

PREVALENCE AND PREDICTORS OF ANXIETY AND DEPRESSION SYMPTOMS DURING THE COVID-19 PANDEMIC AND COMPLIANCE WITH PRECAUTIONARY MEASURES: AGE AND SEX MATTER



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VISION

As the leading research center for the study of brain, mind, and human behavior in Cyprus, the Center for Applied Neuroscience (CAN) aspires to be the flagship center for neuroscience research and collaboration in the greater geographical region.

Mission

The mission of the CAN is to conduct basic and applied research and contribute to the development of new knowledge, methods, and technologies that advance science and benefit health, quality of life and society.



Aims and Objectives

1

Investigate the psychological impact of COVID-19 pandemic in the general population during the escalation of the pandemic.

2

To determine the prevalence and degree of self-reported psychological symptoms and identify demographic, environmental, and individual protective and risk factors.

3

To investigate compliance to recommended precautionary measures (PM) to prevent the spread of the disease.



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Article

Prevalence and Predictors of Anxiety and Depression Symptoms during the COVID-19 Pandemic and Compliance with Precautionary Measures: Age and Sex Matter

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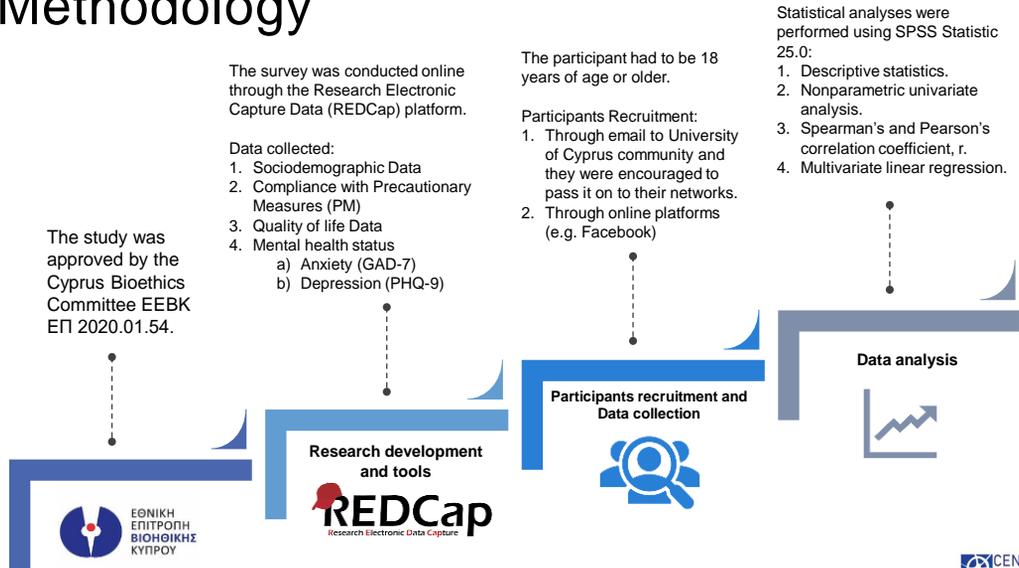
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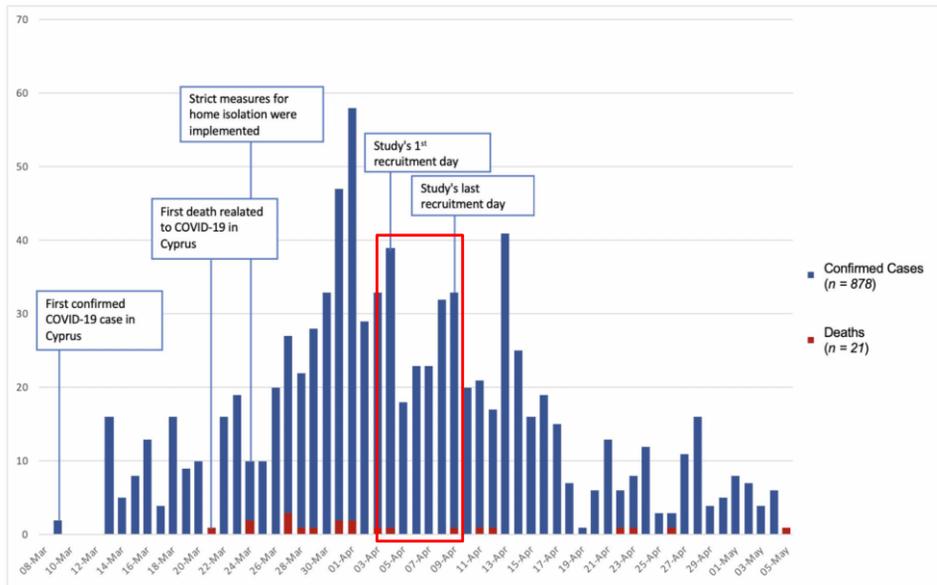
<https://doi.org/10.3390/ijerph17144924>



Methodology



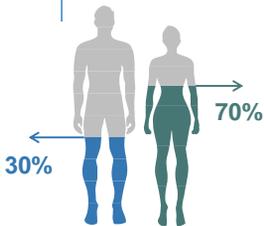
Epidemic trend of COVID-19 outbreak in Cyprus from 8 March to 5 May.





