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Impact of COVID-19 Pandemic on Mental Health and Personality Traits. A Conceptual Review

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Abstract. Introduction: The COVID-19 epidemic has substantially impacted humans' physical and emotional well-being. The epidemic elicits diverse responses from individuals, which can be attributed to various facets of their personality. **Objective:** This study aims to examine the impact of the COVID-19 pandemic on individuals' mental health while also exploring the potential mediating role of personality factors in this relationship. **Methods:** The methodology employed in this study was the execution of a systematic literature review, which encompassed the examination of research papers published throughout the timeframe of 2020-2021. Following a rigorous evaluation process based on predetermined inclusion criteria, 12 publications were deemed suitable for the analysis. **Findings:** The study's findings are as follows: Concerning personality constructs, it was shown that neuroticism, narcissism, and maladjustment exhibited a positive correlation with symptoms of depression and anxiety. In contrast, a negative correlation exists between certain good personality traits, namely conscientiousness, receptivity to new experiences, emotional stability, adaptability, and resilience, and symptoms associated with anxiety, depression, and other mental disorders. Extroversion has been identified as a potential risk factor for the manifestation of the symptoms mentioned above in specific investigations. However, other studies have found it to serve as a protective factor. **Conclusion:** In light of the scarcity of available literature, it is justifiable to assert that personality can serve as a dual mediator, exerting positive and negative influences on the association between COVID-19 and individuals' mental well-being.

Keywords. Personality, Covid-19, Individual Differences, Mental Health, Depression, Anxiety Disorder

1. Introduction

The COVID-19 pandemic originated in late 2019 and has had significant worldwide ramifications beyond physical health to encompass mental health and interpersonal relationships. This review investigates the short-term and long-term effects of the pandemic on mental well-being and potential alterations in personality features. Initial findings suggest a notable increase in mental health concerns, as evidenced by heightened anxiety, despair, and stress levels observed among diverse demographic groups (Gkintoni et al., 2022). The exacerbation of these problems can be attributed to various factors, including the implementation of lockdown measures leading to social isolation, heightened concerns about contracting the virus, adverse economic circumstances, and the experience of bereavement

(Handayani, 2023). It is worth noting that the pandemic's extended duration may impact specific personality qualities. Preliminary findings indicate a potential rise in conscientiousness due to individuals adhering to health measures and an increase in neuroticism due to the ongoing pressures experienced. Moreover, the attributes of adaptation and resilience, which are frequently associated with the characteristic of openness, have grown more prominent as individuals navigate through this unparalleled catastrophe. Although it is premature to draw definitive conclusions about the long-term effects, the pandemic unquestionably highlights the complicated connection between global occurrences and individuals' mental and psychological characteristics (Gkintoni et al., 2023b). It is recommended that future studies give precedence to longitudinal studies to ascertain the enduring impacts of COVID-19 on the human psyche and behavior (Antonopoulou et al., 2022b,c, Giannoulis et al., 2022a).

2. Literature Review

The COVID-19 pandemic has substantially influenced mental health and personality characteristics. Fortune et al. (2023) have reported that the pandemic has been associated with heightened levels of sadness and anxiety among patients diagnosed with cancer. Fortune et al. (2023) have found resilience and hope as significant protective variables in ameliorating the detrimental psychological consequences of the pandemic. Moreover, the well-being of parents with children with disabilities has been impacted by many problems during the pandemic, wherein their psychological resilience and perceived social support play a moderating role (Rakap et al., 2022). The COVID-19 epidemic has had a significant impact on multiple sectors, including finance, livestock dealing, and transportation services, resulting in economic challenges and alterations to people's livelihoods (Handayani, 2023; Mirwandhono et al., 2022; Islam, 2022). Healthcare providers must evaluate persons' psychological well-being and offer suitable assistance and resources in these difficult circumstances (Fortune et al., 2023, Gkintoni et al., 2021). The results underscore the necessity of implementing interventions that cultivate hope, resilience, and social support to mitigate the pandemic's adverse effects on mental well-being (Fortune et al., 2023; Rakap et al., 2022). In addition, the global health crisis has brought attention to the significance of attending to the distinct requirements of marginalized groups, (Antonopoulou et al., 2022a, Giannoulis et al., 2022b) including persons diagnosed with cancer and children living with impairments (Fortune et al., 2023; Rakap et al., 2022).

