



# SYMPTOMS MIMICING HEART DISEASE IN UNIVERSITY STUDENTS DURING SOCIAL DISTANCING MEASURES AGAINST COVID-19

V. Styliadis, A. I. Mihailescu, G. Styliadis , O. Popa-Velea

University of Medicine "Carol Davilla", Bucharest,  
Romania

- ▶ Social distancing (SD) strategies aim to reduce contact of infected persons with large groups by closing schools and workplaces, restricting travel and cancelling mass gatherings. Distancing guidelines also includes that people stay at least 1m apart. Studies have highlighted the fact that people who have been placed in quarantine show signs of negative stressors and is often associated with a negative psychological effect

- ▶ Purpose of this study is to investigate symptoms that mimic heart disease in university students during social distancing measures against COVID-19. We reanalyze data from our study on the impact of social distancing strategies in the Quality Of Life (QOL) in university students regarding only those that resemble heart symptoms. As cardiac symptoms we refer to palpitation, angina (chest pain), shortness of breath and dizziness. The sample included of Students  $>18$  and  $< 28$  studying mainly in "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST" (UMFCD) and other institutions that have experienced social distancing measures due to COVID-19 outbreak.

# EXCLUSION CRITERIA

- ▶ Pregnancy
  - ▶ Known Psychiatric condition under medication
  - ▶ Alcohol and drug abuse
- 

## Consent Form

Dear Student,

1. You are invited to participate in a research of quality of life during COVID-19 pandemic.  
2. Your personal data will be collected according to REGULATION (EU) 2016/679 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (General Data Protection Regulation), according to the protocol and be stored in the study's database. Information in this research will remain secret, confidential and will not be made public but under conditions specified by the law. Future use of the data will be allowed in case of a similar study. The results will be collective and your name, IP address or other data that could reveal your identity will not be mentioned anywhere. The results of this study can be published in scientific journal or displayed at scientific manifestations. Communication of results will be done under the strict preservation of anonymity.

3. The participation to the study is strictly your own decision. No one can force you to take part, you can withdraw from the study at any time without having any penalty.

4. This is a prospective non-interventive study that will examine the SD measures on the GDL, which is expected to deteriorate the more the measures are in action.

5. The method that will be followed includes the sample being divided in two (2) groups. Group A includes those that are living by themselves and Group B includes that are living with their family. By using a questionnaire (Q1) the questionnaire you agree to complete data about Q1, and associated factors will be collected and sorted according to which group it belongs to, then the results for each group will be checked against the research hypothesis.

6. The study will be divided in 2 (two) phases:  
1. Phase 1 or SD phase: During this phase people will be asked to fill in Q1 in order to gather data. For every month that SD measures continue this will be repeated in order to check whether there is a change in QDF.

2. Phase 2 or After SD phase: During this phase people will be asked to fill in Q1 in order to gather data. This phase starts one month after SD measures cease to exist in order to check whether there is a change in QDF.

You will need to provide an email address to which you will receive a study number that will be used later to complete the following questionnaires. If you do not provide the email address, we will consider that you are only participating in phase 1 of the study.

7. If you have questions, criticisms or complaints about this study, you can contact the investigator - chief of work Dr. A. Mendilesou, at the email address [amendilesou@gmail.com](mailto:amendilesou@gmail.com).

Informed consent: By completing the questionnaire below, you confirm that you are over 18 years old, that you understand that your participation is entirely voluntary and that you can withdraw from the study at any time without any repercussions, that you have read the entire form and that you have fully understood, and means that you agree to participate in this study.

\*Required

1. Email address.\*

18. The relationships with my friends has improved due to the current situation.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

19. The relationships with my professors has improved due to the current situation.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

20. The relationships with my colleagues has improved due to the current situation.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

2. I have read and agree with all the above.\*

Mark only one oval.

- Yes  
 No

3. Age\*

\_\_\_\_\_

4. Gender\*

Mark only one oval.

- Male  
 Female  
 Prefer not to say  
 Other \_\_\_\_\_

5. In which city do you study\*?

\_\_\_\_\_

6. What do you study\*?

\_\_\_\_\_

7. In which year\*?

\_\_\_\_\_

21. I believe that my family is supporting me during the pandemic of COVID-19.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

22. I believe that my university is supporting me during the pandemic of COVID-19.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

23. I believe that my government is supporting me during the pandemic of COVID-19.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

8. When did you learn about the measures against COVID-19 that closed your university\*?

Example: 7 January 2019

9. Did you leave the city you are studying now to return to your own\*?

Mark only one oval.

- Yes  
 No

10. Are you pregnant or have a diagnosed psychiatric condition under medication\*?

Mark only one oval.

- Yes  
 No

11. Do you consume alcohol in excess during this period of pandemic\*?

Mark only one oval.

- Yes  
 No

12. Do you consume cannabis during this period\*?

Mark only one oval.

