Impact of COVID-19 pandemic on mood disorders among middle aged people

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Abstract
COVID-19 is an infectious air borne disease that is caused by the novel coronavirus and has been declared as a pandemic by the WHO. Mood disorder is characterized by excessive mood swings that interrupt a person’s day to day activities. Middle age is the period between adult and elderly period and are the most sensitive period to develop any health problems. They are more prone to have variations in mental stability during the pandemic. The study aims to assess the impact of COVID – 19 on mood disorders among middle aged people. A quantitative approach descriptive research design was conducted among 60 middle aged people. Simple random sampling technique was used to select the samples. Self-structured questionnaire method was used to collect demographic data, and impact of COVID-19 on mood disorders among middle aged people. The study finding revealed that among 60 study participants, 60% had mild impact of corona virus (COVID - 19) pandemic on mood disorders, 33.33% has moderate and 4% had severe mood disorders among middle aged people. The mean score of impact of COVID – 19 pandemic on mood disorders among middle aged people was 10.10 with standard deviation 3.06 with minimum score of 4.6 and maximum score of 16.0.

Keywords: COVID 19, mood disorders, middle aged people

Introduction
COVID-19 also referred to as coronavirus disease 2019 is a rising respiratory disease that is caused by novel coronavirus which was initially detected in December 2019 in Wuhan, China. The disease is extremely infectious and therefore the outbreak has been declared a worldwide pandemic by the WHO. The first case of coronavirus pandemic in India was reported on 30th January 2020 [1]. COVID-19 has common signs of infection including respiratory symptoms, fever, cough, shortness of breath and difficulty breathing. In more severe cases, the infection can cause pneumonia, acute respiratory syndrome, kidney failure, and even death. Clinical manifestations of COVID-19 patients have a broad spectrum, ranging from asymptomatic, mild symptoms, pneumonia, severe pneumonia, ARDS, sepsis, to septic shock. About 80% of cases are classified as mild or moderate, 13.8% experience severe illness, and as many as 6.1% of patients fall into a critical state. Based on data from 55,924 cases, the most common Review Article May 6, 2020 symptoms were fever, dry cough, and fatigue. Other symptoms that can be found are productive cough, shortness of breath, sore throat, headache, myalgia / arthralgia, chills, nausea / vomiting, nasal congestion, diarrhea, abdominal pain, hemoptysis, and Conjunctival congestion. More than 40% of fever in COVID-19 patients has a peak temperature between 38.1-39 °C, while 34% have a fever temperature of more than 39 °C [2]. Transmission of COVID-19 occurs mainly when an infected person is in close contact with another person. Sample droplets containing the virus can spread from an infected person’s nose and mouth as they breathe, cough, sneeze, sing, or speak. Other people are infected if the virus gets into their mouth, nose or eyes [3]. The government around the world have implemented certain measures like physical distancing, quarantine, to reduce the transmission or spread of the disease and limit the number of unnecessary death.

The coronavirus (COVID -19) identified in China at the end of 2019, has a high contagion potential and its incidence has increased exponentially. Its widespread vigorous transmission was recognized by the WHO and declared as a pandemic. Doubtful or false information about factors related to virus transmission, the incubation period, its geographic reach, the number of infected and the actual mortality rate has led to insecurity and fear in the population [4]. Quarantine can lead to different kind of problems. It can precipitate feelings of fear, anger, anxiety and panic about worse possible outcome, boredom and loneliness and guilt about not being there for family [5].

A recent survey by the Indian Psychiatric Society shows a twenty percent increase in mental illness since coronavirus outbreaks in India. Psychologists and mental health professionals speculate that the pandemic will affect the mental health of the global population with increasing cases of depression, suicide, and self-injury, apart from other symptoms reported globally for COVID 2019. Closing outlets that sell alcohol also causes symptoms withdrawal and suicide by alcoholics, reported in countries like Kerala in India. They speculate about the possibility of developing neurotic disorders such as generalized anxiety disorder and
The current global pandemic has led to various psychological issues, including panic, avoidance, and fear of social isolation, stigma, and death. This has been caused by the fear of getting infected with the novel coronavirus (SARS-CoV-2). The disease has been characterized by symptoms ranging from mild to severe, with some cases leading to death. The psychological impact of the pandemic has been significant, affecting millions of people worldwide. This has led to increased stress, anxiety, and depression, which can exacerbate pre-existing mental health conditions.

