

RESILIENCE OF YOUNG PEOPLE WITH CHRONIC HEALTH CONDITIONS DURING THE COVID-19 PANDEMIC

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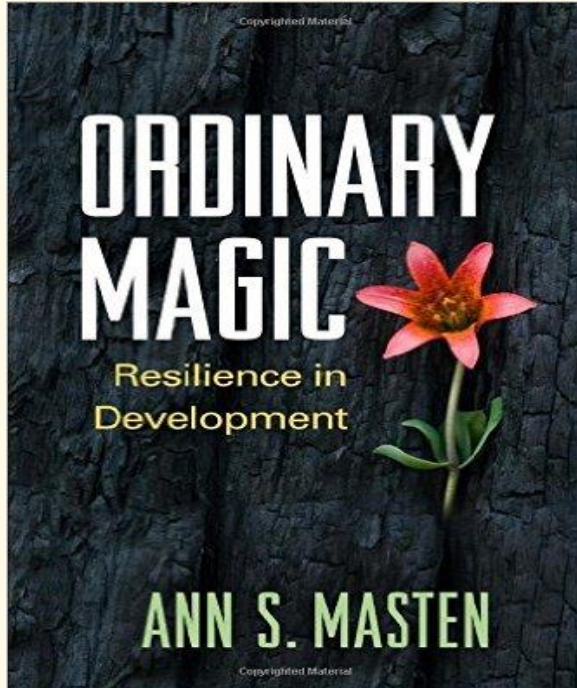


Origins of Resilience

- 1970's: Pioneering research on **Resilience** in Children that developed well at risk
- *“In praise of Invulnerables”* (Pines, 1975, APA Monitor)
