

OP 19**Depression, Anxiety, Stress and Perceived Mental Healthcare Need of Sri Lankan Undergraduates Studying in Selected Countries Affected by Covid-19**

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Background: Due to Covid-19 pandemic, all universities have either postponed or cancelled physical activities and moved rapidly into online delivery mode. It has severely affected the mental health of undergraduates.

Objectives: To determine depression, anxiety, stress and perceived mental healthcare needs of Sri Lankan undergraduates studying in selected countries affected by Covid-19.

Methods: A cross-sectional study was conducted with Sri Lankan undergraduates studying in selected countries affected by Covid-19 from 01st of July to 31st of December 2020. Snowball sampling technique was used. An online self-reported questionnaire was used for data collection. Depression, anxiety and stress were assessed using Depression Anxiety & Stress Scale (DASS 21). Perceived mental healthcare need was assessed by 4 items on a 3-point Likert scale. Data were analyzed with ANOVA and t-test using SPSS.

Results: A total of 187 Sri Lankan undergraduates were enrolled consists of 26.7% from India, 39.6% from Russia and 33.7% from Sri Lanka. Females were 61.5%. Of 11.58% had depression (6.32%-mild; 5.26%-moderate), 11.58% had anxiety (5.26%-mild; 3.16%-moderate; 3.16%-severe) and 3.16% had stress (2.11%-mild; 1.05%-moderate). There was no statistically significant difference in depression, anxiety and stress among undergraduates with reference to gender, age, type of degree, marital status, status of living or studying country. About 47.6% of participants thought that it would be nice to talk to someone about their worries of Covid-19; 67.4% thought that it is necessary to get mental health support if one panics in lieu of pandemic; 84.5% thought that it would be beneficial if mental health professionals help undergraduates during Covid-19 pandemic and 74.3% suggested to obtain mental health support to undergraduates who are highly affected by Covid-19.

Conclusions: Prevailing Covid-19 pandemic has caused considerable stress, depression and anxiety among undergraduates. There is a need to address mental healthcare needs of undergraduates during Covid-19 pandemic.

Keywords: *Anxiety, Covid-19, Depression, Sri Lankan Undergraduates, Stress*