



# Covid-19 Stigma & Mental Health Survey

**2<sup>nd</sup> July 2020**

**Study Background (objectives and methodology)**

**Corona Virus Anxiety**

**Voluntary Testing**

**Covid-19 Stigmatization**

**Mental Health**

**Respondents demographics**

**Webinar Details : Covid-19 Stigma and Mental Health**

# Summary Findings



# Summary Findings



## Covid-19 Testing

**79%** likely to go for voluntary Covid-19 testing  
**8%** know someone who has tested positive for the virus



## Stigma – Recovered patients

**23%** would NOT visit recovered patients

**41%** would NOT allow own children to play with recovered patients' children



## Mental Health – Substance Abuse

**14%** used more of a substance (i.e tobacco, coffee, tea, others) to feel normal.



**9%** Consumed four or more drinks of alcohol (glasses of wine, bottles of beer, measures of spirits) in a sitting



## Barriers to Covid-19 testing

**23%** test discomfort  
**14%** mandatory quarantine  
**9%** fear stigmatization



## Stigma – Family of Deceased

**37%** would NOT attend the funeral of a close friend even if the number of mourners is less than 15 and social distancing is assured.



## Mental Health – Stress

**22%** feeling nervous, anxious and on edge.

**21%** feeling irritable, depressed and hopeless

**19%** have trouble with sleep



# Study Background



## Stigmatization

Initially, when the first coronavirus cases were reported in the country, stigma was directed towards people of Chinese origin, recent travelers, healthcare workers and emergency responders. As the disease continued to spread amongst Kenyans, the stigmatization has spread towards people who have recovered from the disease, those that have been released from quarantine and their family members. The stigmatization is worse for those whose close family members have died from the virus.



## Psychological Stress

Effects of Covid-19, such as loss of jobs and isolation have heightened stress levels among many people, worsening their mental and health well-being. There has been reports of increased domestic violence and also people live fearfully due to the rise in insecurity in their neighborhoods during the pandemic period.

It is upon the above background that TIFA conducted a study to examine stigma and mental health implications of COVID-19 to Kenyan Citizens.

## Objectives

The survey sought to access the following;

- ☐ Stigma towards **Covid-19 testing**
- ☐ Stigmatization of **recovered patients**
- ☐ Stigmatization toward **bereaved families**
- ☐ **Psychological distress** arising from Covid-19

## Methodology

Sub-topic	Detailed information
Field work dates	2 <sup>nd</sup> to 15 <sup>th</sup> June 2020
Geographical scope of study	National representative sample by age/gender/regions
Target respondents	Adults (18+ years)
Sample size	843 respondents (Male = 411, Female = 432)
Margin-of-error	+/- 4.1% for the total sample. (Note: Sub-sample results have higher error-margins)



# Corona Virus Anxiety



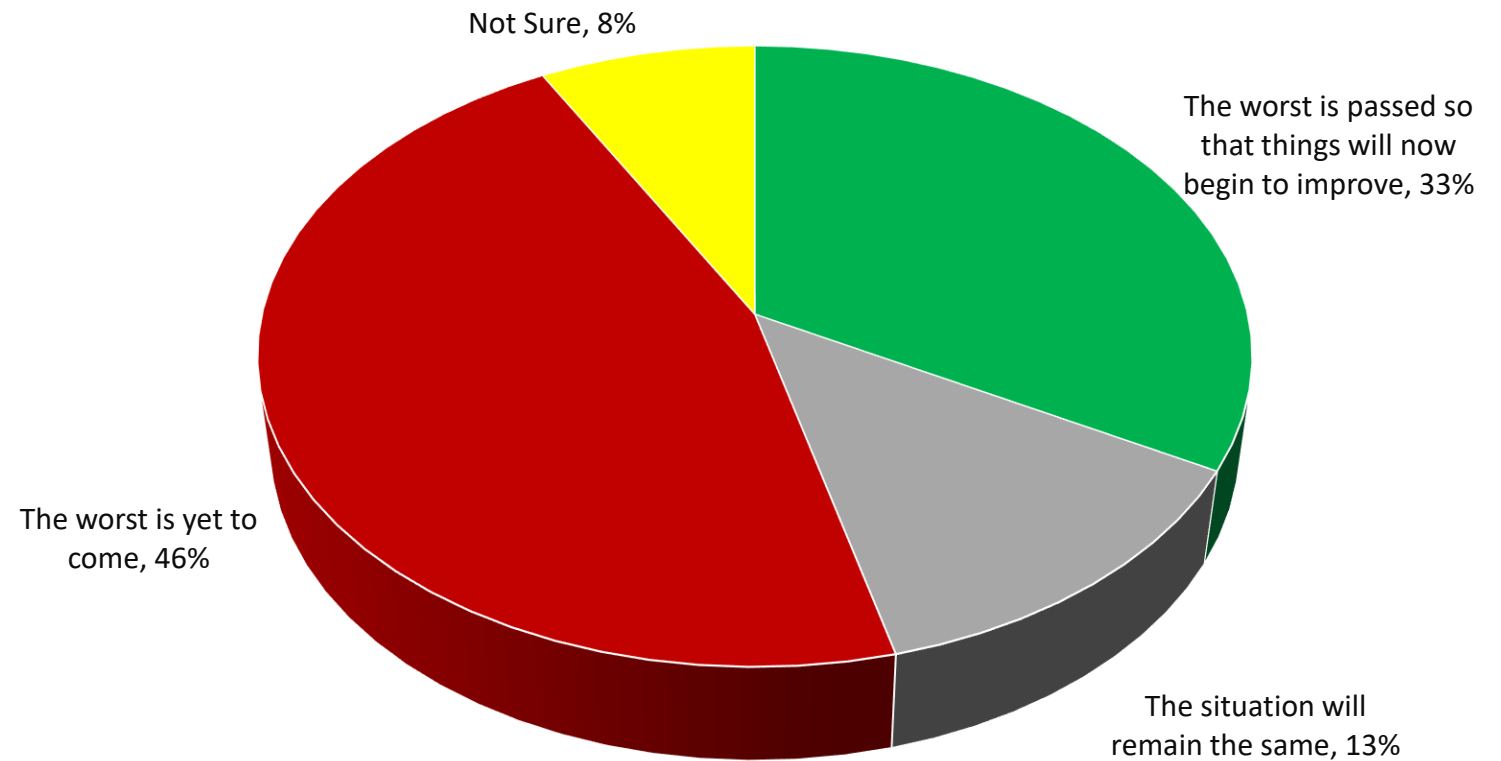


# Expected Future Impact of the Virus (by total)



- Almost half (46%) of the respondents are pessimistic about the future of the virus crisis as they feel the worst is yet to come whilst slightly over about one-third feel that the worst has passed and the situation will begin to improve.

Expected future impact of virus: by Total



**Base = 843 all respondents**

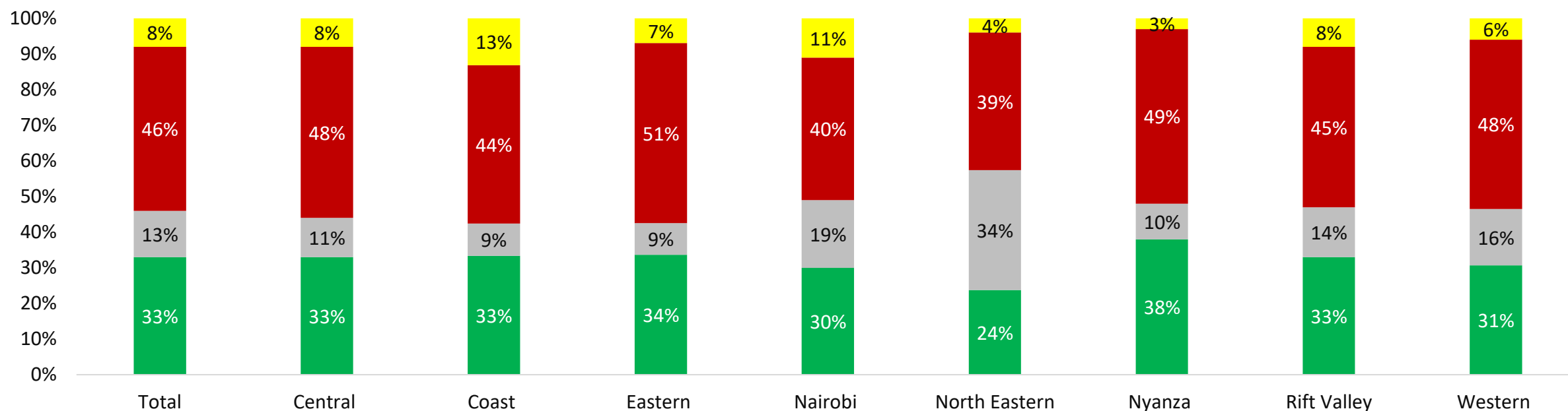
Q: When thinking about the Coronavirus here in Kenya, which of the following do you think is most likely to happen over the next few months? Do you think that...?

