objectives of this study were to assess: (1) the effects of the Dutch lockdown measures imposed in March 2020 on trust in government and trust in science; and (2) whether these differ across social groups. We draw on unique data from the high-quality Longitudinal Internet Studies for the Social Sciences panel, which comprises a true probability sample of Dutch households (average participation rate: 80.4%). Our data were collected on an ongoing basis from December 2017 to March 2020 (n=2,219). Using the implementation of lockdown measures in mid-March as a natural experiment, we employed difference-in-differences analyses to assess the causal effect of the Dutch lockdown measures on trust in government and trust in science. We estimated that the imposition of the measures caused an 18% increase (95% confidence interval (CI): 15% – 21%) in trust in government and a 6% increase (95% CI: 4% – 8%) in trust in science. The impact on trust in government was greater among the participants aged 65 and older and those with poor self-assessed health, although the relevant CIs were wide and, in the case of self-assessed health, included the null. No differential effects were observed for trust in science. Our study indicates that the strict public-health measures imposed in the Netherlands during an acute phase of the COVID-19 pandemic generated trust in the institutions involved in drafting and implementing them, especially among those with a higher risk of serious health outcomes. This suggests that, to prevent a major public-health crisis, people appreciate firm government intervention during the acute phase of an infectious disease pandemic.

Authors Dr. Erik Snel, prof. dr. Godfried Engbersen and Btissame el Farisi, MSc, (ESSB)

Title Social class and institutional trust in times of Corona

Abstract The start of the Corona pandemic was characterized with high levels of political and institutional trust ("rally around the flag"), which decreased in following months. This study using data of a large internet survey (N= 26.000) held in November 2020, examines how institutional trust is related to social class, fear for economic loss and mental stress due to the pandemic and to the respondents' evaluation of governmental policies related to COVID. We find that all these factors are indeed related to the level of institutional trust.

Session 3 - Pandemic and beyond: Educational Challenges

Authors Robert Weijers, MSc, dr. Lesya Ganushchak, dr. Kim Ouwehand and dr. Björn de Koning, (ESSB)

Title I'll be there; improving online attendance during COVID19 using a commitment nudge

Abstract Class attendance is an important predictor of academic success, but students often encounter behavioral barriers that prevent them from attending. Nudging is a tool from behavioral economics designed to overcome behavioral barriers. In this experimental study, we investigated the effectiveness of a commitment nudge to improve online attendance among university students (n = 973) during the COVID-19 pandemic. We compared attendance of students who were asked to commit to attending all classes with the attendance of students in the control condition. No effect of the nudge was found when comparing the experimental condition to the control condition, but students who committed to attending were more often present than those who did not respond and those in the control condition. Exploratory analysis of attendance in a previous course revealed that this is more likely due to a selection bias, where students who are more likely to attend are also more likely to commit. Additionally, the nudge seemed to have a negative effect on attendance for those who do not commit. Future research should focus on different nudge strategies to improve online attendance, and design these with the behavioral determinants of the students in mind.

Authors Pieter van Lamoen, MSc, dr. Annemarie Hiemstra, dr. Marieke Meeuwisse, Prof. Dr. Sabine Severiens, and Prof. Dr. Lidia Arends (ESSB)

Title Supporting students during an online start in higher education: the effects of a transition intervention on interaction, belonging and academic achievement

Abstract While already challenging in regular times, the transition from secondary school into higher education (HE) was even more challenging for first-year students starting their academic career off-campus, with a university in lockdown due to COVID-19 measures. These measures made it more challenging for students to have quality interactions with peers and staff and to develop a sense of belonging to HE. This indicates the need to support student during their transition into HE. Transition programmes offered by HE institutions may give enrolling students a head start in education as these programmes positively impact quality student-peer and student-staff interactions, students' sense of belonging in HE and first-year academic achievement. Therefore, the current study measured the effects of an online version of a pre-academic programme, organized before the start of the academic year 2020-2021 at Erasmus University Rotterdam, on students' interactions, their sense of belonging in HE, and first-year academic achievement by employing an embedded mixed methods design. In this design, data collected via surveys in a quantitative quasi-experimental study with 343 students in the experimental group (i.e. participants in the pre-academic programme) and 1544 first-year students in the control group is combined with data collected via online focus groups.

