

The Impact of Covid 19 on the Psyche of the Patient (Depression and Anxiety)

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Abstract: This paper aims to Assessment of psychological disorders consisting of fear and depression among patients with Covid 19 in Iraq. A cross-sectional exploratory study was conducted to patients with Coronavirus to know the type of effect that the Coronavirus pandemic has on patients in terms of psychological and depression. Demographic information and data related to the disease were collected for 200 patients from different hospitals in Iraq, and the mean± sd of ages patients were 39±9 years old, and the ages ranged between 25-55 years. This methodology was based on a classification of mental disorders in primary health care (PHC) (GAD), where there are changes in the diagnostic criteria for anxiety and depression disorder. The results which found in our study of 200 patients (MEAN + SD for patients with anxiety 10.3 + 4.1, and for patients with depression, it was mean ± sd (10.5 + 3.9.) In conclusion, a positive relationship was found between COVID-19 and anxiety, depression, quality of life, and finding weak associations based on gender and age.

Keywords: GAD-PHC, BMI, depression, anxiety, CO19, disorders, diagnostic, psychological.

INTRODUCTION

The coronavirus has brought about many changes in our societies [Ueda, M. *et al.*, 2021]. One result was an increase in psychological stress. Concerns about the health effects of the virus, fears on family members, extended social isolation, and economic problems have resulted [Nicola, M. *et al.*, 2020; Hotopf, M. *et al.*, 2020].

This has had consequences for the mental health of some people, increasing the incidence of some disorders and exacerbating others [Srivastava, N. *et al.*, 2020; AlRasheed, M.M. *et al.*, 2021]. A study found that 22.6% of students in China's Hubei province, where the coronavirus outbreak originated, had symptoms of depression [Bueno-Notivol, J. *et al.*, 2021; Asongu, S.A. *et al.*, 2020]. This is above average in primary schools in the rest of China [WHO, 2020].

Since the beginning of the COVID-19 pandemic, a series of studies have been conducted to define the psychological impact of the measures taken to contain it [Fountoulakis, K.N. *et al.*, 2021; Bäuerle, A. *et al.*, 2020]. A study during the early phase of the COVID-19 outbreak in China, from January 31 to February 2, 2020, included 1,210 participants [Grey, I. *et al.*, 2020].

From 194 cities in China. In all, 53.8% of those surveyed rated the psychological impact of the outbreak as moderate or severe. 16.5% reported moderate to severe depressive symptoms. 28.8% reported moderate to severe anxiety symptoms [Bonsaksen, T. *et al.*, 2020].

Female gender was significantly associated with a greater psychological impact of disease outbreaks and higher levels of anxiety and depression [p. < 0.05] (Wang, *et al.*, 2020).

The following objectives were proposed:

Determine the prevalence of symptoms of anxiety, depression, and fear of COVID-19.

Determine whether there are no statistical associations between the dimensions of anxiety, depression, and fear of COVID-19 based on sociodemographic variables.

Although it is true that there are some strategies to alert the population, provide psychological support, and free online organization from universities to support the population in general, the COVID-19 epidemic remains a very stressful event for the population, as it requires the ability to adapt and deal with the crisis [Winkler, P. *et al.*, 2020; Banerjee, D, 2020]. Appropriately regulating emotions and demonstrating cognitive flexibility [Ettman, C.K. *et al.*, 2020].

In a study to Karten Jones 2021 in the United States. For 1000 patients, a sharp increase in depressive illness was found. According to a representative survey, 5.1% of people experienced major depression, while before the outbreak of the virus, only 0.7% of the population had major depression. The prevalence of mild depression was about 25% during the pandemic, while it was only 16% before the pandemic [Liang, Y. *et al.*, 2020;

Liu, N. *et al.*, 2020; Qiu, J. *et al.*, 2020]. The main risk factors identified here were low income as well as psychological complications [Tandon, R, 2020; Wang, C. *et al.*, 2020].

