

# COVID-19

## Second Social Media Survey 2020

### Technical Support :



Transcultural Psychosocial Organization Nepal (TPO  
Nepal)

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# Objectives of the study

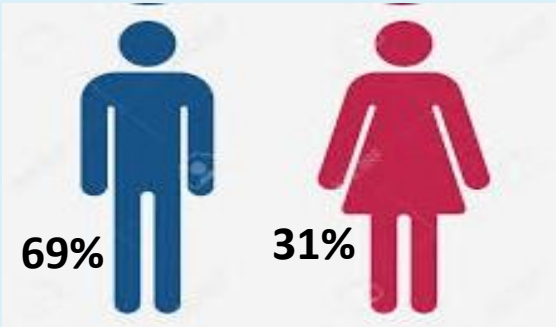
- To identify the major sources of information about COVID-19
- To explore social impacts due to COVID-19 especially
  - Changes in work burden
  - Situation of violence (children, women, elderly and differently abled) in the community
- To identify the major psychosocial problems due to COVID-19 and coping strategies
- To explore people's perception of the government's role, services and service delivery especially
  - Local government/organizations' relief distribution
  - Government's COVID-19 insurance program

# Research Methodology

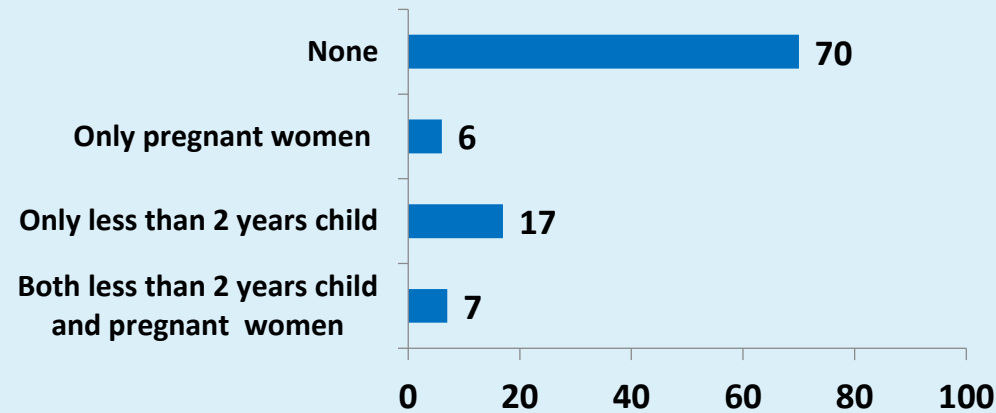
- A short questionnaire was developed after consulting with stakeholders as health workers, researchers and academicians.
- Ethical approval was received from Nepal Health Research Council (NHRC) (Reg. 309/2020P).
- A program was developed on Microsoft Forms to generate an online link for questionnaire.
- The online link was shared over social media. It contained the objective of the survey, request for participation and consent. The message also contained the request to share the link over their own social network.
- The information was collected over 10 days period from 23<sup>rd</sup> April, 2020 to 3<sup>rd</sup> May, 2020.
- A total of 2,082 people participated in this survey. Out of them 2,014 were from Nepal. Only the respondents residing in Nepal were included for this analysis.

# Background characteristics of the respondents (N=2014)

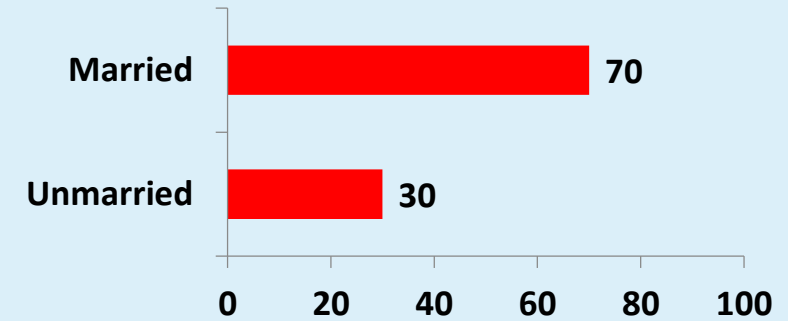
## Gender



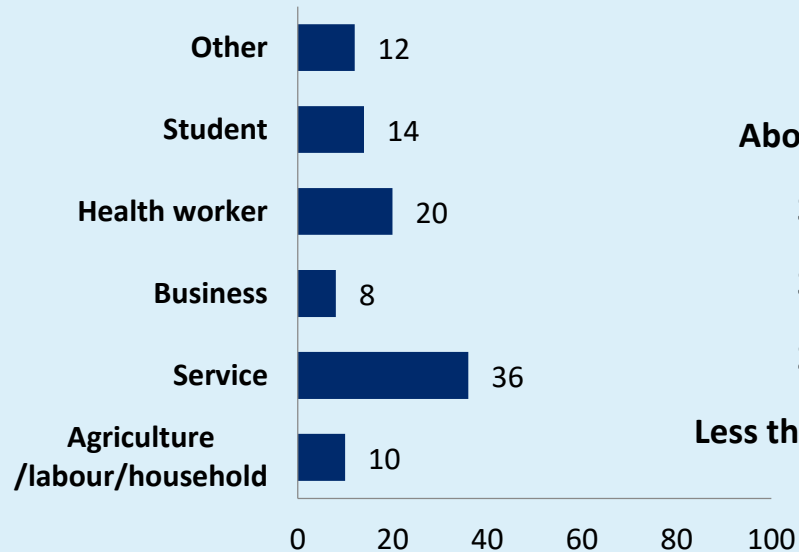
## <2 years children/pregnant in households



