

# A Mental Health Assessment Survey during Lockdown: A Study through National Internet Survey

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**Abstract:** A Mental health survey was conducted to see the mental state of the population during this COVID19 Lockdown. As Mental health of the person is equivalent to physical health of the person and the whole country is in lockdown state during the contagious disease COVID19. We prepared a self made questionnaire which includes identification part as well as mental health related question total no of question were 24 out of which 10 were related to their basic details like their identification and 14 were related to their mental health and impact of lockdown which includes their stress, anxieties, fear, mood, physical and mental health etc.. Total 186 subjects were participated in this survey out of which 98 were males and 86 were females and all are above the age of 18 yrs. After the survey we got the results in terms of percentage calculated from total number of participants and mention here the highest percentage which clarify their exact state 89.4% person has stay with their family and 92.2% are belong from middle class family. 51.2 were happy, 32.2% were worried about future, 41.4 % felt bored at home, 31.1% were busy work from home, 37.6% had some other stress, 80.2% doesn't need any psychological help, 37.60% felt moderate impact of lockdown in their life, 42% were stressed about uncertainty of diseases, 59% were satisfy with their sleep, overall physical health were 60.90% and mental health 51.10% which considered them as good.

**Keywords:** Mental health, Survey, Health assessment, COVID19

## 1. Introduction

Corona virus that has emerged in 2019 and now it has been declared as pandemic by WHO (World Health Organization). It has spread across the worldwide and effected millions of people around the world. It is a highly contagious disease and affecting the severe respiratory disease. It has highly impacted the governments and public health systems. It responded by declaring a public health emergency of national and international level, and government is taking several measures to prevent and limit the outbreak of COVID 19. Millions of lives have been significantly altered, and a global, multi-level, and demanding stress-coping-adjustment process is ongoing. The World Health Organization has issued guidelines for managing the problem from both biomedical and psychological points of view. People around the world affected psychologically by this pandemic outbreak because it hampered the daily lives of the population. Around millions of people are afraid of being affected and it will also affect their mental health because of fear. Government declared the lockdown in the country which is beneficial for our country to reduce the spread of contagious disease. It will also shut down the markets and business of the people which causes a great impact on their lives and their mental health also because they are stuck in their homes for the past two months so our main aim to see the changes in their mental health and what are the issue that they are facing during this lockdown and the what kind of factors are affecting them.

## 2. Materials and Methods

As the lockdown start we saw the people around us that how they will spend their time during this crucial time and we noticed that few changes took place in their lives before the

past. So Organon of Medicine and Homoeopathic Philosophy department from Aarihant Homoeopathic Medical College and Research Institute Bhoyan Rathod Kalol, Gandhinagar, Gujarat decided to conduct a mental Health Survey and we prepared a self made questionnaire. Survey is conducted only in India on 24 April 2020. The data collected from almost Gujarat, Maharashtra, Delhi, Haryana, Rajasthan and Utter Pradesh ,Karnataka etc. This questionnaire consist of 24 questions out of which 10 question related to their general identification like Name, Age, Sex, address, family status etc and rest of the questions related to their mental health status. We are sending the questionnaire via mails, whatapp, and various other social networking sites. The survey is open for the 24 hours only and after that the survey is closed by us. We gather 207 responses from the population out of which 23 were excluded because they left so many questions and are below the age of 18 years. So the total no of subject registered in this survey were 184 which fill all the questions and all were above the age of 18 yrs.

### Inclusion criteria

- Subject should be above the age of 18 yr.
- Those who are submitting the surveys were considered that they were willingly participate in the survey.
- Question with asterisk (\*) were mandatory to fill.

### Exclusion Criteria

- Those excluded from the survey that were below or less than 18 years.
- Those who are not filling the complete questionnaire will be excluded from the survey.

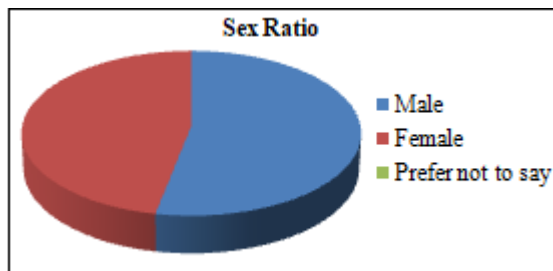
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**3. Results**