# Expected Future Impact of the Virus – by Region

❑ The regions with the highest level of pessimism towards the future of the virus is Eastern, Nyanza and Central respectively.

Expected future impact of virus: by Total

■ The worst is passed so that things will now begin to improve ■ The situation will remain the same ■ The worst is yet to come ■ Not Sure

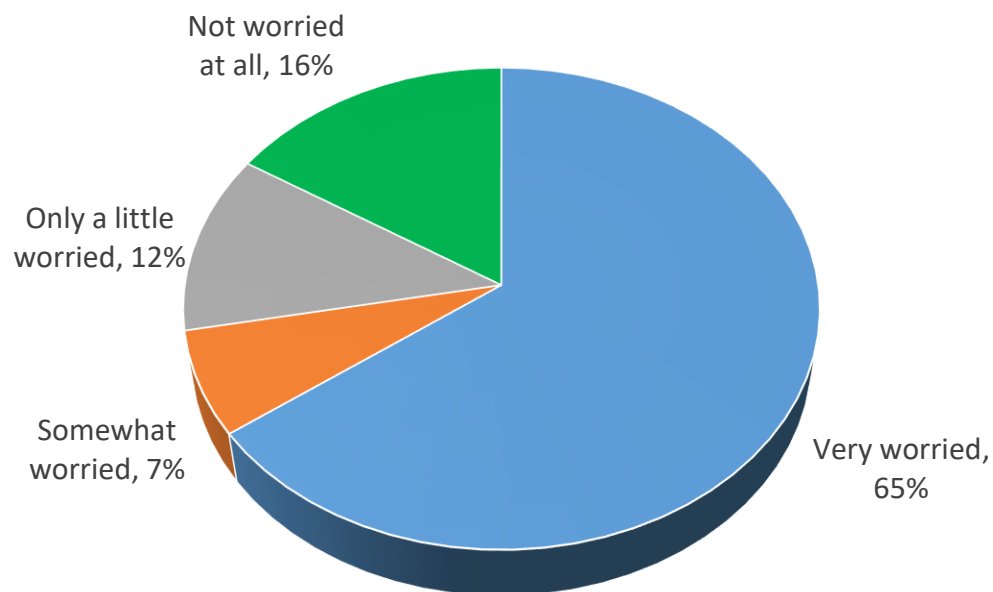


Q: When thinking about the Coronavirus here in Kenya, which of the following do you think is most likely to happen over the next few months? Do you think that...?

# Anxiety Level About Contracting the Virus (by total & gender)

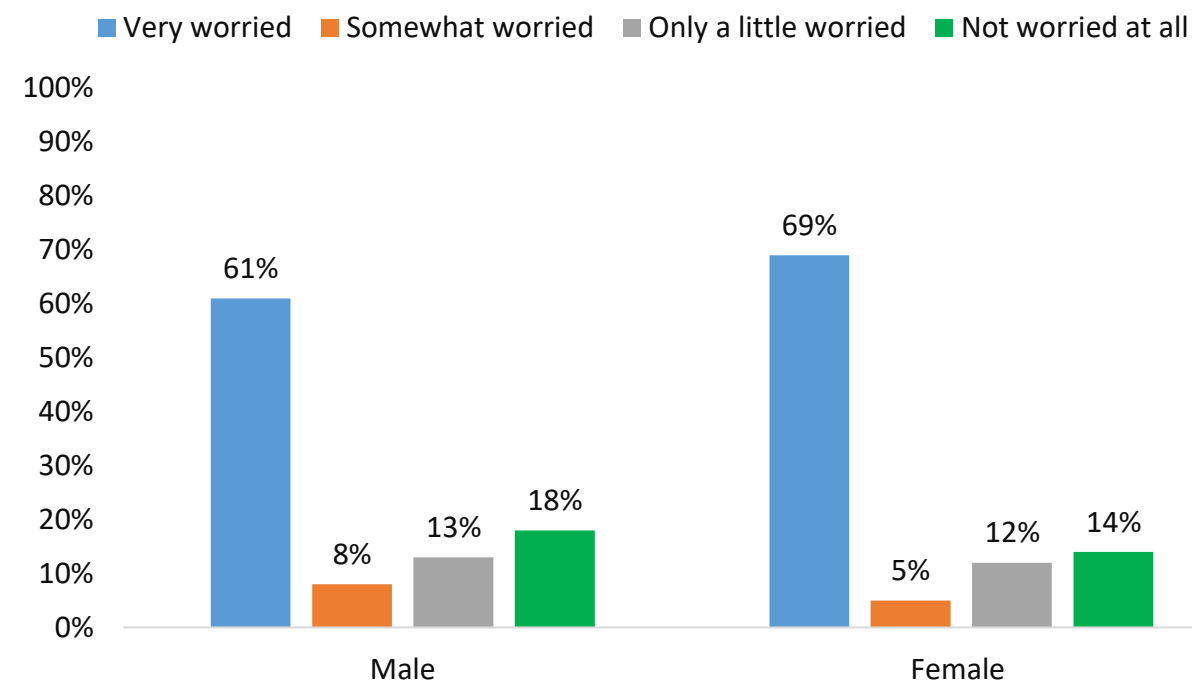
- About two-thirds of all respondents are “very worried” about contracting the Covid-19 virus.
- Women respondents are more anxious about this.

**Anxiety-Level About Contracting the Corona Virus  
By total**



**Base = 843**

**Anxiety-Level About Contracting the Corona Virus: By gender**

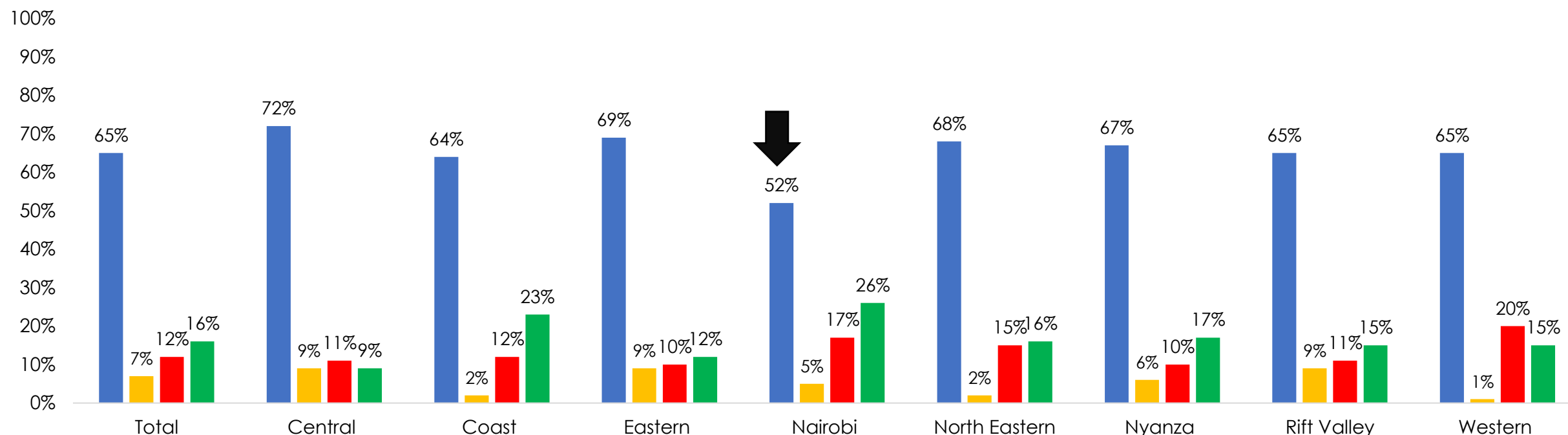


# Anxiety Level About Contracting the Virus (by region)

❑ Nairobi regions records the lowest level of anxiety towards contracting the virus.

## Anxiety-Level About Contracting the Corona Virus: By Region

■ Very worried ■ Somewhat worried ■ Only a little worried ■ Not worried at all



Q: How worried are you about getting infected with the CORONA virus? Would you say that you are...?