Authors Barbara van der Ent, MSc, and dr. Talitha Stam (ESSB)

Title The experiences of young refugees with school closure due to Covid-19. A qualitative study on increasing educational inequality of youth from Syria in Rotterdam.

Abstract This paper focusses on the experiences of Syrian refugee youth in Rotterdam with the first school closure (spring 2020), due to Covid-19 policy measures. Based on repeated qualitative interviews with 19 boys and girls – before, during and after the school closure – we examine how Syrian refugee youth have experienced the school closure, and how this influence their educational position by using the four central tasks of education (Van de Werfhorst & Mijs, 2010). Syrian youth emphasized that online education is more difficult to understand and stressed they miss their friends at school. Circumstances at home for distance learning are not ideal and whereas going to school normally also contributes to their socialization in Dutch society, the school closure makes this more difficult. The important social function of school – since it is the place where youth often meet each other in person – is lacking during the closure. We conclude that the school closure will likely increase educational inequality for youth with a refugee background.

Authors Dr. Virginie Servant-Miklos (ESSB)

Title Power, Privilege and Care: The impact of Environmental Education in COVID-19 times.

Abstract This paper sought to investigate the impact of an environmental education intervention on liberal arts students' responses to the coronavirus crisis. The study qualitatively compares the experience of the coronavirus crisis of ten students who took the interdisciplinary course "the climate crisis" just prior to the outbreak of the pandemic with ten students who did not. The participants were interviewed individually during the first Coronavirus lockdown in the Netherlands, and then interviewed again in small focus groups in September and October 2020. The data were analysed using inductive thematic analysis. The results cluster into four themes: emotive reactions to the crisis; changing perceptions of education; systemic dynamics of power and privilege; and environmental education as care. Within these themes, the main difference observed between the two groups of participants was the group of "climate crisis" students were more prone to showing concern for less privileged people, to reaching out to others, and to helping out with social causes by volunteering, whereas the students who did not take the course were more prone to focusing their energy on self-improvement, high pressure for continued academic performance, and remaining productive during the lockdowns, sometimes to the detriment of their own mental health. Nonetheless, both groups of students struggled in equal measure to imagine that "normal is over", suggesting that environmental education needs to, firstly, do more to bring the paradigm-shifting consequences of environmental destruction into conscious, concrete thought, and secondly, build pathways from care to meaningful action in planning and making the future. The results also suggest that environmental education should be a sine qua non part of the academic curriculum across all disciplines, in order to help students meaningfully engage with the world in times of perpetual crisis.

Session 4 - Pandemic and beyond: Adolescent Wellbeing

Authors Kayla Green, MSc, Suzanne van de Groep, MSc, Sophie W. Sweijen, MSc, dr. Andriek I Becht, prof. dr. Moniek Buijzen (ESSB), dr. Rebecca de Leeuw (Radboud Universiteit Nijmegen), dr. Danielle Remmerswaal, dr. Rianne van der Zanden, prof. dr. Rutger Engels and prof. dr. Eveline Crone (ESSB)

Title Adolescents' mood and emotional reactivity during the COVID-19 pandemic: the short and long term effects

Abstract Adolescence is a formative period for socio-emotional development which is threatened by the COVID-19 pandemic. The current longitudinal study examined the impact of the pandemic on young people's mood, emotional reactivity, and wellbeing (i.e., operationalized as balancing needs of self and others). Hence, we conducted an online two-week daily diary study among 462 Dutch adolescents (Mage = 15.27 years, 64% females) and 371 young adults (Mage = 21.49 years, 81% females) in May 2020, with a follow-up to study long-term effects in November 2020 (N = 238 and 231, respectively adolescents and young adults). In May 2020, young adults and older relative to younger adolescents showed higher levels and more fluctuations in tension and depression and lower levels of vigor. This suggests that younger adolescents were struggling less during the first months of the pandemic, compared to the older adolescents and young adults. Vigor levels decreased and tension and depression levels increased between May 2020 and November 2020, especially for younger adolescents. Hence, the continuation of the pandemic is also affecting those who showed greater resilience in the beginning. A closer examination in the adolescent sample, revealed positive associations between instability of negative emotions (i.e. tension and depression fluctuations) and the exposure to social and socioeconomic stressors (i.e. family stress and inequality of online homeschooling). Together, this study demonstrates vulnerability regarding young people's mood and emotional reactivity during the COVID-19 pandemic, especially for adolescents who experience more social and socioeconomic stressors.