Results

Sample Description



Sex

Out of the 1642 participants, the 1176 were women and 466 were men

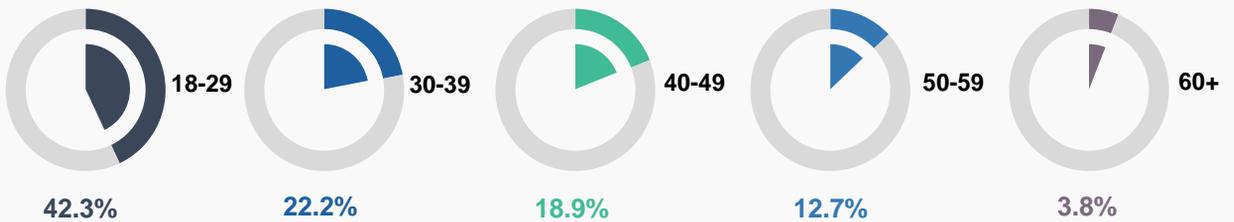


60%

Workers

The sample of the survey consisted of 1642 participants of which 956 represented Cyprus's workforce.

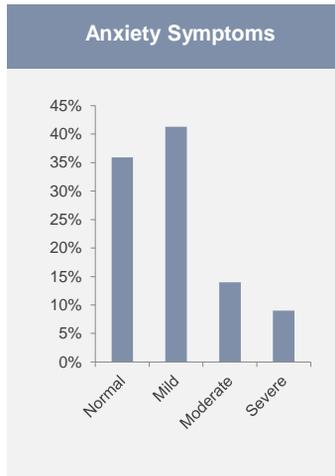
Age Groups:



Prevalence of Psychological Symptoms

Results Summary- Anxiety:

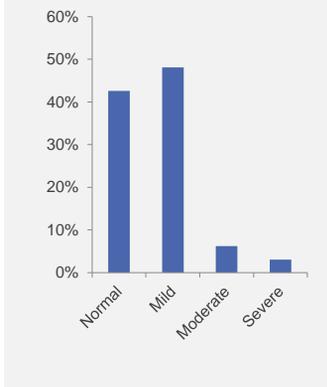
About **41%** reported **mild anxiety** symptoms whereas **23.1%** reported **moderate-severe anxiety** symptoms.



Depression Symptoms

Results Summary- Depression:

A large percentage (**48%**) reported **mild depression** symptoms and **9.2%** reported **moderate-severe depression** symptoms.



Quality of Life (QOL) analysis



67%

How has your QOL been affected due to the pandemic?

67% of the participants reported that their QOL has been affected from very much to extreme amount.



30%

How satisfied are you from your QOL?

30% of the participants reported that they were very dissatisfied with their QOL.



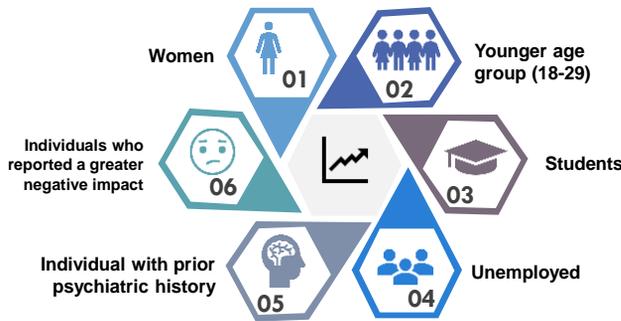
48%

How much do you worry about your finances due to the pandemic

48% of the participants reported that they worried very much about their financial situation.



Vulnerable Groups to develop psychological symptoms



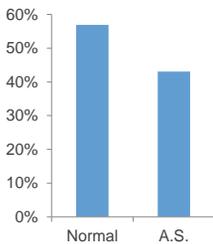
Moreover:

- Living arrangement: Individuals who were living with others reported more anxiety symptoms than those who were living alone.
- Individual who had a first-degree relative trapped abroad reported more anxiety symptoms, whereas those who were trapped abroad reported more depression symptoms.