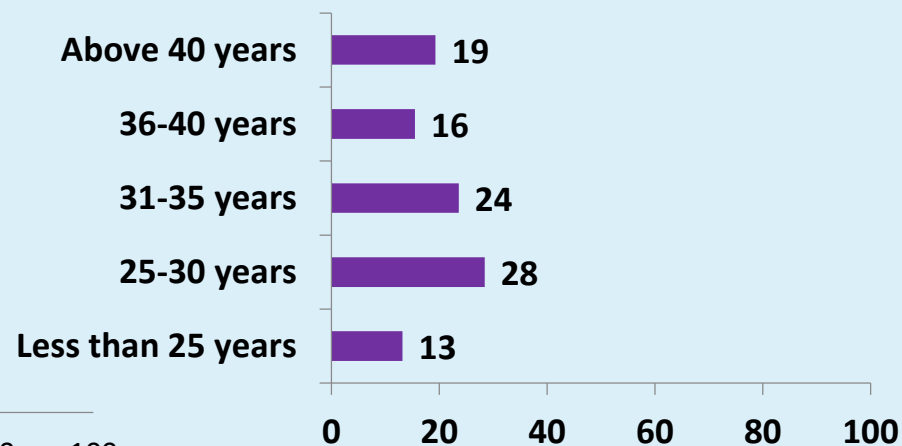
## Marital status



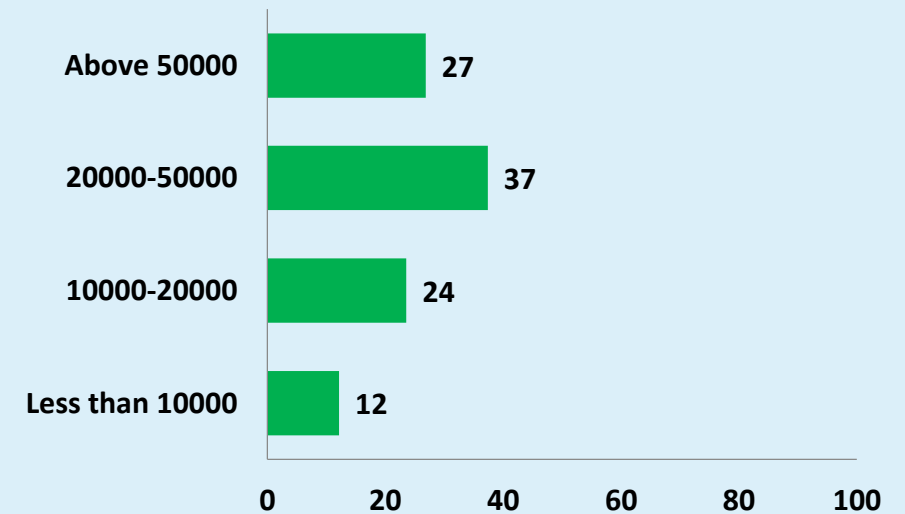
## Occupation



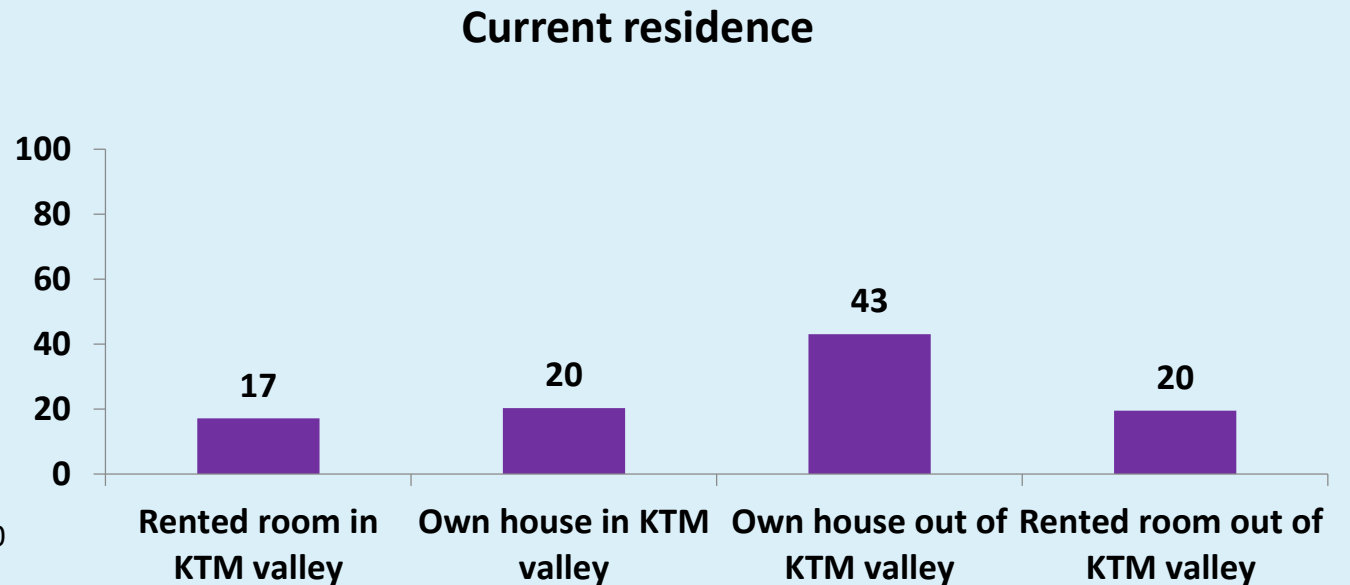
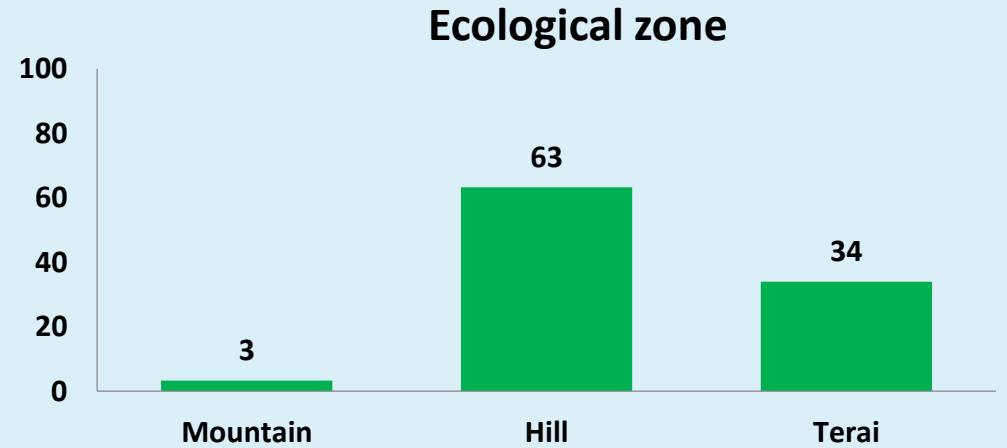
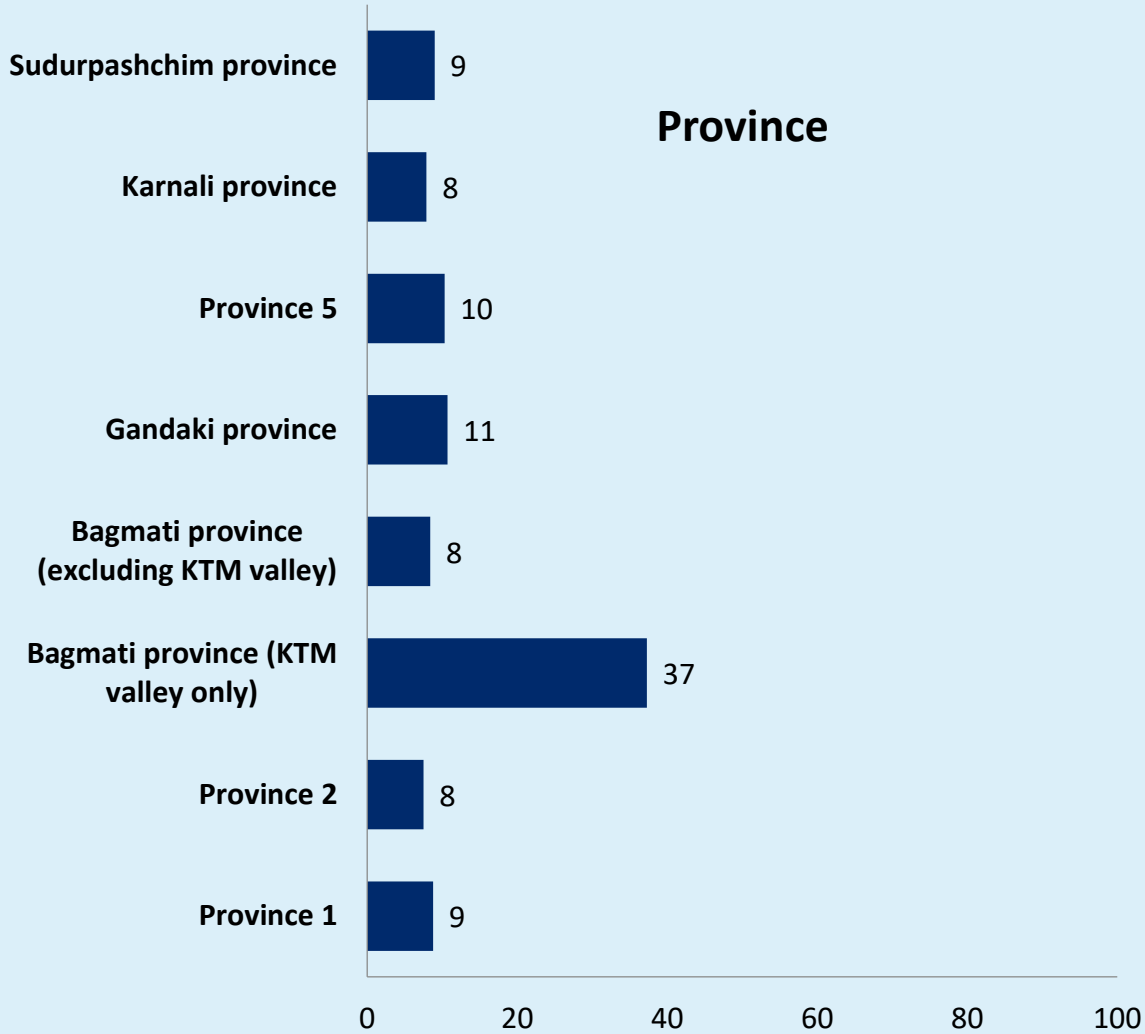
## Age groups



