UNIVERSITI TEKNOLOGI MARA (UITM)
KAMPUS ALOR GAJAH, MELAKA

ADVERTISING CAMPAIGN TO EDUCATE
MENTAL HEALTH AMONG COVID PATIENTS IN MALAYSIA

ANIS NAJIHAH MOHD RUSHDI

Thesis submitted in fulfilment of the
requirements for

Bachelor Degree (Hons) in Graphic Design

Faculty of Art & Design

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CONFIRMATION BY EXAMINER

I certify that an examiner has met 6th February 2022 to conduct the final examination of Anis Najihah Binti Mohd Rushdi on her Bachelor Degree (Hons) in Graphic Design thesis entitled The Use of Advertising Campaign to Educate about Mental Health Among Covid Patients in Malaysia accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The reason for this study is that the Coronavirus disease 2019 (COVID-19) outbreak is one of the most devastating pandemic disasters in recent history. Patients with COVID-19 may struggle with both the life-threatening fear of infection and quarantine-related stressors, necessitating psychological support during a pandemic. However, there has been little empirical research on the current mental health of COVID-19 survivors. The current study sought to determine the severity of mental health problems among confirmed COVID-19 patients. Materials and procedure: The National Center for Disaster Trauma (NCT) has provided psychological support services to COVID-19 patients and their families via a 24-hour hotline. The data from 118 COVID-19 patients who voluntarily participated in the online survey were analysed in our study. The data from 118 COVID-19 patients who voluntarily participated in the online mental health assessment from March to November 2020 were analysed in our study. Self-reported scales such as the Primary Care Posttraumatic Stress Disorder Screen (PC-PTSD), the Generalized Anxiety Disorder-7 (GAD-7), the Patient Health Questionnaire-9 (PHQ-9), the Patient Health Questionnaire-15 (PHQ-15), and the P4 Suicidality Screener are also included in the online assessment. On all four screening scales, COVID-19 patients had more severe symptoms, including post-traumatic symptoms, depression, anxiety, and somatic symptoms, than comparison groups (p.001). When it comes to the high-risk group, COVID-19 patients had a higher association with the high-risk group than comparison groups. Finally, we discovered that COVID-19 patients had posttraumatic stress disorder, depression, anxiety, and somatic symptoms. Our findings could provide valuable information about the types and severity of symptoms present in COVID-19 patients. This study emphasises the importance of improving mental health support in the management of COVID-19 patients' psychological problems in the midst of a pandemic.

Keywords : Mental Health Illness, Post-Covid-19, anxiety, depressive, COVID-19 Anxiety, Depression, Stress, Public health
Paper type: Research Paper

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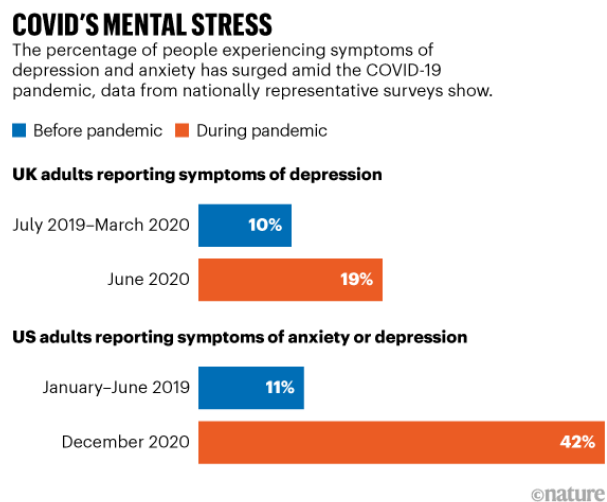
CHAPTER ONE
INTRODUCTION

1.1 Research Background

There have been concerns that people with a history of mental illness are more susceptible to COVID-19 infection and have a higher chance of negative effects from the infection, although there is no systematic study evidence to support this. The impact of a recent (within the last year) diagnosis of a mental disorder – such as attention deficit hyperactivity disorder (ADHD), bipolar disorder, depression, and schizophrenia – on the risk of COVID-19 infection, as well as related mortality and hospitalisation rates, was investigated in this study. We looked examined a database of 61 million adult patients' electronic health records from 360 hospitals and 317,000 clinicians across 50 states in the US from July 29, 2020 to July 29, 2021. Patients with a recent diagnosis of a mental disorder had a significantly higher risk of COVID-19 infection, with the effect being strongest for depression (adjusted odds ratio, AOR=7.64, 95 percent confidence interval: 7.45-7.83, p0.001) and schizophrenia (adjusted odds ratio, AOR=7.34, 95 percent confidence interval: 6.65-8.10, p0.001).

COVID'S MENTAL STRESS
The percentage of people experiencing symptoms of depression and anxiety has surged amid the COVID-19 pandemic, data from nationally representative surveys show.

■ Before pandemic ■ During pandemic

UK adults reporting symptoms of depression

July 2019–March 2020	10%
June 2020	19%

US adults reporting symptoms of anxiety or depression

January–June 2019	11%
December 2020	42%

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The coronavirus disease 2019 (COVID-19) pandemic has the potential to have a significant impact on the mental health of patients who have survived the illness. However, little is known about the prevalence of mental health disorders and their associated factors among hospital discharged COVID-19 patients. A cross-sectional survey of hospital discharged

patients was conducted in Wuhan, China, from April 11–22, 2020. (where the pandemic began). The survey had 675 participants, including 90 (13.3 percent) medical personnel (physicians and nurses who had been ill). To investigate the risk factors associated with mental health problems, we used Fisher's exact test and multivariable logistic regression methods (anxiety, depression, and PTSD symptoms associated with COVID-19 hospitalization). After being discharged from the hospital, COVID-19 has been shown to have negative mental health effects, with sleep difficulties being a major issue. Because we discovered that perceived discrimination was a major predictor of mental illness, preventing and addressing social stigma associated with COVID-19 is critical.

1.2 Problem Statement

During this pandemic, mental health among covid patients was a worried scenario because in Malaysia, covid-19 cases increase day by day. But, most of people did not see this as a serious issue because not all of us got an experience by handle this anxiety in our ownself or getting some information from friends that experiencing the symptoms that leads to mental health during this pandemic. This is a big why this issue need to be more concern, and also we need to creating awareness because this mental health also will leads to death (depression or anxiety). Recent research has revealed the toll that contracting SARS-Cov-2, the virus that causes COVID-19, can have on your mental health.

The study, published in The Lancet Psychiatry, analysed the electronic health records of 69.8 million patients in the United States, which included 62,354 patients diagnosed with COVID-19. Within three months of testing positive, almost 20% of people diagnosed with COVID-19 were then diagnosed with psychiatric disorders, including anxiety, depression or insomnia. One in four of the those people had not received a psychiatric diagnosis before. The researchers warned that the results are likely to be underestimates of the actual number of cases.

