

Hand-Drawn Illustrations and Family Support Systems: Missing Interventions in Addressing Domestic Conflicts During Covid-19 Lockdown in Uganda

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Abstract

The Covid-19 epidemic has come with its unique impact on the entire world. It has made people of various nations sick; some have died from it and some have survived. The guidelines aired on all Uganda TV stations include, washing hands with sanitisers, putting on masks, not touching on sensitive areas like eyes, mouth and nose. Further to this, people are ordered to stay at home and motor vehicles of all types were barred from accessing roads. This was also crowned by closure of all business activities except for those selling food stuffs. These directives required families to stay home all through for a period which kept on being renewed. Usually, families meet during the night after either family member retiring from work. What appeared to be the situation during the lockdown is that families have got into conflicts and domestic violence. It appears that there are some factors controlling this entire unique trend in a lockdown. There is apparently no arrangement for community family support system in the government task force interventions. Neither do they have visuals like hand drawn illustrations to any support messages towards family support activities. This paper looks at the outcomes of this confinement on the institution called home. The reviewed literature, and through actively monitoring events reported in press, social media and the media to carry out an analysis. The paper recommends putting in place of counselling programs to run concurrently with health guidelines, family support systems to work with the COVID-19 task force as a reminder towards being mindful in this trying time plus incorporating visual awareness messages that have hand-drawn illustrations at grass-root level.

Keywords: Lock down, Family, domestic relations and violence, Hand drawn illustrations.

Introduction

The world has been plunged into lock down (WHO, 2020; Hoof, 2020). Never before was it thought that such would ever happen to put the activities in the whole world to a halt. This situation has been actualised by COVID-19 virus which is believed to have originated from Wuhan China (Rossi, Talevi, & Niolu, 2020). It comes with symptoms related to fever, coughing, flue and diarrhoea. There after leads to pneumonia and eventually death (COSWAC, 2020).

This paper is about using hand drawn illustrations to inform communities about domestic violence and conflicts that might occur during COVIT-19 lockdown in Uganda. A lockdown is a call for people to be in their homes for a period of time in an attempt to control spread of disease during a pandemic (Kyeyune, 2020). In such a situation where everything is halted, this paper envisioned a lot of unwelcome things that were likely to happen due to Ugandans falling into poverty in a lockdown of an unspecified period. Further to this, the paper predicted a deterioration of domestic relationships and psychosocial well-being of societies from corner to corner of the nation.

Like all governments, there is usually preparation for disasters like pandemics (Kirschenbaum, 2002). Uganda prepared its self by closing borders quarantining returnees (Rwengabo, 2020), and setting up a task force it called the COVID-19 task force under the Ministry of Health, the Prime Minister's office; ICT and National guidance (Uganda, 2020). These ministries were to cater for the implementation of Standard Operation Procedures (SOPs) which included implementing social distancing, handwashing with sanitisers, use of masks and food distribution; communication to communities under lock.

It appears that there are some factors underlying the drastic change in attitude and behaviour among families during a lock down. The factors occur in a unique way and tend to direct the intellect and attitude of the family members in the lockdown. It also seems that these factors affect relationships in the families. These aspects need to be established and a remedy suggested in order to make homes institutions of harmony. It

is the motive of this paper to explore and share experiences by other researchers and to actively follow events in the talk shows, news on TVs and social media so that content which can be translated visually into hand drawn illustrations is identified. Byamukama (2020) asserts that in public health emergencies like COVID-19, there is considerable possibility of a raise in violence and this includes domestic violence, domestic violence among others.

While the act of staying together as a unit is seen as a trend to the right direction, it is a horrible time for those who find themselves on a brink of separation. President Museveni later on declared a country-wide curfew (Kyeyune, 2020) on top of a proposed stay and work at home. Kyeyune further informed this paper that work from home meant that people should stay at home for a period which was 14 days but kept being renewed as new cases positive to COVID-19 emerged.

This meant that family members would be staying together from morning to sunset then at night interacting in small areas of operation some with limited things to make them busy. Some wives received the news as a blessing in disguise, for they saw it as a chance of coming closer to their husbands who had been missing in action. A lot of romance was anticipated. Various voices were heard where women congratulated themselves for this win, especially those whose husbands take much time in bars and joints watching football or drinking.

As time elapsed, the celebrated victory would later appear like a visitor who has overstayed the word goodbye. The situation would later become complex especially for families which rent 2 roomed houses because their area of operation was so narrow. Pagel and Choukèr (2016) in their work, *Effects of isolation and confinement on humans-implications for manned space explorations* assert that individuals who are incarcerated in small areas have problems related to stress. People confined in small areas develop psychological problems the authors conclude.

Even those with bigger compounds possibly get used to the area. With such a situation a degree of boredom and stress sets in (Suresh, 2020). According to Suresh, boredom calls for possible things one could do to suppress it. Partners become bored with each other because there is nothing to make them busy. Such weaknesses are said to fuel domestic violence (Dimond, Fiesler, & Bruckman, 2001). There is a level of mental disorientation during such situations. Upcoming studies on Covid-19 and other related outbreaks tend to link pandemics and lockdowns to long-term mental health in humans (Swain, 2020). Hopefully, these studies come up with thorough explanations on the changing behaviours of people during lockdown.

Anything related to human behaviour needs a person specialized in soothing the community at village level (Bowins, 2004; Polizzi, Lynn & Perry, 2020; WHO, 2013). That is why employing hand-drawn illustrations was seen to be a possible intervention by giving a simplified visual component to the messages that can help in supporting affected families.