The pandemic has also led to economic stressors, social isolation, and health concerns, which have contributed to mental health issues. The stress and uncertainty created by the pandemic have led to a significant increase in mental health disorders, including anxiety, depression, and suicide. The pandemic has also led to a decrease in social interaction, which has contributed to feelings of loneliness and isolation.

The pandemic has also led to a decrease in the availability of mental health services, which has further contributed to the mental health crisis. The pandemic has highlighted the need for increased investment in mental health services and support. The crisis has also led to a greater understanding of the importance of mental health and well-being, with a focus on prevention, early intervention, and treatment.

In conclusion, the current pandemic has led to significant psychological issues, which have affected millions of people worldwide. The crisis has highlighted the need for increased investment in mental health services and support. The pandemic has also led to a greater understanding of the importance of mental health and well-being, with a focus on prevention, early intervention, and treatment.
the study was explained by the investigator to each of the study participants. The data collection includes collecting demographic data by self-structured questionnaire and assessed the impact of COVID – 19 on mood disorders by using modified mood disorder questionnaire. The collected data were tabulated and analyzed by using descriptive and inferential statistics.

Result and Discussion
Section A: Description of the demographic variables of the middle aged people.
Most of the middle aged people 30(50%) were male and female respectively, 30(50%) were aged between 35-40 years, 28(46.6%) had high school education, 34(56.7%) were full time / part time employed, 28(46.7%) had a financial income of below 10,000, 51(85%) were married, 27(45%) had no habits and 47(78.3%) had not used any medications.

Section B: Assessment of level of impact of corona virus (covid-19) pandemic on mood disorder among middle aged people.

Table 1: Frequency and percentage distribution of level of impact of Corona Virus (Covid-19) pandemic on mood disorder among middle aged people N = 60.

<table>
<thead>
<tr>
<th>Level of Mood Disorder</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild (0 - 10%)</td>
<td>36</td>
<td>60.0</td>
</tr>
<tr>
<td>Moderate (11 – 15%)</td>
<td>20</td>
<td>33.33</td>
</tr>
<tr>
<td>Severe (16 – 20)</td>
<td>4</td>
<td>6.67</td>
</tr>
</tbody>
</table>

The above table 1 shows that 36(60%) had mild impact of Corona Virus (Covid-19) pandemic on mood disorder, 20(33.33%) had moderate mood disorder and 4(6.67%) had severe mood disorder among middle aged people.

The table 2 depicts that the mean score of impact of Corona Virus (Covid-19) pandemic on mood disorder among middle aged people was 10.10 with standard deviation 3.06 with minimum score of 4.0 and maximum score of 16.0

Section D: Association of level of impact with selected demographic variables.

Table 3: Association of level of impact of Corona Virus (Covid-19) pandemic on mood disorder among middle aged people with their selected demographic variables.

<table>
<thead>
<tr>
<th>Demographic Variables</th>
<th>Employment</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
<th>Chi-Square Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Full time / Part time employed</td>
<td>28</td>
<td>46.7</td>
<td>6.7</td>
<td>2 3.3</td>
</tr>
<tr>
<td></td>
<td>Unemployed</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>13.3</td>
</tr>
<tr>
<td></td>
<td>Homemaker / Others</td>
<td>8</td>
<td>13.3</td>
<td>8</td>
<td>13.3</td>
</tr>
</tbody>
</table>

**p<0.001, S – Significant, N.S – Not Significant

The table 3 shows that the demographic variable employment had shown statistically significant association with level of impact of Corona Virus (Covid-19) pandemic on mood disorder among middle aged people at p<0.001 level and the other demographic variables had not shown statistically significant association with level of impact of Corona Virus (Covid-19) pandemic on mood disorder among middle aged people.

Conclusion
Thus the findings of the study revealed that, there is a major impact of COVID – 19 pandemic on mood disorders among middle aged people. The majority of the middle aged people are stressed during the pandemic due to employment and other factors.

Conflict of interest
The authors declare no conflicts of interest.

References
5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7165115/