- *“Trouble's a Bubble to Some Kids”* (Washington Post, March 1976)



What is Resilience?



Masten & The Power of the Ordinary

“What began as quest to understand the extraordinary revealed the power of the ordinary”

- Resilience does not come from special qualities
- An optimistic outlook for action

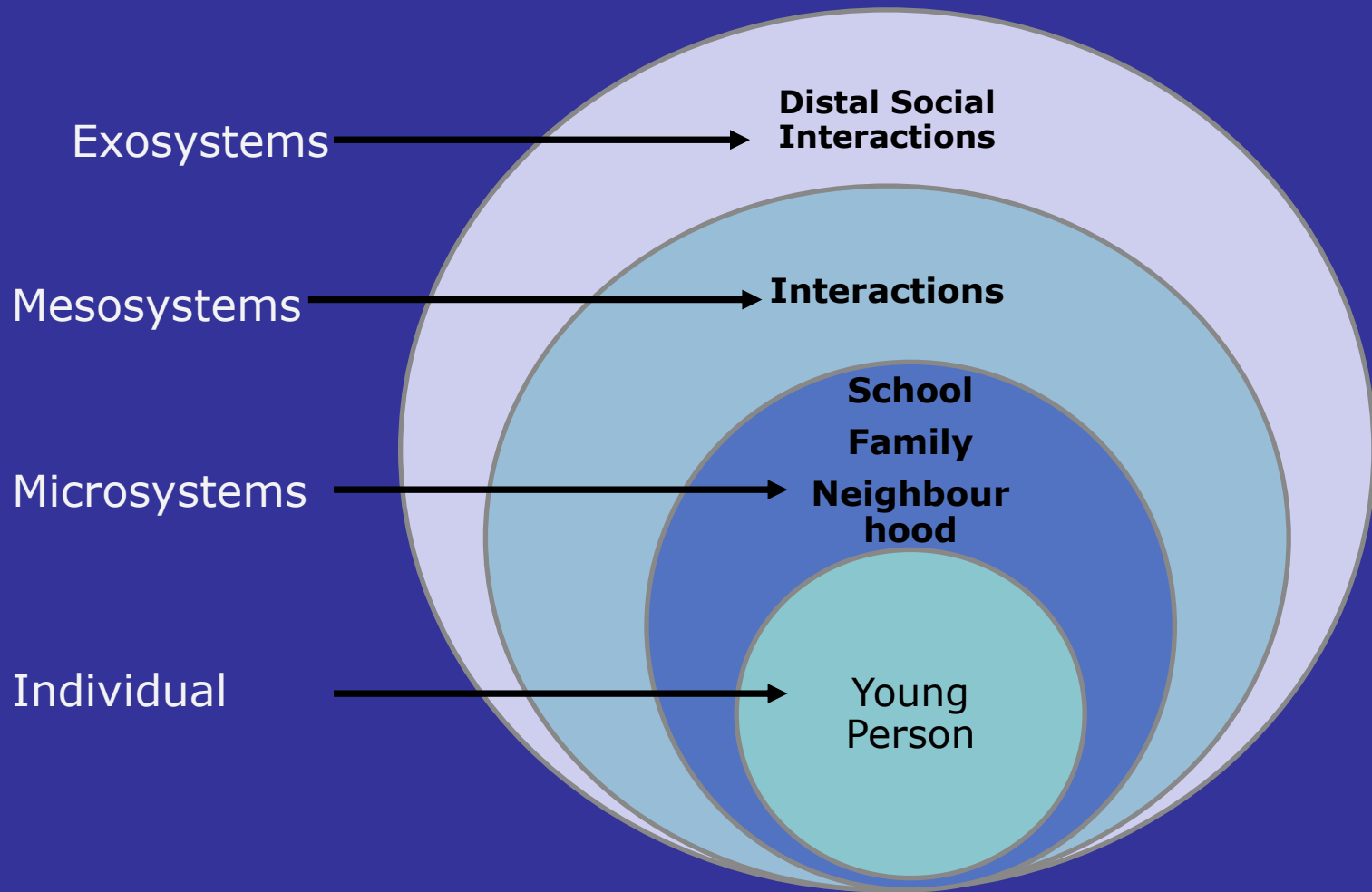
What is Resilience?

