

# Internship Training

at

International Institute of Health Management Research

To Find Out Mental Health Status And Psychological Well Being In India

by

Name:- Dr Dhruv upadhyay

Enroll No. :- PG/19/025

Under the guidance of

Nishikanth Bele

PGDM (Hospital & Health Management)

2019-21



International Institute of Health Management Research  
New Delhi



## **COMPLETION OF DISSERTATION**

The certificate is awarded to

**Dr Dhruv Upadhyay**

in recognition of having successfully completed her dissertation  
with effect from March 15, 2021 and has successfully  
completed her Project on

To Find Out Mental Health Status And Psychological Well Being In India

At

**IIHMR, Delhi**

Nishikant Bele

**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Dr Dhruv Upadhyay** student of PGDM (Hospital & Health Management) from International Institute of Health Management Research, New Delhi has undergone internship training from **15<sup>th</sup> March to 15<sup>th</sup> June.**

The Candidate has successfully carried out the study designated to him during internship training and her approach to the study has been sincere, scientific and analytical.

The Internship is in fulfilment of the course requirements.

I wish her all success in all his/her future endeavours.

Nishikant Bele  
Mentor

Associate Professor

IIHMR, New Delhi

IIHMR, New Delhi

**CERTIFICATE FROM DISSERTATION ADVISORY COMMITTEE**

This is to certify that **Dr Dhruv Upadhyay**, a graduate student of the **PGDM (Hospital & Health Management)** has worked under our guidance and supervision. She is submitting this dissertation titled **“To Find Out Mental Health Status And Psychological Well Being In India”** at **“IIHMR., New Delhi”** in partial fulfilment of the requirements for the award of the **PGDM (Hospital & Health Management)**.

This dissertation has the requisite standard and to the best of our knowledge no part of it has been reproduced from any other dissertation, monograph, report or book.

Nishikant Bele

Associate Professor

IIHMR, New Delhi



## **CERTIFICATE BY SCHOLAR**

This is to certify that the dissertation titled "To Find Out Mental Health Status And Psychological Well Being In India" at "International Institute of Health Management Research, New Delhi" and submitted by Dr. Dhruv Upadhyay, Enrolment No. PG/19/025 under the supervision of Nishikanth Bele for award of PGDM (Hospital & Health Management) of the Institute carried out during the period from 15th March to 15th June. embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other Institute or other similar institution of higher learning.

Signature

## **CERTIFICATE OF APPROVAL**

The following dissertation titled “To Find Out Mental Health Status And Psychological Well Being In India” at “International Institute of Health Management Research, New Delhi” is hereby approved as a certified study in management carried out and presented in a manner satisfactorily to warrant its acceptance as a prerequisite for the award of PGDM (Hospital & Health Management) for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed, or conclusion drawn therein but approve the dissertation only for the purpose it is submitted.

Dissertation Examination Committee for evaluation of dissertation



## Feedback Form

Name of student:

Dissertation organization:

Area of Dissertation:

Attendance:

Objectives achieved:

Deliverables:

Strengths:

Suggestions for Improvement:

Signature of the Officer-in-Charge/ Organisation Mentor (Dissertation)

Date:

Place:

## **Acknowledgement**

At the first, I would like to thank the Almighty God for showering his blessings and for being the wellspring of direction, wisdom and perseverance throughout the study, without which this study could not have been completed.

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I express my profound gratitude to my family for providing me with unfailing support and love throughout my life and this thesis would not be possible without them.

## **Table   Of   Contents**

1. Background
2. Objective
3. Methodology
4. Results
5. Discussion
6. Conclusion
7. References
8. Annexure

## INTRODUCTION

Covid-19 or coronavirus disease is a communicable disease affecting worldwide which has turned into a pandemic since March 11, 2020. It majorly affects the respiratory system with approximately 21 million suffering from the disease globally and mortality above 700 thousand. In India, nearly 2.5 million cases are recorded with 50 thousand deaths until August 14, 2020<sup>i</sup>. The growing number of cases has burdened the health sector, economic sector and also employment status of the country.

