



## A sociological study of mental health of people in quarantine due to COVID (A case study of Multan)

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| ARTICLE DETAILS                                                                                                                                                                                                  | ABSTRACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>History</b><br><b>Revised format:</b><br>Nov, 2019<br><b>Available Online:</b><br>Dec, 2019<br><br><b>Keywords</b><br>mental health, mental disorder,<br>communicable disease<br>quarantine systematic review | As a consequence of the 2019 corona virus disease emergence (COVID-19) became outbreak. Different Psychological issues and major implications of quarantine in terms of mental health Stress, depression, anxiety, economic recession, anger, dietary patterns have shifted, among others. During the Covid-19 epidemic, confusion gradually arose. The purpose of this work was to examine in depth the latest literature on the effects of quarantine due to COVID-19. About general mental wellbeing of population that were the position of risk and protective variables against the risk. The potential for mental conditions to arise in vulnerable people has also been discussed. A comprehensive questionnaire was produced with all possible and necessary questions that could be included. The impact of stress on the population is portrayed in one way or another. Infectious disease transmission is Sometimes avoided by quarantine and isolation of the at-risk population. This analysis showed that serious problems with mental health among people and communities that have undergone quarantine and in multiple ways, isolation. Questionnaire in nature, while each was given 1-4 points issues. |

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### Introduction

Infectious disease transmission is also avoided by isolation and quarantine of populations at risk. With regard to its initial exposure to Chinese citizens due to regular human interaction, the disease has steadily spread to other regions around the globe, causing a deadly epidemic and a quick increase in infected people (Shorabiet al., 2020). The World Health Organization, in the meantime, officially announced on March 11 about the COVID-19 became a pandemic (world health organization 2020). The mobility, social contacts, and everyday activities of the affected people are limited by these approaches. Pandemic quarantine and isolation are being implemented in several contexts in the latest novel corona-virus disease (COVID-19), which involves an examination of global evidence on how such interventions influence the effects of mental health across populations. Corona-viruses are believed to be host or zoonotic animals previous to spread in humans (Rothan & Byraredddy, 2020). The purpose of the

research was to synthesize the existing data on quarantine and isolation mental health results for the prevention of infectious diseases. Self-quarantine is a thought for the travel restriction of people that are supposed to have been linked to a infectious disease and are not actually sick, moreover, because they have not been infected or because of the disease that is still in the early stage (Backer et al., 2020). Those that have close contact with any infectious individuals are strongly recommended to perform self-quarantine, have traveled towards the countries with widespread continuing transmission and have symptom such as coughing and fever after traveling in congested places (world health organization, 2020). Quarantine may be forced at the person or group of people that usually include limitations at their home or a specified facility (Cetron & Landwirth, 2005).

For the intention of shielding non-infected individuals, self-isolation refers to the taking apart of people having infectious diseases from others. Self-isolation typically takes place in hospital environments under the supervision of medical personnel for infected individuals. In addition, in order to avoid aerosol transmissions, patients are recommended to be housed in private unhelpful room including in the air droplet touch protection (Marchand-Sen  cal et al., 2020).

### **Literature Review**

The emergence of a new disease of corona-virus, COVID-19, was confirmed from public health emergency of international concerned in January 2020 by the World Health Organization (WHO). WHO has begun to think that COVID-19 is at high risk of spreading to other countries worldwide? WHO made an estimate in March 2020 that COVID-19 could be described as a pandemic? Governments worldwide are currently planning curfews (Gostinand Hodge, 2020) and further steps for attempting to avoid the increase of the COVID-19 virus. Even though patients that are infected are being treated in emergency healthcare units and local hospitals, the remainder is suffering from the attempt to escape the mendacious disease of fear and caution. Also in self-isolation, it is compulsory for infected people to remain far from other people in order to avoid more infection from others. They are encouraged to seek medical attention on an ongoing basis and keep in contact with physicians because the effects of the severity of the virus may be deadly. If problems regarding breath or some other emergency signs of warning are detected, make sure to get care and support (CDC, 2020). In addition, personal therapies and drugs must be resumed as they should maintain a stable position in order to be healing (Chen et al., 2005).

