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**Low resilience as risk factor of mental disorders during COVID-19 pandemic: A cohort study**

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**Background:**

To analyze whether people with low resilience are at higher risk of mental health problems during the COVID-19 pandemic in Spanish adults.

**Methods:**

A longitudinal cohort study was carried out. Resilience was measured pre/post-pandemic with the CD-RISC. Mental health problems assessed were: Major Depressive Episode (MDE), Generalized Anxiety Disorder (GAD), Suicidal Thoughts and Behaviors (STB), and Posttraumatic Stress Disorder (PTSD) symptoms.

**Results:**

We found statistically significant differences between groups and resilience scores in MDE [ $F(3;48.40) = 19.55$ ], GAD [ $F(3;19.63) = 6.45$ ] and STB [ $F(3;111.74) = 31.94$ ]. Multivariable analyses showed individuals with very low resilience were at a 5-fold risk of Incidence of MDE and a 4-fold risk of STB. Persistent group presented a 21-fold risk of MDE and 54-fold risk of STB, respectively. No evidence of higher risk was found for GAD. Individuals with low resilience and exposed to COVID-19 did not have a significantly higher risk. Individuals with low resilience were at higher risk of PTSD in general population [ $\beta(95\%CI) = -3.25(-3.969 \text{ to } -2.54)$ ], but not for individuals with COVID-19.

**Conclusions:**

In the general population, having low or very low resilience increases the risk of suffering MDE, STB, and PTSD, but not GAD during the COVID-19 pandemic, but not in the population with COVID-19.

**Key messages:**

- Resilience was a buffer of mental health problems in general population, but not in those exposed to COVID-19.
- Those with low resilience were at 21-fold risk of mental health problems before and during the first year of pandemic.