Due to its highly contagious nature, most of the countries globally have undergone complete lockdowns in order to control the disease spread. Schools, educational institutions, multinational companies, tourism, entertainment industries, pilgrimages are closed. Work from home policy was adopted nationwide. The people were locked into their houses isolating them from the society and social interaction. The nationwide shutdown resulted in economic downfall in all sectors, downsizing in the staffs, reduced or delayed salaries and perks, altered and unplanned education system.

The pandemic has been associated with significant mental health problems ranging from anxiety, fear, depressive symptoms, sense of loneliness, sleep disturbances, anger, etc. across the globe. Economical downfall, along with uncertainty about the availability of jobs and employment which has resulted in psychological conditions such as anxiety and stress.

## OBJECTIVE

To find out mental health status and psychological well being in India

### **Specific objectives:**

- To identify the issues faced by people in general.
- To identify issue based on demographics.

## METHODOLOGY

### Study design and setting:

The study was cross-sectional done via Google survey. The study sample will include people of both the genders across all ages in Ghaziabad. People who are not conversant with using online platforms or not familiar with English language will not be considered.

### Study instrument

A pre-validated questionnaire containing 20-items was used as the instrument. The survey was a self-administered questionnaire which will be distributed and collected.

The study tool has been divided into 4 sections

Section A- Informed consent form. This should be mandatorily filled before the respondents are able to access rest of the sections. In case a respondent disagrees to participate in the study and refuses to give consent, the same would be recorded. The data will be used only for the research purpose and the confidentiality of the participant would be maintained.

Section B- Socio demographic profile- This will include age, gender, education, occupation, employment status, place of residence.

Section C- Mental health self administered instrument (PHQ 9) that has nine questions, each graded into four options. This is a validated and standardized tool used for assessing mental health in surveys

### Study sample:

Estimating the population in Ghaziabad is approximately 10 lakhs. For calculation of sample size, 5% margin of error and 95% confidence interval was selected. Based on this the calculated sample size is 384. Data were collected from may25' 2021 to June 5' 2021. Before completion of the questionnaire, the respondents were explained about the aim and nature of the study and verbal consent was taken. No incentives were given to the respondents.

### Inclusion criteria:

- Understanding of English language.
- Resident of Ghaziabad.

Exclusion criteria:

- The resident outside of Ghaziabad.
- People not versed with English.

Limitations:

Due to lack of resources the sample has been limited to people responded until June 5'2021. The survey only addressed resident of Ghaziabad.

## ETHICAL CONSIDERATIONS

The aim of the study will be included in the Google form along with information consent form. The anonymity of the participants will be maintained and no personal details will be collected.

## Data analysis:

Findings were presented as numbers and percentages in the form of tables and bar-charts.

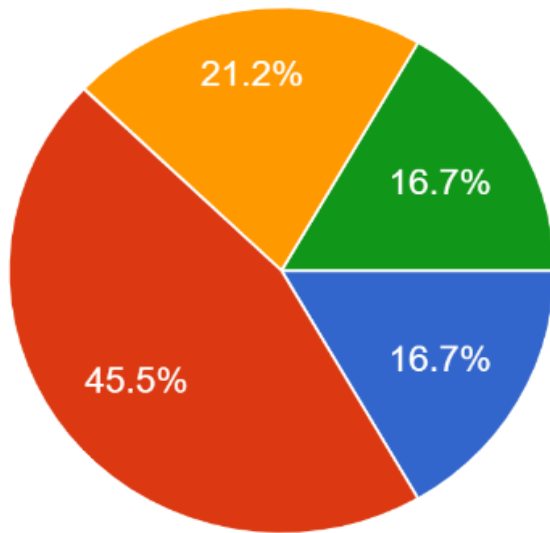
## RESULT

The research was a descriptive cross-sectional study that incorporated both primary and secondary data. The survey's target audience comprised of residents of Ghaziabad, Uttar Pradesh. The web link was shared with the 100 possible participants via WhatsApp, text messages, and e-mails. Google Forms was used as the survey tool. It had eighteen questions that covered two sections, Section A Socio economic profile of subject/sample and Section B- mental and psychological well being . When multiplechoice questions were asked, each response was given equal weightage; for example, if each of the 63 respondents submitted one response, a total of 63 replies were assessed. During the answer process, participants were made aware of the topic and a short message appreciating the importance of their contribution to the study was issued, with a focus on the anonymity of the response. The poll would take 5 minutes to complete, according to the message. Because no patient or

respondent identification information was obtained, no ethical approval was requested.