Psychological distress and severe depression arising from some kind of pandemic or an outbreak of a disease (chiu et al., 2020; Lai et al., 2020; Xiang et al., 2020). Psychological distress is mostly used for the measurement of mental health (Drapeau et al., 2012). It may refer to the emotional sorrow of condition of a person, that may follow by the symptoms of depression (e.g., lack of interest and sorrow) and anxiety (egrestlessness) (Drapeau et al., 2012) and insomnia-like symptoms, somatic (Drapeau et al., 2012). A series of psychological and behavioral symptoms that are spread over a period of time are correlated with psychological distress. While depression is a clinical mood condition, marked by chronic diminished mood and recurrent feelings of suffering, trouble coping and negative emotions with everyday jobs (Cummins et al., 2015).

## Research Methodology

In this research quantitative research will be used. Quantitative Analysis is used by producing numerical data or data that can be converted into useable statistics to measure the problem.

## Sampling size

The sample for the study was 100 respondents because carry our exist data and easily to analysis it as well as understand. Questionnaire was conducted from respondents of the Gulgasht and Zikria colony from Multan District.

## Results

**Descriptive analysis:** Descriptive statistics may use to define the essential characteristics of the results current study. They have cleared summaries related to the sample and the steps.

### 5.3 Results:

#### Session A (Emotional disturbance)

**Table no: 1**

#### • Afraid to go home due to the Fear of infecting family member

| afraid to go home due to the fear of infecting family |                   |           |         |               |                    |
|-------------------------------------------------------|-------------------|-----------|---------|---------------|--------------------|
|                                                       |                   | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                 | strongly agree    | 3         | 3.0     | 2.9           | 3.0                |
|                                                       | disagree          | 34        | 33.3    | 34.0          | 37.0               |
|                                                       | strongly disagree | 9         | 8.8     | 9.0           | 46.0               |
|                                                       | disagree          | 54        | 52.9    | 54.0          | 100.0              |
|                                                       | Total             | 100       | 98.0    | 100.0         |                    |
| Missing                                               | System            | 2         | 2.0     | 2.0           |                    |
| Total                                                 |                   | 102       | 100.0   |               |                    |

The sample is classified into four parts. Results indicate that 55 percent of people agree and 23 percent of people disagree and 19 percent of the population strongly disagree and strongly agree with 3 percent of people.

**Table no: 2**

#### • Fear or worry about your own health

| fear or worry about your own health |        |           |         |               |                    |
|-------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                     |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                               | Yes    | 85        | 83.3    | 85.0          | 85.0               |
|                                     | No     | 15        | 14.7    | 15.0          | 100.0              |
|                                     | Total  | 100       | 98.0    | 100.0         |                    |
| Missing                             | System | 2         | 2.0     |               |                    |

|       |     |       |
|-------|-----|-------|
| Total | 102 | 102.0 |
|-------|-----|-------|

The sample is divided into two categories. First is yes and second is no. 87% are in yes category and 13.9% are in no category.

**Table no: 3**

**• The COVID-19 pandemic affects the family life style**

| the covid-19 pandemic affects the family lifestyle |                   |           |         |               |                    |
|----------------------------------------------------|-------------------|-----------|---------|---------------|--------------------|
|                                                    |                   | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                              | Strongly Disagree | 4         | 3.9     | 4.0           | 4.0                |
|                                                    | Disagree          | 22        | 21.6    | 22.0          | 26.0               |
|                                                    | Strongly Agree    | 14        | 13.7    | 14.0          | 40.0               |
|                                                    | Agree             | 60        | 58.8    | 60.0          | 100.0              |
|                                                    | Total             | 100       | 98.0    | 100.0         |                    |
| Missing                                            | System            | 2         | 2.0     |               |                    |
| Total                                              |                   | 102       | 100.0   |               |                    |

The sample is divided into four categories. First is strongly agree and second is disagree and third is strongly agree and fourth is agree.62% are agree and 16% are disagree and 9% are strongly disagree and 13% are strongly agree.

