



PREVALENCE OF ANXIETY AMONG THE ELDERLY DURING THE COVID-19 PANDMIC: A QUICK SURVEY.

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ABSTRACT

BACKGROUND AND PURPOSE: - Unusual cases of pneumonia caused by coronavirus (covid-19) were reported in December 2019 and in a less time it become global health threat pandemic though covid-19 is a new strain, in 2003 SARS(severe acute respiratory syndrome), in 2009, H1N1,(Influenza) in 2012, MERS(Middle east respiratory syndrome) in 2014, again Ebola virus.

With the various physical symptoms, Covid 19 affected mental health of people at the individual level, fear of sickness or death, helpless, socially detached are found such psychological changes are also associated with, fear, anxiety, or in security. Due to the pathogenicity of the virus, the rate of spread, the resulting high mortality rate, COVID-19 may affect the mental health of individuals at several layers of society, ranging from the infected patients, and health care workers, to families, children, students, patients with mental illness, and even workers in other sectors.

OUTCOME MEASURES: -The GAD-2 is an ultra-quick version of the seven-item scale that incorporates the first two questions of the GAD-7, which are also critical components of any anxiety disorder.

METHOD: -

Participants The methodological framework of this study was established as a quantitative surveys.

In the quantitative component, we performed a cross-sectional survey design to evaluate the anxiety level of people aged 60 or over during the COVID-19 pandemic in the Covid ward of SSG hospital Baroda. The study was conducted with people who were selected by random sampling method from the elderly population during the pandemic in the Covid positive patients admitted in the Covid dedicated hospital. SSG hospital, Baroda and aged 60 and over, with verbal consent.

METHODS: A criterion-standard study was performed between august 2020 and December of 2020 on a general elderly population during the pandemic in the Covid positive patients admitted in the Covid dedicated hospital. SSG hospital, Baroda and aged 60 and over, with verbal consent, and those who are on room air and can communicate without distress.

A sample of 70 elderly persons (ages 60-84) of the large population-based from urban and rural areas of Baroda district was included in the study. The GAD-2 was administered to participants as part of a quick survey along with clinical evaluation.

RESULT: - There is no significant difference in mean GAD2 between male and female patients (p-value=0.705)

There is no significant difference in mean GAD2 between urban and rural area patients (p-value=0.732)

Mean GAD2 is almost equal among Good, Fair and Poor socio economic conditions. (P-value=0.687)

CONCLUSION: -The final conclusion of the study is that, there is no difference in mean value of GAD2 between male and female patients among rural and urban area patients. GAD2 was almost similar among all the socioeconomic class i.e good, poor and fair

KEYWORDS : COVID 19, GAD2, Socioeconomic status, Rural and Urban population

INTRODUCTION:

Unusual cases of pneumonia caused by coronavirus (covid-19) were reported in December 2019 and in a less time it become global health threat pandemic though covid-19 is a new strain, in 2003 SARS (severe acute respiratory syndrome), in 2009, H1N1,(Influenza) in 2012, MERS(Middle east respiratory syndrome) in 2014, again Ebola virus.

With the various physical symptoms, Covid 19 affected mental health of people at the individual level, fear of sickness or death, helpless, socially detached are found such psychological changes are also associated with, fear, anxiety, or insecurity. Due to the pathogenicity of the virus, the rate of spread, the resulting high mortality rate, COVID-19 may affect the mental health of individuals at several layers of society, ranging from the infected patients, and health care workers, to families, children, students, patients with mental illness, and even workers in other sectors

The anxiety in elderly can be due to both the fear of severity of disease and the uncertainty about the daily life and socialization activities as the process prolongs. Uncertainty as an emotion is directly associated with negative affect.

In addition to the measures implemented during the pandemic, the need to provide psychological and social support has been noticed to be essential for ensuring the mental, physical, and social well-being of individuals aged 60 and over.

In the light of existing studies, we assumed that the COVID-19 pandemic negatively affects the mental well-being and is

associated with the level of anxiety in the elderly population. This study aimed to determine the level of anxiety in elderly individuals during the pandemic in the Covid positive patients admitted in the Covid dedicated hospital. SSG hospital, Baroda.

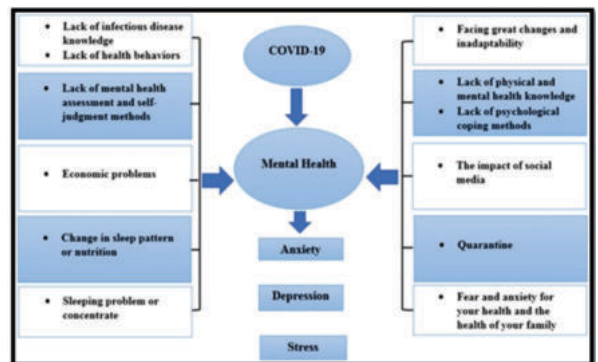


Fig. 1: Impacts of the COVID-19 pandemic on mental health

MATERIALS AND METHODS

Participants

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DATA ANALYSIS

The GAD-2 is an ultra-quick version of the seven-item scale that incorporates the first two questions of the GAD-7, which are also critical components of any anxiety disorder.

Acknowledgement

Performance as Screening Tool for Anxiety Disorders

Although designed as a screening tool for generalized anxiety, the GAD-2 is also performs reasonably well as a screening tool for three other common anxiety disorders—Panic Disorder, Social Anxiety Disorder, and Posttraumatic Stress Disorder.

Test	Sensitivity	Specificity	Positive Likelihood Ratio
Generalized Anxiety Disorder	86%	83%	5.0
Panic Disorder	76%	81%	4.1
Social Anxiety Disorder	70%	81%	3.6
Post-Traumatic Stress Disorder	59%	81%	3.1
Any Anxiety Disorder	65%	88%	5.2

Sources

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RESULT AND DISCUSSION:

GAD2	gender	N	Mean	Std. Deviation	t-value	p-value
GAD2	Male	49	2.6939	1.72245	-0.380	0.705
	Female	21	2.8571	1.45896		

GAD2	area	N	Mean	Std. Deviation	t-value	p-value
GAD2	Urban	50	2.7000	1.75255	-0.344	0.732
	Rural	20	2.8500	1.34849		

	N	Mean GAD2	SD	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
Good	38	2.6316	1.69930	.27566	2.0730	3.1901	.00	6.00
Fair	17	2.7059	1.57181	.38122	1.8977	3.5140	.00	6.00
Poor	15	3.0667	1.62422	.41937	2.1672	3.9661	.00	6.00
Total	70	2.7429	1.63907	.19591	2.3520	3.1337	.00	6.00

	Sum of Squares	Diff	Mean Square	F	p-value
Between Groups	2.067	2	1.033	.378	.687
Within Groups	183.305	67	2.736		
Total	185.371	69			

There is no significant difference in mean GAD2 between male and female patients (P-value=0.705)

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Mean GAD2 is almost equal among Good, Fair and Poor socio economic conditions (P-value=0.687)

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