# Voluntary Testing

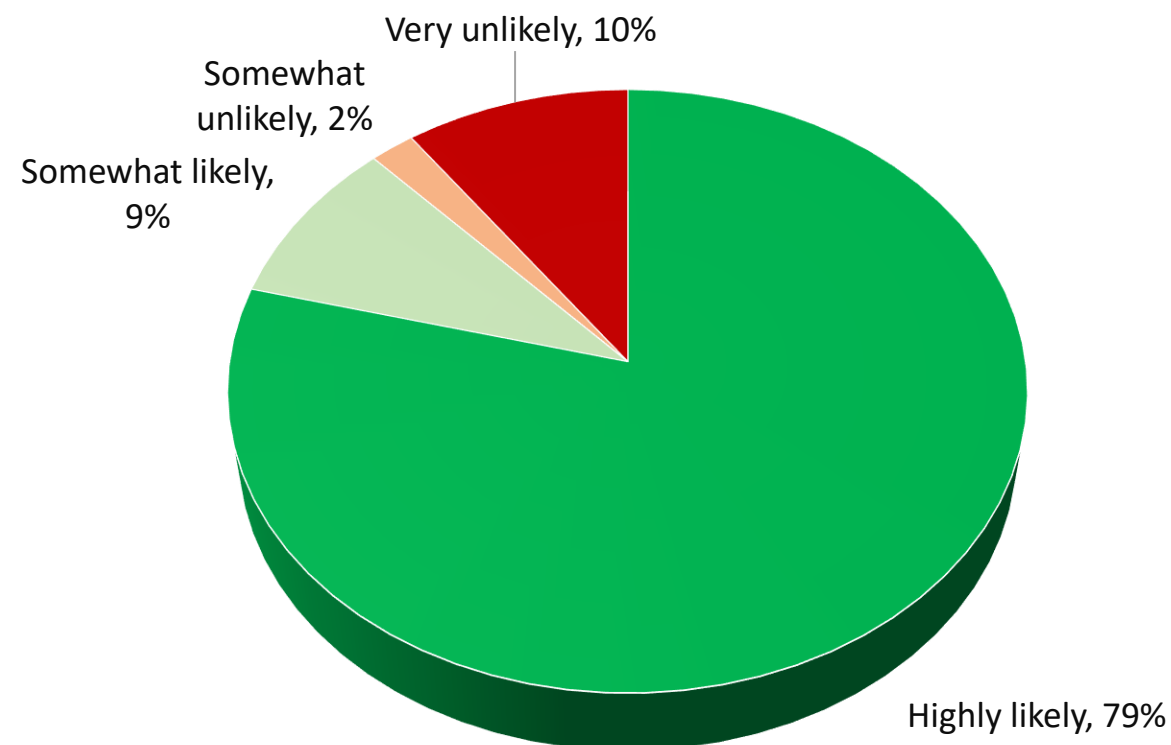


# Voluntary testing for Covid-19 (By Total)



- ❑ Majority of the respondents are 'highly likely' to go for voluntary testing for the virus.

Likelihood voluntary testing: by total



**Base = 843**

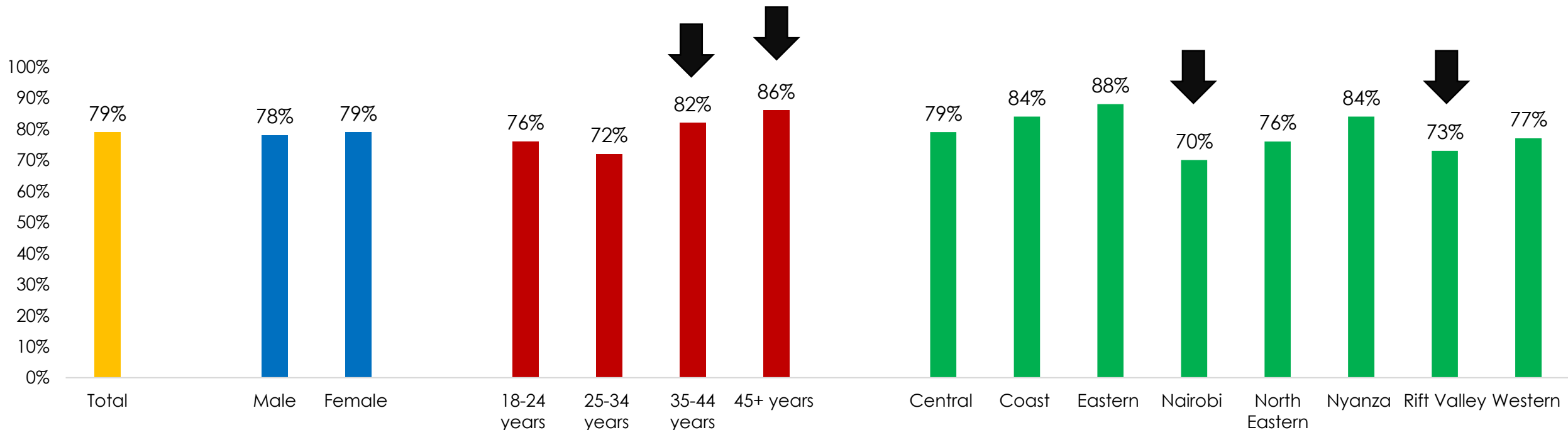
Q: How likely are you to go for CORONA test if it were offered free of charge in your neighborhood?

# Covid-19 voluntary testing intentions (by gender, age & region)



- ❑ **Gender:** there are no significant differences in the propensity to test for both male and female respondents.
- ❑ **Age:** The older respondents are more likely to test for Covid-19 and this could be attributed to the fact that they are a higher risk.
- ❑ **Region:** The regions with a slightly lower propensity to go for voluntary test include Nairobi and Rift Valley.

**Likelihood voluntary testing: by total, gender, age, region**  
(% who say they are highly likely to test)



Q: How likely are you to go for CORONA test if it were offered free of charge in your neighborhood?

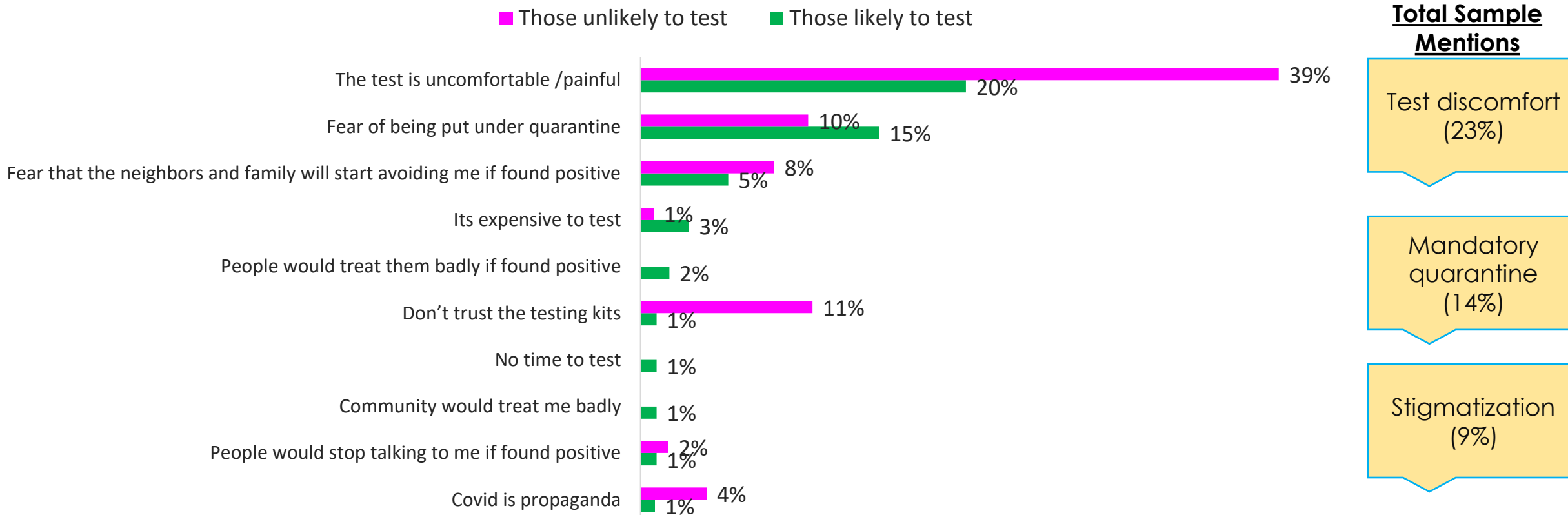


# Barriers for voluntary testing (by intention to test)



- ❑ **Those unlikely to test:** they have concerns about the discomfort of the test, fear of being mandatory quarantine and lack of trust in the testing kits. A significant proportion fear the stigmatization from family and neighbors should they be found to have Covid-19
- ❑ **Those likely to test:** in spite their intention to go for voluntary testing, they fear that the test may be painful, mandatory quarantine and stigma from neighbors.

## Factors that would deter them from voluntary testing



Q: What would make you reluctant to go for the CORONA test?