- Yes  
 No

24. My relationship with god is getting better due to the current situation\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

25. My everyday activities have changed dramatically due to the current situation\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly agree

26. I believe that my appearance and body shape is improving during the period of the social distancing measures\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

13. Do you smoke during this period\*?

Mark only one oval.

- Yes  
 No

14. Is the city you live now under social distancing measures\*?

Mark only one oval.

- Yes  
 No  
 Maybe

15. In which country/city did you go to\*?

\_\_\_\_\_

16. How long after you have been informed about university closure did you return at your city\*?

\_\_\_\_\_

17. The relationships with my family has improved due to the current situation.\*

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

27. My psychological status is has worsened during the period of the social distancing measures\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

28. I have or will consult a therapist after the period of the restrictive measures\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

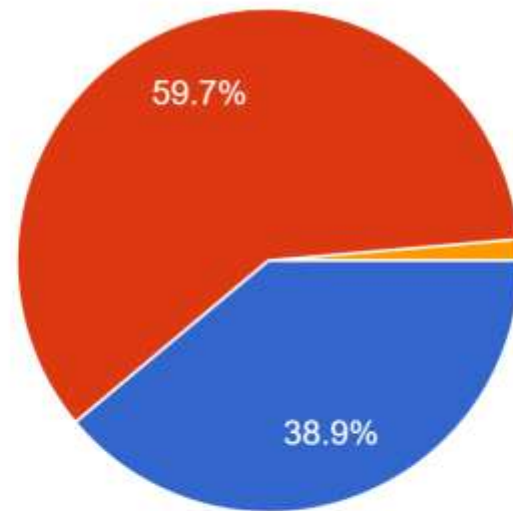
29. My house is big enough for living during the period of the social distancing measures\*?

Mark only one oval.

