

Mental Health Issues during Covid-19



Hello everyone. I am Sarzila Sahrin Jisha from American International University-Bangladesh.

This survey is being conducted on Mental Health Issues during Covid-19, to know the problems people are facing and to find out the solution to overcome anxiety, stress and depression using technology. This won't take more than 5-10 minutes and your identification will be kept private also. Your valuable feedback will help me to complete this survey.

Thank you for your kind participation.

* Required

1. Email *

2. Select your age range *

☐ Under 13

☐ 13-19

☐ 19-25

☐ 26-32

☐ 32-40

☐ 40+

3. Select your gender *

☐ Male

☐ Female

☐ Prefer not to say

4. What's your mental state now? *

☐ Extremely Happy

☐ Happy

☐ Sad

☐ Angry

☐ Depressed

☐ Anxious

☐ Prefer not to say

5. Do you think mental health is important? *

☐ Yes

☐ No

☐ Maybe

6. Does Covid-19 affects your mental health? *

☐ Yes

☐ No

☐ Maybe

7. From your perspective, how much Covid-19 effects on your mental health? *

1	2	3	4	5	6	7	8	9	10
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8. Which mental disorders you're facing in this pandemic situation? (you can choose more than one) *

☐ Major Depression

☐ Bipolar Disorder

☐ Anxiety Disorder

☐ Panic Attacks

☐ Rapidly Mood Swings

☐ Different Phobias

☐ Overthinking

☐ Other

9. What are the negative changes come in your behaviour for this pandemic situation? (you can choose more than one) *

- ☐ Losing energy and interests
- ☐ Facing difficulties on concentrating and making decisions
- ☐ Feelings of fear of dying or losing dear ones
- ☐ More nightmares
- ☐ Less sleep or more sleep or late sleep
- ☐ Eating more and unhealthy
- ☐ Increased use of tobacco and alcohol
- ☐ Increased addiction on TV series or web series
- ☐ Other

10. What are the reasons behind facing these disorders in this pandemic situation? (you can choose more than one) *

- ☐ Online classes
- ☐ Work from home
- ☐ Staying long time in home
- ☐ Losing job
- ☐ Major loss in business
- ☐ Lack of hangouts & travelling
- ☐ Physical illness
- ☐ Conflict with close ones
- ☐ Unorganized daily routines
- ☐ Other

11. In this pandemic, have you ever thought of taking suicidal attempts? *

- ☐ Yes
- ☐ No
- ☐ Maybe
- ☐ Not at all

12. Do you agree with "Poor mental health is a risk factor for different chronic physical illnesses." ? *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

13. What are the health issues you are facing due to mental stress, in this pandemic situation? *

- ☐ Headaches
- ☐ Body pains
- ☐ Skin rashes
- ☐ Heart attacks
- ☐ Sleeping issues
- ☐ Brain stroke
- ☐ I haven't face any health issues
- ☐ Other

14. Do you think tecnology will help you to get rid of these disorders? *

- ☐ Yes
- ☐ No
- ☐ Maybe

15. If you ever heard about the first emotional support helpline in Bangladesh, "Kaan Pete Roi" ? *

☐ Yes

☐ No

☐ May be

16. If you ever heard of any apps used for improving mental health, which below one is / are?
(you can choose more than one) *

☐ Moodfit

☐ Talkspace

☐ Sanvello

☐ Youper

☐ Calm

☐ I didn't hear any of these

☐ Other

17. If you have used any one these, do you think the features are user friendly? *

- ☐ Yes
- ☐ No
- ☐ May be
- ☐ I haven't use

18. How many hours you sleep everyday? *

- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ more than 8 hours

19. Do you agree that a sound sleep requires to improve our mental health? *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

20. From your perspective, are the people of our country having concern about mental health? *

- ☐ Yes, they take it seriously
- ☐ Maybe, some of them have
- ☐ Not sure
- ☐ Not at all

21. Which remedies seem appropriate to you, for improving mental health? *

- ☐ Expressing their unsaid words
- ☐ Online therapy sessions
- ☐ Getting suggestions from a licensed mental health professional
- ☐ Better sleep
- ☐ Meditation
- ☐ Regular exercise
- ☐ Avoiding excessive alcohol, tobacco and drugs
- ☐ None of these
- ☐ Other

22. Do you think this survey helps people to get know about the mental health apps? *

- ☐ Yes, I think so
- ☐ No, I don't think that
- ☐ Not much sure