Authors Dr. Ivonne P. M. Derks, prof. dr. Hanan El Marroun and prof. dr. Pauline W. Jansen (ESSB)

Title A longitudinal study on changes in mental health before and during the COVID-19 pandemic in adolescents: The Generation R Study

Abstract Introduction: The COVID-19 pandemic does not only provide substantial physical health challenges but is assumed to have a large impact on mental health as well, especially among youth. Adolescents are confronted with many restrictions in their social and daily life, including closed schools and sport clubs. Studies indeed showed that adolescents reported high levels of anxiety and depression during the pandemic. However, most studies are limited by their cross-sectional nature cannot estimate changes in mental health before and during the pandemic. This information is crucial, because the pandemic may especially worsen problems in adolescents already troubled by prior mental health issues. In this longitudinal population-based study, we aim to examine trajectories of mental health problems in adolescents before and during the COVID-19 pandemic.

Methods: This study is embedded in the Generation R Study. Prior to the COVID-19 pandemic, adolescents reported on their mental health at age 14 years with the well-validated Youth Self Report (YSR). During the pandemic, adolescents (aged 16-18) again repeatedly reported on mental health problems with the Brief Problem Monitor, a shortened version of the YSR. To estimate potential different trajectories of mental health, we will use Latent Class Trajectory Analyses, a data-driven approach in which the number of trajectories is chosen based on optimal model fit. In a second step, we will describe demographic and pre-COVID-19 characteristics of the youth in each latent class.

Results and discussion: Because the data that was recently collected and just released, first results will be presented during the conference.

Authors Sophie W. Sweijen, MSc, Suzanne van de Groep, MSc, dr. Lysanne W. te Brinke, Kayla H. Green, MSc, and prof. dr. Eveline A. Crone (ESSB)

Title Adolescents' prosocial actions during the COVID-19 pandemic: A longitudinal daily-diary study

Abstract In our preregistered study (see <https://osf.io/uf9dn/>), we tested the impact of the COVID-19 pandemic on opportunities for prosocial actions in adolescence, a formative phase for social development. Besides, we examined whether these prosocial actions affect adolescents' vigor levels during the pandemic. 888 adolescents (aged 10-18) and university students (aged 17-25) participated in our two-week daily diary study during the COVID-19 pandemic in May 2020 (T1) and November 2020 (T2). Participants reported daily on their prosocial support towards friends and family and vigor levels during the pandemic, and performed Dictator Games at both timepoints to assess giving directed to peers, friends and COVID-19 targets (medical doctors, COVID-19 patients, individuals with a poor immune system). Results from May 2020 showed that prosocial support directed to friends peaked in mid-adolescence, whereas prosocial support towards family members showed a gradual increase from childhood to young adulthood. Overall, adolescents gave more to COVID-19 targets than to peers and friends. Daily prosocial support experiences to friends predicted giving behavior to all targets, whereas prosocial support to family was specifically associated with giving to COVID-19 targets. Preliminary results from both May and November 2020 showed that adolescents' prosocial support towards friends and family increased during this period. Moreover, adolescents with higher levels of vigor in May exhibited more prosocial support towards family in November, which resulted in an increase in vigor in November. Overall, our study sheds light on the importance of prosocial experiences during the formative years of adolescence.

Authors Prof. dr. Loes Keijsers (ESSB) and prof. dr. Manon Hillegers (ErasmusMC-Sophia)

Title GrowIt! Promoting adolescent well-being during covid using eHealth

Abstract During covid, adolescents (age 12-25) are seriously affected by lock-down measures. ErasmusMC-Sophia and Erasmus University developed the GrowIt! app to support youth in these difficult times. The multiplayer eHealth application has two major components, which are based on existing effective interventions. Firstly, adolescents fill out micro-surveys 5 times a day on their emotional well-being, whereabouts and activities. The app provides player self-insights into how well-being changes over time, and how their emotions are linked to context variables. Secondly, adolescents receive challenges (one per day) which trigger them to go outside, seek for social support, or learn more about themselves. These activate coping strategies which help them to effectively deal with daily stressors, and prevent emotional problems. Here I present the first results about user-satisfaction and well-being of adolescents during Covid of 2245 users (average 18 years, 76% female), who filled out more than 75,000 micro-questionnaires.

