# COVID-19 pandemic: a study on the perception and guidelines compliance amongst Maastricht University students

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#### **Abstract**

Introduction: On January 30<sup>th</sup> the World Health Organization declared the COVID-19 outbreak a pandemic after it quickly spread from China to other countries. As the Netherlands adopted guidelines and went into quarantine, all educational institutions closed their doors to students. The COVID-19 pandemic impacted the everyday life of many students; therefore, in this study the students' perceptions, use of information sources and compliance to governmental guidelines were investigated. Materials and Methods: Data about students' perception, risk estimates, source of information and compliance to guidelines related to COVID-19 amongst Maastricht University students was collected by means of a questionnaire. The questionnaire was accessible from April 2<sup>nd</sup>, 2020 until April 24<sup>th</sup>, 2020; the collected data was anonymised. 467 responses were collected and analysed by means of chi-square test. Results: Most students realized that the COVID-19 was a serious threat after the lockdown of Italy and felt they were likely to get infected by the novel coronavirus. Most students followed all the guidelines recommended by the government. Students from the faculty of FSE did not feel to be at risk of infection, even though they had the highest percentage of compliance to guidelines and were relatively well informed about the COVID-19 pandemic. LAW students realised quite late that COVID-19 was a serious threat. Finally, the majority of FHML students have been in contact with more than three people at the same time, while FASOS students searched less for reliable sources of information. Conclusion: Significant differences between faculties were observed, which could arise as a consequence of a different background knowledge and of a different social environment that is often dependent on the faculty they study at.

## 1. Introduction

In December 2019, a cluster of pneumonia cases with unknown etiology occurred in Wuhan, China. After further investigations, experts identified a novel coronavirus – severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) – which was responsible for the disease that was subsequently named coronavirus disease 2019 (COVID-19). On January 30th, the World Health Organization (WHO) declared that the COVID-19 outbreak was a public health emergency of international concern and, as this fatal infectious respiratory disease reached global proportions, it was officially declared to be a pandemic on the 11th of March 2020 [1]. SARS-CoV-2 shocked the world with its swift spread from continent to continent, resulting in >13,103,290 infections,

approximately 573,042 deaths, and a devastating effect on local and regional economies [2,3]. In the midst of this public-health crisis, a global response to prepare health systems worldwide was imperative. It required authorities to react quickly and determine containment measures to reduce the number of COVID-19 cases, especially in countries with vulnerable healthcare facilities and high population density, as they would be the ones facing an excessive hazard.

Not long after the identification of the novel coronavirus, the WHO released voluntary guidelines and urged governments worldwide to take action/make precautions to limit the spread of SARS-CoV-2. Experience from previous pandemics suggest that measures such as social isolation and quarantining would be beneficial to halt the spread of the novel coronavirus [4]. The government of the Netherlands adopted many guidelines which were suggested by the Rijksinstituut voor Volksgezondheid en Milieu (RIVM) [5]. Amongst others, frequently washing your hands, maintaining 1.5 meters distance to other people when possible and self isolation in case of fever, cough or other symptoms potentially related to COVID-19. Besides these guidelines, the Netherlands also went into a quarantine. All educational institutions were closed, all non-essential labor was supposed to continue at home, all drinking & dining related businesses were closed, all festivals and other crowded affairs were cancelled and the people were urged to stay at home at all times and to avoid crowded places if they had to go out. The sudden introduction of such restrictions had a strong impact on everyday life. As biomedical sciences students from Maastricht University (UM), we were interested in how students perceived this pandemic.

The aim of this study was therefore to determine the perception and risk estimates of UM students on the COVID-19 pandemic, to determine the degree of UM students' compliance with the Dutch governmental guidelines and to assess the use of reliable sources of information. Furthermore, the differences between UM faculties with regards to the aforementioned parameters will be investigated.

#### 2. Materials and methods

#### 2.1 Participants

Students from Maastricht University (UM) were asked to fill in a questionnaire about their perspectives and risk estimates about the COVID-19 pandemic. The total responses were 491. Incomplete responses, students who did not specify their gender and students who indicated they were not UM bachelor nor master students were removed. This resulted in a final total response of 467 (figure 1).

