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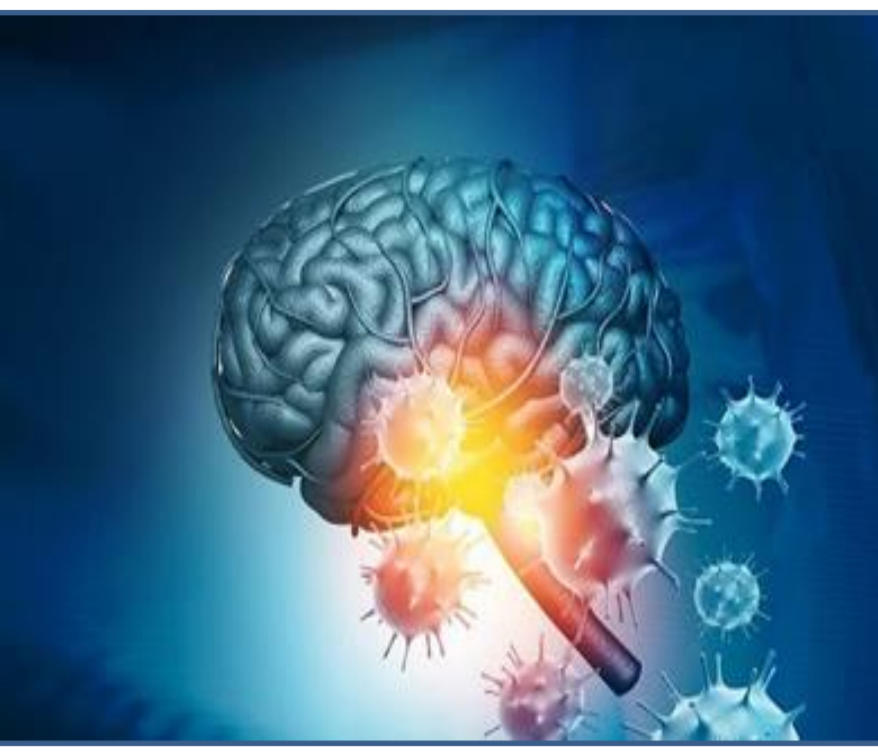
FACULTY OF  
MEDICAL SCIENCES

# The Impact of COVID-19 Mitigation Strategies on The Mental Health of Undergraduate Students from The University of The West Indies St. Augustine (UWI STA)

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## Introduction

The COVID-19 mitigation strategies had the potential to worsen mental health conditions among undergraduate students. Investigations were done to explore the prevalence of these exacerbated mental health indicators amongst the undergraduate students of the UWI STA. It also sought to detect if vaccination status modulated the indicators and if there were any relationships to demographic variables.

## Objective

1. To determine the potential exacerbatory effects of the COVID-19 mitigation strategies on the mental health of UWI undergraduate students.
2. To assess the psychosociological effects of population segregation through 'Pandemic Safe Spaces' and 'Vaccination Dependent Activities'