Round 2

Session 1 - Pandemic and beyond: Mental Wellbeing

Authors Joëlle van der Meer, MSc, dr. Brenda Vermeeren and prof.dr. Bram Steijn (ESSB)

Title Wellbeing during the COVID-19 pandemic: a longitudinal study of local government civil servants

Abstract The COVID-19 crisis has affected numerous areas of civil servants' working life. We investigate, using the JD-R model, the impact of the current crisis on civil servants' wellbeing. Furthermore, we argue that the COVID-19 pandemic might have different consequences for civil servants with various role perceptions. We distinguish between traditional civil servants, NPM civil servants, and NPG civil servants. A three-wave longitudinal survey (N=569) has shown that: (a) wellbeing decreased over a six-months period; (b) job demands, including work pressure and work-life disbalance, negatively influence wellbeing; and job resources, including autonomy, task variety, and social support, positively influence wellbeing. In terms of personal resources, self-efficacy positively influences wellbeing; and (c) civil servants' role interpretation directly influences wellbeing. There is also an interaction effect for NPG civil servants in the relation between leader support and burnout. The consequences of these findings for HR strategies related to civil servants' wellbeing will be discussed.

Authors Dr. Joyce Weeland (ESSB) and dr. Floor van Rooij (University of Amsterdam)

Title Youthcare in Times of COVID-19

Abstract In February 2020 the first COVID-19 case was confirmed in the Netherlands. Restrictions on public life to stop the COVID virus from further spreading have impacted all aspects of the daily lives of children, adolescents and their caregivers and also limited the possibilities for face-to-face youth care (e.g., parenting support, youth mental health care). Many youth care practitioners turned to telemental health (e.g., videoconferencing, e-health tools) methods to be able to continue support and treatment of children, adolescents and families. In general, youth care practitioners had little experience with telemental health before the pandemic. Moreover, few youth care organizations had the needed hard- and software in place to facilitate remote working and/or working online with clients. The forced and sudden transition from face-to-face to remote and online contact presented many challenges and required much flexibility from youth care organizations, professionals and their clients. At the same time, this transition may present us with opportunities to widely implement online and online-hybrid methods that may have important advantages for both practitioners and clients. Telehealth may increase access to, accessibility, acceptability, feasibility and flexibility of mental health care. In this interview study we explore how youth care practitioners, at the start of the pandemic in Europe (March – June 2020), experienced telemental health: what did they feel contributed to a successful transition, what prevented it, but also what is

needed to keep the benefits and to take away barriers when moving forward with telemental health in youth care?



Authors Dr. Marta Andreatta, dr. Joran Jongerling and prof. dr. Matthias J. Wieser (ESSB)

Title The psychological burden of the pandemic in national and international students at EUR

Abstract The (social) restrictions are necessary to prevent the spread of the virus COVID19, but these can greatly impact the individuals' mental well-being. Such psychological impact can be even more pronounced in the younger population. In this study, we investigated a young population of university students during March/April 2020 (N = 850) and re-tested them six months (N = 360) and one year (work in progress) later. The main aim of this project is to study the psychological impact of the restrictions longitudinally, and to compare national and international students. Results from the first survey show that the psychological burden (i.e., anxiety, depression, intolerance of uncertainty, anxiety sensitivity, and fear of contamination) and the frequency of preventive behaviors (e.g., avoiding social contacts or hoarding) related to the spread of the COVID19 were higher in international students. The anxiety and corona-related behaviors decreased from March to September 2020 in both groups, whereas depression increased. Fear of contamination was the strongest predictor for both worries and COVID-related behaviors, mainly in international students. Furthermore, depression predicted COVID-related behaviors, while anxiety predicted worry about COVID19. In sum, from the 1st lockdown to September 2020, students got used to the situation with more freedom in September, and consequently their fear of COVID19 decreased. Critically however, the restrictions in social life may have increased depression levels during this time. In this ongoing project, it will be critical to see if this trend continuous. Preliminary results from the 3rd wave of measurements will be reported.

