

Psychological Distress: Factors, Support, Resilience

Isabella Conti*

Department of Emotional Regulation, Università di Verona, Verona, Italy

Introduction

Psychological distress remains a substantial global health challenge, affecting individuals across all age groups and socioeconomic strata. Its prevalence underscores the critical need for comprehensive research into its underlying causes, mitigating factors, and effective interventions. This body of work consolidates recent findings that shed light on various facets of psychological distress, from its prevalence in specific populations to the effectiveness of protective mechanisms and therapeutic approaches. A key theme emerging from contemporary research is the vital role of perceived social support. Strong social connections and the feeling of being supported are consistently identified as powerful buffers against mental health deterioration. For example, one significant study investigating university students in Malaysia demonstrated how perceived social support directly influences psychological distress. Importantly, this research highlighted resilience as a crucial mediating factor, suggesting that strategies aimed at fostering resilience and strengthening social connections can substantially reduce distress among students, providing actionable insights for student mental health initiatives [1].

The impact of social support becomes even more pronounced in high-stress environments, particularly evident during global health crises. A comprehensive systematic review and meta-analysis conclusively showed that adequate social support acts as a critical protective factor against increased psychological distress among healthcare workers during the severe COVID-19 pandemic. This high-risk professional group faced unprecedented challenges, making social support indispensable for their mental well-being [2]. Similarly, individuals living with chronic diseases experienced heightened vulnerability during the pandemic. A study in this area concluded that both higher self-efficacy and robust social support systems were essential in buffering psychological distress within this particularly vulnerable population [5]. Conversely, the absence or breakdown of social connections often correlates with increased distress. A cross-sectional study during the COVID-19 pandemic firmly established that both loneliness and social isolation were significant predictors of elevated psychological distress during this challenging period [8]. This emphasizes the profound impact of human connection on mental health outcomes.

Beyond broad social factors, specific lifestyle and environmental stressors contribute significantly to psychological distress across different age groups. Academic pressure, for instance, represents a common stressor for students. Research during the COVID-19 pandemic investigated the complex interplay between academic stress, coping mechanisms, and psychological distress among college students. This work specifically identified certain coping styles that either worsen or alleviate distress when students face academic pressures, underscoring the importance of adaptive coping strategies [4]. In a different demographic, adoles-

cents in China showed a concerning link between screen time and psychological distress. This multi-center study found that higher screen time, particularly involving social media and entertainment, directly correlates with increased distress levels, signaling a significant public health concern regarding digital habits and youth mental health [3]. Furthermore, professional burnout emerged as a critical issue for essential workers during the pandemic. A systematic review and meta-analysis focusing on healthcare workers during COVID-19 uncovered high rates of both burnout and psychological distress, underscoring the urgent need for dedicated mental health support and interventions for this essential workforce [9].

Resilience, defined as the capacity to recover quickly from difficulties, consistently appears as a potent protective factor against psychological distress. Its role extends beyond merely mediating the effects of social support. A longitudinal study explicitly examined resilience as a direct protective factor against psychological distress in young adults. It robustly demonstrated that higher levels of resilience significantly predicted lower future distress, strongly suggesting that interventions focused on boosting resilience could be profoundly beneficial for this demographic's long-term mental health [10]. This evidence highlights the intrinsic human capacity for coping and adaptation as a cornerstone of mental well-being.

In light of these findings, exploring effective interventions and understanding mediating mechanisms is paramount for addressing psychological distress. Mindfulness-based interventions have garnered considerable attention for their efficacy. A meta-analysis synthesized evidence from randomized controlled trials, confirming that these interventions are broadly effective in reducing psychological distress, thereby presenting a valuable and accessible therapeutic option for managing a range of mental health challenges [6]. Beyond formal interventions, individual regulatory capacities also play a crucial role. For example, one study explored the intricate relationship between sleep quality and psychological distress, identifying emotion regulation as a significant mediating factor. The findings suggest that concurrently improving sleep hygiene and enhancing emotion regulation skills can effectively work together to alleviate distress, offering integrated pathways for support [7]. Collectively, these studies paint a comprehensive picture of psychological distress, emphasizing both its complexities and the diverse strategies available for prevention and treatment.