Base = 843

# Action after testing positive for Covid-19 (by total)



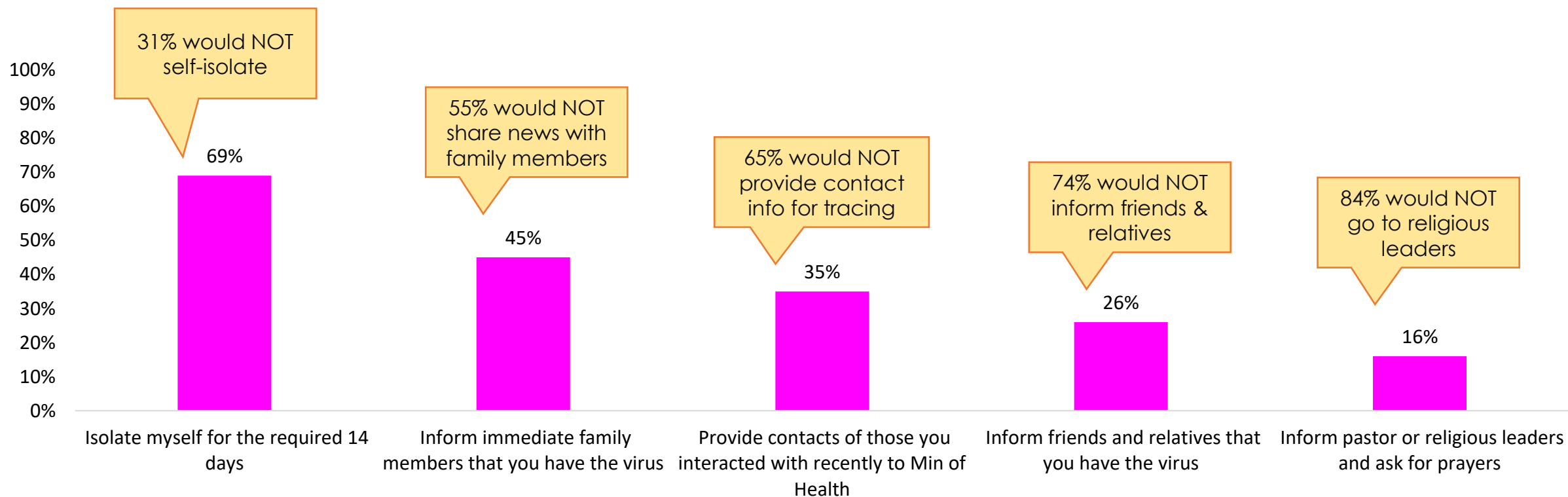
The respondents were read out to a list of actions that could be taken if they test positive for Covid-19.

❑ **Self isolation** is the most commonly mentioned action by the respondents.

❑ **Status Disclosure:** the level of disclosure about personal status to family, friends and relatives is below 50%

❑ **Contacts disclosure:** majority would not share the contacts of those they interacted with to Ministry of Health for tracing.

**Actions to be taken if test positive - prompted (by total)**



Q: If you tested for CORONA and was found to have the virus, which of the following would you do? (read out list)

**Base = 843**

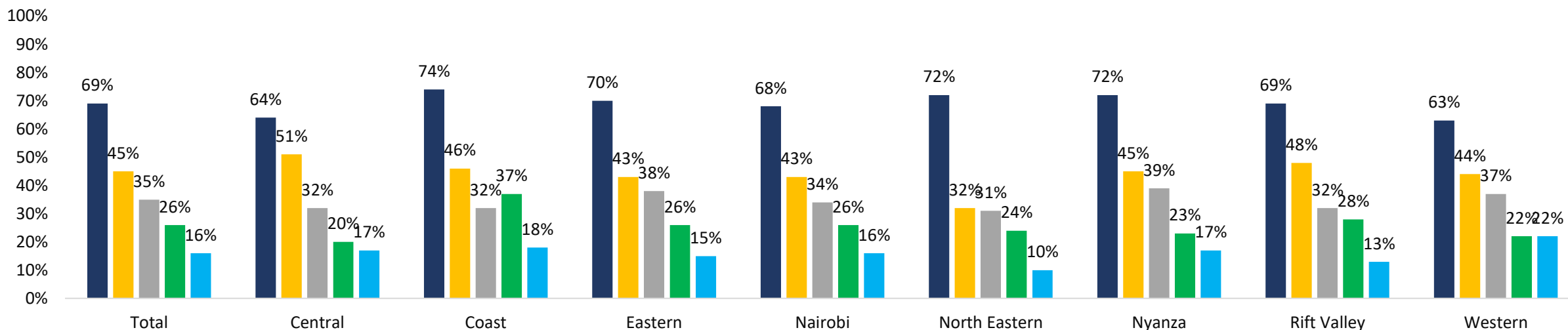
# Action after testing positive for Covid-19 (by region)



The actions to be taken by respondents across the regions is similar. However Central Region respondents have a higher propensity to share the test results with immediate family, coast region is more likely to inform friends and relatives.

## Actions to be taken if test positive - prompted (by total)

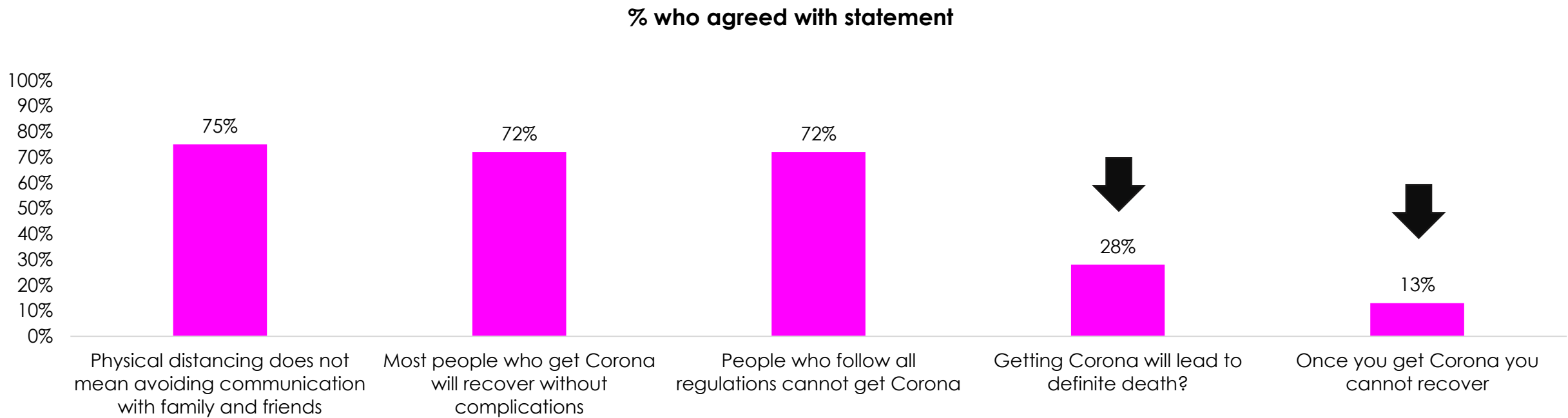
- Isolate myself for the required 14 days
- Inform immediate family members that you have the virus
- Provide contacts of those you interacted with recently to Min of Health
- Inform friends and relatives that you have the virus
- Inform pastor or religious leaders and ask for prayers



# Evaluating Beliefs Towards Covid-19 (By Total)



❑ The is a worrying proportion of Kenyans who feel that Covid-19 leads to definite death or feel that there is not hope of recovery



Q: Which of the following statements about CORONA is true?