Authors Dr. Erik Snel (ESSB), drs. Jan de Boom (Risbo), dr. Marianne van Bochove (ESHPM) and prof. dr. Godfried Engbersen (ESSB)

Title Social capital as protection for mental consequences of COVID-19

Abstract The corona pandemic has huge consequences for the mental well-being of the Dutch population. This article, based on a large-scale internet survey (N=22,696) on the social impact of COVID-19, examines which social groups experience the mental impact of the virus most. Secondly, we examine whether social capital provides protection against these social consequences. We find that the mental consequences of COVID-19 are considerable and increased during 2020. Women, young people, respondents with low incomes and/or poor health experience relatively more fear and stress due to the virus. We do not find a difference between respondents with or without a migration background. Social capital (received support, trust in people and in institutions) has the expected effect: the more support and trust, the less fear and stress. There is a mediation-effect. Older people, respondents with high incomes and/or good health experience less fear and stress, partly because they have more social capital. This is different for females. They would experience even more fear and stress, compared to men, if they would not have more social capital. Social capital indeed provides some protection against the negative mental consequences of COVID-19.

Session 2 - Pandemic and beyond: Policy-making

Authors Annelot Wismans, MSc (ESSB), prof. dr. Roy Thurik (ESE), prof. dr. Rui Baptista, (University of Lisbon), prof. dr. Marcus Dejardin, prof. dr. Frank Janssen (Université de Namur) and prof. dr. Ingmar Franken (ESSB)

Title Psychological characteristics associated with COVID-19 vaccination intention in students

Abstract Now that several COVID-19 vaccines have been approved safe and effective, it is crucial that enough people get vaccinated to reach herd immunity. Research shows that determinants of vaccination differ across vaccines, target groups and contexts. Using survey data of university students from the Netherlands, Portugal, and Belgium, we aim to further our understanding of COVID-19 vaccination. We pursue three objectives. First, we evaluate the intention among students to get vaccinated against COVID-19. Second, using a previously validated model – the 5C Model - containing the most important drivers of vaccination, we assess which of these drivers are most important for COVID-19 vaccination. Finally, using mediation analyses, we study the psychological variables that may indirectly affect vaccination intention through 5C drivers of vaccination. Our results show that vaccination intention among students is relatively high, although only 41% of students is completely sure about getting vaccinated. Confidence and Collective Responsibility are most influential in explaining COVID-19 vaccination intention. Among others, perceived risk and effectiveness of the vaccine and trust in government and health authorities indirectly affect vaccination intention through Confidence. Perceived risk of COVID-19 for one's social circle and the personality traits altruism, need to belong and psychopathy indirectly affect vaccination intention through Collective Responsibility. Results can be used by governments and public health officials to improve potential effectiveness of vaccination campaigns by taking into account which psychological characteristics underlie the most influential drivers of COVID-19 vaccination in students.

Authors M. Dewies, MSc, dr. I. Merkelbach, (ESSB), prof. dr. K. Rohde (ESE) and prof. dr. S. Denktas (ESSB)

Title 'Can humans really change their behaviour?' - Your answer can influence your policy choices during the corona crisis

Abstract Policy makers hold different beliefs about the fixedness of human behaviour. These beliefs are assumed to be associated with policy choices and preferences. Compared to policy makers who believe behaviour to be more flexible, those who believe it to be more fixed were assumed to prefer strict government measures, such as fines, to increase compliance with corona measures. Put differently, if individuals are believed to be unable to change their behaviour in order to comply, government needs strict measures to make them comply. Policy makers who believe behaviour to be more flexible were assumed to prefer more soft and behavioural measures. Put differently, if individuals can change their behaviour, government only needs to encourage, inform, or nudge them to achieve compliance. These hypotheses were tested between May 8th and June 12th using a survey among Rotterdam public servants (N = 849). Our hypotheses were partially confirmed. Public servants believing behaviour to be more fixed rather than flexible preferred more strict measures. However, they also preferred more

soft measures than those believing behaviour to be flexible. The results suggest that policy makers who believe behaviour to be more fixed generally prefer more government intervention than policy makers who believe behaviour to be more flexible. Implications and the results of a recent follow-up study among health care managers will be discussed.