Description

Psychological distress is a significant concern investigated across a range of contexts. Central to understanding this distress are factors like social support and resilience. One study among university students in Malaysia specifically explored how perceived social support impacts psychological distress, identifying resilience as a key mediating factor. This work suggests that nurturing resilience and strengthening social connections can significantly reduce student distress, of-

fering practical insights for mental health programs [1]. Another longitudinal study reinforced the importance of resilience, showing that higher levels of resilience predicted lower future psychological distress in young adults. This suggests that interventions aimed at boosting resilience could be profoundly beneficial for this demographic, acting as a crucial protective factor [10].

The COVID-19 pandemic presented a unique global stressor, exacerbating psychological distress in many populations. Healthcare workers, on the front lines, experienced significant mental health challenges. A systematic review and meta-analysis confirmed that adequate social support was a critical protective factor against increased psychological distress in this high-risk professional group during the pandemic [2]. This vulnerability extended to individuals with chronic diseases, where higher self-efficacy and robust social support systems were found essential in buffering distress [5]. Furthermore, the pandemic intensified feelings of loneliness and social isolation, both of which were firmly established as significant predictors of increased psychological distress in a cross-sectional study [8]. The cumulative impact of these stressors led to high rates of burnout and psychological distress among healthcare workers, underscoring the urgent need for dedicated mental health support and interventions for this essential workforce [9].

Beyond the pandemic's immediate effects, various other contemporary stressors contribute to psychological distress. Academic stress is a well-known challenge for college students. Research during COVID-19 examined the complex interplay between academic stress, coping mechanisms, and distress. This study identified specific coping styles that either worsen or alleviate distress, highlighting the need for adaptive strategies to manage academic pressures [4]. Adolescents also face unique modern stressors, notably excessive screen time. A multi-center study in China revealed a direct correlation between higher screen time, particularly for social media and entertainment, and increased psychological distress levels in adolescents, signaling a significant public health concern regarding digital consumption [3].

Understanding the mediating factors in the experience of distress is crucial for developing targeted interventions. For instance, the intricate relationship between sleep quality and psychological distress has been explored, identifying emotion regulation as a significant mediating factor. The findings indicate that concurrently improving sleep and enhancing emotion regulation skills can effectively work together to alleviate distress, suggesting an integrated approach to mental well-being [7]. These insights underscore that addressing distress often requires a multi-pronged approach that considers various aspects of an individual's daily life and internal coping mechanisms.

In terms of direct therapeutic approaches, mindfulness-based interventions have shown considerable promise. A meta-analysis synthesized evidence from randomized controlled trials, confirming that these interventions are broadly effective in reducing psychological distress. This establishes mindfulness as a valuable therapeutic option for managing distress, providing a non-pharmacological pathway for support [6]. Such evidence-based interventions are vital components of a comprehensive mental health strategy.

Collectively, this research paints a comprehensive picture of psychological distress, its contributing factors, and potential alleviating strategies across diverse populations. The consistent emphasis on social support and resilience highlights the importance of community and individual coping capacities. Furthermore, the identification of specific stressors like academic pressure, screen time, and the unique challenges of a pandemic underscores the need for context-specific interventions. The findings from these studies offer valuable insights for public health initiatives, educational institutions, and clinical practices aiming to bolster mental well-being and mitigate distress effectively.

Conclusion

This collection of research investigates the diverse landscape of psychological distress and its determinants across various populations. A recurrent theme is the protective influence of social support, shown to significantly reduce distress among university students, healthcare workers, and individuals with chronic diseases, especially amid the challenges of the COVID-19 pandemic. Resilience is also frequently identified as a crucial mediating and protective factor, helping to mitigate distress in university students and young adults. Conversely, several factors are linked to heightened distress, such as academic stress and specific maladaptive coping styles among college students. High screen time, particularly involving social media, correlates with increased distress in adolescents, raising public health concerns. The pandemic itself is highlighted as a major stressor, contributing to loneliness, social isolation, and elevated psychological distress and burnout among healthcare workers. The studies also explore effective strategies for managing distress, including strong self-efficacy, robust social support systems, and proactive coping mechanisms. Mindfulness-based interventions demonstrate broad effectiveness as therapeutic options. Furthermore, improving sleep quality and developing emotion regulation skills are identified as complementary approaches to alleviate distress. Collectively, these studies emphasize the complex interplay of individual, social, and environmental factors on mental well-being, underscoring the vital need for integrated approaches that foster resilience, strengthen social connections, and implement targeted mental health interventions across different vulnerable groups.

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Conflict of Interest

None.

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***Address for Correspondence:** Isabella, Conti, Department of Emotional Regulation, Università di Verona, Verona, Italy , E-mail: i.conti@univr.it

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