Even men who saw 14 days as a nice holiday to do things that they missed doing at home because of a busy schedule at work started to panic. As one is confined in a lockdown off course utilities like food dwindle (Acidri, 2020). This is evidence that people were not told to prepare for disaster. There occurs a complex of problems which Gauthamadas (2005) terms as stressors that take advantage in this confusion and as such manifest themselves resulting into domestic violence.

The loss of jobs and working capital in a lockdown is inevitable (Africanews, 2020). It leads to a state of financial insecurity, so is poverty-related stress which later worsens living conditions fences the whole quagmire. The home becomes scary as its slowly becoming an insecure institution because all of a sudden everything becomes routine. UN-WOMEN (2020) sums up this scare as a precursor to domestic violence.

Lockdown came with redundancy and it is the worst situation to a person who has been used to working, this is because organizations tended to lay off less essential staff and in so doing people were almost sent into retirement (Oparanma, 2011). It is further alleged that to those people who had been used to excessive workouts, lockdown was a nightmare and brought about sickness and boredom (Jadhav, 2020). Being in a

lockdown and staying at home without physically being active for a relatively long period is a challenge to the body and mind Jadhav adds.

Homes in the lock down are a combination of individuals with various feelings and images in their minds. Some lost working capital, jobs, school time among others. This institution called home where wives had anticipated getting love and Romance compensation in overdose now appeared to be disorganised. By staying at home, they were implementing a health directive of minimising virus transmission. Whereas this was said to have achieved much in controlling the spread of the virus, as outlined by UNWOMEN (2020), homes with violent husbands made the institution called home to be a violence related domicile.

The health guidelines were received well but there appeared to be a need of a message development with active appeals to families so that they exercise restraint in this situation which might be filled with psychological disturbance (Suresh, 2020). Whilst COVID-19 taskforces have been set up to oversee food distribution (Africanews, 2020), apparently no known programme or committee was setup to cater for counselling families and the domestic institution about exercising restraint and patience during this uncommon situation. There is an increase in domestic related violence and crime which was not previously experienced; it is not clear as to why this kind of violence rose in this period of time.

In the report of the budget committee on supplementary expenditure (Uganda, 2020), the COVID-19 task force saw the Ministry of ICT being given the task of scaling up awareness campaigns. The outlined tasks being to compile and print presidential directives, Ministry of Health guidelines, making billboards, monitor print and electronic broadcast among others. Whereas this was a drift in the right direction, awareness and counselling of families at village levels was not addressed. No illustrator and message developer were heard of in this intervention. Another loophole is that the consumers of these would be health billboards messages were not moving, they were locked up at home (Kyeyune, 2020).

This paper assumes that families of those in lockdown need support, counselling, and care among others. Through incorporating hand-drawn illustrated materials in the COVID-19 awareness program would help those offering family support to communicate with those individuals affected at village level. These are the missing interventions that this paper wishes to be incorporated in the work of the COVID-19 Uganda task force to address lockdown related domestic violence.

Literature Review

In finding a way to communicate with communities, various means are used for awareness purposes. Among these are: TV, radio, posters, billboards, and hand illustrated leaflets among others. In a case of disasters like COVID-19 continuous awareness is imperative. Knowledge is required to keep communities updated. It is the reason why this paper identified hand-drawn illustrations as a possible means of communication even in care giving to families that might have found themselves in conflict during this lockdown.

In such lockdowns, families need support to cope up with a sudden situation they had not budgeted for (Acidri, 2020; Gauthamadas, 2005). This support is hoped by this paper to be of good help if it is accompanied with messages that are lighted up with hand-drawn illustrations. Incorporating hand-drawn illustrations in designed messages, it is hoped that it would act as a reminder to keep the continuity in message dissemination (Cunningham *et al.*, 2017; PATH, 2009).

The illustrator and message developer for this noble cause base their subjects on the dynamics and happenings in a lockdown whose source is from literature review and emerging stories and experiences. Therefore, the submissions which follow are crucial in this regard.

Hand-drawn illustrations are visuals that are aimed to communicate an idea (Cunningham *et al.*, 2017). Communities always need information to be able to put any desired behaviour into practice (Kamaruddin, Ahmad & Alwee, 2016). The awareness is usually delivered by the specialized people, trainers, village

family sport personnel, Village Health Team in case of Uganda, counsellors among others (Mays *et al.*, 2017).

Studies have shown that in case of disasters, governments set up intervention arrangements to help affected people (Gauthamadas, 2005). These interventions are said to involve among others, food distribution to the vulnerable poor, delivery of HIV drugs, Sanitation pads, and family support (World Vision, 2020).

In Uganda the advent of Covid-19 and the identification of the first positive patient led to Government setting up a task force aimed at overseeing guidelines being implemented and also giving out food among others (Uganda, 2020). Whilst this was a good gesture, there were a lot of gaps; for example, there was no provision of a slot for family Care Givers, Village Health Teams, Community Support teams at village local council.

The disaster in Uganda escalated into a lockdown which meant to halt in normal activities. (Kyeyune, 2020). This incarceration at home is sometimes referred to as quarantine (Suresh, 2020). From Suresh (2020) this review learns that a lockdown was a means to halting everything to reset for possible implementation of interventions that could work towards controlling the spread of disease which is at pandemic level.

