



# Impact of COVID-19 Lockdown on Psychological Realm: A Cross-Sectional Study

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**Abstract:** Being compelled to conform to an unusual lifestyle in conjunction with fear of disease, the human psyche has been stunned by the hasty emanation of COVID-19 pandemic. This study was conducted to assess the impact of COVID-19 lockdown on the psychological health of urban population of India. The web-based cross-sectional study included 370 participants aged >20 years. Data were collected through a self-administered questionnaire consisting of items on socio-demographic profile and general health status, and three standardized scales: the Generalized Anxiety Disorder-2 Scale (GAD-2), the Patient Health Questionnaire-9 (PHQ-9), and the World Health Organization Quality Of Life Scale-Brief Version (WHOQOL-BREF). The prevalence rates of anxiety and depression were 21.1% and 17.6%, respectively. Anxiety rates were significantly higher in individuals <50 years of age. Prevalence of depressive symptoms and the moderately severe degree of depression were significantly higher in individuals who lost their jobs during COVID pandemic and businessmen. The quality of life of individuals with a score <3 points on GAD-2 and <10 points on PHQ-9 was significantly higher in comparison to individuals with a score ≥3 points on GAD-2 and ≥10 points on PHQ-9 respectively. Thus, effective coping strategies need to be integrated within the emergency response plan.

**Keywords:** COVID-19 pandemic, Lockdown, Anxiety, Depression, Quality of life

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