Base = 843

# Covid-19 Stigmatization



# Know someone who has tested positive for Covid-19

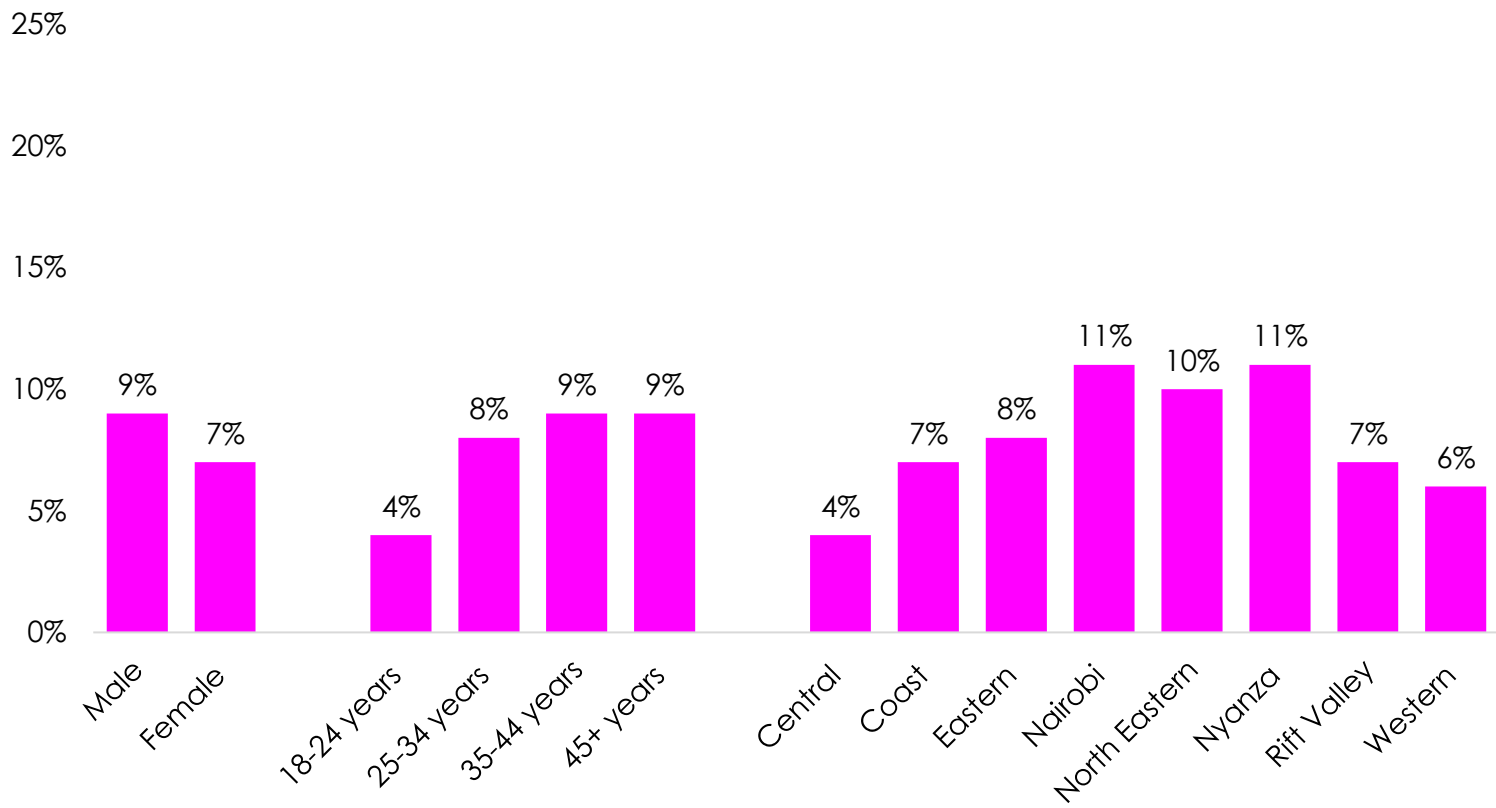


Friend/relative/neighbor who has tested positive of Corona



Base = 843

% who know friend/relative/neighbor who has tested positive of Corona



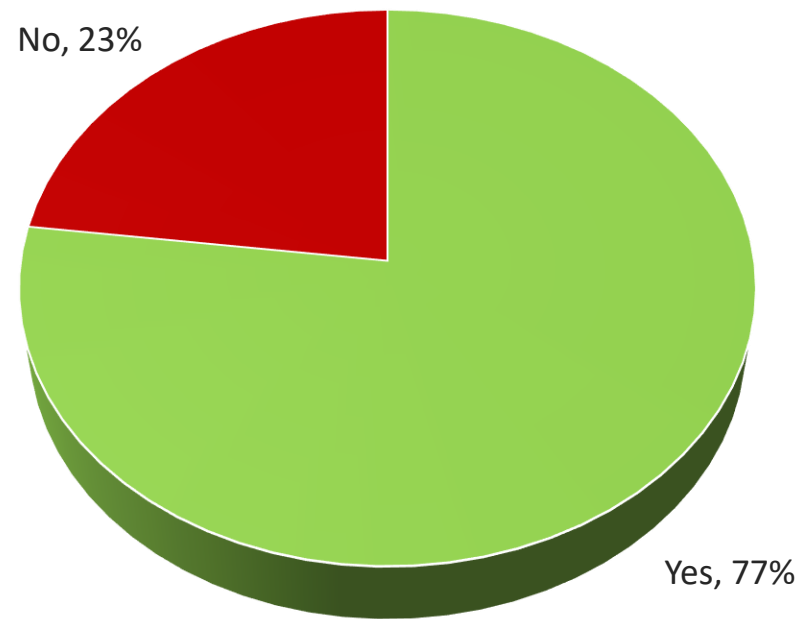
Q: Do you have a friend/relative/neighbor who has tested positive for CORONA?

# Stigma Levels for recovered patients (by total)

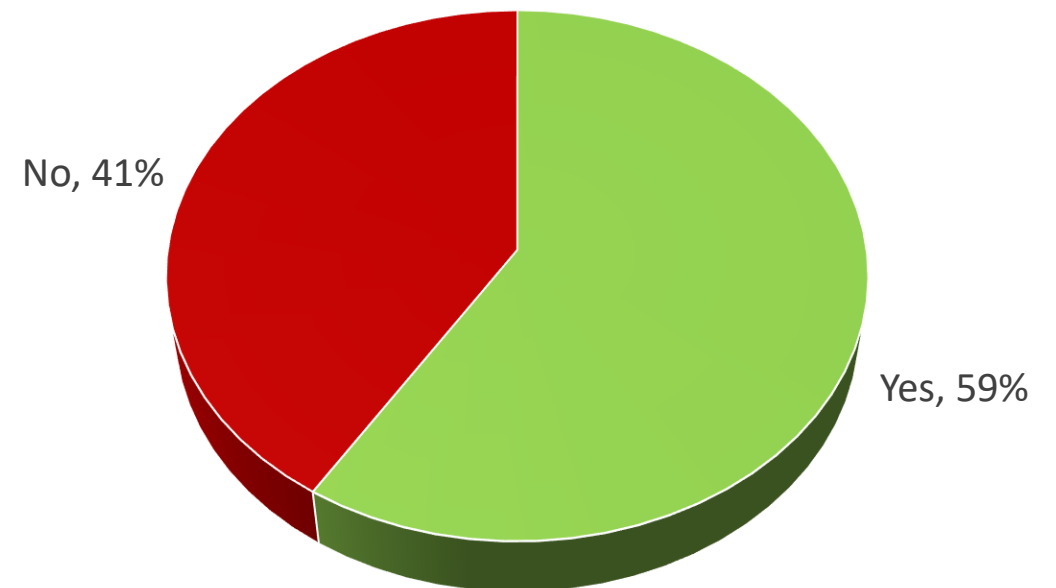


- ❑ One quarter of the sample would stigmatize recovered patients. Over three quarters of the sample would visit a recovered patient. There is higher stigma when it comes to their children interacting with those of recovered patients.

Visit him/her and family (by total)



Allow your children to play with their children (by total)

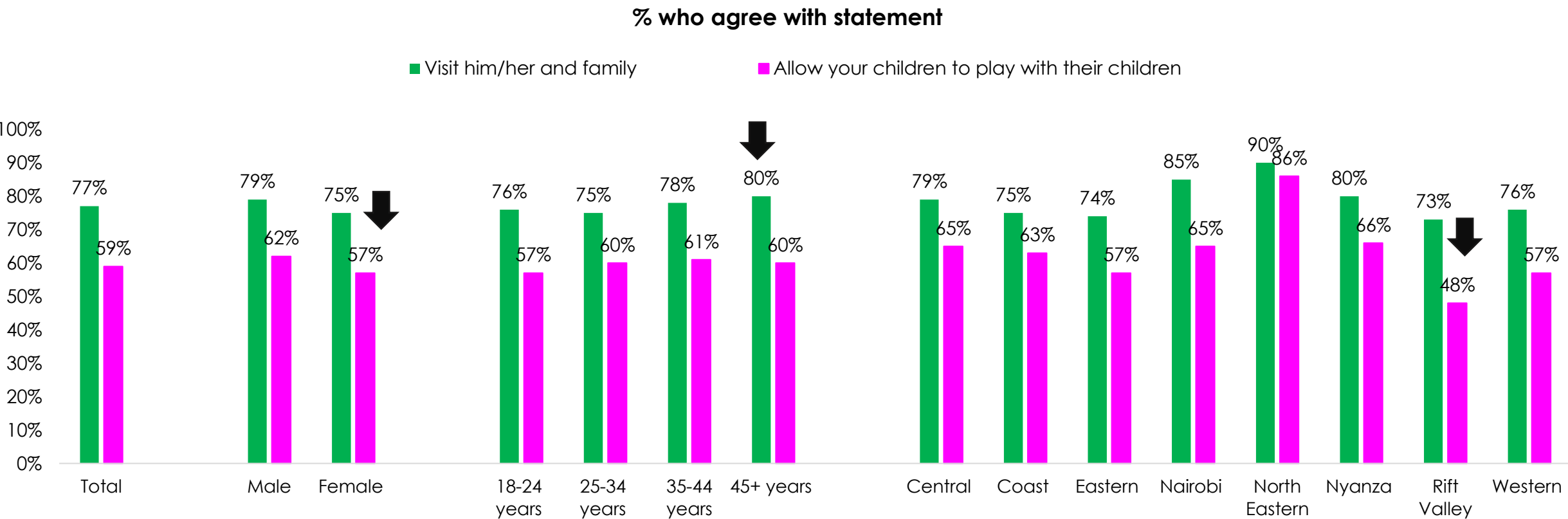




# Stigma Levels for recovered patients (by total, gender, age, region)



- ❑ **Gender:** Fewer females respondents would allow their children to play with other children from recovered patients
- ❑ **Age:** The older folk (aged 45+) show more stigma towards interacting with recovered patients.
- ❑ **Region:** Greatest stigma around children is in Rift Valley.

