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Journal of Biomedical Research & Environmental Sciences main aim is to enhance the importance of science and technology to the scientific community and also to provide an equal opportunity to seek and share ideas to all our researchers and scientists without any barriers to develop their career and helping in their development of discovering the world.

OBSERVATIONAL STUDIES

Psychologically and Physiologically Impact of COVID-19 on Students Who Studying in China and Stocked in Pakistan (A Cross-Sectional Study)

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ABSTRACT

Background: The Coronavirus (COVID-19) pandemic has brought destructive consequences on the global political, economical, social, financial, and healthcare structures [1]. The pandemic has risen up the level of anxiety, depressive thoughts and psychological stress among students who were studying in china, but now stocked in home country. Approximately 30,000 Pakistani students are being enrolled in M.Phil and PhD in China. The aim of this study is to identify the psychological and physiological impact of COVID-19 on these students.

Method: The cross-sectional study has been adopted via web-based platform for students who are studying in different institutions of China but now stoked in Pakistan due to pandemic. Questionnaire has been developed via Google Survey form which were distributed through social media like WeChat, Facebook. The purpose of this study is to assess depression, anxiety and sources of distress [2].

Result: This survey was conducted in December 2020, in which 1300 students took part (700 Phd and M.phil related while 500 Medical and Engineering). Majority of students are male (84.1%) and few females (13.9%). The result shows that students who have moderate-severe anxiety and depression about their graduation (score ≥ 12) were 75% and 25%, respectively.

Conclusion: The severely affected students from this pandemic are from the Phd, M.phil research related students.

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