



THE NETWORK
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Facultad de Medicina



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"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

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TUFH 2020 Abstracts

Title	Psychological Impact of COVID-19 Community Transmission in Sudan: A Cross-sectional Study
Type	Oral Presentation <i>Systems and Community Based Responses for COVID 19</i>
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Content

Background: As usual, outbreaks throughout history and coronavirus disease (COVID-19) results in a wide range of psychological effects like stress, anxiety, depression, and so on. This study was conducted in order to explore these effects in two different periods during the 2020 outbreak in Sudan. The results were shared to help decision-makers and health providers in decreasing the psychological consequences. Methods: We recruited 459 responses through a web-based online survey, then calculated the word frequency, scores of emotional indicators, happiness, and life satisfaction in two periods, before and after the beginning of community transmission in Sudan. Wilcoxon Signed Ranks Test and Kruskal-Wallis Test were used to compare psychological characteristics differences before and after. Results: The negative emotions (i.e. depression, anxiety, and stress) remarkably increased (e.g. from mean=4.31 and standard deviation=5.483 to mean=4.41 and standard deviation=5.235 with p value=0.005 for anxiety) while happiness and life satisfaction decreased. Conclusions: People tend to gain a change in psychological traits due to outbreak issues. This study underwrites the knowledge gaps regarding the impact of COVID-19 on psychological traits. This may help decision-makers and health providers to take serious steps to reduce psychological morbidity related COVID-19.