## Family monthly income

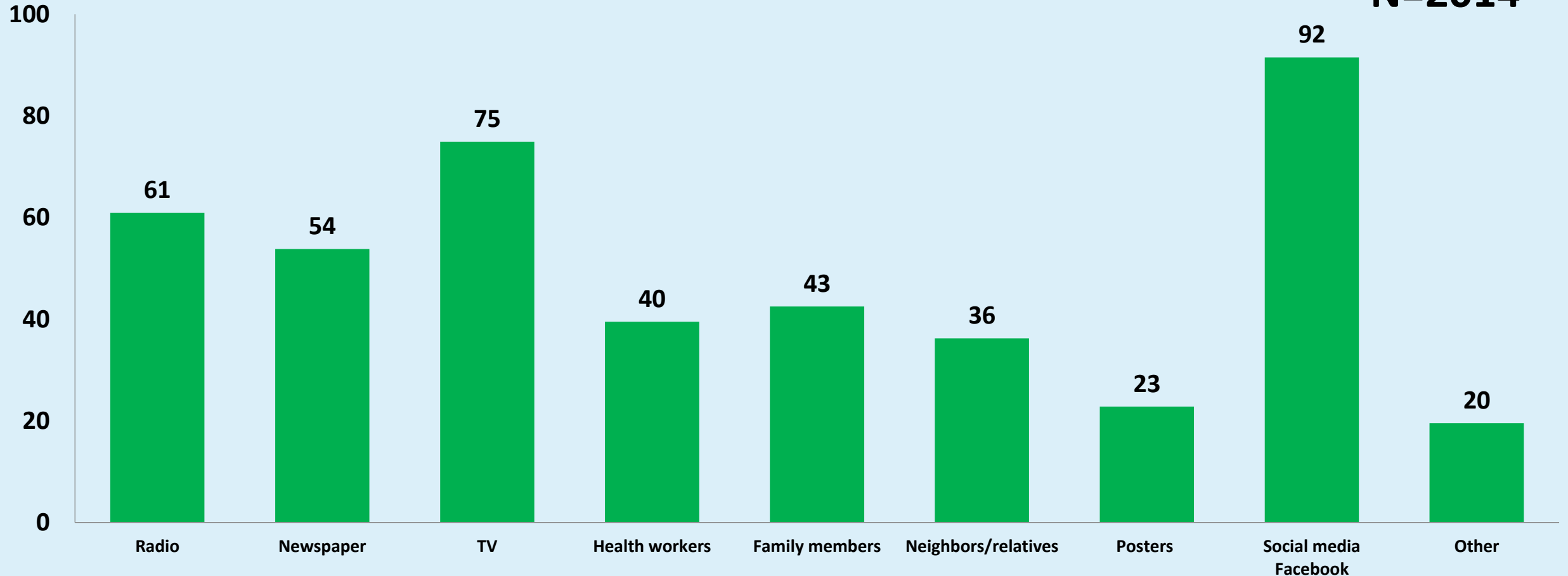


# Background characteristics of the respondents (N=2014)



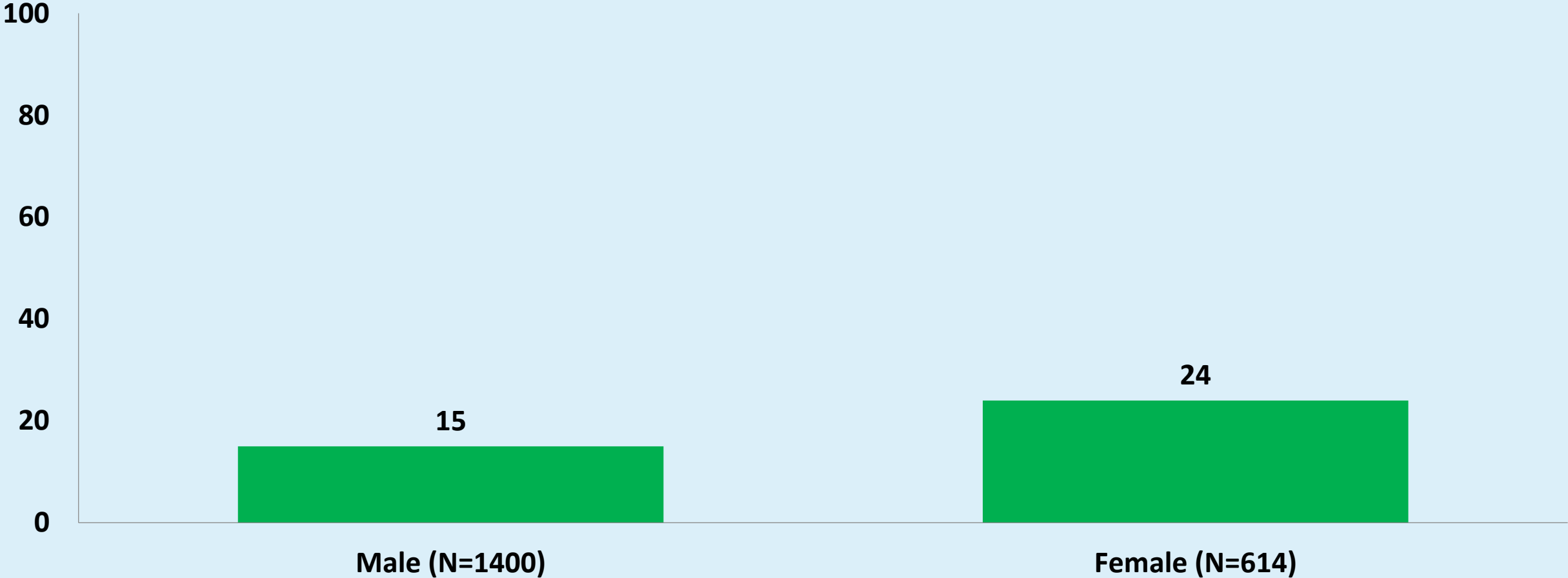
# What are the regular sources of information regarding COVID-19 Pandemic? (%)

**N=2014**



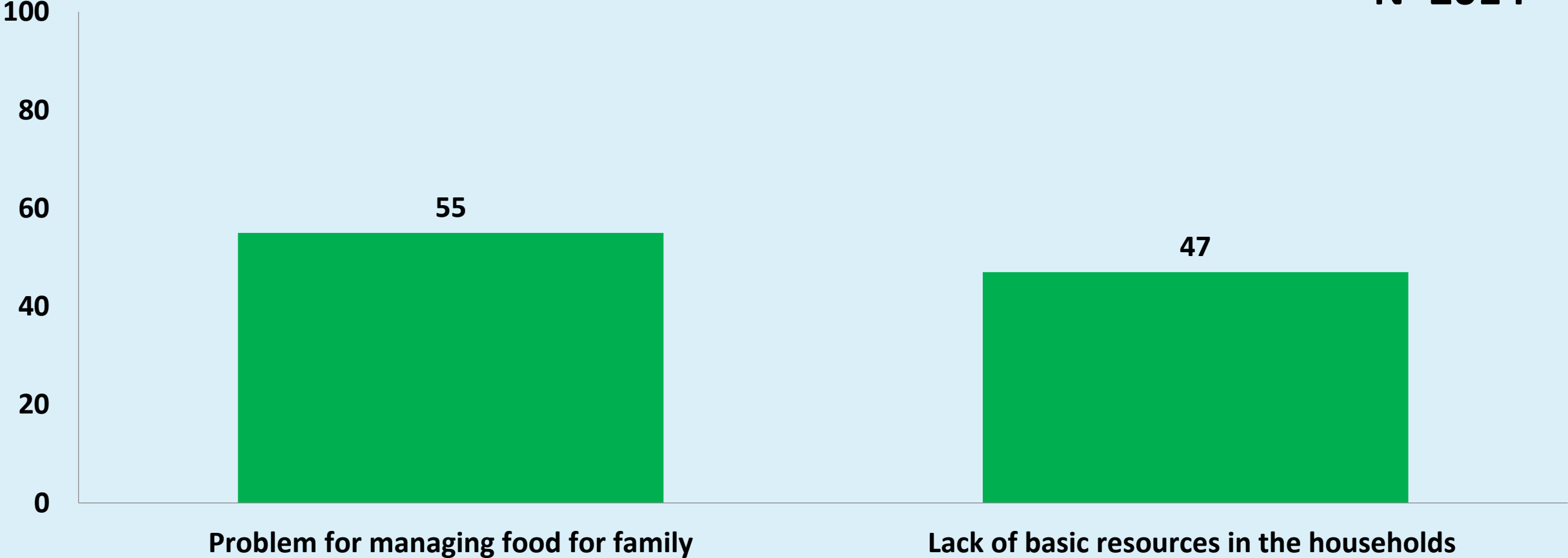
*\*Total percent is more than 100 due to multiple responses.*