Authors Prof. dr. Markus Haverland, dr. Michal Onderco (ESSB) and dr. Reinout van der Veer (Radboud University Nijmegen)

Title Economic recovery from COVID-19 for all? Mapping and explaining Dutch public opinion on EU fiscal transfers

Abstract To mitigate the enormous and asymmetric economic implications of the COVID-19 pandemic, the EU has adopted a € 750 billion fiscal transfer program, financed for the first time in its history with significant borrowing on the financial markets. The highly contested decision pitted “frugal” Northern member states against “profligate” Southern member states. The research project starts from the assumption that citizens from Northern countries might actually view EU transfers more favorable than the position of their governments suggests. In contrast to the sovereign debt crisis a decade ago, citizens may perceive COVID-19 as an “external” event for which ailing member states cannot be blamed and citizens may also identify with their fellow Europeans when they are affected by the pandemic themselves. The project focuses on the Netherlands, whose government has become the assertive leader of the “frugal” countries and is based on nearly 5000 observations generated by a survey fielded in December 2020 at the height of the pandemic. In the presentation we will map citizen support across various socio-economic and political dimensions and -employing ordinal logistic regression models - test whether and to what extent public support is shaped by COVID-19 specific variables (such as testing positive, job/income loss during pandemic, conspiracy thinking) and variables used to explain support for EU integration and fiscal redistribution more generally (such as income, education, ideology, identity).

Authors Dr. Iain Todd, Cas Bulder, MSc, prof. dr. Darren. A. McCauley and Mary-Kate Burns, MSc, (ESSB)

Title Assessing the post-COVID prospects for the energy transition, in the Netherlands and the UK

Abstract Before the COVID crisis, the Netherlands and the UK were embarking on national energy transitions away from fossil fuel systems. However, the arrival of the pandemic unequivocally altered the trajectory of energy transitions on a global scale. Every country in the world is now grappling with the twin challenges of the COVID crisis and the climate crisis, and there is a grave risk that the short-term demands of the former could eclipse the vital long-term actions needed to address the latter. While there is optimism that green economic recoveries will propel energy transitions through investments, there is an urgent need to assess and address the new barriers which COVID poses to achieving them.

To do so, in the summer of 2020, researchers conducted 60 expert interviews within the social and energy sectors, involving government, industry and third sector stakeholders. Key research questions sought to identify the policy barriers acting – inadvertently or otherwise - to disrupt that balance between tackling COVID and the energy transition, and the mechanisms available to restore the necessary equilibrium. Through a structured barrier analysis of the energy transition post-COVID, this paper identifies policy barriers to the delivery of an energy transition in both countries. This derives a new generic taxonomy of policy barriers, and definition of a policy barrier. It also generated a suite of 10 policy recommendations, which were placed in priority order by the interviewees themselves. The paper concludes with observations on those recommendations, the differences noted between the two countries, and the validity of analysis using a barriers approach for policy analysis.

Session 3 - Pandemic and beyond: Daily Life

Authors Robert Weijers, MSc, and dr. Björn de Koning (ESSB)

Title Nudging to increase hand hygiene during the COVID-19 pandemic: A field experiment.

Abstract The COVID-19 pandemic has made a significant impact on citizens all around the world. In order to prevent the spread of the virus, one of the most important measures is practicing hand hygiene. We see nudging, a technique from behavioral economics, as a possible way to increase hand hygiene without relying on mandatory measures. In this field experiment, we test two nudge types that previously have been applied successfully, a salience nudge and a gain frame nudge, in a new context (i.e., shopping street). Four hundred nineteen shoppers were observed during a counterbalanced experiment in three stores, where a disinfectant dispenser was accompanied by a salience nudge, gain frame nudge, or no nudge. Data on dispenser usage was analyzed using mixed models to account for groups entering the store. When compared to the control condition, no significant effect of either nudge on participants using the disinfectant was found. This could be caused by the increased attention for hand hygiene during COVID-19, as the baseline for practicing hand hygiene in our study was much higher than that in previous pre-COVID-19 studies. Alternatively, it is possible that shoppers already disinfected their hands before leaving the house, as advised by the government. Our results suggest that stores, and governments, should look for other measures than the tested nudges to improve hand hygiene in the shopping street during the COVID-19 pandemic, either combining different nudges and/or using less subtle methods.