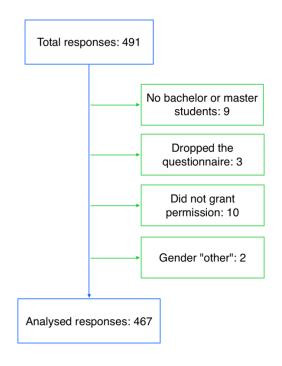


Figure 1. Responses and exclusion criteria

#### 2.2 Questionnaire

The questionnaire was built via Qualtrics

(https://www.qualtrics.com) and comprised 18 questions (some with sub questions), which were formed in order to reflect the research question and to get an insight about the perspectives and risk estimates about the COVID-19 pandemic of UM students. The questionnaire was built using multiple choice questions, Yes/No questions, matrix tables including several statements and 5-point Likert scale questions (Appendix 1).

Question 13 with related sub questions (information sources) was used to determine whether students relied or not on reliable sources. Depending on the sources used, students were categorised into: i) at least one reliable source, ii) only on social media and iii) no sources. Family, friends and the internet were not considered due to possible ambiguities. UM updates alone were not considered to be a reliable source of information as they only reported news relevant for the educational institution.

The selection of the guidelines included in questions 17 and 18 was carried out based on the guidelines that were communicated by the RIVM at the time of survey development. In order to analyse the responses, students were categorised depending on their answers to questions 17.1, 17.3, 17.5, 18.2, 18.4. The other guidelines were not considered in the analyses due to possible ambiguities. The categories were: i) all guidelines complied, ii) at least one guideline not complied, iii) no compliance.

The questionnaire was sent via message and email to students from all faculties, and they were asked to send it to their peers. The collected data was anonymised, and participants were required to give consent in order to use their responses for research before they were allowed to fill in the questionnaire. The questionnaire was made accessible from April 2<sup>nd</sup>, 2020 until April 24<sup>th</sup>, 2020.

#### 2.3 Statistics

Statistical analyses were performed using IBM SPSS Statistics (version 26). Descriptive statistics of the group demographics were obtained. The data were further analysed per faculty. Each faculty was compared to the TOTAL (appropriate measure of central tendency for all responses) by performing a chi-square test. A level of significance  $\alpha = 0.05$  was used. To perform this test, the percentages of the answers were compared.

## 3. Results and discussion

In this study, perceptions and risk estimates, compliance to governmental guidelines and use of reliable information sources amongst UM students were investigated by means of a questionnaire.

# 3.1 Demographics

A total of 467 responses were analysed. Of the total amount of students, 69 were from the School of Business and Economics (SBE), 217 from the Faculty of Health, Medicine and Life Sciences (FHML), 44 from the Faculty of Arts and Social Sciences (FASOS), 53 from the Faculty of Psychology and Neuroscience (FPN), 62 from the Faculty of Science and Engineering (FSE) and 22 from the Faculty of Law (LAW). 70.2% of all the students were female; a prevalence of female students was observed in the

faculties of FHML, FASOS, FPN and FSE, but not in SBE (appendix 2). 58.7% of the students were international, with a prevalence of international students at SBE, FASOS, FPN, FSE and LAW, but not at FHML (appendix 2). At the time of survey completion, 62,7% of students were staying in the Netherlands. By the time of survey completion, 4.3% of all students had been infected by the novel coronavirus, with the higher percentage being in the faculty of FASOS; 41.8% of students had a friend or a family member that has been infected by the novel coronavirus.

## 3.2 Students' perception and risk estimate

Students were asked to indicate whether they felt well informed about the COVID-19 situation on a 5-point Likert scale (figure 2). The majority of students (TOTAL=58%) selected the option "Agree". Although there were no significant differences between faculties, more students from the faculties of FHML and SBE thought they were well informed (answers were "agree" and "totally agree") compared to the rest.

Students were asked to indicate at which time point they realized that COVID-19 was a serious threat (figure 3). The choice with higher percentage of responses was the "Lockdown of Italy-EU epicentre (March 8<sup>th</sup>, 2020)" (39.8%). Only few students realized that it was a serious threat after EU nations closed their borders (5.6%) or thought that it is not a serious threat (1.9%), with the highest percentage of these students being from the faculty of LAW. The difference between LAW and the TOTAL was found to be statistically significant. This indicates that LAW students realized relatively late that COVID-19 was a serious threat. On the contrary, students from the other faculties realized relatively early that it was a serious threat.

