

# A Multi-Variance Analysis of Quality of Life During the COVID-19 Pandemic in Westchester County, NY

Despina Xynidakis and Michelle Ho

The country has been sent into a state of crisis with the recent outbreak of the COVID-19 virus which is caused by the strain SAR-CoV-2. The disease first broke out in Wuhan, China in December of 2019 and has now spread across the globe. As of April 22, 2020, the virus has infected approximately 2.7 million people, globally. At that time, there were 820,000 cases in the United States alone, recorded by the CDC. In order to flatten the curve, many states have gone into lockdown, requesting that people stay in their homes, avoid human contact and limit their access to the public. Many people have been experiencing fear and anxiety during these confusing times. These fears stem from the insufficient information regarding the virus and from the uncertainty of what is to come. Reports show people are experiencing longer screen times, weight gain, poor nutrition, and poor fitness. According to a 2020 study carried out by Shigemura, the fear of the unknown raises levels of anxiety in those with preexisting mental health disorders, as well as healthy individuals.

The aim of this research is to discover how the COVID-19 pandemic is affecting people's quality of life in the local Westchester area. An email will be sent out requesting participants to fill out a demographic questionnaire, along with the World Health Organization Quality of Life Scale (WHOQOL-BREF). Both questionnaires will be resent after the lockdown has been lifted. The second round of questionnaires will be used to evaluate the changes in people's quality of life. This study will be of first to collect data on quality of life during a major pandemic and will be applicable to future situations to ensure greater quality of life.

Mentor: Dr. Kim Morris; Independent Practice

## Local Westchester Residents' Quality of Life During The COVID-19 Pandemic

Despina Xynidakis and Michelle Ho

The country has been sent into a state of crisis with the recent outbreak of the COVID-19 virus. The disease first broke out in Wuhan, China in December of 2019 and has now spread across the globe, infecting approximately two million people. Out of these two million people, there are currently 650,000+ confirmed cases in the United States alone. Many states have gone into lockdown, requesting that people stay in their homes and to avoid human contact as much as possible.

Many people have been experiencing fears and anxieties during these confusing times. These fears stem from the inadequate supplies of basic necessities and insufficient information. There are high levels of uncertainty that accompany social isolation, and reports have shown longer screen times, weight gain, poor nutrition, and poor fitness for families going through home confinement. The fear of the unknown raise levels of anxiety in healthy individuals as well as in those with preexisting mental health disorders.

The specific aim for this research topic is to discover how the COVID-19 pandemic is affecting quality of life. An email shall be sent out requesting for participants to fill out a demographic questionnaire along with a quality of life scale. This quality of life scale will then be sent out again as a follow-up to observe changes and or improvements in their quality of life.

Mentor:

Dr. Kim Morris; Independent Practice

