

## Research Article

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## Emerging Obsessive Compulsive Disorder Due to Covid Pandemic

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### ABSTRACT

**Background:** Mental disorders have been emerged as a major threat to human health. Covid pandemic causes fear globally and due to covid lockdown the people find themselves isolated in their homes due to which chances of developing psychological disorder have been increased in significant figures. Obsessive compulsive disorder (OCD) is a mental state in which the patient originates compulsion of repetition of tasks due to uncontrolled thoughts and fears. In this study, we have tried evaluate the chances to develop OCD among the Indian population due to various factors associated with covid.

**Method:** A set of questions are formatted to form a questionnaire. The questions related to impact of pre and post covid breakdown on the mental health of people and evaluated the frequency of developing OCD among population. The survey was conducting using digital online platform of "Google form" and "Google docs". Total 134 subject population was taken for the survey.

**Result:** After evaluating responses, it was found that 43.2 % people still hesitate touching goods after lockdown while the frequency is 78.6% during lockdown, 18.2% people felt depression during lockdown and 0.8% people use hand sanitizer in more than 50 times a day frequency. 19.7% people lost their loved ones due to covid pandemic, 40% pharmacists lost their job due to covid. 78% people still prefer social distancing while in a public meeting with new people. Other frequencies in table 1 and 2 also supported that the chances of developing mental disorders such as OCD.

**Conclusion:** Form the distribution analysis it was found that covid crises play a major role in developing various psychological disorders among population across worldwide. Due to lockdown imposed on the population globally the people feared more about covid pandemic and developed more precautions nature and behavior. Therefore, after descriptive analysis of the data collected in survey which is presented in table 1 and 2 it can be concluded that there is an increase chances of developing OCD and other mental disorder due to covid pandemic.

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**Received:** February 06, 2023; **Accepted:** February 14, 2023; **Published:** February 20, 2023

**Keywords:** Covid, Mental disorder, Obsessive compulsive disorder, Pandemic, Survey.

### Introduction

Obsessive compulsive disorder is a mental state in which the patient originates compulsion of repetition of tasks due to uncontrolled thoughts and fears.

In covid breakdown all over the world people have been suffered in tremendous and extreme circumstances in every aspect of life including financial, social, health crises etc.

Due to covid breakdown government imposed preventive measure for the sake to civilization to save them. This measure included severe and strict home isolation and quarantine to asymptomatic patients of covid and lockdown across the globe.

But due to these preventive measures the people across the globe finds themselves in hard situation in terms of mental health due to fear of pandemic and lockdown. The number of reported cases of depression increased drastically [1,2]. Due to fear of covid people feared even touching goods in public surrounding. Enjoying food in a restaurant or buying stuffs and goods from market is become

fearsome to people around the globe [3-5]. Other crises including losing of job, family or relatives due to covid are other one of the key factors due to which number of mental disorders cases have been arised.

In this study, we have tried evaluate the chances to develop OCD among the Indian population due to various factors associated with covid such as increased frequency to sanitize and washing goods, increased bathing frequency, effect of self-isolation and covid lockdown, working in covid lockdown, suffered from any psychological disorders during covid lockdown, fearing of death in more frequency, fear of touch goods in public, ordering food from restaurants after covid breakdown etc. The condition after the removal of imposed preventive lockdown have been also evaluated in this study. Our questionnaire trying to evaluate the impact of pre and post covid factors and trying to relate the chances to develop cases obsessive compulsive disorder in population [6-8].

### Procedure

A set of questions are formatted to form a questionnaire. The questions related to impact of pre and post covid breakdown on the mental health of people and evaluated the frequency of developing OCD among population. The survey was conducting using digital

online platform of “Google form” and “Google docs”. Total 134 subject population were taken for the survey.

## Observation

The analyzed data are given table 1.

