



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

COVID-19 AND MENTAL HEALTH: An observational study of Stress, anxiety, depression and mental health care need among the people of RAJASTHAN.

¹Khushi Gupta, ²Priyanka Gupta

¹Student, ²faculty of science

²Saint Lawrence Sr. Sec. School

Abstract

The World Health Organization (WHO) defines health as the state of perfect (complete) physical, mental and social well-being, and not just the absence of disease et al., Gabriela Restrepo Rodas May 2020. The COVID-19 pandemic is a major health crisis affecting several nations, with over 45,000 cases and 13,699 confirmed deaths reported to date. In Rajasthan, 25,000 cases are reported. Such widespread outbreaks are associated with adverse mental health consequences. With strict preventive measures and restrictions by the Indian Government in the form of nationwide lockdown, the citizens are going through a range of psychological and emotional reactions, fear and uncertainty being one of them. This study was conducted with the aim of exploring the impact of COVID-19 and lockdown on the mental health of individuals. et al., Kashif Hasan Our study aimed to investigate the immediate impact of the COVID-19 pandemic on mental health and quality of life among the local people of different ages. An online survey was distributed through a social media platform between May and June 2020. Participants completed a modified validated questionnaire they were mainly asked upon did they go through stress, anxiety and depression.

Introduction

On 31 December 2019, a cluster of cases of pneumonia of unknown cause, in the city of Wuhan, Hubei province in China, was reported to the World Health Organization. In January 2020, a previously unknown new virus was identified, subsequently named the 2019 novel coronavirus, and samples obtained from cases and analysis of the virus' genetics indicated that this was the cause of the outbreak. This novel coronavirus was named Coronavirus Disease 2019 (COVID-19) by WHO in February 2020. The devastation caused by COVID-19 may be comparable to that caused by the SARS epidemic in 2003. The SARS epidemic caused >8000 infections and 800 deaths worldwide (in 26 countries). The SARS epidemic was controlled within eight months (by July 2003). Moderate-to-severe post-traumatic stress symptoms were also reported among the population in areas severely affected by the SARS epidemic. Risk factors such as being female were associated with a higher risk of developing SARS-related post-traumatic stress symptoms. Similarly, the impacts of MERS, H1N1 and Ebola epidemics on mental health including depression and substance use disorders have also been recorded. Additionally, the populations may have experienced some known risk factors for depression and anxiety including high mortality rate, resource and food insecurity, discrimination, and experience with infected and sick individuals, which can lead to some adverse mental health outcomes during these epidemics. In contrast, there have been >82,000 cases of COVID-19 with >2800 deaths within two months since the outbreak began in December 2019. To date, there are limited studies that have investigated how severe the impact of

COVID-19 pandemic is on mental health and quality of life. The virus is referred to as SARS-CoV-2 and the associated disease is COVID-19. Some recent studies published in the Lancet have reported the clinical symptoms of patients infected with COVID-19 and forecasted the spread of COVID-19. However, few studies have reported the impact of the COVID-19 pandemic on mental health or quality of life of people, even though the pandemic has severely affected China and many other parts of the world. Therefore, the study aimed to investigate whether there was an immediate impact of the COVID-19 pandemic on mental health, its related lifestyle habits and quality of life among people. Many lives are suffering due to this global pandemic and the fact that people have to be locked down inside homes they must have faced mental issues staying in their persona it might have having mental issues or distress.

Awareness about Covid-19

All the responders were well aware of the elements of the disease. Out of the total 83.2% participants they were all maintaining the precautions of Covid-19. 93.2% acknowledged that one of the symptoms was fever, 80% acknowledged that they had difficulty in breathing.

Mental state of people

Overall, most of the responders were neither stressed nor calm before the lockdown started.

Methodology

A study was done about is corona virus affecting the mental health of people? Mainly about Depression anxiety related to covid-19 situations by undertaking survey online during lock down on 3/05/2020. Questionnaire was designed by Google forms which had multiple choice questions, scale questions and also writing questions which mainly asked their (age, gender, level of stress during lockdown, activities they did and much more) Participant personal information including names was anonymized to maintain and protect confidentiality. Participants were people whom I knew and it was conducted online. The survey was given to them and they could respond within 3 days or so. I got a varied response from different age groups. The response for each question was scored 0 (not at all), 1 (rarely), 3 (sometimes) or 5 (often), with a lower score indicating a less stressful impact. Therefore there were different graphs made showing different statistical approaches made varied by question to question. For my approach the best way was to take a survey as I had to know about knowledge of people that are they in stress in this condition and do they think that staying home in this quarantine period is affecting their mental health.

