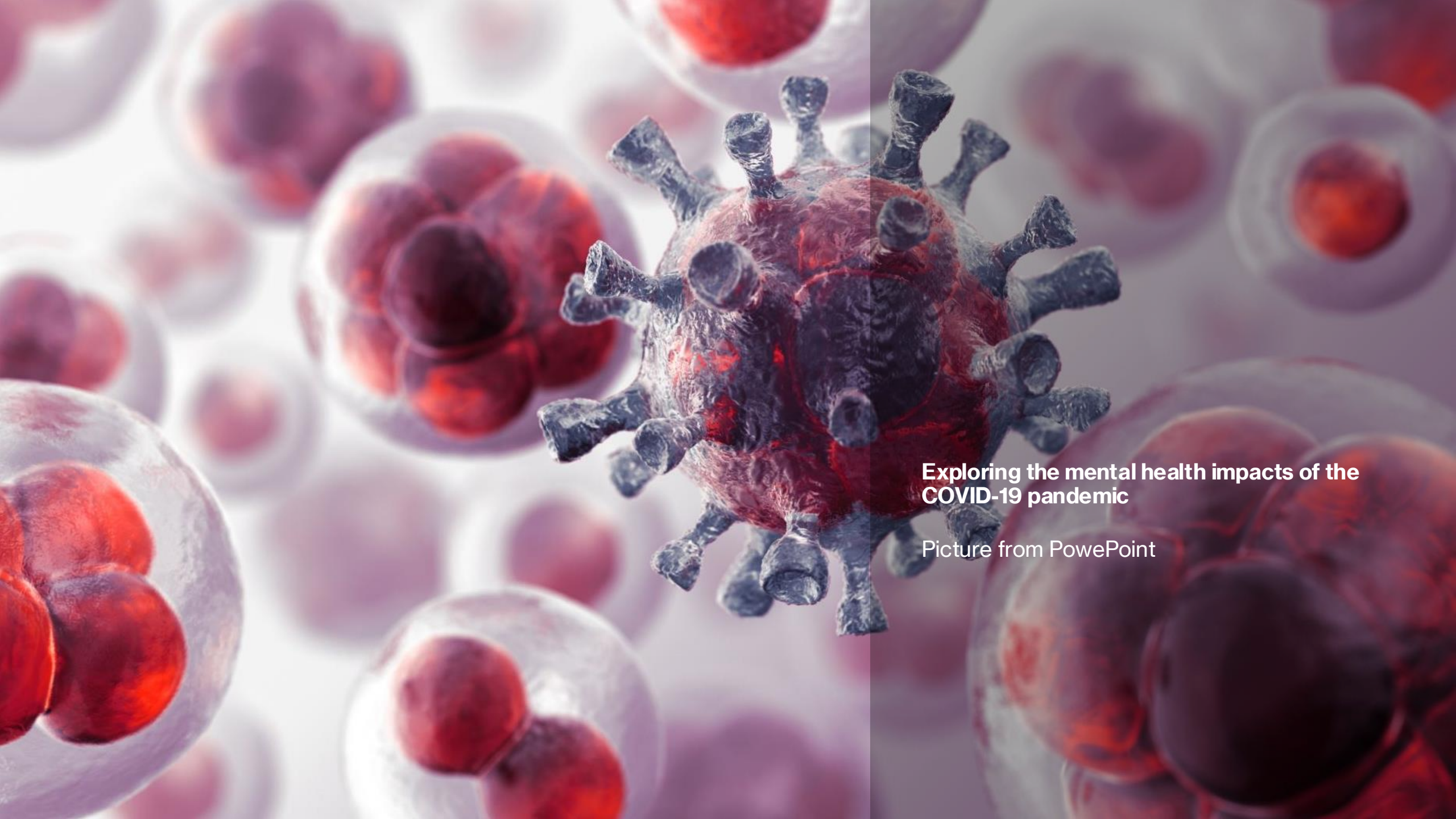

Exploring the mental health impacts of the COVID-19 pandemic

Picture from PowePoint

Research Question

Purpose: To examine how the COVID-19 pandemic affected mental health.

Question: How did the COVID-19 pandemic impact levels of stress, anxiety, and depression?

Hypothesis: Mental health challenges increased due to isolation and lifestyle disruptions.

Procedure / Methods

- Surveyed participants in the community.
- Asked about stress, anxiety, and depression before and during COVID-19.
- Collected anonymous responses.
- Organized and analyzed data for trends.

Variables:
Independent – Pandemic conditions
Dependent – Mental health levels

Data / Analysis

- Majority reported increased stress.
- Many experienced isolation.
- Anxiety and depression symptoms increased.

Trend: Overall rise in mental health challenges during the pandemic.