1.3 Research Objective

The section of this paper is to discuss of the research objective. Researcher is determine to achieve these following aims:

1. To build awareness through the community
2. To educate community knowledge about mental health among covid patients through advertising campaign.

Research Question

The section of this paper is to discuss about the research questions. Researcher is aiming to find answers for these following questions:

1. Why is this campaign necessary in community?

2. Who needs knowledge about this mental health advertising campaign?

1.4 Significance of Study

The COVID-19 pandemic has had a profound impact on the lives of millions of people worldwide. Adolescents are socially isolated from their friends, extended family, and other social support networks as a result of the government's measures to contain the virus, leaving many feeling socially isolated and, as a result, at risk of psychosis. However, despite decades of research, no longitudinal studies have been conducted to investigate how pandemics affect adolescent mental health. According to research, prolonged interpersonal stress and social isolation during adolescence may pose long-term risks (eg, Loades et al. 2020).

Furthermore, the study has yet to investigate whether demographics and factors associated with COVID19 increase or decrease adolescent mental health symptoms over time. The study will address these research gaps by conducting a longitudinal survey of the effects of the COVID19 virus and its associated restrictions on adolescent mental health, as well as identifying some of the pandemic's impacts and life-changing effects. Age, sex, disorders at school, having an accident related to COVID19, family conflict, media exposure, social connections, and membership COVID19 restrictions were all explored as potential modifiers of mental health symptoms.

Lastly, the importance of improving mental health support in the management of COVID-19 patients' psychological problems in the midst of a pandemic is emphasised in this study.

CHAPTER TWO
LITERATURE REVIEW

2.1 Introduction

The researcher will mention previous studies, research, or papers in this field. The research that has been mentioned is pertinent to the study that has been conducted. Following an examination of an effective approach in this pandemic era, the reader is left with the impression that they know more about mental health disease. The study is significant because it will be a resource for scholars looking for information. With the aforementioned goals in mind, the current review was created to summarise the existing literature addressing mental health concerns related to the COVID-19 pandemic.

2.2 Implication of the Future of Telehealth

According to (Emily Pfender, 2020) many mental health care facilities stopped accepting new patients as states across the country closed and enforced stay-at-home orders. Virtual crisis hotlines were the only option for people who didn't already have a relationship with a therapist or psychologist prior to the pandemic. Crisis Text Line, a non-profit organisation based in New York, connects people in need with a counsellor via text message. Although their crisis counsellors cannot replace long-term therapy, they are a short-term service that will call 911 in some cases. It is important to note that Crisis Text Line services are only available to residents of the United States, Canada, the United Kingdom, Ireland, and New Zealand, with a focus on English-speaking and more affluent populations.

Conversations with critical and frontline workers at Crisis Text Line have increased fourfold since March 2020. Thirty-five percent of texters mentioned feeling isolated and lonely during conversations about quarantine as a source of pain. Despite the fact that texters reported more anxiety and depression symptoms in March 2020, only 22% of texters expressed suicidal ideation, compared to a 28 percent average in 2019. (2). Despite failed attempts to collect data from other mental health hotlines, a decrease in suicidal ideation talk during COVID-19 warrants further investigation. Like this help, we can communicate with them through hotline.

2.3 Rehabilitation of patients post-Covid-19 Infection

According to (A. Demeco, 2020) there is limited data on the clinical and prognostic factors of COVID-19 patients because the pandemic is still ongoing.4,5 COVID-19 is a highly infectious respiratory infection disease that causes respiratory, physical, and psychological dysfunction in affected patients. Because COVID-19 is highly infectious, patients are isolated to prevent the spread of SARS-CoV. This results in a significant reduction in social interactions, making patients feel lonely and isolated.

The timing of when to begin a rehabilitation protocol in the face of the real threat of COVID-19 spread is a major concern. Early rehabilitation, according to Stam et al., is an important strategy for the treatment of polyneuropathy and myopathy in critical disease, to facilitate and improve long-term recovery and patients' functional independence, and to reduce the duration of assisted ventilation and hospitalisation.

To improve the chances of recovery during the acute phase, which is primarily characterised by respiratory disorders, early respiratory rehabilitation is encouraged, to be performed at the patient's bedside and continued in a specialised rehabilitation unit.

Early active mobilisation is critical for improving muscle strength, promoting better mobility when the patient is discharged from the hospital, and promoting a higher quality of life outside of the hospital.

CHAPTER THREE
RESEARCH METHODOLOGY

3.0 Introduction

In this chapter, the researcher will describe the procedures used to carry out the entire investigation. The researcher will go over the methods for gathering information and data in great detail. In addition, the researcher discusses the research technique and research design that will be used in this investigation. There are two types of research methodologies: qualitative research and quantitative research. According to (Jameel, 2018), the term "research methodology" refers to the approaches that can be used to put a study's findings into action.

There is a distinction between quantitative and qualitative techniques. The study of methodology is carried out through quantitative research with the goal of quantifying numerical factors. Then, using these variables, create a statistical report to test the idea. In the production process, measurement or online surveys are used.

3.1 Research Approach

3.1.1 Descriptive Research

One of the approaches used in this study, which combines qualitative and quantitative methodologies, is descriptive research. The study used mixed research to collect data, employing both methodologies. At one or more stages of the research process, data is collected concurrently or sequentially, prioritised, and integrated. This strategy is intended to help researchers answer unanswerable questions and provide a more complete picture by recognising patterns and generalisations, as well as gaining an in-depth understanding of participants' opinions.

3.1.2 Secondary Data

Secondary data, according to (Martins et al, 2018), is a collection of data or analytical data gathered during a previous study. This 11 secondary data is used in the researcher's study to assist the researcher in gaining important information, comprehending the study, and supporting the researcher's assertions.

3.1.3 Questionnaire

The questionnaire is divided into three sections, the first of which is demographic, the second of which is menta; health knowledge, and the third of which is opinion and perception. The first section of the questionnaire that respondents completed was demographics. These demographic questions are provided to determine the respondents' gender, age, ethnicity, occupation, and level of education.

The second section is about mental health knowledge. In this section, the researcher inquired about mental illness awareness in Malaysia, the significance of having mental health symptoms, and other issues concerning mental health. Overall, this section inquires about the nature and significance of the impact of mental health on covid-19 patients.

The third section is about perceptions and opinions. The question in this final section seeks respondents' opinions as well as their perceptions of having mental illness.

3.1.4 Data Collection

This section contains a compilation of all information and answers. Questionnaires were distributed to gather information from respondents as well as their perceptions and opinions. The results of the questionnaire responses can assist researchers in conducting an analysis and forming an opinion on the findings of the answers.

Data collection through mixed research assists researchers in gathering information that can be used to create a larger study.

