

Anxiety, Anger, and Mindfulness as Predictors of General Health in the General Population during Covid-19 Outbreak: A Survey in Southeast Iran

Mahlagha Dehghan

Kerman University of Medical Sciences, Iran

Mohammad Ali Zakeri

Rafsanjan University of Medical Sciences, Iran

Alireza Malakoutikhah

Ahmad Salehi Derakhtanjani

Kerman University of Medical Sciences, Iran

Abbas Zakeri Bazmandeh

Shiraz University of Medical Sciences, Iran

Communities have been exposed to the complications and problems caused by COVID-19 disease, which has had various and complex effects on general health. The aim of this study was to investigate the relationship between anxiety, anger, mindfulness and general health in the general population during the COVID-19 outbreak in Iran. This cross-sectional study was performed on 456 participants from the general population of Kerman city from September 2020 to April 2021. For data collection, Demographic Characteristics Form, General Health Questionnaire (GHQ), Freiburg Mindfulness inventory- Short Form (FMI-SF), The trait anxiety section of the State-Trait Anxiety Inventory (STAI), The State-Trait Anger Expression Inventory-2 (FSTAXI-2) were used. Pearson correlation coefficient was used to determine the relationship between variables and multivariate linear regression was used to identify GHQ predictors. General health was positively correlated with anxiety and anger and negatively correlated with mindfulness ($P < 0.001$). Anxiety was positively correlated with anger and negatively correlated with mindfulness ($P < 0.001$). No significant correlation was found between anger and mindfulness ($P = 0.05$). Based on multiple regression model, anxiety, anger and a family member infected with COVID-19 were the predictors of general health ($F = 123.48, P < 0.001$). Given that anxiety, anger, and family members infected with COVID-19 are all predictors of public health, it is suggested that psychological programs and interventions be designed to reduce anxiety and anger, as well as to support family members infected with COVID-19, in order to promote general health.

Keywords: *Anger, Anxiety, COVID-19, General Health, Mindfulness*