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Author: Mr. Karoly Schlosser  
Institute of Management Studies, Goldsmiths, Hungary, karoly.schlosser@gmail.com

Dr. Elena Antonova  
Brunel University London, United Kingdom, elena.antonova@brunel.ac.uk  
Ms. Andreea Petrut  
Brunel University London, United Kingdom, 1822716@brunel.ac.uk

## COPING WITH ISOLATION DURING COVID-19: A GLOBAL SPACE ANALOGY

**Abstract**

The strict regulations undertaken to protect the population during the COVID-19 pandemic have resulted in a global mental health pandemic. As it is not possible to completely lift social regulations in the foreseeable future, we need to find evidence-based, easy-to-access solutions, which can ease suffering in the context of isolation, and that can teach valuable tools for users with minimal or at no cost to cope adaptively. This study explores the relationships between coping strategies and mental health in the context of social isolation, and uses psychological flexibility or trait mindfulness as moderators in a sample of over 4000 survey respondents. Conditional process analyses reveal the potential of acceptance and commitment therapy and mindfulness-based interventions in contributing towards individual well-being in contexts that can be experienced as extreme, isolated, or anxiety-provoking. The results of the longitudinal survey inform public mental health, psychotherapy, and the space exploration industries.