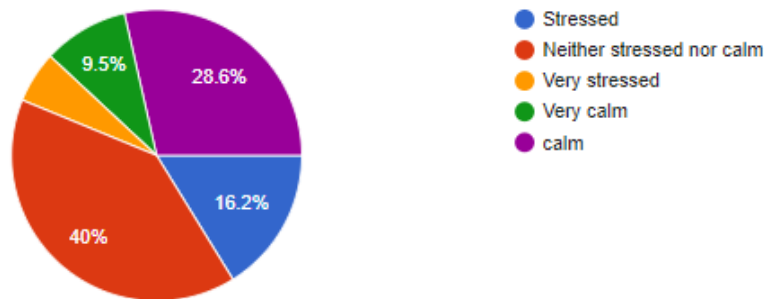
Result

An online survey, related to awareness, attitude, anxiety experience, and perceived mental health care needs in the community during the corona pandemic, was conducted in the Indian population. A total of 105 responses were recorded. All the participants were above 12 years of age and Indian origin. The study included only those participants who understood English and had access to the internet. Hence, by default individuals with a higher level of education were included in the study. The lowest educational level in this study was observed to be standard 8th. The highest qualification of more than 90 % of the population was graduation and above. Approximately, half of the population were healthcare professionals.

How stressed were you before lock down?

How stressed did you feel BEFORE the lockdown started?

105 responses

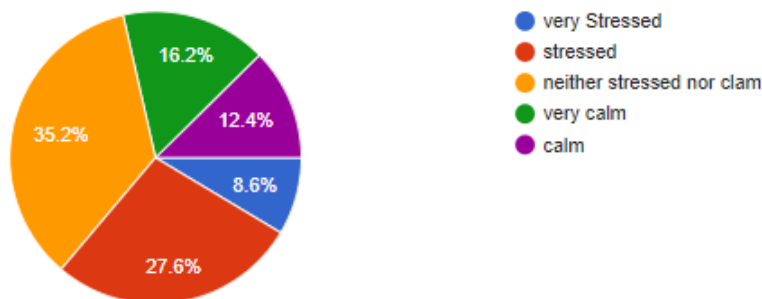


This category had answers based upon neither stressed nor calm, Very stressed, Very calm and calm. 30% of them stated that they were calm 16.2% were stressed, 40% were neither stressed nor calm, 5.7 % were very stressed and 9.5% were very calm.

How stressed were they after lock down?

How stressed do you feel during LOCK DOWN?

105 responses

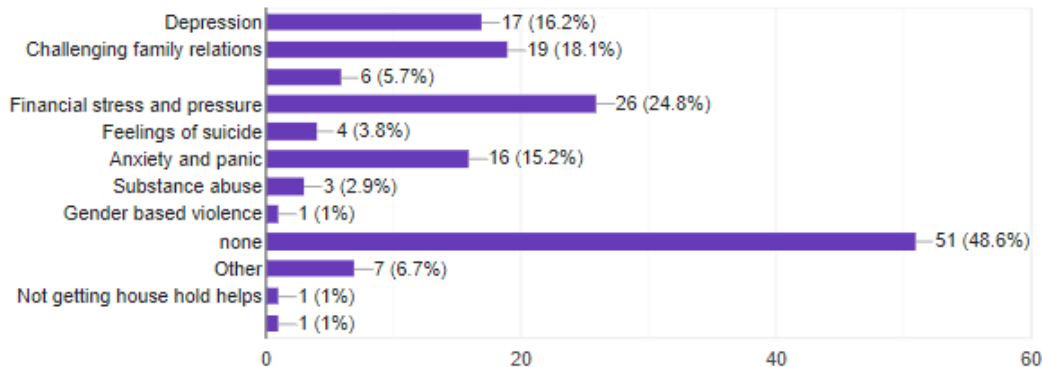


This category had answers based upon neither stressed nor calm, Very stressed, Very calm and calm. 12.4% of them stated that they were calm 27.6% were stressed, 35.2% were neither stressed nor calm, 8.6% were very stressed and 16.2% were very calm.

Have you faced any specific challenges during the lockdown period?

Have you faced any specific challenges during the lockdown period? Please select as many as apply from the list below:

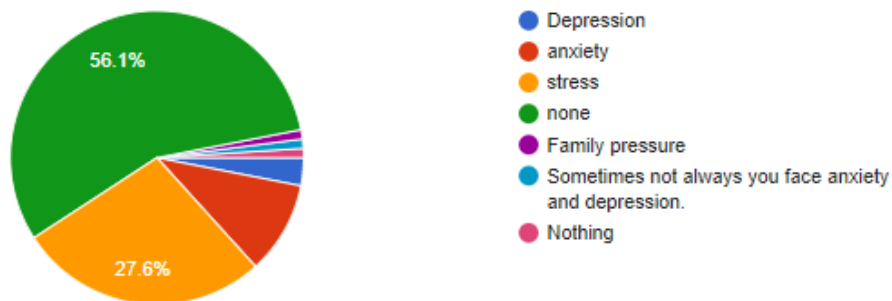
105 responses



What problems do you face in your life?

