Evaluation of citizens' psychological distress and their perception of the effectiveness and restrictiveness of national measures to prevent the spread of COVID-19 epidemic in different countries

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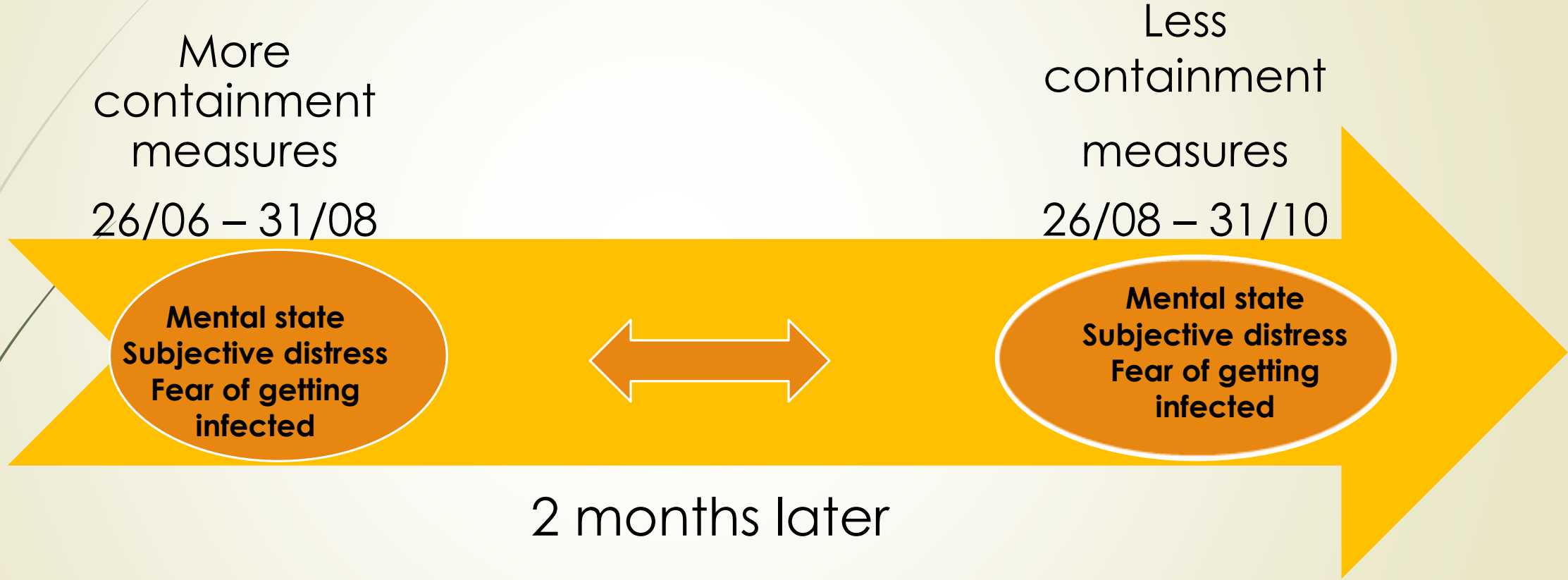
www.impact-covid19.com

44 Containment measures Covid-19

- Keeping respiratory hygiene by mandatory wearing of a mask in public places
- Cancellation of all mass gatherings and events (cultural, sport, scientific or religious)
- Dissolution of Parliament: National Assembly is holding virtual meetings or meets only on bills and Acts related to the state of emergency
- Declaring state of emergency in the country
- Police forces are allowed to request and obtain citizens' personal information from internet and telephone providers
- Penalties or fines for non-compliance with Covid-19 containment measures
- Placement of cordon sanitaire on areas with certain infection levels, such as big cities (i.e. a guarded line preventing anyone from leaving the infected area)
- Contact tracing assessment of Covid-19 transmission, etc.