Researchers use the findings of studies conducted through reading material sources such as books, posters, illustrations, and television because these publication sources can prove and support the study. This method can assist researchers in better comprehending the study.

3.2 Sample Study / Artwork

Image 1: Research and sample

This first study is from the Department of Psychology at HELP University understands both the concerns and anxieties surrounding the COVID-19 pandemic, as well as the threats to our mental and physical health and well-being that are posed by being confined in an enclosed space for an extended period of time. As a result, it is critical that we all do our part to keep ourselves and our families safe and healthy at home. We have gathered our best minds from the Department of Psychology over the last few weeks to provide mental health services, talks, and information on how to deal with mental health issues related to COVID-19 and the current uncertainties of Movement Control Order (MCO). To address these issues and answer any questions you may have about COVID-19 from a psychological standpoint, our newly established Centre for Mental Health and Well Being has created a resource hub, Mental Health Response to COVID-19.

Image 2 : Research and sample

The second study that we have all been trying to adjust to a "new normal" in recent months, and for many, life has changed dramatically. The COVID-19 pandemic has affected everyone, from working remotely with your dog as your only co-worker to washing your hands to the point of cracked and dried knuckles. Historically, many of the behaviours we are now encouraging, such as self-isolation and, to be honest, public anxiety, have been quickly identified as maladaptive and require intervention. While these precautions are necessary to keep ourselves and those around us as safe as possible, mental health remains a top priority. During adolescence and as a young adult (ages 12-20), we begin to show resilience and develop coping strategies that are essential to emotional well-being throughout life. However, 75% of mental disorders begin before the age of 18, and less than half of those young adults receive any mental health treatment for a variety of reasons such as stigma, pride, a lack of understanding, cost, a lack of support, or accessibility.
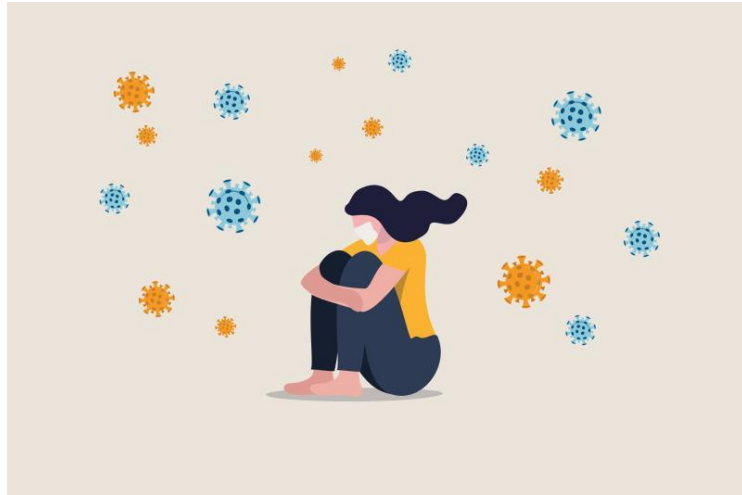
Image 3 : Research and sample

"These findings confirmed that, in addition to the massive impact on physical health, the COVID-19 epidemic, social isolation, and mass quarantine are significant psychological stressors, causing severe effects on mental health, particularly in people with pre-existing conditions." National healthcare services should consider providing psychological counselling to these vulnerable patients during COVID-19."

3.3 Design and Development Process

The researcher's design and development process for this mental health poster will employ colour psychology in order to pique the interest of the target audience of teenagers and adults. Furthermore, the gradient background provides a new start for health advertising. This concept is to demonstrate how to feel free by using all of the colours in order to cure someone in this world. The colours used in this mental health poster, on the other hand, are more soft and bright, namely purple, blue, and pink. The typography is contemporary and easy to read.

In this study, the researcher has made several items which are posters and TV Commercial. The study also shows the design processes to see how to make the designs and the solutions progress about an awareness campaign about the Mental Health Among Covid-19 Patients. This process is mostly using style animation to attract the audience.

3.3.1 Layout Sketches and Rendering

The process of making a poster begins with a sketch. The size of the poster is 29.7 x 42 cm. Sketches are made prior to the digital and color process. There are 9 sketches different visuals.
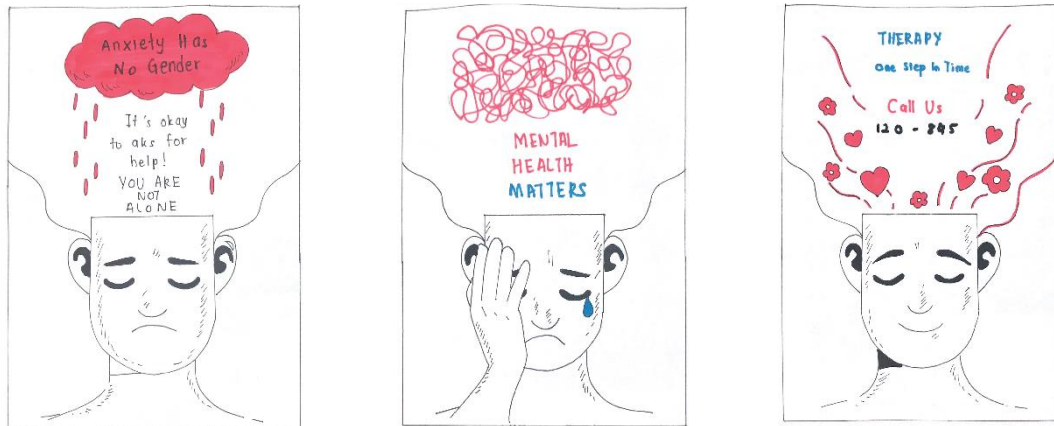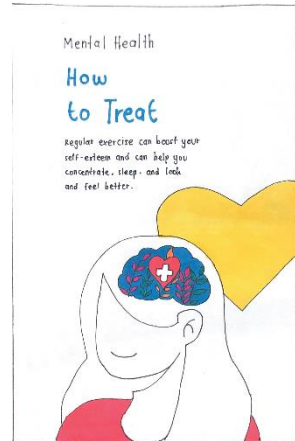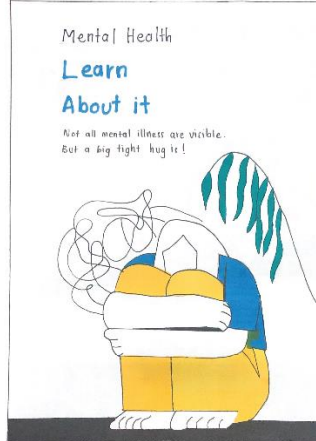

Image 4 : Poster Sketches

Image 5 : Poster Sketches

Image 6 : Poster Sketches

CHAPTER FOUR
ANALYSIS AND FINDING

4.1 Design Output

In this poster shows the use of cartoon character and some additional vector to realize a poster that has information on the audience about the mental health matters. The use of appropriate colours to grab the reader's attention.