A dynamic, complex process which supports individuals to

- develop normally
- remain functional, or return to functional levels despite the presence of stressors which predict negative outcomes (Masten, 2014)



A socio-ecological framework of Resilience



Social Support

- Consistently identified as the most important protective factor of youth resilience
- Operates directly or indirectly
- Under different or multiple stressors



Chronic Health Conditions in Young People

- Same challenges and developmental milestones as healthy peers
- Burden of the chronic illness that entails
- additional considerable challenges to psychological well-being (Moreira et al., 2013)



Impact of Chronic Health Conditions

- CHC may impair the **achievement of developmental milestones** (*see the work of Pinguart*)
- Limited social life and loneliness (Herts, 2014)
- Youth with chronic illnesses are susceptible to heightened **stress** (Packman et al., 2012)



Living with CHC during a pandemic

- *'It kinda made me feel sad because I thought that the world was going to end or something'* (14-year-old female)
- *'Sometimes we thought about 'oh my god, what happens if I get it?'. ... That was kinda scary because you never know right? So you thought about the stuff you wanted to do and stuff you had already done.'* (9-year-old female)



Koller et al., 2010



Le Cheile Project – Predictors of well-being and quality of life in youth with chronic health conditions

Principal Investigators

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Funding

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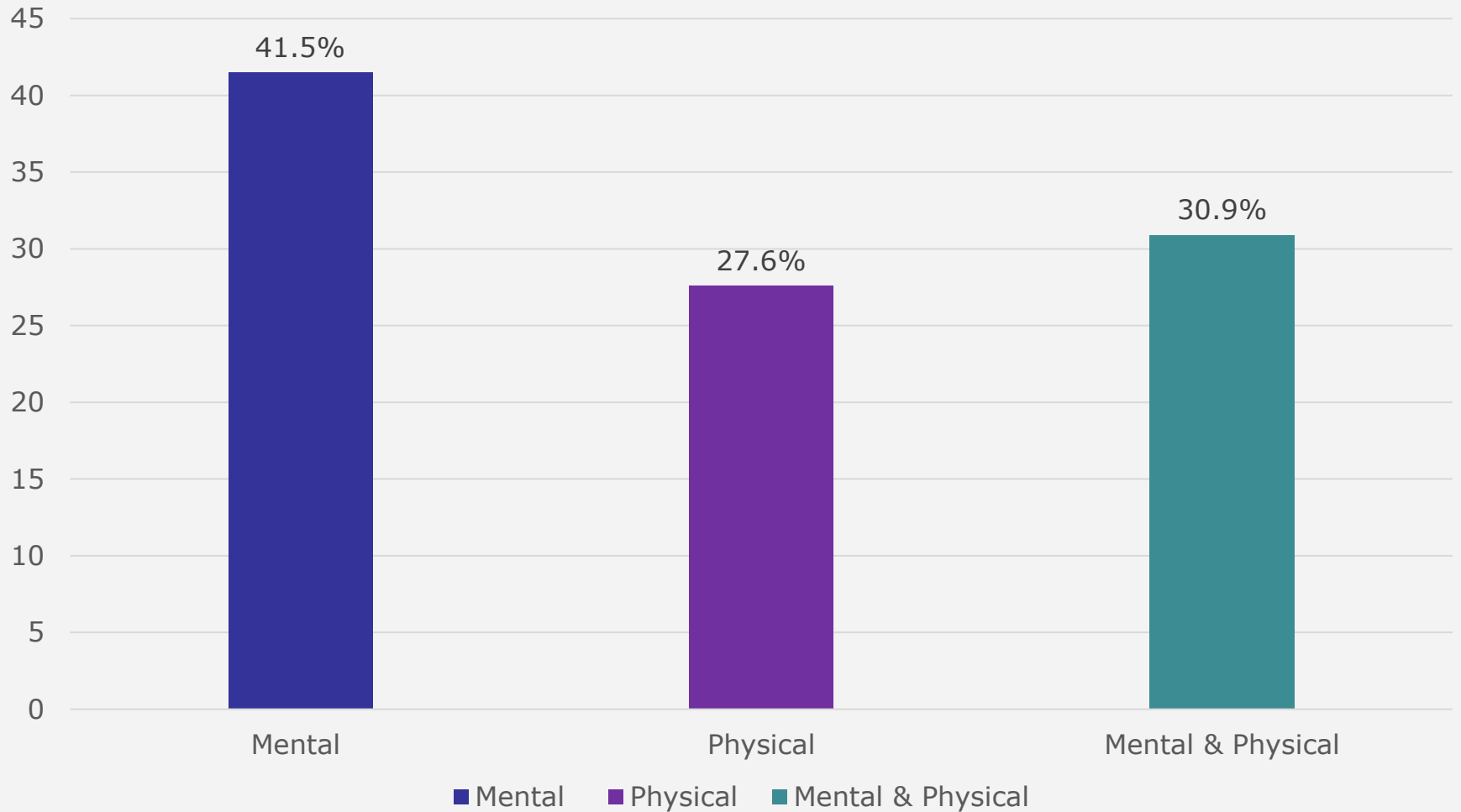


