

POST COVID-19 LOCKDOWN EXPERIENCES AS A MANIFESTATION OF LATENT CONTENT AND MENTAL HEALTH IN UGANDA

Dr. Frank Pio Kiyingi (PhD)

Introduction

- The World Health Organization (WHO, 2022) presented the novel coronavirus outbreak a global pandemic which led to several lock downs in various countries and in Uganda two successive locked downs.
- Several governments and health authorities called on citizens to adopt protective behaviours such as social distancing, hygiene practices, and self-isolation to reduce the spread of coronavirus disease 2019 (COVID-19).
- The latent state trait (LST) theory which includes the latent state (at each occasion) or latent trait (across occasions) was most applicable in explaining compliant or non-compliant behaviors during several lockdowns. These were control in keeping distance behaviours.

Introduction

- These lockdowns led to the closure of schools and work places hence forcing the whole world and country to stay in their families which resulted into total compliance that built latent mental health content into peoples lives.
- From a global survey Using Latent Profile Analysis, two broad groups were identified. The compliant group (90%) reported greater worries, and perceived protective measures as effective, whilst the non-compliant group (about 10%) perceived them as problematic (Barber and Kim, 2021).
- Several people if not society at large kept bottled thoughts and emotions that remained latent in their lives.

Latent content with bottle emotions

- The latent blanket of the lockdown experiences were felt by all people in their families irrespective of age, race, color, religion.
- This follows the fact that there were no clear mental health support offered to prepare individuals, groups, families, schools, communities and societies for the lockdown and after lockdown these populations were not supported which left them with bottled latent content.
- The latent content of the bottled mental health issues included fear, frustration, anger, threat, vulnerability, low resilience, poor adaptability, poor coping skills.

Manifested latent content in post lockdown experience

- Increased cases of mental health problems
- General emotional outbursts
- Conduct problems among
- Increased violence
- Cases of substance use
- Sexually acting out
- Increased cases of anxiety
- Increased cases of depression
- increased cases of suicidal ideations
- Increased cases of homicidal ideations
- Deaths as a result of suicidal and homicidal ideations

SPAP model in transition era of post-covid-12

SPAP testing/sharing

- A. **Space** testing : checking physical, social, psychological, spiritual (space testing in process of interacting)
- B. **Patience** testing : checking on parents resilience (levels of sympathy and emotions)
- C. **Authority** testing : authoritative interaction at all levels (flexibility)
- D. **Power** testing : checking interactional influences at all levels (control and influence)

SPAP enables one to set boundaries for behaviour;

- Mastery of personal space (consolidate space use)
- Mastery of emotions (patience-resilience, adaptation and coping)
- Mastery of Thoughts (authority-build confidence)
- Mastery of stuff or possessions (power of influences)
- Mastery of time and energy
- Mastery of culture, religion, and ethics
- Church is the conscience of the state and state is part of the church..