- Strongly disagree  
 Disagree  
 Neutral  
 Agree  
 Strongly Agree

## Gender

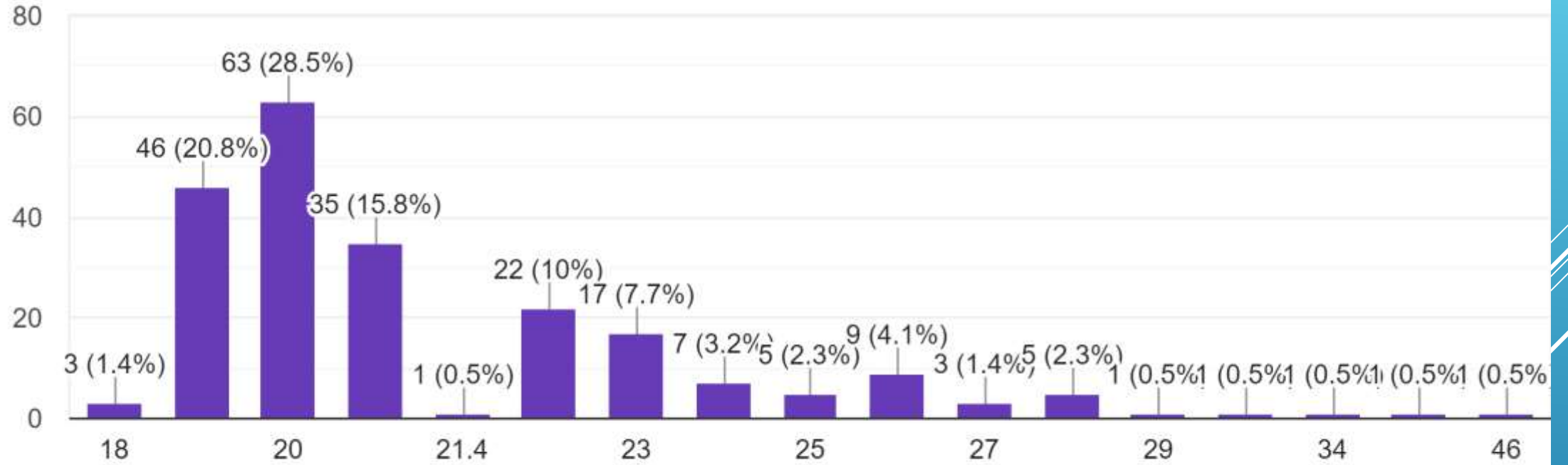
221 responses



- Male
- Female
- Prefer not to say

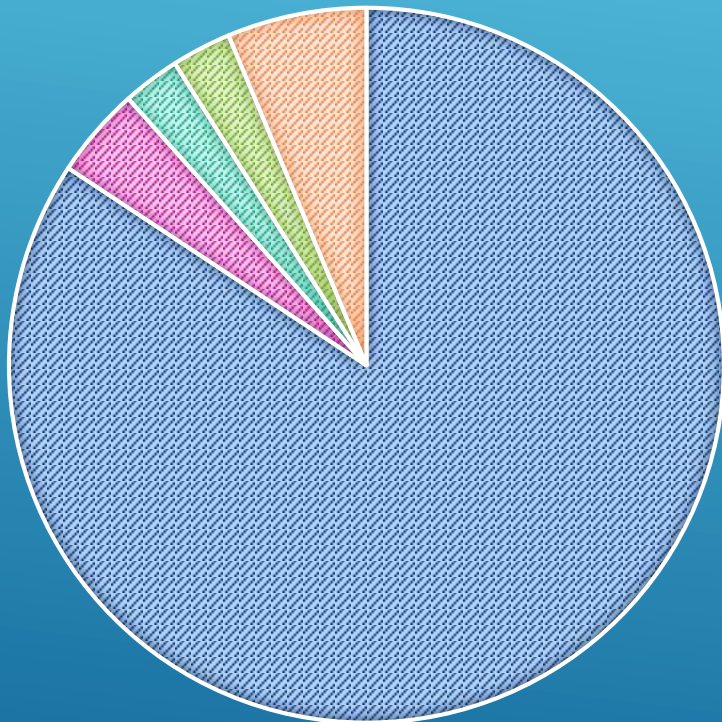
# Age

221 responses



## FIELD OF STUDY

- Medicine 84,3%
- Formal Sciences 2,6%
- Humanities and Social science 6,3%
- Natural Sciences 4,1%
- Applied Sciences 2,7%



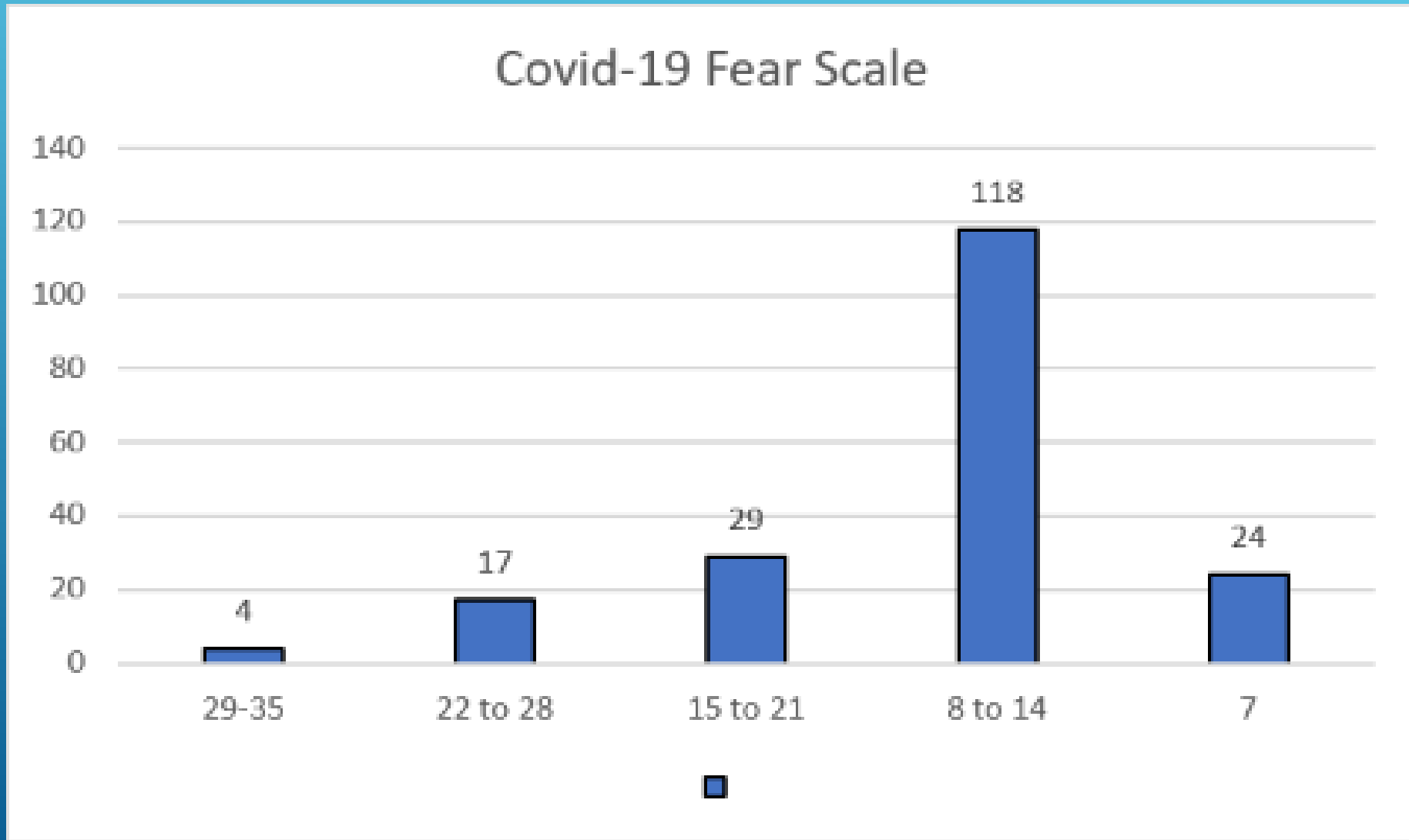


30% of the students stayed and the city they studied 70% returned to their hometown.

