

**PERSPECTIVES ON CAFFEINE INDUCED ANXIETY WITH SPECIAL REFERENCE TO PEOPLE WORKING FROM HOME IN PANDEMIC COVID-19.**\*<sup>1</sup>Pooja Verma and <sup>2</sup>Dr. Rahul Singh<sup>1</sup>School of Medical and Allied Sciences, Gd Goenka University Sohna Road Gurgaon.<sup>2</sup>Assistant professor school of medical and allied sciences, Gd Goenka university sohna road Gurgaon.

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**ABSTRACT**

The damage coronavirus pandemic have made on mental health from people working from home have not addressed by any authorities. The aim of the study was to analyse the coronavirus anxiety scale associated with caffeine consumption in people working from home. The 50 people study conducted provided reliability and evidence behind hopelessness and anxiety among people at home. The elevated scores of corona anxiety scale was found in people who were consuming more caffeine. Conclusion: Fear and caffeine consumption seems to be the reason of elevated CAS score.

**KEYWORDS:** Coronavirus, anxiety, caffeine, stress.**1. INTRODUCTION**

The information on Novel pneumonia of unknown etiology evolving from Wuhan, China was announced to World health organisation on 31 December 2019. In the end of 2019, china was in light globally. According to 1<sup>st</sup> situation report issued by WHO on Jan 21, 2020 and 10<sup>th</sup> situation report issued on Jan 30, On Jan 7, 2020 the authorities of china mainly health commission of china found the new type of coronavirus which was isolated from one seafood market situated in Wuhan City of China. In the mid- January, china helped the world to develop the diagnostic tools to detect the Novel corona virus by sharing its genetic sequence. At the end of Jan 30, 2020 the total count of corona virus positive cases went to 7818, which included 17 countries.<sup>[1,2]</sup> The current situation report issued by WHO on 1 May 2020, reports 3 175 207 cases globally with 224 172 deaths deaths.

The outbreak inevitably increase the risk of increase mortality rate from the virus but also substantially enhance possibility of mental pressure on the rest of the world.<sup>[4]</sup>

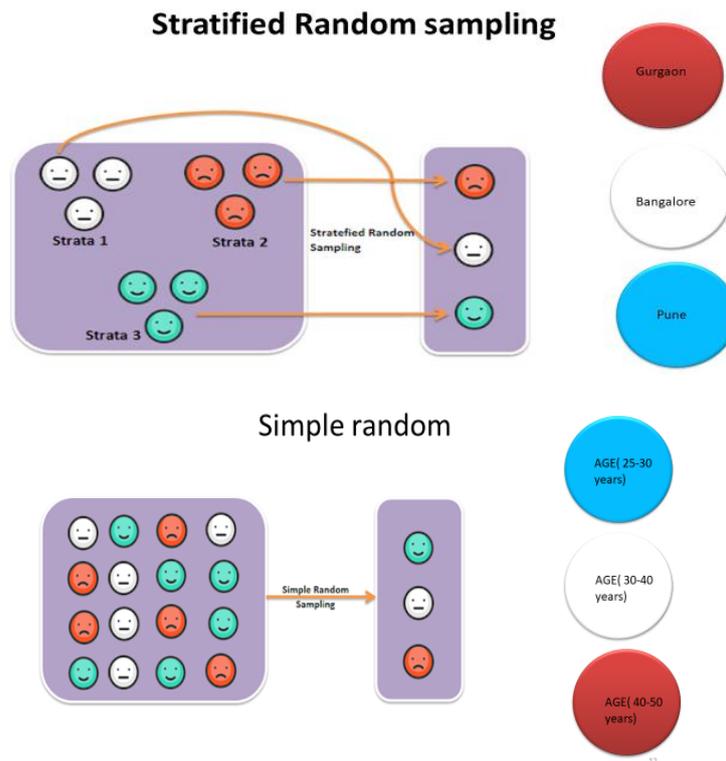
The ongoing sustained spread of the virus, delayed office openings, closed universities, closing of gymnasium, banned of social gatherings on a global scale influenced the mental health of people around the world including elder people, general public, medical staff and health care professionals.<sup>[5]</sup>

Due to the lack of social communication, Chinese council created a psychological helpline during the crisis of epidemic. However, there are no studies and evidence available and psychological health interventions targeting people working from home. In a study conducted between many states of India such as Gurgaon, Bangalore, Hyderabad, Pune, Mumbai, Delhi and it was found that more than 40 percent of people who always worked from home discovered themselves as stressed.<sup>[6]</sup>

To fill the gap, the aim of this study was to analyze outcome of mental health among people working from home. The contributing factors that leads to anxiety during work from home included isolation, burnout, excessive caffeine consumption and working longer than the office hours.