3. Methodology

Purpose

This systematic review aims to examine the pandemic's impact on an individual's mental health and explore the role of personality types as mediators in this context. This study utilizes a sample comprising publications published in reputable scientific journals, focusing on the adverse psychological repercussions of COVID-19, its impact on human behavior, and the influence of personality traits on managing these outcomes.

Materials and Method

A comprehensive literature assessment was conducted, employing the search terms Personality, Covid-19, Individual Differences, Mental Health, Depression, and Anxiety across various global bibliographic databases, including Google Scholar, Science Direct, and PubMed. It is imperative to note that the terms mentioned above have been combined while incorporating their synonymous counterparts. In order to be included in our study, an article had to satisfy particular requirements. The article needed to have a direct correlation with the research topic, be published in a reputable scientific journal, and be written in English. A crucial factor for

article selection was that the investigations had been undertaken throughout 2020-2021, characterized by a significant increase in cases and the implementation of stringent containment measures. This systematic review mainly included papers that incorporated quantitative data.

The utilization of the specified keywords in the database search, along with the application of appropriate filters, yielded a total of 635 articles. Following a comprehensive review process, 18 articles were chosen for further analysis.

Evaluation and Selection

The papers were assessed based on the bibliographic search, adhering to the predetermined criteria established at the outset. Given the utilization of the Google Scholar database, which encompasses articles sourced from diverse platforms, the need to examine duplicate articles and eliminate them thoroughly was considered imperative. Subsequently, an analysis was conducted to assess the alignment between the titles and the article's subject matter. Nevertheless, there were no papers that were excluded or dismissed during this particular procedure. In contrast, three publications were excluded during the subsequent round of evaluation, wherein the abstracts were scrutinized due to their lack of direct relevance to the specific topic under investigation. In particular, none of the studies examined the role of personality as a mediating element in the relationship between Covid-19 and mental health outcomes. After thoroughly examining the studies, three studies that deviated from the established scientific approach and prioritized qualitative data over quantitative data were ultimately removed. Consequently, our investigation encompassed a cumulative sum of 12 articles.

The surveys, consisting of a sample size of 12, were administered exclusively online during the initial stage of the pandemic in 2020. However, there were variations in the methods used to distribute these surveys. Most studies (n=6) were done using specifically prepared Google platforms, while a smaller number (n=5) were disseminated using social media channels. Only one study was transmitted via email. Moreover, most surveys (n=9) exhibited a brief time frame, ranging from a few days to one month, with only three surveys surpassing two months. Notably, in addition to personality traits, only three research have emphasized characteristics such as gender concerning individuals' response to the COVID-19 pandemic. Moreover, it has been demonstrated that most studies (n=7) utilized the Big Five Inventory Test scale as a fundamental instrument.

4. Results

Five Factor Model

The study conducted by Kocjan G.Z. et al. (2020) investigated the impact of resilience on the connection between core personality qualities and psychological functioning, namely subjective well-being and perceived stress, during the widespread stressful circumstances related to the COVID-19 pandemic. Two thousand seven hundred twenty-two individuals from Slovenia, aged 18 to 82, participated in an online survey where they completed the Big Five Inventory, the Connor-Davidson Resilience Scale, the Perceived Stress Scale, and the Mental Health Continuum. The findings indicated modest to moderate positive associations between resilience and extraversion, conscientiousness, agreeableness, and openness, while a robust negative association was observed between resilience and neuroticism. Neuroticism was found to be the most significant predictor of compromised resilience. Nevertheless, the trait of extraversion did not emerge as a statistically significant predictor of resilience.

