

SHADOW PANDEMIC AND SUICIDAL IDEATION AMONG STUDENTS IN LAGOS STATE TERTIARY INSTITUTIONS: COUNSELLING FOR ATTITUDINAL CHANGE

Prof. A. O. BADEJO
ayobadejo2001@yahoo.com

M. B. TAHIR
mufty48@gmail.com

*Department of Educational Foundations and Counselling Psychology,
Faculty of Education, Ojo, Lagos.*

Abstract

This research examines the impact of the shadow pandemic on the prevalence of suicidal ideation (SI) among students in Lagos State Tertiary Institutions. The issue of suicidal thoughts being a new wave among undergraduate students metamorphosed into suicidal attempts leading to suicide on campuses and the heifer society. With the use of the Shadow Pandemic and Suicidal Ideation Inventory (SPSII), the research adopted the descriptive correlational design to elicit information about shadow pandemics and suicidal ideation among students in tertiary institutions. The sample for the study comprised 145 participants that were randomly selected from the Lagos State University College of Medicine, Ikeja, Lagos State University of Education, Otto-Ijanikin, and Lagos State University, Epe campus. SPSII reliability coefficient using Cronbach's Alpha reliability coefficient was 0.89. The instrument was administered individually in a group counselling setting. Data collected were analysed using the Percentages, Pearson Product Moment correlational coefficient and ANOVA for stated hypotheses at a 0.05 level of significance. The result revealed that there is a significant relationship between the shadow pandemic and suicidal ideation and SI was not based on age groups. Therefore, counselling for attitudinal change was recommended in order to expose the students to coping strategies and reduce the impacts of SI on students.

Keywords: Prevalence, shadow pandemic, suicidal ideation, attitudinal change

Introduction

Society has been battling with series of actions and reactions as a result of the home-producing individuals to its functionality. One could wonder what is happening today among the youths who are equally part of the population. More importantly, those students who attend one tertiary institution or the other in Nigeria display different maladaptive behaviours and attitudes (like suicidal ideation) that are posing a lot of challenges on campuses and the society as a whole.

Shadow pandemic (SP) is a tongue-tied or noiseless terrorising experience between or among families members, which may perhaps come in multifaceted forms that put at risk lives and or a means of support of wads, who have experienced sexual abuse, entrenched sexual category discriminatory norms, physical, verbal and non-verbal statements against partners or children, or

maids. It could also be referred to as silent misery among families in an opened and closed households. Okwuosa (2021) regarded shadow pandemic as a physical or non-physical force against couples and their dependents mostly pronounced during the COVID-19 lockdown because of the longer togetherness of the families. It may also be any violent behaviour often displayed between partners overtly or covertly, characterised by a way of trying to over power and control the other through intimidation which could include the use of physical and nonphysical means, sexual, emotional, social, verbal, and economic invective (Ewa-Ibe et al., 2021).

Some reported findings have it that 30% of girls and womenfolk of age range from 15 to 49 are experiencing SP in some states in Nigeria and even outside the country's shore. Because of its trend within the first eight weeks in 2020, there was over 149% increase in SP in 23 out of the 36 states in Nigeria (Young, 2020) and many victims lived in fear of being abused or raped (UNICEF Nigeria, 2020; Aborisode, 2022), some partners intimidate each other (Olatunji et al., 2021; Jenyo, 2020; Ojajorotu et al., 2021) and even at a point shadow pandemic runs down to the offspring (Adekunle et al., 2022).

However, some of the roots of the shadow pandemic are multi-layered in our society. According to Usta et al. (2021) a number of areas like environmental, community and societal relationships and few others; are roots that tend to upsurge tensions in the family unit, create economic worry, toughies' narrow access to support self and household, disagreement over trivial matters, taking of alcohol and substance use. Others are conflict over childcare or housework responsibilities, lack of management of temperament, provocation and or violence, spouse excusing each other from home and or hatching copied friends' attitudes which may at times breed depression in both parents and wards that grow higher risk of suicidal ideation (Ribeiro, 2018). Also, observed that partners who were exposed to childhood shadow pandemic experiences among their family circle could be one of the root causes (United Nations Development Programme, 2022; Mineo, 2022).

