

SHORT ARTICLE

Prevalence of Anxiety, Stress, Depression among Malaysian Adults during COVID-19 Pandemic Movement Control Order

Asma Perveen¹, Hazalizah Bt Hamzah², Azizah Othamn³, Fatanah Ramlee⁴

¹Sultan Idris Education University, Faculty of Education, Department of Psychology and Counseling, Malaysia;

²Associate Professor, Sultan Idris Education University, Faculty of Education, Department of Psychology and Counseling, Malaysia; ³Associate Professor, University Sains Malaysia; ⁴Sultan Idris Education University, Faculty of Education, Department of Psychology and Counseling

Abstract	Introduction	Methodology	Results	Conclusion	References	Citation	Tables / Figures
--------------------------	------------------------------	-----------------------------	-------------------------	----------------------------	----------------------------	--------------------------	----------------------------------

Corresponding Author

Dr. Asma Perveen, Sultan Idris Education University, Faculty of Education, Department of Psychology and Counseling, Tanjong Malim, Perak, UPSI, Malaysia
E Mail ID: asmaperveen@fpm.upsi.edu.my



Citation

Perveen A, Hamzah HB, Othamn A, Ramlee F. Prevalence of Anxiety, Stress, Depression among Malaysian Adults during COVID-19 Pandemic Movement Control Order. Indian J Comm Health. 2020;32(3):579-581.

Source of Funding: Nil **Conflict of Interest:** None declared

Article Cycle

Received: 08/06/2020; **Revision:** 22/06/2020; **Accepted:** 17/08/2020; **Published:** 30/09/2020

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

Abstract

Background: The COVID-19 virus is not only effecting physical health, but immensely effecting on psychological health. **Objective:** To evaluate the psychological health issues, stress, anxiety and depression, among the adult population during the movement control period of COVID-19. **Design:** Research study is cross-section design, online data collection through social media and internet. **Methods and Material:** Online cross-sectional survey was conduct (n=716) using Depression, Anxiety and Stress scale (DASS). **Statistical analysis used:** descriptive statistical analyses, to highlight the prevalence rate of psychological issues and coping response using SPSS. **Results:** The prevalence in score of Stress 70% (Mean=2.02), Anxiety 67% (Mean=1.71) and Depression 42.3% (Mean=2.28). **Conclusions:** There is significant prevalence of psychological health issues among adults during the adverse unavoidable circumstance due to COVID-19 Pandemic movement control order.

Keywords

Pandemic; Stress; Anxiety; Adults

Introduction

World is facing a biggest ever challenge, that is called COVID-19 (Coronavirus disease), caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). COVID-19 was recognized as a pandemic by the World Health Organization (1). To adopt the behaviours changes like personal hygiene and social distance(2) more significant measures to covenant with the pandemic issues and it's more applicable in current situation to fight with the COVID-19 by implementing changes related personal hygiene (3), washing hands and cleaning casual surface of common use and using face mask (4). The movement control procedure is to restrict the

people movement, and make them stay at home. Many people are responding differently to this hazard change in their life style, where they are not allowed to have social meetings and maintain the social distance is becoming challenge (5). The uncertain situation itself is causing significant stress as any unenviable incidence in life can cause stress and discomfort. Researcher of this study intend to find out the psychological health status.

Aims & Objectives

To assess the psychological health issues among Malaysian adults during the COVID-19 pandemic movement control period?

Material & Methods

Cross-sectional survey, through online (Google form) data collection. The research was conducted during the period of movement control order in Malaysia during COVID-19. The variables of depression, anxiety, stress, were studied during the period of movement control order in Malaysia. Demographic form, DASS (Depression, anxiety and stress scale) (6) were used to collect the data. Sample size was calculated in context to population estimation, 716 adults participated through convenience sampling method.

Ethical Considerations: Ethical reviewed according to the ethical human research University Pendidikan Sultan Idris, Research Innovation and Management Center (RMIC). HUMAN RESEARCH SUBJECTS (UPSI/PPPI/UPP/BE01) for cross-sectional online survey design, Consent form, confidentiality, voluntary participation and privacy was considered for survey protocol.

Data was statistically analyzed by using IBM statistics SPSS software 25, descriptive statistics for prevalence the significance level of variables.

Results

To study the prevalence of depression, anxiety and stress among adult population of Malaysia during the period of COVID-19 pandemic, movement control order, the results revealed that there was significant prevalence of score on DASS scale. The demographic tables shows that the mean age=33.07 (range 18 to 69), male (n=188), female (n=523) prefer not say gender (n=5). The population sample was taken from (n=15) states of Malaysia. The higher number of participants were full time working (n=426) and students (n=29%). ([Table 1](#))

According to the results in table 1 there is prevalence in score of stress 51.5% mild, 9.5% moderate, 7.3% severe, and 2.4% extreme, with overall (Mean=2.02), anxiety 27.7% mild, 26% moderate, 8.2% severe, and 5.9% extreme with overall (mean=1.71) and depression 22.3% mild, 13% moderate, 5.4% severe and 1.5% extreme with overall (mean=2.28). Stress and anxiety scores were reported higher on mild to severe range. ([Figure 1](#))

Discussion

Results revealed that there was reported psychological effect of COVID-19 Pandemic, during the movement control order phase in Malaysia. Adults score higher on stress and anxiety as compared to depression. The novel coronavirus