People selected from different work hubs of India

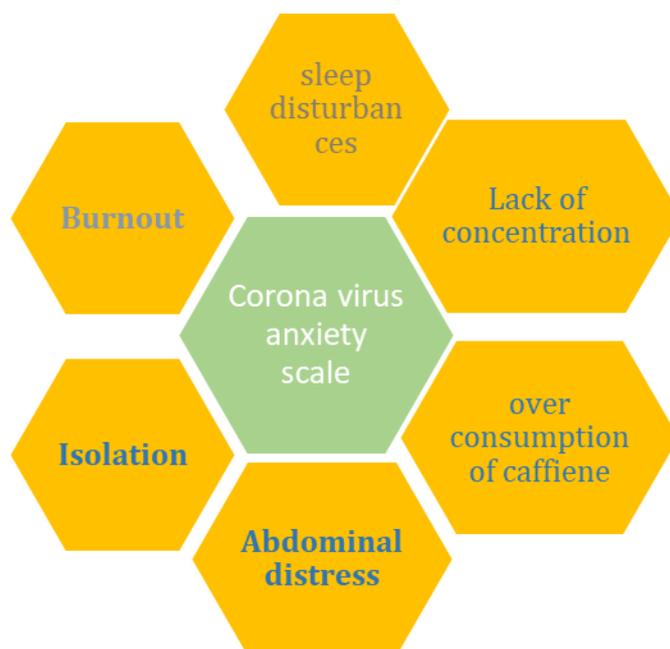


**2. Method**

The study is a cross-sectional, work from home-based survey. The sampling technique involves simple random and stratified sampling. The research design is non-experimental and analysis is qualitative based. The samples were collected from deifferent location of India. The corona virus anxiety scale was in correspondence with DSM- five's rating.

The survey was conducted in a group of (n=6) from different locations of working hub in India.

Parameters	Number of Participants					
	0 (Not at all)	1 (less than a day)	2 (Several days)	3 (More than 7 days)	4 (More than 10 days)	5 (Everyday)
Dizziness						
Sleep						
Consumption of caffeine						
Abdominal distress (upset stomach)						
Isolation						
Population (with lactobacillus)						

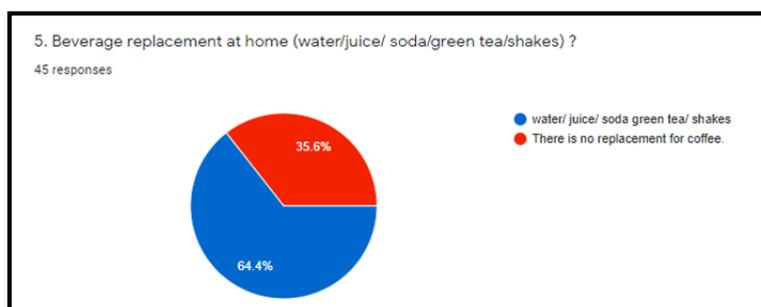
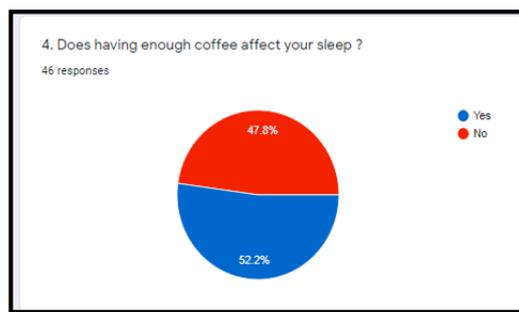
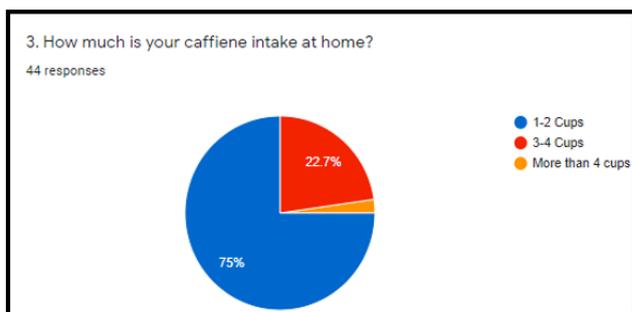


### Validity

Online data was collected from 50 people working from home during the lockdown phase 2 (15 April – 3 May). The participants were asked to select a score between using a 5-point scale (0 = not satisfied), (5 = totally satisfied)

- **Social questionnaire:** The questions included how satisfied are you with prime minister Narendra Modi's response to covid-19? participants were asked to choose the scale between (0-5), their likelihood to ban Chinese products including food and games like PUBG, How likely they will avoid their plans of shopping, travelling, getting married, How likely they will join offices even if they open.
- **Psychological aspects:** The questions included how often they think it is never going to finish, their faithlessness for the future, offices are never going to open and we will keep working from home.
- **Maladaptive techniques to handle stress:** How much caffeine you are consuming during a day to keep yourself active and to deal with work-induced stress.
- **Coronavirus Anxiety Scale:** The questions included sleep disturbances, isolation, abdominal distress, burnout, lack of concentration and anger.

**Results and discussion:** The results showed strong demographic differences in scores. For example, the North-Indians from Delhi and Gurgaon have elevated scores in all the tests. A positive correlation was found in other social attributes including avoiding Chinese products. It was found that people were consuming more caffeine during work from home as compared to during office times. The people were consuming caffeine in order to stay awake, lack of social interaction and in order to complete work on time. The people who were consuming more caffeine were found to have elevated scores more than 4 on the anxiety scale. The people with elevated scores tend to have lack of concentration, isolation, abdominal stress, burnout and also weight gain.



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### Conflict of Interest

The authors declare no conflict of interest, financial or otherwise.

### Funding Source

None.

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