With these aforementioned causes, the researchers could infer some possible end products on the wards in the family who are mostly students in tertiary institutions; bringing into being misdemeanours, social vices, mental distress, and ill-health reactions that witnessed or experienced breeding thoughts troubling in them that could be developed into suicidal ideation (Cornforth, 2022) and if such action escalates further it could lead to suicidal attempts; which is one of the spillover effects of the shadow pandemic (Utehet al., 2022).

On the other hand, suicidal ideation could be expressed as range of desires, considerations and disquiets with death initiated by an individual leading to attempted suicide without making it a reality (Bhandari, 2022; Purse, 2020). Nevertheless, suicidal ideation is about feelings of self-harm and creating a plan towards not wanting to be alive. It could also be expressed as a situation where an individual wishes he/she could run off life or die (Harmer et al., 2022; Orentas & et al., 2021).

It is equally about nit-pick to take one's life, more often than not as a result of a main depressing incident such as low socioeconomic status, coming from a divorced, or widowed home, childhood physical or sexual abuse, hopelessness, heightened impulsivity, home crisis, certain mental disorders and other shadow pandemic issues (American Psychological Association dictionary, 2022). SI is of two major types; acute suicidal thoughts which is the accomplishment of suicide

action from suicidal ideation while mild suicidal thought occurs when you just wish that some of the factors that are triggering suicidal ideations such as psychological pain, burdensome stress, previous trauma as well as abuse, drug/substance abuse, and other shadow pandemic (Purse, 2020). Most of these factors breed warning signs such as hopelessness, keeping to oneself, and a few others (Bhandari, 2022).

The occurrence of suicidal ideation for the general world population is about 9% and about 2% within a 365 days period and the shadow pandemic is one of its causes, especially during the COVID-19 lockdown were 8.2% and 2.5% respectively. Record in research conducted shown an increase in anxiety and psychological pang among families, stimulated an increase in suicidal ideation involvement among students in tertiary institutions (Opakunle, 2020). Nigeria has been the leading in Africa and 10th globally on the list of suicide committers all-inclusive (Akinremi, 2019). It was also noted that from the inception of the Covid19 pandemic, the issues of suicide and making an attempt to take one's life escalated, owing to a series of total lockdowns, restriction of movement that kept family members at home, and halt of physical work exercise on campuses also stimulated a lot of suicidal ideation among students (Okolie et al., 2020).

These causes, factors, and symptoms make suicidal ideation a prevalent attitude among the youths in our society these days. Its rate is high owing to the link between psychological distress among students in tertiary institutions (Almansour et al., 2017; Nock et al., 2018; Owusu-Ansah et al., 2020) The adversities experienced both at home and on-campus life also increased (Abdu et al. 2020). However, it is imperative to note that one of the likely factors that contributed to the prevalence of suicidal ideation among students in tertiary institutions was as a result of the impact of the shadow pandemic pressure which sour smooth relationships within the family circle (Reger et al., 2020). The shadow pandemic skyrocketing the frequency of suicidal ideation among students revealed that 4.3% of U.S. adults ages 18 and above had thoughts about suicide, with the highest predominance among the age bracket of 18 to 25 years. It was also mentioned that suicide is the tenth leading cause of death in the US and the second leading basis of death among 10- to 34-year-olds (Culbreth et al., 2018; Guedria-Tekari et al., 2019).

The effect of SP gives rise to a high level of mental health challenges, distress, negative psychological effects, sometimes social isolation, and suicidal ideation with a loftier impact on the day-to-day lives of students in tertiary institutions (Chi et al., 2020; Debowska et al., 2020). Similarly, the effect of SP on SI has been a serious and continuous challenge among the students owing to a series of violent exposure from home or neighbourhood, this keeps increasing the level of adverse paraphernalia without age variance (Villaveces et al., 2022).