What problems do you face in your life? Did u dealt with depression or anxiety or other (please explain)

98 responses

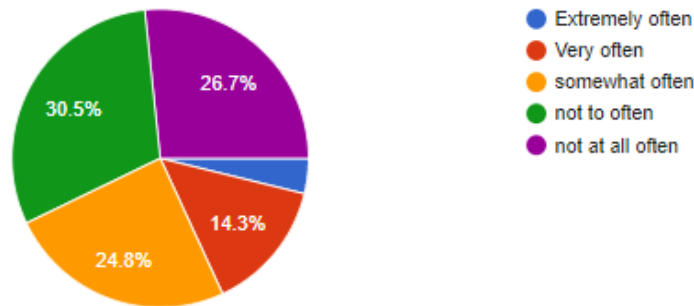


This category had answers based upon Depression, anxiety, stress, none, Family pressure, Sometimes not always you face anxiety and depression, Nothing, 3.1% Depression, 10.2% anxiety, 27.6% stress, 56.1% none, 1% Family pressure, sometimes not always you face anxiety and depression, Nothing.

During the past two weeks how often have you felt depressed or sad?

During the past two weeks how often have you felt depressed or sad?

105 responses

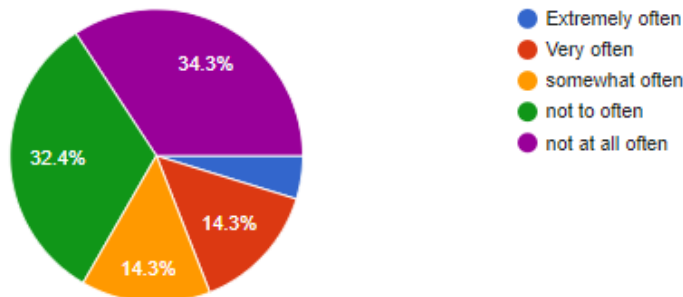


Extremely often, Very often, somewhat often, not too often, not at all often

During the past two weeks how often has your mental health interfered with your personal relationship?

During the past two weeks how often has your mental health interfered with your personal relationship?

105 responses



Extremely often, Very often, somewhat often, not too often, not at all often.

Discussion

Research shows the common association between virus outbreaks and mental health problems. Ebola virus disease and avian flu pandemics caused panic and hysteria worldwide and were significantly related with increased risks of anxiety and depression and post-traumatic stress disorder. Interestingly, people tend to exaggerate with more familiar threats like the flu, where even though there is a significant death rate, mortality is lower compared to COVID-19. However, people become more anxious and fearful with unknown threats like COVID-19. And fear of the unknown leads to a higher level of anxiety in both healthy people and those with pre-existing mental health problems. People's emotional responses are likely to include extreme fear and uncertainty, and negative social behaviors will often be driven by fear and distorted perceptions of risk et al., Jose Luis Turabian Published: 04 May 2020.

Epidemics and pandemics are a periodic phenomenon. People in the community face several challenges during such periods. Lack of awareness often leads to an unconcerned attitude, which may adversely affect the preparedness to meet these challenges. Impacts of these epidemics and pandemics are often intense, which may adversely affect the mental well-being of a given population. The fear, anxiety and depression related to epidemics and pandemics also influence

the behavior of people in the community and influences them into doing wrong doings. Hence, this study attempted to evaluate the awareness, attitude, anxiety and perceived mental healthcare et al.,Asian J Psychiatr 2020 Jun

Since, the pandemic is not yet over and there is a further spread of the pandemic to other countries such as Italy, it is possible that the COVID-19 pandemic will cause excessive panic and anxiety in residents living inside and outside of Rajasthan because of the increasing number of COVID-19 cases worldwide. Furthermore, the government of Rajasthan has taken precautions.

Since the pandemic is not over yet and there is a further spread of the pandemic to other countries such as Italy, it is possible that the COVID-19 pandemic will cause excessive panic and anxiety in residents living inside and outside mainland China because of the increasing number of COVID-19 cases worldwide.

Most of the participants have not started eating outside. Also, Panic buying is often seen during pandemics/epidemics, which leads to the exhaustion of resources. Media reporting about the shortage of resources and essential things of daily living further increases the panic buying. Sensible media reporting during such a crisis may be beneficial in tackling mental health challenges. Most of the people said they did not have any trouble while getting their basic need during Lock down despite of media reporting shortage.