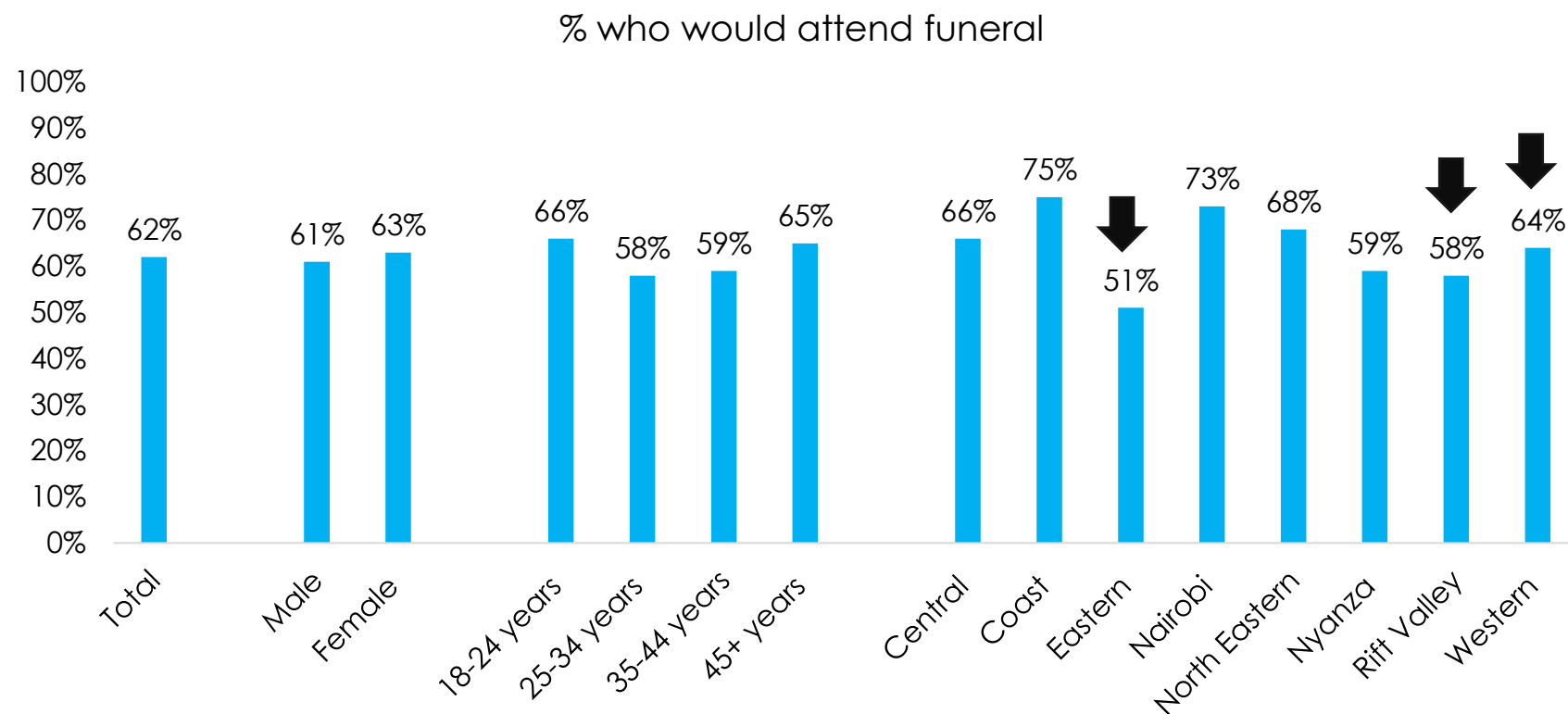
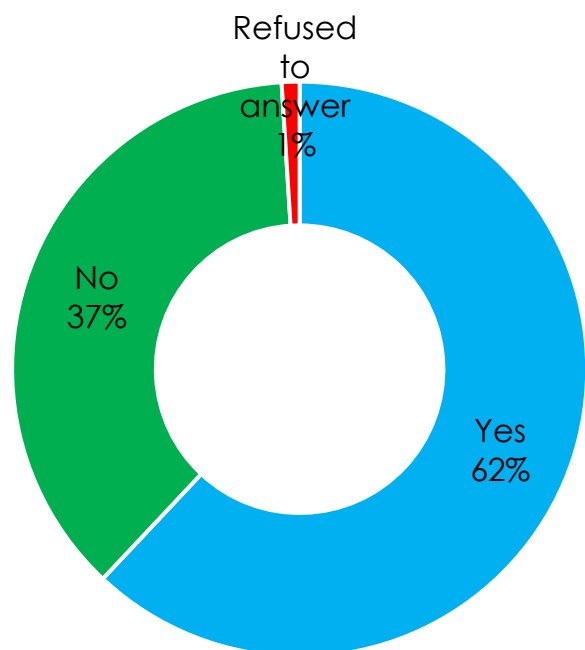


**Q: If your neighbor contracted CORONA and RECOVERED one month ago, would you?**

# Funeral attendance of a close friend died from Covid-19



- About one two thirds would attend funeral even if the number of mourners/attendees is not more that 15
- Stigma is in Eastern, Rift and Nyanza regions



**Q: If you a close friend died of CORONA and you are invited to the funeral that has only 15 ATTENDEES, would you go for the funeral?**

# Mental Health

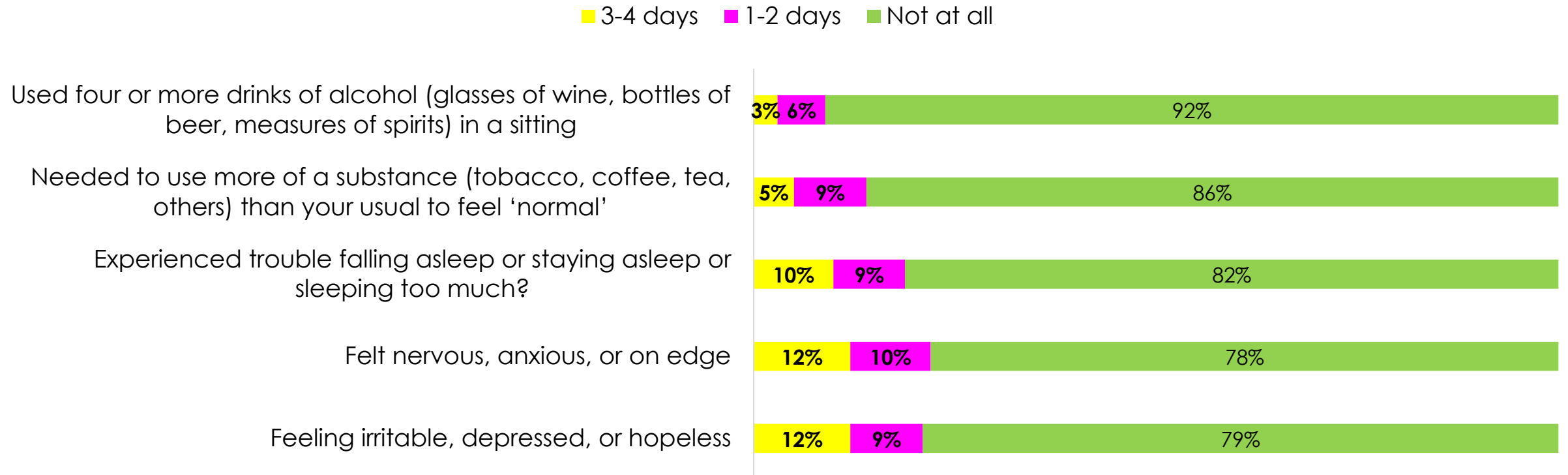


Photo by [Ian Espinosa](#) on [Unsplash](#)