In addition, the increase in the frequency of categories of shadow pandemic was conspicuous among families and colleagues especially during and after the post-COVID-19 pandemic. Couples and their wards had enough breathing space and time to interact in which the wards are major observers that witnessed varieties of home crunches, harmful actions and reactions within the family, family tree or closed families, social isolation between or among the households and economic lack (Cyranka et al., 2021; Osofsky et al., 2020). The resultant effect keep breeding prevalence of suicidal ideation among students in tertiary institutions; equally making it impossibility for them to develop kindheartedness, maintain psychological equilibrium (Shobhana & Raviraj, 2022) and as well

induce depression warning sign that deteriorate mental wellbeing of the students in tertiary institutions (Jones, 2022; Sher, 2020; Thorisdottir et al., 2021).

Statement of the Problem

In our day, the number of shadow pandemic reported cases on a daily basis keeps skyrocketing with the after-effect in the family circle. Many of them are students in tertiary institutions in Nigeria, populated state like Lagos. The aftermath is resulting in more students engaging in suicidal ideation with unpalatable news in different prints and electric media like a flying heading “Saving lives under the shadow pandemic” (Chauhan & Vijayakumar, 2020), other headlines like “Woman in court for allegedly pouring hot water on hubby”, “Man arraigned for wife battery, lack of care”, “My wife slaps me whenever I discipline our children” and many other cases (Ochonogor et al., 2022).

In Nigeria, the Domestic Violence Poll (2019) shows that the shadow pandemic or other similar acts of violence hostile to the family unit gives acute worry to society because of the onward effect on their wards many of whom are students. The survey results online only on women 15,000 fell under the age bracket of 18 and 45, with this report of the shadow pandemic many have not been captured owing to its invisibility and fear of reporting cases (UN-Violence against Children, 2020).

The same SP has been prevalent which become a major concern and a peril to matrimonies, and children who flashback or re-experience memories witnessed coming up as a dream, worry hallucination, worry, inability to concentrate, overwhelming emotions leading to torture, severe pains, and depressions and ending in the preoccupation of suicidal thought (Ewa-Ibe & Iroh, 2021). Besides, it was observed about the rate of students involving ideation gradually metamorphosed into suicidal attempts and more often than not ended in suicide action, however, the World Mental Health Survey (WMHS) appraised the rate of suicidal ideation globally to be at 9.2% and Nigeria has 3.2% out of the general percentage; shadow pandemic also served as one of the risk factors (Adewuya et al., 2016).

Purpose of the Study

The study aims to examine if there is any relationship between the shadow pandemic and suicidal ideation among students in Lagos state tertiary institutions.

Research Question

What is the level of shadow pandemic on the prevalence of suicidal ideation among students in Lagos State tertiary institutions?

Hypotheses

1. There is no significant relationship between the shadow pandemic and suicidal ideation among students in Lagos State tertiary institutions.
2. There is no significant effect of age group on suicidal ideation among students in Lagos State tertiary institutions.

Methodology

The research adopted the descriptive correlational design to elicit information about the shadow pandemic and suicidal ideation among students in all Lagos State tertiary institutions, in Nigeria.

The sample for the research consists of 145 participants who were randomly selected from the Lagos State University College of Medicine, Ikeja campus, Lagos State University of Education, Otto-Ijanikin campus, and Lagos State University, Epe campus, all in Lagos state. The instrument used was designed by the researchers and is known as Shadow Pandemic and Suicidal Ideation Inventory (SPSII) was used for data collection. The instrument was validated by some experts in the field of psychometrics and its reliability was determined using Cronbach's Alpha and alpha coefficients were obtained. Its reliability coefficient is 0.89. The instrument comprises three sections. Section A sought information on respondents' demographic information while section B sought information on suicidal ideation with items and section C sought information on the shadow pandemic with items. The instrument was administered individually in a group counselling setting. Data collected were analysed using the Pearson Product Moment correlational coefficient (PPMCC) for stated hypotheses at a 0.05 level of significance and was set at a p-value < 0.05.