## Findings

The study helped to provide a picture about the mental and psychological well-being.

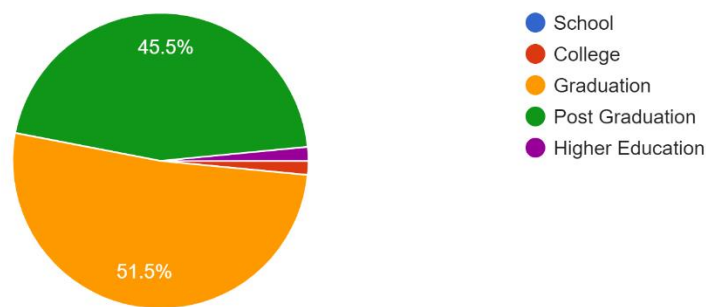


## Demographic



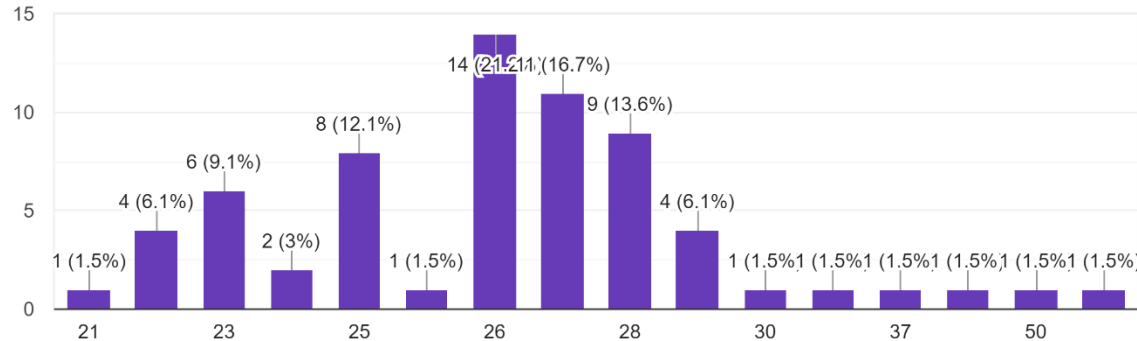
Education

66 responses



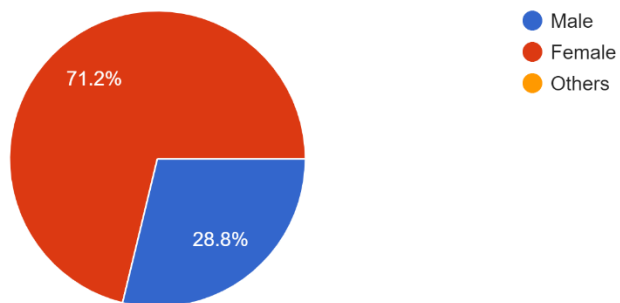
Age

66 responses



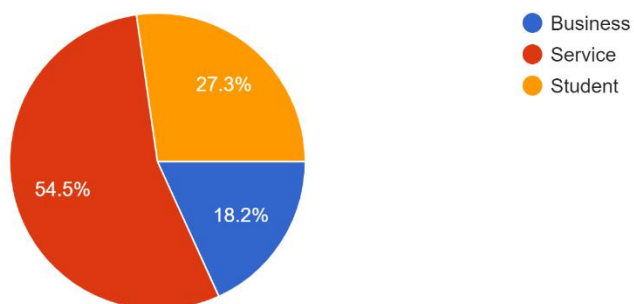
## Gender

66 responses



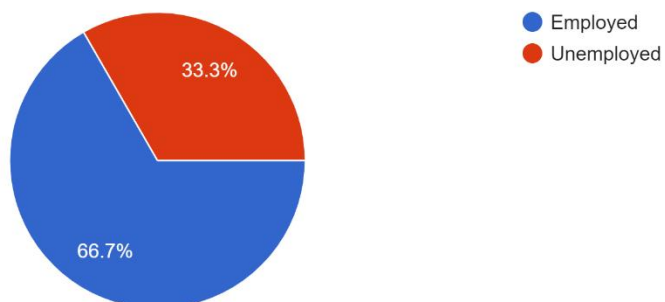
## Occupation

66 responses



