

Fear of Covid-19 in Relation to Depression and Stress: A study During Lockdown

Sandeep Panchal* and Suman Kumari**

Abstract

The purpose of the study was to examine the relationship between fear of COVID-19, depression and stress among citizens. The sample consists of total 104 (40 female & 64 male) with in age range of 20-40 years. Generalized fear of COVID-19 scale (Ahorsu, et. al., 2020), Perceived stress scale (Cohen, Kamarck, & Mermelstein, (1983) and Patient Health Questionnaire (PHQ-9) (Spitzer, Williams, Kroenke, et al., 1999) were used. The data were analysed by using descriptive statistics, Pearson's Product Moment correlation and step wise multiple regression analysis. The results revealed that fear of COVID-19 have a significant positive relation with depression and stress. Depression was found to be significantly positively correlated with stress. The stepwise regression analysis revealed that fear of COVID-19 is a predictor of stress.

Keyword: - Fear of COVID-19, Depression and Stress.