

## COVID-19 AND ITS IMPACT ON MENTAL HEALTH

Submitted in partial fulfilment of the requirements for the degree of Bachelor of Pharmacy

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**Approval for Bachelor of Pharmacy**

This project entitled Project Title by Students Name is approved for the degree of Bachelor of Pharmacy in Department of Pharmacology.

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## KEYWORDS AND GLOSSARY

**1. Covid-19:** Coronavirus disease 2019 (COVID-19) is defined as illness caused by a novel coronavirus now called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2; formerly called 2019-nCoV), which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. <sup>[1]</sup> It was initially reported to the WHO on December 31, 2019.

**2. Mental health:** Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

**3. Anxious:** Full of mental distress or uneasiness because of fear of danger or misfortune.

**4. Quarantine:** A strict isolation imposed to prevent the spread of disease.

**5. Hysteria:** Extreme fear, excitement, anger, etc. that cannot be controlled.

**6. Meditation:** Act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed.

**7. Symptoms:** Any feeling of illness or physical or mental change

**8. Survey:** An examination of opinions, behaviour, etc. made by asking people questions





## 1. INTRODUCTION:

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. (1)

A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.

In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world.

COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs).

It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly.

SARS-CoV-2 is one of seven types of coronavirus, including the ones that cause severe diseases like Middle East respiratory syndrome (MERS) and sudden acute respiratory syndrome (SARS). The other coronaviruses cause most of the colds that affect us during the year but aren't a serious threat for otherwise healthy people.

### **Is there more than one strain of SARS-CoV-2?**

An early Chinese study of 103 COVID-19 cases found two strains, which they named L and S. The S type is older, but the L type was more common in early stages of the outbreak. They think one may cause more cases of the disease than the other, but they're still working on what it all means.

It is also normal for a virus to change, or mutate, as it infects people and this virus has done so. There are several variants which have been named for the regions they were first discovered but they have now spread to other areas and countries, some proving to be more contagious as well as more deadly. (2)

**Mental health:**

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

This definition, while representing a substantial progress with respect to moving away from the conceptualization of mental health as a state of absence of mental illness, raises several concerns and lends itself to potential misunderstandings when it identifies positive feelings and positive functioning as key factors for mental health. (3)



## 2. REVIEW OF LITERATURE:

As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. In populations already heavily affected, such as Lombardy in Italy, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being of frontline workers. As part of its public health response, WHO has worked with partners to develop a set of new materials on the mental health and psychosocial support aspects of COVID-19(4)

### Sign and symptoms:

Signs and symptoms of coronavirus disease 2019 (COVID-19) may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. Common signs and symptoms can include:

- Fever
- Cough
- Tiredness

Early symptoms of COVID-19 may include a loss of taste or smell.

Other symptoms can include:

- Shortness of breath or difficulty breathing
- Muscle aches
- Chills
- Sore throat

- Runny nose
- Headache
- Chest pain
- Pink eye (conjunctivitis)
- Nausea
- Vomiting
- Diarrhoea
- Rash

This list is not all inclusive. Children have similar symptoms to adults and generally have mild illness.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start.

People who are older have a higher risk of serious illness from COVID-19, and the risk increases with age. People who have existing medical conditions also may have a higher risk of serious illness. Certain medical conditions that may increase the risk of serious illness from COVID-19 include:

- Serious heart diseases, such as heart failure, coronary artery disease or cardiomyopathy
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Type 1 or type 2 diabetes
- Overweight, obesity or severe obesity
- High blood pressure
- Smoking

- Chronic kidney disease
- Sickle cell disease or thalassemia
- Weakened immune system from solid organ transplants
- Pregnancy
- Asthma
- Chronic lung diseases such as cystic fibrosis or pulmonary fibrosis
- Liver disease
- Dementia
- Down syndrome
- Weakened immune system from bone marrow transplant, HIV or some medications
- Brain and nervous system conditions
- Substance use disorders

This list is not all inclusive. Other underlying medical conditions may increase your risk of serious illness from COVID-19. (5)

### **What can I do to protect myself and others from COVID-19?**

The following actions help prevent the spread of COVID-19, as well as other coronaviruses and influenza.

If you are not fully vaccinated against COVID-19:

Wear a face mask.

Maintain at least six feet of distance between yourself and others.

Avoid large gatherings.

Socialize outdoors.

Get vaccinated as soon as you are eligible.

### **Everyone:**

Avoid close contact with people who are sick.

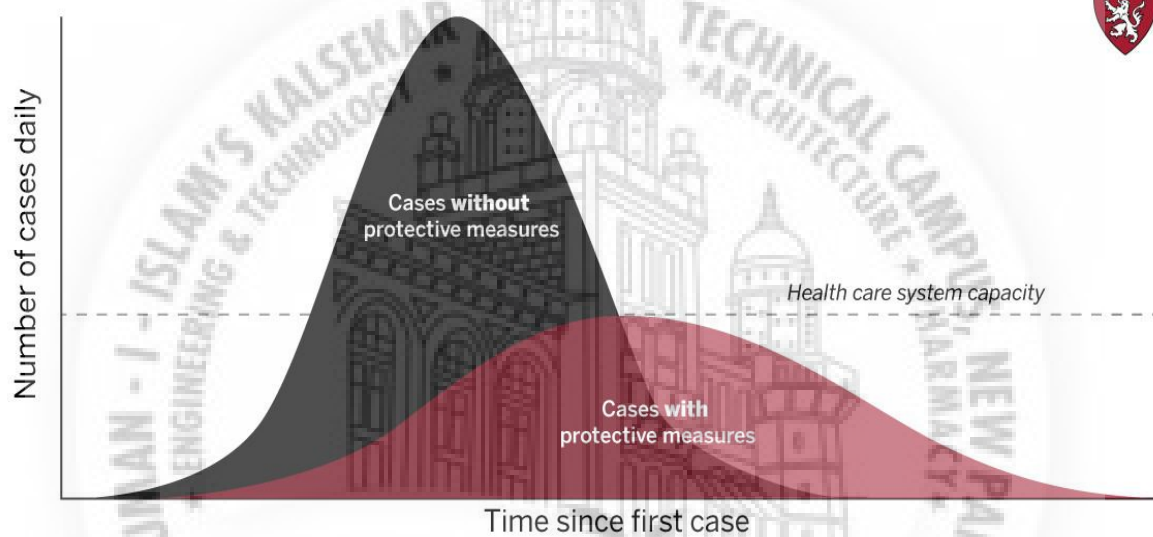
Minimize touching your eyes, nose, and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean frequently touched objects and surfaces regularly.