Furthermore, it was shown that neuroticism exhibited the most pronounced direct impact on stress levels during the COVID-19 pandemic among the Big Five personality traits.

Conversely, extraversion and openness displayed comparatively weaker yet noteworthy positive influences on stress (Lopez-Nunez et al., 2021). Nevertheless, it is worth noting that the trait of openness demonstrated an indirect adverse impact on stress levels, mediated by increased resilience. This implies that individuals with a higher degree of openness are more inclined to discover and use effective coping strategies in challenging circumstances, such as the ongoing epidemic. Ultimately, the impact of conscientiousness and conciliation on stress was completely mediated by resilience, whereby conscientiousness had a negative indirect influence, and conciliation had a positive indirect influence. In general, elevated levels of conscientiousness, heightened levels of openness, decreased levels of agreeableness, and notably diminished levels of neuroticism have positively impacted stress reduction and overall well-being (Antonopoulou et al., 2021a,b). This is because individuals perceive themselves as capable of effectively handling the bad conditions amidst the global pandemic caused by the novel coronavirus (COVID-19).

The study conducted by López-Núñez et al. (2020) aimed to examine the impact of personality traits on psychological well-being, namely anxiety, depression, and life satisfaction, in the context of the COVID-19 pandemic. The researchers also accounted for the influence of demographic factors, work-related variables, and social variables in their analysis (Gkintoni & Ortiz, 2023). The present study comprised a sample of 1659 individuals from Spain, ranging in age from 18 to 79 years. The data collection process was facilitated through the utilization of social media platforms. The assessment instruments employed in the current investigation consisted of the following: the PROMIS scale was utilized to assess anxiety and depression, the SWLS scale was employed to measure life satisfaction, the CWFR scale was utilized to evaluate employment status, and the Spanish version of the five-item personality inventory (TIPI) was employed to assess personality traits. The findings of the study indicated that personality factors were able to predict a substantial amount of variability in sadness (20%), anxiety (14%), and life satisfaction (9%). Specifically, the study revealed that those with higher levels of conscientiousness, extraversion, emotional stability, and lower levels of neuroticism exhibited lower scores on measures of sadness and anxiety. Hence, it is apparent that personality qualities play a significant role in accounting for the discernible variations in individuals' mental well-being (Antonopoulou et al., 2019, 2020) during the epidemic. Specifically, neuroticism emerges as a susceptibility factor, whereas extroversion, conscientiousness, and emotional stability serve as protection factors. Hence, the researchers concluded that there is a positive link between symptoms of depression and anxiety and the five personality traits (Big Five) when considered in conjunction with social, demographic, and vocational variables (Antonopoulou et al., 2021, 2022).

In their online study, Staneva et al. (2020) sought to investigate the epidemic's effects on individuals' mental well-being, particularly emphasizing potential modifiers such as gender, age, and personality variables. The study employed longitudinal data from the United Kingdom, with an unbalanced panel sample including 373,555 person-year observations. The above data were collected and documented between 2009 and June 2020. Starting in April 2020, individuals were requested to fulfill a General Health questionnaire of the Likert type. In the year 2013, participants completed questionnaires that were designed based on the five-factor model of personality. The findings from these questionnaires indicated that during the initial months of the pandemic, individuals between the ages of 16 and 25 experienced more significant adverse consequences contingent upon their specific personality traits. The study found that people who exhibited neuroticism, extroversion, and openness to experience experienced more significant psychological distress than those who displayed introverted

characteristics. In summary, this study supported the notion that individuals exhibit varying responses.