MATERIAL AND METHOD

Patient Sample

A cross-sectional exploratory study was conducted to patients with Coronavirus to know the type of effect that the Coronavirus pandemic has on patients in terms of psychological and depression. Demographic information and data related to the disease were collected for 200 patients from different hospitals in Iraq, and the mean± sd of ages patients were 39±9 years old, and the ages ranged between 25-55 years.

Study Design

The data collection technology was the survey, a digital application through the Google Forms platform.

The mean overall age is 39 years with a standard deviation of 9, and regarding the distribution of patients according to gender, the mean age of men is 31 years with a standard deviation of 8, 8, and the mean age

Of the women, 32 were years old, with a standard deviation of 7.70. Regarding gender, 120 patients (60%) were male, and 80 (40%) were female.

Relied on Generalized Anxiety Disorder (GAD) is an anxiety disorder characterized by excessive, uncontrollable anxiety that is caused by daily expectations about events and activities. This excessive anxiety often interferes with daily functioning. Standard rating scales such as the GAD-7 can be used to assess the severity of disease symptoms. Generalized anxiety disorder is

the most common cause of disability in the workplace in Iraq.

It consists of 7 items that measure symptoms of general anxiety, and the scale requires the individual to determine the extent of the applicability of each statement by choosing one of four alternatives (not at all - several days - more than half the days - almost every day).

The PhQ-9) Depression Severity Scale has been used.

The PHQ-9 is a nine-item self-report scale that assesses the presence of depressive symptoms based on the DSM-IV criteria for a major depressive episode. It refers to the symptoms that patients experienced during the two weeks prior to the interview. PHQ-9 scores are rated on a Likert scale ranging from 0 (never) to 1 (several days), 2 (more than half the days), and 3 (almost every day), so the total score ranges from 0 to 27. The severity of symptoms can be regulated in 4 categories: 0-4 (minimal), 5-9 (mild), 10-14 (moderate), 15-19 (moderate to severe), 20-27 (severe).

AIM OF STUDY

This paper aims to Assessment of psychological disorders consisting of fear and depression among patients with Covid 19 in Iraq.

Study Period

Data were collected through a questionnaire distributed to patients to assess anxiety and depression in patients with Covid 19, and the study period was four months, ranging from 2-2-2020 to 1-6-2020.

RESULTS

Table 1: Baseline characteristics of the patient

Variable	N	%
Age		
25-35	47	23.5
36-45	97	48.5
46-55	56	28
Gender		
Male	120	60
Female	80	40
comorbidities		
Hypertension	60	30
Asthma	40	20
Diabetes	50	25
Renal failure	30	15
Other	20	10

BMI		
22-25	30	15
26-29	110	55
30-33	60	30
Incomes working		
Low	43	21.5
Moderate	126	63
High	31	15.5
Status of patient		
Unmarried	99	49.5
married	101	50.5
Level of education		
Primary	44	22
Secondary	56	28
College	59	29.5
High	41	20.5
Physical risk factors		
No	130	65
1	24	12
2	16	8
3	20	10
History of mental health problems		
Yes	79	39.5
No	121	60.5

Table 2: Patients' questionnaire results to anxiety according to the GAD n=110

Variable	N
felt nervous, anxious	40
constant anxiety	30
Excessive anxiety of all subjects	39
no relaxation	29
felt so restless that you couldn't sit still	42
get angry quickly	18
Exaggerated feeling of fear	8

Table 3: Patients' questionnaire results to depression scale [PHQ] n =90

Variable	N
Lack of interest in doing activities	35
feeling depressed	22
difficulty sleeping	19
low energy	17
overeating	23
feeling of failure	18
Difficulty concentrating	15

