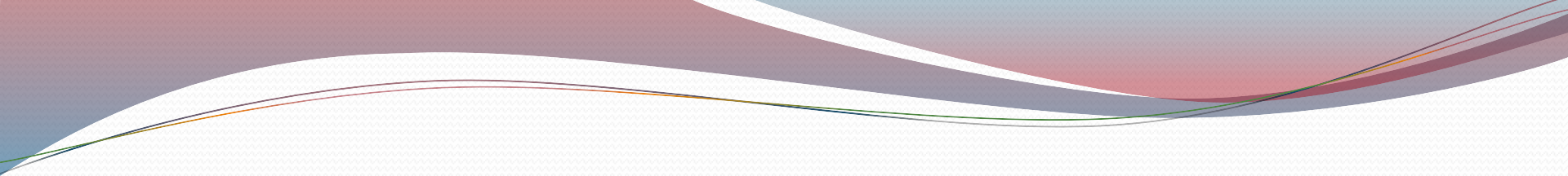


A comparative study of the Greek and Bulgarian elderly people perceptions of psychological well-being and psychological distress one year after the beginning of the Covid-19 pandemic

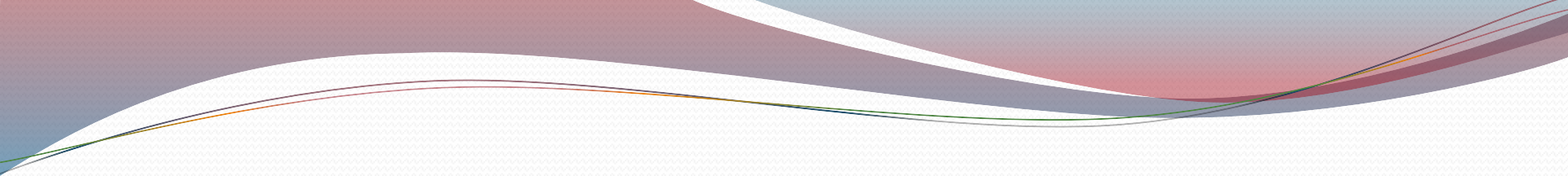
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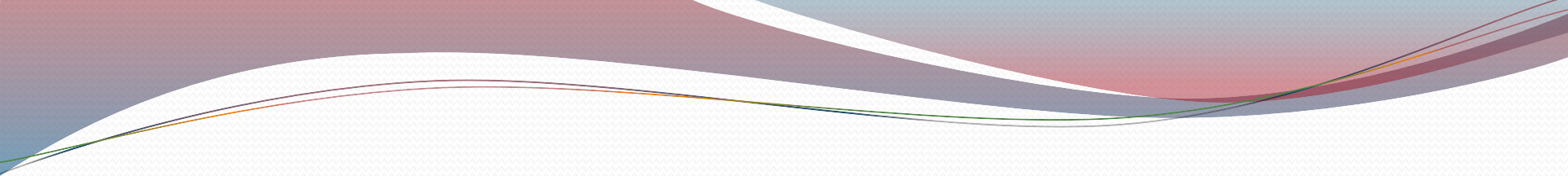


Psychological well-being is considered a protective factor when facing adverse life events. The COVID-19 pandemic is one of the most dangerous challenges that humanity has faced recently.

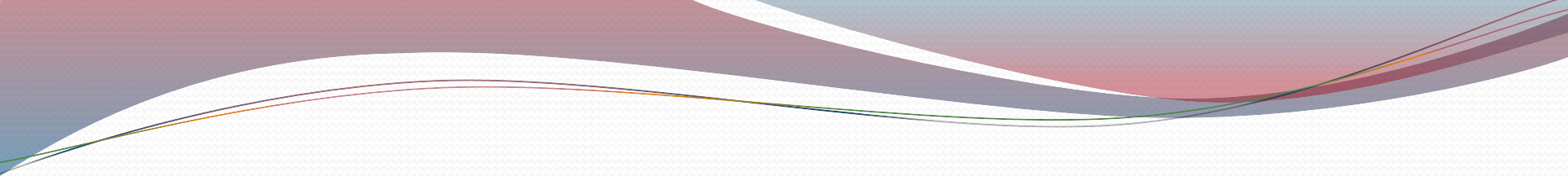
In this context, we aimed to investigate the effect of the COVID-19 pandemic on Greek and Bulgarian elderly people perceptions of psychological well-being and psychological distress.



A total of 180 elders, 90 Greeks and 90 Bulgarian, aged 60-89 years, were studied by means of the Heubeck and Neill's Mental Health Inventory (2000).



The results revealed insignificantly higher levels of psychological well-being and distress among the Bulgarian sample in comparison to the Greek sample, with the differences between Greek and Bulgarian women regarding psychological well-being being more pronounced and statistically significant.



The findings support the suggestion that the negative changes in the Greek and Bulgarian senior adults' perceptions of psychological distress and well-being related to the COVID-19 pandemic may be determined by different factors.