Students were asked to indicate whether they felt they were likely to get infected by the novel coronavirus (figure 4). The majority of the students indicated that the felt likely to contract the virus (52.5%). This holds true for all faculties with the exception of FSE, which was significantly different from the TOTAL.

## 3.3 Source and use of information

71.9% of students indicated that they actively searched for information about the COVID-19 crisis. Students from the faculty of FSE significantly searched for information more as compared to the TOTAL (figure 5).

Students were then asked to indicate whether they used or not certain information sources. Depending on the information sources they used, they were categorised into three categories (figure 6). 97.6% of students used at least one reliable source of information. This indicates that UM students are, on average, well informed about the situation. A significant difference was found between the TOTAL and FASOS, where 4.5% of students did not use any reliable source and 4.5% of students only used social media. The use of Dutch government news and the RIVM or international government news differed between Dutch and international students. In fact, students from FHML, where the majority of students are of Dutch nationality, relied more on Dutch sources, while students from the other faculties relied more on international sources.

Depending on whether students indicated that they read the Maastricht University (UM) updates, they were asked to answer a different question. If students indicated that they did not read the UM updates, they were asked to select the reason why they did not do so (figure 7).

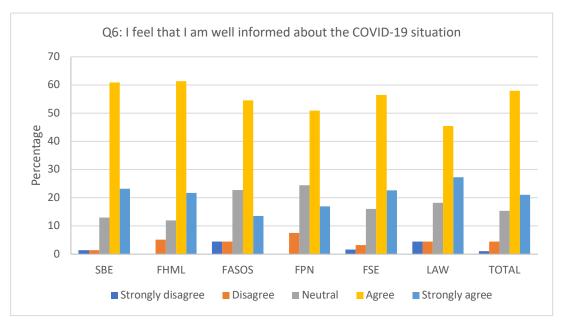


Figure 2. Students' perception on personal level of information. Data is shown as percentages.

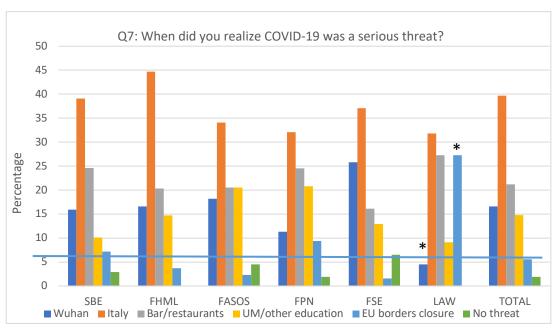


Figure 3. Students' perception on COVID-19 threat. The graph shows the time point in which students realized that COVID-19 was a serious threat. Data is shown as percentages. The horizontal blue line indicates the TOTAL, to which the other faculties were compared. \*, p-value<0.05.

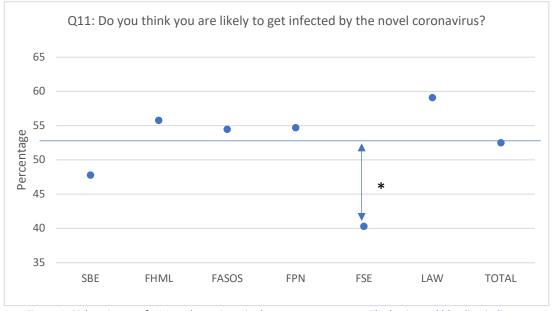


Figure 4. Risk estimate of UM students. Data is shown as percentages. The horizontal blue line indicates the TOTAL, to which the other faculties were compared. \*, p-value<0.05.

For this question, significantly more FSE students answered that they found the UM updates not helpful as compared to the TOTAL. Most of the students from the other faculties indicated that they use other sources of information regarding the COVID-19 pandemic.

If students read the UM updates, they were asked to indicate whether they read all of them or only the ones that applied to them. 33.6% of students indicated that they read all the UM updates, with a higher percentage amongst LAW students and a significantly lower percentage amongst SBE students, where only 18% read all UM updates.

