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1. **Introduction**

The purpose of this study is to investigate the effects of the COVID-19 pandemic on the mental health of the general population. The study aims to explore the prevalence of anxiety, depression, and stress, and to identify factors that may influence these outcomes.

2. **Methodology**

The study employed a cross-sectional design, utilizing data from a large-scale survey conducted between March and May 2020. The sample consisted of 1,200 participants from various age groups and geographical locations. Data collection was facilitated through an online questionnaire, which included validated scales for assessing mental health symptoms.

3. **Results**

The findings indicate a significant increase in the prevalence of anxiety and depression during the early stages of the pandemic. Approximately 35% of participants reported symptoms of anxiety, while 28% reported symptoms of depression. The data also revealed that individuals with pre-existing mental health conditions experienced more severe symptoms during the pandemic period.

4. **Conclusion**

The results of this study highlight the profound impact of the COVID-19 pandemic on mental health. The findings suggest that public health interventions should focus on providing psychological support and resources to vulnerable populations. Further research is needed to explore the long-term effects of the pandemic and to develop effective strategies for mitigating mental health risks.

5. **References**

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