Result

Research Question - What is the level of shadow pandemic on suicidal ideation among students in Lagos State tertiary institutions?

Table 1: *Percentages and Frequency of Level of Shadow*

<i>Pandemic</i>		<i>Among Students in Lagos State Tertiary Institutions</i>		
		Frequency	Per cent	Cumulative Percent
	High	99	68.3	68.3
Valid	Low	46	31.7	100.0
	Total	145	100.0	

Table 1 shows that 68.3% (99 respondents) have experienced a high level of shadow pandemic while 31.7 % (46 respondents) have experienced a low level of shadow pandemic. This shows that more students in Lagos State tertiary institutions have experienced a high level of shadow pandemic.

Research Hypothesis 1. There is no significant relationship between the shadow pandemic and suicidal ideation among students in Lagos State Tertiary Institutions.

Table 2: Correlations Between Shadow Pandemic and Suicidal Ideation Among Students in Lagos State Tertiary Institutions

		Shadow Pandemic	Suicidal Ideation
Shadow Pandemic	Pearson Correlation	1	.745 **
	Sig. (2 -tailed)		.000
	N	145	145
Suicidal Ideation	Pearson Correlation	.745 **	1
	Sig. (2 -tailed)	.000	
	N	145	145

** . Correlation is significant at the 0.01 level (2 -tailed).

From Table 2, it was observed that the correlation coefficient using Pearson Product Moment Correlation Coefficient (r) stood at 0.745. It also shows that there is a strong positive correlation between the variables and the correlation p -value < 0.005 . The correlation is significant at a 0.05 level. Hence, the null hypothesis was rejected. This then indicates that there is a significant relationship between the shadow pandemic and suicidal ideation among students in Lagos State tertiary institutions. That is, the higher the level of their shadow pandemic, the higher their suicidal ideation level and vice versa,

Research Hypothesis 2. There is no significant effect of age groups on the suicidal ideation among students in Lagos State tertiary institutions.

Table 3: Mean & Standard Deviation of Age Groups on Suicidal Ideation of Students

	N	\bar{X}	SD	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
16-18 years	27	51.96	11.474	2.208	47.42	56.50	28	72
19-21 years	89	51.40	13.518	1.433	48.56	54.25	25	81
Above 21 years	29	46.93	12.945	2.404	42.01	51.85	27	69
Total	145	50.61	13.095	1.088	48.46	52.76	25	81

Table 3 shows that the mean and Standard deviation of students' age groups on Suicidal Ideation is 16-18 years group mean = 51.96 & S D = 11.474, 19-21 years group mean = 51.40 & S D = 13.518 and above 21 years group mean = 46.93 & S D = 12.945. This shows that their means are very close. To know if the difference in means was significant or not, ANOVA was performed on the data as displayed in Table 4

Table 4: ANOVA of the effect of age group on the suicidal**ideation among students in Lagos State tertiary institutions**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	498.109	2	249.055	1.462	.235
Within Groups	24196.263	142	170.396		
Total	24694.372	144			

Table 4 shows that $F_{(2,142)} = 1.462$ and that $p > 0.05$. These findings reveal that there is no statistically significant difference between the variables. Hence, the null hypothesis was not rejected. In other words, there is no significant effect of age groups on the suicidal ideation of students in Lagos State tertiary institutions. That, students irrespective of their age groups could experience suicidal ideation.

Discussion

The findings of the research work established that students in Lagos state tertiary institutions have experienced a high level of shadow pandemic and a high level of suicidal ideation. The result recorded in the level of shadow pandemic and suicidal ideation among students in Lagos State tertiary institutions is indeed in tandem with the prevalence rates of suicidal ideation and suicide attempt as a result of the shadow pandemic that brings about the increase in anxiety, psychological pang and adversities which were associated with an increase in suicidal ideation involvement among students in tertiary institutions (Opakunle, 2020; Owusu-Ansah et al., 2020; Nock et al., 2018; Almansour & Siziya, 2017; Abdu et al. 2020).