Wash your hands often with soap and water.



source: CDC

Figure:1

This chart illustrates how protective measures such as limiting travel, avoiding crowds, social distancing, and thorough and frequent handwashing can slow down the development of new COVID-19 cases and reduce the risk of overwhelming the health care system. (6)

### 3. AIM AND OBJECTIVES OF THE STUDY:

**Aim:** How to cope up with the mental health problems during pandemic.

**Objectives:**

- To study the impact of covid-19 on Mental health.
- To study the general impact of pandemic on mental health.





#### **4. EXPERIMENTAL WORK:**

##### **Plan of work:**

Daily we are hearing the news of no. of death, spread rate, it's serious effect on the human beings. All these factors have led us to identify the mental issue as one of the major problems in the COVID-19 pandemic.

This project is a social psychology initiative that is studying how our everyday lives and mental health is affected by the coronavirus outbreak. For many of us, our worlds, our work and our social relationships are changing.

We take COVID-19 survey, which is an online questionnaire that takes about 10 minutes to complete.

A series of questions are included that ask about the ways people are thinking about and responding to the current coronavirus outbreak.

##### **Selection of population;**

As we wanted to study the impact of COVID-19 on mental health, we targeted doctors as our population, so as to get correct and precise information. We aimed to at least take survey from 200+ doctors from various areas like Kashmir, Uttar Pradesh, Mumbai and other localities of Mumbai.

##### **Methodology and statistical analysis:**

We conducted a cross-sectional study survey with sample size of 200+ doctors.

We adopted this method, because due to restrictions during lockdown. It is being not possible to us to approach in the population.

Questionnaires were developed in an understanding manner in a simple English in Google Forms.

The form was circulated through WhatsApp, email etc and other social media platforms.

We collected the response by following means: -

- Through zoom Session
- Visiting personally to doctors
- Forwarding the link to the doctor's