## Employment Status

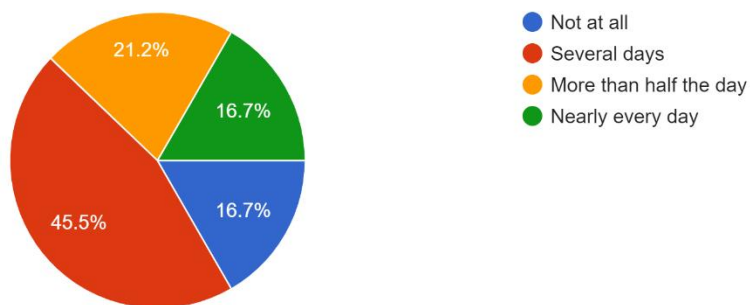
66 responses



## Section b

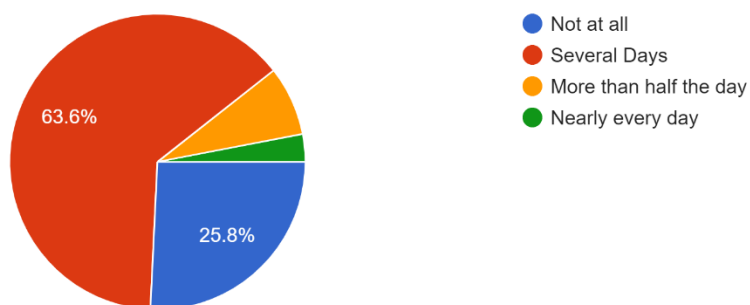
Do you get little interest or pleasure in doing things?

66 responses



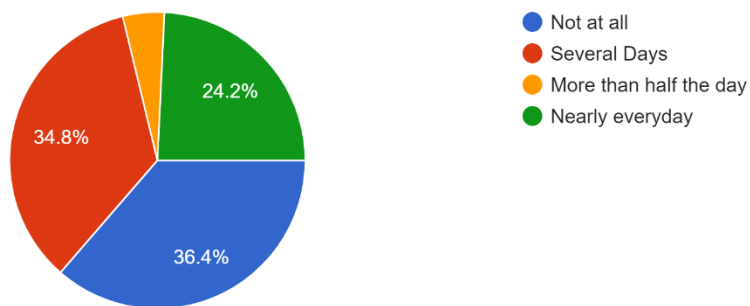
Do feel down, depressed or hopeless?

66 responses



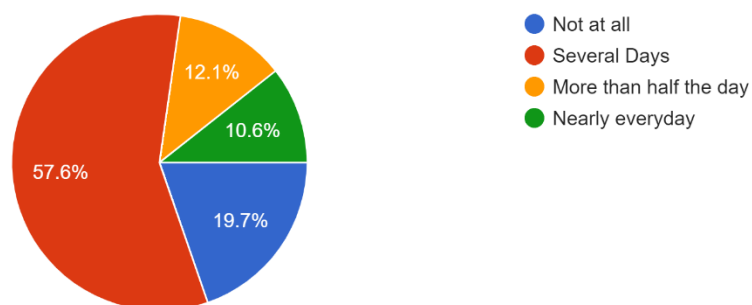
Do you face trouble falling asleep or staying asleep, or sleeping too much?

