

PSYCHOLOGICAL INFLEXIBILITY MEDIATES THE EFFECT OF DEATH ANXIETY ON THE EUDAIMONIC WELL-BEING OF ITALIAN YOUNG ADULTS DURING THE COVID-19 PANDEMIC

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After the COVID-19 pandemic, young adults are an at-risk population, showing increased anxiety, depression, and stress (Wąsowicz et al., 2021). Literature has underlined the relevance of the eudaimonic approach to psychological well-being (Ryff, 1995) to account for individuals' self-realization within existential challenges. Previous research identified psychological inflexibility as a predictor of eudaimonic well-being (Calvo et al., 2020) and of mental health within the pandemic (Hernández-López et al., 2021); little is known about the impacting role of death anxiety elicited by the pandemic as an existential threat. This study investigated the mediating role of psychological inflexibility in the relationship between death anxiety and eudaimonic well-being among young adults. In March 2021, 335 Italian young adults (18-35 yrs) participated in an online survey, including measures of psychological inflexibility (AAQ-II), death anxiety (CL-FODS), and eudaimonic well-being (PWB). Analyses showed that psychological inflexibility significantly mediates the effect of death anxiety on eudaimonic well-being. These findings broaden our knowledge on the factors influencing eudaimonic well-being and provide insights for clinical work with young people challenged by uncertain times.