# Increased workload during lockdown period (%)



# Problems during lockdown period (%)

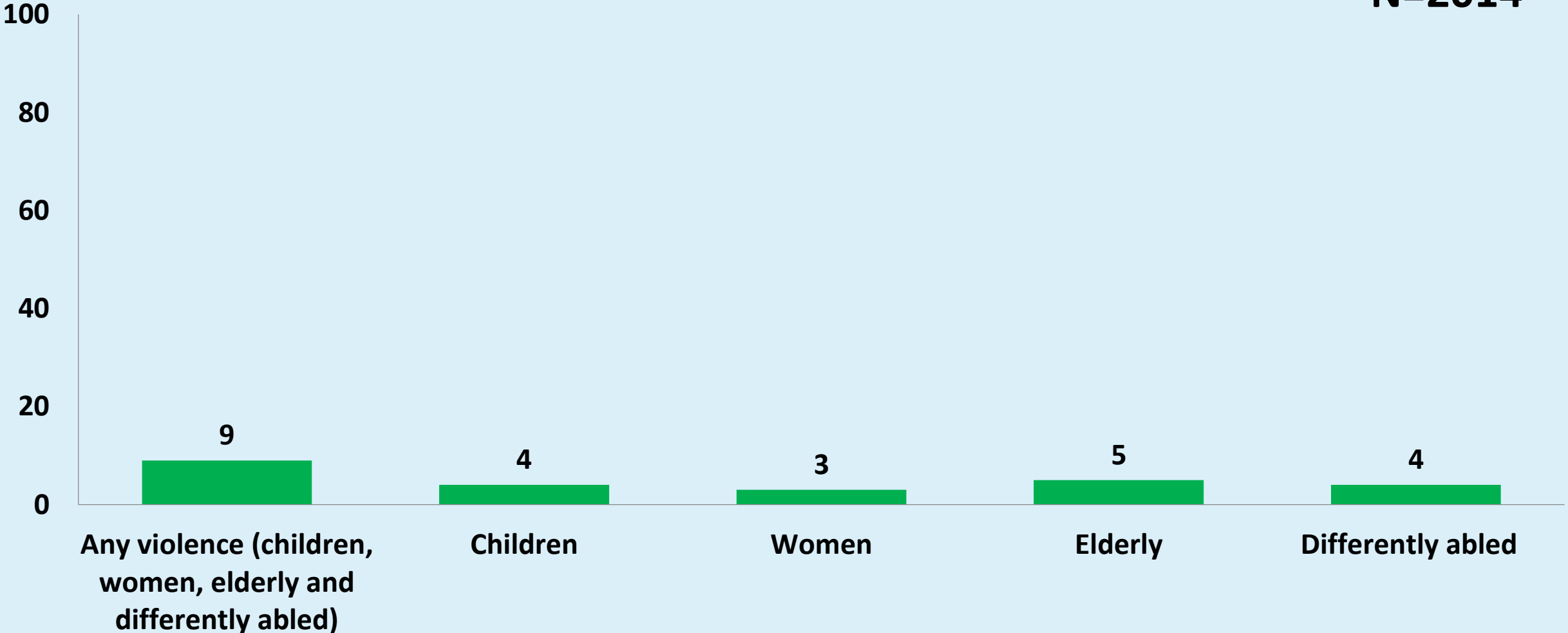
**N=2014**





# Incidence of violence in the community during lockdown period (%)

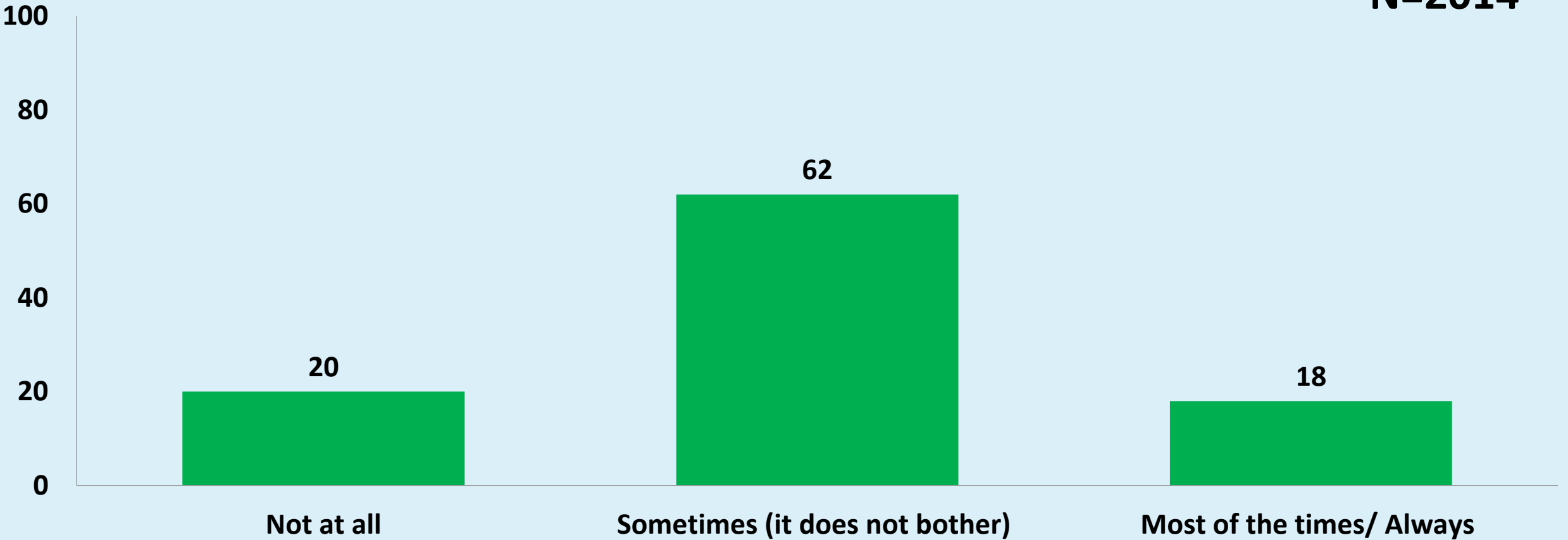
**N=2014**



# Psychosocial problems due to COVID-19 pandemic

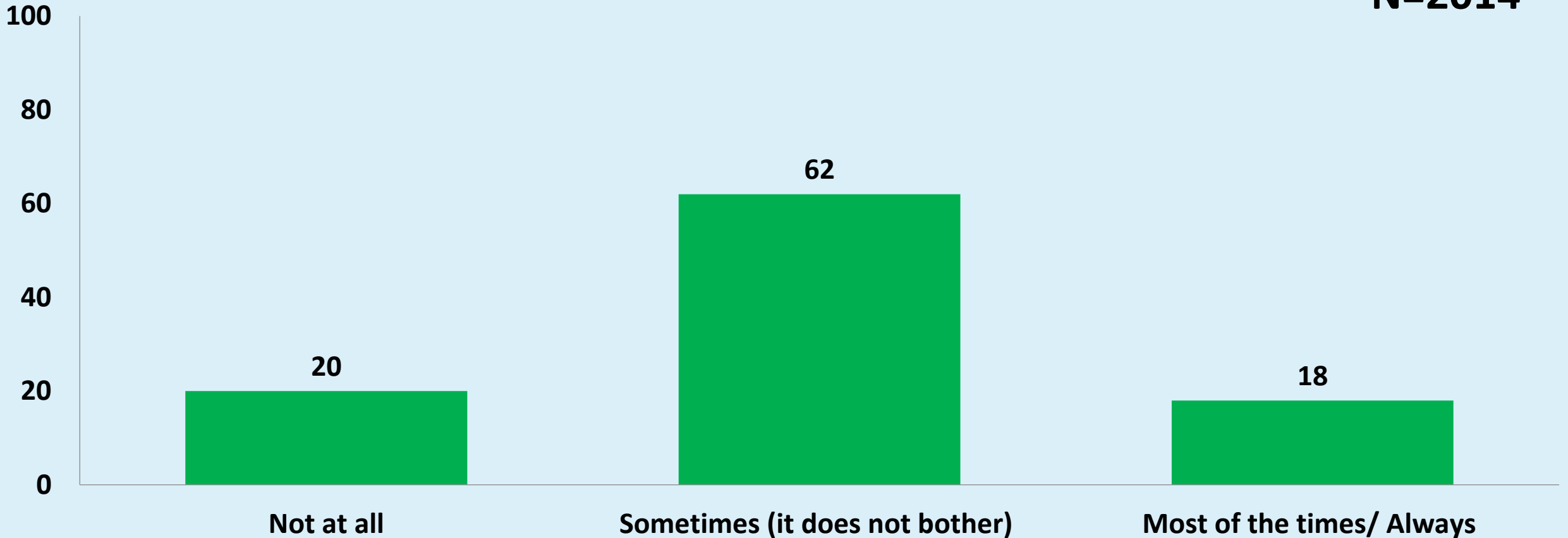
# In the past two weeks, how restless were you following the recent circumstances? (%)