**Table no: 4**

**• It could also lead to confusion?**

| It could also lead to confusion |        |           |         |              |                   |
|---------------------------------|--------|-----------|---------|--------------|-------------------|
|                                 |        | Frequency | Percent | ValidPercent | CumulativePercent |
| Valid                           | Yes    | 70        | 68.6    | 70.0         | 70.0              |
|                                 | No     | 16        | 15.7    | 16.0         | 68.0              |
|                                 | May be | 14        | 13.7    | 14.0         | 100.0             |
|                                 | Total  | 100       | 98.0    | 100.0        |                   |
| Missing                         | System | 2         | 2.0     |              |                   |
| Total                           |        | 102       | 100.0   |              |                   |

The sample is divided into three categories. Results show that 71% respondents are in yes category and 15% respondents are in no category and 15% respondents are in maybe category.

**Table no: 5**

**• People whose partners are professionals among health care fighting the COVID-19 pandemic may express dissatisfaction with the work and it could lead to a breakup/divorce?**

| People whose partners are professionals among health care fighting the covid-19 pandemic may express dissatisfaction with the work and it could lead to a break up/divorce |                    |           |         |               |                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------|---------|---------------|--------------------|
|                                                                                                                                                                            |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                                                                                                                                      | Agree              | 44        | 43.1    | 44.0          | 44.0               |
|                                                                                                                                                                            | Disagree           | 48        | 47.1    | 48.0          | 92.0               |
|                                                                                                                                                                            | Neither            | 8         | 7.8     | 8.0           | 100.0              |
|                                                                                                                                                                            | Agree nor Disagree |           |         |               |                    |
|                                                                                                                                                                            | Total              | 100       | 98.0    | 100.0         |                    |
| Missing                                                                                                                                                                    | System             | 2         | 2.0     |               |                    |
| Total                                                                                                                                                                      |                    | 102       | 100.0   |               |                    |

The sample is divided into three categories. Results showed that 44% respondents are in agree category and 48% respondents are in disagree category and 8% respondents are in third category neither agree nor disagree.

**Table no: 6**

• **Thoughts of the impact of COVID-19 pandemic is a most important worry and it could result in insomnia?**

| thoughts of the impact of COVID-19 pandemic are a most important worry and it could result in insomnia |                            |           |         |               |                    |
|--------------------------------------------------------------------------------------------------------|----------------------------|-----------|---------|---------------|--------------------|
|                                                                                                        |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                                                                  | Agree                      | 62        | 60.8    | 62.0          | 62.0               |
|                                                                                                        | Disagree                   | 26        | 25.5    | 26.0          | 88.0               |
|                                                                                                        | Neither Agree nor Disagree | 12        | 11.8    | 12.0          | 100.0              |
|                                                                                                        | Total                      | 100       | 98.0    | 100.0         |                    |
| Missing                                                                                                | System                     | 2         | 2.0     |               |                    |
| Total                                                                                                  |                            | 102       | 100.0   |               |                    |

The sample is consisting of three categories. Results showed that 62% respondents are in agree category and 26% respondents are in disagree category and 12% respondents are in neither agree nor disagree category.

