

# UNIVERSIDAD PERUANA UNIÓN

FACULTAD DE CIENCIAS DE LA SALUD

Escuela Profesional de Psicología



*Una Institución Adventista*

## **Impact of the fear of catching COVID-19 on anxiety, depression, and insomnia in undergraduate students**

Trabajo de Investigación para obtener el Grado Académico de  
Bachiller en Psicología

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Lima, diciembre del 2020

## DECLARACIÓN JURADA DE AUTORÍA DEL TRABAJO DE INVESTIGACIÓN

Lindsey Wildman Vilca Quiro, de la Facultad de Ciencias de la Salud, Escuela Profesional de Psicología, de la Universidad Peruana Unión.

DECLARO:

Que la presente investigación titulada: **“IMPACT OF THE FEAR OF CATCHING COVID-19 ON ANXIETY, DEPRESSION AND INSOMNIA IN UNDERGRADUATE STUDENTS”** constituye la memoria que presenta las estudiantes Blanca Victoria Chávez Cerna y Yoselin Shara Fernández Quispe para aspirar al Grado Académico de Bachiller en Psicología, cuyo trabajo de investigación ha sido realizado en la Universidad Peruana Unión bajo mi dirección.

Las opiniones y declaraciones en este informe son de entera responsabilidad del autor, sin comprometer a la institución.

Y estando de acuerdo, firmo la presente declaración en la ciudad de Lima, a los 16 días del mes de diciembre del año 2020



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Lindsey Wildman Vilca Quiro

# PRUEBA DE SUMISIÓN

Current Psychology - Submission Notification to co-author Recibidos x



Current Psychology - Editorial Office <em@editorialmanager.com>

16 nov 2020 10:22



para mí ▾

Re: "Impact of the fear of catching COVID-19 on mental health in undergraduate students: A Predictive Model for anxiety, depression, and insomnia"  
Full author list: Lindsey W. Vilca; Blanca V. Chávez; Yoselin Shara Fernández; Tomás Caycho-Rodríguez; Michael White

Dear Ms Yoselin Fernández,

We have received the submission entitled: "Impact of the fear of catching COVID-19 on mental health in undergraduate students: A Predictive Model for anxiety, depression, and insomnia" for possible publication in Current Psychology, and you are listed as one of the co-authors.

The manuscript has been submitted to the journal by Dr. Prof. Lindsey W. Vilca who will be able to track the status of the paper through his/her login.

If you have any objections, please contact the editorial office as soon as possible. If we do not hear back from you, we will assume you agree with your co-authorship.

Thank you very much.

With kind regards,

Springer Journals Editorial Office  
Current Psychology

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# Impact of the fear of catching COVID-19 on anxiety, depression, and insomnia in undergraduate students

## Abstract

The objective of the study was to evaluate the impact of the fear of catching COVID-19 on the level of anxiety, depression, and insomnia in 1002 university students of both sexes (41.4% males and 58.6% females) between the ages of 17 and 35 ( $M=21.4$ ;  $SD=3.4$ ). The Fear of catching COVID-19 Scale, the Generalized Anxiety Disorder Scale (GAD-7), the Patient Health Questionnaire (PHQ-9) and the Insomnia Severity Index (ISI) were used to measure the variables. The results of the study show that the concern about getting COVID-19 significantly influences the level of anxiety ( $\beta = .52$ ;  $p < .01$ ), insomnia ( $\beta = .44$ ;  $p < .01$ ) experienced by university students ( $\chi^2 = 2210.39$ ;  $df = 371$ ;  $p = .000$ ;  $RMSEA = .070$  [IC90% .068 – .073];  $SRMR = .053$ ;  $CFI = .95$ ;  $TLI = .94$ ). The descriptive results show that a notable percentage of university students present significant symptoms of anxiety (22.7%), depression (23.7%) and insomnia (33%).

It is concluded that the concern about getting COVID-19 is a serious health problem since it influences the appearance of anxiety, depression and insomnia symptoms.

**Keywords:** Fear of catching COVID-19, COVID-19, Anxiety, Depression, Insomnia, Undergraduate students