Survey through zoom session

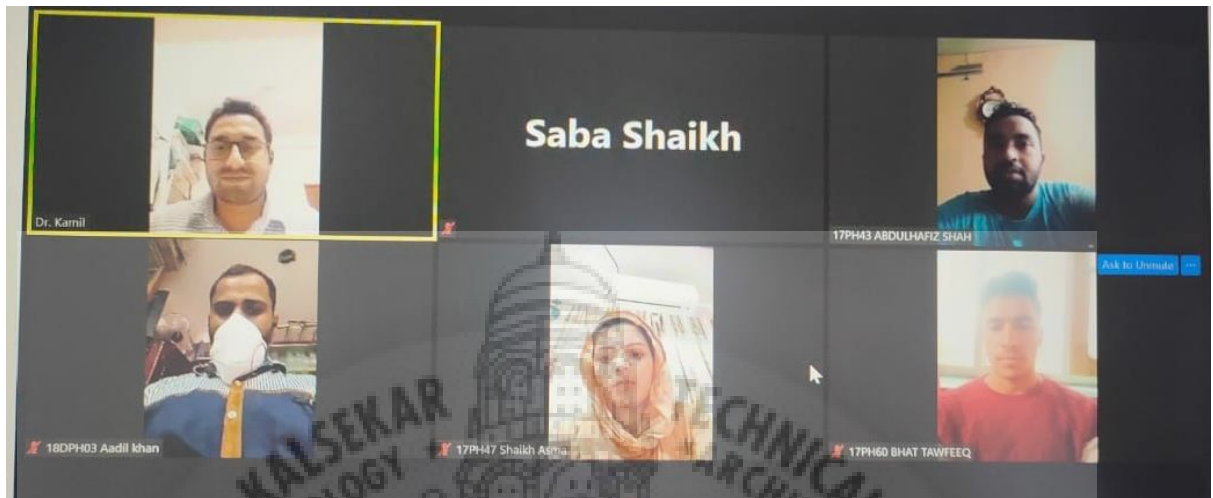


Figure: 2

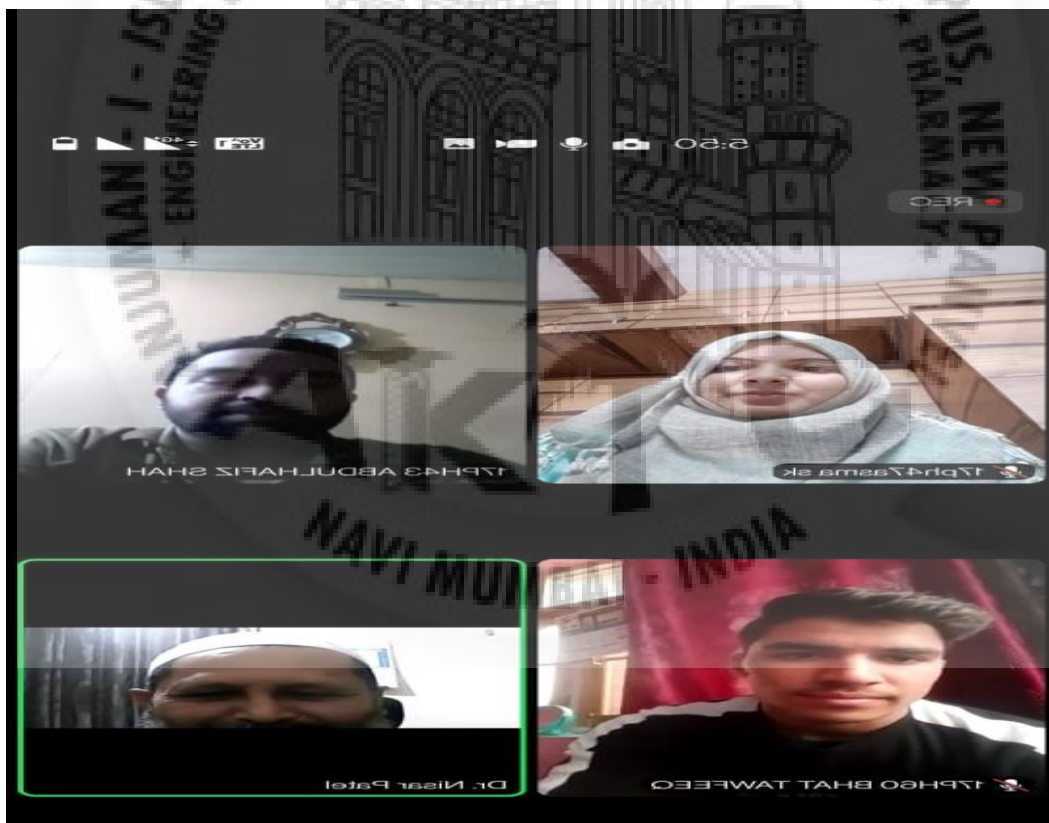


Figure:3

**Survey by personal visit to doctors:**



**Primary health centre (Kashmir)**



**Sai clinic (Airoli)**



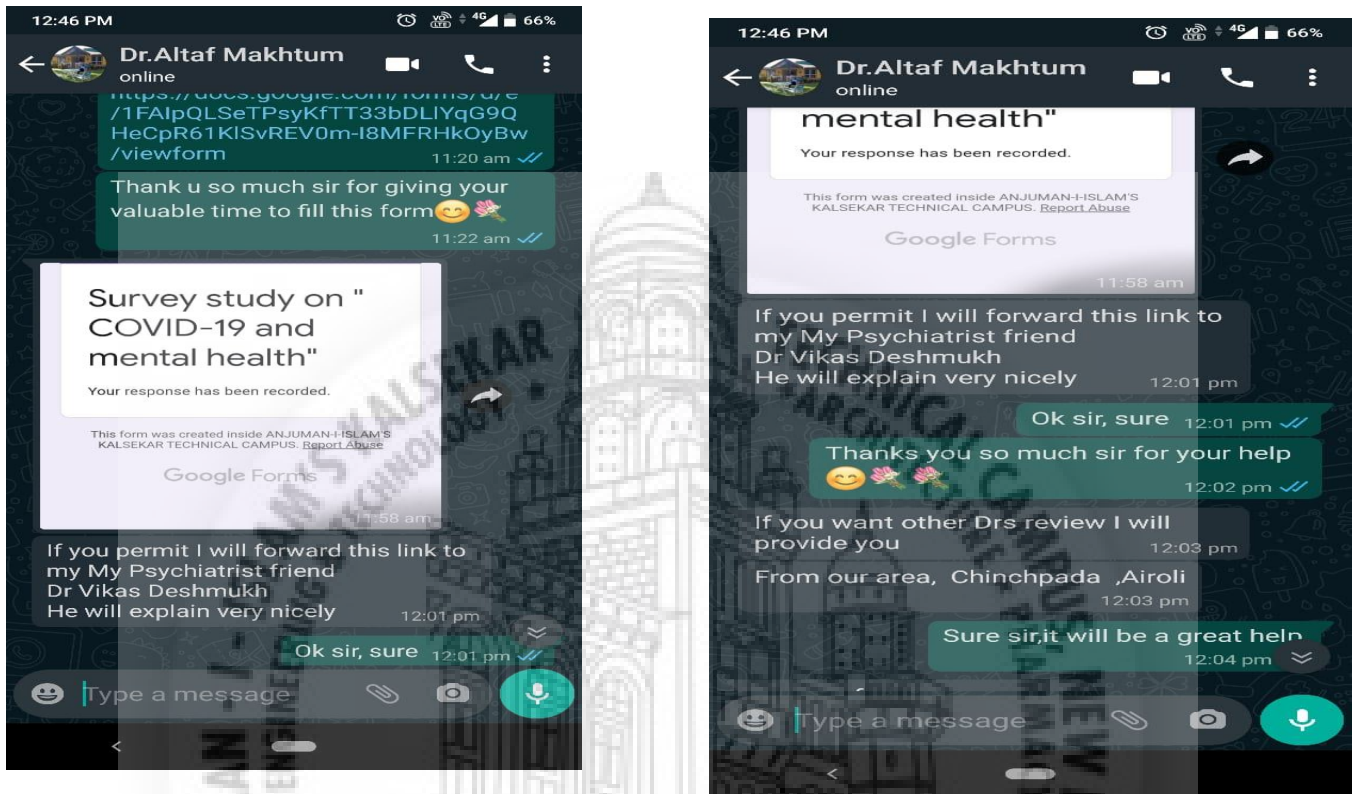
**Gayatri Hospital(Nagpur)**



**Dolphin Hospital (Kharghar)**

Figure:4

**SURVEY: - (By Forwarding link to the doctor's)**



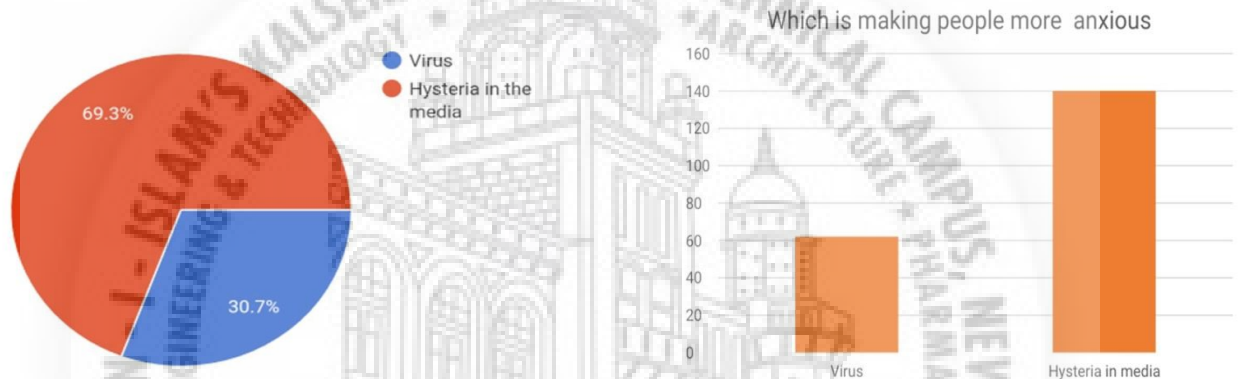
**Figure:5**

## 5. RESULT:

### Data interpretation

We have conducted the survey base response of 202 doctors out of 202, 75.2% are male and 24.8% are female.