It is assumed that by putting a whole population of a country to standstill governments would possibly control a disease like COVID-19 transmission. This assumption would later be annulled by increasing numbers of individuals who were positive regardless of an ongoing lockdown (Uganda, 2020). The Ugandan Ministry of Health informed this review to learn that a new rise in positive individuals was attributed to truck drivers who in turn infected their local contacts. This would later make the Government of Uganda bring the lockdown days being extended. In a lockdown people who used to be self-reliant were pushed in a state of despair.

This impacted much on the peoples' psyche. It is Suresh (2020) who concludes just like Steimer (2002) and Hoof (2020) that the lockdown had an enormous blow to a person's mental health bearing in mind of what is really the source of stress brought about by the environment and someone's potential to handle the given situation.

Lockdown Complications

A lockdown is an activity said to be full of complications, this is because it occurs suddenly without preparation (Kyeyune, 2020). Kyeyune implies in his submission that communities are usually overwhelmed by the requirements of a lockdown when sometimes it is crowned with a curfew. In such a situation he concludes that there are a lot of injuries, despair and at the highest death. It is common knowledge that no one wants to die that is why people willingly accepted the lockdown. A lockdown situation is a quagmire to those experiencing it since to many it was never budgeted for, this is because of the speed at which it is announced and implemented (Rwengabo, 2020).

The sense of hopelessness in a lockdown environment is said to have brought about things like stress fear, worry, loneliness, depression, and financial insecurity (Suresh, 2020). Fear is one of the situations which are brought by uncertainty about how one will survive. This uncertainty according to Suresh has a psychological impact. Families in a lockdown are forced to be together in a very small area, this brings about boredom as things that make one busy are less (Pagel & Choukèr, 2016). Pagel and Chouker say that the resultant of this incarceration is domestic violence.

What really could be the cause of domestic violence? The answer is given by a sizeable number of authors who have linked COVID-19 domestic related violence to rapid emotional distress caused by boredom. Boredom according to Suresh (2020, p. 693) refers to an unpleasant, transient and affective state in which the individual feels a lack of interest. As the lockdown is increased in number of days as outlined by Kyeyune (2020), hopelessness sets in because of declining interest were people are not occupied with what to do let alone lacking what to eat.

Where there is smoke there is always fire, stress another condition believed to be aggravated by boredom in lockdowns as outlined by Steimer (2002) is elevated; it is compounded when resources and utilities dwindle and yet demand is ongoing (Steimer, 2002; Suresh, 2020; UN-WOMEN, 2020). Authors Suresh (2020) and Byamukama (2020) concur that stress has caused homes to be unsafe for some people during this COVID-19 lockdown globally and locally. Stress is said to be one of the reasons why domestic violence has increased during the lockdown and not in other days. This according to UNWOMEN (2020) is aggravated by money worries, healthcare uncertainty, decline in socialising and being confined in one place.

Needs and the Lockdown

This paper perceives a lockdown as a "prison" without a gate where people are subjected to confinement at their homes without a budget. People have needs that are crucial for their survival. In this confinement, those used to working find themselves having more time with their spouses which breeds conflict because more needs set in (COSWAC, 2020).

Much as people were not told to stock for the coming days, it was believed to bring about conflict when such needs are in less supply. These are fuel, food, toilet paper among others. The situation becomes tense when the supply is curtailed by the set guidelines omitting certain vehicles to move (Jadhav, 2020).

In a dilemma like a in a lockdown, needs appeared to be thought about in the order of importance; the mind automatically edits existing needs in their order of importance just to conform with Maslow's law of hierarchy of needs (Aruma & Hanachor, 2017). The authors elaborate Maslow's submission of these needs as 1) Physiological: hunger, thirst, bodily comforts, among others 2) Safety/security: out of danger; 3) Belongingness and Love: affiliate with others, be accepted; and 4) Esteem: to achieve, be competent, gain approval and recognition.

The most important item that is thought about in this situation is food and water. As Maslow put it, food and water are under the physiological needs as such, they become number one on the list of needs. (Kaur, 2017). This need will be the one required and other things muted. Such a situation requires availability of money to keep this need alive. The fact that money is no longer coming makes people to become uncertain of whether they will put food on the table during such an emergency.

Every need is said to be a function of money (Nozomi & Makoto, 2011). During lockdown, a reduction of money in the home with no assurance that it will be replaced brings about fear, stress among others. Steimer (2002) elaborates about fear by saying that it is an emotional response to some expected pain or danger requiring one to flee a scene. Messages here to be illustrated need to depict optimism and patience. For a home in Uganda where one is in a lockdown, fleeing is apparently not feasible because of curfew and lack of transport (Kyeyune, 2020). It is this fear that seems to be responsible for domestic violence. Fear according to Steimer (2020) brings violence and rudeness as a defense mechanism which makes the husband begin to take note of the family's extravagance in terms of domestic utilities. Swain (2020) appears to explain lockdown rudeness and its cause; he sums it up by saying that the complex of lockdown needs and scarcity of money precipitate gradual breakdown of the mental faculties leading to one being offensive.

Hand Drawn Illustrations as an Intervention

In addressing the challenges of the lockdown such as domestic violence, this paper envisioned the use hand illustrated materials which could be used by the Village Health Teams VHTs, family care givers at the village level locally known as *nabakyaala*. Village Health Teams are said to be avenues through which villages get health information in Uganda, they also deliver basic education and health services at household level (Mays, *et al.*, 2017). These care givers are thought by this paper to be able to give social support to people under lockdown. Polizzi, Lynn and Perry (2020) affirm that human contact and support by such service providers is impactful in natural disasters. According to the authors, care givers provide sensitive advice, psychosocial support and encouragement. During and after interaction a need for materials that are illustrated become a vital component in this intervention.