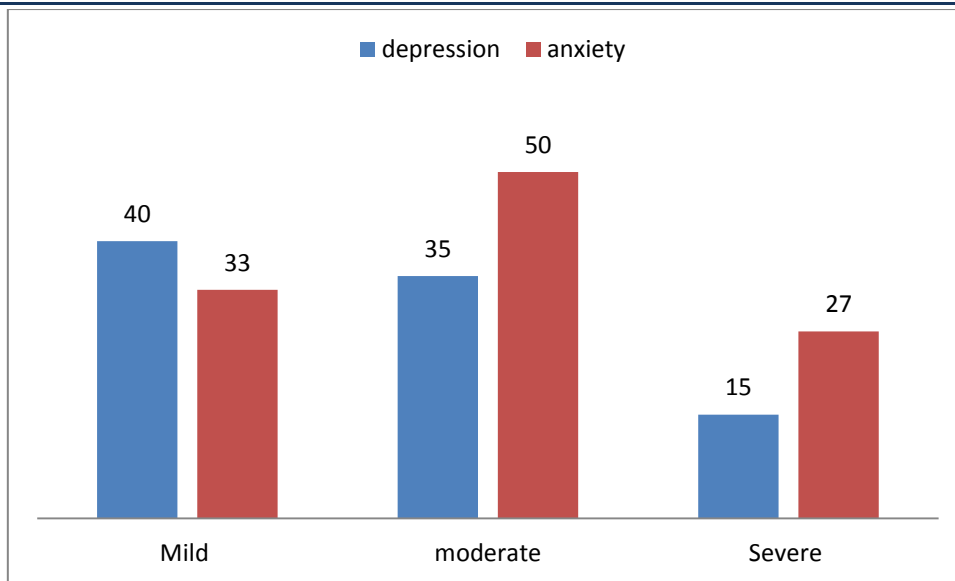


Fig 1: Distribution of patient according to the severity

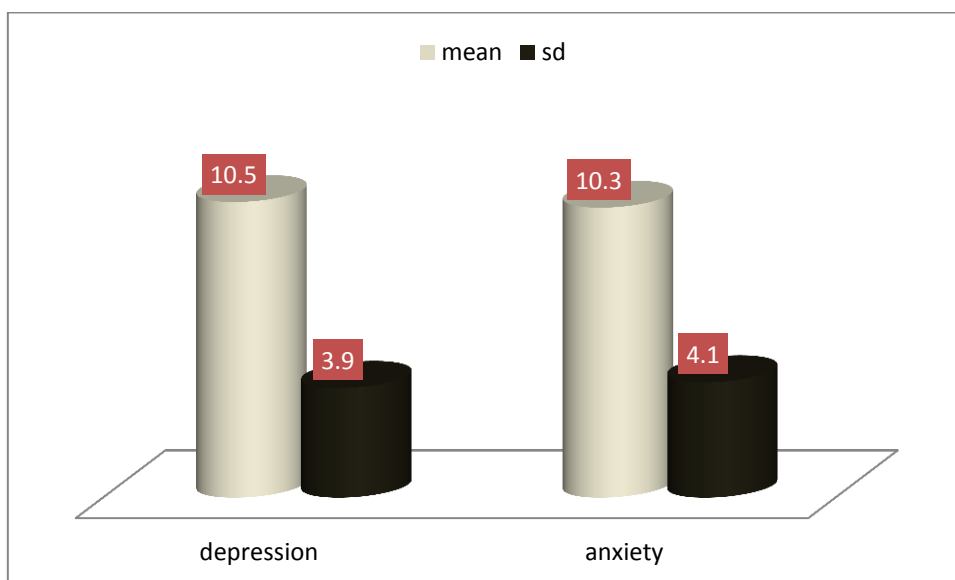


Fig 2: Mean ±Sd of outcomes patient (depression and anxiety)

Table 4: Person correlation between Awareness of the COVID-19 pandemic with Depression, general anxiety, quality of life

Variable	Awareness of the COVID-19	
	T	P-value
Depression	0.44	<0.001
anxiety	0.38	<0.001
quality of life	0.22	<0.001