**N=2014**



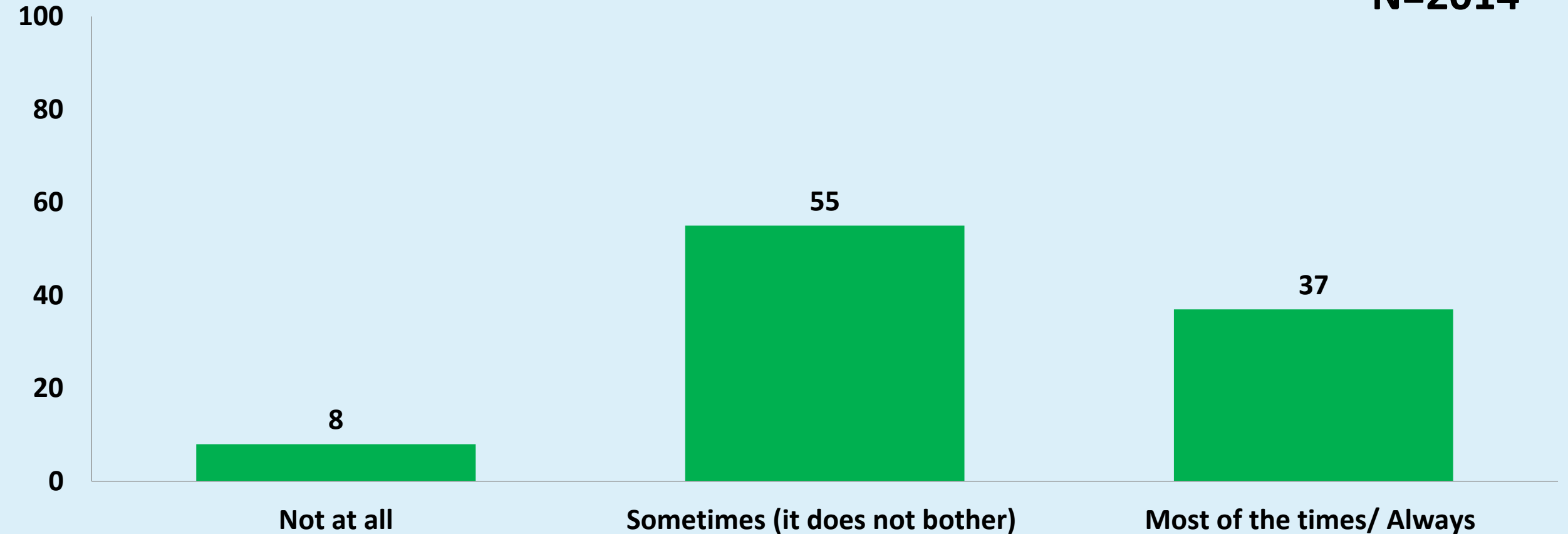
# In the past two weeks, did you experience fear thinking about the recent circumstances? (%)

**N=2014**



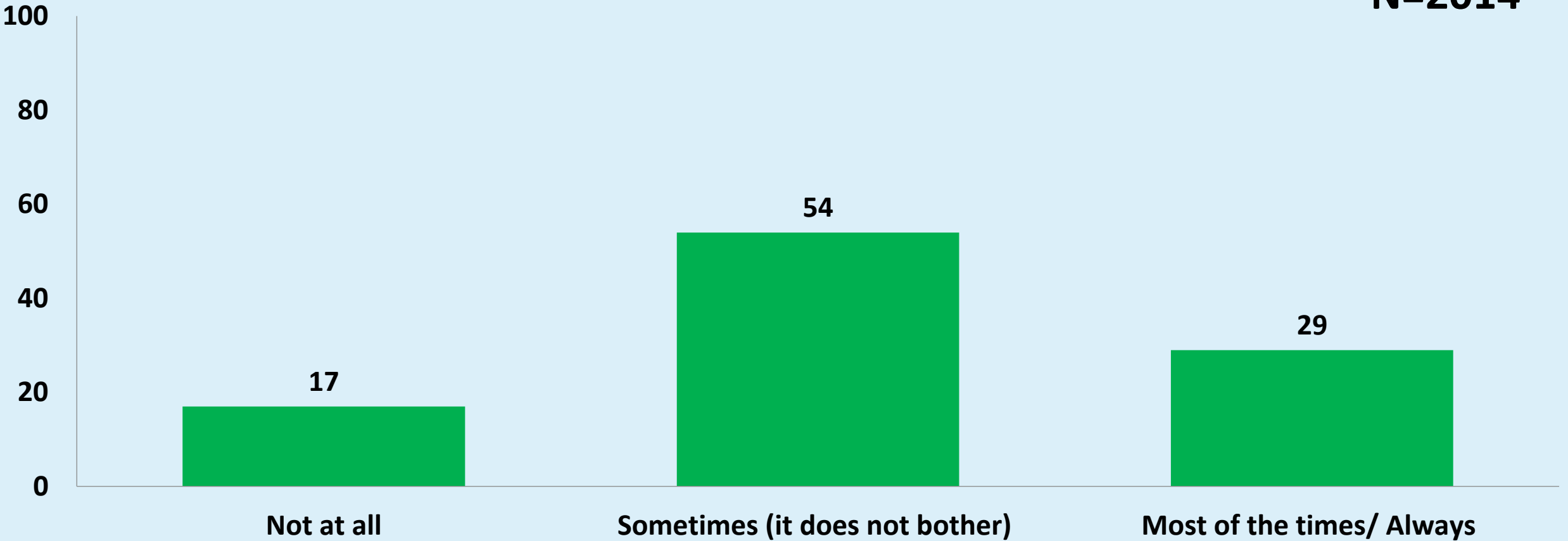
# In the past two weeks, how anxious and worried were you about yourself and your family?(%)