**Table no: 7**

• **The COVID-19 pandemic triggers feelings of anxiety?**

| the covid-19 pandemic triggers feelings of anxiety |                            |           |         |               |                    |
|----------------------------------------------------|----------------------------|-----------|---------|---------------|--------------------|
|                                                    |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                              | Agree                      | 68        | 66.7    | 68.0          | 68.0               |
|                                                    | Disagree                   | 24        | 23.5    | 24.0          | 92.0               |
|                                                    | Neither Agree nor Disagree | 8         | 7.8     | 8.0           | 100.0              |
|                                                    | Total                      |           |         |               |                    |

|         |        |     |       |       |
|---------|--------|-----|-------|-------|
|         | Total  | 100 | 98.0  | 100.0 |
| Missing | System | 2   | 2.0   |       |
| Total   |        | 102 | 100.0 |       |

The sample is consisting of three categories. Results showed that 68% respondents are in agree category and 26% respondents are in disagree category and 6% respondents are in neither agree nor disagree category.

**Table no: 8**

• **The COVID-19 pandemic may create feelings of depression among families in quarantine?**

| the covid-19 pandemic may create feelings of depression among families in quarantine |                            |           |         |               |                    |
|--------------------------------------------------------------------------------------|----------------------------|-----------|---------|---------------|--------------------|
|                                                                                      |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                                                | Agree                      | 79        | 77.5    | 79.0          | 79.0               |
|                                                                                      | Disagree                   | 18        | 17.6    | 18.0          | 97.0               |
|                                                                                      | Neither Agree nor Disagree | 3         | 2.9     | 3.0           | 100.0              |
|                                                                                      | Total                      | 100       | 98.0    | 100.0         |                    |
| Missing                                                                              | System                     | 2         | 2.0     |               |                    |
| Total                                                                                |                            | 102       | 100.0   |               |                    |

sample is consisting of three categories. Results showed that 78% respondent are in agree category and 18% respondent are in disagree category and 1% respondents are in neither agree nor disagree.

**Table no:9**

• **High rates of deaths from COVID-19 could trigger suicidal thoughts among people?**

| high rates of deaths from covid-19 could trigger suicidal thoughts among people |                            |           |         |               |                   |
|---------------------------------------------------------------------------------|----------------------------|-----------|---------|---------------|-------------------|
|                                                                                 |                            | Frequency | Percent | Valid percent | CumulativePercent |
| Valid                                                                           | Agree                      | 66        | 64.7    | 66.0          | 66.0              |
|                                                                                 | Disagree                   | 24        | 23.5    | 24.0          | 90.0              |
|                                                                                 | Neither Agree nor Disagree | 10        | 9.8     | 10.0          | 100.0             |
|                                                                                 | Total                      | 100       | 98.0    | 100.0         |                   |
| Missing                                                                         | System                     | 2         | 2.0     |               |                   |
| Total                                                                           |                            | 102       | 100.0   |               |                   |

This sample is consisting of three categories. First is agree and second is disagree and third is neither agree nor disagree. 66% respondents are in agree category and 24% respondents are in disagree and 10% respondents are in neither agree nor disagree category.

**Table no: 10**

• **It could also lead to frustration?**

|                                   |
|-----------------------------------|
| it could also lead to frustration |
|-----------------------------------|

|         |                               | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|-------------------------------|-----------|---------|---------------|--------------------|
| Valid   | Agree                         | 68        | 66.7    | 68.0          | 68.0               |
|         | Disagree                      | 27        | 26.5    | 27.0          | 95.0               |
|         | Neither Agree<br>nor Disagree | 5         | 4.9     | 5.0           | 100.0              |
|         | Total                         | 100       | 98.0    | 100.0         |                    |
| Missing | System                        | 2         | 2.0     |               |                    |
| Total   |                               | 102       | 100.0   |               |                    |

This sample is consisting of three categories. First is agree and second is disagree and third is neither agree nor disagree. 69% respondents are in agree category and 27% respondents are in disagree and 5% respondents are in neither agree nor disagree.

