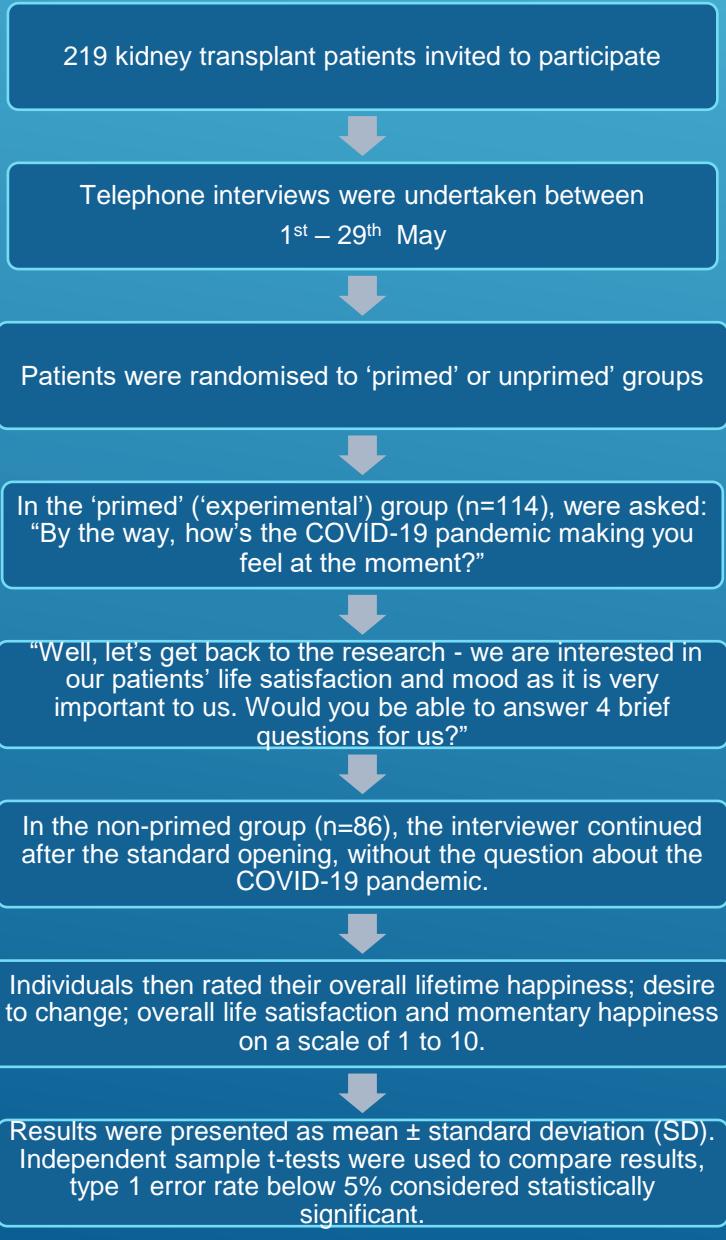


Introduction:

- ▶ Life satisfaction and happiness are determined by overall personal dispositions, life-events and momentary circumstances.
- ▶ In a landmark study – the ‘weather’ experiment - Schwarz and Clore identified the influence of such momentary circumstances on the judgement of individuals’ lives more globally [1].
- ▶ This study aims to extrapolate the ‘mood as information’ theory to the unique and ecologically relevant setting of the COVID-19 pandemic.
- ▶ This will inform health care providers of the impact of priming in reports of satisfaction in transplant patients.

Methods



LIFE SATISFACTION AND HAPPINESS IN PATIENTS SHIELDING FROM THE COVID-19 GLOBAL PANDEMIC: A RANDOMISED CONTROLLED STUDY OF THE ‘MOOD AS INFORMATION’ THEORY

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Results

- The patient demographics can be seen in table 1
- The results of the questioning can be seen in figure 1 and table 2
- Individuals who were primed with a question about COVID-19 reported *increased* overall happiness with their life compared to individuals who had not been primed (+0.88, 95% confidence interval 0.42 to 1.35, $p=0.0002$).
- Participants in the primed group reported *less* desire to change their life when compared to the non-primed group (-1.35, 95% confidence interval -2.06 to -0.65, $p=0.0002$).
- Participants who were primed with the COVID-19 question also reported a *higher* overall satisfaction with their life than individuals who had not been primed (+1.01, 95% confidence interval 0.50 to 1.52, $p=0.0001$).
- Finally, the participants who received the priming question demonstrated *increased* reported momentary happiness (+0.64, 95% confidence interval 0.03 to 1.24, $p=0.04$).