Financial Compensation Yes/No
Demographic characteristics
Lost job/income Yes/No
Essential staff Yes/No
Risky health conditions Yes/No
Previous Mental illness
Personal Resilience
Staying alone or not
Number of hours following the news
Stressful life Event Yes/No
Infected with Covid-19 Yes / No
Number of measures
Restrictiveness measures
Subjective distress
Mental disorders

Follow-up assessment



The proportionality principle

- **Consists of 2 main steps** (Mistakes made during either stage could render any public health action unlawful!):
  - ***1. <u>Procedural legal balancing</u>***
  - Administrative actors should make determinations in a transparent, objective, and impartial manner:
    - *'How factually truthful do you think your national government has been about the coronavirus outbreak?'*
    - *'Do you think the reaction of your national government to the coronavirus outbreak has been appropriate, too extreme or not sufficient?'*
    - *'How much do you trust your national government to take care of its citizens?'*

The proportionality principle

- **2. *Substantive legal balancing***
  - **The containment measures should**:
  - (1) pursued a legitimate objective (e.g. stop the spread of Covid-19);
  - (2) be suitable to achieve that goal;
  - (3) be necessary to achieve the objectives legitimately pursued (where there is a choice between several suitable measures, the least burdensome measure must be pursued);
  - (4) are reasonable and proportionate to the end (i.e. any disadvantage caused must not be disproportionate to the aims pursued = negative implications of the measures against Covid-19 should not outweighed the desired outcome: less infected people & less COVID-19 deaths & prevent hospitals from becoming overwhelmed)

Can we justify the use of containment measures against Covid-19 ?

The efficacy of the measures

The negative implications of the measures:
on mental health, on economy, on restricting human rights

This assessment is necessary to ensure that any impact on civil rights is mitigated while preserving the efficacy of the measure(s)

How effective do you find this measure to prevent the spread of COVID-19 virus?

0-10

To what extend has this measure caused you any discomfort or restricted your personal freedom and your fundamental human rights to engage in work, education, meet other people, move freely within the country or to visit other countries?

0-10

Do you think that the measures to prevent the spread of COVID-19 virus have more negative implications than Covid-19 itself ?

How effective do you find this measure to prevent the spread of COVID-19 virus?