**N=2014**

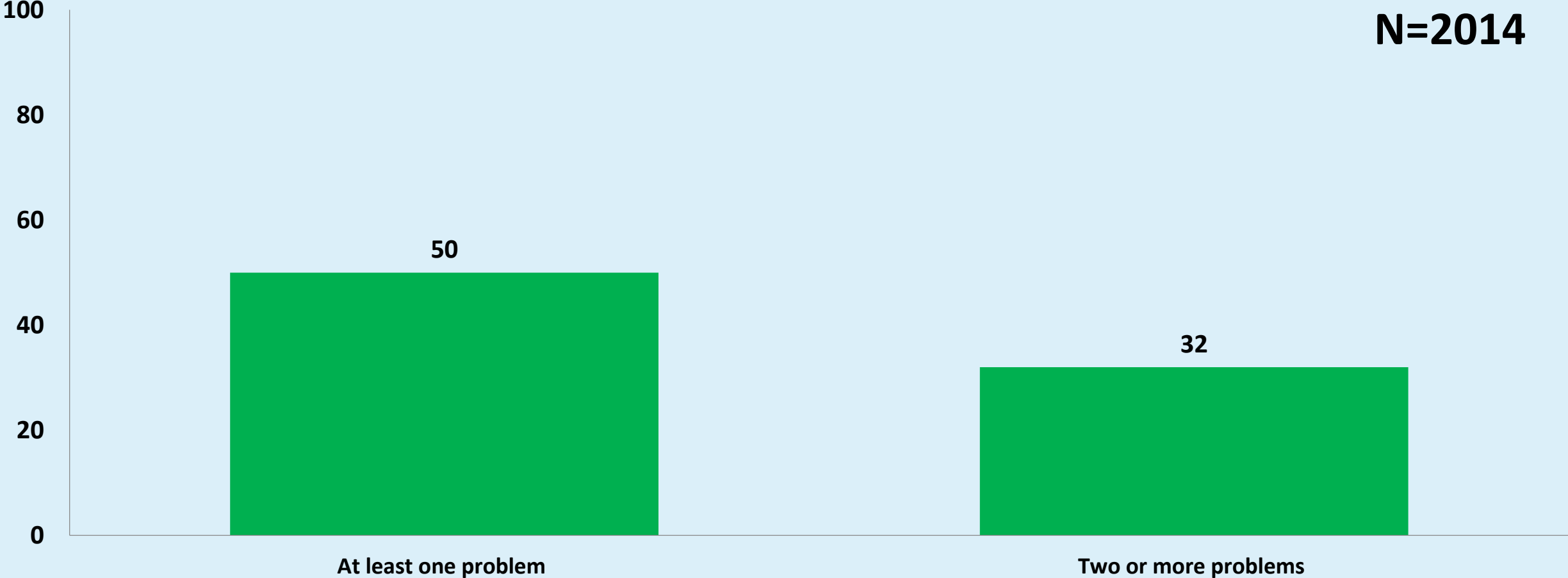


# In the past two weeks, how frequently have you experienced sadness following the pandemic? (%)

N=2014

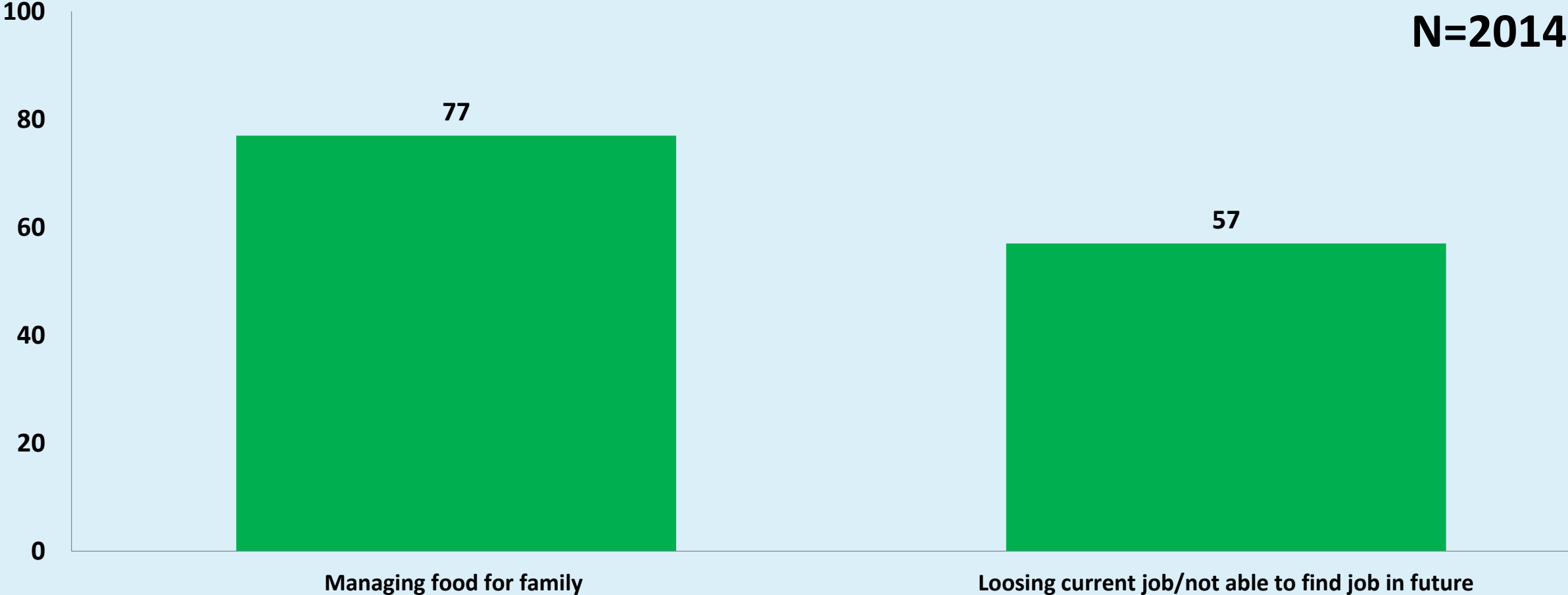


# People suffering from one or more psychosocial problems (always/most of the times) in last 2 weeks (%)



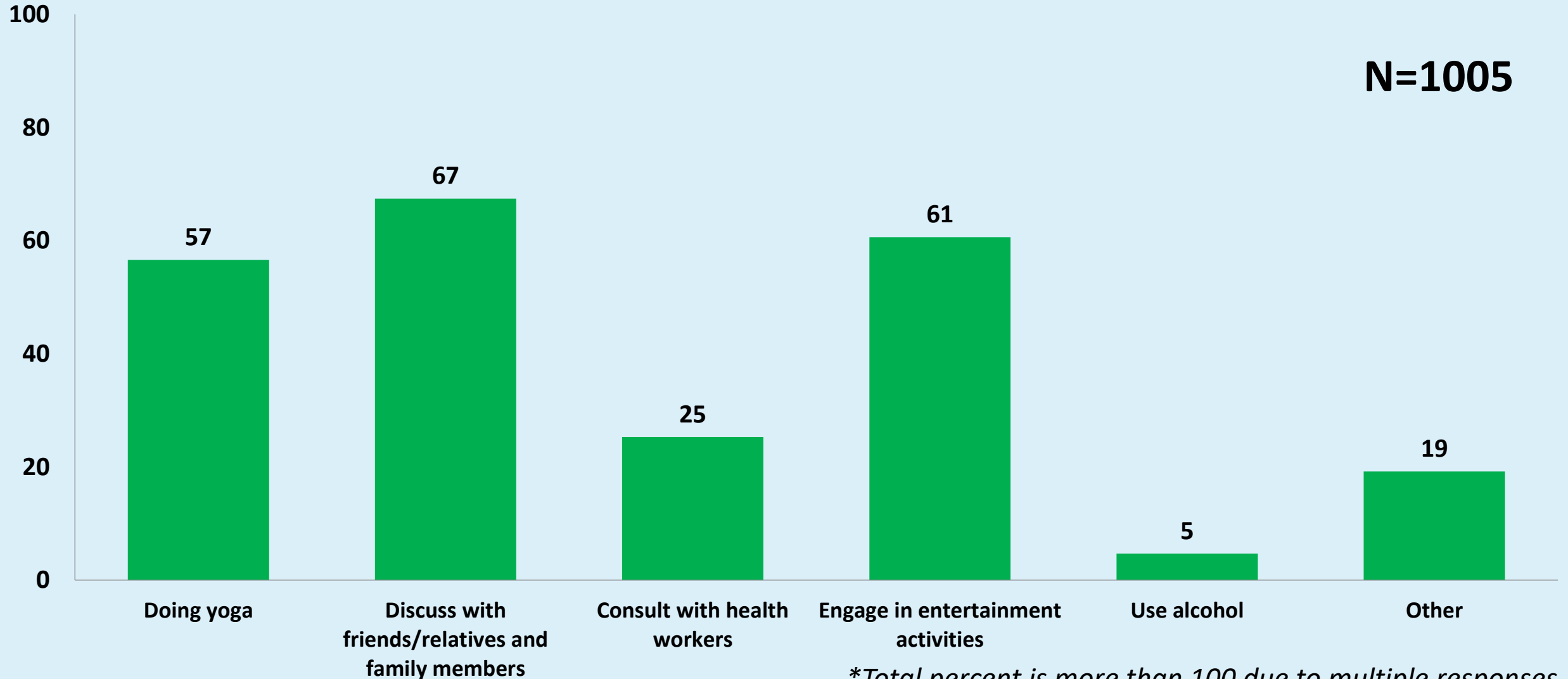
Psychosocial Problems : Restlessness, fearfulness, anxiety and worry, sadness

# Major reasons for worries in the last 2 weeks (%)





# Major coping strategies used by those who had at least one psychosocial problem (%)



# Psychosocial problem in relation to socio-demographic and economic characteristics (%)

**N=2014**

- **Gender:** female (54%) & male (48%)
- **Occupation:** agriculture/labour/household work (69%); student (61%); business (48%); service (45%) & health worker (39%)
- **Marital status:** unmarried (54%) & married (48%)
- **Households with:** both less than 2 years child and pregnant (54%); only less than 2 years child (52%); only pregnant women (48%); & none (49%)
- **Current residence:** rented room KTM (58%), rented room outside KTM (55%); own house outside KTM (48%) & own house in KTM (41%)