Then, the second category is to show examples of activities on how to overcome the addiction of having mental illness. More, some additional character that show a positive effect if doing a self-care in order to have a good mental health.

Image 7 : Information poster

Image 8 : Initiate action poster
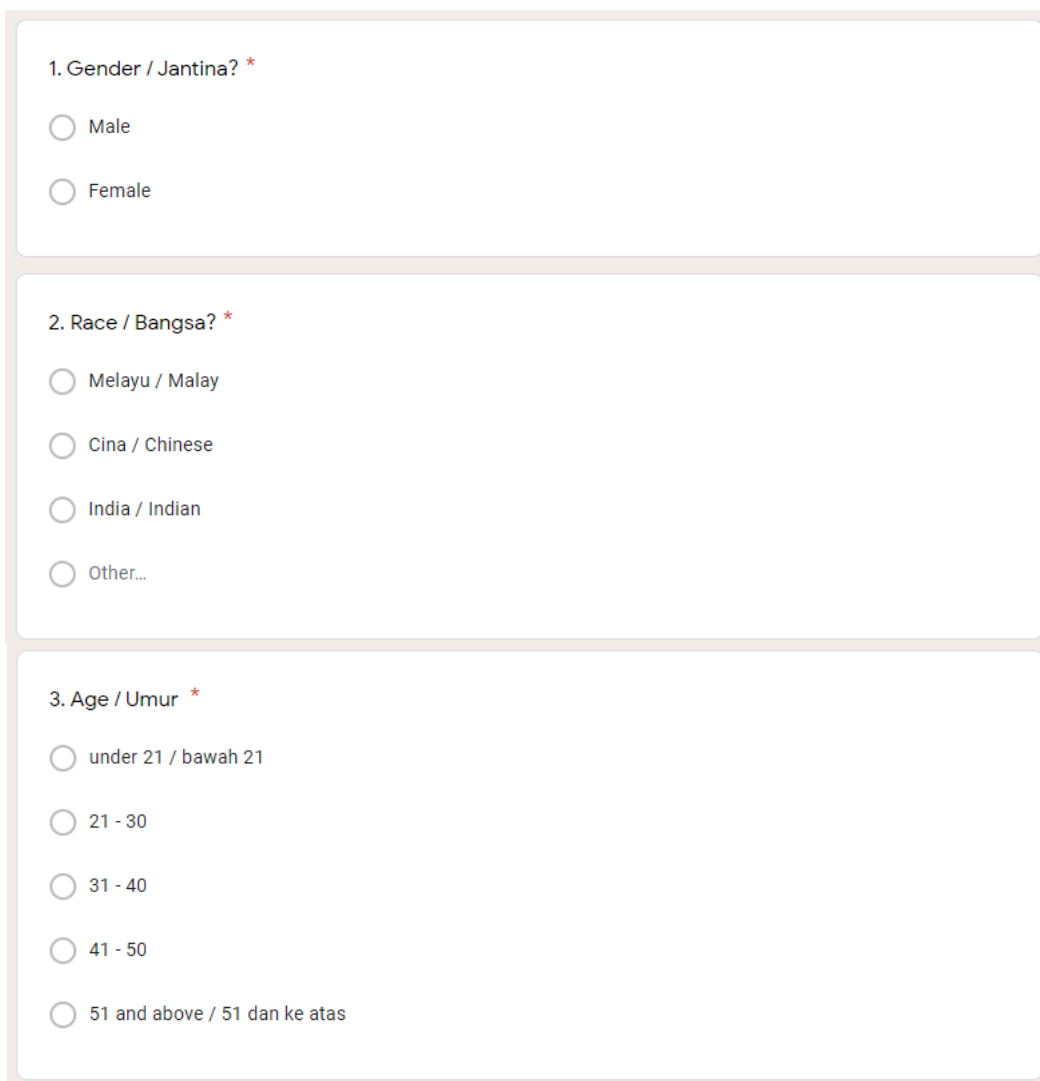
Image 9 : Reinforcement / reminder poster

4.2 Introduction

The researcher will present the final results and evaluate the data analysis performed using the approach described in Chapter 3. Based on previous research findings, sources of reading materials and questionnaires were distributed to respondents in order for them to respond and share their ideas and impressions.

Look at the finished product, which is a skateboarding manual, to learn about the respondents' thoughts. The researcher used English that the respondents could understand to answer the questionnaire's questions.

4.3 Questionaire

1. Gender / Jantina? *

○ Male

○ Female

2. Race / Bangsa? *

○ Melayu / Malay

○ Cina / Chinese

○ India / Indian

○ Other...

3. Age / Umur *

○ under 21 / bawah 21

○ 21 - 30

○ 31 - 40

○ 41 - 50

○ 51 and above / 51 dan ke atas

4. Work / Pekerjaan *

◯ Student / Pelajar

◯ Employed / Bekerja

◯ Unemployed / Tidak Bekerja

◯ Self-Employment / Bekerja sendiri

◯ Other...

5. Demographic, current residence / Demografik, tempat tinggal *

◯ Village and Rural area / Kampung dan Kawasan pedalaman

◯ Sub urban, Small town / Pinggir bandar, Bandar kecil

◯ Town / Bandar

◯ City / Bandaraya

◯ Other...

6. Do you know what is a Mental Health? / Adakah anda mengetahui apa itu Kesihatan Mental ? *

◯ Yes / Ya

◯ No / Tidak

◯ Not sure / Tidak pasti

7. Do you currently / had suffer from COVID-19 virus? / Adakah anda sedang atau telah dijangkiti * **oleh virus Covid-19?**

◯ Yes / Ya

◯ No / Tidak

◯ Not sure / Tidak pasti

8. Do you think that mental health among Covid-19 patients is an serious issue? / Adakah anda fikir bahawa kesihatan mental dalam kalangan pesakit Covid-19 merupakan isu yang merisaukan? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

9. How do you feel when you need to separate yourself from your family members as a one of Covid-19 patients ? / Bagaimanakah perasaan anda ketika anda perlu mengasingkan diri anda daripada bergaul dengan ahli keluarga kerana anda adalah salah seorang pesakit Covid-19?