#### 1. Which is making people more anxious, Virus or Hysteria in the media?

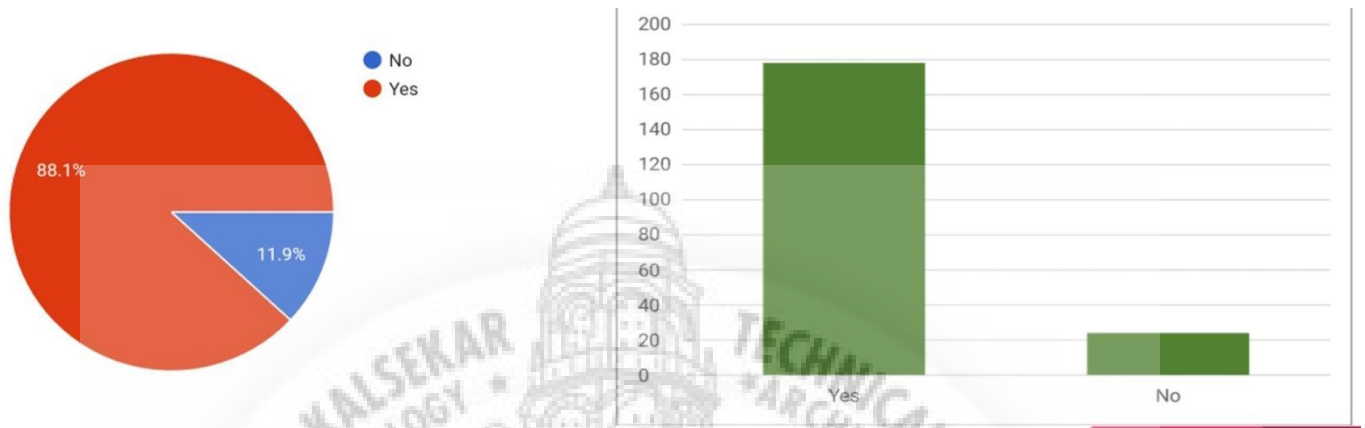


**Figure:6**

About 69.3% of doctor say that people are more anxious to the hysteria in media and 30.7% of doctor says that people are anxious to the virus.



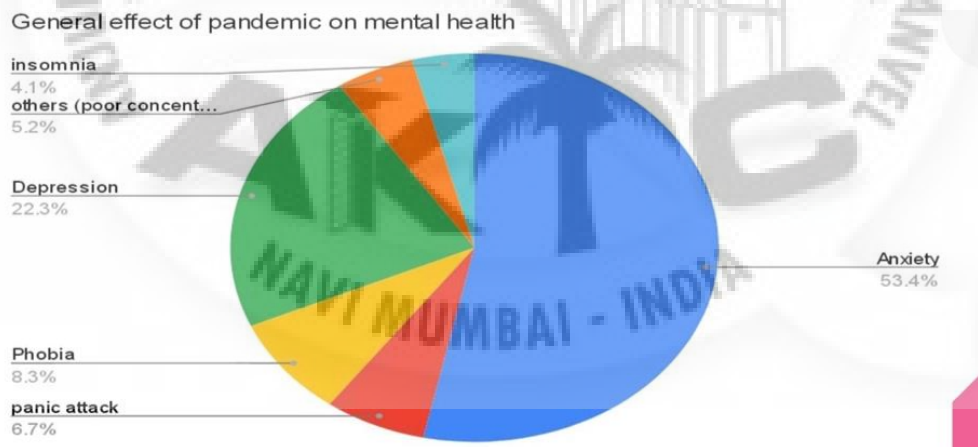
**2. Is COVID-19 pandemic affects our mental health No/yes?**



**Figure:7**

About 88.1% doctor say yes it affects the mental health rest of 11.9% doctor says no.

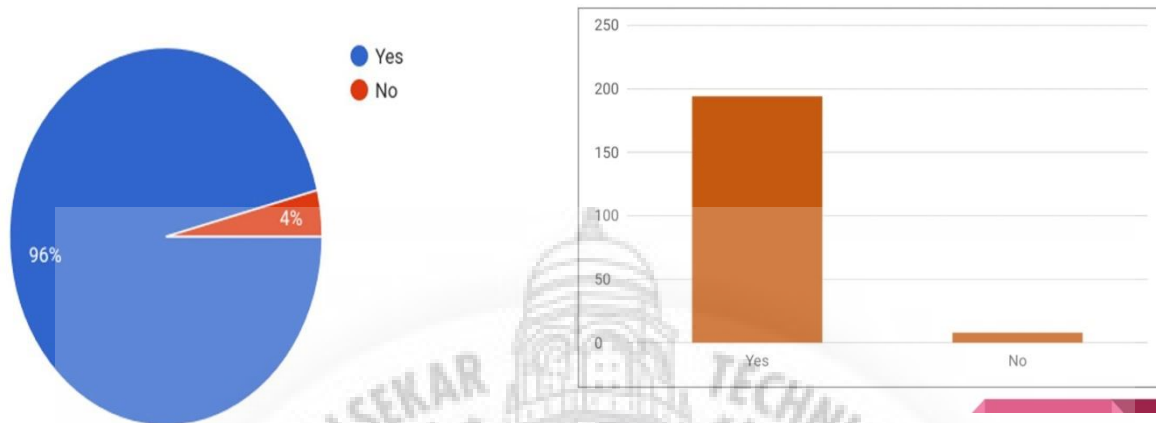
**3. How do pandemics in general affect our mental health.**



