

Abstract

The aim of the study was to find out the relationship of alexithymia and stress aroused by the COVID-19 pandemic of the general public in Hong Kong, after adjusting the influence of their various gender role identities. Scales used: BSRI (Short Form), BVAQ form-b, CSS. Sample number: 79, age over 18. The results revealed: Androgyny was negatively correlated with alexithymia. Feminine traits were positively correlated with COVID-19 stress in females. A significant interaction between alexithymia and COVID-19 stress was found after adjusting for gender role identities.

Keywords: alexithymia, gender role identities, COVID-19, stress, emotional awareness