

**Longitudinal study of age-related differences in the psychological impact of confinement as a consequence of Covid-19 in a Spanish sample (93-107)**

Berta Ausín, Clara González-Sanguino, Miguel Ángel Castellanos, Jesús Saiz,  
and Manuel Muñoz

*Complutense University of Madrid (Spain)*

This research aims to analyze age-related differences in the psychological impact of the Covid-19 confinement situation in a Spanish sample. A longitudinal study ( $N= 1,041$ ) was conducted through an online survey with two measurements: at two and five weeks after the declaration of the alarm state in Spain. Post-traumatic stress disorder (PTSD), anxiety and depressive symptoms, spiritual well-being and perceived loneliness were evaluated by screening tests. Means and their confidence intervals (95%) were calculated for all variables in the study, for the three age groups: 18-30, 31-59, 60-80. Linear mixed models with random slopes (Time nested to Subjects) were calculated for each variable. The results indicate that the psychological impact caused by the pandemic persists over time, and even increases in some of the variables studied. The older age group (60-80 years) shows the least impact and the greatest well-being. They presented less depressive, anxious and PTSD symptoms and less loneliness. These results may be explained by the greater resilience of this group to recover from adverse situations, in addition to having a greater number of coping strategies.