66 responses



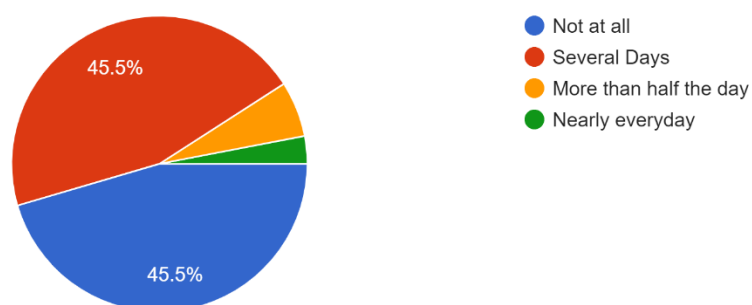
Do you feel tired or feel like having less energy?

66 responses



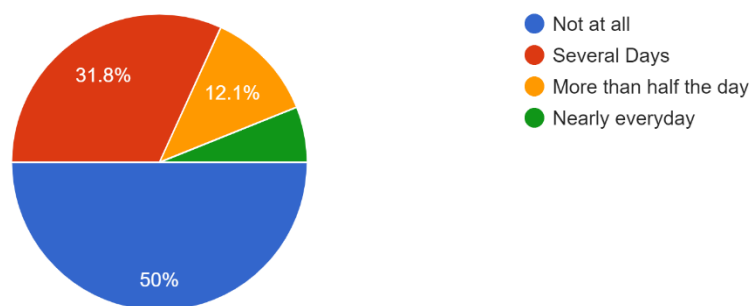
Do you have poor appetite or do u overeat?

66 responses



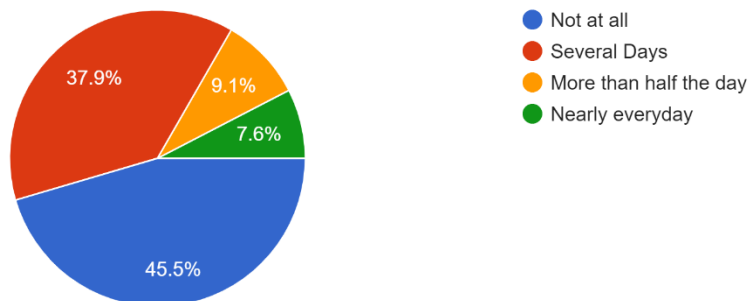
Have you ever felt bad about yourself- that you are a failure or have felt that you ever let your family down ?

66 responses



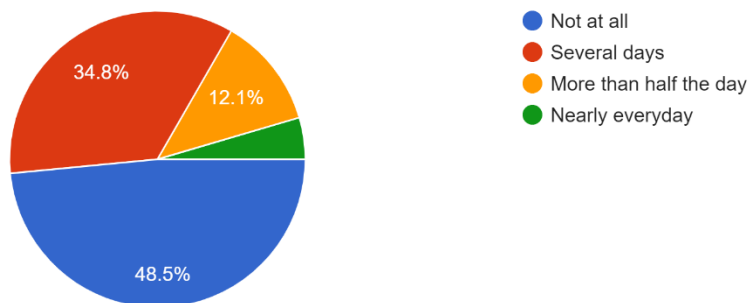
Have you faced trouble in concentrating on things such as reading the newspaper or watching television?

66 responses



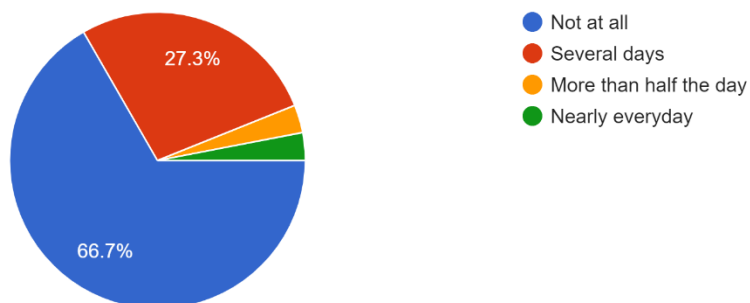
Do you move or speak so slowly that other people could have noticed? or the opposite- being so fidget or restless that you have been moving around a lot more than the usual?