This intervention of care givers is thought to be useful if incorporated within what the Uganda government COVID-19 task force is doing. These task forces are the only ones mandated to access the people at village level (UNDP, 2020). Although the services of the care givers might be useful, doing it without consent was to be rewarded with a charge of attempted murder as said by President Museveni (Nayiga *et al.*, 2020).

Care given to village families could be assisted by adding on hand-drawn illustrated materials which affected families can use to ease this psychosocial trauma as it appears in Nguyen (2015). This trauma suppression using illustrated materials can borrow a leaf from Art therapy methodology that Nguyen is putting forward. Art therapy is another wide undertaking and for the purpose of this review an explanation from Nguyen suffices when he says that it is a type of human service profession in which art materials, the creative process and a final art product are the vehicles for therapeutic interaction (Nguyen, 2015).

Hand-drawn illustrations have been used as visual statements to communicate with the target groups on what desired behaviour should be promoted (Cunningham, *et al* 2017). Their success has been mentioned by water and sanitation programs, health-related guidelines and interpersonal communication among others (Muturi, 2007; Srinivansan, 1990; UNICEF, 2008; WASH, 2009). Nsanja (2009, p. 27) when elaborating about illustrations being used at interpersonal level alleges that information on the subject appears to flow seamlessly and naturally from the community who read and make meaning of the illustrations. Based on this assertion, at the villages where people are in a lockdown, marriage couples can be helped to practice restraint during these hard times by exposing them to such visuals.

The interpersonal level communication could however, be interfering with guidelines of social distancing (Rwengabo, 2020). The awareness can be passed on by giving the families such printed materials to take them home.

Mindfulness

When disaster strikes, harmony in life is frequently interrupted as families become chiefly centred on survival. Anything disrupting this survival especially in the mind of the family head is likely to cause misunderstandings (COSWAC, 2020). Studies have shown that integrating mindfulness in trying times into one's daily schedule could help ease anxiety and build healthy skills manage and adapt to the situation (Polizzi, Lynn, & Perry, 2020). Polizzi and partners posit that mindfulness is the capability to perceive what is taking place in your head and to exercise restraint not to be diverted from the norm. The use of hand-drawn illustrations can be buttressed by the wide use of visual aids to give support to learning. It uses a notion of communicating with visual statements while using fewer words (Shabiralyani, Hasan, Hamad & Iqbal, 2015). Most communication programmes have used them with tremendous success (PATH, 2009; WHO, 2017). They are developed into tools to give communities interaction with trainers to identify what they know and what they need to know (KENYA, 2017; RESPOND, 2010).

This undertaking further proposed counselling to be put on the agenda of the COVID-19 National task force. Counselling sessions have also previously used hand-drawn illustration with considerable success (Okeyo & Dowse, 2018; WHO, 2013). These submissions give this paper favourable defence to propose hand-drawn illustrations as an intervention that can be aired together with messages on community counselling on TV since all communication falls under the docket of the Ministry of ICT and National Guidance (Uganda, 2020).

Method

The data for this paper was collected after lockdown in Uganda was announced in early March 2020. A qualitative method to gather data was used. This was guided by purposive sampling of media and social media channels where stories related to lockdown and gender violence were aired. The analysis was descriptive in nature. The study further reviewed related literature to answer some of the questions which appeared to be obscure. The literature also helped to establish themes which are key in domestic violence, these themes could assist message development and illustration. In involving myself personally, it was imperative that all news updated on Uganda TVs were followed keenly. Other data was personally obtained

from posted news on social media. Information relevant to this study was incorporated for comparison purposes in the interventions.

Content analysis instrument was used to scrutinise the information contained in the aired stories. Although these stories had different drama, they appeared to be happening because of the same underlying factors. These are the factors which the literature outlines. Emerging themes were collected together to have an explanation guided by the literature review and the input of experts.

Discussion and Outcomes

This paper thought of incorporating hand-drawn illustrations into messages meant for family support in an attempt to address domestic violence during the lockdown in Uganda. Further to this, the paper intended to address the missing link in the fight against COVID-19. It was established that enriching of the program with communication visual materials could help to target those affected by the problem through family support and care services. The family care is at the moment not utilized in the fight against domestic violence during the lock down. The paper established that intervention of using hand-drawn illustrations entirely relies on literature, aired stories in the media and opinions by the communities. Such stories act as a raw material upon which communication messages and accompanying hand-drawn illustrations can be designed.

It is hoped that the target group would find it easy to associate with the stories, by seeing the reality of the situation in pictorial presentation. Family support systems especially at the local council can use the designed materials to carry out the work of counselling those families under lockdown. The message developer has a wide range of themes to pick on in here. All these factors can be hand-illustrated to help in message dissemination. The outcomes discussed below are a springboard to assist the message developer on what to illustrate.

Starting with the international scene stories retrieved from social media indicate that domestic violence is an act that is associated with disasters and pandemics; (*A pandemic can be hand-illustrated in the awareness tools to give a clear visual feeling*). On Aljazeera English, May 26 2020, a story from YouTube titled, ***US domestic violence: families at risk during the lockdown***, Natasha Ghoneim hosted a lady who was called “Maria” for the sake of her security. This violence was attributed to stressors, job loss, lockdown measures associated with the pandemic and school closure among others. This narration was as a source to feed into themes that can be visually elaborated.