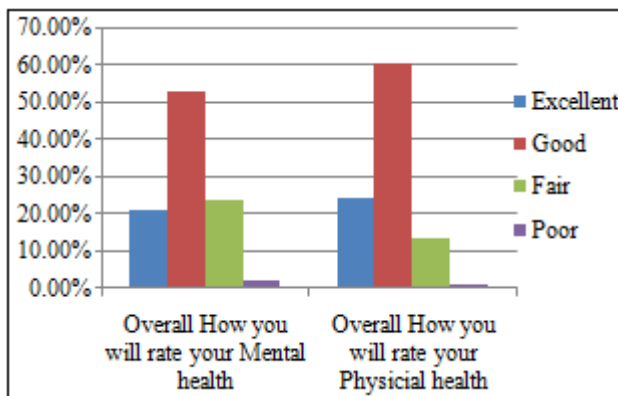
The survey of 184 subjects includes in which 98 i.e. 53.1% male and 86 i.e 46.9% females were participated. The survey shows that males were participated more than females. . After the survey we got the results in terms of percentage calculated from total number of participants and mention here the highest percentage which clarify their exact state 89.4% person has stay with their family and 92.2% are belong from middle class family. 51.2 were happy, 32.2% were worried about future, 41.4 % felt bored at home, 31.1% were busy work from home, 37.6% had some other stress, 80.2% doesn't need any psychological help, 37.60% felt moderate impact of lockdown in their life, 42% were stressed about uncertainty of diseases, 59% were satisfy with their sleep, overall physical health were 60.90% and mental health 51.10% which considered them as good.



**Figure 1: Sex wise distribution**

**The Outcome of survey**

As stated earlier that survey conducted by given questionnaire here we were mention some question and showing their results by the help of graph. 14 questions were related to the Mental Health assessment and each having 4 options out of which one was to be selected by the subject. We were mentioning the question which were related to the mental health in the below table which shows the percentage of each question which we got by the survey. From this survey it helps to understand that population was feeling relaxed and quiet happy these days while few of them has stressed because of their business and jobs were closed because of lockdown .while the students were busy in the studies because the school and university conducted online lectures for them. So little bit life was hampered by the lockdown as majority of the population was staying at their homes and spend full of the time with their families which they had never before .All over the mental and physical health of the population are good



**Figure 2: Overall Health results of the Patients after survey**

**Table 1 Percentage outcomes of questions after survey**

Socio economic Status?	
• Low	5.9%
• High	2%
• Middle	92.2%
Stay During lockdown?	
• With family	89.4%
• With friend	2.4%
• Hostel	1%
• Staying alone	7.2%
What is your mood during lockdown?	
• Fearful	3.4%
• Happy	51.2%
• Angry/Irritable	15%
• Sad	6.8%
• Anxious	11.6%
• Stress	12.1%
What do you think most of the time during lockdown?	
• Job/Business	14.4%
• Economy	5.8%
• Studies	28.4%
• Future	32.2%
• Any other	19.2%
How do you feel during stay at Home?	
• Relaxed	30.4%
• Bored	41.4%
• Happy	14.5%
• Any other	29%
How are you Utilizing the time at home during lockdown?	
• Busy in house hold chores	14.8%
• Reading books	17.7%
• Playing	3.3%
• Sleeping	3.3%
• Watching T.V(Movies &Series)	13.9%
• Social Media	7.2%
• Work from home	30.1%
• Any other	9.6%
Major stress during lockdown?	
• Jobless	5.9%
• Salary issues	11.2%
• Fear due to uncertainty of disease	29.3%
• Daily needs	16.1%
• Any other	37.6%
Do you need psychological support?	
• Yes	7.2%
• No	80.2%
• Don't know	12.6%
Impact of Lockdown on daily life?	
• Severe	8.80%
• Mild	37.10%
• Moderate	37.60%
• Not affected	16.60%
Mental stress due to COVID19?	
• Severe	7.30%
• Mild	42%
• Moderate	27.30%
• Not affected	23.40%
Are you having trouble sleep at night?	
• Severe	10%
• Mild	11%
• Moderate	20%
• Not affected	59%

**4. Discussion**

We were conducted a survey on the behalf of Aarihant Homoeopathic Medical College and Research Institute Bhoyan, Rathod, Kalol, Gandhinagar ,Gujarat on 24 April 2020 and it was closed on 25April 2020,the survey was conducted only for 24hrs and it was spread via the internet facility by using some social networking application. The questions were select for the survey were only related to the present condition and included the lockdown time along with diseased impact. We saw people around us that all time they were sit at home and there life has been changed in lockdown. The reason for selection only these question was it covered mental and physical health both, fears, Anxieties, worries, how they spend the time because we saw them doing different things and tried to keep them busy ,even they all used the Precautionary measures suggested by Government. So these things were becoming the triggering factor for us to do this survey. The data collected after the survey was kept in the Microsoft office excel 2007 with full details of the population and gives the result of each question in the terms of Percentage. We also mentioned that those who need any psychological help will be taken into consideration and we also provided psychological advice and support by telephonic conversation with them and try to reduce their mental stress and anxieties.

## **5. Conclusion**

This survey concluded that most of the population staying at their homes along with their families and almost of them were busy working from home and was feeling relaxed to stay at home and quiet happy with this. There physical and general health was also good and they were enjoyed the time they get during this lockdown. While few of them were having anxieties and fear due to uncertainty of the disease and little stressed about their business..Overall health of the patients was good. People were also serious about the disease spread and they took all the precautionary measures to save their lives.

## **6. Acknowledgement**

We are thankful to all those who were participated in this survey .We are also thankful to the management for allowing us to conduct the survey. Author especially thankful to Mr.Love Pareek who helped us in preparing the Google form which includes the entire questionnaire and for designing the form and guide us to circulate via social networking.