

MENTALNO ZDRAVLJE LJUDI SA RESPIRATORNIM I KARDIOVASKULARNIM BOLESTIMA TOKOM COVID-19 PANDEMIJE U SRBIJI: STUDIJA PRESEKA

Andrijana Mikić, Hajdana Glomazić, Jelena Zvekić-Svorcan, Darko Mikić, Nataša Igić

Visoka škola socijalnog rada

Svetska zdravstvena organizacija je 11. marta 2020. godine proglasila globalnu pandemiju virusa teškog respiratornog sindroma i imenovala ga kao Korona virusna bolest 2019 (COVID-19). Visoki rizik od teškog oblika bolesti i smrtnog ishoda imaju ljudi sa hroničnim bolestima, pre svega sa kardiovaskularnim i hroničnim respiratornim bolestima. Cilj: Cilj ovog istraživanja je procena mentalnog zdravlja opšte populacije odraslih u Srbiji za vreme pandemije COVID-19, kao i ispitivanje da li su ljudi sa kardiovaskularnim i hroničnim respiratornim bolestima u nepovoljnijoj situaciji. Metode: U istraživanju je učestvovalo 430 ispitanika (50,9% ženskog pola), prosečne starosti 46,9 godina (SD=14,4, raspon od 20 do 75 godina). Uzorak nosi marginu greške od 5%, interval poverenja 95% i kritičnu vrednost incidence od 50%. Skala depresivnosti, anksioznosti i stresa (DASS-21) korišćena je za procenu mentalnog zdravlja odraslog stanovništva u Srbiji. Pouzdanost supskala depresivnosti, anksioznosti i stresa iznosile su $\alpha=0,82$, $\alpha=0,80$ i $\alpha=0,84$, tim redosledom. Istraživanje je sprovedeno tokom avgusta 2020. godine, koristeći Online Panel istraživačku metodu. Kroz niz linearnih regresionih modela procenjen je uticaj kardiovaskularnih i hroničnih respiratornih bolesti na nivo depresivnosti, anksioznosti i stresa. Nivo verovatnoće $p \leq 0,05$ smatran je statistički značajnim. Statistička analiza rađena je u programu IBM SPSS, ver. 24.0. Rezultati: Kod ispitanika sa kardiovaskularnim i hroničnim respiratornim bolestima beleži se viši nivo depresije ($p < 0,05$), anksioznosti ($p < 0,001$) i stresa ($p < 0,001$) u odnosu na zdrave ispitanike. Prisustvo kardiovaskularnih i hroničnih respiratornih bolesti statistički je značajan prediktor depresivnosti (Beta [β] 0,39; 95% CI: 2,82 - 4,46; $p < 0,01$), anksioznosti (Beta [β] 0,15; 95% CI: 0,45 - 2,07; $p < 0,01$) i stresa (Beta [β] 0,09; 95% CI: 0,02 - 2,11; $p < 0,05$). Zaključak: Ispitivanje mentalnog zdravlja odraslih osoba sa kardiovaskularnim i hroničnim respiratornim bolestima u jeku COVID-19 pandemije u Srbiji, pokazuje povećanu količinu stresa, anksioznosti i depresije kod pacijenata sa ovim bolestima.

Ključne reči: COVID-19 pandemija, mentalno zdravlje, depresija, anksioznost, stres

MENTAL HEALTH OF PEOPLE WITH RESPIRATORY AND CARDIOVASCULAR DISEASES AT THE TIME OF THE COVID-19 PANDEMIC IN SERBIA: A CROSS-SECTIONAL STUDY

Andrijana Mikić, Hajdana Glomazić, Jelena Zvekić-Svorcan, Darko Mikić, Nataša Igić

College of Social Work, Belgrade, Republic of Serbia

On March 11th 2020, the World Health Organization declared a global pandemic of the severe respiratory syndrome virus and named it the Corona virus disease 2019 (COVID-19). People with chronic diseases, primarily cardiovascular and chronic respiratory diseases, have a high risk of a severe form of the disease and death. Objective: The objective of this research is to estimate the mental health of the general adult population in Serbia during the COVID-19 pandemic, as well as to examine whether people with cardiovascular and chronic respiratory diseases are in a less favorable position than other people. Methods: A total of 430 individuals participated in the research (50.9% female), with the average age of 46.9 years (SD=14.4, range from 20 to 75 years of age). The sample has a margin of error of 5%, a confidence level of 95%, and a critical incidence value of 50%. The depression, anxiety and stress scale (DASS-21) was used to assess the mental health of the adult population in Serbia. Reliability of the depression, anxiety and stress subscales were $\alpha=0.82$, $\alpha=0.80$ and $\alpha=0.84$, respectively. The survey was conducted in August 2020, using the Online Panel method. The impact of cardiovascular and chronic respiratory diseases on the level of depression, anxiety and stress was assessed with a series of linear regression models. The probability level of $p \leq 0.05$ was considered statistically significant. Statistical analysis was performed with the IBM SPSS program, ver. 24.0. Results: The participants with cardiovascular and chronic respiratory diseases were found to have a higher level of depression ($p < 0.05$), anxiety ($p < 0.001$) and stress ($p < 0.001$) than it was the case with healthy participants. The presence of cardiovascular and chronic respiratory diseases is a statistically significant predictor of depression (Beta [β] 0.39; 95% CI: 2.82 - 4.46; $p < 0.01$), anxiety (Beta [β] 0.15; 95 % CI: 0.45 - 2.07; $p < 0.01$) and stress (Beta [β] 0.09; 95% CI: 0.02 - 2.11; $p < 0.05$). Conclusion: The examination of the mental health of adults with cardiovascular and chronic respiratory diseases in the midst of the COVID-19 pandemic in Serbia shows an increased amount of stress, anxiety and depression in patients with these diseases.

Key words: *COVID-19 Pandemic, Mental Health, Depression, Anxiety, Stress*