

### **Abstract**

During epidemic of COVID-19 in Hong Kong, reports from medical authorities had revealed that older adults have higher risk of COVID-19 infection and the World Health Organization has informed that older people have higher risk of suffering from serious conditions when they are infected by COVID-19. In face of this situation, how did older adults perceive their risk of contracting COVID-19 and how did they feel? The aim of the present study is to examine the effect of risk perception of COVID-19 infection on the emotional well-being of old adults in Hong Kong, the effect of dispositional mindfulness on emotional well-being and the moderating role of mindfulness on the association between risk perception and negative emotions. The daily questionnaire of 106 older adults were collected for 21 consecutive days in March and April this year. Probability of risk perception of infection, emotional well-being, including positive affect, negative affect, depressive symptoms and anxiety symptoms as well as dispositional mindfulness were measured. The result showed that the average probability of risk perception was pretty low, around 20%. The level of positive affect was higher than that of negative affect. The risk perception of COVID-19 infection was positively related to negative emotions, but the association was weak. Dispositional mindfulness was positively related to positive affect and inversely related to negative emotions. Unfortunately, dispositional mindfulness could not perform the role of moderator on the relation between risk perception and negative emotions. Nevertheless, the results of the present study further confirmed that mindfulness may be a protective factor against negative emotions and depressive and anxiety symptoms.

*Keywords:* Risk perception, mindfulness, emotional well-being