



# Determination of the Levels of Depression, Anxiety and Stress Symptoms and COVID-19 Stress amongst Filipino Pharmacy Students

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## BACKGROUND

COVID-19 pandemic is the defining global health crisis of our time and has caused significant stress to most people worldwide every day. It is likely to affect the mental health of an individual with the quarantine and self-isolation measures being observed within the community. Because of limited physical interaction, one of the preventive measures, and uncertainty brought by the disease, serious implications on the mental health of the population, particularly college students who are experiencing pressures of academic life and financial stability at present can happen. Apart from this, social-distancing measures and suspension of school activities can highly influence their interpersonal relationships and can lead them vulnerable to mental health issues amid the pandemic.

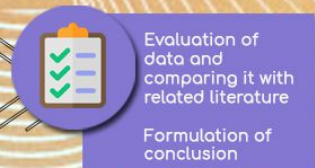
## OBJECTIVES

To focus on pharmacy students and investigate the mental health status in relation to the COVID-19 pandemic

To evaluate the mental health status of pharmacy students

To recognize the risk factors contributing to the mental health status of pharmacy students during the COVID-19 pandemic

To investigate the relationship between COVID-19 stressors and the anxiety and depressive tendencies of pharmacy students



## RESULTS



Fig 1: Occurrences of stress, anxiety and depression symptoms were tallied and scored according to severity. More than half reported mild to extremely severe symptoms of depression anxiety and stress during the pandemic.

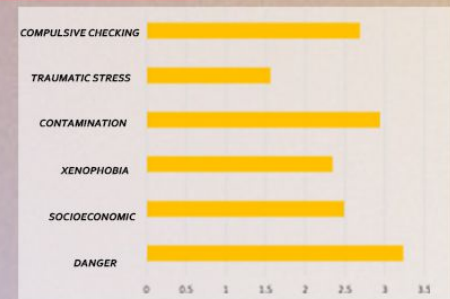


Fig 2: Respondents scored highest on the danger subscale of the COVID-19 stress, and scored the lowest mean on traumatic stress.

Independent Variable (X)	Dependent Variable (Y)	R	R <sup>2</sup>	p-value (sig.)	Remarks
COVID-19 Stress	Stress	0.351	0.123	.000	Significant, Low
COVID-19 Stress	Anxiety	0.306	0.093	.001	Significant, Low
COVID-19 Stress	Depression	0.270	0.073	.003	Significant, Low

Fig 3: All of three DAS subscales reported a significant, positive correlation with the COVID-19 stressors.

## CONCLUSION

It can be concluded that there is a significant relationship between the identified COVID-19 stressors and the depression, anxiety and stress levels among the students but low positive correlation between the variables

The study was also able to quantify the current mental health status of the population, particularly their reported symptoms of depression, anxiety and stress.

No significant differences between the reported symptoms of depression, anxiety and stress when compared according to gender, location of residence, household size and acquaintance with COVID-19 patient. However, symptoms of depression significantly differ when according to the age and year level of the respondents.

## RECOMMENDATIONS

- Personal interviews can be used to support this method of data collection in future studies
- It would be better if future researchers will also gather data on different universities in the Philippines
- Investigate other mental health concerns that may be occur to the population during a pandemic
- Look into possible coping mechanisms that students may use and its significance with their COVID-19 stress and the symptoms they are currently experiencing in relation to their mental health.