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**Investigating the relationship between mental health, resilience and self-compassion among Greek unemployed people**

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**Introduction:** Unemployment is considered to be one of the most stressful life events that a person may experience. There is a plethora of studies that highlighted the negative effects of unemployment on people's overall mental health and well-being. Yet, psychological resilience and self-compassion contribute positively in coping with stressful situations and seem to be particularly supportive mechanisms when one is confronted with unemployment.

**Aim:** This study intended to investigate the relationships between resilience, self-compassion and mental health in Greek unemployed people and the contribution of specific socio demographic characteristics in this 'equation'.

**Methods:** The study followed a survey design whereby a sample of 345 Greek unemployed participants completed a battery of tests online, examining the variables under study. The following questionnaires were employed: a) The Neff Self Compassion Scale, b) The Connor-Davidson Resilience Scale and c) The General Health Questionnaire-28.

**Results:** According to the findings, people who reported being unemployed for more than six months showed decreased levels of mental health. Also, the unemployed with higher levels of resilience and self-compassion reported statistically significant higher levels of mental health and vice versa. Finally, self-compassion and psychological resilience were found to be statistically positive related to each other and are predictive factors of mental health with which they are statistically negative related.

**Conclusions:** The results of this study may contribute to the implementation of interventions aimed at improving the mental health and overall well-being of people affected by long-term unemployment.

**Biography**

Dr. Theodosios Paralikas was an Assistant Professor at the University of Thessaly in Greece. He completed his Post-graduate Studies in Mental Health in Greece.