In May 2020, a study was conducted by Han Y. et al. to examine the association between essential personality components based on the five-factor model and maladaptive traits, with various outcomes including depression, anxiety, suicidality, self-reported COVID-19 symptoms, and preventative activities. The participants in this brief research investigation comprised a cohort of 1000 individuals from Korea. These participants were administered self-reported questionnaires via email to evaluate their levels of depression and anxiety symptoms, suicidal tendencies, self-reported symptoms related to COVID-19, and their engagement in preventive behaviors during the ongoing pandemic. The participants were also given a condensed version of the BDPI-SF Light and Dark Personality Inventory, a multidimensional assessment tool. Following the completion of a correlation study, the obtained data revealed that maladaptive personality traits, namely negative emotionality, had positive correlations with various indicators, including depression and anxiety symptoms, suicide risk, and symptoms associated with COVID-19. On the other hand, it is worth noting that proactive actions were found to have favorable correlations with five distinct personality qualities: conscientiousness, extroversion, neuroticism, openness, and emotional stability. Hence, this study aimed to emphasize the need to consider the five elements and maladaptive personality traits when comprehensively assessing individuals' reactions to a stress-inducing event, such as the ongoing pandemic.

In a study done in June 2020, Nikčević A.V. et al. aimed to investigate the critical vulnerabilities and protective factors associated with the development of generalized anxiety and depressive symptoms amidst the ongoing pandemic. A survey was conducted on a sample of 502 persons residing in the United States, with an average age of 39.3 years. The survey was done online through a platform and included sociodemographic questions and questionnaires. The questionnaires utilized in this study were the Big Five Inventory-10 (BFI-10), Whitley Index 7 (WI-7), Coronavirus Anxiety Scale (CAS), COVID-19 Anxiety Syndrome Scale (C19-ASS), and Questionnaire Health Patient Anxiety and Depression Scale (PHQ-ADS). These instruments were subjected to path analysis for examination. The empirical findings indicate that there exists a negative correlation between personality traits, namely extraversion, agreeableness, conscientiousness, and openness, and the presence of generalized anxiety and depression, in contrast to the positive correlation shown between neuroticism, health anxiety, and discomfort associated to COVID-19. In a broader sense, the researchers discovered that concerns regarding health, particularly concerning COVID-19, serve as a mediating factor in the relationship between personality traits and the manifestation of symptoms associated with generalized anxiety and depression. This relationship remains significant even when accounting for other variables.

In a study conducted over seven weeks in Turkey, Eroglu et al., 2021, examined the relationship between students' personality traits, their fear of COVID-19, and the development of resilience. The study employed a cross-sectional online survey methodology, utilizing Google Drive as the platform for data collection. The sample size consisted of 690 students. The process consisted of five components. The initial section of the study provided an elucidation of the study's aim, object, and stages. The subsequent section of the survey encompassed a series of ten inquiries about the participants' descriptive attributes. The final section of the study employed the 10-point Big Five Personality Traits Scale to assess individuals' personality characteristics. The fourth section of the study employed the fear scale designed to assess the level of fear related to COVID-19. In the subsequent section, the

researchers utilized the Connor-Davidson resilience scale to measure participants' resilience levels. The data was analyzed using descriptive statistics and path analysis techniques. The present study revealed a significant positive association between neuroticism and fear of COVID-19 and a significant negative association between neuroticism and psychological resilience. Based on the findings of this study, it can be shown that there is a positive correlation between the level of neuroticism and the fear of COVID-19, indicating that as neuroticism increases, so does the dread of contracting the virus. Additionally, a negative correlation is evident between emotional resilience and the fear of COVID-19, suggesting that the fear of the virus intensifies as emotional resilience reduces.

On the contrary, conscientiousness positively influenced both the levels of fear associated with COVID-19 and the capacity for resilience. Furthermore, it was shown that those with high resilience scores also had elevated levels of extroversion and openness. Consequently, the researchers concluded that of the five personality qualities examined, emotional stability was the sole feature that did not exhibit a noteworthy and immediate impact on either the dread of COVID-19 or psychological resilience.

