Psychological impact of Covid-19 on Mental health in Families in Bar-apwo ward Lira city west division. A case study in My family in Bar-apwo ward in Lira city west division

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Background of the study:

The emergency of coronavirus disease 2019 (COVID-19) outbreak caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infections in Uganda and Lira city in particular, a situation of socio-economic crisis and psychological distress rapidly occurred worldwide. Common psychological reactions related to the mass quarantine which was imposed in order to attenuate the transmission of Covid-19 worldwide but specifically in Uganda on 31 march 2020 to contain the spread of Covid-19 in the community causes generalized fear and pervasive community anxiety which are typically associated with disease outbreaks, and increased with the escalation of new cases together with inadequate, anxiety provoking information which was provided by media especially every day by updating the community with the number of daily cases, deaths and the contacts to the infected people.

Methodology:

The study adopted the descriptive cross-sectional design which explored the qualitative data collection methods using Focus group discussion. The interview guide was used which enabled the researcher to gained deeper understanding of the subject matter.

Results: According to the data collected and analyzed reveals that, majority of the people affected psychologically due to Covid-19 infections and some of the measures enforced by the government to contain the outbreak, the most identified psychological problem includes emotional disturbance, depression, stress, mood alteration, irritability, insomnia, posttraumatic stress symptoms, anger and emotional exhaustion among those quarantine in different families. The psychological effects due to Covid-19 infection identified according to the study includes Frustration and boredom

Distress, boredom, social isolation and frustration are directly related to confinement, abnormally reduced social/physical contact with others, and loss of usual habits.

Conclusion: The psychological impact of fear and anxiety induced by the rapid spread of pandemic was identified and needs to be clearly recognized as a public health priority for both authorities and policy makers who should rapidly adopt clear behavioral strategies to reduce the burden of disease and the dramatic mental health consequences of this outbreak as identified in this study and community based strategies is recommended to ensure quick recovery