

The Covid-19 pandemic

What are the effects of the COVID-19 pandemic on mental health?

The COVID-19 pandemic has affected our life, our daily routine in many ways and has caused serious problems on our mental health.

People feel lonely, they don't have much money and they feel fear. All these cause problems on their mental health. Many people may face alcohol and drug use, insomnia, and anxiety because of all these.

Meanwhile, COVID-19 can lead to neurological and mental problems, such as delirium and stroke. People who already had mental and neurological problems are more sensitive to SARS-CoV-2 infection.

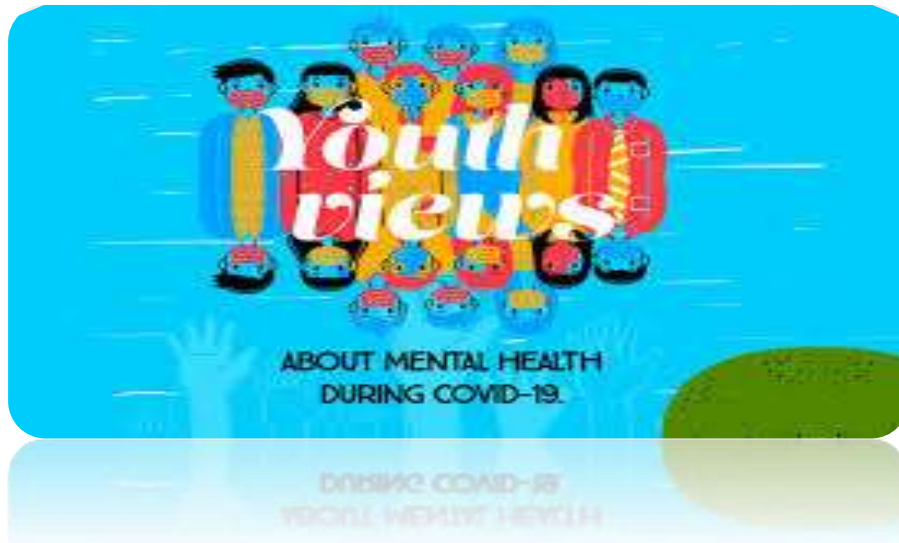


What are the psychological effects of COVID-19 on children?

Children face an enormous change to their lives. If schools have closed, then children may no longer have that sense of stability that they have by that environment. Now they can't be with their friends and get that social support that is necessary for good mental health.

Children may face worry, anxiety and fear. The fear of dying, the fear of their relatives dying, or the fear of what it means to receive medical treatment.

In addition, sensitive children are those who suffer the most and they may face depression if they stop taking care of themselves (stop eating, sleeping, going for a walk). They may also face depression if they stop their daily habits that give them stability in their life.



THERE ARE 5 COVID-19-RELATED DISTRESS RESPONSES

The COVID Stress Scales were developed to identify pandemic-related distress responses. Results included 5 responses: 1) danger and contamination fears, 2) socio-economic concerns, 3) xenophobia, 4) compulsive checking, and 5) compulsive cleaning. The scales offer pointers for identifying people in need of pandemic-related mental health services.

COVID STRESS SCALES

- 1 DANGER & CONTAMINATION FEARS
- 2 SOCIOECONOMIC CONCERNS
- 3 XENOPHOBIA
- 4 TRAUMATIC STRESS
- 5 COMPULSIVE CHECKING



The 5 components were interconnected, providing evidence of a COVID STRESS SYNDROME.





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WHAT IS COVID STRESS SYNDROME?

COMPONENTS

COVID Stress Syndrome is a psychological condition characterized by a range of symptoms, including: anxiety, depression, irritability, anger, and changes in eating and sleeping patterns. It is a result of the stress and uncertainty of the COVID-19 pandemic.



ASSOCIATIONS

People with COVID Stress Syndrome may experience a range of symptoms, including: anxiety, depression, irritability, anger, and changes in eating and sleeping patterns. It is a result of the stress and uncertainty of the COVID-19 pandemic.







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