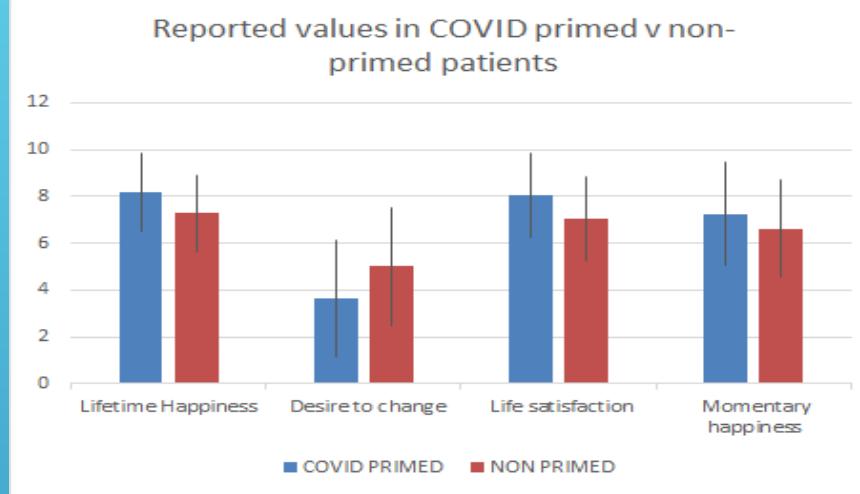


Figure 1: Graphical representation of the results from table 2, showing the mean reported scores with standard deviation bars.

	COVID-19 primed group (n=114)	Non-COVID-19 primed group (n=86)
Mean age (SD ¹)	54.0 (12.3)	54.2 (12.3)
Gender (Male)	68/114 (59.6%)	50/86 (58.1%)
Race:		
White	84/114 (73.7%)	63/86 (73.2%)
South Asian	24/114 (21.0%)	20/86 (23.2%)
African-Caribbean	6/114 (5.3%)	3/86 (3.5%)
Time on dialysis prior to transplant (IQR ²)	31 (2-70) months	29 (2-71) months
Diabetes:		
Pre-transplant	13/114 (11.4%)	10/86 (11.6%)
PTDM ³	17/114 (14.9%)	14/86 (16.3%)
Live Donor Transplant Recipient	20/114 (17.5%)	17/86 (19.8%)
Time Post Transplant (IQR)	52 (22-122) months	51 (20-123) months
Prior Acute Rejection ⁴	17/114 (14.9%)	15/86 (17.4%)
Last eGFR ⁵ prior to shielding (SD)	45 (18) ml/min	46 (17) ml/min
Tacrolimus versus non-Tacrolimus based immunosuppression ⁶	85/114 (74.6%)	67/86 (77.9%)
Body Mass Index (SD)	27.9 (5.6) kg/m ²	28.2 (5.7) kg/m ²

Table 1 Summary of participant demographics:

	Lifetime Happiness	Desire to change life	Life satisfaction	Momentary happiness
COVID-19 PRIME (n=86); mean (SD)	8.18 (1.65)	3.65 (2.51)	8.04 (1.79)	7.25 (2.19)
Non COVID-19 PRIME (n=114); mean (SD)	7.29 (1.64)	5.00 (2.49)	7.03 (1.80)	6.62 (2.09)
Difference (95% CI)	+0.88 (0.42 to 1.35)	-1.35 (-2.06 to -0.65)	+1.01 (0.50 to 1.52)	+0.64 (0.03 to 1.24)

Table 2: Results from each group for the 4 questions

Conclusions

The results demonstrated that bringing salience to the COVID-19 pandemic with a simple question leads to positive changes in both momentary happiness and other components of global life satisfaction, thereby extrapolating evidence for the application of the mood-as-information theory to more extreme life circumstances. Given the importance of patient-reported evaluations, these findings have implications for how, when and where accurate and reproducible measurements of life satisfaction should be obtained.

References: National Institute for Health and Care Excellence. COVID-19 rapid guideline: renal transplantation. [internet]. June 2020 [accessed 01/07/2020]. Available from: <https://www.nice.org.uk/news/article/nice-publishes-latest-covid-19-guidance-on-renal-transplantation>