Participants

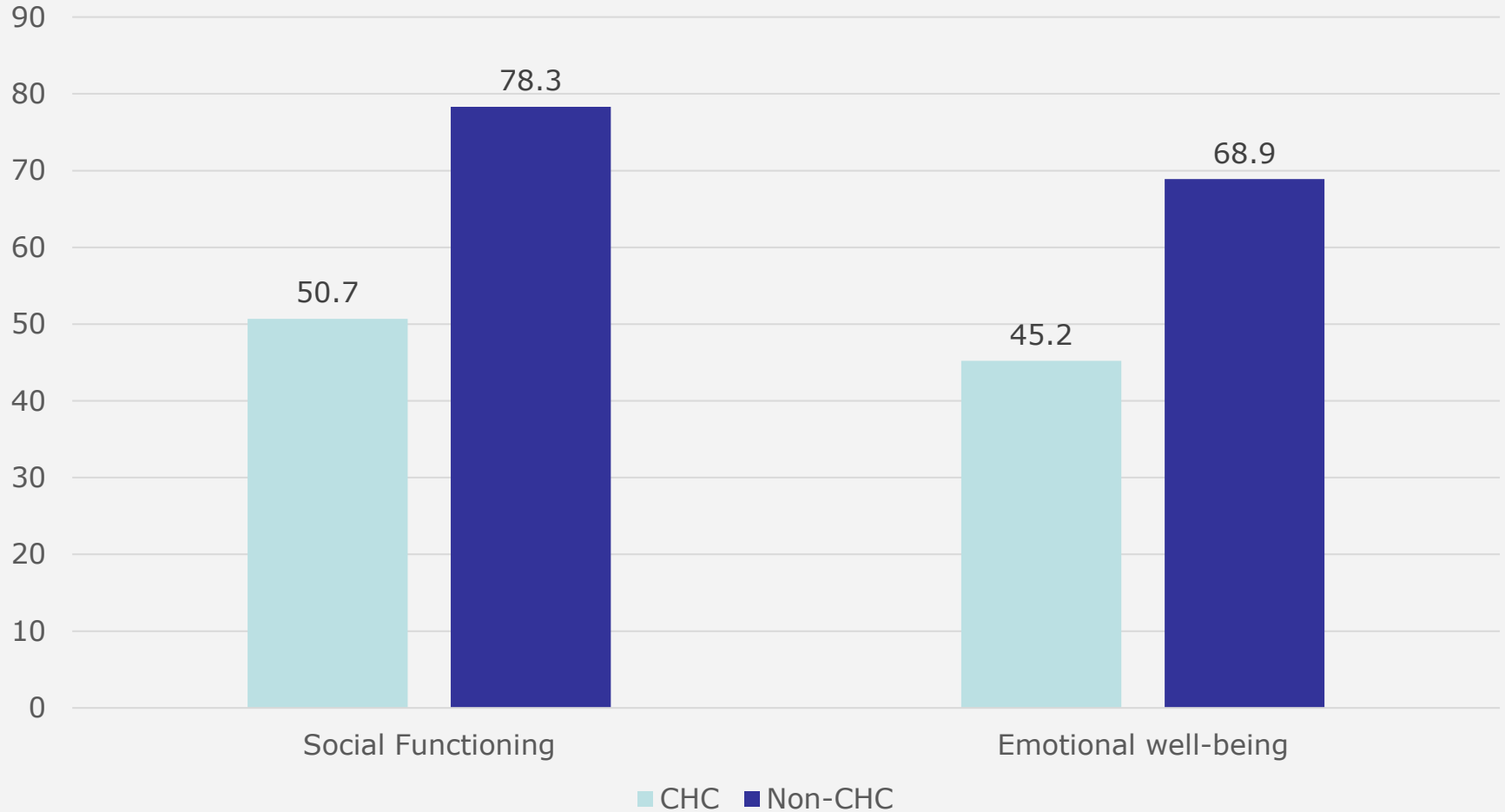
N = 288, Mean Age = 19.6 years (SD = 1.95)		n	%
Gender	Females	154	53.5
	Males	128	44.4
	Don't identify as male/female	6	2.1
Living Area	Urban	143	49.7
	Rural	145	50.3
Chronic Health Condition	Yes	123	42.7
	No	165	57.3