Finally, students were asked to indicate whether they thought UM was providing sufficient information about the COVID-19 pandemic, and if they were satisfied with how UM was reaching out to the needs/doubts of the students. The majority of the students indicated that UM was providing sufficient information (79.1%) and that they were satisfied on how UM was reaching out to the needs/doubts of the students (71.3%). Amongst FSE students, only 58.1% and 54.8% indicated that UM was providing sufficient information and that they were satisfied, respectively.

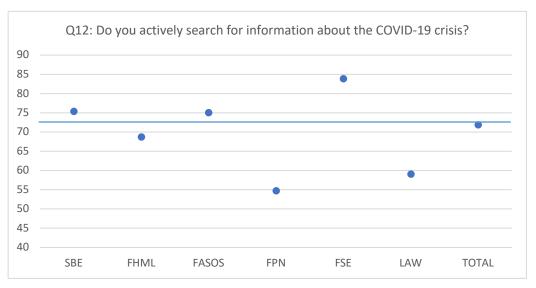


Figure 5. Active searching for information about the COVID-19 pandemic of UM students. Data is shown as percentages. The horizontal blue line indicates the TOTAL, to which the other faculties were compared.

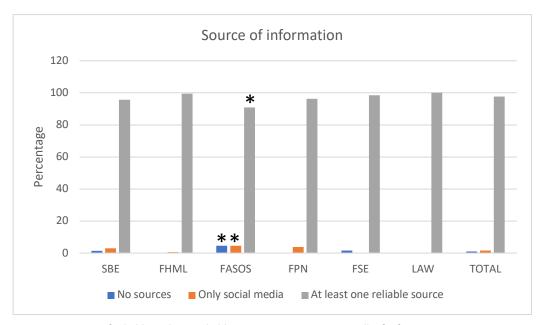


Figure 6. Use of reliable and non-reliable sources, or no sources at all, of information amongst UM students Data is shown as percentages. \*, p-value<0.05.

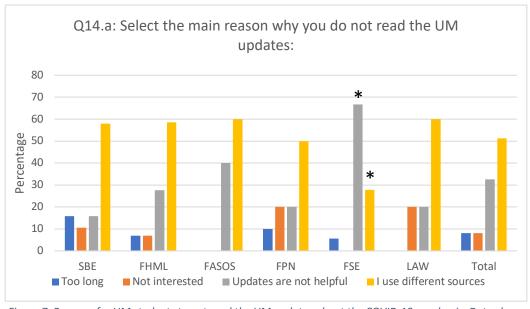


Figure 7. Reasons for UM students to not read the UM updates about the COVID-19 pandemic. Data shown as percentage. \*, p-value<0.05.

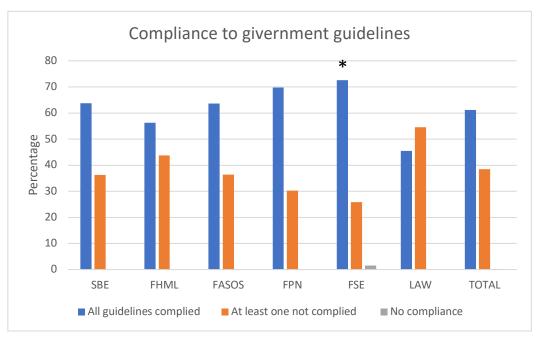


Figure 8. Degree of compliance of UM students to Dutch governmental guidelines during the COVID-19 pandemic. Data is shown as percentages. \*, p-value<0.05.

#### 3.4 Compliance to guidelines

Students were asked to indicate whether they complied to certain guidelines (appendix 2). The answers were used to identify three main groups into which students were categorised (figure 8). The majority of the students from all faculties complied to all the selected guidelines (TOTAL=61.2%). FSE was significantly different compared to the TOTAL, with the highest percentage of students who complied to all selected guidelines (72.6%) and with the only student who did not comply to any of them. Considering the fact that FSE students indicated that they did not feel they were likely to contract the infection, it was surprising to see that they were the ones who best complied to all the guidelines.

Other significant differences were found when looking at each guideline singularly. Significantly less FSE students avoided touching/shaking other's hands. Moreover, significantly more FHML students and significantly less

FPN students have been in contact with more than three people (who do not belong to their households) at once.

