

REVIEW ARTICLE

# COVID 19 and consequences of mental health

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A secondary crisis, mainly mental health and psychosocial difficulties, is arising, emphasising the significance of Managing psychological crises during the COVID-19 pandemic. Because mental health and well-being are critical components of healthcare, identifying and resolving these issues is critical for individuals and communities to function at their best. This research acknowledges the likelihood of mental health problems and suggests behaviour adjustment as a way to cope with imprisonment, social distancing and social isolation. Pakistan should create a mental health programme of crisis intervention. The coronavirus (COVID-19 – Coronavirus Disease 2019) has infected Pakistan from foreign Pakistanis (7025 verified cases). The basic family unit in Pakistan (the world's fifth most populated country) is an a system of extended consanguine family living together for multiple generations, and social separation in such a collectivistic atmosphere causes a mental health challenge for all family members. Residents of the community rely on social support from family connections and cultural events to keep bad emotions, loneliness, and psychological discomfort at bay. During this global pandemic, people may experience fear of death, worry about infecting themselves or their families, anxiety, rage, other mental health issues and depressive symptoms.

**Keywords:** Covid 19, fear, anxiety, mental health, social media.

## INTRODUCTION

Following H1N1 Influenza (2009), Ebola in West Africa (2014), Polio (2014), Zika (2016), and Ebola in the Democratic Republic of the Congo, the WHO announced the occurrence of the novel coronavirus and declared a PHEIC (Public Health Emergency of International Concern) on January 30, 2020. (2019). In West Africa, Ebola follows H1N1 Influenza (2009) and Polio (2014). (2014), and the Zika Virus in Africa, this is the sixth PHEIC under the IHR (International Health Regulations) (2014). (Editorial, Euro-surveillance, 2020). On February 11, 2020, the World Health Organization dubbed the novel coronavirus Corona Virus Disease 2019 – COVID-19. Not only did the pandemic result in a high rate of viral infection-related mortality, but it also left the remainder of the world in a state of psychological rest and mental suffering (Xiao, 2020). Clinical presentation, The COVID-19 pandemic outbreak's fast transmission pattern, epidemiological features, , seriousness of public health impact, infectious causesscale, implication for international novelty, public health, and underprepared health facilities have a high potential for psychological fear contagion and frequently result in prevalent mental illness multitudinal fear (Mak et al. 2010). Health professionals Hospitals, inpatient and outpatient care, large tertiary care centres, community-based primary care settings, hospitals, and nursing homes are just a few examples may experience collective terror, panic, and anxiety as a result of mass quarantine. Medical professionals Those who are exposed to and in direct contact with confirmed and suspected coronavirus cases risk infection as well as mental health difficulties like anxiety, worry, bereavement, and stress. As a result of COVID-19, medical personnel in Pakistan have experienced physical and psychological stress, including a high risk of infection, insufficient contagion-prevention isolation, equipment, fatigue, and a lack of contact with family. As a result of the harshness, more mental health issues are occurring, which is impairing the ability of medical workers to make decisions and maybe having a long-term harmful influence on their general health anxiety, Fear, panic attacks, psychological distress, PTSD symptoms, stigma and avoidance of contact,

**Edited by:**

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**Reviewed by:**

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**Specialty section:**

This article was submitted to  
**Infectious Diseases**, a section of  
the journal "**Innovators in  
Medical and Health Sciences**"

**Received:** 16 Oct. 2021

**Accepted:** 03 Dec. 2021

**Published:** 29 Dec. 2021

**Citation:**

Niazi et al., (2021) COVID 19 and  
consequences of mental health.  
*Innt. Med. Health Sci.* 1(1):82-85.  
Uoi: 82-85-01(1)2021MHS22-117

**Peer-reviewed**

**Open access**

**Journal by Innovative  
Scientific Information &  
Services Network**

Available online at

[www.isisn.org](http://www.isisn.org)

sleep disturbances, depressive tendencies, helplessness, interpersonal social isolation from family social support, and fear of contagion exposure to friends and family may be experienced by medical health-care workers as a result of their constant stress. The abrupt transition from a Journal Pre-proof healthcare provider to a COVID-19 confirmed or suspected patient can leave healthcare providers feeling frustrated, impotent, and hopeless. Fear of being labeled, stigmatized, or discriminated against may prevent healthcare providers from seeking counseling or psychotherapy (Zheng, 2020). Despite the fact that mental health and psychosocial issues are common among healthcare workers in various settings, the majority of them does not seek or get comprehensive mental health care (Xiang et al. 2020).

### Factors effect on mental health

The unpredictability of this novel illness, Impaired social functioning, interpersonal issues, the predisposing mental health issues, perpetuation of emotional and behavioral disorders, precipitating psychological problems, psychosocial functioning, and the tendency to ease are all factors that affect mental health, wellbeing, psychological and emotional well-being, and the tendency to ease. Well-being. Pakistan's healthcare condition is rapidly deteriorating, demanding a comprehensive sickness management plan that covers both mental and physical health concerns (Mukhtar, 2020). COVID- Psychological distress, helplessness, shame, mental health issues, grief, posttraumatic symptoms, hopelessness, panic attacks, anxiety, substance abuse stress, depression, fear, anger, loneliness, ambivalence, stigma, and socioeconomic status concerns are all possible outcomes of a pandemic outbreak (Mukhtar, 2020).