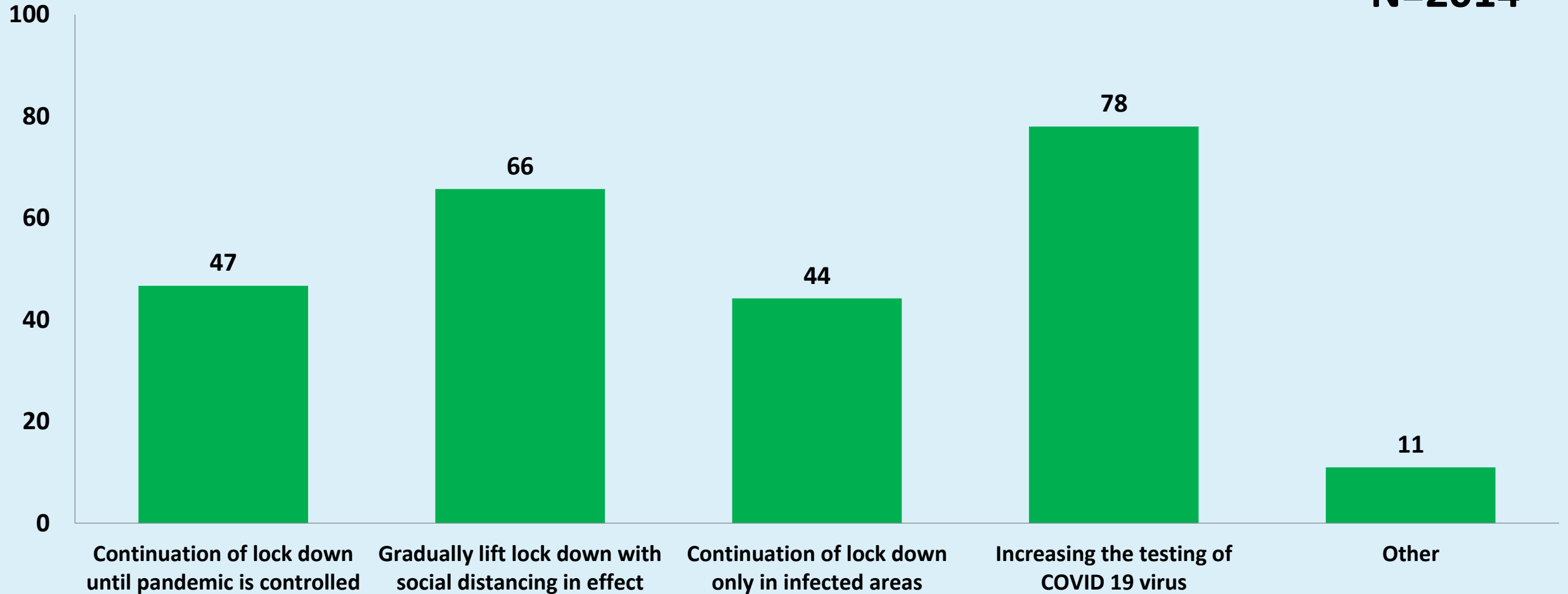
# Psychosocial problem in relation to socio-demographic and economic characteristics (%)

N=2014

- **Province:** province 2 (66%); province 1 (53%); province 5 (53%); Karnali (53%); Bagmati province (KTM valley only) (49%); Bagmati province (excluding KTM valley) (47%) & Sudurpashchim province (41%)
- **Age:** Less than 25 years (59%); 25-30 years (52%); 31-35 years(48%); 36-40 Years (52) & Above 40 years(42%)
- **Ecological zone:** Terai (51%); Hill (50%) & Mountain (44%)
- **Family monthly income:** less than 10,000 (72%); 10,000-20,000 (63%); 20,000-50,000 (45%) & above 50,000 (36%)

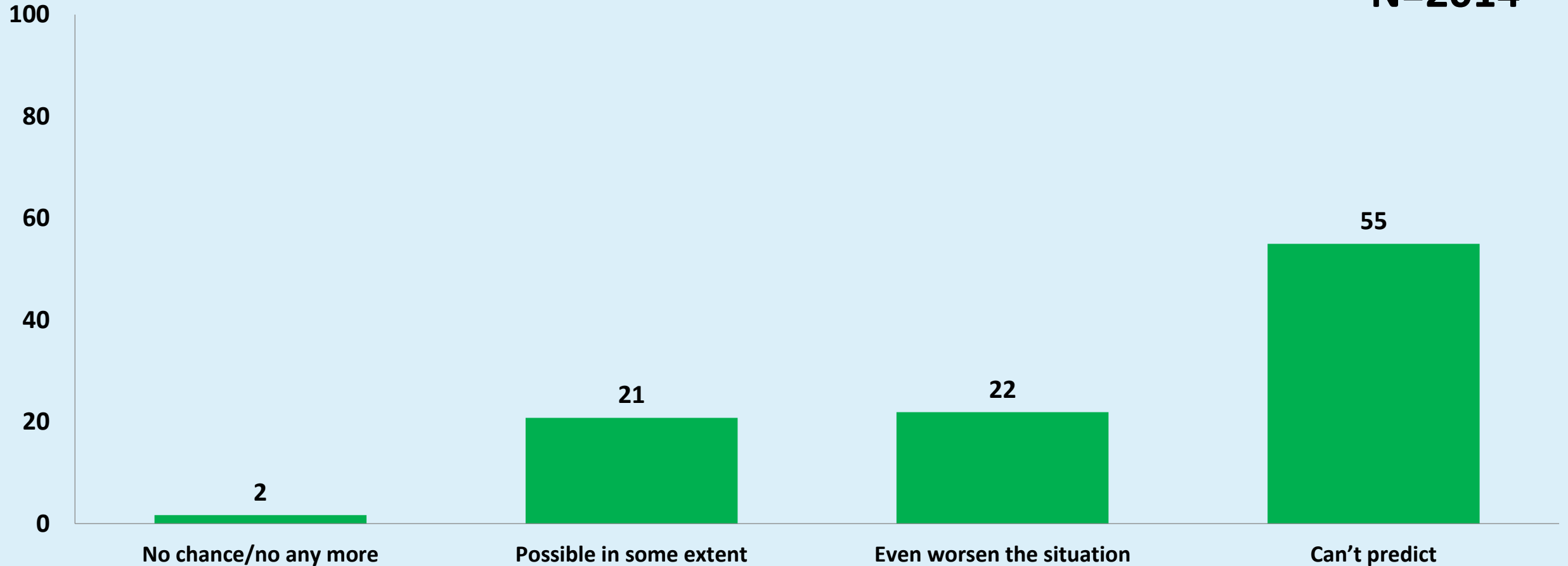
# In your opinion, what should the govt. do next to prevent the transmission of COVID-19 (%)

**N=2014**



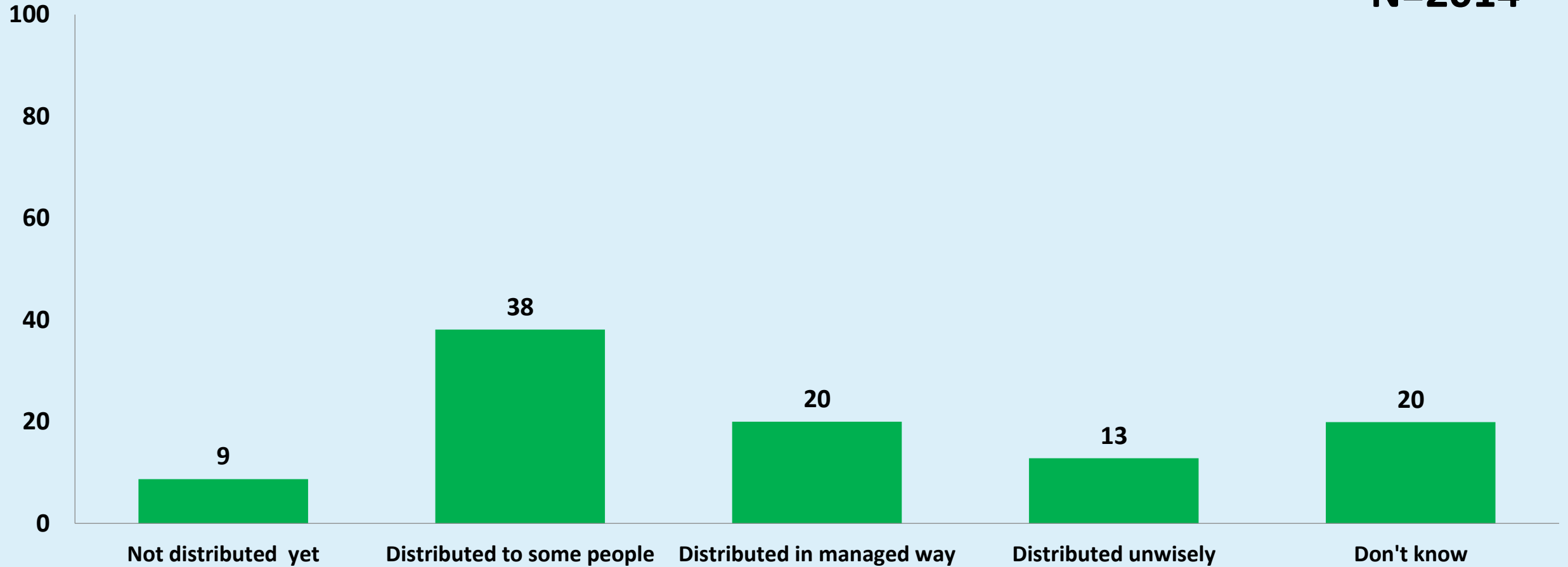
# In your opinion, what is the possibility of COVID-19 outbreak after lockdown is over ?(%)