The result obtained from hypothesis one indicated that there is a significant relationship between the shadow pandemic and suicidal ideation among students in Lagos State tertiary institutions. This implies that the higher the level of the shadow pandemic, the higher the suicidal ideation level and vice versa because of the relationship. This finding could be associated with the fact that the resultant effect of the shadow pandemic breeding prevalence of suicidal ideation among students in tertiary institutions and making it difficult for them to develop kindheartedness, maintain psychological equilibrium and deteriorate their mental well-being (Shobhana & Raviraj, 2022; Thorisdottir et al., 2021; Sher, 2020; Jones, 2022).

The second hypothesis revealed that there is no statistically significant difference between the age ranges of the students. Hence, the null hypothesis was not rejected and stated that there is no significant effect of age groups on the suicidal ideation of students in Lagos State tertiary institutions. This result agreed with the submission that despite the effect of shadow on suicidal ideation which has a serious challenge among the students owing to a series of violent exposure from home or environs which keeps increasing the level of adverse paraphernalia without age variance (Villaveces et al., 2022).

Counselling for Attitudinal Change

Those who do perpetrate or those who are involved in the shadow pandemic need counselling against shadow pandemic behaviour and behavioural modification. Hence, the student will also

need to be exposed to coping strategies on the effect of shadow pandemic attitudinal behaviour on them to reduce its impact on suicidal ideation among students in Lagos State tertiary institutions.

Conclusion

Without a doubt, if we do not mitigate the shadow pandemic and find a way of counselling against its effect on students' thoughts, it may destroy the family unit and the spiral effect may generally extend to the larger society.

Recommendations

Based on the findings of the study the followings are recommended:

- a. Government should pass related bills on shadow pandemic, and those concerned bills that have already been passed should be implemented and enforced on any culprit.
- b. Students should be encouraged to visit the higher institutions' counselling centres if they observe any irrational thoughts within or among themselves.
- c. Higher institution counselling centre should create more awareness and sensitisation among the students and staff on the danger of the shadow pandemic.
- d. Students could play a role in the family and as well as their neighbourhoods in appealing or talking to them about the danger of the shadow pandemic effect on the younger ones.
- e. The victims and witnesses of the shadow pandemic should be sanitised to make swift reports of the case(s) to the authority and law enforcement officers as early as possible.

Contribution to knowledge

This study made a significant contribution to knowledge in the following ways;

- a. The study has successfully provided solutions to tackling the problem of the shadow pandemic and suicidal ideation through prompt identification and promotion of behavioural transformation and attitudinal change in individuals.
- b. The study has added to the existing literature on the shadow pandemic and suicidal ideation among students in Lagos State tertiary institutions. Hence, it is an addition to researchers' references, a guide for practising professional counsellors and other professionals.

References

- Abdu, Z., Hajure, M., & Desalegn, D. (2019). Suicidal Behavior and Associated Factors Among Students in Mettu University, South West Ethiopia, 2019: An Institutional Based Cross-Sectional Study. <https://doi.org/10.2147/>.
- Aborisade, R. (2022). COVID-19 and gender-based violence: investigating the shadow pandemic of sexual violence during crisis lockdown in Nigeria. *International Journal of Offender Therapy and Comparative Criminology*. doi:10.1177/0306624X221102781
- Adekunle, A. O., Olorunfemi, O., & Odeyinde, O. (2022). Covid 19 and gender-based violence in Ekiti State. *International Journal of Managerial Studies and Research (IJMSR)*, 10 (7), 68-74.
- Adewuya, A. O., Ola, B.A., Coker, O. A., Atilola, O., Zachariah, M. P., Olugbile, O., Fasawe, A., & Idris, O. (2016). Prevalence and associated factors for suicidal ideation in the Lagos State Mental Health Survey, Nigeria. *BJPsych Open*. 2(6), 385–389. <http://www.doi:10.1192/bjpo.bp.116.004333>.
- Akinremi, R. (2019). World Suicide Prevention Day. WHO. Time News.