Neha Gill said that the levels of domestic violence are higher in COVID -19 lockdown than the violence ever experienced in other periods. It has been a problem though in pandemics. Maria lost her job as a nursing assistant, so she is locked up with no one to look after her son. She thinks that she needs huge distance from her estranged husband who has abused her extra-ordinarily in this lockdown. This story can be depicted visually and through dramatizing and consolidating the feeling depicted in the narration.

At the local level, as per the data being indicated by the Ministry of Health, it shows that Uganda had so far got no COVID-19 death. Instead the country had got death arising from COVID-19 related control measures like the lockdown, curfew and domestic violence among others. It is puzzling even to the police that crime of other nature such as theft; petty thefts like pickpocketing had drastically reduced. The cases that police received according to the police spokesperson, Fred Enanga were related to domestic violence some resulting into death of couples. At the media centre on April 6 2020, as aired on NTV Uganda, Bukedde, NBS: In Gulu District, Ojara Alfred a peasant killed his wife as they were returning home when they got into a disagreement while drunk. In Buikwe, a step mother called Nakayima Fatima attacked a stepson Maziliwa Yunus, took the dead body and placed it on a tree to fake suicide. In another incidence, Odongo Daniel picked a hoe and beat his wife to the head. The factors leading to such behaviour in the lockdown are discussed further in the coming submissions. Exposing such factors visually is seen by this paper as a trend towards enriching the intervention on the crimes.

The submissions from the selected media and social media, depicted the lockdown as being like a big stage with those under lockdown being the performers; each with roles and responsibilities. The behaviour of those who perceived their roles to be threatened have become influenced by factors. These factors are the stressors as mentioned in the literature, what Steimer (2020) says bring violence and rudeness. The whole stage is reminiscent of Dr. Elke Van Hoof's assertion that "*the lockdown is the world's biggest psychological experiment- and we will pay the price*" (Hoof, 2020). Hoof informs the views in this paper to bring a view that hand-drawn illustrations are a therapeutic remedy towards those who are affected. The role of hand-drawn illustrations as a therapeutic remedy, however, need extensive study.

These factors like stressors will successively come to direct the stage performance by influencing actors' consciousness. The big number factors that have been found to be manifesting themselves revolve around need. It is Huitt (2007) who mentions Maslow's explanations of the underlying factors as mentioned in the literature. It is true physiological needs are the most essential as all the other needs become less important until the psychological ones are met. This rhymes well with the voices coming out from the noted news cast in this paper where food, drink, sex and sleep have come up most often in the reason behind domestic violence under this lockdown. Hunger however, dwarfed all other needs as casted in the news where impatient people expressed their dissatisfaction for having not got food being given out by the COVID-19 National task force.

Belongingness and love will also follow food in this hierarchy. Lack of these essential needs will make the stage insecure and will act on the psyche of the actors. The whole scenario of the lockdown according to most of the aired stories was characterised by hopelessness. There was a feeling of the lockdown being like a prison since the imposed curfew made people feel like there is also a lockdown on the freedom they have been enjoying. It further complicates the mindset of many people.

Messages designed and hand-illustrated with the theme on physiological needs outlined above are perceived by this paper as being emphatic in appealing to families to exercise restraint for the sake of maintaining oneness.

The effect of the lockdown on the peoples' mind was further highlighted on NTV Uganda 10/6/2020 by Dr. Juliet Nakku of Butabika mental hospital in Uganda. She said that mental anxiety, depression, and drug use had increased during the lockdown. She further said that the facility has received more mental cases than the number they used to get before COVID-19 lockdown. This is in agreement with (Rossi, Talevi, & Niolu, 2020) who claim that lockdowns are characterised with rise in mental cases. Dr. Nakku attributes this to lockdown-related food insecurity, economic insecurity, anxiety and depression. This notion is also shared with her workmate Dr. David Basangwa. Dr. Nakku asserts that individuals who used to socialize in places like bars could no longer go there; she echoed Rossi, Talevi and Niolu (2020) by concluding that closing socialising had a toll on the lives and mental health of those under lockdown. The other reason she gave was job loss and capital disintegration as mentioned in a report *Socio-economic impact of COVID-19 in Uganda: Short, medium, and long-term impacts on poverty dynamics and SDGs using scenario analysis and system dynamics modeling* (UNDP, 2020).

However, Nakku said that the nature of patients they received were not as dangerous as the real hardcore mental cases they normally got. These patients of lockdown required no medicines to revive their state of mind, they needed counselling. Whereas counselling would alleviate the situation, incorporating in hand-illustrated materials is seen by this paper as a possible solution and would ease the communication between counsellors by creating a permanent impression in the minds of the clients being counselled (Okeyo & Dowse, 2018).

The aired news and talk shows indicated that there were a variety of other factors which were responsible for domestic violence in this lockdown. A selection of those factors was made and is discussed hereunder:

Anger

The voices further echoed the act of hate and anger dominating the lockdown. In the talk of the nation May/16/2020, where the theme was dealing with domestic violence under COVID-19, Miria Matembe a renowned women's rights activist mentioned lockdown as imprisonment. This is in agreement with this paper's view that a lockdown is a nationwide prison without gate. Matembe further said that domestic violence had increased with a level of anger that had never been experienced before in the institution called home. People could also burn fellow humans she retorted! All people were angry she concluded. This anger is unique just like that one of Julius Kyomuhendo. He was arrested in Mpigi for the death of Dorin Kansime his girl-friend. It is alleged that the suspect beat the deceased because she cooked chicken without his consent. All this anger and violence is seen rotating around the physiological need, food (Huitt, 2007). A message promoting peoples' lives being more than food is so instrumental in this submission.