☐ Fear / Takut

☐ Anxiety / Cemas

☐ Stress / Tekanan

☐ Happy / Gembira

☐ Sad / Sedih

☐ Angry / Marah

☐ Bored / Bosan

☐ Nothing / Tiada perasaan

10. In your opinion, what did you do to handle mental health during pandemic? / Pada pendapat anda, apakah tindakan anda untuk menangani kesihatan mental semasa pandemik? *

☐ Eating / Makan

☐ Sleeping / Tidur

☐ Watching television / Menonton televisyen

☐ Melakukan senaman / Exercise

☐ Other…

11. What is the reason why mental health affect to Covid-19 patients? / Apakah kesan yang menyebabkan kesihatan mental berlaku terhadap pesakit Covid-19? *

○ Overthinking / Terlalu banyak berfikir

○ Cannot Sleep / Tidak boleh berfikir

○ Loss appetite / Kehilangan Selera Makan

○ Moody / Murung

○ Panic / Panik

○ Feeling guilty / Rasa bersalah

○ Lonely / Keseorangan

○ All above / Semua diatas

12. In your opinion, do Covid-19 patients need to see a specialist to overcame mental health problems?/ Pada pendapat anda, adakah pesakit Covid-19 perlu berjumpa dengan pakar untuk mengatasi masalah kesihatan mental? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

13. Have you seen a advertising campaign that shows awareness about mental health among Covid-19 patients ? / Pernahkah anda terlihat kempen pengiklanan tentang kesihatan mental dalam kalangan pesakit Covid-19? *

○ Yes / Ya

○ No / Tidak

○ Not Sure / Tidak Pasti

○ Other...

:::

14. In my opinion, the community needs to be exposed about mental health among Covid-19 patients issue. / Pada pendapat saya, masyarakat perlu didedahkan tentang isu kesihatan mental dalam kalangan pesakit Covid-19? *

	0	1	2	3	4	5	
Do Not Agree/ Tidak Setuju	○	○	○	○	○	○	Strongly Agree / Sangat Setuju

15. I think through advertising campaign the community can be exposed about the mental health among Covid-19 patients issue. / Saya berpendapat melalui kempen pengiklanan masyarakat boleh didedahkan tentang isu kesihatan mental kesihatan mental dalam kalangan pesakit Covid-19? *

	0	1	2	3	4	5	
Do Not Agree/ Tidak Setuju	○	○	○	○	○	○	Strongly Agree / Sangat Setuju

16. In your Opinion, which media is most appropriate for promoting awareness of society's perception of mental health among Covid-19 patients ? / Pada pendapat anda, media mana yang paling sesuai untuk mempromosikan kesedaran mengenai kesihatan mental dalam kalangan pesakit Covid-19? *

☐ Newspaper, Tabloid / Surat Khabar

☐ Magazine / Majalah

☐ TV Commercial / Iklan TV

☐ Radio

☐ Podcast

☐ Social Media / Media sosial

☐ Poster

☐ Website

☐ Other...

4.4 Discussion

Respondents for the questionnaire were a total of 153 respondents where they were aged between under 18 years up to over 50 years.
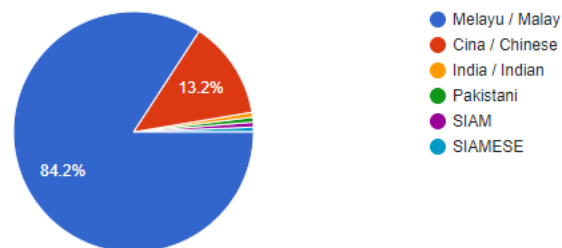
4.4.1 Demographic

1. Gender / Jantina?

152 responses
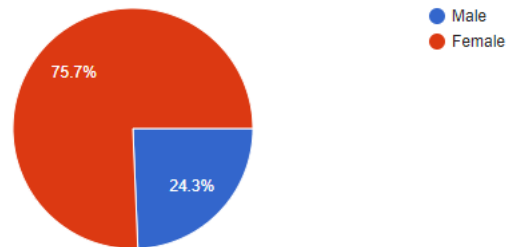
The total number of male respondents is 37 respondents and female respondents are 115 people.
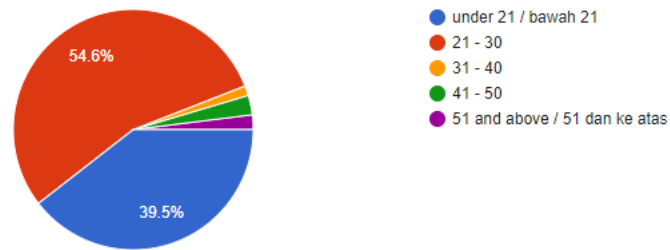
2. Race / Bangsa?

152 responses

The number of Malay respondents was recorded the most at 128 peoples, followed by the Chinese with 20 peoples and the others race respondents was 1 person per race except for siamese.

3. Age / Umur

152 responses

- under 21 / bawah 21
- 21 - 30
- 31 - 40
- 41 - 50
- 51 and above / 51 dan ke atas

There were 5 age groups in the questionnaire. The first group is 21 years old and under with a total of 60 peoples. The second age group between 21-30 years old is 83 peoples. The third age group is between 31 to 40 years' old as many as 2 people. For 41-50 with total of 4 peoples and the last age group which is 51 and above as many as 3 respondents.
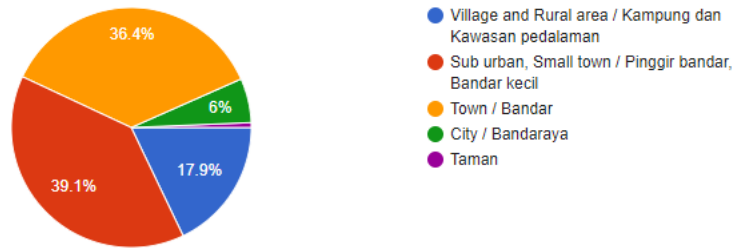
4. Work / Pekerjaan

152 responses

- Student / Pelajar
- Employed / Bekerja
- Unemployed / Tidak Bekerja
- Self-Employment / Bekerja sendiri
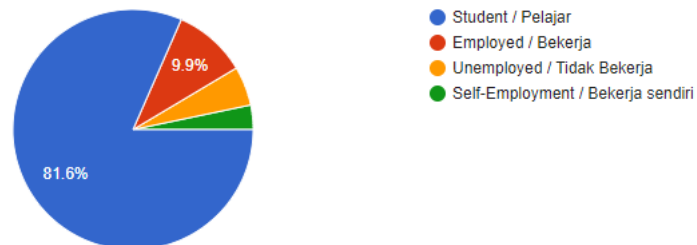
The number of students who answered this survey was 124 people and followed by employed as many as 15 people. Then, from unemployed was 8 respondents and self-employed only had 5 respondents.

151 responses

- Village and Rural area / Kampung dan Kawasan pedalaman
- Sub urban, Small town / Pinggir bandar, Bandar kecil
- Town / Bandar
- City / Bandaraya
- Taman

The number of respondents in the sub urban or small town is the highest at 59 peoples. Then, in the town had 55 peoples. Followed by respondents in the village and rural area there are 27 peoples. Then for city there are 9 respondents and the remaining 1 person in taman.

