



***Debbie Torres***

Dissertation Defense  
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Doctor of Philosophy, Clinical Psychology

## **Mitigating the Impact of Covid-Related Stress on Parental Stress, Mood, and Emotion Regulation: Is There An App For That?**

Child-caregivers faced extreme stress during the COVID-19 pandemic, increasing their risk for psychological distress. Brief app-based mindfulness and gratitude interventions may help.

A secondary analysis of a 3-arm randomized control trial involved caregivers of children under 10 using one of three apps for 10 minutes/day over 2 weeks: Mindfulness Coach, Gratitude, or Day-One (control). Participants completed stress and emotion regulation surveys at baseline, post-intervention, and 1-month follow-up. App condition did not significantly moderate the relationship between baseline COVID-related stress and post-intervention outcomes. Limited evidence linked COVID-related stress to parenting stress and expressive suppression. Non-significant trends indicated: Gratitude app users had lower expressive suppression and higher cognitive reappraisal at one-month follow-up. Mindfulness app users may have buffered effects on parenting stress, positive affect, and cognitive reappraisal. COVID-19 stress is linked to parenting stress and emotion regulation. Brief app-based interventions showed no strong mitigation effects, though trends suggest potential benefits warranting further research.

### Event Information

June 4, 2024  
10:00 AM CST  
Via Zoom

### Committee Members

Chelsea Ratcliff, PhD  
Hillary Langley, PhD  
Shelley Riggs, PhD  
Amanda Venta, PhD



**Sam Houston State University**

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