



“A STUDY TO EVALUATE THE MENTAL HEALTH OF LONG COVID CLIENTS IN THE SELECTED AREAS OF PUNE CITY”

MRS.ARCHALA KHEMNAR¹, SHWETA DIMBLE², LUMAVATI DURKAR³, NEHAGAIKWAD⁴,
AKASH GAIKWAD⁵, GEETHU RAJEEV⁶

¹Clinical Instructor, Bharati Vidyapeeth Deemed to be University College of Nursing, Pune

^{2,3,4,5,6}Third year BSc Nursing, Bharati Vidyapeeth Deemed to be University College of Nursing, Pune

Abstract:

Good mental health is necessary to the functioning of society at the best of times. Good mental health supports the capability of individuals to display healthy behavior. It is critical to each country's response to and recovery from COVID 19. Many people have faced serious challenges regarding the mental health during the covid 19 crisis. Along with physical impacts of diseases COVID19 also led to disconnection from family, isolation from the society. Due to quarantine and lockdowns patients suffered from helplessness and depression.

A study was conducted with an aim to evaluate the mental health of long covid clients in the selected areas of the pune city.

Method:

The quantitative research approach method was used for this study. The sample size was 150 long covid clients. The subjective well-being questioner tool was used to collect data The questionnaire consists of 39 questions and two sections (socio-demographic data & Subjective well-being questionnaire. Patients diagnosed with long covid symptoms were included in the study. Data was collected in two setting from each patient during OPD visit and Hospitalization.

Results:

The mental health of peoples was distributed {good, better, best} according to questionnaire Among 150 clients with long Covid symptoms, 38.7% clients reported good mental health, 61.3% had better mental health whereas no clients were found in the best metal health category.

KEYWORDS: Evaluate, Mental health, long COVID, Client.

INTRODUCTION:

Good mental health is critical to the functioning of society at the best of times. Good mental health supports the capability of individuals to display healthy behavior. Good mental health also facilitates that people perform in key roles within families, communities and societies, whether taking care of children and older adults or contributing to their community's economic recovery. Good mental health is critical to each country's response to and recovery from COVID 19. It must be front and center of every country's response to and recovery from the COVID 19 pandemic.

In 2019 first case of COVID 19 was found. The people who were affected by this virus, they have undergone to strict quarantine. In which they have to get isolated from others even the

family members also. The mental health and well-being of whole societies have been severally impacted by this crisis and are a priority to be addressed urgently.

As both physical and mental health are co related with each other the physical effect of COVID 19 was seen on the mental health of the patients as well. Due to the isolation, they suffered from loneliness, depression, stress, loss of interest in their life's. There are suicidal cases due to stress and depression were also seen. The side effects of COVID 19 are not only shown on physical health but also on mental health and mental well-being of patients.

Therefore, the Researchers have taken up this topic to get the brief idea about effect of COVID 19 on mental health of patients even after their recovery from the COVID 19.

NEED OF THE STUDY:

The third Sustainable developmental goal focuses on good health and well-being and aims to ensure healthy lives and promote well-being for all at all ages. Target specifically aims to promote mental health. Many people were affected in the Covid -19 pandemic with the virus. In spite of being vaccinated we have seen cases even in the second wave of covid pandemic, where people have reported of having mental health issues. Nowadays in covid client seen many problems of psychiatric disorders like schizophrenia, mood disorders etc.

Many people were affected in the covid-19 pandemic with the virus. In spite of being vaccinated we have seen cases even in the second wave of covid pandemic, where people have reported of having mental health issues.

In previous years many researches are done on various mental health issues of post covid patients. But most of the study has found that impact of pandemic on the mental health is still at nan cent stage of research.

By assessing the mental health of long term COVID patient's researchers will be able to get idea about what impact COVID-19 has done on long term patients.

AIM OF THE STUDY:

The aim of the study was to evaluate a mental health of long covid clients in the selected areas of pune city.

RESEARCH METHODOLOGY:

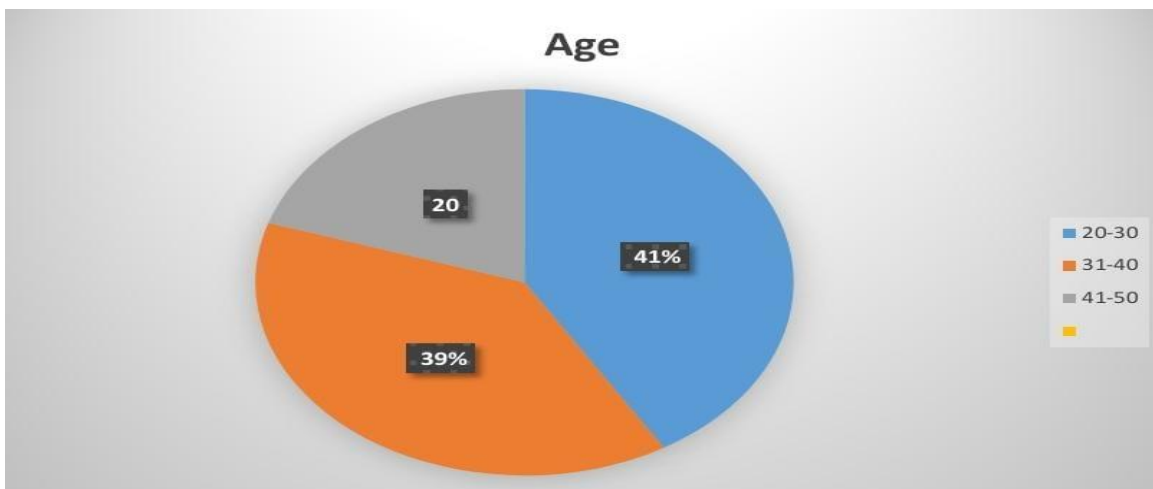
The objective of this study was to assess the Mental health of long covid clients attending the health centers of Pune city and to find out the association between Mental health of long covid clients and the selected demographic variables. The research design was non experimental exploratory study design. Quantitative approach was adopted. The setting chosen for this study was health care center of Bharati Vidyapeeth Pune. The sample size was 150 long covid 19 clients and the research technique used a non- probability, purposive sampling approach. The tool used for data collection was a subjective well-being questionnaire that contain demographic characteristics of long covid clients in section 1 and subjective well-being inventory (standard tool with permission) in section 2.

Patients diagnosed with long covid symptoms were included in the study. Data was collected in two setting from each patient during OPD visit and Hospitalization. The written informed consent was taken from the participants prior to the data collection. The questionnaire's

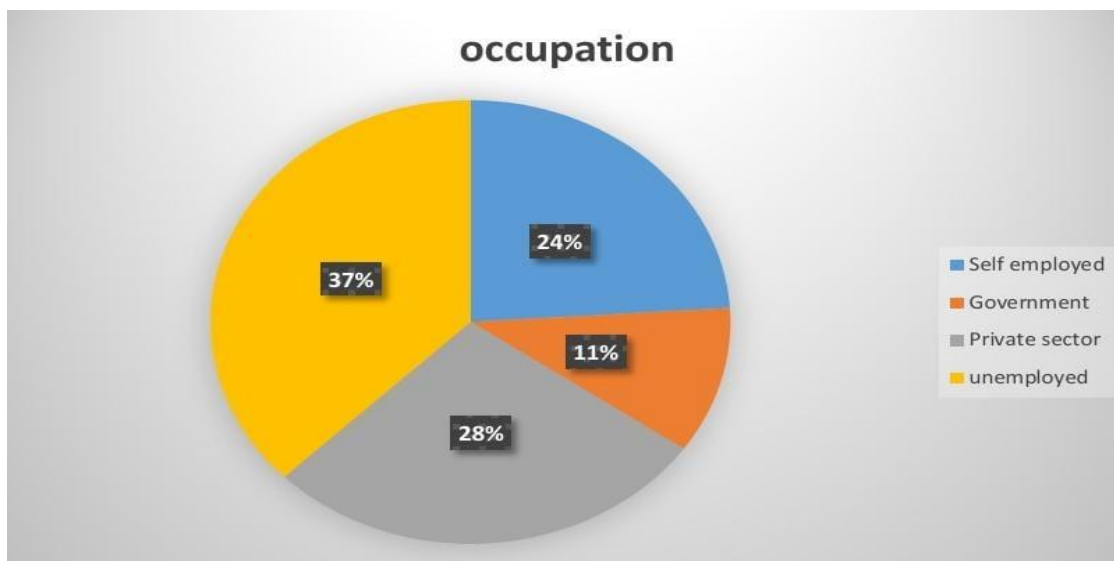
reliability was assessed using the test-retest method. The reliability was conducted from the 10% of the sample that is 15 long covid 19 clients. Our result was 0.9 that indicates that our questionnaire was reliable. Pilot study was done on the 10% of the sample and it was found to be accessible and feasible.

Results:

The result was divided into 3 section.



SECTION-I Description of samples of covid clients based on demographic variables. It shows that the age wise distribution i.e. majority 41.3% of covid clients belongs to the age group 20 - 30. Gender wise distribution in that majority 57.3 were males. In occupation wise distribution in that majority are unemployed clients i.e 37.3%.And last one is family income wise distribution i.e 47.3% belongs to group 50- 1 lac income.



