

Table 4: Impact of Pandemic on Health and Wellness of Participants

Category	Mean	Std Deviation
Anxiety	3.48	0.8045
General mental wellbeing	3.35	1.3280
Physical wellness	3.24	1.3004
Social wellness	3.67	1.3484
Stress	3.55	1.4013
Note: 1:Much better; 2:Somewhat better; 3:About the same; 4:Somewhat worse; 5:Much worse		