Authors Dr. Tessa Magnée, Shakib Sana M.D., Jelena Kollmann, MSc, dr. Inge Merkelbach, prof.dr. Semiha Denктаş and dr. Paul Kocken (ESSB)

Title Access to GP-care during COVID-19: the impact of the pandemic on GP care in low-income neighborhoods

Abstract Background and purpose
During the COVID-19 pandemic, the majority of the general practitioners' face-to-face consultations were replaced by remote (telephone or digital) consultations. The purpose of the study is to gain insight into the impact of the COVID-19 pandemic on GP care and the suitability of remote GP care for patients living in low-income neighborhoods.

Methods

In 2020-2022, a mixed-methods study is performed in 18 Dutch general practices (GP practices) in low-income neighborhoods. For this study 31 practitioners from GP practices are interviewed repeatedly during the epidemic. From these practices, patients from diverse ethnic background with a vulnerability, i.e. chronic disease or low health literacy, are recruited for in-depth interviews (n=70) or surveys (n=211).

Results

According to the practitioners, remote consultations increased from 22% to 88% during the first peak of the COVID-19 pandemic and decreased to 63% after 2-3 months. Patients with less favorable perceived health and lower

health literacy reported more often to have received face-to-face consultations instead of remote care. According to some practitioners, remote care seemed less suitable for patients in the low-income areas. Low educated, chronically ill and financially stressed patients appeared to hold a more negative attitude towards remote care than other patients.

Conclusions

The COVID-19 pandemic rapidly accelerated the use of remote care in Dutch general practices. Remote care may not be suitable for all vulnerable patients living in low-income neighborhoods.

Authors Dr. Paraskevas Petrou and dr. Joran Jongerling (ESSB)

Title Incremental and radical creativity as a way to deal with the covid-19 crisis at work

Abstract Creativity is not a luxury; instead, it can be a proactive strategy that people employ in order to deal with challenge or crisis. In the current study, we make a distinction between incremental creativity (i.e., minor modifications to existing practices) and radical creativity (i.e., major departures from current practices). We hypothesize that while incremental creativity protects both the performance and the wellbeing of employees during the covid-19 crisis at work, radical creativity only protects their performance. To test our expectations, we conducted a 2-wave survey study among 642 professionals of different occupational sectors in March 2021 (Time 1) and in September 2021 (Time 2). In both surveys, we asked respondents to report on their creativity, wellbeing and performance and at Time 1, we asked them to report on these constructs also retrospectively (i.e., for the last three months before covid-19 broke out). Latent change score analyses revealed that respondents who increased their incremental creativity after covid-19, also reported higher performance and wellbeing. Respondents who increased their radical creativity after covid-19, only reported higher performance. Notably, the majority of the respondents "chose" when to increase their creativity, namely, either in March 2021 or in September 2021 but not at both times. We will reflect on the meaning of these findings and the role of creativity as a way to deal with crisis and we will formulate recommendations for managers and organizations who might want to create a more resilient workforce by exercising the creative "muscles" of their employees.

Authors Tom Junker, MSc, dr. Daantje Derks and prof. dr. Arnold Bakker (ESSB)

Title Do Agile Work Practices Help Teams Adjust to the COVID-19 pandemic?

Abstract Organizations in volatile economic contexts, such as software development, increasingly use agile work practices for improving flexibility and responsiveness to change. Could the use of agile work practices also help teams adjust to the new working reality due the COVID-19 pandemic? Drawing from a recently developed multilevel model of agile working, we propose that agile work practices encourage teams to be proactive and that these practices facilitate the effectiveness of individual team member's proactive behavior. Specifically, we hypothesize that agile work practices strengthen the relationship between team member's taking charge behavior and their work-related adjustment to the COVID-19 pandemic. We test our model using data of 219 teams (N = 792 employees) of a large German transport and logistics company, collected in the time between July and September 2020. Adjustment to COVID-19 was measured as a formative index capturing members' self-appraised changes in workload, job performance, and team collaboration relative to the time before the pandemic. Following the team literature, agile work practices were measured in terms of taskwork and teamwork. According to results of multilevel regression analyses, agile taskwork (but not agile teamwork) relates positively collective taking charge over and above team autonomy. Collective taking charge, in turn, relates positively to collective adjustment to COVID-19. As hypothesized, agile work practices strengthened the relationship between individual team member's taking charge and individual adjustment to COVID-19 (i.e., cross-level interaction). These findings indicate that agile work practices help team members to take charge of their work during the COVID-19 pandemic.