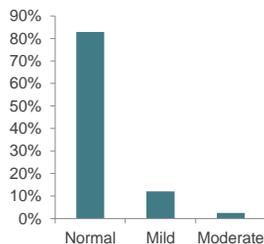
Furthermore... >65+

Extending the survey in adults over 65 years of age:



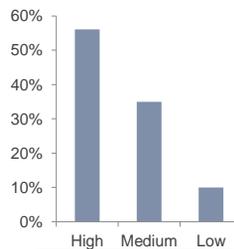
Anxiety Symptomatology

The **56,9%** scored within the normal ranges, whereas **43,1%** reported elevated anxiety symptoms.



Depression Symptomatology

The **82,9%** scored within the normal ranges, whereas **15,6%** reported mild to moderate depression symptoms.



Resilience and coping skills

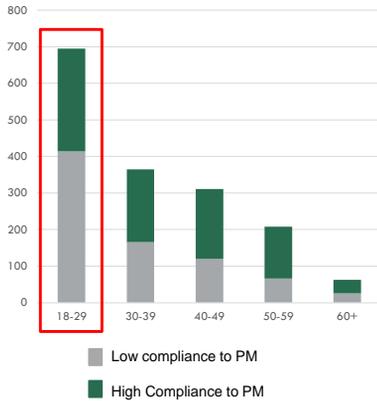
The **56,1%** reported high levels of resilience, **35%** medium & **8,9%** reported low levels of resilience & coping skills.



Compliance to Precautionary Measures (PM)



1



2



Men had lower compliance to PM than women.

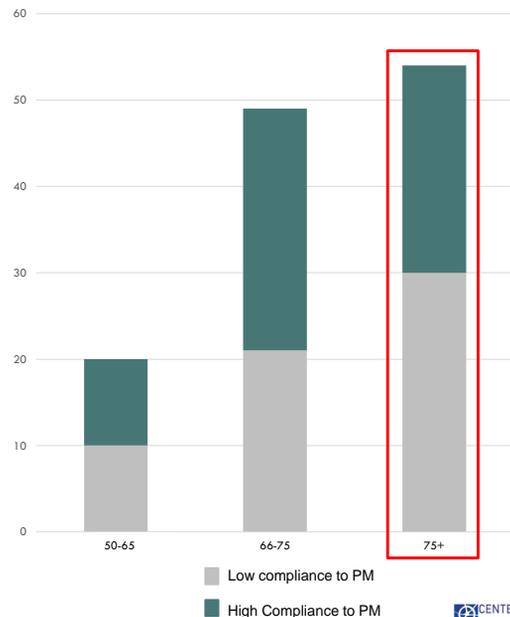
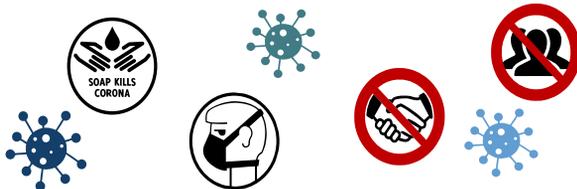
3

1. **Personal hygiene and Indoors-related precautionary measures** were **positively correlated with the anxiety symptoms** ($r = 0.06, p = 0.02$) and **negatively correlated with the depression symptoms** ($r = -0.09, p < 0.001$),
2. **Outdoors-related precautionary measures** were **negatively correlated with depression symptoms** ($r = -0.09, p < 0.001$).

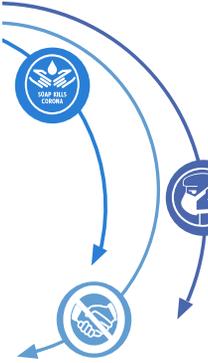


Furthermore ... 65+

Older men (> 75) had lower compliance to precautionary measures.



In conclusion...



- I. Participants <65 reported significantly elevated anxiety and depression symptoms due to the pandemic, with 23.1% reporting moderate-severe anxiety, and 9.2% reporting moderate-severe depression scores.
 - This is in contrast with the 1% and 3.9%, respectively, which is the prevalence reported in the European Study of the Epidemiology of Mental Disorders during normal conditions
- II. Risk factors: Younger age (<30), women, student status especially undergraduates, unemployment status, prior psychiatric history, and those reporting greater negative impact on their QOL
- III. Individuals >65 demonstrated significant anxiety associated with lower levels of coping
- IV. Participants living with others had increased anxiety compared to those who lived alone.
 - Possible explanation: a. concerns about transmitting the virus to others, and/or b. contracting the virus from others.
- V. Findings provide important information for the development of targeted programs to address psychosocial needs and campaigns to increase compliance to Precautionary Measures (young people, men, the elderly).



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