
A Review on -Impact of Covid-19 on Mental Health

Purohit Saraswati

Assistant Lecturer, Mental Health Nursing Department

How to cite this article: Purohit Saraswati et al A Review on -Impact of Covid-19 on Mental Health. Volume 8 Number 2 July-December 2022.

Abstract

World Health Organization proclaimed the 2019 coronavirus disease (COVID-19) a pandemic. It might be on par with the 1918 influenza pandemic, which killed 50 million people and affected one-third of the world's population. The virus that causes COVID-19 disease, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has infected 213 countries and territories around the world, resulting in 14 million cases and half a million deaths (WHO, 2020).¹

Keywords: Mental Health, Covid-19, stress, anxiety, coping

Introduction

As the corona virus (COVID-19) pandemic sweeps across the world, it is causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and uncertain situation that everyone finds themselves in. This can be difficult times for all of us as we hear about spread of COVID-19 from all over the world, through television, social media, newspapers, family and friends and other sources. The most common emotion faced by all is FEAR.

It makes us anxious, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances.

World Health Organization (WHO) takes the impact of the crisis on people's mental health very seriously and is monitoring the situation together with national authorities, while providing information and guidance to governments and the public.²

Impact of the COVID-19 on Mental Health

- Fear and worry about own health and the health of family.
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol³

Common reactions to COVID-19

- Concern about protecting oneself from the virus because they are at higher risk of serious illness.
- Concern that regular medical care or community services may be disrupted due to facility closures or reductions in services and public transport closure.

- Feeling socially isolated, especially if they live alone or are in a community setting that is not allowing visitors because of the outbreak.
- Guilt if loved ones help them with activities of daily living.
- Increased levels of distress
- if they:
- Have mental health concerns before the outbreak, such as depression.
- Live in lower-income households or have language barriers
- Experience stigma because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19.

Early research study suggests a long-lasting psychological impact of the pandemic, as people experience increased level of anxiety and stress not only because of the lockdown period but also the fear of uncertainty.⁴

Psychological responses to covid-19

- Health-related anxiety
- Depression and Anxiety
- Low mood, fear, nervousness, irritability, anger, frustration, boredom, emotional exhaustion, feeling stressed, numbness, and insomnia
- Substance Withdrawal
- End-of-life crisis
- Acute stress reaction and post-traumatic stress disorder (PTSD)
- Resilience

Psychological issues faced by patient

- Social Distancing
- Loss of Routine
- Sharing Patients' Fears
- Putting on a Tough Face
- Home Life being Disrupted
- Fear of Contamination/Contaminating Others

- Feeling the Impact of a Fluctuating System
- Lack of Information
- Impact of Misinformation / Overload of Information
- Loss of Self-Care Activities/Routines
- Having Special Events Cancelled
- Duration of quarantine

Mental Health Challenges after COVID-19 Recovery

Those recovering from a severe case of COVID-19 might experience

- Nightmares
- Startle response
- PTSD
- Trouble sleeping
- Emotional instability
- Depression
- Appetite changes and loss of interest.

ICU patients who were incubated may experience

- Flashbacks of trauma, real or imagined.

For example, a patient in the ICU may overhear a conversation between healthcare providers about another patient in the bed next to them, and incorporate that information into their own thoughts

- ❑ According to Jonathan Rogers, MRC Psych, of University College London, and colleagues. Reported in the lancet psychiatry.
- ❑ One study found 33% of patients with COVID-19 (15 of 45) had a dysexecutive syndrome upon discharge.

Mental health experts say pandemic is creating conditions for anxiety and panic

Importance of mental health counseling for COVID-19 patients to reassure them that the disease does not mean that they are being stigmatized

According to Mental health experts the pandemic is creating conditions for anxiety and panic, and people with pre-existing mental health conditions such as anxiety disorders, depression, OCD, and paranoia in particular can be severely impacted. Counseling for home quarantined using telephone help lines and tele psychiatry is useful.

Tips for Managing Stress during covid-19

- Acknowledge and Understand Your Reactions
- Be Aware and Monitor Your Wellbeing
- Activate Your Parasympathetic Nervous System to Combat Stress
- Take Time for Your Mental Health

Managing patient with Covid-19

Mental health needs associated with the pandemic; there will be enormous long-term consequences for families, communities and societies.". "In general, stress behavior for many family brings a lot of problems."if a person in family is positive for COVID is like having a stigma and something that is threatening family and that affects persons behavior. Panic leads to bad behavior and to psychosomatic problems as well, and that brings on somatic problems very, very easily

Family coping skills during COVID-19

- Physical distancing can be both challenging and positive for families.
- Family wellbeing by making the most of family time, using routines, staying connected and managing conflict.
- Preparing by holding family discussions, identifying resources, making plans for staying in contact with friends and family
- Practicing and modeling preventive hygiene behaviors
- Engaging in coping strategies like staying informed, seeking social support, expressing and validating feelings

Family Activities during COVID-19

- Engage in the relaxing activities.
- Play games indoors
- Try a new recipe or make dinner as a family.
- Read a chapter book together
- Practicing preventive hygiene as a family
- Staying calm by using coping strategies
- Involving children in family health care by discussing information in an age-appropriate way, modeling health behaviors and discussing family health habits, and managing misconceptions⁵

Conclusion

Mental health issues differ among various populations during the COVID-19 pandemic. Vulnerable populations like COVID-19 cases, close contacts, elderly, children and health professionals are expected to have more difficulties with coping. Appropriate precautionary measures may reduce the psychological distress. Myths associated with COVID-19 may also lead to distress and inappropriate lifestyle measures. People experiencing distress should adopt various healthy relaxation measures and if required help from mental health professionals.

Ethical clearance : from the institute

Funding : Notapplied

Conflict of interest : Nil

References

1. Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K., Reyes, P., Kuruchittham, V., & Ho, R. C. Psychological impact of COVID-19 pandemic in the Philippines. *Journal of affective disorders* [Internet]. 2020;379–391. Available from: <http://dx.doi.org/10.1016>
2. Coronavirus disease (COVID-19) outbreak. 2021 [cited 2021 Dec 29]; Available from: <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19>
3. Xiong, J., Lipsitz, O., Nasri, F., Lui, L., Gill, H., Phan, L., Chen-Li, D., Iacobucci, M., Ho, R., Majeed, A., & McIntyre, R. S. Impact of COVID-19 pandemic on mental health in the general population: A systematic

-
- review. *Journal of affective disorders* [Internet]. 2020;277. Available from: <https://doi.org/10.1016/j.jad.2020.08.001>
4. covid19-common-reactions [Internet]. [cited 2020 Jul 24]. Available from: <https://studentlife.mit.edu/support/covid19/common-reactions,cited>
5. psychological-problems-associated-with-covid-19 [Internet]. [cited 2021 Dec 26]. Available from: <https://www.narayanahealth.org/blog>