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FLV Oral Presenter**



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**Larissa Pires** is Psychologist and currently Ph.D. student in Health Sciences at Federal University of Sao Paulo (UNIFESP), where she also completed a Master's degree in the same field. Her master's degree was based on coping strategies, competitive anxiety and quality of life among Brazilian elderly athletes. She completed a *latosensu* Post-Graduation in Cognitive Behavioral Therapy by IPq- FMUSP (2019). She is also a specialist in Health of the Elderly by UNIFESP (2017). She published a book chapter about self-esteem and quality of life among Brazilians college students, with data derived from her graduation work. She has been representing Brazil as a member of the Future Leader Program (FLV) under Prof. Nara Rejane Cruz de Oliveira 's advisory since 2017. As FVL, she has participated in BRICSCESS 2017 in Brazil, coordinating the team of volunteers of the Federal University of São Paulo besides presenting two posters and BRICSCESS 2019 in South Africa, as a FLV oral presenter.

**Mental Health, resilient coping strategies and hope of residents of the city of São Paulo during the period of social distancing in the COVID-19 pandemic**

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COVID-19 pandemic has abruptly changed the daily routine of the population worldwide, especially in the most affected countries. The COVID-19 outbreak has forced governments to impose social distancing policies for an extended period of time, resulting in the confinement of a large part of the population around the world and, consequently, impacting on mental health, well-being, and quality of life of the population. Under such circumstances, this study aimed to analyze variables related to the field of mental health, such as anxiety, depression, and their relationship with resilient coping and hope for residents of the city of São Paulo, the epicenter of the pandemic in Brazil. The questionnaire used in this research was made available online and included demographic information. For anxiety and depression data, the short form of (PROMIS®) v1.0 -- Anxiety 4a and PROMIS® v1.0 -- Depression. The formalization for participation in the study was made by signing the Free and Informed Consent Form. A total of 1,434 adults in São Paulo completed the questionnaire between July 8 and August 8, 2020. The data presented here point to the pandemic's impacts on mental health aspects, suggesting the need for incentives for implementing public mental health policies with strategies to respond to epidemics and pandemics before, during and after the event.