**Table no: 11**

**• Changes in sleep and eating patterns due to COVID-19?**

| changes in sleep and eating patterns due to COVID-19 |                               |           |         |               |                    |
|------------------------------------------------------|-------------------------------|-----------|---------|---------------|--------------------|
|                                                      |                               | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                | Agree                         | 70        | 68.6    | 70.0          | 70.0               |
|                                                      | Disagree                      | 27        | 26.5    | 27.0          | 97.0               |
|                                                      | Neither Agree<br>nor Disagree | 3         | 2.9     | 3.0           | 100.0              |
|                                                      | Total                         | 100       | 98.0    | 100.0         |                    |
| Missing                                              | System                        | 2         | 2.0     |               |                    |
| Total                                                |                               | 102       | 100.0   |               |                    |

This sample is consisting of three categories. That show 70% respondents are in agree category and 27% respondents are in disagree and 3% respondents are in neither agree nor disagree.

**Table no: 12**

**• The COVID-19 pandemic has created feeling of loneliness among family members in quarantine?**

| the covid-19 pandemic has created feeling of loneliness among family members in quarantine |                               |           |         |               |                    |
|--------------------------------------------------------------------------------------------|-------------------------------|-----------|---------|---------------|--------------------|
|                                                                                            |                               | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                                                      | Agree                         | 73        | 71.6    | 73.0          | 73.0               |
|                                                                                            | Disagree                      | 25        | 24.5    | 25.0          | 98.0               |
|                                                                                            | Neither Agree<br>nor Disagree | 2         | 2.0     | 2.0           | 100.0              |
|                                                                                            | Total                         | 100       | 98.0    | 100.0         |                    |
| Missing                                                                                    | System                        | 2         | 2.0     |               |                    |
| Total                                                                                      |                               | 102       | 100.0   |               |                    |

This sample consists of three categories. Results showed that 73% respondents are in agree category and 25% respondents are in disagree category.

**Table no: 13**

• **It could lead to sadness and despair?**

| it could lead to sadness and despair members in quarantine |                            |           |         |               |                    |
|------------------------------------------------------------|----------------------------|-----------|---------|---------------|--------------------|
|                                                            |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                      | Agree                      | 63        | 61.8    | 63.0          | 63.0               |
|                                                            | Disagree                   | 33        | 32.4    | 33.0          | 96.0               |
|                                                            | Neither Agree nor Disagree | 4         | 3.9     | 4.0           | 100.0              |
|                                                            | Total                      | 100       | 98.0    | 100.0         |                    |
| Missing                                                    | System                     | 2         | 2.0     |               |                    |
| Total                                                      |                            | 102       | 100.0   |               |                    |

This sample is consisting of three categories. Results show that 63% respondents are in agree category and 33% respondents are in disagree category and 4% respondents are in neither agree nor disagree category.

**Table no: 14**

• **Feelings tired or having little energy?**

| feelings tired or little energy |                            |           |         |               |                    |
|---------------------------------|----------------------------|-----------|---------|---------------|--------------------|
|                                 |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                           | Agree                      | 75        | 73.5    | 75.0          | 75.0               |
|                                 | Disagree                   | 19        | 18.6    | 19.0          | 94.0               |
|                                 | Neither Agree nor Disagree | 6         | 5.9     | 6.0           | 100.0              |
|                                 | Total                      | 100       | 98.0    | 100.0         |                    |
| Missing                         | System                     | 2         | 2.0     |               |                    |
| Total                           |                            | 102       | 100.0   |               |                    |

This sample consists of three categories. Results show that 75% respondents are in agree category and 19% respondents are in disagree category and 6% respondents are in neither agree nor disagree category

**Table no: 15**

• **Having little interest or pleasure in activities?**

| having little interest or pleasure in activities |           |         |               |                    |
|--------------------------------------------------|-----------|---------|---------------|--------------------|
|                                                  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Agree                                            | 70        | 68.6    | 70.0          | 70.0               |

|       |                               |     |       |       |       |
|-------|-------------------------------|-----|-------|-------|-------|
| Valid | Disagree                      | 28  | 27.5  | 28.0  | 98.0  |
|       | Neither Agree<br>nor Disagree | 2   | 2.0   | 2.0   | 100.0 |
|       | Total                         | 100 | 98.0  | 100.0 |       |
|       | Missing System                | 2   | 2.0   |       |       |
| Total |                               | 102 | 100.0 |       |       |

This sample consists of three categories. Results indicate that 68% respondents are in agree category and 28% respondents are in neither agree nor disagree category.

