

Abstract 543

ESTIMATING THE EFFECTS OF COVID-19 OUTBREAK ON MENTAL HEALTH (COMET): THE CASE OF THE KYRGYZ REPUBLIC

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Objectives

This study examines mental health consequences among citizens of the Kyrgyz Republic (Kyrgyzstan) and is part of a large-scale international project examining the effects of the pandemic in 40 countries.

Methods

The study protocol recorded the respondents' socio-demographic and health data, including their past and present psychiatric issues, such as anxiety, depression, and suicidality. In total, 2212 respondents from all the regions of the Kyrgyz Republic participated.

Results

38.7% of the respondents believed that precautions against COVID-19 advised by medical professionals and instituted by public health and other governmental officials did not work effectively. 48% were certain that infection would cause social ostracizing. An additional 10.5% indicated that family relations had indeed worsened following infection. 52% were afraid of an intimate dying from infection. 30% did not maintain their usual daily routines. 33.8% indicated having suffered financial loss due to the outbreak. 12.1% of general population representatives expressed a high level of insecurity. 23.3% reported clinical depression, in addition to depression 22.7 % also reported their somatic complaints; 35.5% experienced different sleep problems; 10% noticed generalized fear; 20.7% suffered from feelings of loneliness; 5.7% - crying spells. The majority of the respondents (56.7%) expressed the belief that COVID-19 was created in a laboratory for the purpose of biochemical warfare.

Conclusions

Our preliminary descriptive data analysis revealed significant rates of distrust directed toward medical and governmental authorities, manifested in misbelief related to recommended precautions and belief in an as-yet unproven postulated artificial origin of the novel coronavirus.

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