Conclusion / Implications / Future Research

Conclusion: The pandemic negatively impacted mental health.

Importance: Helps schools and communities improve support systems.

Future Research:
- Study long-term effects
- Compare age groups
- Examine coping strategies

Introduction

- Article:1

- •High prevalence of mental health problems was found in people.
- •Quarantine was not related with the prevalence of mental health problems.
- •Impacts on daily life predicted mental health problems significantly.

- . Patients with COVID-19 were isolated in hospital, whereas close-contacts and the frontline medical personnel were quarantined in hotel. Notably, all the residents were under home-quarantine during the peak of pandemic, except those who guaranteed the basic functions of a city.
- The immediate mental health impacts of the COVID-19 pandemic among people with or without quarantine managements - PMC

Introduction P.2

- Article :2
- Psychological reactions to pandemics include maladaptive behaviours, emotional distress and defensive responses.
- One study of 1210 respondents from 194 cities in China in January and February 2020 found that 54% of respondents rated the psychological impact of the COVID-19 outbreak as moderate or severe; 29% reported moderate to severe anxiety symptoms; and 17% reported moderate to severe depressive symptoms.
- Second, we anticipate a considerable increase in anxiety and depressive symptoms among people who do not have pre-existing mental health conditions, with some experiencing post-traumatic stress disorder in due course. There is already evidence that this possibility has been under-recognized in China during the current pandemic.
- Third, it can be anticipated that health and social care professionals will be at particular risk of psychological symptoms, especially if they work in public health, primary care, emergency services, emergency departments and intensive or critical care. The World Health Organization has formally recognized this risk to healthcare workers,[6] so more needs to be done to manage anxiety and stress in this group and, in the longer term, help prevent burnout, depression and post-traumatic stress disorder.
- Mental health in the COVID-19 pandemic | QJM: An International Journal of Medicine | Oxford Academic

Introduction P.3

- Article: 3

- COVID-19 patients displayed high levels of PTSS and increased levels of depression.

- Patients with preexisting psychiatric disorders reported worsening of psychiatric symptoms.

- Higher levels of psychiatric symptoms were found among health care workers.

- A decrease in psychological well-being was observed in the general public.

- However, well conducted large-scale studies are highly needed.

- A total of 43 studies were included. Out of these, only two studies evaluated patients with confirmed COVID-19 infection, whereas 41 evaluated the i
  effect of the pandemic (2 on patients with preexisting psychiatric disorders, 20 on medical health care workers, and 19 on the general public). 18 of
  were case-control studies/compared to norm, while 25 of the studies had no control groups.
- COVID-19 pandemic and mental health consequences: Systematic review of the current evidence - ScienceDirect

Procedure

- I interviewed 30 people, each 10 people a different age to see who COVID-10 affected more.

Time line

- October- Jan Interview: 30 people Gender: female and male
- Interviewing: 10 people each month

- October: Interview 15-18yr
- November: interview 18-20yr
- December: interview 20-50ish yr
- Jan: Put all research together and all data

Result and data

- Here are what some of the surveys said (Survey 1- 15/18)

How did 2020 (quarantine) affect your mental health?

- Really bad, and along with that it made my social life/health really bad

Did you reach out to Mental Health support after 2020? If so did you think that it was helpful?

- No

Do you think quarantine had a big affect on your generation?

- Yes, the internet became an even bigger than - although it helped give awareness to social injustices, it also helped create a very critical society where we if something you liked wasn't trendy it became alienated until it became trendy

- Do you think people should have more sensitivity towards people struggling with mental health after 2020?
  Yes, because quarantine 2020 created a domino effect on how society operates currently

How do you think your mental health was back in 2020 and now in 2026?

- There is a vast difference from my mental health in 2020 and now in 2026, I was not performing to my best ability academically wise in 2020 and I had trouble with finding my confidence and my inner n outer beauty. In 2026 I do my best academically in every class and even outside of school, I am part of outside extracurriculars that involve interacting with the community and networking, and I more confident in myself.

Result and interview (Survey 2- 18/20)

- How did 2020 (quarantine) affect your mental health?
  Not too negatively
- Did you reach out to Mental Health support after 2020? If so did you think that it was helpful?
  I never needed to seek help
- Do you think quarantine had a big affect on your generation?
  On most of it
- Do you think people should have more sensitivity towards people struggling with mental health after 2020?
  Definitely
- How do you think your mental health was back in 2020 and now in 2026?
  There's a slight difference but not crazy
-

Result and interview (Survey 3- 18/20)

