

Criteria	Response(How does your proposed study address the criteria?)
<p>Topic: Give a broad statement of the topic for the potential study.</p>	<p>Impact of COVID-related stress on mental health and psychological resilience of the general population</p> <p>Research Aim: Social distancing has made people isolated and affected their mental health. This study will highlight various measures to overcome the stress and mental health of people during coronavirus.</p>
<p>Problem Space: Identify the problem space for the potential study.</p>	<p>As the COVID pandemic is just over a year old, not much work has been done in the field of mental health of people during this time. All research currently is targeted towards formulating medications and vaccines that can help health workers treat COVID patients appropriately. However, the research pertaining to mental and psychological health of patients during this stressful time is largely negligible.</p>
<p>Background of the Study: Present a brief discussion (100-150 words) of the background of the potential study.</p>	<p>The emergence of the COVID-19 pandemic has left a lot of people feeling worried and stressed. With a considerable population over the age of 50 and having multiple co-morbidities, people are extremely tensed about the dangers of acquiring an infection. This has led to people feeling emotionally drained and mentally exhausted (Otu et al., 2020). Additionally, social media has helped in spreading countless rumors about this disease and the care provided in hospitals. This has further fueled fear and anxiety in people's minds. Many people have lost their loved ones to this pandemic, and are stressed thinking about their suffering and pain (Schafer et al., 2020). Therefore, this study will enable people to take care of their mental health through specific practices.</p>
<p>Problem Statement: Present a single-sentence problem statement for the potential study.</p>	<p>It is not known how mental stress affects immunological mechanisms in the body making people more vulnerable to infection, and this study can help uncover links between mental health and the ability to face the COVID pandemic.</p>
<p>Study Methodology: Present a</p>	<p>This study will be qualitative where a selected group of people will be interviewed to understand their mental and emotional states, and the reasons behind their responses. They will also be asked if they do</p>

<p>statement indicating whether you intend to use a qualitative or quantitative methodology for the potential study.</p>	<p>something specific to help calm their minds during the pandemic. Based on the results, suggestions will be made to increase mental and psychological resilience in people.</p>
<p>Degree Program and Emphasis: State your program of study and emphasis (e.g. Organizational Leadership with an emphasis in Special Education).</p>	<p>Doctor of Philosophy in General Psychology, emphasis in Cognition and Instruction.</p>
<p>Alignment to Program of Study and Emphasis: Present a discussion (100-150 words) addressing how your topic aligns to you program of study and emphasis.</p>	<p>This study will help me make use of a natural setting, which is the COVID-19 pandemic, in understanding people’s state of minds and emotional responses to the current uncertainty surrounding personal and professional activities in the near future. It will help me understand how social exclusion has affected people and their responses to this situation. As my emphasis is in Cognition and Instruction, this study will help me understand how people have grown to accept and adapt to the COVID-19 situation over the past one year, and the specific practices they have devised and followed to help them socialize and work with minimal disruptions to their pre-COVID lives.</p>

References

Otu, A., Charles, C. H., & Yaya, S. (2020). Mental health and psychosocial well-being during the Covid-19 PANDEMIC: The invisible elephant in the room. *International Journal of Mental Health Systems*, 14(1). doi:10.1186/s13033-020-00371-w

Schäfer, S., Sopp, M., Schanz, C., Staginnus, M., Göritz, A., & Michael, T. (2020). Impact of covid-19 on public mental health and the buffering effect of a sense of coherence. *Psychotherapy and Psychosomatics*, 1-7. doi:10.1159/000510752