The study conducted by Wang T. et al., (2023) aimed to establish a clear correlation between personality qualities and the fluctuations in depression symptoms following the outbreak of the pandemic. The researchers also examined potential variations in this association based on gender. The research encompassed a sample size of 16,369 individuals from China, all of whom were 18 years of age or older. These participants were required to complete self-rating and BFI-S scales, as well as the Center for Epidemiological Studies depression questionnaire. The study employed multinomial logistic regression analysis to investigate the potential relationship between personality factors and fluctuations in depressed symptoms. The findings indicated a positive correlation between those exhibiting neuroticism traits and the manifestation of symptoms associated with anxiety and sadness (Fietze et al., 2023, Han et al., 2021). The researchers specifically highlighted that individuals who exhibited transparency and openness were shown to have a higher likelihood of experiencing depressed symptoms in the aftermath of the epidemic. Simultaneously, there exists a negative correlation between extroversion and the presence of anxiety and sadness.

Additionally, it has been observed that those with low levels of conscientiousness may experience a diminished amelioration of depression symptoms. In a broader context, this study demonstrated a correlation between personality traits, encompassing their diverse dimensions, and fluctuations in symptoms of depression. It is noteworthy to mention a positive association between persistent depression symptoms and neuroticism and a negative correlation between persistent depression symptoms and conscientiousness. Ultimately, it became evident that women tend to have a more pronounced association between personality factors and enduring depression symptoms.

Personality Dimensions

A study conducted by Ahmed O. et al., (2020) in Bangladesh employed a person-centered method to investigate the psychological impact of COVID-19 on individuals' fear, stress, sleep quality, and activities during lockdown. The study's sample comprised 521 individuals aged 18 to 80 years, and the researchers employed five assessment techniques. The Big Five Personality Inventory-10 (BFPI-10) scale was utilized to evaluate the five primary personality qualities, also known as the "Big Five." The FCV-19S scale was also employed to measure the level of dread individuals experienced concerning the COVID-19 pandemic. Subsequently, the PSS-10 scale was employed to evaluate the participants' felt stress levels, the Pittsburgh Sleep Quality Index (PSQI) was utilized to gauge sleep quality, and a five-point

Likert scale was employed to measure the participants' engagement in activities throughout lockdown. The researchers employed latent profile analysis (LPA) to examine the "Big Five" personality traits, in addition to utilizing one-way analysis of variance (ANOVA) as a statistical method. The present study is mostly centered around three distinct personality types: maladaptive, adaptable, and highly adapted. The first profile exhibited diminished levels of extraversion, agreeableness, conscientiousness, and openness while displaying elevated levels of neuroticism.

On the other hand, the third profile exhibited characteristics akin to the resilient personality profile, with elevated levels of extraversion, conscientiousness, and openness while demonstrating lower levels of neuroticism. The findings on personality variables indicated that people exhibiting a markedly adaptable personality profile, as indicated by more significant levels of the general factor of personality (GFP), demonstrated significantly lower levels of fear related to COVID-19, perceived anxiety, and symptoms of depression. This phenomenon could be attributed to these individuals' elevated self-confidence and a firm conviction in effective stress management strategies. Conversely, people exhibiting a maladaptive personality profile, characterized by poorer levels of general functioning and performance (GFP), demonstrated the highest levels of dread towards COVID-19 and heightened perceptions of anxiety and despair. In light of the findings from this investigation, the general personality factor (GFP) plays a crucial role in individuals' ability to navigate the challenges posed by the COVID-19 pandemic.