This uncommon anger was also echoed in the news where of a man resident of Makenke Mafubira in Uganda defecated in food! He contaminated the maize floor with excreta to punish his wife. This paper views this as health and sanitation terrorism. The breaking of the hygiene rules by unleashing such uncommon domestic violence through use of sanitation misbehaviour was never seen before the lockdown as testified by Miria Matembe.

This activity matches with the crime of attempted murder which President Yoweri Museveni of Uganda preferred for those distributing palatable food to people without going through the National COVID-19 task force (AfricaNews, 2020). Since this guy had contaminated food, he made it unpalatable and denied his spouse right to food. He should also be charged with attempted murder since he is making food hard to eat. Anger in this case is caused by uncertainty about whether food would be available in future during COVID-19 related lockdown (Acidri, 2020). This is because there is no income expected yet expenditure is high, stress levels increase as it appears (Nayiga *et al.*, 2020). This would make bread winners to unleash their anger in what Bowins (2004) refers to as a defensive mechanism. Again, in this case, counselling is the remedy. Spiced up with hand-drawn illustrations, such anger could possibly be turned into love.

Sex as a Source of Domestic Grievances

Sex as one of the basic needs stated by Maslow as it appears in Kaur (2017) and Huitt (2007) was mentioned as a crucial need that is responsible for lockdown related domestic violence. Nakacwa, a presenter on Beat FM in a program called Sisimuka/ Endobeso, mentions how women are using the lockdown to ridicule men who used to take themselves as absentee husbands because of work. The lack of what to do according to Nakacwa left sex as an alternative to making couples busy. It is here that men have nowhere to go; the area of operation is narrow watching TV in the sitting room then back to the bedroom she narrated.

The lockdown is said to have given enough time for the husbands to prove their sexual prowess. The tendency of getting used to each other was mentioned as a factor suppressing men's sexual urge. Women's reaction was said to be full of ridiculing and sarcastic statements about a husband's declining sexual prowess. Wives laughing at husbands declining strength won't go well with men whose sexual potency is dwindling, it is said to cause humiliation and about the condition (Symonds *et al.*, 2003). The result is the uncalled-for conflict and then violence. Mukunja a male presenter on radio posits that men's sexual appetite dwindles with lockdown because of over doing it and also getting used to their spouses. This echoes George William Sekanjako on NTV June 26 2020, in a programme *Obutabanguko mumaka (conflicts in the homes during lockdown)* where he said, about dwindling sexual drive during lockdown being attributed to partners seeing each other 24hours a day for a long time in a prison-like setting.

It was reported that the lockdown has diluted love to something casual because you are seeing each other so much, the lovers are no longer able to fulfil their obligations. Caroline Mukhwana police officer on family affairs said that sexual problems are the causes of most domestic-related cases they had recorded. Women came up with complaints of men "*loosing network*" this is a term meaning men being unable to hold an erection. The situation of a lockdown in which men's sexual performance is being judged is full of

stress (Swain, 2020). Stress is said to inhibit sexual performance (Bodenmann, Atkins & Schaer, 2010). In a state of stress the body releases the hormone cortisol in blood and this makes the person affected to be in a state of emergency with low libido (Hamilton, Rellini & Meston, 2008). It was further alleged by Senkanjako that sexual breakdown is a happening on both sides of the husband and wife so it should not be used as a means to ridiculing their husbands.

Whilst other homes were conflicting because of being forced to regularly do sex, in other homes it was said that sex was being denied to their seemingly horny husbands. On NTV June 26 2020, it was reported that a man cut off a lady's arm because of denying him sex. Whereas the Uganda police was accurate at pointing out the reasons and factors related to the lockdown-related domestic violence, their already setup family unit had not come up with a remedy. Things like counselling families were never mentioned neither did they have a communication strategy in place.

Constant Monitoring of Home and Finances

The conflict accruing from what was said constant monitoring by men was said to be responsible for domestic violence in the lock down. It was labelled overstaying where you are treasured but not welcome. Polly Namaye a Uganda deputy spokesperson of Uganda Police Force, mentioned that the assured presence of husbands at home had let them to monitor all what their wives were doing, cooking ways, their weaknesses; men were ever present and did monitor what the ladies were doing including cooking. Men staying around meant keeping themselves strictly neat. Men had become picky in this scenario. The domestic abuse caused death to their partners and sometimes causing bodily injuries. In the old normal, men used to leave early and left behind money for home affairs which women locally call *sente za ka meeza*. With this money the wives had rights on how to spend it and on how to save some. In the lockdown this money was no more because the financier was around. To wives in the lockdown it appeared that they had been financially deprived. Even if money was provided it would be monitored by the available husbands in the lockdown. There was a tendency of freedom, ladies claim had been denied from them.

Seeking Cash through Disposing of Property

It was further aired that due to the poverty situation, life became hard to make ends meet. There were proposals in vulnerable homes to sell household items to buy what was badly needed like food and medicine. Either partner might not agree on the idea which would lead to the couples fighting. Some husbands abandoned their wives due to such disagreements; others killed them. Property-related domestic violence usually comes up during disasters and it is frequently crowned by loss of lives (Bagonza, 2014).