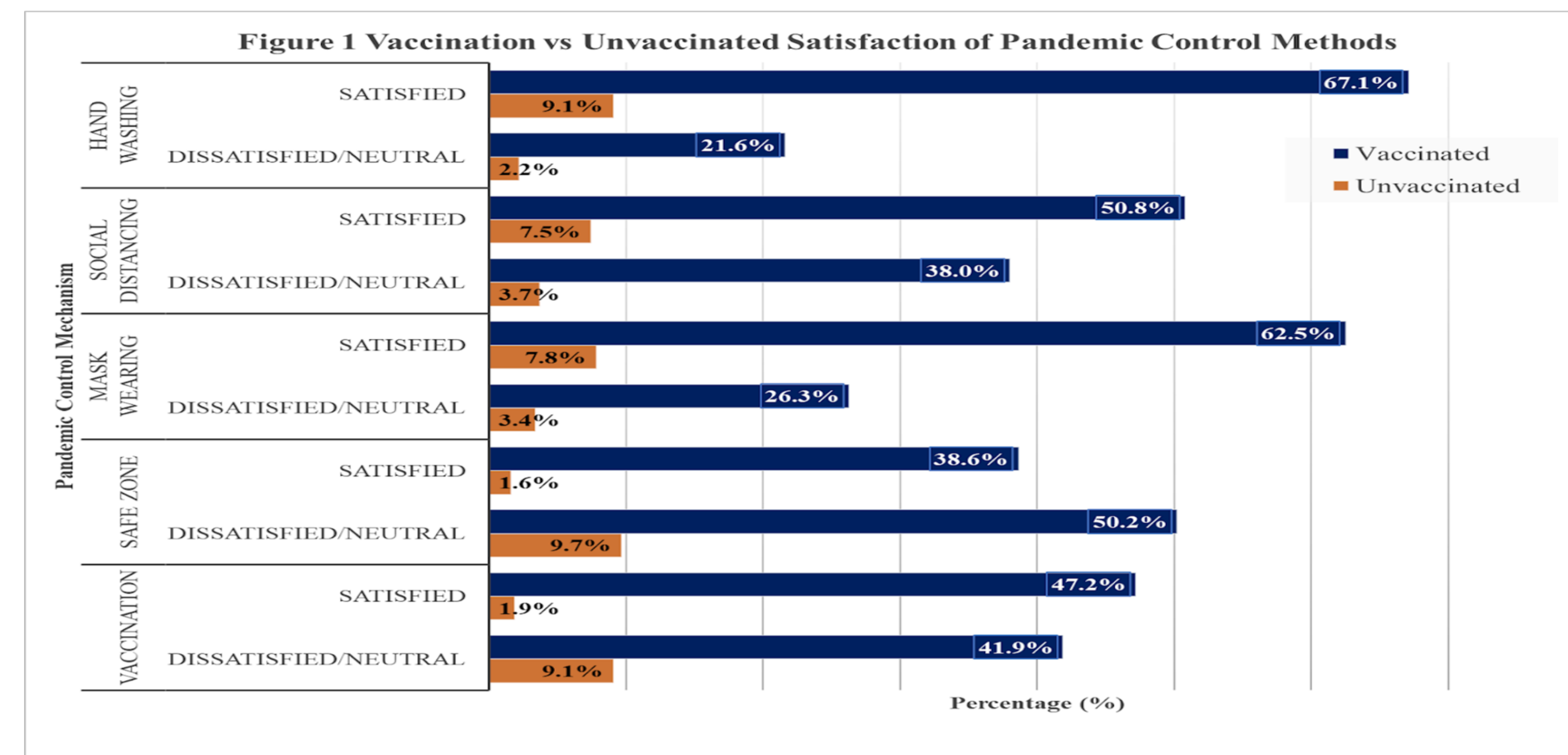
## Methodology

A self-administered questionnaire was distributed online via the Marketing and Communication Department to UWI undergraduate students utilising a convenience sampling method.

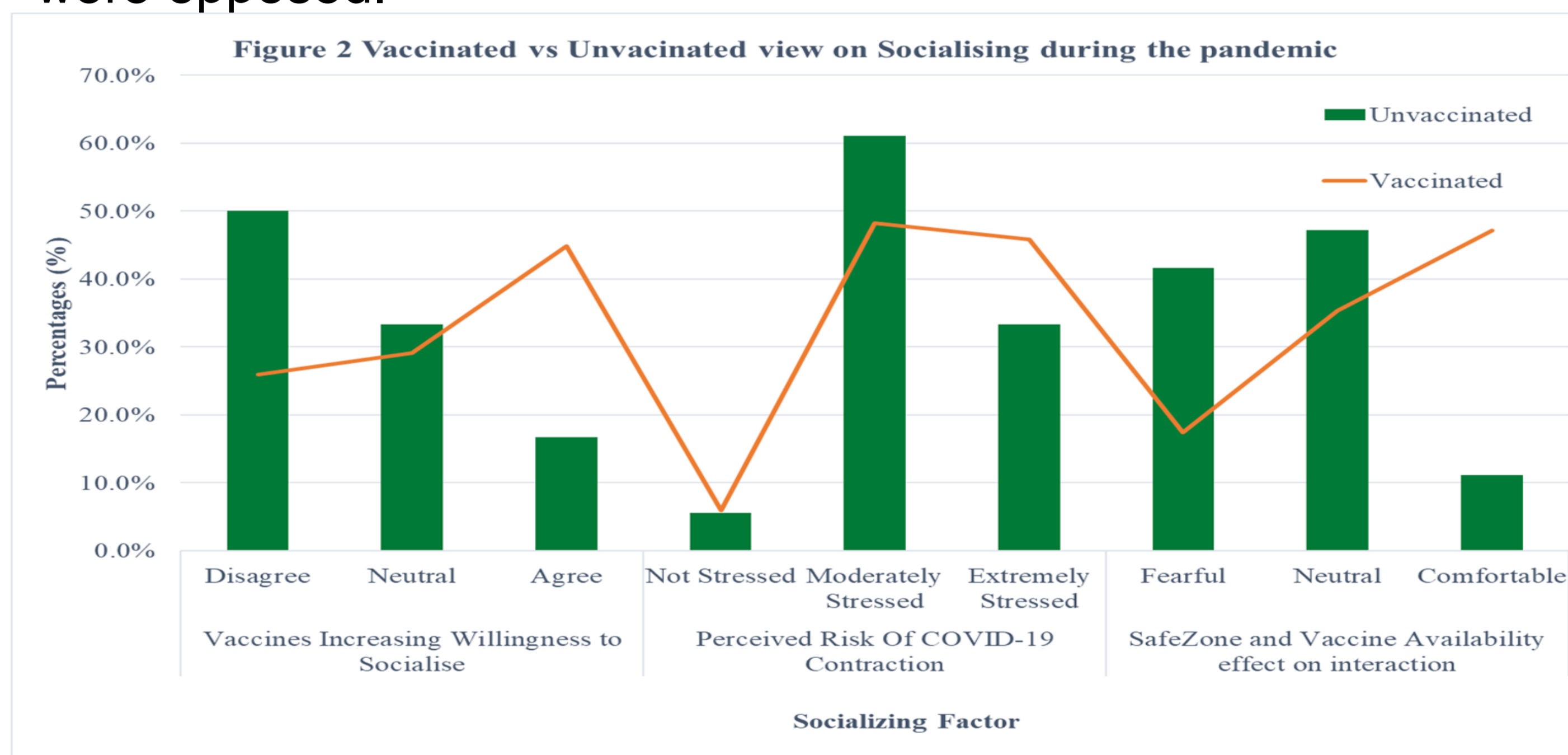
Data analysed using IBM SPSS Software producing comparative table and Pearson Chi-square values

