



A STUDY TO ASSESS THE IMPACT OF OUT-BREAK OF CORONA VIRUS DISEASE (COVID-19) ON PSYCHOLOGICAL HEALTH OF ADULTS – A SYSTEMATIC REVIEW.

Epidemiology

MANJULA. S*

MPT, Asst Prof, School Of Physiotherapy, Vistas, Thalambur, Tamil Nadu, India-600130. *Corresponding Author

ABSTRACT

BACKGROUND: As Coronavirus pandemic rapidly sweeps across the world, it is inducing a greater amount of fear, worry and concern in the population at large and among certain groups in particular, such as adults.

AIM & OBJECTIVES OF THE STUDY: A study to assess the impact of out - break of corona virus disease (COVID19) on psychological health of older adults by systematic review.

PROCEDURE: A Systematic review was conducted where 75 subjects participated. As it was the lock down period and unable to meet the subjects in-person, they were asked to fill the questionnaire through online and send it through mail.

RESULT: Psychological health of the subjects was assessed based on the scores obtained from the questionnaires.

CONCLUSION: The study concluded that out-break of corona virus disease (COVID-19) had a greater impact on the psychological health of older adults.

KEYWORDS

Corona Virus, Pandemic, Depression, Anxiety, Psychological Health.

INTRODUCTION

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus³ and the virus is transmitted through droplets, when an infected person coughs, sneezes, or exhales. These droplets quickly fall on floors or surfaces. It can affect upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). Lower respiratory infections remain the communicable disease with the highest mortality worldwide.¹ It is caused by a coronavirus named SARS-CoV-2. Most common symptoms include fever⁷, dry cough, tiredness, aches and pains, sore throat, headache, in some cases diarrhoea, conjunctivitis, loss of taste or smell, a rash on skin, or discolouration of fingers or toes. Serious symptoms include difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement.

Traumatic events can reduce people's feeling of security, remind them of the fact of death and have adverse effects on their mental health⁶. It is found that for non-health-care workers, receiving COVID-19 information from the Internet and from medical staff was negatively and positively related with psychological well-being, respectively, both relationships were significant⁵. Emotional symptoms may include mixed emotions such as maladaptive behaviours, emotional distress and defensive responses⁸. Fear, worry about health of themselves, their loved ones, stress from the experience of being monitored by others for signs and symptoms of COVID-19, sadness, anger, depression, anxiety or frustration owing to fear of contracting the disease from contact, guilt about not being able to perform normal work or parenting duties during quarantine, other emotional or mental health changes. To prevent the spread of COVID-19, it is good to follow the suggestions as follows: Cleaning hands often with soap and water, or an alcohol-based hand rub, maintaining a safe distance from anyone who is coughing or sneezing, avoiding touching eyes, nose or mouth, staying home.

AIM & OBJECTIVE OF THE STUDY:

The main aim of the study is to assess the impact of out - break of corona virus disease (COVID-19) on psychological health² of older adults by a systematic study.

RESEARCH DESIGN AND METHODOLOGY:

A study of systematic review was conducted with 75 samples residing in Tamilnadu with the age group of 30 to 50 years who fulfilled the inclusion and exclusion criteria.

Inclusion Criteria:

- Age group ranging from 30 years to 50 years
- Both the genders can participate
- Ability to use technology like compute or laptops or mobile with internet facility to answer the questionnaire

Exclusion Criteria:

- Individuals with poor psychological health previously
- Patients under medication for depression and anxiety or under any

medication

- Any Cognitive deficits or any Vision problem
- Un willing to co-operate

PROCEDURE:

A study of systematic review was conducted with 75 samples with the age group of 30 to 50 years who fulfilled the inclusion and exclusion criteria. Depression and anxiety were taken as the major indicators of psychological health of the adults. Hence, the outcome measures were assessed to detect depression and anxiety based on the Goldberg depression questionnaire and General anxiety disorder questionnaire⁴ which were sent to the 75 samples. As people are living in the lockdown period, it is not possible to access them in-person. Hence, the Goldberg depression questionnaire and General anxiety disorder questionnaire was sent to all the 75 samples through their personal mails. Sending the same through general whatsapp group can bias the assessment and hence it was avoided. The procedure and the instruction manual for filling up the questionnaire was clearly mentioned and sent to the 75 samples. They were asked to spare sometime to fill the form and send it back to the investigator only through mail. The scores obtained gives an inference about the psychological health of the samples.

DATA ANALYSIS:

Summary Statistics Of Age And Gender

Gender	No. of Subjects	Mean Age	SD of Age
F	36 (48%)	40.81	5.58
M	39 (52%)	42.69	4.96
Grand Total	75 (100%)	41.79	5.32

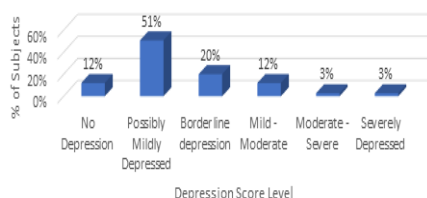
The gender distribution of the data shows that both male and female are nearly equal in numbers. The mean age of a female subject is 40.81 years (SD = 5.58) and that of male subject is 42.69 (SD = 4.96). The mean age of all subjects in this sample data is 41.79 years with the standard deviation of 5.32.