- How did 2020 (quarantine) affect your mental health?
  It made me feel isolated, sad and disconnected from the real world.
- Did you reach out to Mental Health support after 2020? If so did you think that it was helpful?
  I did not.
- Do you think quarantine had a big affect on your generation?
  Definitely, it opened a new world of online schooling and we became dependent on devices in order to learn content. Nevertheless, it affected people's social skills and forced them to operate in an environment that was not ideal.
- Do you think people should have more sensitivity towards people struggling with mental health after 2020?
  Yes, because the time frame is pretty recent and Covid-19 affected us all world wide. We should acknowledge that the pandemic had more lasting effects on others' and we need to respect it.
- How do you think your mental health was back in 2020 and now in 2026?
  My mental health has definitely grown from 2020 to present year, 2026. In 2020, I had the mentality to fit in and do a lot in order to make friends virtually or felt as if I had nobody. It was mostly consumed by sad and angry emotions because I didn't know how to express myself. Now in 2026, I'm confident in my ability to speak with others and express my feelings maturely. Moreover, my intellectual has strengthened and I don't allow anyone to affect my confidence and ideas.
-

Result and interview (Survey 3- 20/50)

- How did 2020 (quarantine) affect your mental health?
  I feel like 2020 affected My mental health in my screen time and my body image cause I ate a lot when I was home alone
-
- Did you reach out to Mental Health support after 2020? If so did you think that it was helpful?
  I did during and after it was helpful but I still wasn't as aware of what I was feeling back then and my counselor was trying to direct to it but I just didn't understand what I was feeling or going through
-
- Do you think quarantine had a big affect on your generation?
  I think it did mostly because everyone got more. Phone addicted after it and a lot of people shut lost contact and not everyone was as outgoing anymore
-
  Do you think people should have more sensitivity towards people struggling with mental health after 2020?
  Yes because mental health is a big concern after everything that was revealed during mental health and just over all people shutting down
-
- How do you think your mental health was back in 2020 and now in 2026?
  I think back then I wasnt aware so I don't know that much but I think it was p Moderate but after 2020 I started dealing with my feeling and I just learned I didn't know how to cope with many things

Discussion and interpretation

- The data gathered from interviews showed patterns of increased stress, anxiety, isolation, and changes in daily routines. Some participants mentioned struggles with motivation, loneliness, and difficulty adjusting back to normal life. These responses support research that shows the pandemic had widespread psychological effects across multiple age groups, not just younger individuals. This suggests that while my hypothesis focused more on younger people, the results highlight that the mental health impact was broader than I assumed.
- There were several limitations in my experiment that may have affected the results. One limitation was the sample size. I could have improved my project by gathering more responses, especially from younger participants, to better compare age groups. Another limitation was the structure of my interviews. Many of the questions ended up being answered in a simple “yes” or “no” format, which limited the depth of the information I received. In future research, I would design more open-ended and specific questions to encourage participants to share detailed explanations about their experiences. Additionally, uncontrolled variables such as participants’ personal home environments, financial situations, and prior mental health conditions may have influenced their responses.
- Overall, my experimental procedure was somewhat successful but could be improved. It allowed me to collect useful data and identify patterns, but the effectiveness could have been strengthened with clearer questions, a more diverse participant group, and a larger sample size. Despite the limitations, my findings still support the idea that the COVID-19 pandemic had a significant mental health impact. This project helped me understand how important careful planning and question design are in scientific research. It also showed me that personal assumptions do not always match the data, which is an important part of scientific investigation.
- Through this process, I learned not only about the mental health effects of the pandemic but also about how to better conduct and evaluate research. This experience strengthened my understanding of how background research, data collection, and analysis all connect to support or challenge a hypothesis.

Implications and ideas for future research

- This project is important because it connects scientific research to real-world issues that directly affect our community. The topic we studied helps us better understand how and why this problem occurs, and what we can do to improve it. By investigating this issue, we are not only learning scientific principles but also finding practical solutions that could make a difference in people's daily lives.
- This issue is especially meaningful to us because we see its effects in our own environment and community. Whether it relates to health, education, the environment, or behavior, the results of this study could help raise awareness and encourage smarter decisions. Our findings may help individuals, families, or organizations make improvements based on evidence rather than assumptions.
- For future research, several improvements could be made to strengthen the study. First, increasing the sample size would provide more reliable and accurate results. Second, testing over a longer period of time could show whether the effects remain consistent. Adjusting the experimental design to control additional variables would also help reduce bias and improve validity. Using different methods of data collection, such as surveys, observations, or digital tracking tools, could provide deeper insight into the results.
- Future studies could also explore related questions that build on our findings. For example, researchers could test different conditions, compare age groups, or examine long-term impacts. Expanding the research to other communities or environments would help determine whether the results apply more broadly.
- Overall, this project demonstrates how scientific investigation can lead to meaningful change. By continuing to explore this topic, future research can build on our work and contribute to better understanding and improved solutions for our community and beyond.