**Figure:8**

About 53.4% doctor says anxiety and 22.33% doctor says depression, 8.3% says phobia, 6.7% panic attack, 4.1% doctor says insomnia, 5.1% doctor says other.

**4. Is quarantine affects mental health of individual Yes/No?**

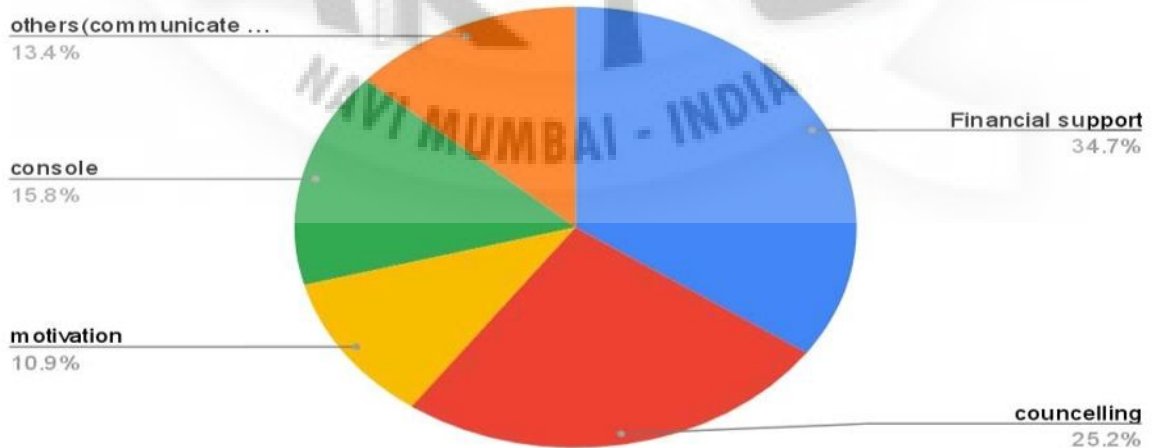


**Figure:9**

About 96% doctor says yes it affect the mental health and rest of 4% doctor says no.

**5. How we can offer emotional support to friends, family members or co-workers who have been quarantine?**

Methods to support family members and other co-workers who have been quarantine



**Figure:10**

About 34.7% doctor says that to provide financial support and other 25.2% doctor says by counselling with them, 15.8% doctor says console, 10.9% doctor says motivate them, 13.4% doctor says other (communicate with them, continually connect with him)

**6. Are people with mental disorder or those who abuse alcohol or other substances more likely to get COVID-19.**

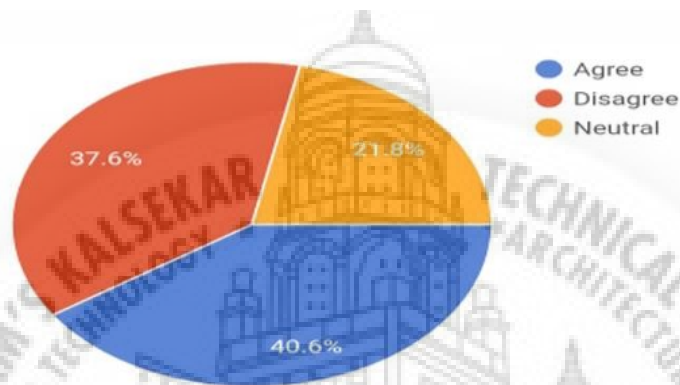


Figure:11

About 40.6% doctor says that they are agree with the people with mental disorder or those who abuse alcohol or other substances more likely to get covid 19, 37.6% disagree with this and 21.8% says that natural.

**7. What are some suggestions on managing anxiety during the COVID-19 pandemic.**

Suggestions to manage anxiety

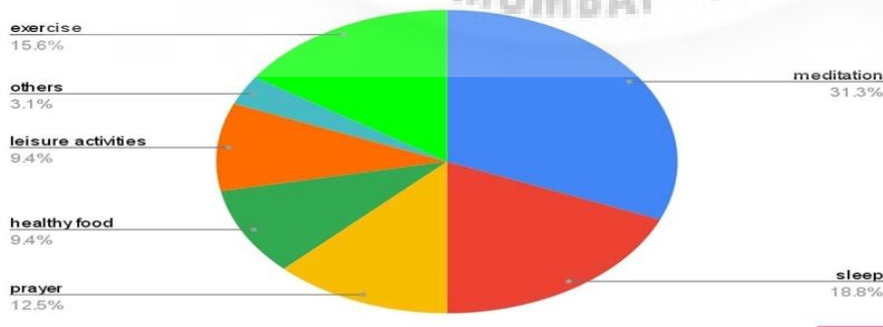


Figure:12



About 31.3% doctor says meditation managing anxiety during covid 19, 18.8% doctor says that sleep managing anxiety, 15.6% doctor says that exercise 12.4% doctor says prayer, 9.4% doctor says leisure activities ,9.4% doctor says healthy food, 3.1% doctor says other.