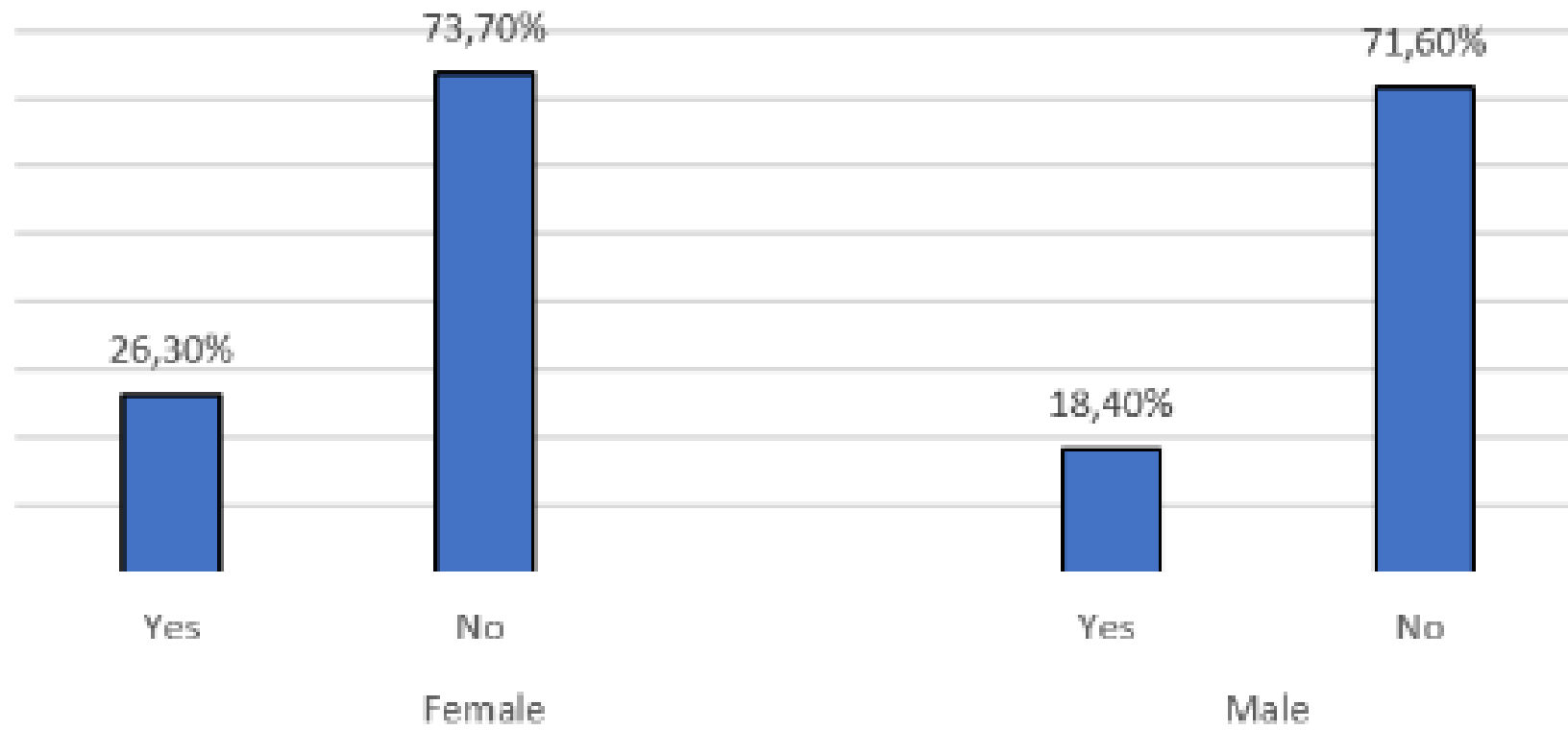
71.2% isn't smoking.