#### 4. Conclusion

In this study, we presented the results obtained from the analysis of UM students' perceptions, risk estimates, use of information sources and compliance to guidelines. The aforementioned parameters are key points to study in order to understand how students perceived and dealt with the COVID-19 pandemic. In this study, most of the students thought they were relatively well informed about the situation and on average they used reliable sources of information to inform themselves about the pandemic. As

the majority of the students relied on the UM updates and read them thoroughly, we think that the updates also played an important role in keeping the students informed and involved in the development of the COVID-19 pandemic.

A large percentage of the students amongst all faculties understood relatively early that COVID-19 was a serious threat, a factor that could help in the prevention of virus spreading. Moreover, most of the students amongst all faculties followed all the recommended guidelines. As social distancing can significantly limit the spread of the virus, we were pleased to see that the guidelines were followed. However, as only 61.2% of the students followed all the guidelines, there is still a high percentage of students that could have contributed to the spreading of the virus.

Although there were not many significant differences between faculties, it is interesting to notice that FSE students responded quite differently from the rest of the study population with regards to risk perception. Moreover, although FHML students could be expected to be more receptive towards such a topic, they were the students who less complied with the restriction of being in contact with a maximum of three people at the same time. Finally, LAW students realized later than the rest of the study population that COVID-19 was a serious threat.

Unfortunately, it was not possible to interpret these results thoroughly as it would involve a type of research that does not relate to our major field of study as biomedical sciences students. Therefore, we suggest further research into the differences found between the faculties. Different

background knowledge or a different social environment could possibly affect how students perceive and deal with such an uncommon situation. In addition, as in this study only the differences between the faculties were studied, the effect of gender and nationality on compliance of guidelines could be investigated further.

#### 5. References

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- 4. Tabari, P., Amini, M., Moghadami, M., & Moosavi, M. (2020). International Public Health Responses to COVID-19 Outbreak: A Rapid Review. Iranian Journal of Medical Sciences, 45(3), 157-169.
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# 6. Appendix

Appendix 1. Questionnaire.

The following survey is part of a research project which is the result of an initiative taken by a small group of students from Maastricht University. This survey will help us understand the perception of Maastricht University students on the ongoing COVID-19 pandemic.

The questionnaire is anonymous and no personal information is required.

I grant permission for the data generated from this survey to be used for research purposes on this topic. Be aware that by denying permission you will be redirected to the end of the survey.

Yes

No

# **Demographic**

Q1 Gender

Male

Female

Other

Q2 Are you a Dutch or an international student?

Dutch

International

Q3	3 Are you a bachelor/master student at Maastricht University?					
	Yes					
	No					
Q4	At which faculty do you study?					
	SBE					
	FHML					
	FASOS					
	FPN					
	FSE					
	LAW					
Q5	Are you currently in the Netherlands?					
	Yes					
	No					
Q6	I feel that I am well informed about the COVID-19 situation.					
	Strongly disagree					
	Disagree					
	Neutral					
	Agree					
	Strongly agree					
Q7	When did you realize COVID-19 was a serious threat?					
	Lock-down of Wuhan (January 23rd)					
	Lockdown of Italy-EU epicentre (March 9th)					
	Closure of bars/restaurants nationwide (March 15th)					
	Closure of UM/other educational institutions (March16th)					

	I do not think it is a serious threat
Q8	Have you been infected by the novel coronavirus?
	Yes
	No
Q9	Do you know any relative/friend infected with the novel coronavirus?
	Yes
	No
Q10	Have you or people living within your household experienced symptoms of a cold or a fever (≤ 38° Celsius) in the last few weeks?
	Yes
	No
Q11	Do you think you are likely to get infected by the novel coronavirus?
	Yes
	No
	Source of information
Q12	Do you actively search for information about the COVID-19 crisis?
	Yes
	No

EU nations closing their borders (March 17th)

Q16	Are you satisfied	on how UM is	reaching out to	the needs/do	ubts of students	?
	Yes					
	No					

# Compliance to the government guidelines 1

Please indicate Yes or No:

		Yes	No
Q17_1	Do you wash your hands more frequently, as compared to before the COVID-19 situation, after leaving the house or after being in contact with other people?	0	0
Q17_2	Do you use paper tissues?	0	0
Q17_3	Do you avoid shaking/touching hands?	0	0
Q17_4	Do you have fewer social contacts as compared to before the COVID-19 situation?	0	0
Q17_5	Do you keep 1.5 metres distance from others at all times (apart from people living within your household)?	0	0
Q17_6	Do you use public transportation for reasons other than work?	0	0

# Compliance to the government guidelines 2

Please indicate Yes, No, or N/A:

	Yes	No	N/A
Q18_1 When you sneeze/cough, do you do it into your elbow?	0	0	0
Q18_2 Have you been in contact with more than 3 people at once, who do not belong to your household?	0	0	0
Q18_3 Have you left your house only to work, do groceries or to take care of others?	0	0	0
Q18_4 Have you stayed at home when you experienced symptoms of a cold or a fever (≤ 38° Celsius)?	0	0	0
Q18_5 Have you stayed home when a person living within your household showed symptoms of a cold or a fever (≤ 38° Celsius)?	0	0	0

Appendix 2. Number and percentages of responses per faculty and TOTAL. Top row, number of responses; bottom row, percentages.

Question	Answer	SBE	FHML	FASOS	FPN	FSE	LAW	TOTAL
Q1	Male	35	53	13	6	27	5	139
		50.7%	24.4%	29.5%	11.3%	43.5%	22.7%	29.8%
	Female	34	164	31	47	35	17	328
		49.3%	75.6%	70.5%	88.7%	56.5%	77.3%	70.2%
Q2	Dutch	14	152	3	6	13	5	193
		20.3%	70.0%	6.8%	11.3%	21.0%	22.7%	41.3%
	International	55	65	41	47	49	17	274
		79.7%	30.0%	93.2%	88.7%	79.0%	77.3%	58.7%
Q5	Yes	26	176	26	23	32	10	293
		37.7%	81.1%	59.1%	43.4%	51.6%	45.5%	62.7%
Q6	Strongly disagree	1	0	2	0	1	1	5
		1.4%	0.0%	4.5%	0.0%	1.6%	4.5%	1.1%
	Disagree	1	11	2	4	2	1	21
		1.4%	5.1%	4.5%	7.5%	3.2%	4.5%	4.5%
	Neutral	9	26	10	13	10	4	72
		13.0%	12.0%	22.7%	24.5%	16.1%	18.2%	15.4%
	Agree	42	133	24	27	35	10	271
		60.9%	61.3%	54.5%	50.9%	56.5%	45.5%	58.0%
	Strongly agree	16	47	6	9	14	6	98
		23.2%	21.7%	13.6%	17.0%	22.6%	27.3%	21.0%
Q7	Lockdown of Wuhan	11	36	8	6	16	1	78
		15.9%	16.6%	18.2%	11.3%	25.8%	4.5%	16.7%
	Lockdown of Italy	27	97	15	17	23	7	186
		39.1%	44.7%	34.1%	32.1%	37.1%	31.8%	39.8%
	Closure	17	44	9	13	10	6	99
	bar/restaurants	24.6%	20.3%	20.5%	24.5%	16.1%	27.3%	21.2%
	Closure UM	7	32	9	11	8	2	69
	Closuro El I bardara	10.1%	14.7%	20.5%	20.8%	12.9%	9.1%	14.8%
	Closure EU borders	5	8	1	5	1	6	26

