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PSYCHOLOGICAL AND PSYCHOTHERAPEUTIC CHALLENGES OF COVID-19

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ABSTRACT

Coronavirus is a deadly disease, classified on 30th January 2020, by the World Health Organization (WHO) that acknowledged the outburst of coronavirus disease 2019 (COVID-19), after several cases were reported from China's 34 regions. In 2020 the virus originated from the wholesale seafood market in Wuhan (China) spreading life all around the world. Quarantine, restraints, and economic closure can change a whole psychological environment in all the countries having coronavirus. affect Although this situation should give several opportunities for personal growth and family unity, disadvantages may compensate for these benefits affecting the psychological health of children and adolescents. But in this difficult time anxiety, and stress are common due to lake of relationships and also due to a reduction in other opportunities other risk includes parents' mental illness, domestic violence, and lack of treatment for the child during an illness. This was especially common in adolescents and children because they need special care thus causing disabilities, traumatic experiences, and mental health problems. With all these above-mentioned problems this was definitely a challenging time. In Italy where Covid-19 had severe effects on physical health but on mental health also and psychological issues are long-term and main challenges for our healthcare systems where mental health gain not as much important as other physical illnesses.

KEYWORDS

Coronavirus, mental health issues, seafood market.



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INTRODUCTION

Coronavirus is a deadly disease and On 30 January 2020, the World Health Organization (WHO) acknowledged the outburst of coronavirus disease 2019 as an international community health emergency after several cases were reported from China's 34 regions (Velavan et al., 2020). It was considered that this virus mainly originated from the wholesale sea food market in Wuhan (China) affecting people all around the world. Quarantine, restraints, and economic closure can change a whole psychological environment in all the countries having coronavirus. Although this situation should give several opportunities for personal growth and family unity, disadvantages may compensate for these benefits affecting the psychological health of children and adolescents (Fegert et al., 2020). But in this difficult time anxiety, and stress are common due to lack of relationships and also due to a reduction in other opportunities other risk includes parental mental illness, domestic violence, and lack of treatment for a child during an illness. And this especially common in adolescent and child because they need special care which cause disabilities, traumatic experiences, and mental health problems. All these above-mentioned problem this was definitely challenging time. In Italy where the Covid-19 had severe effects besides physical health also on mental health. Psychological issues were long-term and main challenges for Pakistanian health care systems where mental health gained not as much important as other physical illness. In fact, mental health is not identified appropriately. This would also affect the people with low socioeconomic status. In one study which was operated on 5683 during the time of the first lockdown week and about above 40% of people were suffering from high psychological issues with majority of people below 30 years of age. 30% people showed clinically important posttraumatic symptoms. It increased both the level of stress and posttraumatic symptoms. The Inter-Agency Standing Committee rules for mental health and psychosocial support in the time of emergency situations endorse the incorporation of numerous levels of interference in response to epidemics (Tullio et al., 2020).

The psychological effect of coronavirus: Unemployment and suicide

The COVID-19 disease causes the introduction of strong preventive measures that are having a considerable effect on the world economy involving rise in the joblessness rate around the globe. The past studies displayed the impact of joblessness on suicide on the basis of data from 63 countries and this is the public data. Joblessness increased the suicide rate from 20 % to 30 % from 2000- and 2011 during the economy crisis also contributed and especially due to unemployment. Core model assessments like intercept, sex, age group, and unemployment are used to explain the straight connection between joblessness and suicide. This sitting was powerful and painful at same time for psychotherapy because these days we followed social distancing. Psychotherapy was tough to perform in remote mode but these days psychotherapists used teletherapy which was also helpful and the rules were also the same. The coronavirus outbreak was especially more challenging for those who are already suffering from psychological issues like stress and depression so, during this time when the world is in quarantine. It upped suicidal ideas especially in those who were already suffering. Whether this rise was in short or long term it was still doubtful but the group related to brain health must be prepared and used this difficult time to improve suicide deterrence. Nowadays, people are more confident to talk about mental problems like stress, depression, and anxiety. Furthermore, death has become a topic that people can easily talk about and it could be reliever for people and psychologist or psychiatrist to ask openly about suicide risk now the community can also realize the importance of communal support in their bad times and now they believe that it can save lives. The people can also get online psychological help (Kawohl and Nordt, 2020).

Financial crisis

This outbreak can cause financial pressure on various families because during this disease we followed social distancing and remain in isolation to prevent the spread of this disease. As result economic crisis occurred and it was mainly due to economic collapses and other reasons, for example, unemployment, decrease in income, and unmanageable dues all these above-written factors affecting mental health issues like substance-related disorders and suicidal behavior consequently. It is said that people with low socioeconomic status are the main risk factor for mental health especially in child and these psychological issues can also affect the child-parent relationship and increase mental health problems among children (Barnett et al., 2020).

Domestic Violence and child maltreatment

Furthermore, in these economic down turns important rise can be seen in domestic violence also economic crises because economic stress and it might be the main reason behind marital controversies. This isolation can also lessen privacy and independence so it is also the reason behind mental issues. Because contact to offenders is raised, and the chances of sufferers momentarily avoiding cruel partners are decreased. In this situation of coronavirus there are many reports from all around the world that domestic violence is importantly increased. UN secretary general Antonio Guterres indicated a shocking international rush in domestic violence and this domestic abuse gave rise to problems in child mental health and has the capability to establish long-term outcomes. Child abuse is also reported in this time of isolation and a remarkably brutal form of child abuse correlated with an increased death rate, in the time of isolation in between the time 2007 to 2010. In the writing rise of all forms of child treatment negligence has been recognized during a stagnation in a broad range of cultures (Buceriuset al., 2021).

Quarantine-associated risks

Beyond economic crises, coronavirus outbreaks associated with isolation in many countries could drastically influence mental health. This isolation can also cause a rise in post-traumatic stress symptoms by about 28 % to 34 % and cause fear in 20 % of people. Isolation-related mental issues is depression, low mood, irritability, insomnia, anger, and emotional enervation. One more risk includes online sexual abuse from the time when epidemic starts child and adolescent consumed more time online and which increase the risk of this issue Due to inadequate social meeting child outreach to new contacts and online groups has raised and adult are also quarantined in homes so it also increases the demand of pornography Europe already report the increasing demand of child pornography during this epidemic time. The first and second phases of the current coronavirus outbreak correspond to a serious collection of risk factors for mental health problems in children and adolescents of massive extents restructuring of family life, immense stress, fear of death of family members specifically with relation to grandparents , financial disaster with immediate loss of almost all support systems and chances for skirting in daily life, partial approach to health services, deficiency of social maintenance, control from aristocrat groups, teachers at school and sports activities (Li et al., 2021).

Conclusion:

Corona virus is caused various problems including mental health issues, financial crisis because of the quarantine, self-isolation and social distancing, unemployment and suicidal behavior. These psychological issues can also affect the child-parent relationship and increase mental health problems among child.

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