

Depression Due To COVID-19 On Teenagers During Lockdown A-Review By Clinical Pharmacist

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ABSTRACT

The purpose of this study is to investigate the prevalence of depression in teenager during the COVID-19 pandemic. It also aimed at identifying the determinants of depression. As a result of COVID-19, teenagers and adolescents have experienced unknown interruptions to their daily lives. It is awaited that this disruption may be precipitants of mental illness, including Anxiety, Depression, and other stress-related symptoms. The information was analysed in three consecutive levels, such as univariate, bivariate, and multivariate. Around 15% of the teenager reportedly had moderately severe depression. The binary logistic regression suggests that older students have greater depression (95%). It is also evident that student who provided private tuition in these pre-pandemic periods had depression (QR = 1.199). It is expected that government could work to fix the academic delays and financial problems to reduce depression in teenager during COVID-19. Depression was determined by using the patient health questionnaire (PHQ - 9). PHQ-9 is an easy way to use in a teenager for screening depression of responses that are used to predict depression of an individual and what state is during the survey. PHQ-9 is useful to detecting depression. The level of depression for the study were categorized as mild = 5- 9. Moderate = 10 – 14. Moderately severe = 15 – 19. Severe = > 20.

Keywords:

Depression, anxiety, COVID-19 pandemic, teenagers, stress, fear; sleep disorder; loss of daily activities, alcohol; sanitizer

Introduction

The outbreak of coronavirus diseases has been substantially influencing the life and living of people across the world, especially after the declaration of global pandemic by the World Health Organization (WHO) in second week of March 2020[1]. As of June7, 2020 around 6.91 million people were infected with COVID-19 with a confirmed fatality of another 0.4 million worldwide [1]. Many countries implemented a range of anti- epidemic measures, such as restricting travel for foreign nationals, closing down public spaces and shutting down the entire transit system to contain the transmission of the highly contagious infection from human to human [1]. The detection of first COVID-19 case on March 8 2020. Many countries put lockdown strategy into effect on March 24, 2020 to ensure social distance through home quarantine to

curb the spread among its population [5]. However all education institutions were closed initially from March 18 to March 31, 2020 across the country and later extended to the mid of June 2020 in phases.

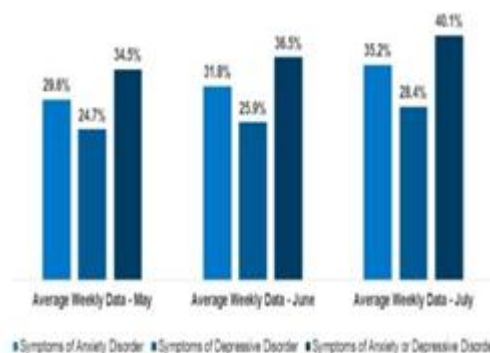


Fig. 1 Average Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder during COVID-19 Pandemic, May-July 2020

This experience of home quarantine under lockdown with the uncertainty of academic and professional career has

multifaceted impacts on mental health of student [2]. Stressful life events, over use of internet and social media, home confinement are factor that influence the mental health of teenager during COVID-19[2]. For example a Canadian study focusing on the effect of quarantine after sever acute respiratory syndrome epidemic found an association with a high prevalence of anxiety and depression among people. The ongoing COVID-19 pandemic is creating a psycho- emotional situation as countries have been reporting a sharp rise of mental health problems like depression, stress, sleep disorder as well as fear, some time suicidal behaviour [6]. Social media are more likely to contributing to development of depression, anxiety and other health problems to teenager [7]. At an individual level, children and youth have suddenly lost many of activities that provide structure, meaning and daily rhythm such as school, extracurricular activities, social interaction and physical activity [2]. These losses may further entrench the social withdrawal, anhedonia, hopelessness [2].

The family environment may become a key risk factor for mental health of some teenager [7]. Some parents are grappling with new stresses of supervising the education and activities of their children with few external supports while simultaneously experiencing their own economic and emotional. Parents are essential to buffering their children stresses helping them to manage their feeling and make sense of their experience [8, 16].

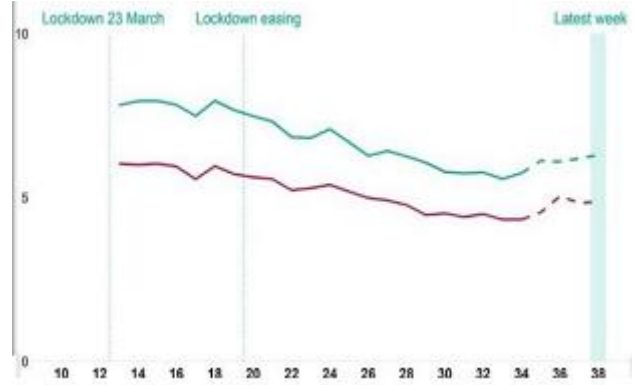


Fig. 2 UCL COVID-19 Social Study, Panel of 20,000 to 70,000 adults weighted to the national population

During this pandemic children have lost contact not only with their peers but also with extended communities of protective adults (e g: teacher) who may notice signs of abuse and distress [8]. Significant factors associated with increases levels of depression such as smartphones addiction, internet addiction, resident province due to massive change in some teenager may turn to alcohol to cope with stress during the pandemic which may put them at risk for heavy drinking and alcohol related harm [8, 9, and 10].

Method

Self – report data was collected from a nationally representative irish sample online between March 31 and April 5th the first week of nationwide quarantine measures [5]. Total 476 teenagers have participated in this web based survey [1]. In this review we have focused on stress and depression prevalence during COVID-19 among the teenager. By using convenience sampling method, Questionnaires such as teenager depression scale and anxiety scale. Score on the GAD- 7 and PHQ-9 were used to estimate rates of GAD & depression [11, 5].

Variables	Frequency	Percent
Age		
17-20	115	24.2
21-24	319	67.0
>24	42	8.8
Exercise		
No	293	61.6
Yes	183	38.4
Lagging academically		
No	118	24.8
Yes	358	75.2
Providing private tuition		
No	240	50.4
Yes	236	49.6
Gender		
Male	320	67.2
Female	156	32.8
Place of residence		
Rural	167	35.1
Urban	309	64.9
Living with family		
No	14	2.9
Yes	462	97.1
Depression		
None-minimal (<5)	84	17.6
Mild (5-9)	136	28.6
Moderate (10-14)	133	27.9
Moderately severe (15-19)	72	15.1
Severe (≥20)	51	10.7
Anxiety		
Minimal (<5)	87	18.3
Mild (5-9)	185	38.9
Moderate (10-14)	118	24.8
Severe (≥15)	86	18.1

Fig. 3 Dataset Exploration

Results and Discussion

Depression was associated with younger age, sex, loss of income due to COVID-19[5]. Increases level of depression such as smart phones addiction (OR 1.411, 95%), Internet addiction (OR 1.844, 95%), resident province (OE 3.107) and also use of alcohol. The data shows that (82.4%) were suffering from mild depressive symptoms and (87.7%) have mild depressive symptoms. In this survey 60% are male and rest are female [11, 12, 15].

Conclusions

This review shows that a large percentage of teenagers suffering from depression symptoms during the global pandemic [1]. To minimize the growing depression and mental health problems the government and other institute

work together to promptly and psychological support to for heavy drinking and alcohol related harm [8, 9, 10].

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