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SEVERITY OF MENTAL ILLNESS AMONG THE INDIVIDUALS DURING 1ST, 2ND AND 3RD WAVE OF COVID-19 PANDEMIC LIVING IN BAHAWALPUR CITY

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ABSTRACT
This current study was carried out to examine the severity of mental illness among the individuals during different waves of covid-19 pandemic. In this connection Depression, Anxiety and Stress Scale (DASS-42) was administered during 1st, 2nd, and 3rd wave of covid-19 pandemic among the individuals living in Bahawalpur City. The total sample of this study was (N=300) individuals living in Bahawalpur City. Out of which (n=100) completed the DASS-42 scale during 1st wave, (n=100) completed during 2nd wave and (n=100) completed during 3rd wave of covid-19 pandemic. The collected data was analyzed by using the SPSS. The results from the collected data revealed that the level of stress was higher among the individuals during 1st and 2nd waves but level of depression and anxiety were higher only during 3rd wave of covid-19 pandemic. The comparison among the gender revealed a higher level of anxiety, stress and depression among female as compared with male. The overall level of depression was higher among married individuals as compared to unmarried individuals. Furthermore, the level of depression was severe among the unemployed individuals as compared with employed individuals. On the basis of the results it concluded that the covid-19 pandemic was not only a medical issue but it was a vicious mental torture for the individuals as well. Hence, the study suggested introducing mental health promoting programs to control the increasing mental health issues among the individuals.
Key Words: Stress, anxiety, Depression, COVID-19 Pandemic, 1st, 2nd & 3rd Wave.

INTRODUCTION
Viral infectious illnesses, such as the COVID-19 epidemic is considered to be a severe threat to public health in all over the world (World Health Organization, 2020). Therefore, a rapid increase in psychological problems is reported as a result of COVID-19 during the 1st , 2nd and 3rd wave of COVID-19 pandemic. Throughout the waves of COVID-19 pandemic, the mental health issues of the individuals was recognized as the tenth most commonly investigated issues (Tran et al., 2020). A systematic study reported that during the COVID-19 epidemic, the public and health care workers globally experienced exceptionally high rates of anxiety, stress and depression (Khan et al., 2020; Xiong et al., 2020) While, middle-income nations (MICs) in Asia have significant economic issues and insufficient medical resources to sustain health and quality of life amid the COVID-19 crisis (Fitzgerald et al., 2020). It is a fact that COVID-19's spread not only increases morbidity and death by the minute, but it also threatens to overwhelm the world's healthcare infrastructures (Bedford et al., 2020). While it's clear that a physiological and medical investigation of the lethal virus is required, mental and psychological problems must also be addressed at all levels of pandemic containment and treatment (Corman et al, 2019; Taylor et al., 2020). As a result, extensive psychological research has been conducted throughout the world to determine the psychological impact of the COVID-19 outbreak on people's mental health. According to studies, pandemic such as COVID-19, can have a substantial influence on people's mental health, with symptoms including anxiety of being infected, stigmatization concerns, and fear of death (Kumar, 2020; Pierce et al., 2020). Research founded that a 6- to 7-fold rise

in sadness and anxious symptoms in adults during COVID-19 epidemic (Feter et al., 2020). In a newly released worldwide analysis, being female, student status, unemployment, and individuals having chronic illnesses were identified at higher risk for psychological illness during the COVID-19 pandemic (Xiong et al., 2020).

REVIEW OF LITERATURE

The COVID-19 pandemic was a huge threat to mental health not only for the sufferers but also was a mental health torture for the individuals of all ages. During this period the lock down may intensify people's bad sentiments (Van et al., 2016; Le et al., 2020). Front-line health workers suffer from high levels of anxiety, stress, depression and sleeplessness. A severity was reported among female health workers suffering more than male (Santamara et al., 2020). According to Hao et al. (2020), psychiatric patients are more likely than the general population to develop mental health problems, whilst Xiong et al., (2020) conducted a systematic review that the vast majority of the population in Spain, Turkey, China, Denmark, Nepal, Iran, United States, and Italy is also experiencing depression (14.6% to 48.3 %), anxiety (6.33 % to 50.9 %), stress (8.1 % to 81.9 %) and psychological distress (34.43 %) (Xiong et al., 2020). Similarly, during the first month of the COVID-19 outbreak, 17, 29, and 13% of Filipino respondents experienced anxiety, stress, depression and sleeplessness respectively (Tee et al., 2020). According to Wang et al., the situation in Europe and Asia diverged during the epidemic, with Poles experiencing higher levels of anxiety, stress, depression and sleeplessness than Chinese individuals (Wang C et al., 2020).
The pandemic's psychological effect on the wider population, health-care personnel, and university students has been studied. A variety of major risk factors affecting university students' mental health, including such lock-down, virus transmission have an influence on their mental health. COVID-19 received a lot of media attention; misery and exhaustion; there was a lot of social lock-down with students, friends, and teachers; lack of personal space at home; and family economic loss. .Therefore, the aim of this study was to compare the severity of mental distress during COVID-19. On the basis of the extensive literature the following objectives and hypotheses of the study were generated.