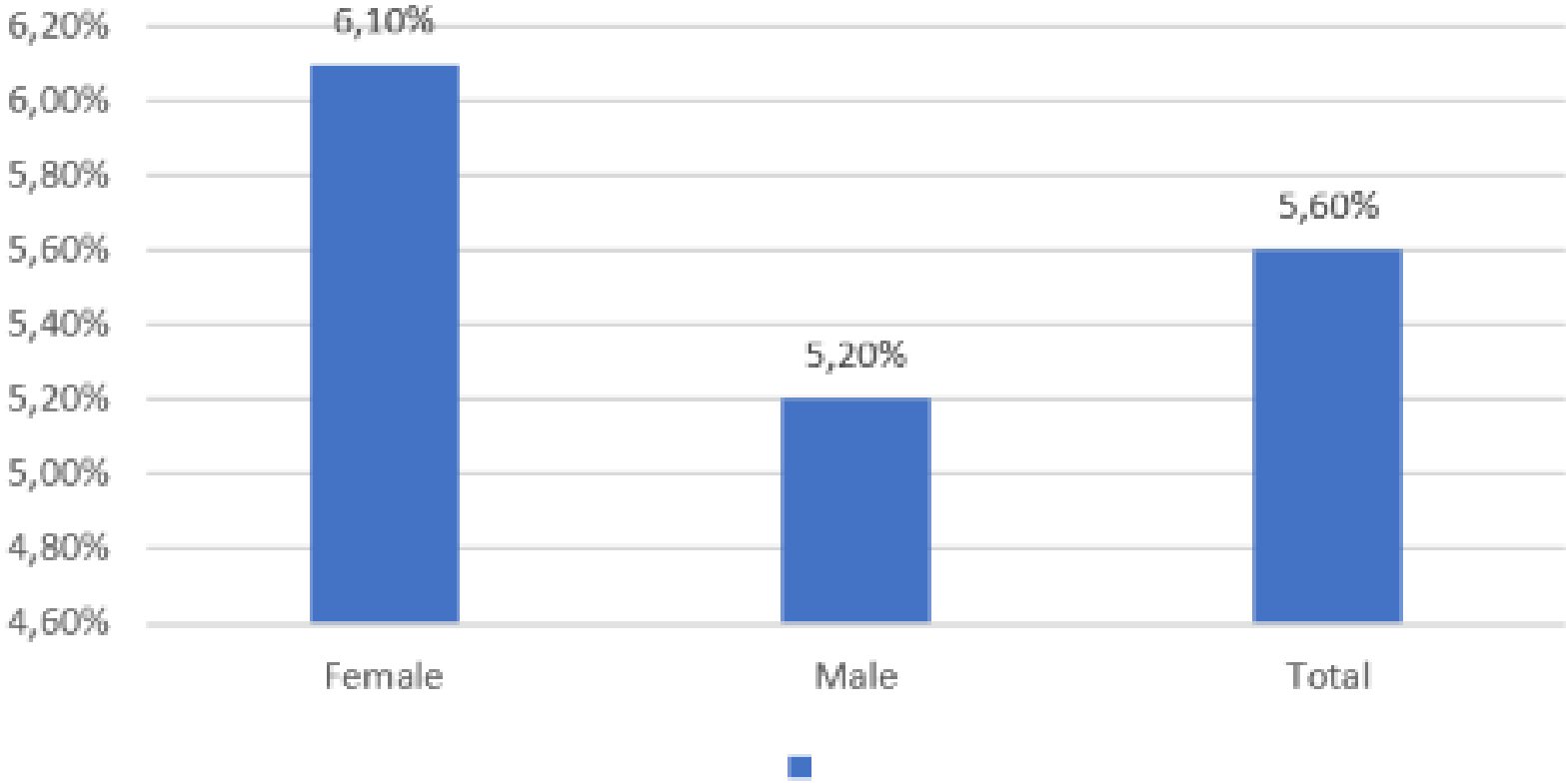
# RESULTS



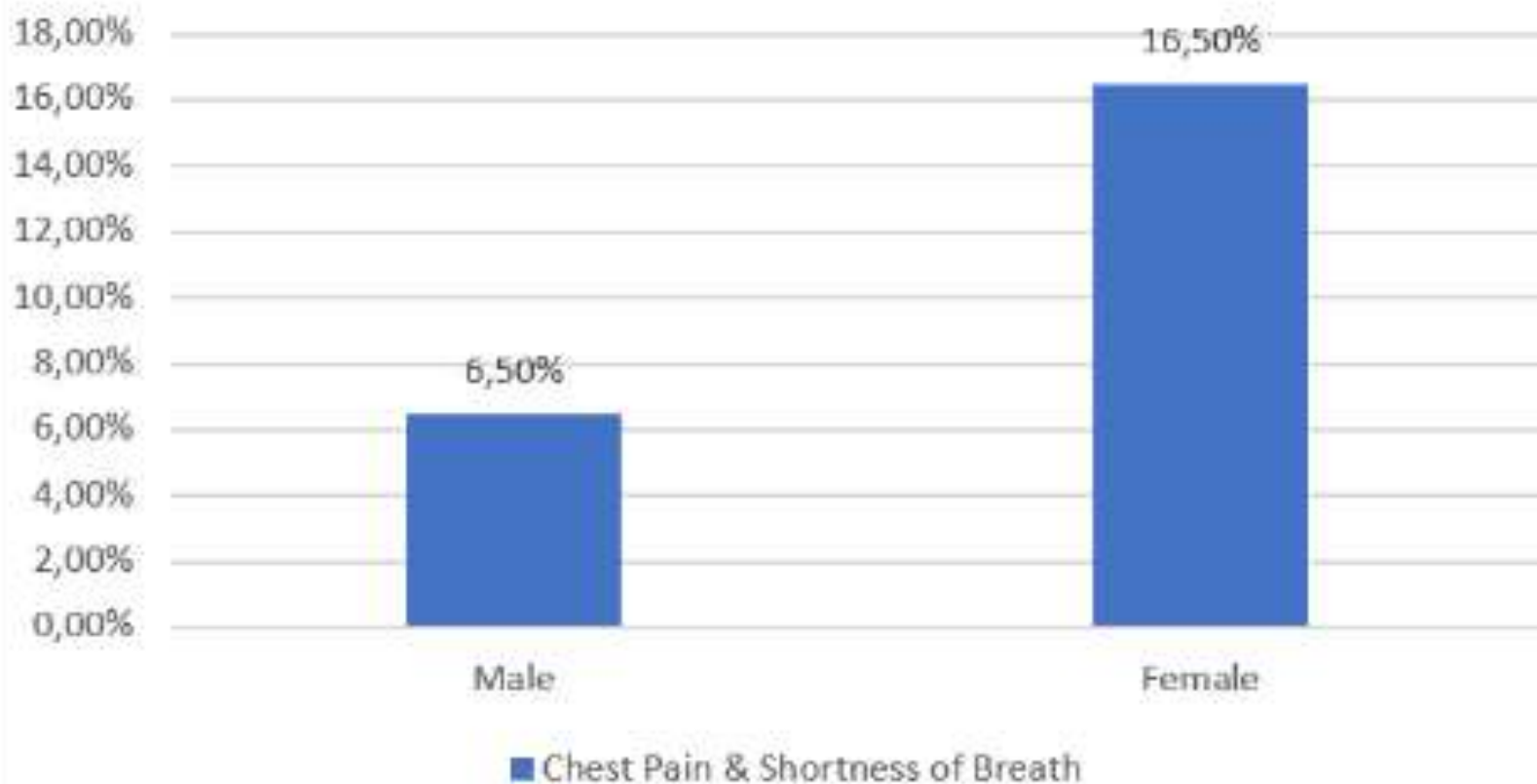
## Panic Attacks