Blaming One Another

It was mentioned that the lockdown led to the people living together to blame one another especially when shortage of resources inevitably set in. This shifting of blame later brings about domestic violence. In *Mwasuze Mutya* NTV morning programme: Hosted by Faridah Nakazibwe, *Obutabanguko mu maka mu biseera bya COVID-19* with the guest Hajat Faridah Kibowa. In this programme all domestic violence was attributed to stress in the home which arises from lack of shared responsibility in the home and to shift blame on either side. Blaming husbands for shortage in food is mostly major. Husbands didn't see this coming to get prepared. When disasters befall unprepared individuals or communities a lot of damage is expected to even stable homes (WHO, 2020). Restraint is the way forward.

The blame was further compounded in a story aired on NTV Uganda May 23, 2020; a lady called Agnes Mujuni whose husband called Mujuni Geoffrey the local area leader in Isingiro district torched her house and cut down a full banana plantation because of the wife's failure to produce a baby boy despite having produced with him three girls. This violence was done blaming Agnes of lacking genuine means of producing boys. Amazingly, all this violence is recorded during the lockdown where criminals were sure that none one can access the police during curfew time.

Openness

In the old normal, husbands had been used to being confidential as far as finances are concerned. On NTV June 26 2020 the submission by women in attendance about domestic violence highlighted the low level of openness of men during this lockdown where men were extra strict with their wallets. This activity was said to lead women into expecting that possibly there was enough money which men did not want to expose. Some women as it was reported went ahead to check husbands' wallets for money without the husbands' consent. This resulted into real damage and husbands expelling wives together with their children. In here, the dwindling finances without incoming funds tended to cause bad feelings amongst men. It was mentioned when husbands' financial insecurity increased. Utility monitoring increased during lockdown in Uganda. Usually it is not a practice for men to go into the kitchen. When a husband is told about lack of salt in the home, he answers with bad feeling, "salt is finished do you drink it or use it?" Such feelings are governed by stress due to uncertainty.

Mobile Phones

Ability to communicate with one another using technology is important (Dimond *et al.*, 2001). Even during the lockdown, the mobile phone provided information, communication and entertainment among others. Whereas this is true, the device was highlighted to be responsible for couples' misunderstandings leading to domestic violence. On Mar 19, 2020 in a programme *Tukyogereko, Biki ebivaako obutabanguko mu maka mu guno omuggalo?* (What causes domestic conflicts during the lock down?). This is in agreement Ling and Campbell (2012) who allege that mobile phones bring us together and tear us apart.

Phones were reported as a source of conflict specially to working women. One lady who was interviewed said that, they had two phones: a personal and a business phone because she dealt in food vending. Male customers who had other motives could call late in the night in presence of their husbands. This led to fighting and often breaking up of homes. The lockdown further made mobile communication monitoring high because the owners were close together. Women got problems monitoring who sent messages, which people their husband called, and even checking the husbands' phone for total audit. In one slum, a woman threw her husband's phone in a saucepan of water. The results were obviously a conflict resulting in hurting the wife badly. Dimond *et al.* (2001) concurs with this assertion enlightened in this paper about either husband or wife using aliases on contact names. The message and hand-drawn illustrations here need a lot of drama to offer to have a dramatic feel.

Women Having Higher Income

In a programme on Bukedde TV *Omudaala Obutabanguko mu maka mu kaseera ka COVID19. Kiki ekisaanye okukolebwa okutebenkeza amaka* (what needs to be done in order to bring peace in homes?) hosted by Paul Serugga Matovu. Usually, this is celebrated as success on the part of the woman. In the lockdown however, it caused domestic violence because the women were reported to amplify their grandeur in the home just as it appears in Dew and Stewart (2012). The financial differences where women possessed more money than men came up as reasons for domestic violence during the lockdown; men felt embarrassed because they could no longer play their role of provider. This was further compounded when they were ridiculed by their wives. These findings auger well with Hill, Allsop, LeBaron and Bean's (2017) submission where they say that money differences especially if the woman has more usually breeds a complex relationship in the home.

Space and Area of Operation for Families in Lockdown

The housing situation in Uganda has varying housing units. Some couples staying in single rented rooms with other tenants on the side were naturally punished for having small areas where they could go to make a difference from their bedroom which acted sitting rooms and kitchens. There was nowhere someone could go except to external bathroom and latrine. Couples being in such a situation was said to be enough environment for conflict. On Bukedde TV, *Agataliiko nfuufu news cast* May 14 2020, during the Nations address on COVID-19, President Yoweri Museveni pointed out that there was an increase in gender-based

violence during the lockdown. This was attributed to couples who had been avoiding one another meeting in confined areas for a long period of time. One couple mentioned on Bukedde TV Kyogereko programme: “It was said that in case one got annoyed, it was no longer possible to go somewhere to diminish the anger; one was forced to stay around that small institution and rotate”

Customary Upbringing of Children

It is alleged that society has been surrounded with the customary upbringing with varied ideas in nurturing of the girl and boy; the cultural norm according to Matembe was that a woman is sort of inferior to a man and the fact that a woman should not be treated as a full human had taken centre stage. She posits that gender inequalities were a precursor for the domestic violence and that although this activity has been the norm, it had become worse during lockdown. This paper further learns from Matembe’s assertion that there is a local belief, that if you don’t beat a woman you don’t love her. Religious leaders were reported to be beating their wives. It made this appear as though it was a blessing in disguise. Anomalies about women abetting domestic violence were also mentioned.

