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For Immediate Release

## Study Examines Effects of the COVID-19 Crisis on Individuals

ICEERS to evaluate psychological effects of confinement

Barcelona – Researchers from the [International Center for Ethnobotanical Education, Research, and Service](#) (ICEERS) launched a study geared at evaluating the psychological impact of the COVID-19 crisis on the population.

The research, which is being done in collaboration with researchers of the [Autonomous University of Madrid](#), the [Medical Anthropology Research Center](#) (MARC) at the [University of Rovira i Virgili](#) in Tarragona, the postgraduate program in Mental Health of the Medical School of the [University of São Paulo](#) in Ribeirão Preto (PGSM-FMRP-USP, Brazil), will be conducted via online questionnaire. Anyone fluent in Spanish, Portuguese, or English can participate.

The goal of the study is to evaluate variables that may be most associated with positive or negative impacts of this crisis, and especially those related to confinement. With this information, the research team aims to be able to propose improved containment strategies where negative impacts are minimized and actions that individuals can engage in to prevent negative effects.

### Prolonged research over time

According to Dr. José Carlos Bouso, ICEERS's scientific director, "We have [designed a questionnaire](#) to collect information on significant number of variables that may be modulating the response to this crisis, such as socio-demographic information, physical activity or substance use, among others. Additionally, we've included psychometric questionnaires that will allow us to establish an approximate measure of some psychological variables."

The sample will be followed up over time, and participants will fill out new questionnaires at two and six months following confinement, in order to be able to assess the effects of this crisis in the medium and long term.

On Tuesday, April 14, at 5pm (Barcelona time), researchers will participate in a [question and answer session](#) on Facebook Live. Dr. José Carlos Bouso (ICEERS), Maja Kohek (ICEERS), and Dr. Rafael Guimaraes (University of São Paulo) will answer questions on recent research published by ICEERS and on topics related to science, research and psychoactive plants.

