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The COVID-19 pandemic: Its impact on Lifestyle and mental health

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The current COVID-19 pandemic have affected our daily lifestyle, pressed us with fear of infection, and thereby changed life satisfaction and mental health. The current study investigated influencing cascade of changes during the COVID-19 among the lifestyle, personal attitudes, and life (dis)satisfaction for medical students, using network-based approaches. This cross-sectional survey used self-reports of 454 medical students during June and July of 2020. Depressive mood, anxiety, and intention to drop out of school were observed in 11.9, 18.5, and 38.3% of medical students, respectively. Directed acyclic graph that estimated directional propagation of the COVID-19 in medical students' daily lives initiated from the perception of unexpected event, propagated to nervous and stressed feeling, trouble relaxing, feeling like a failure, and were followed by trouble concentrating, feeling loss of control for situation, and fear of infecting colleagues. These six features were also principal mediators within the intra-individual covariance networks comprised of changed lifestyle, personal attitude, and mental health at COVID-19 pandemic. Psychosocial supports targeting nervousness, trouble relaxing and concentrating, fear of spreading infection to colleagues, feelings of a failure or loss of situational control are required for better mental health of medical students during the COVID-19 pandemic.

Biography:

Dr. Md Naushad Khan has completed his M.Phil. and Ph.D. from India at Jamia Millia Islamia and Jamia Hamdard, New Delhi. He published more than 15 papers in reputed journals and have been serving as an editorial board member and reviewer of repute. He is also achieved the National Eligibility Test, Department of Biotechnology Junior Research Fellow, Indo-US Human Immunity to Chikungunya Virus project Staff and Senior Research Fellow from the Indian Council of Medical Research, etc.