**Table no: 16**

**• Having a poor appetite or over eating?**

| having a poor appetite or overeating |                               |           |         |               |                   |
|--------------------------------------|-------------------------------|-----------|---------|---------------|-------------------|
|                                      |                               | Frequency | Percent | Valid Percent | CumulativePercent |
| Valid                                | Agree                         | 66        | 64.7    | 66.0          | 66.0              |
|                                      | Disagree                      | 26        | 25.5    | 26.0          | 92.0              |
|                                      | Neither Agree<br>nor Disagree | 8         | 7.8     | 8.0           | 100.0             |
|                                      | Total                         | 100       | 98.0    | 100.0         |                   |
| Missing                              | System                        | 2         | 2.0     |               |                   |
| Total                                |                               | 102       | 100.0   |               |                   |

This sample consists of three categories. Results indicate that 66% respondents are in agree category and 26% respondents are in disagree category and 8% respondents are in neither agree nor disagree category.

**Table no: 17**

**• Having a negative self-esteem?**

| having a negative self esteem |                               |           |         |                  |                   |
|-------------------------------|-------------------------------|-----------|---------|------------------|-------------------|
|                               |                               | Frequency | Percent | Valid<br>Percent | CumulativePercent |
| Valid                         | Agree                         | 67        | 65.7    | 67.0             | 67.0              |
|                               | Disagree                      | 23        | 22.5    | 23.0             | 90.0              |
|                               | Neither Agree<br>nor Disagree | 10        | 9.8     | 10.0             | 100.0             |
|                               | Total                         | 100       | 98.0    | 100.0            |                   |
| Missing                       | System                        | 2         | 2.0     |                  |                   |
| Total                         |                               | 102       | 100.0   |                  |                   |

This sample consists of three categories. Results indicate that 66% respondents are in agree category and 23% respondents are in disagree category and 11% respondents are in neither agree nor disagree category.

**Session B (Financial Situation)**

**Table no: 18****• Has there been any changes in your economic condition due to COVID-19**

| has there been any changes in your economic condition due to covid-19 |        |           |         |               |                   |
|-----------------------------------------------------------------------|--------|-----------|---------|---------------|-------------------|
|                                                                       |        | Frequency | Percent | Valid Percent | CumulativePercent |
| Valid                                                                 | Yes    | 79        | 77.5    | 79.0          | 79.0              |
|                                                                       | No     | 19        | 18.6    | 19.0          | 98.0              |
|                                                                       | May be | 2         | 2.0     | 2.0           | 100.0             |
|                                                                       | Total  | 100       | 98.0    | 100.0         |                   |
| Missing                                                               | System | 2         | 2.0     |               |                   |
| Total                                                                 |        | 102       | 100.0   |               |                   |

This sample consists of three categories. To evaluate the economic problem, results indicate that 79% respondents are in yes category and 19% respondents are in no category and 2% respondents are in may be category.

**Table no: 19****• What problems have your business encounter in quarantine?**

| what problems have your business encounter in quarantine |        |           |         |               |                    |
|----------------------------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                                          |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                    | Yes    | 73        | 71.6    | 73.0          | 73.0               |
|                                                          | No     | 19        | 18.6    | 19.0          | 92.0               |
|                                                          | May be | 8         | 7.8     | 8.0           | 100.0              |
|                                                          | Total  | 100       | 98.0    | 100.0         |                    |
| Missing                                                  | System | 2         | 2.0     |               |                    |
| Total                                                    |        | 102       | 100.0   |               |                    |

This sample consists of three categories. To evaluate the business problems, 73% respondents are in yes category and 19% respondents are in no category and 8% respondents are in may be category.

