

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
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THE NETWORK
TOWARDS UNITY FOR HEALTH



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	COVID 19 and Mental Health of University Students of India
Type	TUFH Oral Presentation
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Country	India
Abstract N^o	TUFH538
Content	<p>Background - COVID-19 is causing widespread panic and increasing anxiety and stress in individuals all over the world. As schools, colleges and universities are closed ,students are profoundly affected. This study evaluates the effect of COVID 19 pandemic and lockdown on mental health of university students of India. Methods – Over 200 undergraduate and post graduate students belonging to various disciplines across universities of India received a validated questionnaire concerning mental health by whatsapp and email. The questionnaire package used in this cross-sectional study consisted of three components: a sociodemographic questionnaire that required each student to provide their sexes, city they were living, colleges, or schools; a measure of student anxiety (the Self-Rating Anxiety); patient health questionnaire and an open question about their most concern. Results – Most of the participants were aged 18-24 years. 71% of them were females. 51% were in a stable relationship. Majority of the participants followed Hindu religion. Parents income of 34 % was moderately affected and 12% was severely affected by lockdown of pandemic. 15% thought that their mental health is poor. 48.7 % suffered from anxiety disorder and around 43 % had poor psychological health post COVID 19 pandemic. Most were concerned about catching COVID infection, delay in university exam and unpredictability of the situation. Conclusion- COVID 19 pandemic and lockdown had resulted in anxiety and post-traumatic stress disorder; it is necessary to assist and take measures to improve the mental health of these students by positive university and family interventions.</p>