Objectives of the Study

1. To examine negative effects of COVID-19 on mental health of the individuals during 1st, 2nd and 3rd wave of COVID-19.
2. To assess the prevalence of anxiety, stress and depression among the individuals 1st, 2nd and 3rd wave of COVID-19.
3. To compare the severity among gender 1st, 2nd and 3rd wave of COVID-19.
4. To compare the severity as per demographic variables of the study participants 1st, 2nd and 3rd wave of COVID-19.

Hypotheses of the Study

1. Level of stress, anxiety and depression would be higher among the individuals during 1st, 2nd and 3rd wave of COVID-19.
2. The level of stress, anxiety and depression would differ among the gender during 1st, 2nd and 3rd wave of COVID-19.
3. The severity of stress, anxiety and depression would differ as per the profession of the individuals during 1st, 2nd and 3rd wave of COVID-19.
4. Prevalence of stress, depression and anxiety would differ among married and unmarried individuals during 1st, 2nd and 3rd wave of COVID-19.

METHODOLOGY

Problem Statement of the Study

Covid-19 pandemic was a global challenge. A large number of death cases reported in all over the Cities of Pakistan including Bahawalpur. Increasing cases of Covid-19, lockdown, social distancing, social isolation also increases the cases of mental illness in all over the world during 1st, 2nd and 3rd Wave of Covid-19. This study addressed this problem by examining the severity of mental illness among the individuals during 1st, 2nd and 3rd wave of covid-19 pandemic in Bahawalpur City.

Participants of the study

The participants of this study were the individuals of Bahawalpur City included male and female. Out of which 56% were male 46% were female, 58% were married, 42% were unmarried, 45% were employed and 54% were unemployed. All the participants were belonging from middle, upper and lower class socio-economic status 80%, 12%.06% respectively.

Design of the study

The cross-sectional quantitative research design was used to recruit (N=300) individuals during 1st, 2nd and 3rd wave of COVID-19 from Bahawalpur City by using convenient sampling technique.

Procedure of the study

This study was completed into three phases (during 1st, 2nd and 3rd Wave of Covid-19). DASS-42 item scale was administered among the individuals living in Bahawalpur City to check and compare the severity of depression, anxiety and stress. Lastly, a data of (N=300) participants (n=100) of each wave of Covid-19 was included for data analysis.

RESULTS

The results from the collected data are as under.

Table No. 1 Frequency and Percentage of Depression during 1st, 2nd and 3rd Wave of Covid-19

Depression	1st wave		2nd wave		3rd wave	
	F	%	F	%	F	%
Normal	7	7.0	1	1.0	0	0.0
Mild depression	7	7.0	8	8.0	0	0.0
Moderate	23	23.0	15	15.0	2	2.0
Severe depression	17	17.0	37	37.0	9	9.0
Extremely Severe	46	46.0	39	39.0	89	89.0
Total	100	33.3	100	33.3	100	33.3

Note: The above table shows that the level of depression was higher during 3rd wave of Covid-19 pandemic.

Table No. 2 Level of Anxiety during 1st, 2nd and 3rd Wave of Covid-19

Anxiety	1st wave		2nd wave		3rd wave	
	F	%	F	%	F	%
Normal	1	1.0	2	2.0	0	0.0
Mild Anxiety	5	5.0	1	1.0	0	0.0
Moderate	14	14.0	5	5.0	1	1.0
Severe Anxiety	18	18.0	15	15.0	7	7.0
Extremely Severe	62	62.0	77	77.0	92	92.0
Total	100	33.3	100	33.3	100	33.3

Note: The results revealed that the level of anxiety was 62%, 77% and 92% during 1st, 2nd and 3rd Wave of Covid-19 respectively.

Table No. 3 Level of Stress during 1st, 2nd and 3rd Wave of Covid-19

Stress	1st wave		2nd wave		3rd wave	
	F	%	F	%	F	%
Normal	15	15.0	17	17.0	0	0.0
Mild stress	18	18.0	22	22.0	4	4.0
Moderate	32	32.0	47	47.0	5	5.0
Severe stress	30	30.0	9	9.0	32	32.0
Extremely Severe	5	5.0	5	5.0	59	59.0
Total	100	33.3	100	33.3	100	33.3

Note: The overall level of stress was higher during 1st, 2nd and 3rd Wave of Covid-19, while severe and extremely severe cases were reported during 3rd wave of Covid-19.

