3rd Global Summit on BRAIN DISORDERS AND THERAPEUTICS

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COVID-19 pandemic: stress, anxiety and depression in relationship status

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Objective: The pandemic has had a negative impact on people's health and mental well-being. The purpose of this research is to compare the level of stress, anxiety and depression in different relationship status groups and, more precisely, to identify the relationship status groups that are at greater risk of mental health difficulties (stress, anxiety, depression).

Methods: The research was conducted through an online survey using the Depression Scale Questionnaire (DASS-21). The target population of the study is composed of people over 18 years of age. In total, 253 participants—149 females and 104 males—participated in this research, which was conducted in the period October–November 2020.

Results: data analysis was performed through SPSS. Overall, mean scores on stress, anxiety and depression were higher in the groups that self-identified as widowed when compared to the other groups, while depression levels were higher in the category that self-identified as engaged.

Conclusions: Our findings emphasize that there are significant differences in relationship groups that are at risk of mental health problems such as stress, anxiety, and depression during the pandemic. Taking these findings into account, we aim to treat and support the groups that are most affected.

Biography

Delvina Beka has completed her Msc studies in the field of psychology in Pristina-Kosovo, and is continuing her second master's degree in Tetove-Macedonia. Delvina is a clinical psychologist and ABA therapist, she is a researcher and has about 9 publications that have been published in different journals and over 4 publications and a book that are expected to be published, as well as a participant in national and international conferences. The field of study of her interest includes all aspects related to psychology without distinction.

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Page 7