Section II –

Analysis of Assessment of Mental health of long covid client. It shows that 61.3 of the long covid patients had better mental health and 38.7 had in the good mental health. No participants were in the best mental health category. Mean was 1.61 and SD was 0

n=150

		Frequency	Percentage
Mental health of long covid client	Best	0	0.0
	Better	92	61.3
	Good	58	38.7
Total		150	100.0
Mean		1.6133	
Std. Deviation		0.48862	

Section-III

Analysis of data related to Association Mental health of long covid client with the demographic variable. It shows that p-value is more than 0.05 level of significance that means there is no association between subjective well-being inventory and demographic variable.

Discussion: -

The aim of this study was to evaluate the mental health of long covid clients in the selected areas of Pune city.

The study consisted of 150 participants. The tool used for this study was standard questionnaire of subjective well-being inventory.

Regarding the demographic characteristics of the mental health of long covid client.

41.3% were from age group 20-30 years, 38.6% were in the age group of 31-40 years and 20% of the participants were in age group of 41-50 years.

57.3% participants are male and 42.7% of participants were females.

37.3% were unemployed, 28% were working in private sector, 24% were self-employed and 10.7% participants were having Government job.

47.3% had 50-1 lacs income, 24.7% were with income below 50,000, 19.3% had income from 1-2 lacs and 8.7% had income more than 2 lacs.

Similar study conducted by Sreelatha Pasupaleti et al in 2022 out 60 patients, male was 53.3% females were 46.8%, 40% patients were educated till primary school, 75% were employed, 51.67% were in the age group of 31-50 years and 53.33% earned income between 25,000-75,000 per month.

Assessment of Mental health of long covid client

61.3 of the long covid patients had better mental health and 38.7 had in the good mental health. No participants were in the best mental health category. Mean was 1.61 and SD was 0

Association Mental health of long covid client with the demographic variable.

As the p-value is more than 0.05 level of significance that means there is no association between Age, Gender, Occupation, Income and mental health of long covid client.

CONCLUSION:

The study was conducted on the Mental health of long covid 19 clients in the selected areas of pune city. The study was conducted on 150 samples of long covid 19 clients. The participants were given a set of questionnaire to evaluate the mental health of long covid clients.

This study helped us to understand the impact of COVID-19 on long covid clients. Creating an awareness about mental health problems faced by a long Covid client

The psychiatrist and the physician need to liaise to identify and treat long covid clients with their physical as well as their mental health problems. Patients visiting the health centers frequently and frequent admission for long covid treatment should be referred for psychiatrist evaluation. Awareness needs to be created among the general public regarding effects of long covid illness and its effect on mental health.

Acknowledgement:

We most sincerely convey our deep sense of gratitude to all clients visiting the health centers for long covid symptoms, for patiently being a part of our study and helped us with the data collection.

Reference :

1. Mrs. Shubhangi Gaikwad, Ms. Shweta S, Mr. Suraj S, A Study to assess the knowledge regarding life style changes among diabetic patients admitted in Bharati Hospital of Pune city. International journal of Advance Research in Nursing, Jan-June 2018;1(1):01-03.
2. Vaishali Gaikwad, Jincy Elsa Jacob, Lakshmi S Nair, Merian Cherian, Merin P Jacob and Midhily Sreedharan, A study to assess the knowledge regarding pneumonia among parents of under five children in selected hospital of Pune city, European Journal of Molecular and Clinical Medicine, 2020, ISSN 2515-8260, Volume 7, Issues -7, Page No- 6150-6157
3. Dr. Anita Nawale Stephe, Shiny, Thokchom B., Ranaware P., Shivam, A study to assess the knowledge regarding selected waterborne diseases among selected urban areas of Pune city. International Journal of Applied Research, 2019, Vol. 5, Issue 6, 347-349
4. Archala khemnar, pratiksha suke, Jincey Anna Idiculla, Aishwarya pandkar, kaustubh patil. An exploratory study to assess the physical issues faced by geriatric population visiting health care centers of selected areas of pune city. UGC care Group 1 journal. 0378-4568

5. Kathirvel Natarajan. Post covid-19 pandemic mental health challenges. Asian Journal of Psychiatry. Oct 2020; 53:102430
6. Maxime Taquet, Prof. John R. Geddes, Prof. Masud Husain, Sierra Luciano, Prof. Paul J Harrison. The Lancet Psychiatry. May 2021;8(5):416-427.
7. Michael Christine, Psychological impact on people due to pandemic of covid-19. Asian Journal of Nursing Education and Research. 2021;11(4):541-1
8. Kazuaki Matsumoto, Sayo Hamatani, Eiji Shimizu, Anton Kall, Gerhard Andersson et al. impact of Post covid conditions on mental health. BMC Psychiatry. 4 April 2022;22(1):237.
9. Sreelatha Pasupaleti, Roopa Suresh, Sanjay Reddy, Y J Visveswaraya Reddy. Andhra Pradesh journal of psychological medicines. 12 May 2022;23(2):79-148.