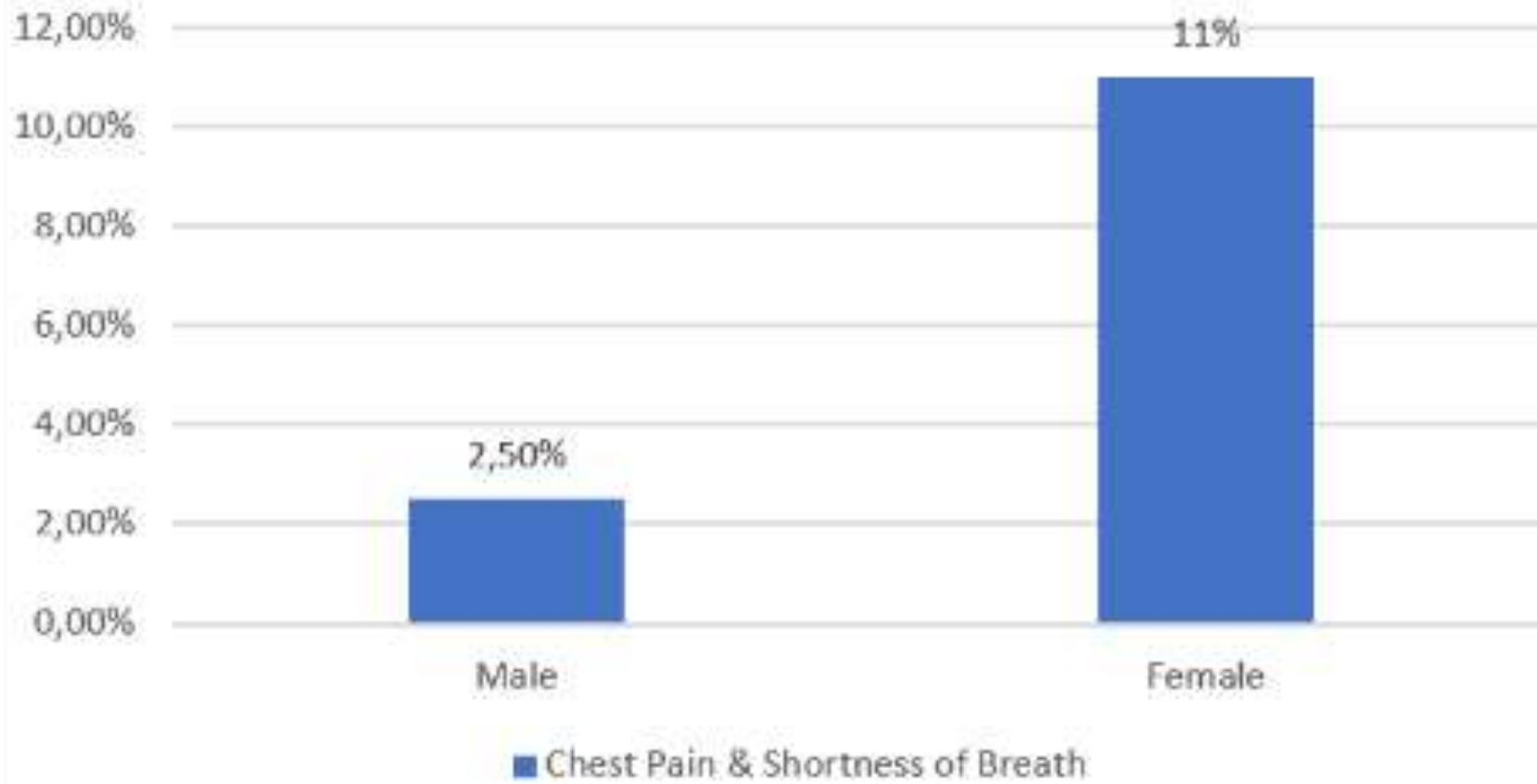
# Paplitation



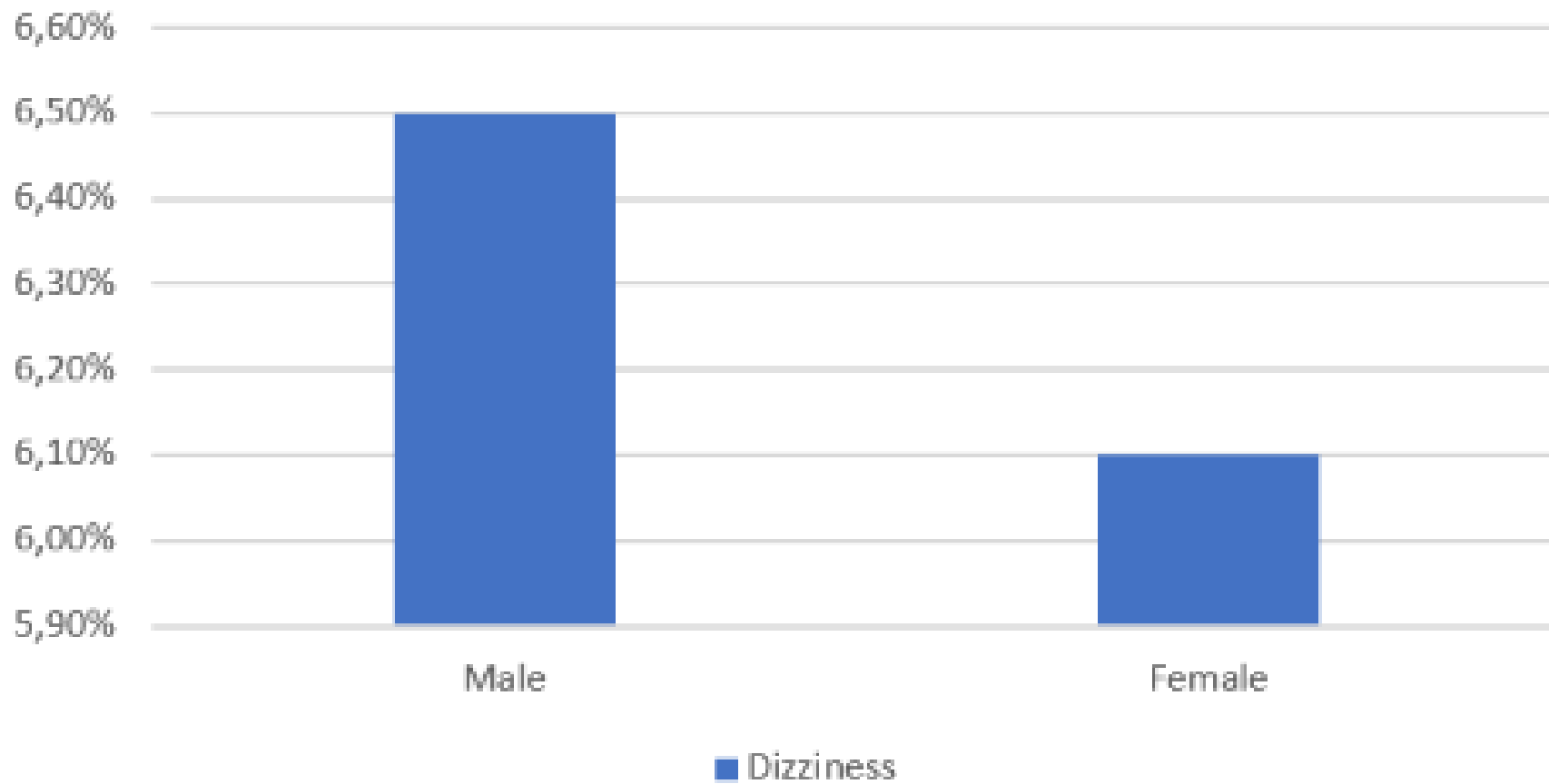
## Chest Pain & Shortness of Breath



