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A study of psychological effect of COVID 19 during the pandemic

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Abstract

Background: The Covid 19 outbreak was associated with tremendous public anxiety in the affected countries, and it resulted in thousands of mortality cases, fear, anxiety, and psychosocial stress among the population, in addition to economic losses. Consequently, it is crucial to understand the extent of impact for such pandemics on mental health and other aspects of life.

Aims and Objectives: To study the psychological effect of covid 19 during the pandemic.

Materials and Methods: This study was done in Index Medical College, hospital and Research Centre, Index City, Indore, Madhya Pradesh. The study was done in two phases. The study was done from Feb 2021 to April 2021. A set of validated questionnaire was given to the students, teachers and patients. Local population was also involved and the questionnaire was circulated online.

Results: Majority of them had increased work pressure. And their IES-R scores related to it.

Conclusion: This study was successful to find the psychological effect of covid 19 in our population during the pandemic.

Keywords: Psychology, mental health, covid-19

Introduction

In the oct. of 2010 a disease cluster which presented with atypical pneumonia was reported in China ^[1]. The disease was found to be primarily contagious and was transmitted through droplet infection ^[2]. The patients presented with a plethora of signs and symptoms including raised body temperature, cough, headache, nausea, vomiting, anorexia, diarrhea, dyspnea, multiple organ dysfunctions ^[3]. Majority of the patients reported only mild infections and were all right after a week or two ^[4]. But in a minor number of cases patients progressively develop serious complications, including sepsis, acute respiratory failure, metabolic acidosis, heart failure, kidney injury, hypoxic encephalopathy, and eventually die of the illness ^[5]. The study retrospectively reviewed the Case files of patients with COVID-19 and compared the hematological and biochemical characteristics between survivors and non-survivors. Considering high transmission and infectivity patterns, World Health Organisation announces it as an emergency of public health concern on March 31, 2020 ^[6]. In the initial phase of the disease outbreak, the mortality ranges from 2 to 5%, much higher in the elderly ^[3]. The mortality in coronavirus cases admitted in Wuhan city reached 7% in the outbreak's initial days ^[7]. This study puts in an effort to find the psychological effect of covid 19 during the pandemic.

Aims and Objectives

To study the psychological effect of covid 19 during the pandemic

Materials and Methods

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A set of validated questionnaire was given to the students, teachers and patients. Local population was also involved and the questionnaire was circulated online.

Exclusion criteria

Patients who did not consent.

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Methodology

The Impact of Event Scale-Revised (IES-R) was used to assess the psychological impact of COVID-19 among adults residing in this region. The IES-R is a self-administered questionnaire containing 22 items and it has been previously translated and validated in the English. The IES-R has also been used to measure symptomatology experienced during the COVID-19 pandemic in Saudi Arabia, Egypt, Italy, and China [15]. The response for each question was scored based on a five-point Likert scale ranging from 0 (not at all) to 4 (extremely) and generated a total score (ranging from 0 to 88). The total IES-R score was considered normal (from 0 to 23); indicative of mild (from 24 to 32); moderate (from 33 to 36); or severe (≥ 37) psychological impact.

Statistical Analysis: Chi square test.

Results

Table 1: Age

Total	Mean Age	SD
392	41.83 years	± 9.28 years

Table 2: Sex Distribution

Total	Male	Female
392	207	185

Table 3: Association of IES-R scores with negative mental health

Variables:	IES-R Categories					P value
	Total	Normal	Mild	Moderate	Severe	
Increased stress from work						
Yes	390	2	187	142	61	<0.001
No	2					
Increased Financial stress						
Yes	298	94	67	143	88	<0.001
No	94					
Increased stress in family						
Yes	230	162	79	48	103	<0.001
No	162					
Felt afraid during covid						
Yes	257	135	57	86	114	<0.001
No	135					
Felt apprehensive						
Yes	283	110	70	75	137	<0.001
No	110					
Felt helpless						
Yes	302	90	85	154	63	<0.001
No	90					

Discussion

The novel coronavirus, later designated as COVID-19, is an infectious disease that can spread among humans. In response to this global health crisis, quarantine and lock down measures were implemented by international and government health organizations to contain the rapid spread of the virus. Further measures included suspension of flights, avoidance of large gatherings, mandatory use of face mask in many countries, social distancing, teleworking, home-schooling of children and health orders to stay at home ⁴. While the WHO and worldwide health authorities are actively working on containing the outbreak, such a period of health crisis has significant repercussions on human health and welling, accompanied by psychological distress and related symptoms such as stress, panic and anxiety in the general population ^[5]. Moreover, psychological impact is considered to be more profound in comparison to the Severe Acute Respiratory Syndrome (SARS) epidemic in 2003, due to the extensive social media exposure and increased global connectivity ^[6, 7]. SARS-related psychological problems have been reported to be prevalent mainly among healthcare workers and SARS survivors ^[8, 9]. In 2012, the Middle East respiratory syndrome coronavirus (MERS-CoV) was first identified in Saudi Arabia ^[10]. The spread of MERS-CoV across the Middle East was linked to the transmission of the pathogen from Dromedary camels to humans ^[11]. The MERS-CoV outbreak was associated with tremendous public anxiety in

the affected countries, and it resulted in thousands of mortality cases, fear, anxiety, and psychosocial stress among the population, in addition to economic losses ^[12, 13]. Consequently, it is crucial to understand the extent of impact for such pandemics on mental health and other aspects of life ^[14, 15]. This study puts in an effort to find the same to what has happened in our population and has succeeded in doing the same.

Conclusion

This study was successful to find the psychological effect of covid 19 during the pandemic. The mental health has been affected and it is very important to understand the role of Psychiatrists during the pandemic.

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