Distribution Of Depression Score Level

Depression Score Level	No. of Subjects	% of Subjects
No Depression	9	12%
Possibly Mildly Depressed	38	51%
Borderline depression	15	20%
Mild -Moderate	9	12%
Moderate - Severe	2	3%
Severely Depressed	2	3%

The above result clearly shows that a maximum of 51% of the subjects had mild depression during this corona period, while 20% had borderline depression and remaining have mild-moderate or low level of depression. However, only 12% of the subjects reported that they had no depression.

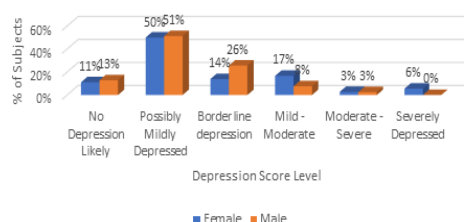
Distribution of Depression Score



Distribution Of Depression Score By Gender

Depression Score Level	Female	Male
No Depression Likely	11%	13%
Possibly Mildly Depressed	50%	51%
Borderline depression	14%	26%
Mild - Moderate	17%	8%
Moderate - Severe	3%	3%
Severely Depressed	6%	0%

Distribution of Depression Score by Gender

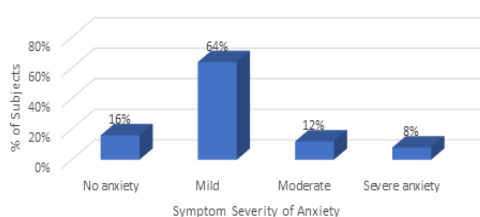


Going by the above result, we see that nearly 50% of the males and 50% of the female subjects had only mild depression, while the remaining levels of depression score have almost same number of subjects in both female and male subjects. This clearly indicates that there is no difference between male and female in terms of depression during this corona period.

Distribution Of Severity Level Of Anxiety

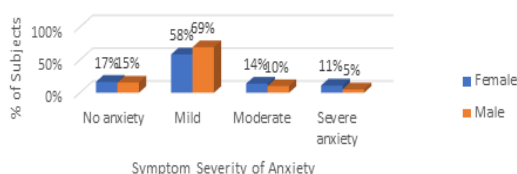
Symptom Severity	No. of Subjects	% of Subjects
No anxiety	12	16%
Mild	48	64%
Moderate	9	12%
Severe anxiety	6	8%

Distribution of Symptom Severity of Anxiety



The above result clearly shows that a maximum of 64% of the subjects had mild anxiety during this corona period, while 20% had moderate and 8% had severe anxiety. However, 16% of the subjects had no anxiety during this corona period.

Symptom Severity of Anxiety by Gender



Symptom Severity	Female	Male
No anxiety	17%	15%
Mild	58%	69%
Moderate	14%	10%
Severe anxiety	11%	5%

Going by the above result, it can be clearly seen that majority of the males (69%) and female (58%) had mild anxiety, while the remaining subjects in both the gender group had almost similar symptom severity level of anxiety.

RESULT:

The result reveals that majority of the subjects had mild depression and mild anxiety, while only few subjects had reported that they had no symptom of depression (12%) or anxiety (16%) during this corona period. Also, there is no difference between male and female in terms of their level of depression and anxiety.

DISCUSSION:

The aim of the study is to assess the impact of out - break of corona virus disease (COVID-19) on psychological health of older adults. There is a greater impact in the lifestyle of the people due to the out - break of corona virus. The study reveals that majority of the people irrespective of the gender suffers from mild depression and anxiety.

CONCLUSION:

The study showed that the out-beak of corona virus has affected many people and has led to mild depression and mild anxiety.

REFERENCES:

1. Murdoch DR, Howie SRC. The global burden of lower respiratory infections: making progress, but we need to do better. *Lancet Infectious Disease*. 2018
2. Sofia Pappa, MD, PhD, Vasiliki Ntella, MD, Timoleon Giannakas, MD, The psychological impact of COVID-19 pandemic on healthcare professionals
3. Psychological symptoms among frontline health care workers during COVID19 outbreak in Wuhan
4. Qian Guo, I, Yuchen Zhenga, I, Jia Shib, c, I, Jijun Wang, Guan Jun Lia, Chunbo Lia, Immediate psychological distress in quarantined patients with COVID-19 and its association with peripheral inflammation: A mixed-method study, 2020
5. Brain, Behaviour and Immunity COVID-19-related information sources and psychological well-being: An online survey study in Taiwan, 2020
6. Selçuk Özdin I and Şükriye Bayrak Özdin I, Levels and predictors of anxiety, depression and health anxiety during COVID-19 pandemic in Turkish society.
7. Dr. Debanjan Banerjee, the impact of covid-19 pandemic on elderly mental health, 2020
8. W. Cullen I, G. Gulati I and B.D. Kelly, Mental health in the COVID-19 pandemic, 2020