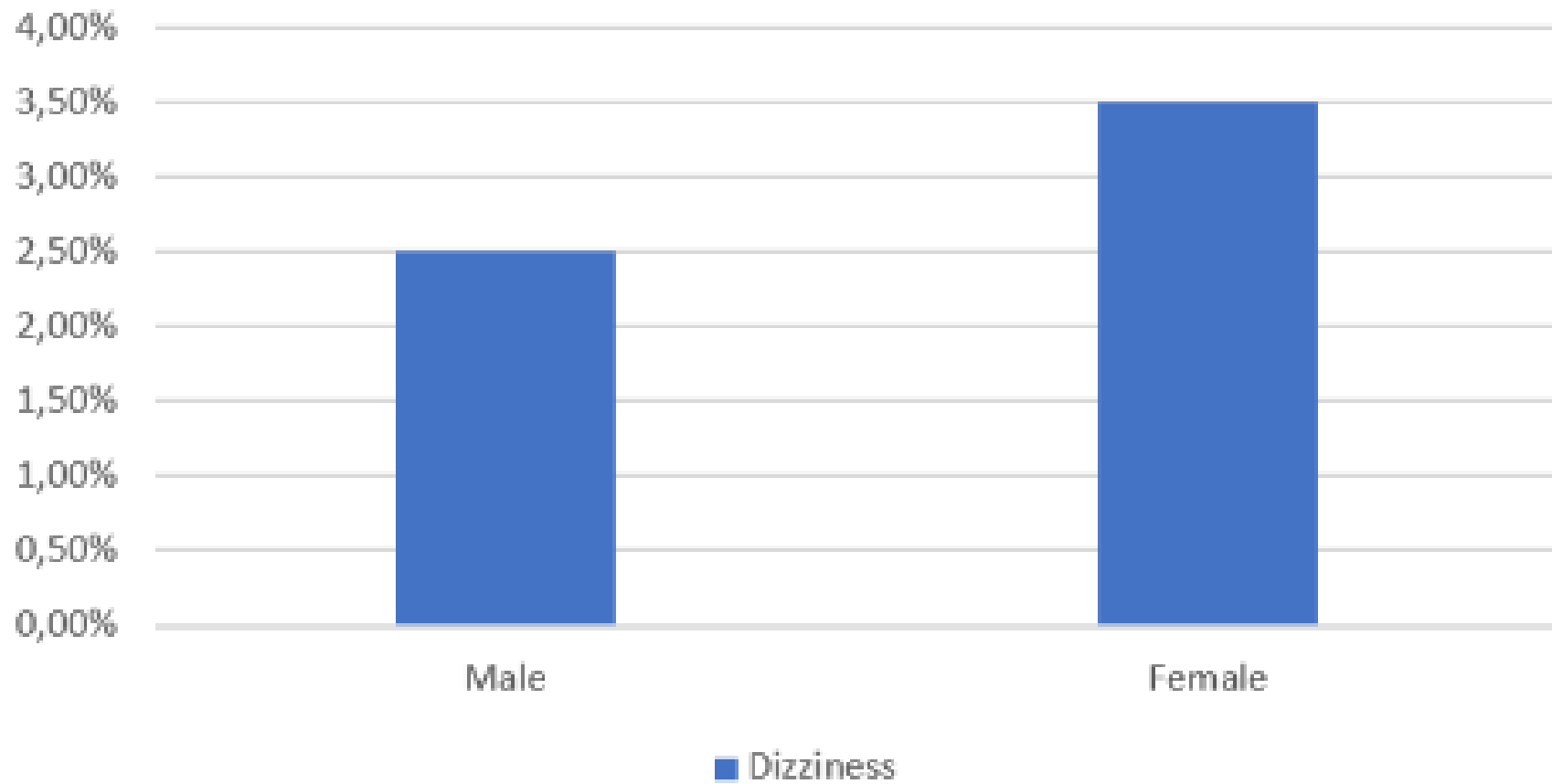
## Chest Pain & Shortness of Breath



## Dizziness



## Dizziness





# CONCLUSION

- ▶ A high percent of the university students which reaches up to 20% show signs of heart symptoms during the social distancing measures of Covid-19.