



A SURVEY OF FEAR OF COVID-19 IN PREVIOUSLY DIAGNOSED RESPIRATORY PATIENTS

Physiotherapy

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ABSTRACT

COVID-19 significantly impacts the lungs and the people with priorly diagnosed respiratory conditions dread the most. Any chronic pathological conditions poses greater risk for developing serious complications. With the pandemic, anxiety and stress levels are also triggered.

AIM: To know the approach of previously diagnosed respiratory disorder patients towards COVID-19.

METHODOLOGY: A survey study of 203 responses.

RESULTS: The results obtained through online survey showed there is fear of covid-19 in respiratory patients.

CONCLUSION: People with respiratory illness during COVID-19 experienced some fear.

KEYWORDS

FCV-19S, COVID-19

INTRODUCTION

The corona virus disease 2019 (COVID-19) outbreak caused severe acute respiratory syndrome & coronavirus 2 (SARS-CoV-2) appears to have started in Wuhan, China in December 2019. Subsequently, it has spread within and outside China and has become an unprecedented global public health issue due to its wide and rapid spread from a person to another.⁽¹⁾

Given the devastating impact that COVID 19 can have on the lung, it is natural to fear for patients with underlying respiratory conditions. Estimating their excess risk for contacting COVID 19 in particular, its more severe manifestation has been a challenging exercise in this pandemic for various reasons and health conditions.⁽²⁾

Immunocompromised patients and those with pre-existing chronic diseases such as cancer, diabetes, hypertension, cardiovascular and renal diseases, and respiratory disorders tend to have greater risk of developing serious complications and are at high risk of death due to COVID-19 infection.⁽³⁾

It has been described in several studies that fear of COVID-19 is present in the population and that the COVID-19 pandemic has resulted in an increase in general anxiety. Since asthma patients have a higher risk for acquiring viral respiratory tract infections (RTI), it is conceivable that they would experience more stress, fear, and anxiety toward acquiring COVID-19 disease compared to persons without asthma.⁽⁴⁾

Patients with asthma experienced an increase in anxiety and depression levels and were more afraid of acquiring COVID-19 disease compared to controls. Also, patients with asthma were more likely to avoid healthcare facilities due to fear of acquiring COVID-19 disease compared to controls.⁽⁴⁾

As billions are being isolated at their homes to contain the infection, the uncertainty gives rise to mass hysteria and panic. Amid this, there has been a hidden epidemic of "information" that makes COVID-19 stand out as a "digital infodemic" from the earlier outbreaks. Misinformation and fake news are invariable accompaniments to this "information pollution" which can add to the anxiety, fear, confusion, uncertainty, and agitation and lead to faulty treatments, noncompliance to precautionary measures, prejudice, and stigma. Research shows that distress and panic during pandemics.⁽⁵⁾

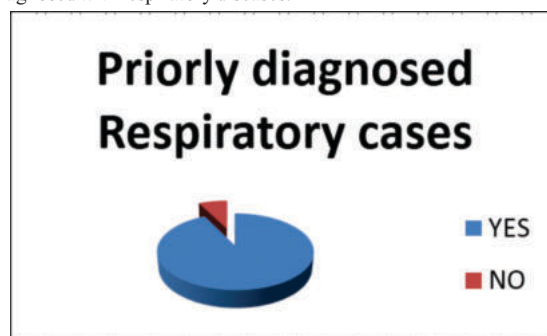
The fear of covid 19 scale (FCV-19S) is a seven-item scale that has robust psychometric properties with more properties like specificity and interval consistency and test retest reliability. Concurrent validity was supported by the hospital anxiety and depression scale and the Perceived Vulnerability to Disease Scale.⁽⁶⁾

Method

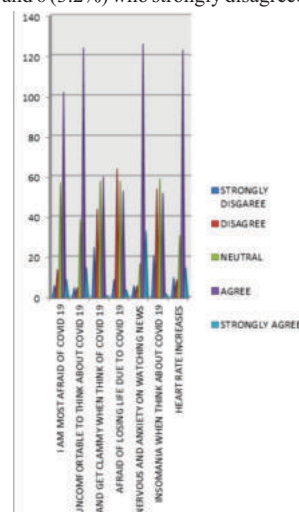
The study is survey study using the Fear of Covid-19 Scale (FCV-19S)⁽⁶⁾. About 203 patients are taken under survey and their perception on COVID 19 is recorded. The survey is conducted through web-based data collection.

Data Analysis And Results

A total of 188 out of 203 subjects of study population were previously diagnosed with respiratory diseases.



The number and percentage of respondents on asking whether they were most afraid of covid-19 were 102 (54.3%) who agreed, 57 (30.3%) who were neutral, 14 (7.4%) who disagreed, 9 (4.8) who strongly agreed and 6 (3.2%) who strongly disagreed.



The respondents whose hands become clammy when they think about coronavirus-19 in are 60 (31.9%) who agreed, 58 (30.9%) who were neutral, 44 (23.4%) who disagreed, 25 (13.3%) who strongly disagreed and 1 (0.5%) who strongly agreed.

The respondents who feel uncomfortable to think about covid 19 varies as 124 (66%) for agreement, 15 (8%) for strong agreement 39 (20.7%) for being neutral, 5 (2.7%) for disagreement and 5 (2.7%) strong disagreement.

Amongst the subjects the respondents who are afraid of losing their life because of coronavirus 19 in which 58 (30.9%) are neutral, 64 (34%) disagree, 53 (28.2%) agree, 9 (4.8%) strongly disagree and 4 (2.1%) strongly agree.

The respondents who become nervous or anxious on watching news and stories about covid-19 on social media are 126 (67%) who agree, 33 (17.6%) who strongly agree, 17 (9%) who are neutral, 6 (3.2%) who disagree and 6 (3.2%) who strongly disagree

The respondents who are suffering from insomnia because of worrying about getting covid 19 are 59 (31.4%) who are neutral, 52 (27.7%) who agree, 54 (28.7%) who disagree, 21 (11.2%) who strongly disagree and remaining 2 (1%) who strongly agree.

The respondents whose heart rhythm varies or palpitates when they think about getting covid-19 are 123 (65.4%) who agree, 31 (16.5%) who are neutral, 15 (8%) who strongly agree 10 (5.3%) who strongly disagree and 9 (4.8%) who disagree.

The survey infers that the pandemic has an effect on the mental health as the data shows that a considerable number of respiratory subjects have a component of fear towards this pandemic.

CONCLUSIONS

Though the degree of fear experienced by an individual is subjective, it can still be related to the havoc created in the external environment. Thus it implies if these populations are addressed with some relaxing techniques like meditation can help reduce the level of anxiety.

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