The study conducted by Mojsa-Kaja et al. (2021) aimed to examine the potential mediating role of coping methods (adaptive or maladaptive) in the associations between Dark Triad (DT) traits (narcissism, Machiavellianism, psychopathy) and stress, depression, and anxiety within the challenging circumstances of the COVID-19 pandemic. The current investigation was conducted online, utilizing Google Forms as the data collection tool. The study encompassed participants from Poland (N=1086) and Spain (N=582), employing measures that had been previously validated across different cultures. In order to evaluate levels of depression, anxiety, and stress, the researchers utilized the DASS-21 scale. They employed the Cognitive Emotion Regulation Questionnaire (CERQ) to measure cognitive emotion regulation strategies.

Additionally, the Dirty Scale Dozen was utilized to assess social avoidance qualities as defined by DT. The data was analyzed using descriptive statistics and the Pearson correlation coefficient. Based on the research findings, a significant positive correlation exists between narcissism and Machiavellianism and the adoption of maladaptive cognitive emotion regulation mechanisms. Consequently, this association extends to the experience of sadness, anxiety, and stress (Gkintoni et al., 2022). Psychopathy subsequently resulted in using maladaptive tactics and solely manifesting depressive symptoms.

Conversely, utilizing adaptive cognitive emotion regulation mechanisms, such as accepting positive reappraisal, exhibits a negative correlation with the abovementioned factors (Gkintoni & Dimakos, 2022). This reduces the probability of developing psychopathological conditions during the COVID-19 pandemic while promoting psychological well-being. Distinct dimensions of temperament may incline individuals towards employing particular cognitive emotion control strategies, yielding both advantageous and detrimental effects on mental well-being (Gkintoni et al., 2021a,b 2023b).

In their study, Kampe et al., (2023) examined the impact of various personality dimensions, including functioning, organization, defense mechanisms, and vulnerable and grandiose dimensions of narcissism, on individuals' psychological distress levels during the pandemic. Additionally, the researchers aimed to explore how these personality dimensions

influenced cognitive and behavioral attitudes toward social norms related to physical distancing (Gkintoni et al., 2016, 2017, Halkiopoulou et al., 2021, 2022). In 2020, a comprehensive online survey was undertaken, wherein a sample of 254 individuals was selected from University lists in Germany. Notably, the majority of participants were women, accounting for a total of 192 individuals. In this study, researchers employed various scales to evaluate the impact of the pandemic and social distancing on psychological discomfort and individuals' attitudes toward preventive actions. Specifically, the Brief Symptom Inventory was utilized to assess overall psychological suffering, while a German adaptation of the Pathological Narcissism Inventory was employed to explore defense mechanisms. The data derived from these questionnaires provide evidence that impairments significantly influence the psychological suffering associated with the pandemic and social distance measures in personality functioning, organization, and narcissistic traits. On the other hand, the presence of defense systems and difficulties in effectively managing aggressive tendencies contribute to decreased levels of psychological distress.

The study conducted by Delz et al., (2023) aimed to investigate the cognitive and predictive characteristics that contribute to the maintenance of distress related to COVID-19. The researchers sought to determine the validity of these variables as a unified model, with a particular focus on assessing the goodness of fit. In a more detailed manner, the researchers conducted a cross-sectional quantitative survey in Ireland for two months. The survey was disseminated using social media, and a sample of 555 individuals from the general public was obtained. The participants in this study were required to be at least 18 years old. They were given a series of assessments, including the UCLA Loneliness, Rumination Response, and Mental Effort Rating Scales, the Posttraumatic Cognitions questionnaire, and the 10-item personality inventory. The tools mentioned above encompass several demographic aspects such as anxiety, sadness, loneliness, distress associated with COVID-19, cognitions about trauma connected to COVID-19, rumination, personality factors, and mental effort related to COVID-19 (Islam, 2022). The findings about the personality characteristics indicated a favorable correlation between emotional stability and anxiety (Gkintoni et al., 2023c) regarding COVID-19, conscientiousness, and depression, as well as openness to new experiences and generalized anxiety.

