Plan Overview

A Data Management Plan created using DMPonline

Title: COVID-19 lockdown: Key factors in citizens´wellbeing

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Template: ERC DMP

Project abstract:

BACKGROUND: Confinement due to COVID-19 can have a short and long-term impact on mental health (increased levels of stress and anxiety, emotional upheaval) and on people's quality of life. Knowing what factors are behind the stress can benefit the development of strategies and resources for future situations of a similar nature. The purpose of this study is to examine the incidence of a series of sociodemographic factors, confinement conditions and work situation on the stress reported by confined citizens. METHOD: The sample is made up of 2008 citizens (19.9% men), the Perceived Stress Scale of 14 items (PSS-14) was used to assess the stress level of the population,as well as a sociodemographic questionnaire and different questions aimed at obtain information about the characteristics of the confinement and the employment situation. Data were collected using exponential snowball-type non-probability sampling. RESULTS: The results suggest that sociodemographic factors such as age, gender, and income level could be good predictors of confinement stress. Post-confinement work expectancy along with pre-confinement working conditions can be key to protecting the well-being of confined populations. CONCLUSION: Stress levels increase as populations spend more weeks in confinement and the pre-confinement work situation seems key to protecting the well-being of the population. A greater wellbeing is observed among stable couples without children confined in residential or suburban areas. Low income or economic instability is associated with a higher rate of stress and anxiety. The results can contribute to prioritizing actions and aid by contributing to the formation of teams and the design of tools for work in the current pandemic situation.

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Copyright information:

COVID-19 lockdown: Key factors in citizens´wellbeing

Summary

Project Acronym

COVID-19 lockdown: Key factors in citizens´wellbeing

Project Number

2

Provide a dataset summary

We examined a series of sociodemographic factors (gender, age, civil status, educational level, and income) to determine their relationship to the stress response to confinement. In addition to recording the amount of time (in weeks) that participants had been confined, we asked about their confinement situation (with parents, parents and children, single parent and children, with a partner, or alone) and the type of residence where they were confined (urban, rural, or suburban/residential). We also asked participants about their working conditions prior to confinement (full-time, part-time, occasional or self-employed, homemaker, pensioner, or not working/studying), the conditions of work during confinement (remote working, attending work, mixed remote and in situ work, temporary suspension of work, or loss of employment) and their work related expectations for after the confinement.

To evaluate people's levels of stress we used the 14-item Perceived Stress Scale (PSS-14) created by Cohen, Kamarck and Mermelstein (1983).

FAIR data and resources

1. Making data findable

The data will be made public on the Zenodo web platform once the data has been published in a scientific journal.
Zenodo provides us with a DOI to make data easier to find.

2. Making data openly accessible

The database will be made public in Zenodo under a Creative Commons 4.0 International license.
The document will be published in an accessible format, CSV and also in SPSS format for people who use the same statistical program.

3. Making data interoperable

We examined a series of sociodemographic factors (gender, age, civil status, educational level, and income) to determine their relationship to the stress response to confinement. In addition to recording the amount of time (in weeks) that participants had been confined, we asked about their confinement situation (with parents, parents and children, single parent and children, with a partner, or alone) and the type of residence where they were confined (urban, rural, or suburban/residential). We also asked participants about their working conditions prior to confinement (full-time, part-time, occasional or self-employed, homemaker, pensioner, or not working/studying), the conditions of work during confinement (remote working, attending work, mixed remote and in situ work, temporary suspension of work, or loss of employment) and their work related expectations for after the confinement.

4. Increase data reuse

Creative Commons 4.0 International license.

5. Allocation of resources and data security

The transfer of the data and the storage of the data will be done on a free platform, it is not a cost for the research group.