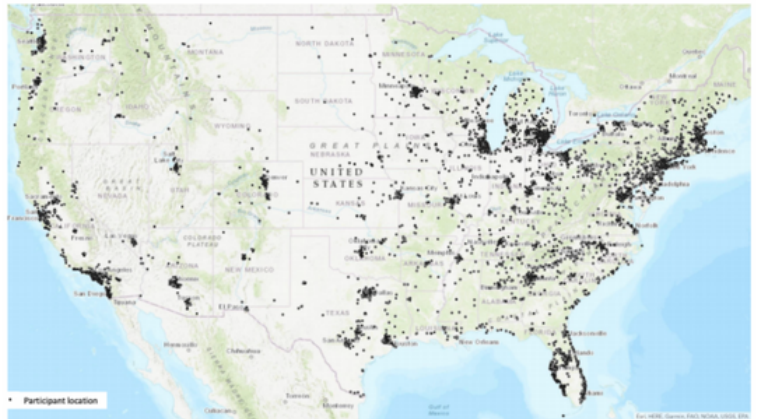


COVID-19 COPING STUDY NEWSLETTER

MAY 2020 | VOLUME 1

HELLO EVERYONE!

We are excited to share with you that over **4,300** people have taken part in the study since we launched on April 2nd! We're open to new participants until May 31st, 2020. Please consider sharing the survey with those who may be interested!



MEET THE RESEARCH TEAM!



JESSICA FINLAY

Hi! I was born in California and grew up in Vancouver, Canada. Lindsay and I met over a decade ago on our university's triathlon team, and we've been running buddies ever since! My husband Matt and I moved to the US together for work and graduate school. Last summer we welcomed our son, who is now 9 months old! When not chasing him around, I love to cook, garden, and read. I'm passionate about my research on wellbeing in later life, particularly the impact of neighborhoods on health.

LINDSAY KOBAYASHI

Hi everyone! Like Jessica, I grew up in British Columbia, Canada. I've been working in epidemiology for ten years, following my passion for researching how people's social circumstances 'get under the skin' to affect health. This work has taken me to live in London, Boston, and Washington, DC, before finally settling in Ann Arbor. When not at my desk, I love to go for long runs, travel the world as much as I can, and play with my four-year old rat terrier mix dog, Zola (she is a monster!).



ZOLA

We love hearing from so many different people from across the country. Our team is working hard to begin sharing study results with all of you in our next newsletter. Stay tuned!

IN THE NEWS

TWO podcasts recently featured Jessica and Lindsay! "Population Healthy: The Impacts of Social Distancing on Older Adults" and "Michigan Minds: How COVID-19 is Impacting Older Adults"!

"We've observed that about one in four people in the COVID-19 Coping Study screened positive for depression, and one in 10 screened positive for anxiety."

-Lindsay

"We hope the results will inform social distancing guidelines, as well as coping strategies and procedures, to help in future public health crises."

-Jessica



[CLICK HERE FOR THE POPULATION HEALTHY PODCAST!](#)

[CLICK HERE FOR THE MICHIGAN MINDS PODCAST!](#)

QUESTIONS ABOUT THE COVID-19 COPING STUDY?



[CLICK THE LAPTOP FOR DETAILS!](#)