Table 5: Logistic regression for risk factor analysis

	Risk factor	ci-regression value	P-value
Age			
46-55	1.23	1.1-1.4	0.05
Sex			
Male	1.6	1.44-1.8	0.01
Female	1.7	1.5-1.9	0.01
Depression	2.3	2.1-2.8	<0.001

anxiety	2.4	2.0-2.9	<0.001
quality of life	2.45	2.1-3.1	<0.001

DISCUSSION

In this study, 200 patients were collected from different hospitals in Iraq, where the aim of this study is to know the effect of Covid 19 on Iraqi patients in terms of anxiety and depression, and the most widespread work in this study ranged between 36-45 years for 97 patients with 48.5%, followed by 46-55 patients, with 28%, and 25-35 years old, 47 patients, with 23.5%.

Patients were distributed according to gender (120 male patients with 60 percent, 80 female patients with 40 percent).

(hypertension 60 patient with 30% , asthma for 40 patient with 20% ,diabetes for 50 patients with 25% , renal failure for 30 patients with 15%).

Patients were distributed according to their body mass index, which ranged from 22 to 33 kg/m².

The most available body hardship in this study ranged from 26 to 29 kg/m². For 110 patients with, 55%, as shown in Table 1.

The Generalized Anxiety Disorder Scale consisted of 7 questions scored between 0 and 3, with minimum and maximum possible scores of 0 and 21, respectively. To evaluate the results obtained when answering the questionnaire, the authors suggest the following scores and recommend consultation with a health professional when a score of 10 or higher is obtained:

Table 6: Classification scale according to GAD

0-4	Anxiety is not appreciated
5-9	Mild symptoms of anxiety are noted
10-14	Moderate anxiety symptoms are seen
15-21	Severe anxiety symptoms are seen

Anxiety disorders are currently the most common mental disorder. Estimates indicate, according to our study, the prevalence of anxiety among Covid 19 patients was observed for 110 patients with 55%, and this affected the incidence of lifelong decline in Iraq.

The item Patient Health Questionnaire (PHQ) is used to know symptoms of depression and has become a brief alternative to depression screening. In our study of 200 patients, 90 patients were found to have depression.

In Figure 1, which shows the distribution of patients according to the severity of depression or anxiety, 50 patients were found to feel moderately anxious, 33 patients were mild, and 27 patients were severe.

As for patients suffering from depression, 40 patients were found to have a mild scale, 35 moderate, and 15 severe.

In Figure 2, the database was structured and analyzed using the SPSS 14 statistical program. A descriptive analysis was performed based on the values of scales and ranges. Frequencies, means, and median, as well as ranges and standard deviations, were determined. To evaluate the psychometric properties of the tool, it was mean + sd for patients with anxiety 10.3 + 4.1, and for

patients with depression, it was mean + sd 10.5 + 3.9.

Internal consistency reliability was evaluated using Cronbach's alpha, construct validity was evaluated using Pearson's r analysis, and a satisfactory relationship was found between COVID-19, anxiety, depression, and quality of life in patients with a p-value < 0.001.

Both national and international studies revealed that the epidemic had caused psychological distress, including stress, anxiety, and depression. These studies showed that patients' outcomes developed into different psychopathological features as a result of the epidemic.

Regarding the assessed sample of 328 Salvadorans, there is empirical evidence of a prevalence of symptoms related to anxiety, depression, and fear of COVID-19. The results reveal a high prevalence of anxiety symptoms, ranging from 60 to 80%. In depression, the prevalence of symptoms is between 50 and 70%, indicating that more than half of the sample was directly affected by mental health. Regarding symptoms of fear of COVID-19, the prevalence of symptoms is between 20 and 40%.

CONCLUSION

In this study, 110 patients were found to suffer from symptoms related to fear, and 90 patients suffer from depression, and a positive relationship was found between COVID-19 and anxiety, depression, quality of life, and finding weak associations based on gender and age.

The current study ends with clarifying the impact of perceiving the Covid-19 pandemic as a traumatic event on some psychological impairment: social support, post-traumatic stress, depression, anxiety, and the quality of life for a sample of Iraqis.

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