6. Do you know what is a Mental Health? / Adakah anda mengetahui apa itu Kesihatan Mental ?

152 responses

- Yes / Ya
- No / Tidak
- Not sure / Tidak pasti
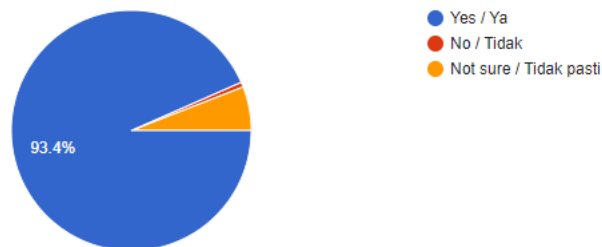
The number who know about mental health is 142 people and those who don't know have 1 people. And followed by 9 people from those who are unsure with mental health.

7. Do you currently / had suffer from COVID-19 virus? / Adakah anda sedang atau telah dijangkiti oleh virus Covid-19?

152 responses

- Yes / Ya
- No / Tidak
- Not sure / Tidak pasti

96.7%
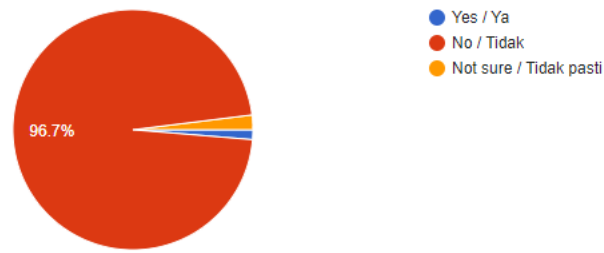
The number currently suffer from covid-19 is 2 people and those who did not suffer was 147 people. And followed by 3 people from those who are unsure suffer with covid-19.

8. Do you think that mental health among Covid-19 patients is an serious issue? / Adakah anda fikir bahawa kesihatan mental dalam kalangan pesakit Covid-19 merupakan isu yang merisaukan?

152 responses

- Yes / Ya
- No / Tidak
- Not sure / Tidak pasti

11.2%

88.2%
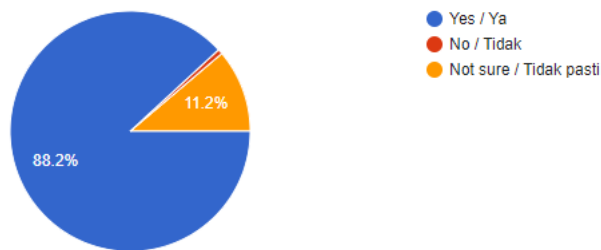
The number of thinking mental health is serious issues was 134 people and those who did not was 1 people. And followed by 17 people from those who are unsure about it.

9. How do you feel when you need to separate yourself from your family members as a one of Covid-19 patients ? / Bagaimanakah perasaan anda ketika anda perlu mengasingkan diri anda daripada bergaul dengan ahli keluarga kerana anda adalah salah seorang pesakit Covid-19?

147 responses
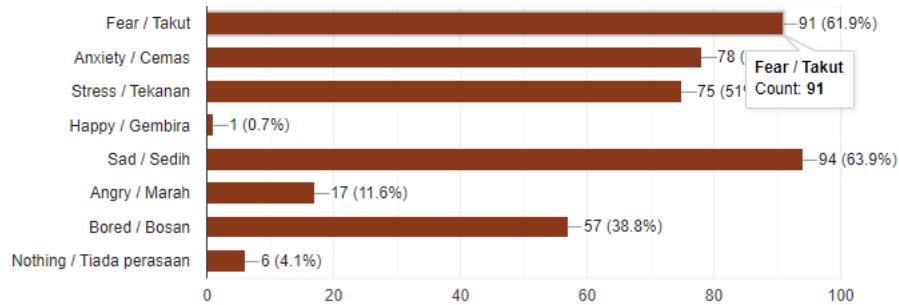
In the state of fear condition there are 91 peoples. Then, in anxiety condition there are 78 peoples and in the stress condition have 75 peoples. Next, in feeling happy there are 1 people and in the sad condition have 94 peoples. Apart from that, in angry condition has 17 peoples. bored had 57 peoples. And, feeling nothing have 6 respondents.

10. In your opinion, what did you do to handle mental health during pandemic? / Pada pendapat anda, apakah tindakan anda untuk menangani kesihatan mental semasa pandemik?
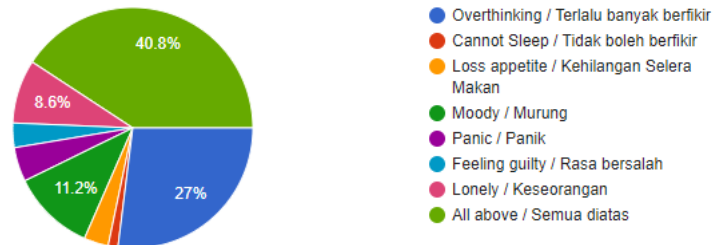
152 responses
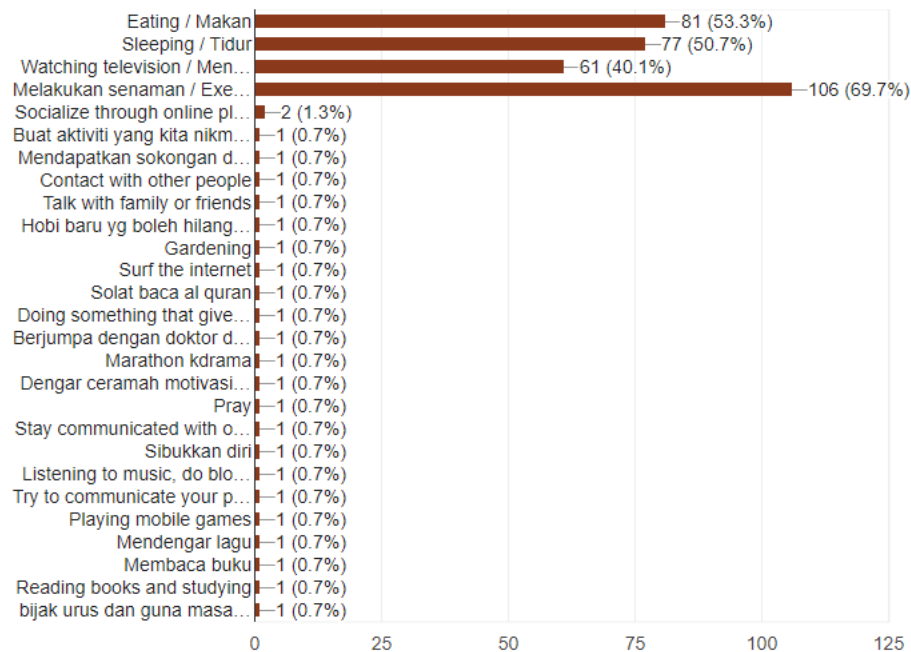
The highest things that they do during pandemic was doing exercise that have 106 peoples. Next, for eating have 81 people and sleeping got 77 people. Then, for watching television they got 61 people. For socialize through online platform had 2 people and others got 1 people for each activities.