**Table 1: Frequency Distribution of Various Factors Associated with The Ocd and Covid Breakdown Among the Subject Population**

S. No.	Question	YES	NO	May Be
1	Gender	76.1% (Male)	23.9% (Female)	_____
2	Did you use to take bath right after you came home from outside during the lockdown?	78.8%	21.2%	_____
3	Do you take bath right after you come home from outside nowadays?	35.6%	64.4%	_____
4	Did you prefer ordering food from restaurants during the lockdown?	78.6%	21.4%	_____
5	Did you prefer ordering food from restaurants just after lockdown?	32.3%	67.7%	_____
6	Do you prefer ordering food from restaurants nowadays?	56.1%	43.9%	_____
7	Were you doing your job during the lockdown?	24.2%	75.8%	_____
8	Did you prefer meeting people while maintaining social distancing during the lockdown?	60.6%	39.4%	_____
9	Did you prefer meeting people while maintaining social distancing during the lockdown?	78%	22%	_____
10	Did you hesitate to touch goods around yourself when you got to know about corona virus?	78.6%	21.4%	_____
11	Do you hesitate to touch goods around yourself these days?	43.2%	56.8%	_____
12	Do you think that the knowledge and study of pharmacy students get affected in this pandemic?	82%	18%	_____
13	Do you think that working professional in the health care sector left their job due to corona pandemic?	32%	68%	_____
14	Do you think that the job prospective and importance of Pharmacist have been increased after this pandemic in health care sector?	64%	36%	_____
15	Do you find improved and number of job vacancy for Pharmacist in health care sector?	65.3%	34.7%	_____
16	Do you find the patient counseling by the pharmacist have been improved due to Covid pandemic?	82%	18%	_____
17	Do you think that pharmacist is more vulnerable to corona virus exposure as compared to other health care professional?	74%	26%	_____

18	Do you think that pharmacist can improve patient compliance and help in psychological treatment of patients affected due to Covid 19?	92%	8%	_____
19	Did you any of your Pharma colleagues got died due to Covid?	14.3%	85.7%	_____
20	Do you think that existing herbal drugs can be a potential major of treatment against this corona virus?	82%	18%	_____
21	Did you think that pharmacist lost their job in pharmaceutical industries because of economic loss due to Covid pandemic?	40%	60%	_____
22	Do you think people don't prefer to follow government norms regarding COVID-19 pandemic after getting infected and recovered?	65.2%	34.8%	_____
23	Had you been infected from this disease?	9.8%	90.2%	_____
24	Did any of your friends or relatives died due to COVID-19 pandemic?	19.7%	80.3%	_____
25	Had you ever worn mask before the COVID-19 pandemic while suffering from any disease?	19.4%	64.9%	_____
26	Had you ever maintained social distancing or self-isolation while suffering from any disease?	50.8%	34.8%	_____
27	Did you feel any kind of depression during the lockdown?	18.2%	59.1%	_____
28	Have you ever suffered from any psychological disorder before this pandemic?	4%	96%	_____

**Table 2: Frequency Distribution of The Use of Hand Sanitizer in A Day by The Subject Population**

S. NO.	Question	0-10	10-20	20-30	30-50	more than 50
1	If yes, then how many times you use sanitizer in a day?	78.3%	15.8%	5%	0%	0.8%

## Result

After evaluating responses, it was found that 43.2% people still hesitate touching goods after lockdown while the frequency is 78.6% during lockdown, 18.2% people felt depression during lockdown and 0.8% people use hand sanitizer in more than 50 times a day frequency [9-11]. 19.7% people lost their loved ones due to covid pandemic, 40% pharmacists lost their job due to covid. 78% people still prefer social distancing while in a public meeting with new people [12-15]. Other frequencies in table 1 and 2 also supported that the chances of developing mental disorders such as OCD [16].

## Conclusion

Form the distribution analysis it was found that covid crises play a major role in developing various psychological disorders among population across worldwide. Due to lockdown imposed on the population globally the people feared more about covid pandemic and developed more precautions nature and behavior. Therefore,

after descriptive analysis of the data collected in survey which is presented in table 1 and 2 it can be concluded that there is an increase chances of developing OCD and other mental disorder due to covid pandemic.

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