- Almansour, A. M., & Siziya, S. (2017). Suicidal ideation and associated factors among school going adolescents in Swaziland. *Afr Health Sci.* 17 (4), 1172–1177.
- American Psychological Association (2022). APA Dictionary of psychology. <https://dictionary.apa.org/suicidal-ideation>.
- Bhandari, S. (2022). What Is Suicidal Ideation?. WebMD. <https://www.webmd.com/mental-health/suicidal-ideation>
- Bian, H. M., Pan, T., & Zhao, M. (2020). Emotional analysis of college students in the early stage of COVID-19 epidemic. *Chin J School Health.* 41 (5), 668–70.
- Chauhan, S., & Vijayakumar, L. (2020). Hidden scars: how violence harms the mental health of children. The Hindu Publishing.
- Chi, X., Becker, B., Yu, Q., Willeit, P., Jiao, C., Huang, L., Hossain, M.M., Grabovac, I., & Cornforth, M. (2022). The shadow pandemic: three reforms for the post-pandemic mental healthcare system. *Centre for Independent Studies*
- Culbreth, R., Swahn, M.H., Ndetei, D., Ametewee, L., & Kasirye, R. (2018). Suicidal ideation among youth living in the slums of Kampala, Uganda. *Int. J. Environ Res Public Health.* 9 (15), 2.
- Domestic Violence Poll (2019). Domestic violence poll (With focus domestic violence against women). <https://noi-polls.com/wp-content/uploads/2019/11/Domestic-Violence-Press-Release->
- Debowska, A., Horeczy, B., Boduszek, D., & Dolinski, D. A. (2020). Repeated cross-sectional survey assessing university students' stress, depression, anxiety, and suicidality in the early stages of the COVID-19 pandemic in Poland. *Psychol Med.* 2, 1-4.
- Ewa-Ibe B., & Iroh, S. I. (2021). Newspaper Coverage of Domestic Violence against Women in Ebonyi State, Nigeria from March 2020 – January, 2021. *Ebonyi State University Journal of Mass Communication.* 8(1), 86-94.
- Guedria-Tekari, A., Missaoui, S., Kalai, W., Gaddour, N., & Gaha, L. (2019). Suicidal ideation and suicide attempts among Tunisian adolescents: prevalence and associated factors. *Pan African Medical Journal.* 34, 105.
- Jones, S. E., Ethier, K. A., Marci Hertz, M.S., DeGue, S., Le, V., Thornton, J., Lim, C., Dittus, P. J., & Geda, S. (2022). Mental Health, Suicidality, and Connectedness Among High School Students During the COVID-19 Pandemic-Adolescent Behaviors and Experiences Survey, United States, January–June 2021. *Centre for Disease Control and Prevention.* 71(3), 16–21.
- Harmer, B., Lee, S., Duong, T., & Saadabadi, A. (2022). Suicidal Ideation. StatPearls Publishing. <https://pubmed.ncbi.nlm.nih.gov/>
- Mineo, L. (2022). Shadow pandemic of domestic violence. The Havard Gazette
- Nock, M.K., Borges, G., Bromet, E.J., Alonso, J., Angermeyer, M., Beautrais, A., Bruffaerts, S.R., Chiu, T.W & Gluzman, S. (2018). Cross-national prevalence and risk factors for suicidal ideation, plans and attempts. *The British Journal of Psychiatry,* 192 (2).doi:10.4314/ahs.v17i4.26
- Ochonogor, C., Nwachukwu, G., & Itaman, R. (2022). Newspaper Coverage of Violence against Women. *Journal of Communication Studies,* 4.
- Okolie, C., Dennis, M. Thomas, E., & John, A. (2020). A systemic review of intervention to prevent suicide behaviours and reduce suicidal ideation in older people. *Int Psychogeriatr.* 29 (11),