Chronic Health Conditions - Descriptives



Social Functioning & Emotional well-being



Protective Factors of Resilience in youth with Chronic Health Conditions



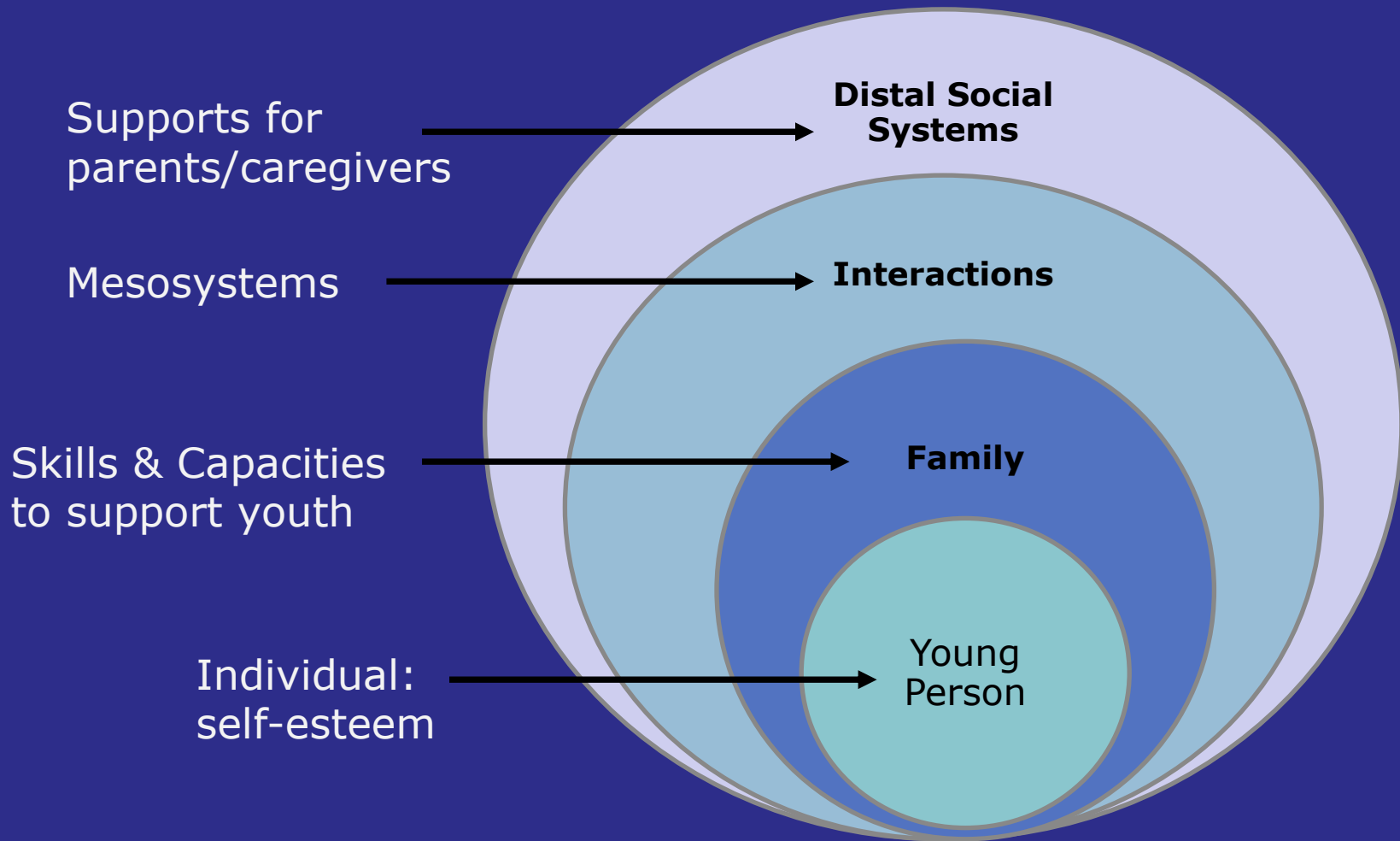
Social support from family **but not from peers or a significant other** predicted better social functioning & emotional wellbeing



Self-esteem is also a strong protective factor of better social functioning & emotional well-being



Resilience in young people with chronic health conditions



Practical Considerations



Building awareness on existing supports for parents



Enhancing connectedness and sense of belonging in youth



Thank you for your attention!

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Nearchou, F.,... & Hennessy, E. (2019). *Le Chéile: well-being of students in Colleges of Further Education in Ireland.*

Report. University College Dublin.

