Prosocial behaviors – actions, which aim to increase the welfare of other people – are very important for the functioning of social groups and broader – for a healthy society. During the COVID-19 pandemic, restrictions introduced limited social contacts, which had an impact on how people could have expressed their prosociality. On the one hand, the limiting of contact with others caused that people had fewer opportunities to act prosocially. On the other hand, due to the adversities connected to the pandemic and restrictions, self-help initiatives emerged, such as Facebook groups, which gathered people who needed and offered support.

The ongoing vaccinations against COVID-19 in Poland give hope for the "return to normality" – on-site learning, work, and unlimited social contacts. It is thus important, how people express their prosociality on various stages of the period of the "late pandemic" when an increasing number of people will be vaccinated and the restrictions will be gradually shifting. In our studies under the term "prosociality", we will investigate intentions to donate money for charity, as well as to engage in volunteering/unpaid help to others, as well as actual engagement in these prosocial acts. These acts will be further distinguished in terms of the proximity of the cause to the person (e.g. – acts for the benefit of the local community or neighborhood as proximal causes, acts for general or global causes as distal causes).

The series of research suggested below consists of two time points of measurement. The first point is spring 2022 – two years after the beginning of the COVID-19 pandemic in Poland, and ca. a year after the beginning of the vaccinations against COVID-19. The second time point is a year afterward so as to capture changes in terms of restrictions and the percentage of people who decide to vaccinate themselves.

The series of research aims to find out: (1) whether in the subsequent stages of the "late pandemic" people prefer donating money or time to others; and whether they prefer supporting proximal (e.g., neighborhood or local issues) or distal (e.g., global) causes; (2) what human features can predict sharing money/time, to support proximal/distal causes; (3) whether these traits have a link to prosociality when they are measured as stable dispositions, as well as when they are measured as a state or tendency in the current moment. Based on the literature review, the following features will be taken into account: well-being (helping to sustain thinking well about oneself and good feelings), empathy (helping to react to the need of another person), and received/perceived social support (helping other to give back what someone received from other people). In addition, time perspectives will be measured – a "here and now" orientation or thinking about the future, which also can be linked to helping others and their motivations (e.g., helping to react to the needs of the moment or helping to serve causes distant in time).

The research series consists of two studies, both of which will be done simultaneously and twice, with a year between the measurements. The same people will take part in the first and second measurements (a longitudinal design). The first study is questionnaire-based and will be conducted in a specialized research panel (the number of participants in the first measurement = 800). Psychological questionnaires which are validated and well-known in the literature will be used, as well as a set of questions regarding prosocial intentions and behaviors. The second study is also questionnaire-based, but it will be designed as a 2-week, daily measurement of prosocial intentions and behaviors and factors on the state level which predict them (the number of participants in the first measurement = 150). For example, participants will be asked about their daily experiences regarding how they think about themselves, how they feel (well-being), how they empathize with others and to what degree they can take the perspective of other people (empathy), how they perceive the social support that they get from others and what degree of support they received from others at a particular day (social support), whether on a particular day "there and now" is important to them, or they think about the future (time perspectives). In both studies, demographics will be controlled.

The effect of the project will be finding out predictors and factors distinguishing various forms of helping others. Thanks to measurements conducted among the same people in various time points we will get to know, whether having particular personal features causes the intention to help (and what type of help is it). Based on the gathered data, we plan to prepare article/s and dissemination of the results at scientific conferences.