11. What is the reason why mental health affect to Covid-19 patients? / Apakah kesan yang menyebabkan kesihatan mental berlaku terhadap pesakit Covid-19?

152 responses

- Overthinking / Terlalu banyak berfikir
- Cannot Sleep / Tidak boleh berfikir
- Loss appetite / Kehilangan Selera Makan
- Moody / Murung
- Panic / Panik
- Feeling guilty / Rasa bersalah
- Lonely / Keseorangan
- All above / Semua diatas

There were 8 reasons in the questionnaire about why mental health affect to Covid-19 patients. The first reason is overthinking that have 41peoples. Secondly, the reason of cannot sleep have 2 people. Next, loss appetite have about 5 peoples. The forth reason is moody which have 17 people. The fifth is about panic that have 7 people. Then, feeling guilty got about 5 people. Next is about lonely which have 13 people. Lastly, the reasons is all above as many as 62 respondents.

12. In your opinion, do Covid-19 patients need to see a specialist to overcame mental health problems?/ Pada pendapat anda, adakah pesakit Covid-19 perlu berjumpa dengan pakar untuk mengatasi masalah kesihatan mental?

152 responses

- Yes / Ya
- No / Tidak
- Not sure / Tidak pasti

82.2%

13.8%
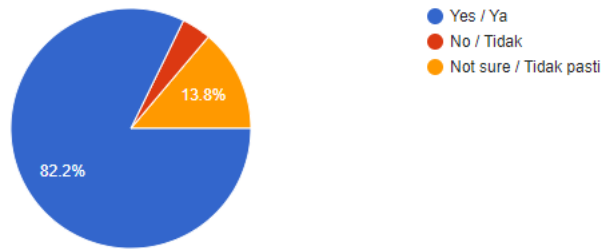
The number of opinion that covid-19 patients need to see specialist to overcame it for yes answer was 125 people and those who say no was 6 people. And followed by 21 people from those who are unsure about it.

13. Have you seen a advertising campaign that shows awareness about mental health among Covid-19 patients ? / Pernahkah anda terlihat kempen pengiklanan tentang kesihatan mental dalam kalangan pesakit Covid-19?

152 responses

- Yes / Ya
- No / Tidak
- Not Sure / Tidak Pasti

31.6%

35.5%

32.9%
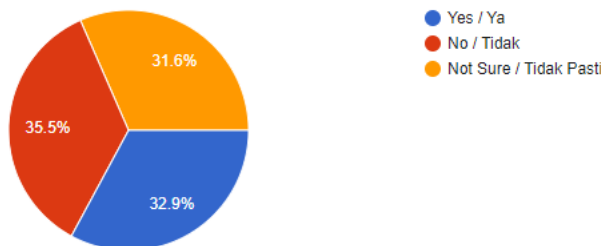
The number of people think that they have seen a advertising campaign awareness about mental health for yes answer was 50 people and those who say no was 54 people. And followed by 48 people from those who are unsure about it.

14. In my opinion, the community needs to be exposed about mental health among Covid-19 patients issue. / Pada pendapat saya, masyarakat perlu didedahkan tentang isu kesihatan mental dalam kalangan pesakit Covid-19?
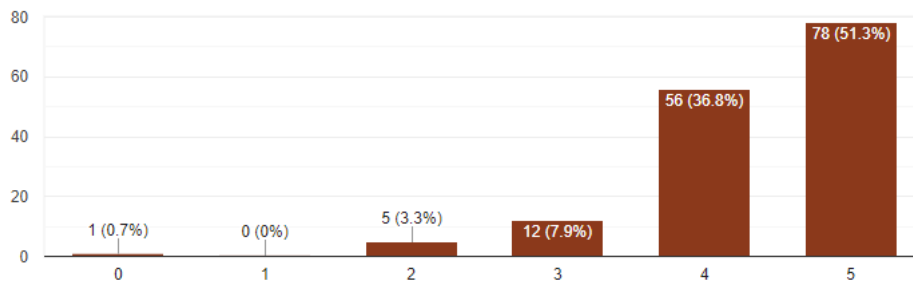
152 responses
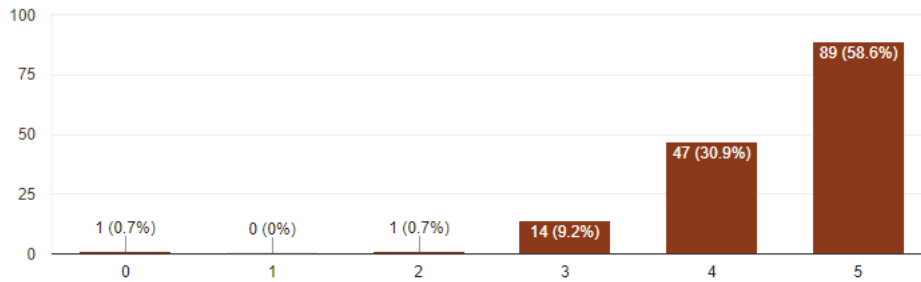
The number of opinion that community needs to be exposed about mental health through linear scale is 14 people for pick number 3 and 47 people that pick number 4. And followed by 89 people that choose number 5 which represent strongly agree.

15. I think through advertising campaign the community can be exposed about the mental health among Covid-19 patients issue. / Saya berpendapat melalui kempen pengiklanan masyarakat boleh didedahkan tentang isu kesihatan mental kesihatan mental dalam kalangan pesakit Covid-19?

152 responses

The number of opinion that community thinks through advertising campaign needs to be exposed about mental health through bar chart is 78 people for pick number 5 and 56 people that pick number 4. And followed by 12 people that choose number 5. Then, 5 people choose number 2 while 1 person disagree about the method.

16. In your Opinion, which media is most appropriate for promoting awareness of society's perception of mental health among Covid-19 patients ? / Pada pendapat anda, media mana yang paling sesuai untuk mempromosikan kesedaran mengenai kesihatan mental dalam kalangan pesakit Covid-19?