**8. Is it important to talk to old age people about COVID-19 and improved there mental health without making them anxious. Yes/No**

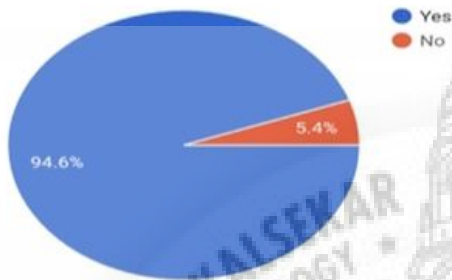


Figure:13

About 94.6 % doctor says yes it's important and 5.4 % doctor says that no.

**9. Pandemic causes spike in Anxiety & depression. Yes/No**

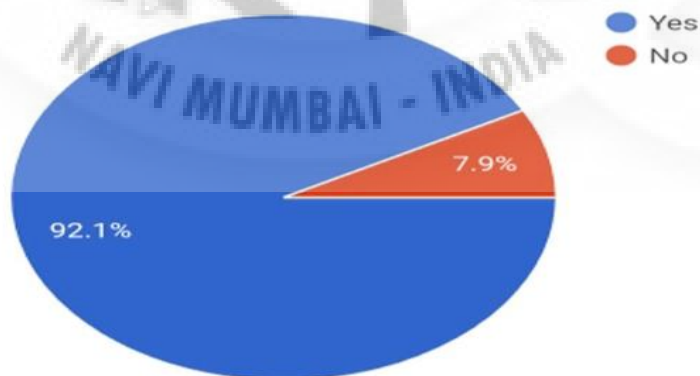


Figure:14

About 92.1% doctor says that yes it spike in anxiety & Depression, 7.9% doctor says that no.

**10. As frontline worrier have you experience anxiety while treating patient during pandemic.**  
**Yes/No**

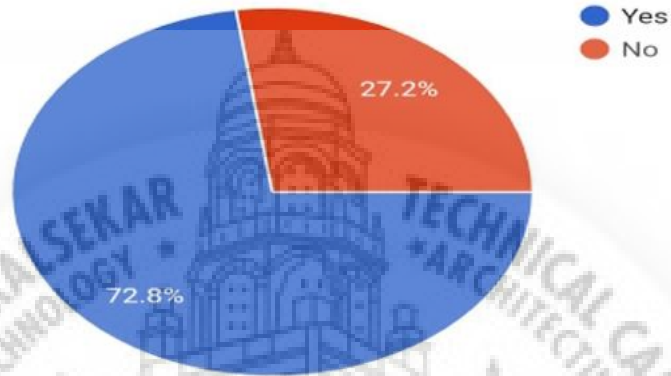


Figure:15

About 72.8% doctor says yes frontline worrier have experience anxiety while treating covid 19 patient, 27.2% doctor says no they don't experience anxiety.

## **RESULT:**

- Hysteria in media tends to cause more anxiety as compared to the virus
- Pandemic affects our mental health and causes various mental problems like anxiety, depression, insomnia, phobia, etc.
- Pandemic causes spike in anxiety and depression.

### **Managing mental health during pandemic:**

#### **1. Feel free to feel your feelings**

You and your colleagues are likely to feel immense pressure given the potential surge in care demands, risk of infection and equipment shortages, among other stressors. Experiencing stress and the feelings associated with it are by no means a sign of weakness or a reflection on your ability to do your job.

#### **2. Intentionally employ coping strategies**

Put into practice strategies that have worked for you in the past during times of stress. These can include getting enough rest and finding respite time during work or between shifts, eating meals (ideally, healthy food, on a schedule), engaging in physical activity and staying in contact (with appropriate social distancing) with family and friends.

#### **3. Perform regular check-ins with yourself**

Monitor yourself for symptoms of depression/stress disorder such as prolonged sadness, difficulty sleeping, intrusive memories and/or feelings of hopelessness. Talk to a trusted colleague or supervisor. Be open to seeking professional help if symptoms persist or worsen over time.

#### **4. Take breaks from the news and social media**

Make a regular habit of stepping away from your computer and smart phone from time to time. When returning online, focus on information from reputable sources, not just sources in your social media feed. You don't have to take in everything produced by a 24/7 news cycle.

#### **5. Be fortified by remembering the importance and meaning of your work**

Remind yourself that despite the current challenges and frustrations, yours is a noble calling – taking care of those in need in a time of great uncertainty. Make sure to take time to recognize the efforts and sacrifices made by your colleagues. Together, we are all stronger.



## 6. CONCLUSION:

- COVID-19 impacts the mental health to a great extent.
- There's need to provide emotional support to our family members and the co-workers who have been quarantine.
- To manage the anxiety triggered due to pandemic various methods can be adopted like meditation, exercise, proper sleep, doing leisure activities
- At last I would like to conclude that, mental health is one of the important parameters of health which can't be neglected.



### 7. Future scope:

The project can be take it forward and can be done on large population to develop robust data.