In a recent study conducted in Canada, Bartone et al. (2022) investigated the potential mitigating effects of resilience and age on the mental health consequences of stress connected to the COVID-19 pandemic. The present study encompassed a sample of 363 Canadian individuals, all aged 18 years or older. The survey encompassed a range of assessments, including resilience, COVID-related stress, anxiety, depression, and several demographic variables. In continuation, COVID-related stress was assessed using a scale developed explicitly for this study. Additionally, resilience was measured using the Resilience Scale (HRG), while anxiety symptoms were evaluated using the GAD-7 scale, and depressive symptoms were examined using the PHQ-9 scale. The data were subjected to path analysis in order to do the study (Gkintoni & Ortiz, 2023, Staneva et al., 2022).

Regarding the outcomes about personality, the findings indicated a positive correlation between the stressors linked to the COVID-19 pandemic and notable elevations in symptoms of anxiety and depression, aligning with the researchers' initial hypotheses. The study revealed that the influence of stress associated with COVID-19 was contingent upon individuals' levels of resilience, as those with higher levels of resilience reported experiencing lower levels of anxiety and despair in response to COVID-19 stress. This study demonstrates that resilience plays a moderating role in mitigating the negative impacts of COVID-related stress, particularly

concerning anxiety and depression. Individuals with higher levels of resilience tend to perceive these circumstances as anticipated aspects of life and approach them as opportunities for personal growth rather than perceiving them as imminent dangers.

5. Discussion and Conclusion

The research mentioned above collectively revealed the significant influence of personality on the impact and handling of the pandemic across individuals. In the context of the COVID-19 pandemic, it was found that there existed a positive correlation between neuroticism, the Dark Triad (comprising narcissism, Machiavellianism, and psychopathy), and maladjustment with depressive and anxious symptomatology. In contrast, it is seen that positive personality traits, including conscientiousness, openness to new experiences, emotional stability, adaptability, and resilience, exhibit an inverse association with symptoms of anxiety, depression, and other mental disorders (Antonopoulou et al., 2023, Sedighi et al., 2023). Additionally, it is noteworthy that particular research has identified extroversion as a potential risk factor for the manifestation of the symptoms mentioned above. On the contrary, it served as a mitigating element in some instances. Hence, it can be logically inferred from the aforementioned that personality, within the framework of the pandemic, has the potential to yield both advantageous and detrimental effects on mental well-being (Tzachrista et al., 2023). The investigation of the personality domain is inherently intricate, particularly when considering its interaction with other variables. The role of personality has been notable in the context of the pandemic, yet additional scholarly inquiry is necessary to establish its correlation with this relatively recent occurrence (Rakap et al., 2022).

The literature on the COVID-19 pandemic is now constrained due to its recent occurrence and the worldwide community's ongoing concern. Without question, the available research offers crucial perspectives on the ramifications of the COVID-19 pandemic on individuals' day-to-day experiences. Nevertheless, it is imperative to conduct further research on the ramifications of the pandemic on individuals' mental well-being, particularly concerning variables such as personality traits (Halkiopoulos et al., 2023). Simultaneously, the absence of relevant scholarly works significantly prevented the present systematic review from concentrating on a particular demographic, resulting in a more inclusive and varied sample. The potential impact on the validity of surveys due to their predominantly online administration is worth considering since it lacks direct researcher-participant interaction and introduces the possibility of deceit and anonymity concerns regarding data identification (Goodell, 2020, Mirwandhono et al., 2022).

In conclusion, the COVID-19 pandemic has had a significant and far-reaching influence on mental health and personality characteristics. The abovementioned circumstances have resulted in heightened sadness and anxiety, disturbances in regular daily schedules, and the imposition of financial burdens. Nevertheless, protective qualities, such as resilience, hope, and social support, can effectively alleviate the adverse consequences. Further investigation is warranted to delve into the enduring ramifications of the pandemic on mental well-being and ascertain efficacious approaches in assisting individuals and communities in navigating the difficulties presented by the current pandemic.

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