12 / 152 correct responses
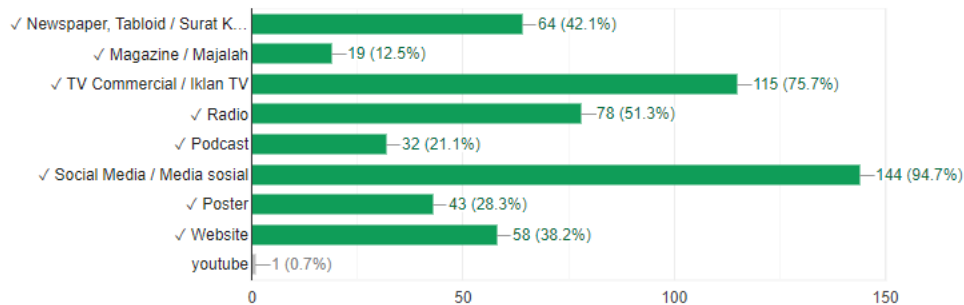
The number of opinion that community thinks about suitable media for promoting advertising campaign through newspaper was 64 people. Next, magazine was 19 people. For TV Commercial got 115 people and for radio have 78 people. Then, for social media have the highest number which was 144 people. Next, for poster and website have 43 people and 58 people. Lastly, the least number was 1 people that choose youtube.

CHAPTER FIVE
CONCLUSION AND RECOMMENDATION

5.1 Conclusion

Although current evidence on the direct effects of COVID-19 on mental health is limited, there are indications of increased levels of PTSS and depression following infection with COVID-19. In terms of COVID-19's indirect effects on general mental health, there appears to be evidence of an increase in depressive and anxiety symptoms, as well as a negative impact on general mental health, particularly among covid-19 patients. To improve treatment, mental health care planning, and preventive measures during potential future pandemics, research evaluating the direct neuropsychiatric consequences and the indirect effects on mental health is critical.

Given the large number of people affected by COVID-19 infection worldwide, and based on the limited scientific knowledge and evidence available at the moment, it is reasonable to expect that physiatrists and physiotherapists will become increasingly involved in the care of these patients in order to improve pulmonary function, physical and psychological efficiency, and patient quality of life. Timely preparation and careful planning can help to mitigate the effects of this unprecedented situation.

5.2 Recommendation

As a result of the study's findings, researchers believe that posters for mental health among covid-19 patients should be expanded in Malaysia, and moreover maybe another researcher can do other finding about this campaign because based on the questionnaire earlier, most of respondent want this campaign to be promoting through social media which was a great idea actually. Furthermore, people nowadays spending most of their time using social media such as facebook, Instagram, and others platform. But not to forget about other platform such as newspaper and maybe at "Pusat Pemberian Vaksin" because this poster will be spreading through mouth to mouth which was to aware another people about how serious this illness during this endemic.

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APPENDICES

1. Gender / Jantina? *

○ Male

○ Female

2. Race / Bangsa? *

○ Melayu / Malay

○ Cina / Chinese

○ India / Indian

○ Other...

3. Age / Umur *

○ under 21 / bawah 21

○ 21 - 30

○ 31 - 40

○ 41 - 50

○ 51 and above / 51 dan ke atas

4. Work / Pekerjaan *

○ Student / Pelajar

○ Employed / Bekerja

○ Unemployed / Tidak Bekerja

○ Self-Employment / Bekerja sendiri

○ Other...

5. Demographic, current residence / Demografik, tempat tinggal *

○ Village and Rural area / Kampung dan Kawasan pedalaman

○ Sub urban, Small town / Pinggir bandar, Bandar kecil

○ Town / Bandar

○ City / Bandaraya

○ Other...

6. Do you know what is a Mental Health? / Adakah anda mengetahui apa itu Kesihatan Mental ? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

7. Do you currently / had suffer from COVID-19 virus? / Adakah anda sedang atau telah dijangkiti oleh virus Covid-19? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

8. Do you think that mental health among Covid-19 patients is an serious issue? / Adakah anda fikir bahawa kesihatan mental dalam kalangan pesakit Covid-19 merupakan isu yang merisaukan? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

9. How do you feel when you need to separate yourself from your family members as a one of Covid-19 patients ? / Bagaimanakah perasaan anda ketika anda perlu mengasingkan diri anda daripada bergaul dengan ahli keluarga kerana anda adalah salah seorang pesakit Covid-19?

☐ Fear / Takut

☐ Anxiety / Cemas

☐ Stress / Tekanan

☐ Happy / Gembira

☐ Sad / Sedih

☐ Angry / Marah

☐ Bored / Bosan

☐ Nothing / Tiada perasaan

10. In your opinion, what did you do to handle mental health during pandemic? / Pada pendapat anda, apakah tindakan anda untuk menangani kesihatan mental semasa pandemik? *

☐ Eating / Makan

☐ Sleeping / Tidur

☐ Watching television / Menonton televisyen

☐ Melakukan senaman / Exercise

☐ Other...

11. What is the reason why mental health affect to Covid-19 patients? / Apakah kesan yang menyebabkan kesihatan mental berlaku terhadap pesakit Covid-19? *

○ Overthinking / Terlalu banyak berfikir

○ Cannot Sleep / Tidak boleh berfikir

○ Loss appetite / Kehilangan Selera Makan

○ Moody / Murung

○ Panic / Panik

○ Feeling guilty / Rasa bersalah

○ Lonely / Keseorangan

○ All above / Semua diatas

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12. In your opinion, do Covid-19 patients need to see a specialist to overcame mental health problems?/ Pada pendapat anda, adakah pesakit Covid-19 perlu berjumpa dengan pakar untuk mengatasi masalah kesihatan mental? *

○ Yes / Ya

○ No / Tidak

○ Not sure / Tidak pasti

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13. Have you seen a advertising campaign that shows awareness about mental health among Covid-19 patients ? / Pernahkah anda terlihat kempen pengiklanan tentang kesihatan mental dalam kalangan pesakit Covid-19? *

○ Yes / Ya

○ No / Tidak

○ Not Sure / Tidak Pasti

○ Other...

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14. In my opinion, the community needs to be exposed about mental health among Covid-19 patients issue. / Pada pendapat saya, masyarakat perlu didedahkan tentang isu kesihatan mental dalam kalangan pesakit Covid-19? *

	0	1	2	3	4	5	
Do Not Agree/ Tidak Setuju	○	○	○	○	○	○	Strongly Agree / Sangat Setuju

15. I think through advertising campaign the community can be exposed about the mental health among Covid-19 patients issue. / Saya berpendapat melalui kempen pengiklanan masyarakat boleh didedahkan tentang isu kesihatan mental kesihatan mental dalam kalangan pesakit Covid-19? *

	0	1	2	3	4	5	
Do Not Agree/ Tidak Setuju	○	○	○	○	○	○	Strongly Agree / Sangat Setuju

16. In your Opinion, which media is most appropriate for promoting awareness of society's perception of mental health among Covid-19 patients ? / Pada pendapat anda, media mana yang paling sesuai untuk mempromosikan kesedaran mengenai kesihatan mental dalam kalangan pesakit Covid-19? *

- ☐ Newspaper, Tabloid / Surat Khabar
- ☐ Magazine / Majalah
- ☐ TV Commercial / Iklan TV
- ☐ Radio
- ☐ Podcast
- ☐ Social Media / Media sosial
- ☐ Poster
- ☐ Website
- ☐ Other...