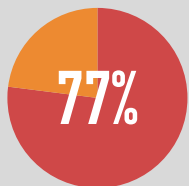


PERSONAL GROWTH DURING THE COVID-19 PANDEMIC

People can experience positive personal growth in the face of significant adversity. We assessed 893 Canadians and Americans with significant COVID-related psychological distress to understand the prevalence and nature of growth over the course of the pandemic.

PERCENTAGE OF PEOPLE WHO REPORTED PERSONAL GROWTH



of participants reported **moderate to high growth** in at **least one area** from the pandemic

MOST COMMON AREAS OF PERSONAL GROWTH



GREATER APPRECIATION OF HEALTHCARE WORKERS



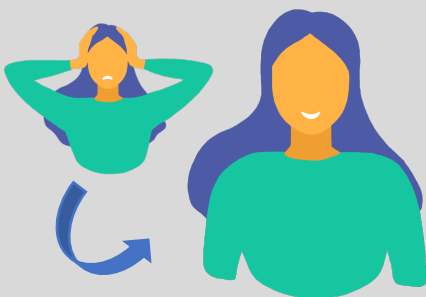
GREATER APPRECIATION FOR THE VALUE OF ONE'S LIFE



GREATER APPRECIATION OF FRIENDS AND FAMILY

REAL VS. FALSE PERSONAL GROWTH

There were distinct patterns of personal growth and psychological distress over the course of the pandemic in our study



32% of participants reported experiencing **high personal growth** and **lower psychological distress** (i.e., real growth)



17% of participants reported experiencing **high personal growth** but **greater psychological distress** (i.e., false growth)

People who experience false personal growth may need psychological interventions to help turn their perceived changes into a tangible gain

