

## **Predictors of mental health during the COVID-19 quarantine**

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**Introduction.** The COVID-19 pandemic not only threatened physical health but also mental health, making it essential to address the factors that predict it. **Aim.** Evaluate some predictors of mental health during the COVID-19 quarantine. **Method.** A cross-sectional predictive design was used. An online survey was administered using a questionnaire consisting of ad hoc instruments and the Goldberg General Health Questionnaire (GHQ-12) in a sample of 2,011 participants. The data were analyzed using descriptive and step-by-step regressions. **Results.** Moderately low levels of social dysfunction, depression and anxiety, high levels of worry, medium level of boredom and satisfaction with services, support received and government management during the pandemic were identified. In addition, they expressed knowledge of the need for the measures and compliance with them, but reported feelings of saturation and confusion with information related to COVID-19. Finally, they presented a highly positive assessment of the situation generated by COVID-19. In relation to the prediction, it is found that a lower positive evaluation, a negative position regarding the situation, a younger age, a greater boredom and a higher level of worries predict a higher level of social dysfunction, being the variable with the greatest weight in the prediction, the positive assessment towards COVID-19. Regarding the second indicator of mental health, a higher level of worries, greater boredom, a negative position regarding the situation, a lower positive assessment of COVID-19 and being a woman predict a higher level of depression and anxiety, corresponding to the variable of greatest weight in the prediction, concerns about COVID-19. **Discussion and conclusion.** The findings show pertinent information on some predictors of mental health for the design of prevention programs during a health crisis situation, such as the one that occurred due to this pandemic.

**Keywords:** Mental health, concerns, infodemic, positive assessment, quarantine, COVID-19.