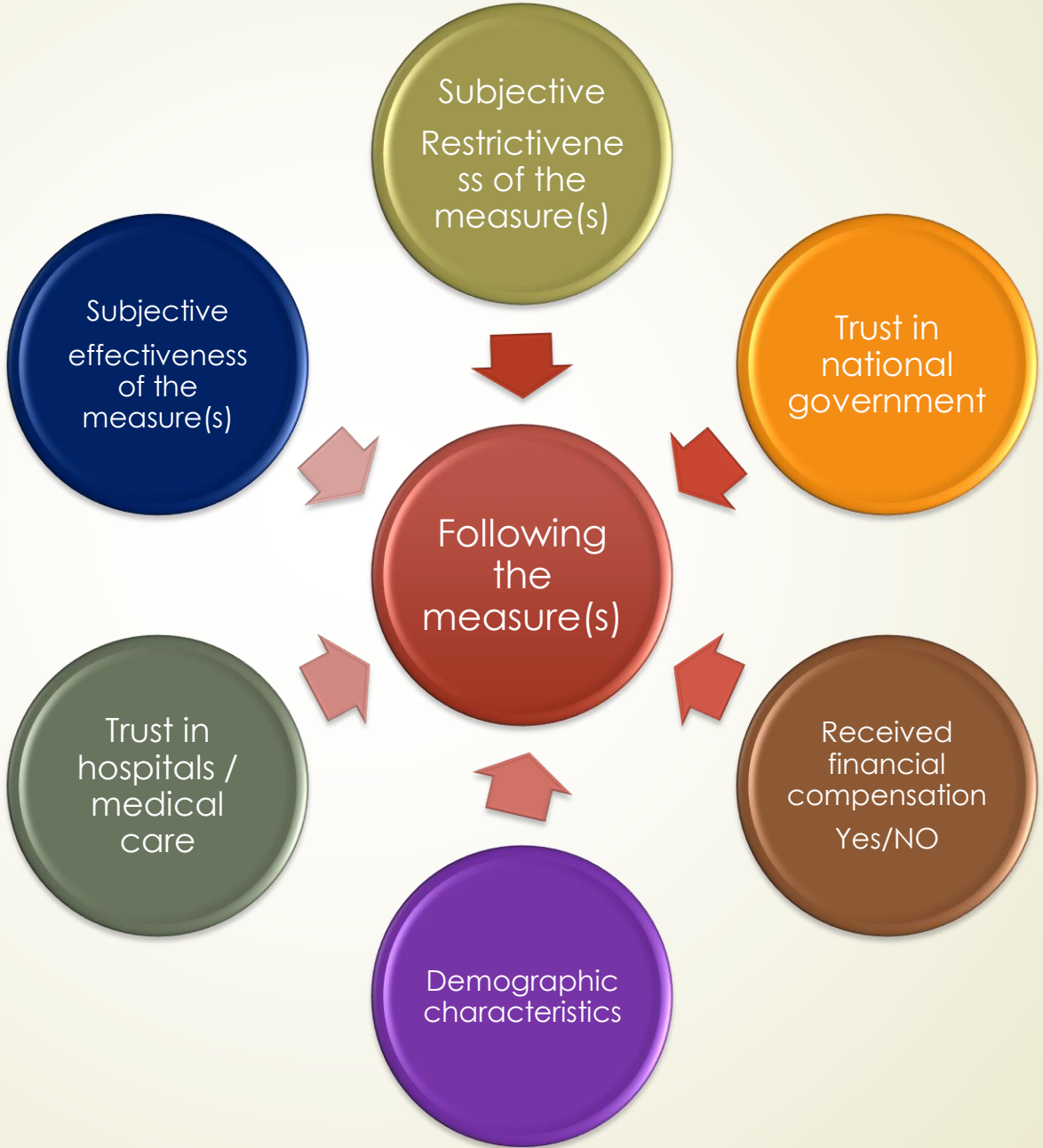
0-10

To what extend has this measure caused you any discomfort or restricted your personal freedom and your fundamental human rights to engage in work, education, meet other people, move freely within the country or to visit other countries?

0-10

44 different containment measures in 11countries

To what extend have you followed this measure? Please try to be as honest as possible. Your answers will be kept confidential.



Positive effects of Covid-19

Increase citizens‘ awareness & change future lifestyle (?)

- 1. Humans’ vulnerability & preciousness of life
- 2. Interconnectedness and dependence of human beings on each other
- 3. Humans are all equal with regard to the force of nature
- 4. The importance of being in a good physical and mental health
- 5. The importance of helping each other
- 6. The importance of slowing down my fast-paced life
- 7. The importance of my family
- 8. The importance of meeting people in-person
- 9. The importance of having the freedom of choice
- 10. The importance of spending time in nature
- 11. The importance of physical exercise
- 12. The importance of being able to travel
- 13. The importance of attending cultural, religious and sport events
- 14. The importance of taking more time for myself to connect with my creativity
- 15. There is a direct link between human activity and environmental pollution
- 16. The importance of having a job/income
- 17. Positive and negative sides of my lifestyle
- 18. Benefits of working from home
- 19. Food supply is not inexhaustible
- 20. None of the above statements apply to me

Response rate per country

- **UK** – 692 responses (1st Part) & 528 responses (2nd Part)
- **Netherlands & Belgium** – 1293 responses (1st Part) & 911 responses (2nd Part)
- **Finland** – 536 responses (1st Part) & 433 responses (2nd Part)
- **Sweden** – 603 responses (1st Part) & 510 responses (2nd Part)
- **Bulgaria** – 1895 responses (1st Part) & 1406 responses (2nd Part)
- **Romania** – 1584 responses (1st Part) & 1226 responses (2nd Part)
- **Poland** - 1022 responses (1st Part) & 699 responses (2nd Part)
- **Czech Republic** – 735 responses (1st Part) & 485 responses (2nd Part)
- **Latvia** – 653 responses (1st Part) & 461 responses (2nd Part)
- **India** – 807 responses (1st Part) & 499 responses (2nd Part)

Total number of responses: 9820 (part 1) ; 7158 (part 2)