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[its impact on mental health](#) is a bonafide work of ABDUL HAFIZ SHAH(17PH43), ASMA SHAIKH(17PH47) TAWFEEQ ANWAR BHAT(17PH60), KHAN ADIL (18DPH03) submitted for the appreciation of the degree of Bachelor of Pharmacy in Department of Pharmacology. Name Supervisor: Saba Shaikh Dean: Dr. Shariq Syed Director: Dr. Abdul Razak Honnutagi Approval for Bachelor of Pharmacy This project entitled Project Title by Students Name is approved for the degree of Bachelor of Pharmacy in Department of Pharmacology. Examiners Prof. Abusufiyan Shaikh Supervisors Saba Shaikh ACKNOWLEDGMENT I would like to take the opportunity to express my sincere thanks to our guide Saba Shaikh, Assistant Professor, Department of Pharmacy, AIKTC, School of Pharmacy, Panvel for her invaluable support and guidance throughout our project research work. Without her kind guidance & support this was not possible. I am grateful to her for her timely feedback which helped us track and schedule the process effectively. Her time, ideas and encouragement that she gave us helped us to complete our project efficiently. I would also like to thank Dr. Abdul Razak Honnutagi, Director of AIKTC, Panvel, for his encouragement and for providing an outstanding academic environment, also for providing the adequate facilities. I am thankful to Dr. Shariq Syed, Dean, School of Pharmacy, Panvel and all my B.Pharm. Teachers for providing advice and valuable guidance. I also extend my sincere thanks to all the faculty members and the non-teaching staff and friends for their cooperation. Last but not the least, I am thankful to all my family members whose constant support and encouragement in every aspect helped me to complete my project. ABDUL HAFIZ SHAH(17PH43), ASMA SHAIKH(17PH47), TAWFEEQ ANWAR BHAT(17PH60),KHAN ADIL (18DPH03) Department of Pharmacology School of Pharmacy DECLARATION We [declare that this written submission represents our ideas in our own words and where others ideas or words have been included](#), we [have adequately cited and referenced the original sources](#). We [also declare that we have adhered to all principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/data/fact/source in our submission. I understand that any violation of the above will be cause for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed](#). ABDUL HAFIZ SHAH(17PH43) ASMA SHAIKH(17PH47) TAWFEEQ ANWAR BHAT(17PH60) KHAN ADIL (18DPH03) Department of Pharmacology School of Pharmacy INDEX Sr. No Title Page no. 1 Introduction 1 2 Review of literature 3 3 Aim and objectives 7 4 Experimental work 8 5 Result 12 6 Conclusion 20 7 Future scope 21 8 References 22 LIST OF FIGURES Figure:1 .....6 Figure:2.....9 Figure:3.....9 Figure:4.....10 Figure:5.....11 Figure:6 .....12 Figure:7.....13 Figure:8.....13 Figure:9 .....14 Figure:10.....14 Figure:11 .....15 Figure:12.....15 Figure:13 .....16 Figure:14.....16 Figure:15 .....17 KEYWORDS AND GLOSSARY 1. Covid-19: [Coronavirus disease 2019 \(COVID-19\) is defined as illness caused by a novel coronavirus now called severe acute respiratory syndrome coronavirus 2 \(SARS-CoV-2; formerly called 2019-nCoV\), which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. \[1\] It was initially reported to the WHO on December 31, 2019.](#) 2. [Mental health: Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.](#) 3. [Anxious: Full of mental distress or uneasiness because of fear of danger or](#)

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[misfortune.](#) 4. Quarantine: [A strict isolation imposed to prevent the spread of disease.](#) 5. Hysteria: Extreme fear, excitement, anger, etc. that cannot be controlled. 6. Meditation: [Act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed.](#)

7. Symptoms: Any feeling of illness or physical or mental change 8. Survey: [An examination of opinions, behaviour, etc. made by asking people questions](#) 1.

[INTRODUCTION: Coronavirus disease \(COVID-19\) is an infectious disease caused by a newly discovered coronavirus.](#) (1) A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world. COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly. SARS-CoV-2 is one of seven types of coronavirus, including the ones that cause severe diseases like Middle East respiratory syndrome (MERS) and sudden acute respiratory syndrome (SARS). The other coronaviruses cause most of the colds that affect us during the year but aren't a serious threat for otherwise healthy people. [Is there more than one strain of SARS-CoV-2? An early Chinese study of 103 COVID-19 cases found two strains, which they named L and S. The S type is older, but the L type was more common in early stages of the outbreak. They think one may cause more cases of the disease than the other, but they're still working on what it all means. It is also normal for a virus to change, or mutate, as it infects people and this virus has done so. There are several variants which have been named for the regions they were first discovered but they have now spread to other areas and countries, some proving to be more contagious as well as more deadly.](#) (2) 1

HASH(0x7f84ea2712b8). (3) 2. REVIEW OF LITERATURE: As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. In populations already heavily affected, such as Lombardy in Italy, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being of frontline workers. As part of its public health response, WHO has worked with partners to develop a set of new materials on the mental health and psychosocial support aspects of COVID-19(4) Sign and symptoms:

HASH(0x7f84ea2716c0). HASH(0x7f84ea271bb8). HASH(0x7f84ea271a08) ? [Chronic kidney disease ? Sickle cell disease or thalassemia ? Weakened immune system from solid organ transplants ? Pregnancy ? Asthma ? Chronic lung diseases such as cystic fibrosis or pulmonary fibrosis ? Liver disease ? Dementia ? Down syndrome ? Weakened immune system from bone marrow transplant, HIV or some medications ? Brain and nervous system conditions ? Substance use disorders](#) This list is not all inclusive. Other underlying medical conditions may increase your risk of serious illness from COVID-19. (5) [What can I do to protect myself and others from COVID-19? The following actions help prevent the spread of COVID-19, as well as other coronaviruses and influenza. If you are not fully vaccinated against COVID-19: Wear a face](#)

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mask. Maintain at least six feet of distance between yourself and others. Avoid large gatherings. Socialize outdoors. Get vaccinated as soon as you are eligible. Everyone: 5 Avoid close contact with people who are sick. Minimize touching your eyes, nose, and mouth. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean frequently touched objects and surfaces regularly. Wash your hands often with soap and water. Figure:1 This chart illustrates how protective measures such as limiting travel, avoiding crowds, social distancing, and thorough and frequent handwashing can slow down the development of new COVID-19 cases and reduce the risk of overwhelming the health care system. (6) 6 3.

AIM AND OBJECTIVES OF THE STUDY: Aim: How to cope up with the mental health problems during pandemic. Objectives: • To study the impact of covid-19 on Mental health. • To study the general impact of pandemic on mental health.

7 4. EXPERIMENTAL WORK: Plan of work: Daily we are hearing the news of no. of death, spread rate, it's serious effect on the human beings. All these factors have led us to identify the mental issue as one of the major problems in the COVID-19 pandemic. This project is a social psychology initiative that is studying how our everyday lives and mental health is affected by the coronavirus outbreak. For many of us, our worlds, our work and our social relationships are changing. We take COVID-19 survey, which is an online questionnaire that takes about 10 minutes to complete. A series of questions are included that ask about the ways people are thinking about and responding to the current coronavirus outbreak

Selection of population; As we wanted to study the impact of Covid 19 on mental health, we targeted doctors as our population, so as to get correct and precise information. We aimed to at least take survey from 200+ doctors from various areas like Kashmir, Uttar Pradesh, Mumbai and other localities of Mumbai.

