

WHAT IS COVID DISREGARD SYNDROME?

COMPONENTS

COVID Disregard Syndrome involves believing that the COVID-19 threat is exaggerated, believing one will be largely unaffected from COVID-19 infection, and a disregard for social distancing.



ASSOCIATIONS

People with more severe COVID Disregard Syndrome are more likely to have poorer COVID-19 hygiene practices (e.g., hand washing) and stronger COVID-19 anti-vaccination attitudes.



**POORER COVID-19
HYGIENE**



**COVID-19 ANTI-VACCINATION
ATTITUDES**



Taylor, S., Landry, C. A., Paluszek, M. M., & Asmundson, G. J. G. (2020). Reactions to COVID-19: Differential predictors of distress, avoidance, and disregard for social distancing. *Journal of Affective Disorders*, 277, 94-98. <https://doi.org/10.1016/j.jad.2020.08.002>



Taylor, S., Landry, C. A., Paluszek, M. M., Rachor, G. S., & Asmundson, G. J. (2020). Worry, avoidance, and coping during the COVID-19 pandemic: A comprehensive network analysis. *Journal of anxiety disorders*, 76, 102327. <https://doi.org/10.1016/j.janxdis.2020.102327>