

- ❖ More than 2 billion people around the globe are living under lockdown as a precautionary measure in the ongoing COVID-19 pandemic.
- ❖ A recent rapid review in the *Lancet* reports that **restriction of movement and quarantine can generate mental health symptoms similar to post-traumatic stress syndrome, irritability and anger.**

An ongoing COVID-19 knowledge, attitudes and practices study¹ implemented by the Population Council Institute in Bihar and Uttar Pradesh with 2,041 respondents sought to assess people's mental health, as assessed by feeling lonely, irritable or depressed, during the lockdown.

Mental health symptoms situation of cohort of participants in different time contexts?

Sample size* (n=1439)	Experienced depression or felt down or hopeless in the two weeks prior to survey during 2018-19*,\$	Experience of feeling lonely, irritable or depressed during the lockdown (April 2020)\$
Mental health symptoms		
Never	956/1439 (66%)	828/1439 (58%)
Sometimes or often	483/1439 (34%)	611/1439 (42%)

*Same respondents interviewed as part of large survey¹ in 2018-19 (one of the items of PHQ9 scale)
\$Note: Questions are not exactly comparable.

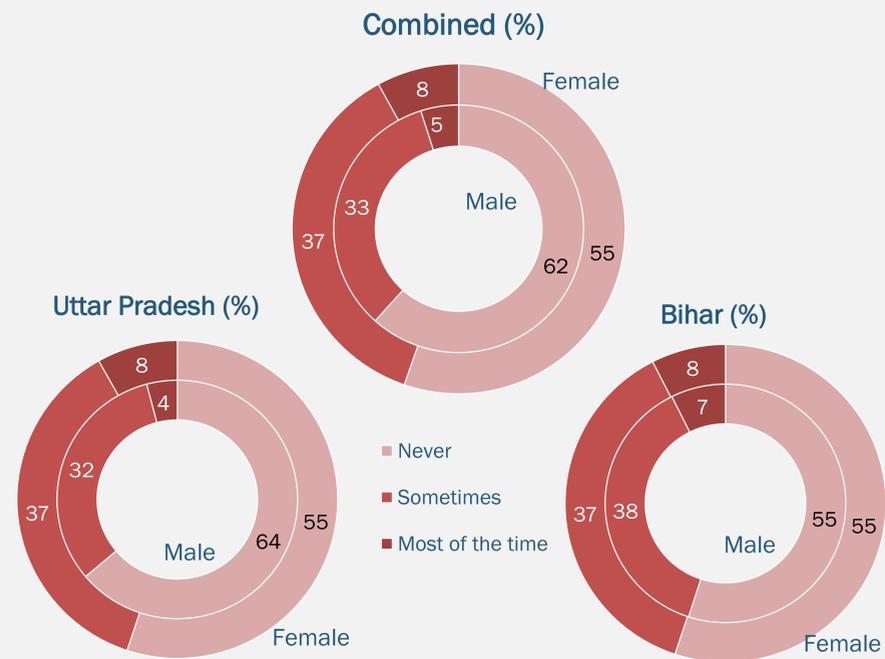
Little more than two out of five participants in the study reported mental health symptoms during the lockdown.

Who is more at risk of experiencing mental health symptoms during lockdown?

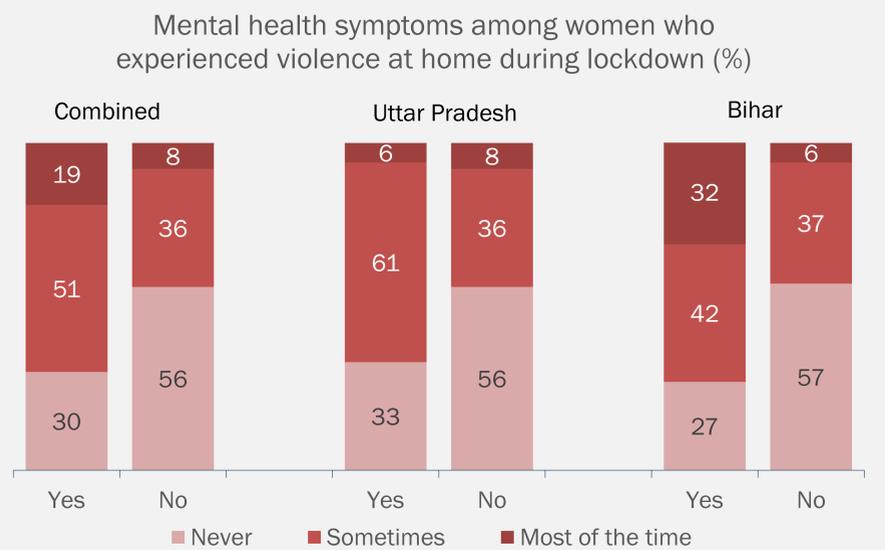
Mental health symptoms were relatively higher among the participants (in comparison to their counterparts) of:

- 01 Households where respondent or any other family member lost the job due to the lockdown
- 02 Households with financial resources to survive for less than two weeks
- 03 Households with fewer number of rooms in the house
- 04 Migrant households where a family member has not returned home
- 05 Women who experienced violence during lockdown

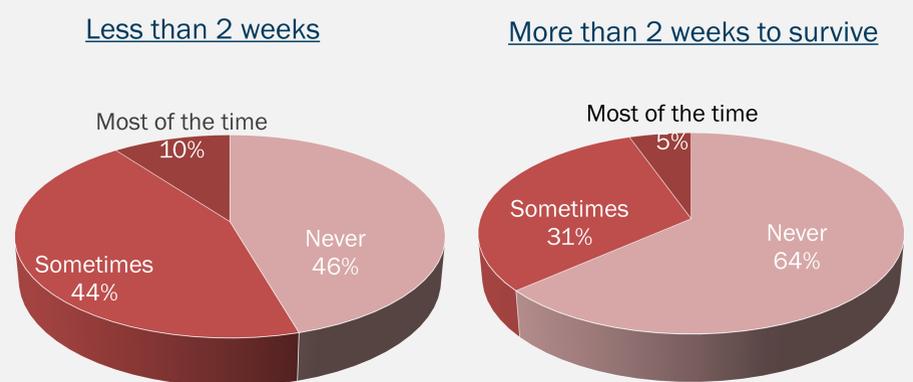
Notable proportion of participants, comparatively more female participants, felt lonely, depressed or irritable during the lockdown (38% of males and 45% of females).



Of the total female participants, 2.7% reported experience of violence (2% in Uttar Pradesh & 5% in Bihar) during the lockdown.



Mental health symptoms among those who reported household financial resources available for:



Covid-19 prevention programming and messages should pay attention to the mental health needs of the population. **Tips on how to deal with feelings of loneliness, depression or irritability during the lockdown need to be disseminated in local languages widely.**

Women who experience or observe more violence are more likely to experience loneliness, depression and irritability. **Access to counselling and better social protection is necessary to address this issue.**

Poor mental health is closely tied to job loss and concerns for how long household resources will last. Making (remote) work possible or distributing food and essential resources is important.