

# Lockdown during COVID-19 Pandemic: The Psychological Responses and Coping Strategies among Medical Students in a Public University in Malaysia

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## Abstract

World Health Organization (WHO) had promulgated Coronavirus Disease 2019 (COVID-19) as a pandemic in the early year 2020. Following that, the National Security Council of Malaysia had announced the implementation of the Movement Control Order (MCO) in March 2020 to curb the disease. This social distancing measure had inevitably induced undesirable psychological responses among the public, including medical students. In this study, we aim to determine the psychological responses of medical students during the MCO period and their coping strategies. This cross-sectional study was conducted among 245 medical students of Universiti Malaysia Sarawak (UNIMAS) from 24<sup>th</sup> to 30<sup>th</sup> April 2020, using an online questionnaire comprising demographic data, Depression, Anxiety, Stress Scale (DASS-21), and Brief COPE questionnaire. Nearly 30% of

Manuscript Received Date: 31/12/20

Manuscript Acceptance Date: 31/03/21

Manuscript Published Date: 30/04/21

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doi: <https://doi.org/10.33102/uij.vol33no1.279>



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