Another major thing which has compounded domestic violence was the curfew. During this period, those abused couldn’t move out to report or to run away from their tormentors at all for fear of being brutalized by those enforcing the curfew guidelines. This allegation surely rhymes with the The Times of India (2020).

Job Insecurity

The lock down came with the effect of having all activities stopped. This involved employment together with all those who were self-employed. Surely this meant that there was no income. An individual who is jobless has less security in the struggle for survival. Literature showed that job insecurity raises stress and hopelessness in an individual (Mackolil & Mackolil, 2020). In *Agataliiko nfuufu* news cast on Bukedde TV 26/5/2020, a man who was a *boda boda* rider was rendered jobless. This later made him become alcoholic in an attempt to suppress the feeling of being jobless with no income to cater for his family. He later sent his wife out in of his house and promised them death if they ever came back. To date he has been arrested and is under police custody.

Interventions/Remedies

Overall, the major intervention is to come up with communication materials that are well-illustrated using the hand. These would later be used to support families at village level to assist in message dissemination to the targets.

Interestingly, there is no remedy being proposed by government as to address the domestic violence and COVID-19 related violence at family level. In the submission by Dr. Nakku, of Butabika Hospital, on NTV, she said that remedies for lockdown mental cases was counselling, this rhymes well with Senga Hammidah, a renown counsellor in family affairs who in a programme NTV *Obutabantabanguko mu maka* (which literary means conflicts in the home) proposed a thorough initiation of families, care, guidance and counselling in the lockdown. Hammidah proposed a counselling arrangement for such eventualities because apparently this arrangement was not included in the services offered by the COVID-19 National Task Force. She further said no one has consulted her even to design a programme to address this problem.

Although counselling has been highlighted, visual aids are not mentioned, visual aids such as hand-drawn illustrations need to come on board to help those in counselling have visual highlighters in their counselling messages.

Internationally, on DWtv, on social media, YouTube, and NGOs have been reported to advertise and invite those experiencing domestic violence to apply and be accommodated in hotels. It was said that they would get help from trauma and avoid abusive partners. The institutions called homes are filled with fear, and trauma reasons given were the psychological impact of lockdowns due to the pandemic. Jihane Isseid of the ABAAD AID Organisation intervened in the children and women plight. Locally, to echo what’s happening elsewhere in the world, Maria Matembe in an interview on NTV Uganda said that there was help

as an intervention to this COVID-19 violence by UGANET an organization in Uganda aimed at helping women and babies in this crisis. Interventions Hotel tonight would give refuge for domestic violence survivors. The intervention of such a nature of accommodating women who are perceived to be abused would be overwhelmed by numbers. Even the COVID-19 guideline requirements would be hard to implement.

It was found that Judith Nabakooba the Minister of Information and Communications Technology talked about the domestic violence in homes and mildly advised couples to refrain from this activity. Her Ministry is concerned with designing materials aimed at communicating to people in this pandemic. She did not mention any remedy from government despite the fact that awareness and communication is under her docket and it was funded as per the supplementary budget report (Uganda, 2020). This is the Ministry that should have engaged all message developers, artists and illustrators to come up with messages and tools aimed at awareness building and soothing communities at village level.

Conclusion

Hand-drawn illustrations are interventions that can have a supportive voice in actualizing family support awareness systems. As such, this kind of visual communication ought to be included on the agenda in the workplan of COVID-19 interventions.

Literature and stories in real-time are good raw material upon which nice hand-drawn illustrations can be made, incorporated into training tools for those in the community or family support. All pandemics need a department fully equipped with communication materials to counsel members of the community who are in need.

COVID-19 pandemic has exposed what has been happening unattended to, domestic violence has been there but masked by other crimes. Now that the criminals were committing fewer crimes as reported by the police, the domestic violence became loud and clear. This has exposed the real truth about relationships and how in trying times people become disturbed by the basic needs in life. It has further exposed the loopholes in readiness on the part of government when it comes to psychosocial support.

Almost all domestic violence is controlled by factors which revolve around basic needs and the lack of patience among couples. Pandemics need to be addressed with a comprehensive program involving awareness materials at village level. This is on top of the task forces which are overseeing implementation of health guidelines and giving out food. It is not a weakness in the administration to see homes which were thought to be institutions of safe haven to be areas of torture and psychological breakdown.

Village level family caretakers are necessary at the top of counsellors to sooth people with hope. Without them all domestic-related crime will be high in any future and current pandemics. Giving food to already famished families needs to be accompanied by a soothing strategy by the family support people at village level.

Interpersonal communication still has a place in addressing family issues. In situations like COVID-19 lockdown it becomes adapted to the standard operation procedures set up by government.

Recommendations

1. Governments should be innovative during pandemics to come up with a practically equipped communication department which can work hand in hand with National task forces set up.
2. The established causes of domestic violence by both literature and emerging real-time stories should be utilized and be illustrated into training tools, flipcharts, posters, calendars so that they are used for teaching all communities under lockdown.
3. More research is needed to establish how art and design therapy could be used to help in alleviating the psychosocial problem during pandemics.

4. The police should also empower its family department with counsellors with teaching aids, communication materials which are illustrated.

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