According to the most recent data from the Department of Labor, 5.2 million people filed for unemployment benefits during the week of April 5, bringing the four-week total to a historic 22 million people filing for unemployment. Certain industries have been hit harder than others, such as the leisure and hospitality sector. Analysts at S&P Global predict the U.S. unemployment rate will continue to rise in the wake of the pandemic and that the country is nearing a recession. Research also shows that job loss is associated with increased depression, anxiety, distress, and low self-esteem; and may lead to higher rates of substance use disorder. Additionally, as unemployment rises and a recession nears, suicides may increase. During the Great Recession, the U.S. unemployment rate rose to 10% and was associated with increases in suicide rates. et al.,Priya Chidambaram
Published: Apr 21, 2020

In spite of doom and gloom predictions of deteriorating relationships, when we asked if their relationship changed since the coronavirus outbreak, the vast majority felt their relationship was largely unchanged (74%). There were more people (17%) who indicated that their relationship had gotten “a little” or “a lot” better than there were respondents who felt it got worse (5%). 0 et al.,Gary W. Lewandowski Jr. Ph.D.Posted May 21, 202

In my study, 50% of the participants faced none of mental problems. Though there were frequent of them who faced % depression, % anxiety , % family problems % financially problems , % Feelings of suicide,% Anxiety and panic,% gender based violence .

The authors also reported increased social and family support as well as positive mental health-related lifestyle changes. Talking to family and friends one possible reason for these findings was that during the pandemic, the pace of the whole society slowed down. This could have then created more opportunities and time among the community members to support and care for each other. . Addition, family members and friends were much valued and there was increased communication with family members and friends. Family members were more likely to care for each other and spend time together because they were asked to avoid going to public places and stay at home. Moreover, people’s mental health has also affected their personal relationship with their family somewhat often.

Conclusion

After looking at every factor it can be concluded that virus did affect people much of people’s mental health as the % of people calm before lock down were 28.6 and % of people calm after lock down were 12.4%. But almost half of them did not face any problem of depression or anxiety. But 26.1% people faced stress and 24.8% of them somewhat often were depressed or sad but no too often. Also, they did not let their mental health affect their personal relationship.

References

1. Cooke, J. E., Eirich, R., Racine, N., & Madigan, S. (2020). Prevalence of Posttraumatic and General Psychological Stress during COVID: 19: A Rapid Review and Meta-Analysis. *Psychiatry Research*, 113347.
2. [file:///C:/Users/HP/Downloads/Impact of the COVID-19 Pandemic on Mental Health a.pdf](file:///C:/Users/HP/Downloads/Impact%20of%20the%20COVID-19%20Pandemic%20on%20Mental%20Health%20a.pdf)
3. <https://economictimes.indiatimes.com/news/politics-and-nation/18-more-found-positive-for-covid-19-in-rajasthan-number-rises-to-579/articleshow/75091335.cms>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7139237/>
5. [https://www.physio-pedia.com/Coronavirus Disease \(COVID-19\)#cite_note-2](https://www.physio-pedia.com/Coronavirus_Disease_(COVID-19)#cite_note-2)
6. Lewandowski Jr, G. W., Ciarocco, N. J., & Strohmetz, D. B. (2015). *Discovering the scientist within: Research methods in psychology*. Macmillan Higher Education.
7. Tandon, R. (2020). The COVID-19 pandemic, personal reflections on editorial responsibility. *Asian journal of psychiatry*, 50, 102100.
8. True, S., Cubanski, J., Garfield, R., Rae, M., Claxton, G., Chidambaram, P., & Orgera, K. (2020). COVID-19 and workers at risk: Examining the long-term care workforce.
9. Turabian, J. L. (2018). Doctor-Patient relationship as dancing a dance. *Journal of Family Medicine*, 1(2), 1.
10. Kazmi, S. S. H., Hasan, K., Talib, S., & Saxena, S. (2020). COVID-19 and Lockdwon: A Study on the Impact on Mental Health. Available at SSRN 3577515.
11. Castaño-Urbe, C., Hoogesteijn, A., López, C. A., Núñez, R., Rosas-Rosas, O., Febles, J. L., ... & Ortega, J. (2016). *Conflicto entre felinos y humanos en América Latina*. Instituto de Investigación de Recursos Biológicos Alexander von Humboldt.
12. <https://www.dol.gov/ui/data.pdf>
13. <https://www.dol.gov/ui/data.pdf>
14. <https://www.theatlantic.com/health/archive/2017/07/how-job-loss-can-lead-to-drug-use/534087/>
15. <https://www.washingtonpost.com/business/2020/04/03/march-2020-jobs-report/>
16. <https://www.sciencedirect.com/science/article/abs/pii/S0001879109000037>
17. <https://www.ncbi.nlm.nih.gov/pubmed/24925987>