Methodology and statistical analysis: We conducted a cross-sectional study survey with sample size of 200+ doctors. We adopted this method, because due to restrictions during lockdown. It is being not possible to us to approach in the population. Questionnaires were developed in an understanding manner in a simple English in Google Forms. The form was circulated through WhatsApp, email etc and other social media platforms. We collected the response by following means: - • Through zoom Session • Visiting personally to doctors • Forwarding the link to the doctor's 8 Survey through zoom session Figure: 2

Figure:3 9 Survey by personal visit to doctors: Primary health centre (Kashmir) Sai clinic (Airoli) Gayatri Hospital(Nagpur) Dolphin Hospital (Kharghar) Figure:4 10 SURVEY: - (By Forwarding link to the doctor's) Figure:5 11

5. RESULT: Data interpretation We have conducted the survey base response of 202 doctors out of 202, 75.2% are male and 24.8% are female.

1. Which is making people more anxious, Virus or Hysteria in the media? Figure:6 About 69.3% of doctor say that people are more anxious to the hysteria in media and 30.7% of doctor says that people are anxious to the virus.

12 2. Is COVID-19 pandemic affects our mental health No/yes? Figure:7 About 88.1% doctor say yes it affects the mental health rest of 11.9% doctor says no.

3. How do pandemics in general affect our mental health. Figure:8 About 53.4% doctor says anxiety and 22.33% doctor says depression, 8.3% says phobia, 6.7% panic attack, 4.1% doctor says insomnia, 5.1% doctor says other.

13 4. Is quarantine affects mental health of individual Yes/No? Figure:9 About 96% doctor says yes it affect the mental health and rest of 4% doctor says no.

5. How we can offer emotional support to friends, family members or co-workers who have been quarantine? Figure:10 14 About 34.7% doctor says that to provide financial support and other 25.2% doctor says by counselling with them, 15.8% doctor says console, 10.9% doctor says motivate them, 13.4% doctor says other (communicate with them, continually connect with him)

6. Are people with mental disorder or those who abuse alcohol or other substances more likely

to get COVID-19. Figure:11 About 40.6% doctor says that they are agree with the people with mental disorder or those who abuse alcohol or other substances more likely to get covid 19, 37.6% disagree with this and 21.8% says that natural. 7. What are some suggestions on managing anxiety during the COVID-19 pandemic. Figure:12 15 About 31.3% doctor says meditation managing anxiety during covid 19, 18.8% doctor says that sleep managing anxiety, 15.6% doctor says that exercise 12.4% doctor says prayer, 9.4% doctor says leisure activities ,9.4% doctor says healthy food, 3.1% doctor says other. 8. Is it important to talk to old age people about COVID-19 and improved there mental health without making them anxious. Yes/No Figure:13 About 94.6 % doctor says yes it's important and 5.4 % doctor says that no. 9. Pandemic causes spike in Anxiety & depression. Yes/No Figure:14 16 About 92.1% doctor says that yes it spike in anxiety & Depression, 7.9% doctor says that no. 10. As frontline worrier have you experience anxiety while treating patient during pandemic. Yes/No Figure:15 About 72.8% doctor says yes frontline worrier have experience anxiety while treating covid 19 patient, 27.2% doctor says no they don't experience anxiety. 17 RESULT: • Hysteria in media tends to cause more anxiety as compared to the virus • Pandemic affects our mental health and causes various mental problems like anxiety, depression, insomnia, phobia, etc. • Pandemic causes spike in anxiety and depression. Managing mental health during pandemic: 1. Feel free to feel your feelings You and your colleagues are likely to feel immense pressure given the potential surge in care demands, risk of infection and equipment shortages, among other stressors. Experiencing stress and the feelings associated with it are by no means a sign of weakness or a reflection on your ability to do your job. 2. Intentionally employ coping strategies Put into practice strategies that have worked for you in the past during times of stress. These can include getting enough rest and finding respite time during work or between shifts, eating meals (ideally, healthy food, on a schedule), engaging in physical activity and staying in contact (with appropriate social distancing) with family and friends. 3. Perform regular check-ins with yourself Monitor yourself for symptoms of depression/stress disorder such as prolonged sadness, difficulty sleeping, intrusive memories and/or feelings of hopelessness. Talk to a trusted colleague or supervisor. Be open to seeking professional help if symptoms persist or worsen over time. 4. Take breaks from the news and social media Make a regular habit of stepping away from your computer and smart phone from time to time. When returning online, focus on information from reputable sources, not just sources in your social media feed. You don't have to take in everything produced by a 24/7 news cycle. 5. Be fortified by remembering the importance and meaning of your work 18 Remind yourself that despite the current challenges and frustrations, yours is a noble calling – taking care of those in need in a time of great uncertainty. Make sure to take time to recognize the efforts and sacrifices made by your colleagues. Together, we are all stronger. 19 6. CONCLUSION: • COVID-19 impacts the mental health to a great extent. • There's need to provide emotional support to our family members and the co-workers who have been quarantine. •To manage the anxiety triggered due to pandemic various methods can be adopted like meditation, exercise, proper sleep, doing leisure activities • At last I would like to conclude that, mental health is one of the important parameters of health which can't be neglected. 20 7. Future scope: The project can be take it forward and can be done on large population to develop robust data. 21 8. REFERENCES: 1. [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1) 2. <https://www.webmd.com/lung/coronavirus> 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4471980/> 4. <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable->

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<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963> 6. <https://www.health.harvard.edu/diseases-and-conditions/preventing-the-spread-of-the-coronavirus> 22

