

Table 4 Worries, concerns, future perspective about COVID-19 and anxiety coping strategies

| Worries and concerns about COVID-19 N=540 | Not at all N (%)* | Sometimes N (%)* | most of the time N (%)* | all the time N (%)* | |
|---|--|-----------------------------------|--|---|------------------------------------|
| 1. I feel worried to transmit COVID to my family | 16 (3.0) | 124 (2.0%) | 174 (32.2) | 226 (41.9) | |
| 2. One of my colleagues had a panic attack recently | 94 (17.4) | 212 (39.3) | 172 (31.9) | 62 (11.5) | |
| 3. I had a panic attack recently | 151 (28.0) | 228 (42.2) | 106 (19.6) | 55 (10.2) | |
| 4. I think of apologizing to work due to fear of infection | 275 (50.9) | 146 (27.0) | 67 (12.4) | 52 (9.6) | |
| Future perspective N=540 | Strongly agree N (%)* | Agree N (%)* | Disagree N (%)* | Strongly disagree N (%)* | Don't know N (%)* |
| 1. COVID is still under control in Egypt compared to other countries | 50 (9.3) | 279 (51.7) | 130 (24.1) | 41 (7.6) | 40 (7.4) |
| 2. COVID is less prevalent in Egypt due to high temperature | 11 (2.0) | 97 (17.9) | 239 (44.3) | 78 (14.4) | 115 (21.3) |
| 3. COVID is less prevalent in Egypt due to high humidity | 7 (1.3) | 43 (7.9) | 265 (49.1) | 85 (15.7) | 140 (25.9) |
| 4. Herd immunity strategy can decrease the prevalence of COVID in Egypt | 33 (6.1) | 176 (32.6) | 153 (28.3) | 71 (13.2) | 107 (19.8) |
| 5. Egypt can control COVID | 29 (5.4) | 193 (35.7) | 139 (25.7) | 56 (10.4) | 123 (22.8) |
| 6. I am worried that the virus might become more virulent and cannot be controlled | 155 (28.7) | 278 (51.5) | 66 (12.2) | 16 (2.9) | 25 (4.6) |
| Coping strategies with anxiety | N=540 | | % | | |
| 5. Reading | 29 | | 5.4 | | |
| 6. Listening/ reading Quran | 108 | | 20.0 | | |
| 7. Listening to music | 11 | | 2.0 | | |
| 8. Exercises | 15 | | 2.8 | | |
| 9. Talking to others | 105 | | 19.4 | | |
| 10. Mix coping strategies (listening to religious talks, music, reading, talking to others, exercises, watching TV) | 272 | | 50.4 | | |

* Row percentage