**N=2014**

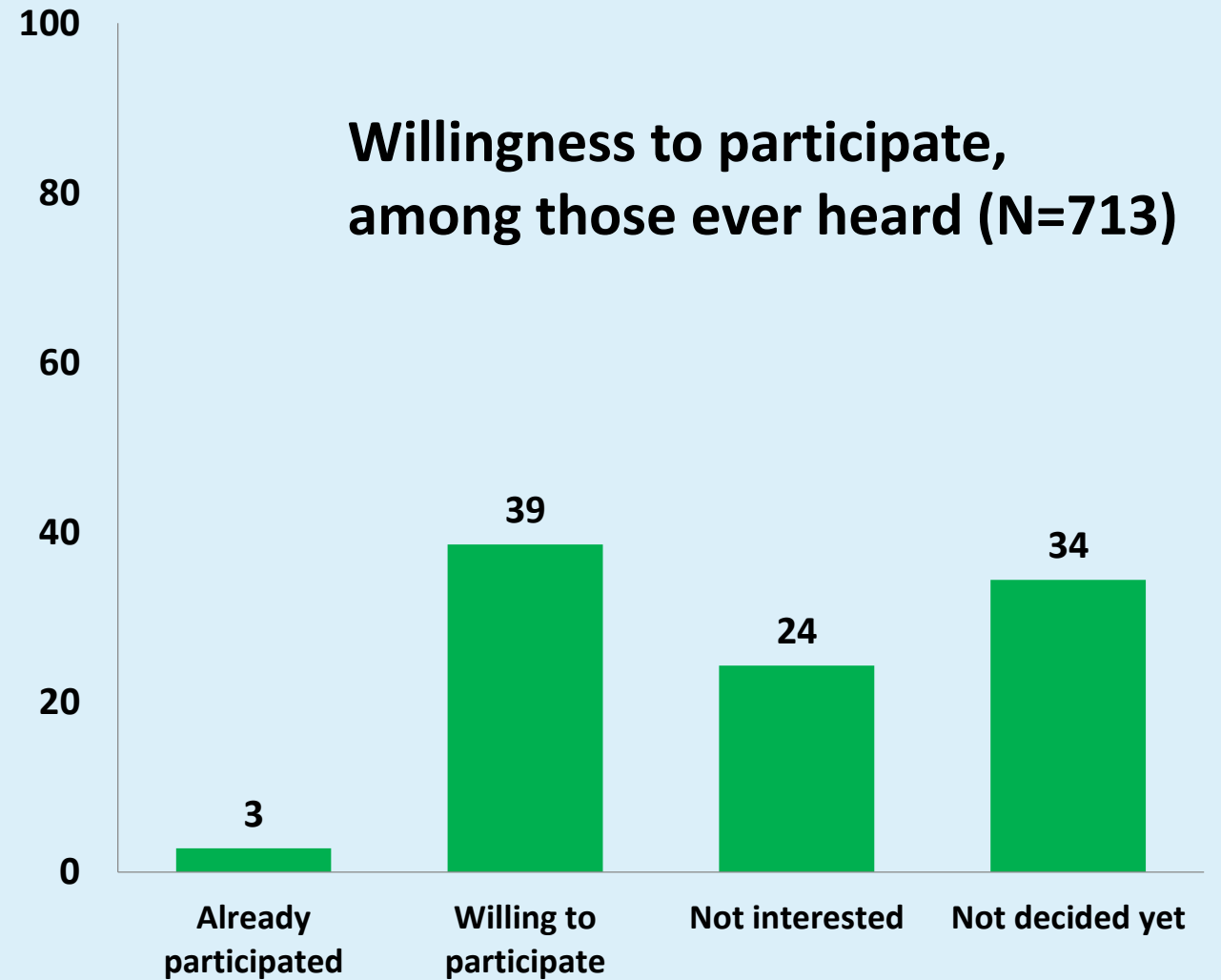
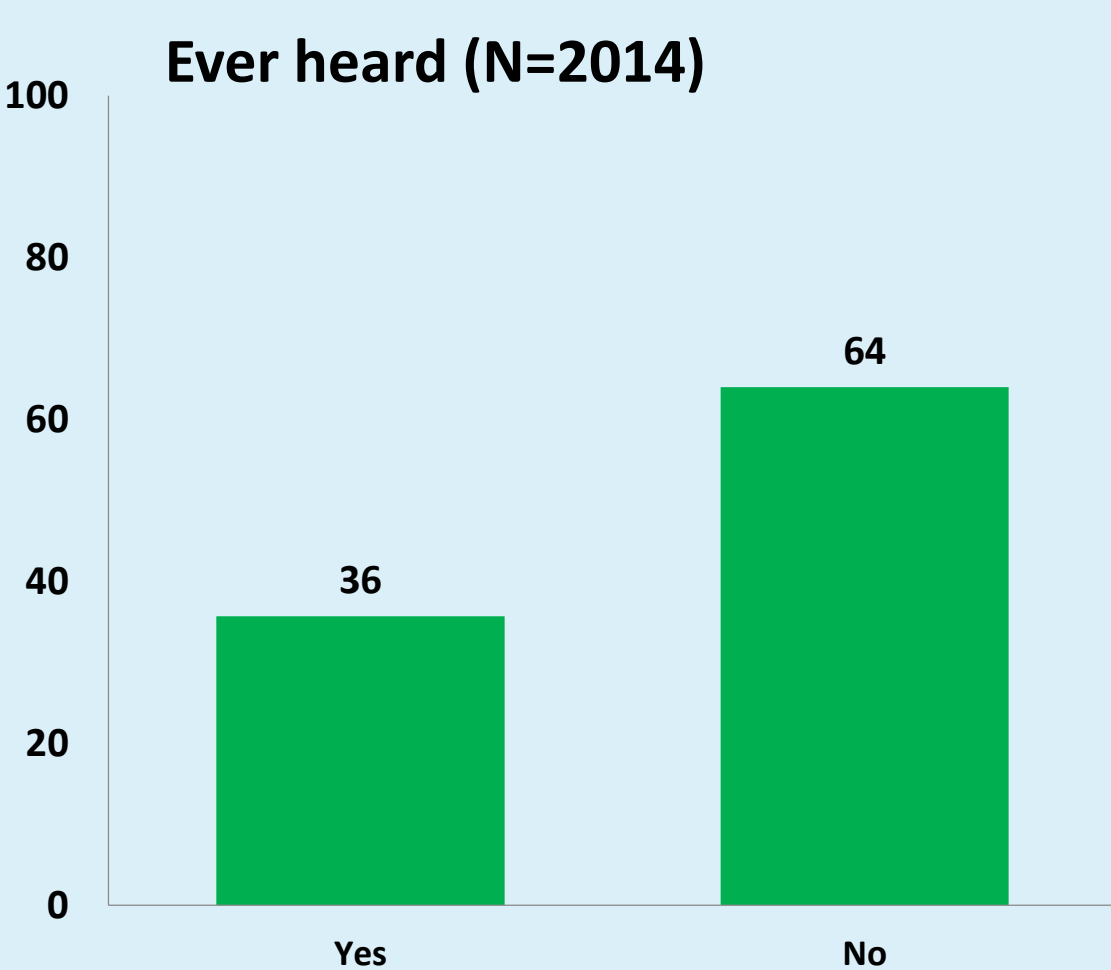


# Perception on relief distribution in community by local government/organizations (%)

**N=2014**



# Awareness and perception on government COVID-19 insurance (%)



# Conclusion

- Social media, TV, Radio and newspaper were the regular sources of information regarding COVID-19 pandemic.
- One fourth of women reported increase in their workload during lockdown period.
- One in every 11 respondents reported violence in their community during lockdown period.
- Eighteen percent of respondents suffered from restlessness; 18% experienced fearfulness; 37% had anxiety and worry; and 29% experienced sadness most of the times/always over last 2 weeks.
- In the last two weeks, 50% of respondents suffered from at least one psychosocial problem whereas 32% suffered from two or more psychosocial problems such as restlessness, fearfulness, anxiety and worry & sadness. (This is comparatively higher than the first phase study which was conducted between April 3-10 with similar population (N=1507) and same methodology. The prevalence was 42% for any problem and 26% for two or more problems.)



# Conclusion

- Major suggestions to the government to prevent the transmission of COVID-19 are increasing the testing and gradually lifting lockdown with social distancing in effect.
- Twenty percent people reported that the relief distribution by local government/organizations was well managed whereas 38% reported that the relief was distributed only to some people and 13% reported that the distribution was unfair.
- The awareness and practice on government COVID-19 insurance program is very low.
- The prevalence of psychosocial problems in Nepal is seen to have increased in context of COVID-19 compared to other conditions. The prevalence of psychosocial problem has also increased following extension of lock down period. This demands immediate action from government and relevant stakeholders to address the issues.

Thank you!!!