A p-value <0.05 was considered significant

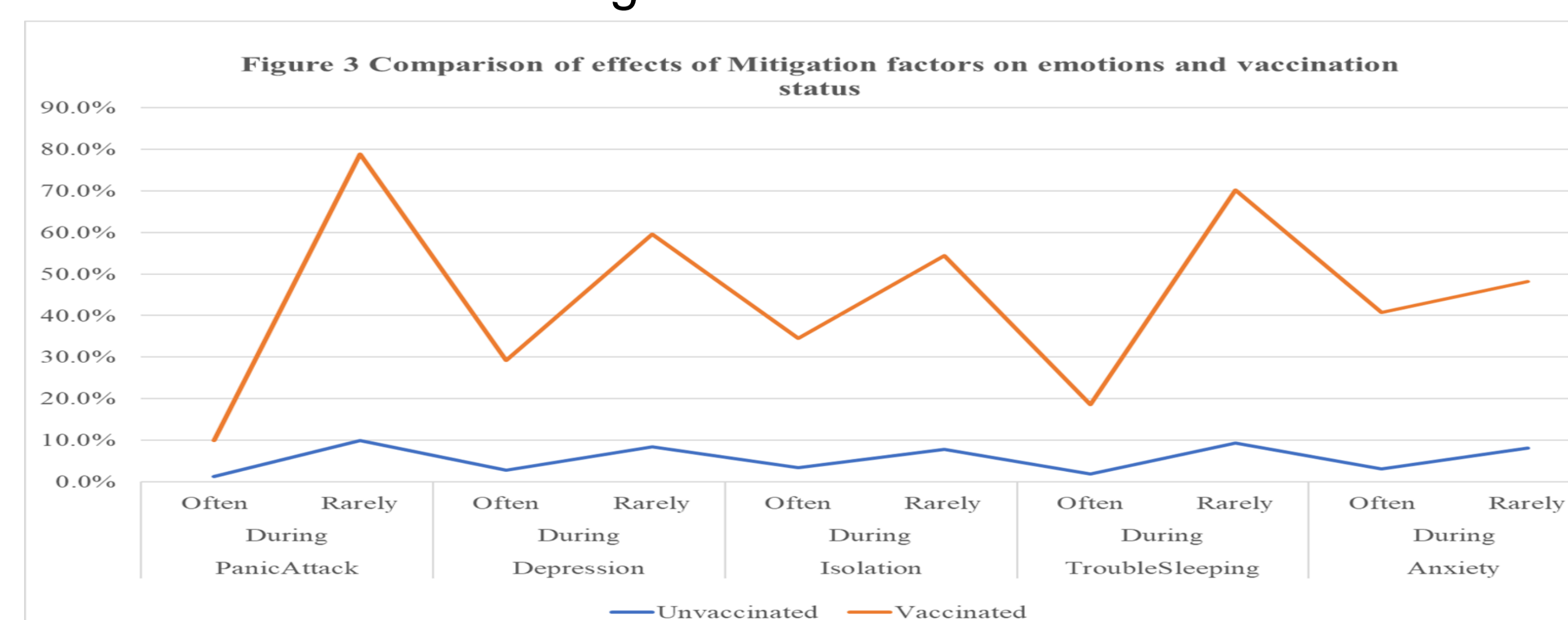
## Results



**PRACTICES-** (47.2%) of vaccinated agreed with vaccination as a mitigation strategy whilst (9.1%) the majority of unvaccinated were opposed.



**ATTITUDES-** Most vaccinated agreed with vaccines and safe zones increasing ability to interact in comparison to the unvaccinated who disagreed.



**EMOTIONS-** The mitigation factors imposed during the pandemic led to an increase prevalence of various emotions experienced by both vaccinated and unvaccinated.

## Discussion

- The majority of respondents were satisfied with socialising during the pandemic and this was not associated with vaccination status
- More respondents often felt depressed during the COVID-19 pandemic compared to before due to the mitigation factors imposed.
- There was a high prevalence of respondents who experienced less feelings of isolation during social distancing/work from home.
- The pandemic was shown to have the most pronounced proportional effects on reported instances of panic attacks, depression and isolation

## Conclusion

It was found that the COVID-19 mitigation strategies negatively impacted the mental health of UWI undergraduate students with recorded increases in the prevalence of depression, panic attacks, anxiety and insomnia.

## References

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