(2019-nCoV) outbreak is both saddening and concerning. The scientific community is collaborating together promptly to address this outbreak and its psycho-social impact on human being (7,8). The study results revealed that there are effects of pandemic on psychological health, like having stress, anxiety, and depression among adults population from mild to severe. People are facing restrictions due to movement order, which is significant factor to effect psychological health. The effectiveness of social distancing depend on the credibility of public health authorities, political leaders, and institutions. It is important that policy makers maintain the public's trust through use of evidence-based interventions and fully transparent, fact-based communication(9) to reduce the risk of virus and to maintain the measurements. In Malaysia, the government is releasing press order and announcement time to time to take confidence and reduce the stress in public. Thus movement control is effecting psychological health and normal functioning of human social life and daily routine, the current findings indicated the Malaysian adults are showing mental health prevalence of stress, anxiety and depression at different level.

Conclusion

Study concluded that there is prevalence of stress, anxiety and depression among Malaysian adults from different states. The COVID-19 pandemic caused movement control order has effect on adult's mental health according to the findings. The Malaysian adults are dealing the adverse situation with different range of psychological issues.

Recommendation

study is significant contribution on the understanding of psychological issues during the COVID-19 pandemic phase of movement control order. After this if the movement control order persist due to pandemic, can increase the risk of psychological health issues as the coronavirus outbreak is still prevailing globally.

Limitation of the study

The study was conducted during the first phase of movement control order due to COVID-19 pandemic in Malaysia. As the time proceed with restricted life activities, social distance and continuous uncertainties, perchance the same study have different results if conducted in the latest phase of movement control order in Malaysia.

Relevance of the study

COVID-19 pandemic is global issues, which causing huge shift of daily routine activates and social life.

Authors Contribution

Each author contributed in the data collection, data analyses and writing process

References

1. WHO. Proceedings of COVID 19 Public Health Emergency of International concern forum. 2020;
2. Koo JR, Cook AR, Park M, Sun Y, Sun H, Lim JT, Tam C, Dickens BL. Interventions to mitigate early spread of SARS-CoV-2 in Singapore: a modelling study. *Lancet Infect Dis.* 2020 Jun;20(6):678-688. doi:10.1016/S1473-3099(20)30162-6. Epub 2020 Mar 23. Erratum in: *Lancet Infect Dis.* 2020 May;20(5):e79. PMID: 32213332; PMCID: PMC7158571. [PubMed]
3. Guh A, Reed C, Gould LH, Kutty P, Iuliano D, Mitchell T, Dee D, Desai M, Siebold J, Silverman P, Massoudi M, Lynch M, Sotir M, Armstrong G, Swerdlow D. Transmission of 2009 pandemic influenza A (H1N1) at a Public University--Delaware, April-May 2009. *Clin Infect Dis.* 2011 Jan 1;52 Suppl 1:S131-7. doi:10.1093/cid/ciq029. PMID: 21342885. [PubMed].
4. Wu F, Zhao S, Yu B, Chen YM, Wang W, Song ZG, Hu Y, Tao ZW, Tian JH, Pei YY, Yuan ML, Zhang YL, Dai FH, Liu Y, Wang

5. Lewnard JA, Lo NC. Scientific and ethical basis for social-distancing interventions against COVID-19. *Lancet Infect Dis.* 2020 Jun;20(6):631-633. doi:10.1016/S1473-3099(20)30190-0. Epub 2020 Mar 23. PMID: 32213329; PMCID: PMC7118670. [PubMed]
6. Coker AO, Coker OO, Sanni D. Psychometric properties of the 21-item Depression Anxiety Stress Scale (DASS-21). *African Res Rev.* 2018;12(2):135.
7. Huang Y, Zhao N. Mental health burden for the public affected by the COVID-19 outbreak in China: Who will be the high-risk group? *Psychol Health Med.* 2020 Apr 14:1-12. doi:10.1080/13548506.2020.1754438. Epub ahead of print. PMID: 32286091. [PubMed]
8. Baden LR, Rubin EJ. Covid-19 - The Search for Effective Therapy. *N Engl J Med.* 2020 May 7;382(19):1851-1852. doi:10.1056/NEJMe2005477. Epub 2020 Mar 18. PMID: 32187463; PMCID: PMC7121446. [PubMed].
9. Brooks SK, Webster RK, Smith LE, Woodland L, Wessely S, Greenberg N, Rubin GJ. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet.* 2020 Mar 14;395(10227):912-920. doi:10.1016/S0140-6736(20)30460-8. Epub 2020 Feb 26. PMID: 32112714; PMCID: PMC7158942. [PubMed].

Tables

TABLE 1 PREVALENCE OF STRESS, ANXIETY AND DEPRESSION

	Stress		Anxiety		Depression	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Normal	210	29.3	231	32.3	412	57.5
Mild	369	51.5	198	27.7	160	22.3
Moderate	68	9.5	186	26	94	13.1
Severe	52	7.3	59	8.2	39	5.4
Extreme	17	2.4	42	5.9	11	1.5
Total	716	100	716	100	716	100

Figures

FIGURE 1 PREVALANCE OF STRESS, ANXIETY AND DEPRESSION