**Table no:20****• Decrease in order from clients due to quarantine?**

| decrease in order from clients due to quarantine |        |           |         |               |                    |
|--------------------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                                  |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                            | Yes    | 72        | 70.6    | 72.0          | 72.0               |
|                                                  | No     | 13        | 12.7    | 13.0          | 85.0               |
|                                                  | May be | 15        | 14.7    | 15.0          | 100.0              |

|         |        |     |       |       |
|---------|--------|-----|-------|-------|
|         | Total  | 100 | 98.0  | 100.0 |
| Missing | System | 2   | 2.0   |       |
| Total   |        | 102 | 100.0 |       |

This sample consists of three categories. To evaluate the clients' order in quarantine. Results show that 72% respondents are in yes category and 13% respondents are in no category and 15% respondents are in maybe category.

**Table no: 21**

**• Unstable political or social condition?**

|         |        | unstable political or social condition |         |               |                    |
|---------|--------|----------------------------------------|---------|---------------|--------------------|
|         |        | Frequency                              | Percent | Valid Percent | Cumulative Percent |
| Valid   | Yes    | 78                                     | 76.5    | 78.0          | 78.0               |
|         | No     | 12                                     | 11.8    | 12.0          | 90.0               |
|         | May be | 10                                     | 9.8     | 10.0          | 100.0              |
|         | Total  | 100                                    | 98.0    | 100.0         |                    |
| Missing | System | 2                                      | 2.0     |               |                    |
| Total   |        | 102                                    | 100.0   |               |                    |

This sample consist of three categories. To evaluate the impact of covid-19 on political or social condition. 77% respondents are in yes category and 13% respondents are in no category and 10% respondents are in maybe category.

**Table no: 22**

**• Cuts in monthly income?**

|         |        | cuts in monthly income |         |               |                    |
|---------|--------|------------------------|---------|---------------|--------------------|
|         |        | Frequency              | Percent | Valid Percent | Cumulative Percent |
| Valid   | Yes    | 69                     | 67.6    | 69.0          | 69.0               |
|         | No     | 25                     | 24.5    | 25.0          | 94.0               |
|         | May be | 6                      | 5.9     | 6.0           | 100.0              |
|         | Total  | 100                    | 98.0    | 100.0         |                    |
| Missing | System | 2                      | 2.0     |               |                    |
| Total   |        | 102                    | 100.0   |               |                    |

This sample consist of three categories. To evaluate the impact the of COVID-19 on monthly income. 69% respondents are in yes category and 27% respondents are in no category and 4% respondents are in may be category.

**Session C (Dietary Habits)**

**Table no: 23****• Do you think change in economic condition will affect your eating habits?**

| do you think change in economic condition will affect your eating habits |        |           |         |               |                    |
|--------------------------------------------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                                                          |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                                    | Yes    | 82        | 80.4    | 82.0          | 80.0               |
|                                                                          | No     | 16        | 15.7    | 16.0          | 98.0               |
|                                                                          | May be | 2         | 2.0     | 2.0           | 100.0              |
|                                                                          | Total  | 100       | 98.0    | 100.0         |                    |
| Missing                                                                  | System | 2         | 2.0     |               |                    |
| Total                                                                    |        | 102       | 100.0   |               |                    |

This sample consist of three categories. To evaluate the impact of COVID-19 on eating habits. 82% respondents are in yes category and 16% respondents are in no category and 2% respondents are in may be category.

**Table no: 24****• Do you think there has been change in your main meal?**

| do you think there has been change in your main meal |        |           |         |               |                    |
|------------------------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                                      |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                | Yes    | 71        | 69.6    | 71.0          | 71.0               |
|                                                      | No     | 22        | 21.6    | 22.0          | 93.0               |
|                                                      | May be | 7         | 6.9     | 7.0           | 100.0              |
|                                                      | Total  | 100       | 98.0    | 100.0         |                    |
| Missing                                              | System | 2         | 2.0     |               |                    |
| Total                                                |        | 102       | 100.0   |               |                    |

This sample consist of three categories. To evaluate the impact of quarantine in main meal. 71% respondents are in yes category and 22% respondents are in no category and 7% respondents are in maybe category.