66 responses



Have you ever got thoughts that you would be better off dead or of hurting yourself in some way?

66 responses



## Discussion

The global community is concerned about Coronavirus disease 2019 (COVID-19) and its long-term consequences. It is going to impact various spheres of life such as the economy, industries, global market, agriculture, human health, health care, etc. At present, the focus of States and the World bodies such as the World Health Organization (WHO) is on controlling and mitigating the impact of this pandemic by identifying, testing, treating infected people, developing drugs, vaccines and treatment protocols. However, despite such efforts to defeat this pandemic, we are not very sure what direction the pandemic will take in the coming days.

The WHO has also expressed its concern over the pandemic's mental health and psycho-social consequences (World Health Organization, [2020d](#)). It speculates that new measures such as self-isolation and quarantine have affected usual activities, routines, and livelihoods of people that may lead to an increase in loneliness, anxiety, depression, insomnia, harmful alcohol, and drug use, and self-harm or suicidal behavior (World Health Organization, [2020c](#)). The recent survey by the Indian Psychiatric Society shows a twenty percent increase in mental illnesses since the coronavirus outbreak in India (Loiwal, [2020](#)). Psychologists and mental health professionals speculate that the pandemic is going to impact on the mental health of the population globally with the increase in cases of depression, suicide, and self-harm, apart from other symptoms reported globally due to COVID 2019 (Li et al., [2020](#); Moukaddam & Shah, [2020](#); Yao et al., [2020](#)). Closing of outlets selling alcohol has also led to withdrawal symptoms and suicides by alcohol addicts, reported in states like Kerala in India (Jayakumar, [2020](#)). They speculate about the chances of developing neurotic disorders such as generalized anxiety disorder and obsessive-compulsive disorders (OCD) in large population groups. Besides mood-related and emotional outbursts especially panic, fear, avoidance and fear in meeting other people, fear of death (Thanatophobia), fear of getting isolated, stigmatization, fear of even not getting essential items, food, etc., may have its psychological manifestations. In many states, due to anxieties, people have been hoarding essential items which has led to shortages. Millions of People have lost their jobs. People employed in the informal and unorganized sectors are worst hit as they are struggling for, food, shelter and their livelihoods which created uncertainty leading to depression, suicide, self-harm etc. The lockdown may be an important strategy to break the chain of transmission. But it has also created boredom and monotony among office goers and children. In many households, children who end up staying indoors become restless and, in

some cases, violent. Many households have even closed windows and doors due to wrong notions regarding the infection.

To date, over one hundred thousand people have died worldwide, and we do not know how many more will die due to this pandemic. In such a scenario, providing psycho-social support and helping bereaved family members is important. Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting, etc. Children need adults' love and attention during difficult times. They need extra time and attention. It is important to keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) regular contact (e.g. via phone) and re-assurance are required (World Health Organization, [2020b](#)). Particularly young children who have lost their parents are more vulnerable. Every child experiencing such loss needs a safe and supportive environment, guidance and help to express their feelings such as fear and sadness.

The mental and psychological wellbeing of healthcare providers is another concern. Healthcare providers are continuously working in fearful, stressful, resource constrained settings where they are under the continuous threat of getting exposed and infected. In such a condition the healthcare providers' mental health and psychosocial well-being are as important as managing the health of the infected population. The WHO has issued a thirty-one-point guidance for mitigating these problems. These include guidelines to safeguard the mental health of the population of different age groups affected with COVID-19 with a special focus on children, women and service providers, suggesting measures to mitigate anxiety, depression, and stigma, etc.

