

## Anxiety Level in Covid-19 Survivors

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### Abstract

**Background:** The person survived after covid-19 is experiencing a variety of post covid physical and mental health complications. Anxiety is one such mental health complication experienced by most of the covid-19 survivors. As less studies are conducted in India regarding anxiety level of covid-19 survivors, the researcher felt the need to conduct such studies. This study aimed to assess the level of anxiety experienced by the covid-19 survivors in Bangalore. **Materials and Methods:** The study used a non-experimental descriptive research design among 35 Covid-19 survivors residing at Bangalore, Karnataka recruited through network sampling. Data was collected by using Generalised Anxiety Disorder Scale (GAD-7). **Results:** The anxiety scores range from 0 to 20 with the mean and standard deviation of 6.54+5.209. Overall 43% had minimal anxiety, the moderate and severe anxiety were 14.7% and 8.8% respectively. None of the socio demographic variables were significantly associated with the level of anxiety. There is a negligible negative correlation exists between age and anxiety, but it was not statistically significant. **Conclusions:** Anxiety symptoms are prevalent among covid-19 survivors. Therefore initiatives should be taken to overcome before it gets worsen by paying attention to various coping mechanism and utilization of support system.

**Keywords:** COVID-19 survivors, Level of anxiety

### Introduction

The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a widely spreading pandemic of coronavirus disease 2019 (covid-19). The current covid-19 pandemic is inducing fear of feeling sick, helplessness, dying, and stigma. Timely understanding of mental health status is needed to help the community<sup>2</sup>. The person survived after covid-19 is experiencing a variety of post covid physical and mental health complications. Anxiety is one such mental health complication experienced by most of the covid-19 survivors.

Since the first confirmed case of covid-19 was announced at the end of 2019, the coronavirus disease has been a global health emergency. A systematic review among the general population identifies that the prevalence of anxiety in 17 studies as 31.9%<sup>1</sup> another systematic review shows 6.33% to 50.9% of anxiety<sup>2</sup>. A cross sectional study conducted on Wuhan china reported to have 22.6% of anxiety<sup>3</sup>. A study conducted in Saudi Arabia among general public shows that 24% of the population have anxiety<sup>4</sup>. As less studies are conducted in India regarding anxiety level of covid-19 survivors, the researchers felt the

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need to conduct such studies. This study aimed to assess the level of anxiety experienced by the covid-19 survivors in Bangalore.

## Objectives

To assess the level of anxiety among general population.

To find out the association between anxiety and selected socio-demographic variable among general population.

## Material And Method

A Non experimental Descriptive research study was carried out on covid-19 survivors among general population at Urban Bangalore, Karnataka. A total of 35 participants were selected through network sampling technique. Ethical clearance was obtained from the respective institution.

### Inclusion criteria:

General population of Bangalore who survived covid-19.

### Exclusion criteria:

Who refuse to participate in the study.

Data was collected in the month of august, 2021. To collect the desired data for the study, socio demographic profile were used such as age, gender, marital status, type of family. And Generalised Anxiety Disorder Scale (GAD-7) was used which is a 7- item self-rated scale developed by Spitzer and Colleagues (2006) as a screening tool and severity indicator for GAD. The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively. GAD-7 total score for the seven items ranges from 0 to 21. The results are interpreted as 0-4: minimal anxiety, 5-9: mild anxiety, 10-14: moderate anxiety, and 15-21 severe anxiety. The GAD-7 has good reliability, factorial validity, and concurrent validity. The reliability of the GAD-7 was good (Cronbach's alpha = 0.89). (5)

## Statistical Analysis

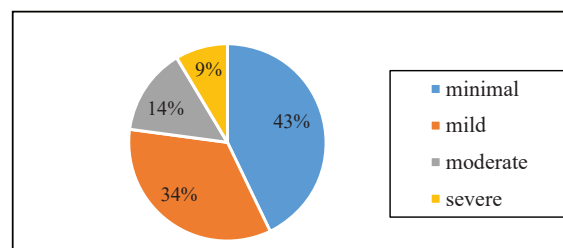
Data was analyzed by means of descriptive and inferential statistics using statistical package software for social sciences (SPSS) version 21. Frequency and percentage distribution were used to describe socio-demographic data and level of anxiety. Chi square test was done to determine association between demographic characteristics and the variables. Confidence interval was set at 95% and  $P < 0.05$  was considered statistically significant.

**Table 1: Mean and standard deviation of level of anxiety among covid-19 survivors**

N=35

Variable	Min	Max	Mean $\pm$ SD
Anxiety	0	20	6.54 $\pm$ 5.209

The above mentioned table shows that the anxiety scores range from 0 to 20 with the mean and standard deviation of 6.54 $\pm$ 5.209.



**Fig 1: Percentage distribution of Level of Anxiety**

The above figure shows that majority of respondent (43%) has minimal anxiety, 34% had mild anxiety, 14% had moderate anxiety and 9% had severe anxiety.

**Table 2: Association of level of anxiety among covid-19 survivors with socio-demographic variables**

N=35

Sl. No.	Variables	Level of anxiety		Chi square	P-value
		Minimal	Mild >		
1.	Gender			.092	0.762
	Male	6	7		
	Female	9	13		
2.	Marital status			1.020	0.313
	Married	8	14		
	Single	7	6		
3.	Family type			7.079	0.069
	Nuclear	8	16		
	Joint	6	2		
	Extended	0	2		

## Discussion

The current study on covid-19 survivors shows that 43% had minimal anxiety, 14% had moderate and 9% had severe anxiety. Similarly, a study conducted at Latin America shown that 43% presented mild anxiety, 17.20% moderate anxiety and 8.30% severe anxiety.<sup>6</sup> Another study conducted in Iran shown that there is 9.2 % of sample had severe anxiety as present study shown that 8.8% of severe anxiety. The current study also shows that none of the socio demographic variables were significantly associated with the level of anxiety and negligible negative correlation exists between age and anxiety, but it was not statistically significant. Similarly a descriptive study done in Iran showed that there is significant association between anxiety and age ( $p = 0.035$ ) and even with marital status contrasting to present study.<sup>7</sup>

## Limitations

The present study was confined to small number of participants within the limited settings which limits the generalization of findings.

**Conclusion:** Anxiety symptoms are prevalent among covid-19 survivors. Therefore initiatives should be taken to overcome it before it gets worsen by paying attention to various coping mechanisms and utilization of support systems.

**Conflict of interest:** Nil

**Source of funding:** Self

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