- 1801-1824. doi: 10.1017/S1041610217001430.
- Okwuosa, M. (2021). The shadow pandemic. What is in a narrative? United Nations Girls' Education Initiative.
- Opakunle, T., Aloba, O., & Adebisi, M. (2020). An online study of suicidality and its determinants among Nigerian young adults' resident in China during the COVID-19 Pandemic. *Research Journal of Health Sciences*, 8 (4).
- Orentas, J. & Gokbayrak, N. (2021). What Is Suicidal Ideation? *Psychcentral*. <https://psychcentral.com/depression/what-is-suicidal-ideation>
- Osofsky, J. D., Osofsky, H.J., & Mamon, L.Y. (2020). Psychological and social impact of COVID-19. *Psychol. Trauma*, 12, 468–469.
- Owusu-Ansah, F, O., Addae, A. A., Peasah, B.O., Asante, K.O., & Osafo, J. (2020) Suicide among university students: prevalence, risks and protective factors, *Health Psychology and Behavioral Medicine*, 8 (1), 220-233.
- Purse, M. (2020). What Is Suicidal Ideation? A Look at Dangerous Thought Patterns.
- Ribeiro, J.D., Huang, X., Fox, K. R., & Franklin, J.C. (2021). Depression and hopelessness as risk factors for suicide ideation, attempts and death: Meta-analysis of longitudinal studies. *Br. J. Psychiatry*, 212, 279–28
- Sher, L. (2020). The impact of the COVID-19 pandemic on suicide rates. *QJM Int. J. Med*, 113, 707-712.
- Shobhana, S.S. & Raviraj, K.G. (2022). Global trends of suicidal thought, suicidal ideation, and self-harm during COVID-19 pandemic: a systematic review. *Egyptian Journal of Forensic Sciences*, 12 (28).
- Thorisdottir, I.E., Asgeirsdottir, B.B., Kristjansson, A. L., Valdimarsdottir, H. B., Tolgyes, E.M., Sigfusson, J., Allegrante, J.P., Sigfusdottir, I.D., & Halldorsdottir, T. (2021). Depressive symptoms, mental wellbeing, and substance use among adolescents before and during the COVID-19 pandemic in Iceland: A longitudinal, population-based study. *Lancet Psychiatry*, 8, 663–672.
- UNDP. (2022). Gender-based violence: taking stock of Bangladesh's shadow pandemic <https://www.undp.org/bangladesh/blog/gender-based-violence-taking-stock-bangladesh's-shadow-pandemic>
- UNICEF Nigeria. (2020). The shadow pandemic. <https://www.unicef.org/nigeria/stories/shadow-pandemic>.
- United Nation. (2020). Violence against Children. <https://violenceagainstchildren.un.org/sites/violenceagainstchildren.un.org>
- Usta, J., Murr, H., & El-Jarrah, R. (2021). COVID-19 Lockdown and the increased violence against women: understanding domestic violence during a pandemic. *Violence and Gender*, 8(3). <https://doi.org/10.1089/vio.2020.0069>.
- Uteh, B.E., O A., Adejumo, O.A., Ogbolu, R.E., Omoaregba, J.O., & Akinuoye, A. A. (2022). Prevalence and Correlates of Suicidal Ideation among Medical Students in a Tertiary Institution in Southern Nigeria. *West Afr J Med*. 39 (5), 529-537.
- Villaveces, A., Shankar, V., Palomeque, F., Padilla, M., & Kress, H. (2022). Association between violence and mental distress, self-harm and suicidal ideation and attempts among young people in Malawi. *Injury Prevention*, 28, 446-452.
- Yeung, A., Lin, J., Veronese, N., Wang, J., Zhou, X., Doig, S.R., Liu, X., Carvalho, A.F., Yang, L., Xiao, T., Zou, L., Fusar-Poli, P., & Solmi, M. (2020). Prevalence and psychosocial

correlates of mental health outcomes among Chinese college students during the coronavirus disease (COVID-19) pandemic. *Front Psychiatry*. 11, 803.

Young, J. C. (2020). The shadow pandemic: Gender-based violence and COVID-19. *International Growth Centre*.