

Oral Presentation: #O3
Name of Student: LIANG Li (MPhil/Y1)
Name of Primary Supervisor: Professor Tatia LEE

A latent profile analysis of daily routines patterns and the links to psychiatric symptoms at the early phase of COVID-19 pandemic

Background: The unprecedented COVID-19 pandemic has largely influenced people's everyday life. The dramatic changes in major life domains may resemble the functional impairment consequential to mental disorders.

Objective: To use latent profile analysis (LPA) to identify different patterns of regularity of daily routines among Hong Kong population and to link the daily routines profiles to depression and anxiety.

Methods: A population-representative sample ($N = 4,042$) aged 15 years or older was recruited between April and August 2020 by random digit dialing. Respondents reported regularity of six universal daily routines (primary: hygiene, healthy eating, sleep; secondary: leisure activities, exercising/keeping active, socializing), depressive symptoms (9-item Patient Health Questionnaire) and anxiety symptoms (7-item Generalized Anxiety Disorder scale). LPA was conducted by Mplus 7. ANOVA and logistic regression were used to reveal the associations between daily routines profiles and psychiatric symptoms.

Results: Six distinct profiles were determined based on fit statistics and interpretability: (1) "All regular" was defined by high regularity across six daily routines (52.4%); (2) "Primary regular" was denoted by high regularity of three primary routines but low regularity of three secondary routines (31.0%); (3) "Primary and leisure" was represented by high regularity of primary routines and leisure activities but low regularity of other secondary routines (2.8%); (4) "Primary and exercising" was denoted by high regularity of primary routines and exercising/keeping active but low regularity of other secondary routines (5.8%); (5) "Hygiene regular only" was defined by high regularity of hygiene but low regularity of other five routines (5.7%); (6) "All irregular" was represented by low regularity across six daily routines (2.4%). Lower levels of psychiatric symptoms were observed among people who could maintain all regular routines (profile 1) compared to their counterparts (profiles 2-6) ($ps < .001$). People who had regular leisure activities (profile 3) exhibited lower levels of psychiatric symptoms than those in more irregular daily life patterns (profiles 2, 5, 6) ($ps < .050$). People who merely maintained regular primary routines (profile 2) showed lower levels of psychiatric symptoms than those whose daily routines were all irregular (profile 6) ($ps < .001$).

Conclusion: A considerable proportion of Hong Kong citizens did not maintain regular daily routines during the COVID-19 pandemic, which may place them at greater risk of poor mental health. The present findings provide a feasible direction for developing scalable behavioral interventions for potential mental health problems.