

ASSESSMENT OF PSYCHOLOGICAL RESPONSES OF THE INDIAN POPULATION DUE TO COVID-19 PANDEMIC: A WEB-BASED SURVEY

DR. RITHIKA VAKKALAGANTI RAJESH*, DR. JUNY SEBASTIAN, DR. AMAL ANAND, JISHA M LUCCA, ROYES JOSEPH

BACKGROUND

ALTHOUGH THE SITUATION IN INDIA CANNOT BE GENERALIZED, APART FROM ITS UNDENIABLE PHYSICAL IMPACT OF COVID-19, IMPLEMENTING RESTRICTIONS DUE TO THE LOCKDOWN INTO DAILY ROUTINE OF THE RESIDENCE HAD A PSYCHOLOGICAL IMPACT AS WELL. A PANDEMIC CAN INFLUENCE THE MENTAL HEALTH OF THE GENERAL POPULATION AS IT MAY RESTRICT THEIR ACTIVITIES, CHANGE THEIR NORMAL ROUTINE, AFFECT THEIR SOCIAL AND ECONOMIC WELLBEING.



STUDY SITE : A NATIONWIDE WEB-BASED

INDIAN CITIZENS OF ANY GENDER WITH ENGLISH LANGUAGE PROFICIENCY AND THE ABILITY TO USE THE INTERNET PLATFORM FOR ANSWERING THE ONLINE SURVEY. PARTICIPATION IN THE SURVEY WAS VOLUNTARY, AND ALL PARTICIPANTS WERE INFORMED TO PROVIDE CONSENT TO TAKE PART IN THE STUDY BEFORE ANSWERING THE QUESTIONNAIRE BY SELECTING A CHECKBOX

METHODOLOGY

STUDY DESIGN: A CROSS-SECTIONAL

THE QUESTIONNAIRE CONTAINS 30 ITEMS UNDER THREE SECTIONS: SECTION ONE CONTAINED DEMOGRAPHIC DETAILS (12 ITEMS), SECTION TWO CONTAINED THE HISTORY OF COVID EXPOSURE (4 ITEMS), AND SECTION THREE MEASURED THE IMPACT OF POTENTIAL COVID-19 PANDEMIC ON PSYCHOLOGICAL EFFECTS (14 QUESTIONS)

OBJECTIVES

THIS STUDY WAS AIMED TO ASSESS THE IMPACT OF COVID-19 PANDEMIC ON MENTAL HEALTH OF THE GENERAL PUBLIC IN INDIA



STUDY PERIOD: 20 DAYS

UNIVARIATE ANALYSES USED THE CHI-SQUARE TEST FOR ASSOCIATION OF PERSONAL CHARACTERISTICS WITH THE PREVALENCE OF ANXIETY OR DEPRESSION AND DISTRESS. VARIABLES WITH A P-VALUE OF LESS THAN 0.20 WERE CONSIDERED FOR THE FINAL MULTIVARIATE LOGISTIC REGRESSION MODELS. ADJUSTED ODDS RATIO (AOR) AND 95% CONFIDENCE INTERVAL (95% CI) WERE REPORTED. A P-VALUE OF 0.05 (TWO-SIDED) WAS CONSIDERED STATISTICALLY SIGNIFICANT. ALL ANALYSES WERE CARRIED OUT USING STATA/SE 16.1.

SOCIO-DEMOGRAPHIC CHARACTERISTICS AND ITS ASSOCIATION WITH THE PSYCHOLOGICAL DISORDER SYMPTOMS

PARAMETERS	TOTAL	MODERATE/SEVERE ANXIETY/DEPRESSION		CLINICAL CONCERN ON DISTRESS		
TIME	APRIL 30 OR BEFORE	583	70	<0.001	424	0.225
	MAY 1-3	398	46		308	
	MAY 4 OR LATER	276	59		210	
GENDER	FEMALE	684	99	0.537	518	0.656
	MALE	573	76		426	
AGE	<25 YEARS	484	75	0.553	369	0.229
	25-34 YEARS	514	67		377	
	>35 YEARS	247	32		194	
MARITAL STATUS	SINGLE	841	118	0.874	630	0.973
	MARRIED	416	57		312	
ACCOMMODATION	LIVING ALONE	84	24	<0.001	73	0.013
	LIVING WITH FAMILY	1045	124		768	
	SHARED ACCOMMODATION	128	27		101	
CHRONIC ILLNESS	NO	1174	150	<0.001	874	0.129
	YES	83	25		68	

RESULTS

THE STUDY ENROLLED A TOTAL OF 1257 INDIVIDUALS WITH REPRESENTATION FROM 29 STATES OF INDIA WITH A MEAN (SD) AGE OF 29.3 (9.7). BASED ON THE COMBINED PHQ-4 SCALE, 13.9% (N=174) HAD REPORTED A MODERATE-SEVERE LEVEL OF ANXIETY OR DEPRESSION. REGARDING DISTRESS, NEARLY THREE-QUARTERS (N=942) HAD EXHIBITED CLINICAL CONCERN FOR DISTRESS AND MORE THAN A HALF (N=670) MET THE THRESHOLD FOR PROBABLE DIAGNOSIS OF DISTRESS. THE STUDY FOUND INDIVIDUALS WHO LIVED ALONE, LIVED IN SHARED ACCOMMODATION, OR WHO DID NOT HAVE CHRONIC ILLNESS WERE REPORTED A HIGHER PREVALENCE OF ANXIETY OR DEPRESSION, AND ACCOMMODATION TYPE WAS ASSOCIATED WITH THE DISTRESS LEVEL IN COMPARISON WITH THEIR COUNTERPARTS

CONCLUSION

THE IMPACT OF THIS PANDEMIC IS FELT IN MOST OF THE COMMUNITIES AND NEGATIVELY AFFECTED COMMERCE, FINANCE, AND RELATIONSHIPS. OUR FINDINGS MAY BE USED TO ASSIST VARIOUS A HEALTHCARE PROFESSIONALS AND GOVERNMENT ADVISORS TO STRATEGIZE TARGETED INTERVENTIONS AS REQUIRED FOR FIGHTING THIS PANDEMIC IN INDIA AND ACROSS THE GLOBE, AS COVID-19 POSING A HIGHER RISK FOR A POSSIBLE PANDEMIC PSYCHOLOGICAL ILLNESS.



REFERENCES

- DONG L, BOUEY J. PUBLIC MENTAL HEALTH CRISIS DURING COVID-19 PANDEMIC, CHINA. EMERG INFECT DIS. 2020;26(7):1616-1618
- JAMES PB, WARDLE J, STEEL A, ADAMS J. POST-EBOLA PSYCHOSOCIAL EXPERIENCES AND COPING MECHANISMS AMONG EBOLA SURVIVORS: A SYSTEMATIC REVIEW. TROP MED INT HEALTH. 2019;24(6):671-691. DOI:10.1111/TMI.13226
- SNEHA C R, REDDY MM, NONGMEIKAPAM M, NARAYANA JS. AWARENESS AND ATTITUDE TOWARD MENTAL ILLNESS AMONG A RURAL POPULATION IN KOLAR. INDIAN J SOC PSYCHIATRY 2019; 35:69-74