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Emotional Impact of COVID-19: A case control study from a Tertiary care centre in Central India

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Abstract:


Background: Studies from western countries have suggested that Coronavirus Disease 19 (COVID-19) is associated with lot of emotional impact(1). A study was undertaken to investigate whether depression occurs more often in cases with COVID-19 than in controls. The demographic and clinical factors linked with depression were also determined.

Methods: Cases with a registered diagnosis of COVID-19 on the basis of RT-PCR were selected. A random sample of subjects without a registered diagnosis of COVID-19 aged 40 years or older acted as controls. Depression was assessed using the Centres for Epidemiologic Studies Depression (CES-D) scale.

Results: In cases with severe COVID-19 (Spo2 <93% with RR >30bpm), the prevalence of depression was 25.0% compared with 17.5% in controls. When the outcome was adjusted for demographic factors and comorbidity, the risk for depression was 2.5 times higher for cases with severe COVID-19 than for controls (OR 2.5, 95% CI 1.2 to 5.4). Amongst cases having mild to moderate COVID-19 this increased risk of depression was not seen. Living alone, prolonged hospital stay and physical impairment were significantly associated with the higher scores on the CES-D scale.

Conclusion: Cases with severe COVID-19 are at increased risk of having depression. This results of study underscore the importance of controlling symptoms in improving disease outcomes.

Key-words: Depression, Anxiety, Dyspnoea, COVID-19, Outcomes.

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