**Table no: 25****• Individuals are snacking more but eating less fast food?**

| individuals are snacking more but eating less fast food |        |           |         |               |                    |
|---------------------------------------------------------|--------|-----------|---------|---------------|--------------------|
|                                                         |        | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                                                   | Yes    | 74        | 72.5    | 74.0          | 74.0               |
|                                                         | No     | 16        | 15.7    | 16.0          | 90.0               |
|                                                         | May be | 10        | 9.8     | 10.0          | 100.0              |
|                                                         | Total  | 100       | 98.0    | 100.0         |                    |
| Missing                                                 | System | 2         | 2.0     |               |                    |
| Total                                                   |        | 102       | 100.0   |               |                    |

This sample consist of three categories. To evaluate the impact of quarantine on snacks. 74% respondents are in yes category and 17% respondents are in no category and 9% respondents are in may be category.

**Table no: 26**

• **What type of food you prefer in quarantine?**

| what type of food you prefer in quarantine |         | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------------------------------------|---------|-----------|---------|---------------|--------------------|
| Valid                                      | Healthy | 92        | 90.2    | 92.0          | 92.0               |
|                                            | Junk    | 8         | 7.8     | 8.0           | 100.0              |
|                                            | Total   | 100       | 98.0    | 100.0         |                    |
| Missing                                    | System  | 2         | 2.0     |               |                    |
| Total                                      |         | 102       | 100.0   |               |                    |

This sample consist of two categories. First is healthy and second is junk. To evaluate the food preference in quarantine. 92% respondents are in healthy category and 8% respondents are in junk category.

**Table no: 27**

• **Are households spending more or less on groceries during the outbreak?**

| Are households spending more or less on groceries during the outbreak |                            | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------------------------------------------------------------|----------------------------|-----------|---------|---------------|--------------------|
| Valid                                                                 | Yes                        | 66        | 64.7    | 66.0          | 66.0               |
|                                                                       | No                         | 16        | 15.7    | 16.0          | 82.0               |
|                                                                       | Neither Agree nor Disagree | 18        | 17.6    | 18.0          | 100.0              |
|                                                                       | Total                      | 100       | 98.0    | 100.0         |                    |
| Missing                                                               | System                     | 2         | 2.0     |               |                    |
| Total                                                                 |                            | 102       | 100.0   |               |                    |

This sample consist of three categories. Results indicate that 66% respondents are in yes category and 16% respondents are in no category and 18% respondents are in neither agree nor disagree category.

**Conclusion:**

Overall, this study indicates that the psychological effect of quarantine is broad. Important, and it can be stable for a long time. This does not mean that it is not appropriate to use quarantine; there may be worse psychological consequences that not using quarantine and enabling the spread of disease. The current research was able to assess the psychological effect of the lockout of COVID-19 on the population of Pakistan. This research was performed with a view to collecting data related to mental health. Study results indicate that among the population of Pakistan during the lockdown and disease outbreaks, the population under lockdown is influenced by increased psychological pressure and hence by increased psychological distress, higher anxiety prevalence. The statistical analysis revealed the percentage of the population reviews. People stressed frustration because of greater quarantine period as well as infection fears. Inadequate boredom offers insufficient financial loss and

improvements in dietary habits both stigma and anxiety can turn into depression and perceived high stress. Most of the participants spent 20 to 24 hours a day at their homes, in this study it was not mention about any physical sign and healthy self-assessed status. The bulk of the respondents and their family members were concerned about infecting them. The purpose of this study was to thoroughly evaluate the existing literature on the impact of COVID— 19 infection of mental health in the general population.

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