# Incidence of psychological stress (by total)



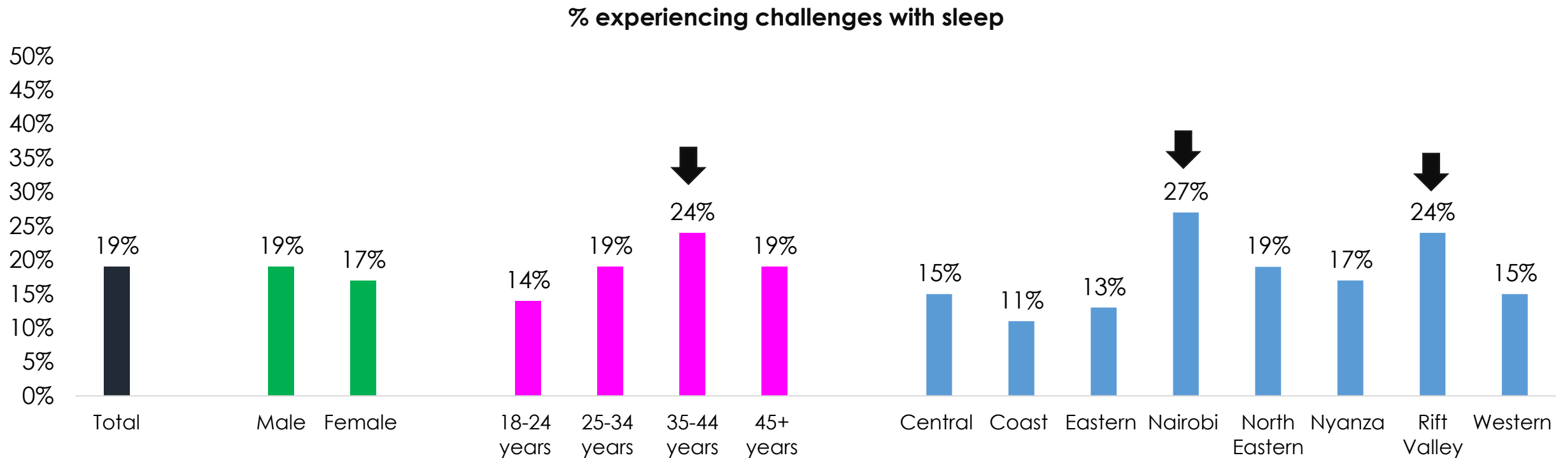
❑ The psychological strain amongst Kenyans is depicted in the feeling irritable/depressed/homeless (23%) and being nervous or on edge (22%). This followed by having trouble sleeping at 19%



# Experienced trouble with sleep (by total, gender, age, region)



Those who have trouble sleeping are more likely to be aged 35-44 years and living in Nairobi and Rift Valley.

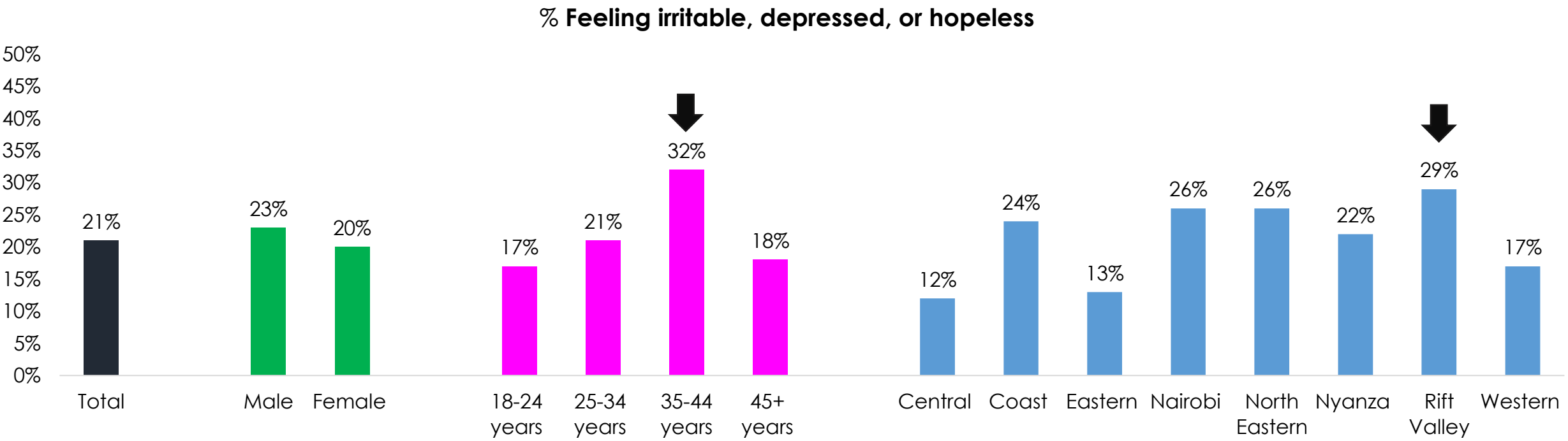


Q: Looking back at the last 2 weeks, have you - Experienced trouble falling asleep or staying asleep or sleeping too much?

Base = 843

# Feeling irritable, depressed, or hopeless (by total, gender, age, region)

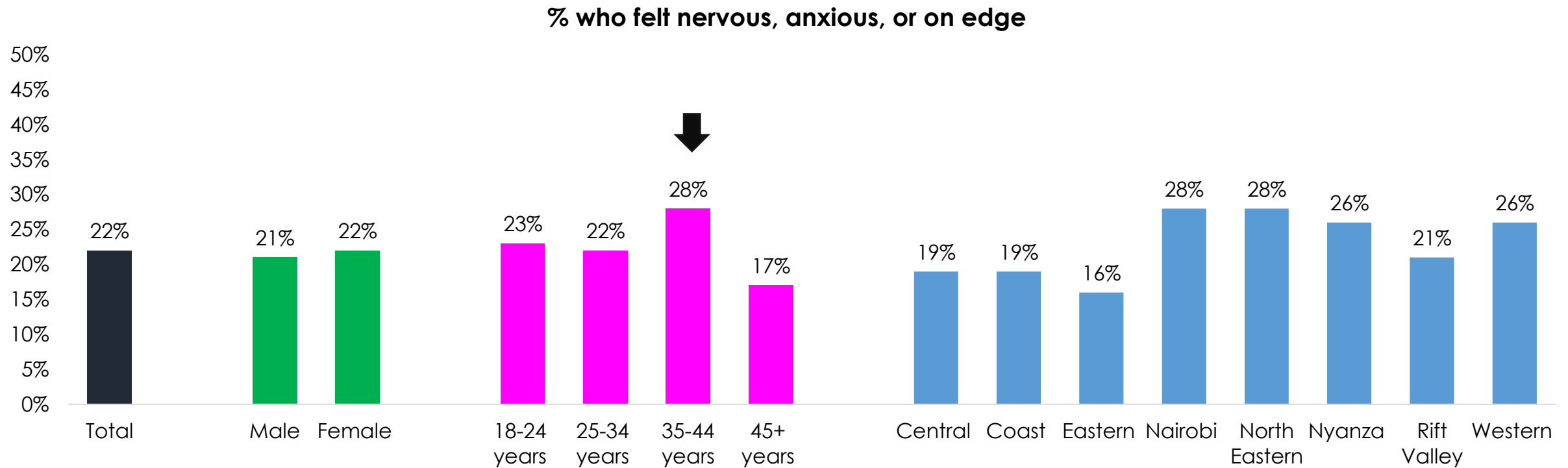
Those who are feeling irritable, depressed, or hopeless are more likely to be aged 35-44 years and living in Rift Valley.



Q: Looking back at the last 2weeks, have you - Feeling irritable, depressed, or hopeless

# Felt nervous, anxious, or on edge (by total, gender, age, region)

Those who are feeling nervous, anxious, or on edge are more likely to be aged 35-44 years.



**Base = 843**

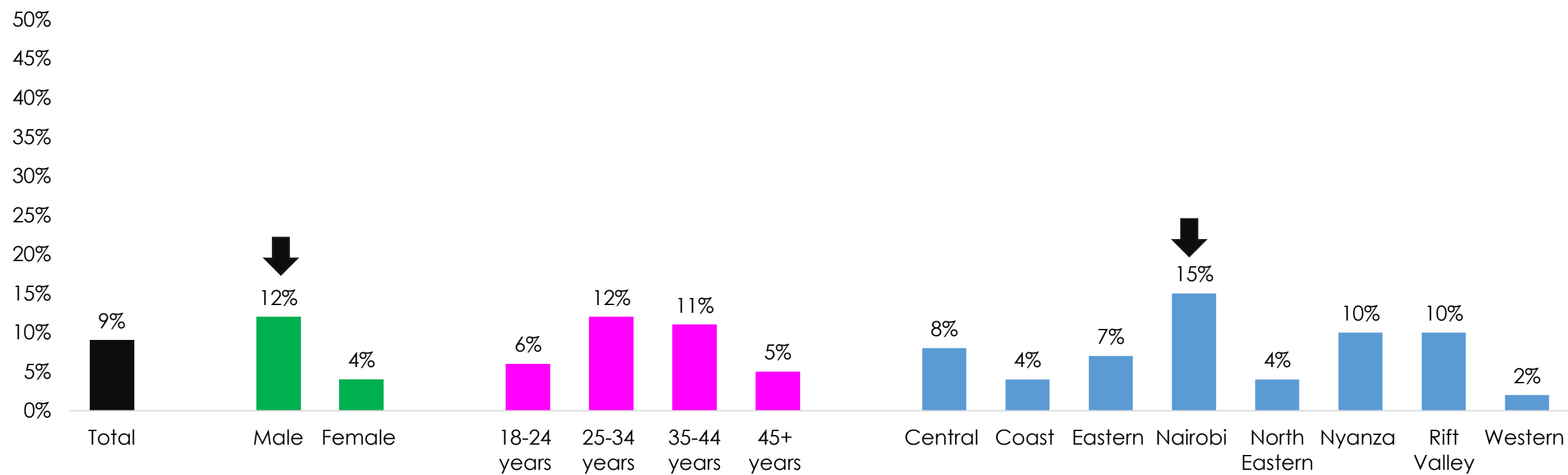
**Q: Looking back at the last 2 weeks, have you - Felt nervous, anxious, or on edge?**



# Consumed four or more drinks of alcohol (by total, gender, age, region)

Those who have consumed four or more drinks of alcohol are more likely to be males and living in Nairobi.

