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Mental Health Outcomes during Covid -19 pandemic among the Health Science students of a Medical College in Mangaluru

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Introduction
The ongoing COVID-19 (Coronavirus disease) pandemic has resulted in a situation where the entire population around the world is living with constant fear and psychological unrest of getting infected. Medical education is the most demanding of all the other professional programs in terms of both academics and emotional component of the students. Globally, one in three medical students were found to have anxiety, which was higher than the general population. With this background the current study intended to assess the mental health outcomes among the health science students in Mangalore and the factors associated with the outcomes.

Methodology
In this cross-sectional study, 294 medical students comprising of 194 MBBS and 100 Allied Health Students of Kasturba Medical College, Mangalore were assessed about their mental health status. The sample size was calculated considering 62.3 % of the medical students in a study in Morocco experienced symptoms of anxiety, with 10% relative precision, 95% confidence interval and 20% non-response error. Institutional Ethics Committee clearance was obtained before the conduct of the study. The data was conducted using a pre-validated semi-structured questionnaire consisting of sections on Participant information, General information about mental status, the Generalized Anxiety Disorder scale (GAD-7) and Insomnia Severity Index (ISI). The questionnaire was prepared in google forms and the link sent to all the participants on social media. Only the completed questionnaire was considered for final analysis. The collected data were analysed using IBM SPSS (Statistical Package for Social Sciences) Statistics for Windows Version 25.0. Armonk, NY: IBM Corp. The results were expressed in mean (standard deviation), median (interquartile range), and proportions.

Results
The majority (n=179. 60.7%) of the study participants were females. More than half (54.9%) of them were not living with their family. Forty-four point three of the study participants were worried about delay in the opening of college during a pandemic. A higher percentage of the participants had anxiety (n=194, 66.1%) and Insomnia (n=173, 58.6%). Not staying with family was found to be significantly associated with the experience of anxiety and insomnia among the study participants. ($P<0.05$).

Conclusion
Our study showed that being away from the family during the pandemic was found to be a significant factor associated with insomnia and anxiety.