There are various resources available online which can be helpful in managing and coping with the stress arising out of the pandemic. It is important for people to take care of themselves, their family members and friends. Helping others to cope with their stress makes the community stronger. Nevertheless, the biggest challenge in mitigating mental health consequences of the COVID 19 pandemic is the lack of mental health professionals, practitioners, counselors, and health facilities where one can approach for such help. It is going to be a real challenge for a country like India where only 0.29 Psychiatrists, 0.07 Psychologists, and 0.36 other paid mental health workers are available per 100,000 people (World Health Organization, [2018](#)). In such a situation, it is important to evolve a simple counseling package that can be delivered by givers at home or in the hospital. The package should contain a number of dimensions, such as being empathetic and supportive to all those who are affected. They need to be listened with compassion and kindness. Establishing

online mental health and counseling services at hospitals, community health care centres, and at university departments of psychology could be an opportunity to address such a crisis (Liu et al., [2020](#)).

China has been implementing emergency psychological crisis interventions to reduce the negative psychosocial impact on public mental health. However, challenges exist (Dong & Bouey, [2020](#)). One can hope that States will learn a lesson from this pandemic and recognize public mental health as an important priority area that needs to be formally integrated into public health preparedness and emergency response plans.

## CONCLUSION

- 63% of people felt depressed or hopeless yet 34 % of irregular sleep patterns, 45% of irregular eating habits are observed.
- 31% of people feel they are failure and 27% feels they are better off dead.
- There is a need to develop mental health interventions which are time-limited, culturally sensitive, and can be undertaken by self.
- The Covid-19 pandemic has alarming implications for individual and collective health and emotional and social functioning.
- Everyone experiencing such loss needs a safe and supportive environment, guidance and help to express their feelings such as fear and sadness
- Practical steps to manage our mental health are ensuring daily exercise activities, setting up regular phone calls or video conferences with family, friends, and colleagues can bridge the gaps brought on by social distancing



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## Annexure

### Questionnaire

#### Section A

#### Participant Information Consent

Research organization: International Institute of Health Management Research (IIHMR)-Delhi

Principal investigator:

Title of study:

#### **Brief statement of the study:**

We are conducting a research to find out the status of mental health and psychological well-being amongst the population of India. The information in this document will help you understand about the study and to decide if you want to participate in the study or not. The study proposes to understand the relationship between the mental health status and circumstances due to CoVID-19.

#### **Description of the process:**

For the purpose of our research study, we will be collecting information related to socio-demographic details and mental status of the participant. The information will be collected through google form survey.

#### **Benefits of the study:**

The study will provide an assessment over the current mental health status of the participant. If the participant is identified in the need of care, appropriate referrals will also be provided.

#### **Confidentiality:**

All the information provided by you will be kept confidential and will not be shared with anyone other than the members of our research teams.

#### **Right to withdraw:**

The participation in the survey is completely voluntary. You are free to refuse if not willing to participate further at any time. In case of any queries regarding the study, you can ask us at any time or may be thereafter.

If you agree to be a part of the study, you have to click yes in order to continue further.

## **Section B**

Socio demographic profile

S.no	Details	Response
1	Age	
2	Gender	
3	Education	<ul style="list-style-type: none"><li>• School</li><li>• College</li><li>• Graduation</li><li>• Post-graduation</li><li>• Higher education</li></ul>
4	Occupation	<ul style="list-style-type: none"><li>• Business</li><li>• Service</li><li>• Student</li></ul>
5	Employment status	<ul style="list-style-type: none"><li>• Employed</li><li>• Unemployed</li></ul>
6	Place of residence	<ul style="list-style-type: none"><li>• Rural</li><li>• Urban</li></ul>

## Section C

Please select in the below mentioned items based on the code given below:

- 0 = Not at all,
- 1 = Several days,
- 2 = More than half the day,
- 3 = Nearly every day

S.no	Question	Response
1.	Little interest or pleasure in doing things	
2.	Feeling down, depressed, or hopeless	
3.	Trouble falling or staying asleep, or sleeping too much	
4.	Feeling tired or having little energy	
5.	Poor appetite or overeating	
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	
7.	Trouble concentrating on things, such as reading the newspaper or watching television	
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite- being so fidgety or restless that you have been moving around a lot more than usual	
9.	Thoughts that you would be better off dead or of hurting yourself in some way	

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