	No threat	7.2%	3.7%	2.3%	9.4%	1.6%	27.3%	5.6%
		2	0	2	1	4	0	9
		2.9%	0.0%	4.5%	1.9%	6.5%	0.0%	1.9%
Q8	Yes	3	8	4	1	2	2	20
		4.3%	3.7%	9.1%	1.9%	3.2%	9.1%	4.3%
Q9	Yes	30	89	18	21	27	10	195
		43.5%	41.0%	40.9%	39.6%	43.5%	45.5%	41.8%
Q10	Yes	17	74	18	14	16	8	147
		24.6%	34.1%	40.9%	26.4%	25.8%	36.4%	31.5%
Q11	Yes	33	121	24	29	25	13	245
		47.8%	55.8%	54.5%	54.7%	40.3%	59.1%	52.5%
Q12	Yes	52	149	33	37	52	13	336
		75.4%	68.7%	75%	69.8%	83.9%	59.1%	71.9%
Q13	RIVM	22	163	10	17	29	11	252
		31.9%	75.1%	22.7%	32.1%	46.8%	50.0%	54.0%
	Dutch news	22	170	17	20	31	11	271
		31.9%	78.3%	38.6%	37.7%	50.0%	50.0%	58.0%
	International news	56	139	37	48	52	20	352
		81.2%	64.1%	84.1%	90.6%	83.9%	90.9%	75.4%
	Social media	49	156	32	41	43	19	340
		71.0%	71.9%	72.7%	77.4%	69.4%	86.4%	72.8%
	Internet	59	192	38	51	56	21	417
		85.5%	88.5%	86.4%	96.2%	90.3%	95.5%	89.3%
	Newspapers	47	122	22	31	38	15	275
		68.1%	56.2%	50.0%	58.5%	61.3%	68.2%	58.9%
	UM updates	50	188	39	43	44	17	381
		72.5%	86.6%	88.6%	81.1%	71.0%	77.3%	81.6%
	Family/friends	59	175	34	45	51	18	382
		85.5%	80.6%	77.3%	84.9%	82.3%	81.8%	81.8%
Q14a	Too long	3	2	0	1	1	0	7
		15.8%	6.9%	0.0%	10.0%	5.6%	0.0%	8.1%
	Not interested	2	2	0	2	0	1	7

		10.5%	6.9%	0.0%	20.0%	0.0%	20.0%	8.1%
	Updates are not helpful	3	8	2	2	12	1	28
	I use different sources	15.8%	27.6%	40.0%	20.0%	66.7%	20.0%	32.6%
	i use different sources	11	17	3	5	5	3	44
		57.9%	58.6%	60.0%	50.0%	27.8%	60.0%	51.6%
Q14b	I read all UM updates	9	67	17	15	12	8	128
	Updates that apply to	18.0%	35.6%	43.6%	34.9%	27.3%	47.1%	33.6%
	me	41	121	22	28	32	9	253
		82.0%	64.4%	56.4%	65.1%	72.7%	52.9%	66.4%
Q15	Yes	60	175	37	43	36	19	370
		87.0%	80.6%	84.1%	81.1%	58.1%	86.4%	79.2%
Q16	Yes	54	159	28	40	34	18	333
		78.3%	73.3%	63.6%	75.5%	54.8%	81.8%	71.3%
Q17_1	Yes	66	197	40	49	57	18	427
		95.7%	90.8%	90.9%	92.5%	91.9%	81.8%	91.4%
Q17_2	Yes	51	161	36	41	48	18	355
		73.9%	74.2%	81.8%	77.4%	77.4%	81.8%	76.0%
Q17_3	Yes	67	213	40	52	56	22	450
		97.1%	98.2%	90.9%	98.1%	90.3%	100.0%	96.4%
Q17_4	Yes	68	209	42	48	58	20	445
		98.6%	96.3%	95.5%	90.6%	93.5%	90.9%	95.3%
Q17_5	Yes	60	190	42	44	56	17	409
		87.0%	87.6%	95.5%	83.0%	90.3%	77.3%	87.6%
Q17_6	Yes	11	22	0	3	4	3	43
		15.9%	10.1%	0.0%	5.7%	6.5%	13.6%	9.2%
Q18_1	Yes	60	197	36	49	47	20	409
		92.3%	95.6%	94.7%	94.2%	85.5%	100.0%	93.8%
Q18_2	Yes	17	66	7	5	7	3	105
		24.6%	30.7%	15.9%	9.4%	11.7%	13.6%	22.7%
Q18_3	Yes	43	121	28	26	39	17	274
		62.3%	56.8%	65.1%	53.1%	63.9%	81.0%	60.2%
Q18_4	Yes	20	65	16	16	13	6	136

		29.0%	90.3%	80.0%	80.0%	81.3%	85.7%	86.1%
Q18_5	Yes	20	51	15	9	11	5	111
		80.0%	69.9%	75.0%	64.3%	73.3%	50.0%	70.7%