



Mental Health and Stress Levels Among Vaccinated and Unvaccinated Populations Against COVID-19

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Introduction

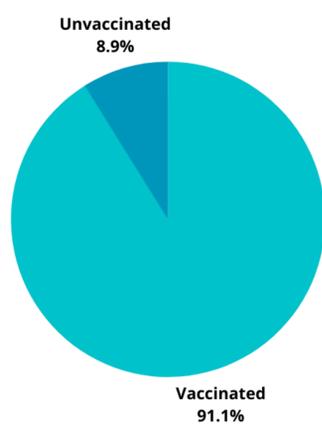
The COVID-19 pandemic emerged suddenly in November 2019 causing a worldwide SARS-CoV2 viral outbreak. The virus has had detrimental systemic effects as well as psychological ones impacting millions worldwide. The pandemic led to abrupt changes that altered customary life with the introduction of prevention measures. Restrictions set forth by the Puerto Rican government compared to the United States were stricter and Puerto Ricans may have dealt with additional stressors. The purpose of the investigation is to determine the perceived stressors and alterations in these stressors in vaccinated and unvaccinated individuals in the Puerto Rican community.

Methodology

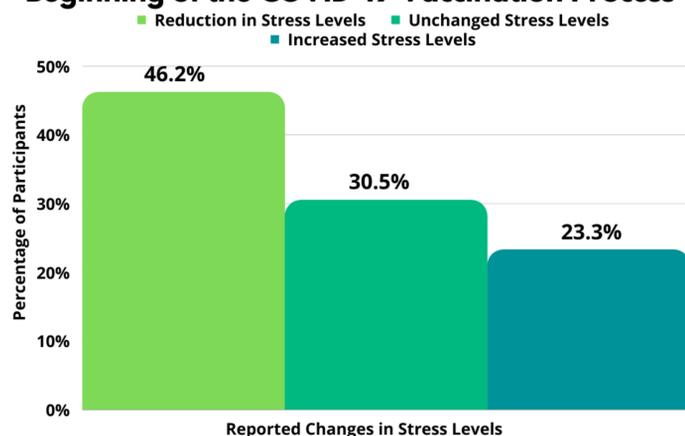
A prospective descriptive design was used to evaluate stress levels in a Puerto Rican population regarding the vaccination process and the COVID-19 pandemic. Other stressors, prior SARS-CoV-2 infection and participants' chronic diseases were also collected. Chronic stress in participants was reported and defined as prolonged circumstances affecting daily life that have occurred for at least one month. Informed consent and data were collected via a single questionnaire distributed at COVID-19 vaccination centers and via electronic flyers. All participants of the study were twenty-one (21) years or older and resided in Puerto Rico. A total of 225 participants are currently enrolled in the study.

Results

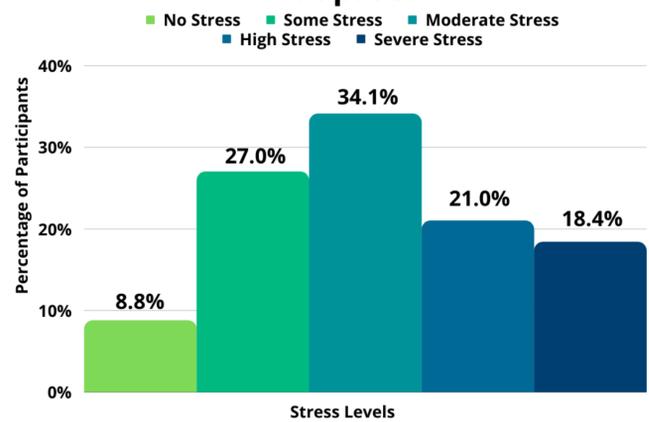
Graph 1: Participants with One or More Doses of the COVID-19 Vaccine



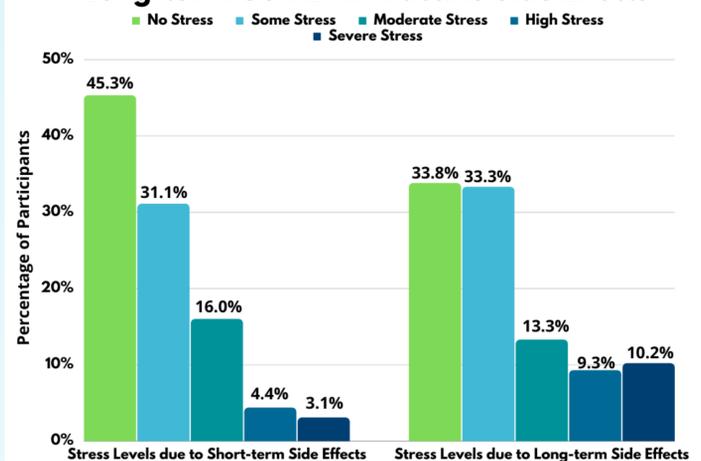
Graph 2: Changes in Stress Levels Compared to the Beginning of the COVID-19 Vaccination Process



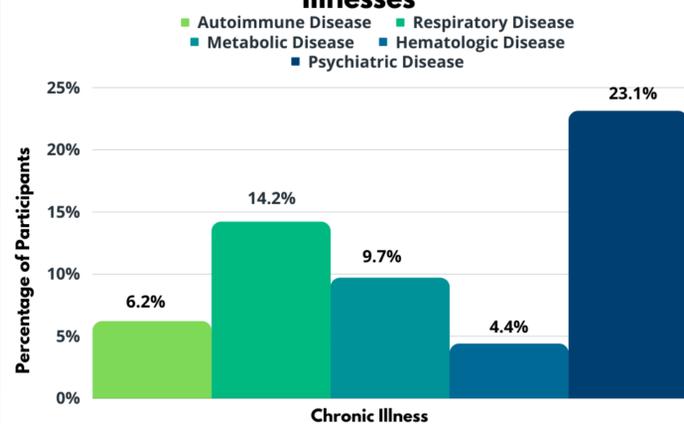
Graph 3: Perceived Stress at the Time of Participation



Graph 4: Perceived Stress due to Short-term & Long-term COVID-19 Vaccine Side Effects



Graph 5: Participants with Reported Chronic Illnesses



Conclusions

A relative decrease in stress levels has been reported by most individuals in the Puerto Rican population after the implementation of the COVID-19 vaccine. Further statistical analysis is required in order to finalize study conclusions.

Acknowledgments

This research has been supported by a grant from Fundación Angel Ramos. The authors thank Dr. Frances Garcia and Carmen Jimenez of the Universidad Central del Caribe IRB for their guidance.