### Psychological impacts

In light of this, and as the COVID-19 epidemic continues to spread over the world, we propose a number of psychological repercussions that should be examined as soon as possible.

- In the first case, it should be noted that people with established mental illness have a lower life expectancy and poorer physical health outcomes than the general population, even in the best-case scenario (Rodgers et al., 2018). As a result, those with mental health or substance abuse issues are more likely to contract COVID-19, will have a more difficult time getting tested and treated, and will be more vulnerable to the pandemic's devastating physical and psychological effects.

- Second, we expect a significant increase in anxiety and depression symptoms among people who have never had a mental illness, with some developing post-traumatic stress disorder. There is already evidence that during the

current pandemic in China, this possibility was overlooked (Duan et al. 2020).

- Finally, health and social care workers are expected to be particularly vulnerable to psychological symptoms, particularly if they work in public health, primary care, emergency services, emergency departments, or intensive or critical care. More needs to be done to manage anxiety and stress in this group and, in the long run, assist prevent burnout, depression, and post-traumatic stress disorder, since the World Health Organization has publicly recognized this danger to healthcare workers (cullen et al. 2020).

### Effect of social media on mental health

The Coronavirus pandemic has an intriguing characteristic in this age of social media: people are being assaulted with rumours and misinformation that aren't genuine or proven. Such rumours and unauthenticated information cause fear, anxiety, and tension when there is a sudden and near-constant stream of news items regarding an outbreak. Many Indians were exposed to positive people or those who had been abroad and were in danger (Rubin et al. 2020). Due to cultural stigma and seclusion, they do not come forward for testing. They are scared of being implicated, isolated, and cut off from their loved ones. It's vital that these people get help from psychologists and other mental health professionals, who can reassure them that they've done nothing wrong and that this is just part of the process of containing the pandemic. Their fears must be alleviated; in such a challenging moment, they are entitled to social and psychological aid, treatment, sympathy, and kindness. Stigma and social isolation have a negative impact on HIV prevention in the past, and we must learn from this. People may be hesitant to seek help because of the stigma associated with mental health disorders (Levin et al. 2019).

### Fear or anxiety in Covid 19

People tend to feel uneasy and frightened when their surroundings change. When it comes to infectious disease epidemics, rumours abound and closed minds emerge since the source, course, and effects are unknown (Ren et al. 2020). When the SARS outbreak first broke out, we know that people's anxiety levels skyrocketed. Around 70% of people in Hong Kong, for example, were concerned about contracting SARS and believed they were more likely to contract it than a common cold (Cheng et al. 2005).

Perceived discrepancies in government or health-care communications can heighten public confusion, anxiety, and dread. (Han et al.2018).

Fear and intolerance of uncertainty have harmful

societal repercussions as a result of people's reactions (James et al. 2020). Uncertainty increases anxiety, forcing people to take precautions to avoid the unpredictable circumstances they fear. Store shelves have been spotted being depleted, As a result, worldwide food and basic necessities such as toilet paper are in limited supply. This is predicted to happen for two reasons: first, because COVID19 is considered a "serious" threat that will last for a long time, and second, as a way to reclaim power (Usher et al. 2020).

### Manage our mental health

Managing our media consumption and acquiring information that enables us to take practical steps to protect ourselves and our loved ones are two practical ways we may manage our mental health in these trying times (Usher et al., 2020). Unofficial information can often lead to unnecessary anxiety and strain (Johal 2009). For our own safety and the safety of others, we are increasingly being asked to remain at home. Getting daily exercise, even if it's just in the comfort of our own homes, has a favorable impact on our mental health (Deslandes et al. 2009). When our physical distance from one another grows, it's vital to discover strategies to keep our social relationships robust. Emotional, Poor physical and mental health are all linked to a lack of interpersonal bonds (Baumeister and Leary 1995). Calling or video conferencing with family, friends, and coworkers on a regular basis may help to bridge the social barrier. We need one another as social beings. We must remember that we are all in this together and behave correctly, especially when we are being encouraged to participate in greater antisocial behavior in order to deal with the pandemic's problems.

### CONCLUSION

In the event of a public health emergency, Pakistan's government should include psychological therapies in its healthcare system. To mitigate COVID-19's psychosocial and mental health consequences, Pakistan should build a psychological crisis response programme rapidly, effectively, and efficiently. Because data on mental health determinants in Pakistan during the COVID-19 pandemic epidemic is scarce, this article serves as a first step toward investigating the influence of the coronavirus outbreak on mental health in the country. Staff should be strengthened, institutional good governance should be improved, and the Pakistani government should give advanced training and degrees in counseling psychology and mental health.

### CONFLICT OF INTEREST

The authors declared that present study was performed in absence of any conflict of interest.

### ACKNOWLEDGEMENT

The authors declared that there is no acknowledgement

### AUTHOR CONTRIBUTIONS

MKN, FH, SI,KJ,AA explored literature on COVID, MKN supervised the data. All authors read and approved the final version.

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