Table No. 4 Comparison of Mental Illness among gender during 1st, 2nd and 3rd Wave of Covid-19

Clinical variables	Mean (S.D)		T-Test score	P
	Females	Males		
Depression	31.59 (8.90)	27.00 (10.94)	3.910	0.000**
Anxiety	26.70 (9.95)	25.12 (9.20)	1.424	0.155
Stress	27.90 (11.05)	24.90 (10.23)	2.153	0.032*

*.p<0.05 and **.p<0.01

Note: A gender wise comparison revealed a higher level of stress, anxiety and depression among female as compared with male during 1st, 2nd and 3rd Wave of Covid-19

Table No. 5 Level of depression, anxiety and stress in case of marital status during 1st, 2nd and 3rd Wave of Covid-19

Clinical variables	Mean (S.D)		T-Test score	P
	Married	Unmarried		
Depression	32.08 (9.59)	24.79 (9.85)	6.421	0.000**
Anxiety	26.17 (9.82)	25.34 (9.19)	0.738	0.461
Stress	26.43 (10.09)	25.56 (11.43)	0.695	0.488

*.p<0.05 and **.p<0.01

Note: Level of depression, anxiety and stress was higher among married individuals during 1st, 2nd and 3rd Wave of Covid-19.

Table No. 6 Level of depression, anxiety and stress in case of Employment or Unemployed Individuals during 1st, 2nd and 3rd Wave of Covid-19

Clinical variables	Mean (S.D)		T-Test score	P
	Unemployed	Employed		
Depression	31.05 (10.05)	26.57 (10.18)	3.818	0.000**
Anxiety	27.01 (9.98)	24.38 (8.83)	2.393	0.017*
Stress	26.98 (10.62)	24.96 (10.65)	1.637	0.103

*.p<0.05 and **.p<0.01

Note: Level of depression, anxiety and stress were higher among unemployed individuals during 1st, 2nd and 3rd Wave of Covid-19

Table No. 7 A comparison of depression, anxiety and stress during 1st, 2nd and 3rd Wave of Covid-19

Corona wave	Variables	Minimum	Maximum	Mean	S.D
1st wave	Depression	7	44	25.02	9.770
	Anxiety	14	51	34.43	8.640
	Stress	4	36	22.03	7.213
2nd wave	Depression	7	49	25.55	7.988
	Anxiety	4	32	22.39	5.846
	Stress	1	35	19.79	6.373
3rd wave	Depression	19	56	36.49	8.863
	Anxiety	5	34	20.64	7.265
	Stress	15	56	36.13	9.160

Note: The above table shows the level of mental illness during 1st, 2nd and 3rd Wave of Covid-19. From the results it revealed that during 1st wave the level of anxiety was higher, during 2nd and 3rd wave level of depression was higher among the individuals.

DISCUSSION & CONCLUSION

This study was aimed to address the mental illness (level of depression, anxiety and stress) among the individuals living in Bahawalpur during 1st, 2nd and 3rd Wave of Covid-19. The results from the study revealed a higher level of depression which was 46%, 39% and 89% during 1st, 2nd and 3rd Wave of Covid-19 respectively. Similarly, the level of anxiety was also higher during 1st, 2nd and 3rd Wave of Covid-19 which was 62%, 77% and 92% accordingly. The scores of stress was also higher during 2nd wave of covid-19. During 1st wave 18%, 32% and 30% mild, moderate and severe cases of stress were reported respectively. During the 2nd wave 22% and 47% mild and moderate cases of stress were reported. Furthermore, the level of anxiety was higher during 1st wave whereas level of depression was higher during 2nd and 3rd wave among the individuals living in Bahawalpur City. The results of this study are in accordance with the studies conducted in the past to address the mental illness due to Covid-19 pandemic. Majeed et al (2021) conducted a study to examine the level of anxiety, depression and obsessional thinking among non-clinical population and reported higher level of anxiety and depression among the population. A gender wise comparison showed a higher level of stress, anxiety and depression among females as compared with male individuals. Similarly, the level of mental illness was higher among married and unemployed individual. On the basis of the results it concluded that the covid-19 pandemic was a psychological torture for the individuals in Pakistan and for the individuals living in Bahawalpur City. On the basis of the reported results it is suggested to start psycho-education and intervention programs to restore the mental health of the suffering community in Bahawalpur.

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