Consumed four or more drinks of alcohol (glasses of wine, bottles of beer, measures of spirits) in a sitting

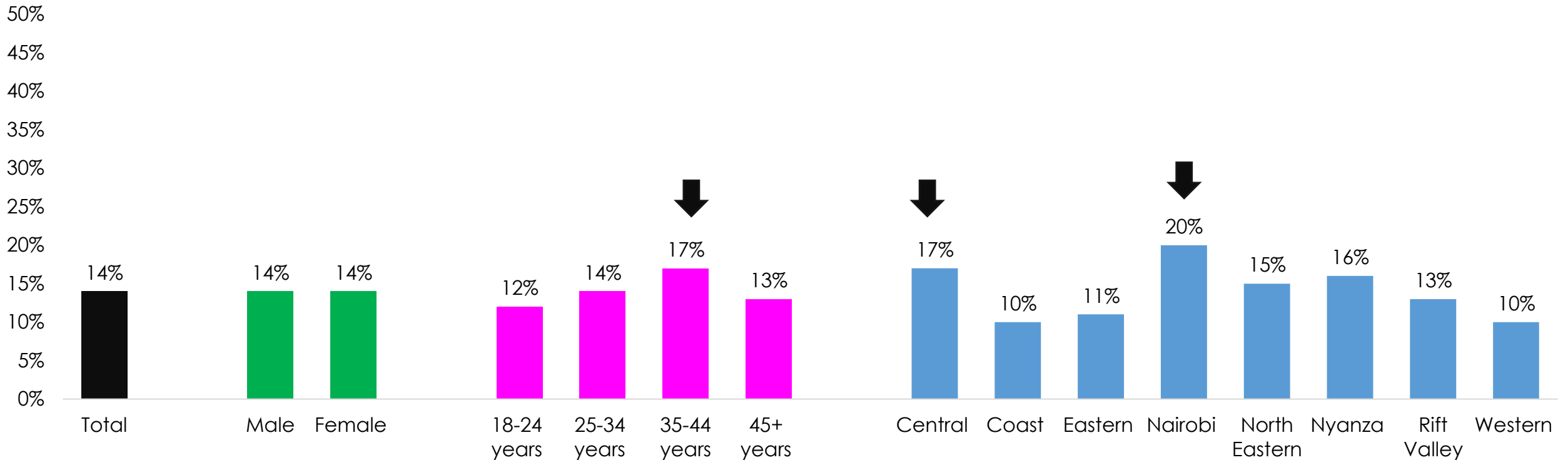


## Needed to use more of a substance (by total, gender, age, region)



Those who have used a substance more than usual are aged 34-44 years and living in Central and Nairobi regions.

### Needed to use more of a substance (tobacco, coffee, tea, others) than your usual to feel 'normal'



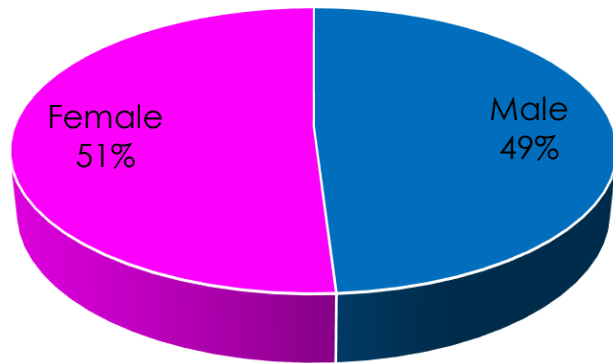
## Methodology and demographics



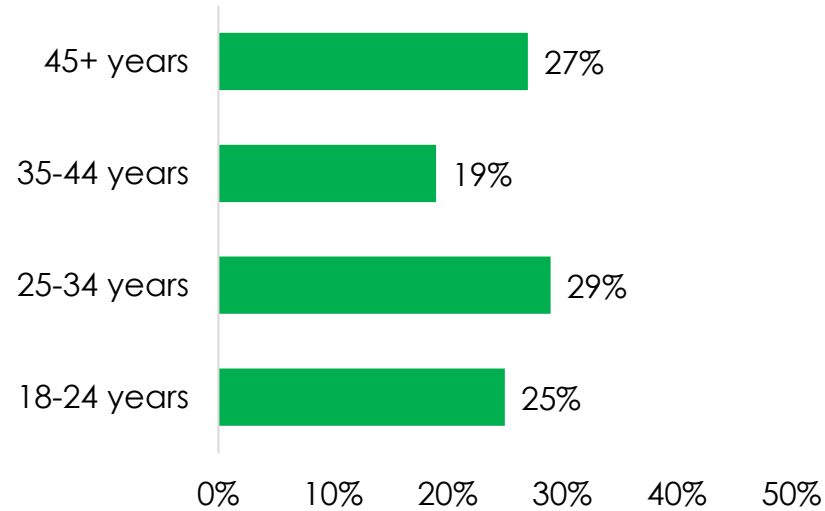
# Respondent Demographics



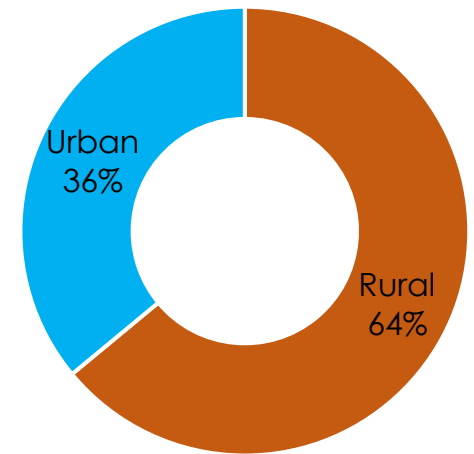
**Gender**



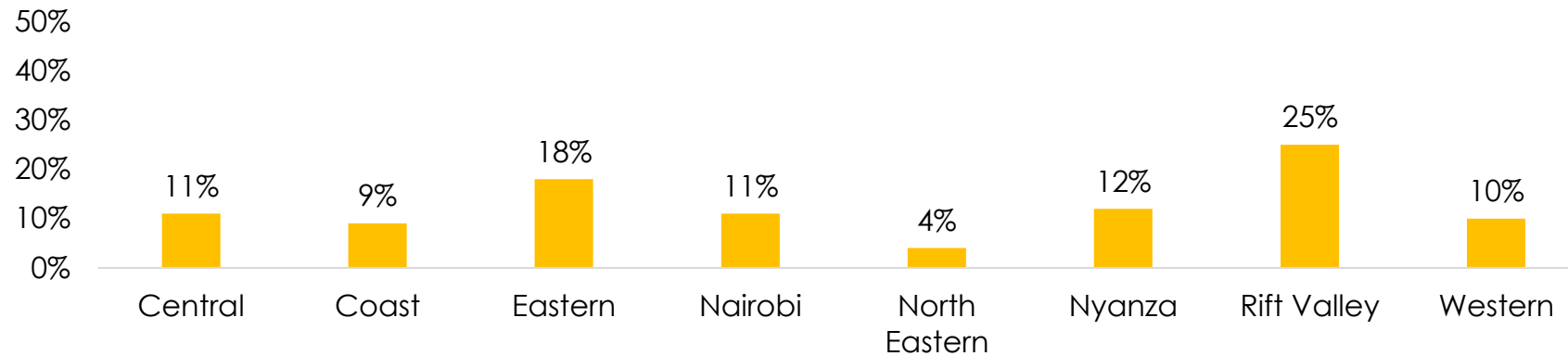
**Age**



**Setting**



**Regions**



**Base = 843**

## Webinar details



Join us for this webinar  
today at 3pm

registration link

<https://event.webinarjam.com/register/13/oxv7ksy>



MyHappyPlaceKe



# CHALLENGES OF REOPENING KENYA IN THE FACE OF **STIGMA** ASSOCIATED WITH COVID-19

## WEBINAR SERIES

Thursday 2nd July 2020 at 3.00 PM EAT |  Add to calendar

Length of time: 90 minutes max

A conversation between Government, Business, Media and Citizens on preventing and stopping health related stigma in our society.



**PANELIST**  
Dr. Mercy Mwangangi  
CAS, Ministry of Health



**PANELIST**  
Dr. Lukoye Atwoli  
Associate Professor &  
Consultant Psychiatrist



**PANELIST**  
Joe Ageyo  
Editorial Director  
Citizen TV



**MODERATOR**  
Dr. Frank Njenga  
Founder and Chairman  
Chiromo Mental  
Health Hospital



**PANELIST**  
Maggie Ireri  
CEO and founder  
of TIFA Research



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