

Title: Investigate the effect of the COVID-19 pandemic on Mental Health, and Healthcare Measures in more populated and/or more affected countries

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Introduction: A new type of coronavirus was reported on December 31, 2019, in Wuhan, China, and on March 11, 2020, a global pandemic related to this virus which was called SARS-CoV-2 or COVID-19 was designated by the World Health Organization (WHO). Public health is important because of aiding and prolonging life, and as a core of prevention of disorders, it plays an important role in controlling the pandemic expansion and slowing the spread of pandemics. Another importance of public health is detecting health issues as early as possible and preventing disease developments. Concerning the COVID-19 pandemic, public health has some duties like tracking the spread of this disorder, designing the predicting model of the case number, and developing and testing the novel COVID-19 vaccines.

Methods: In this paper, we gathered all the papers related to the COVID-19; Among them, the papers related to the mental health disorders in more affected and/or populated countries in the world were selected.

Results: The gathered data emphasized the importance of mental health policy, age, gender, and the education level of the population in the spread of this pandemic. Moreover, the most reported mental health problems were depression, anxiety, and stress.

Conclusions: Our review revealed that although there are different health care policies in different countries, most general people and healthcare professionals were suffering from mental health problems like depression, anxiety, and stress due to the COVID-19. Moreover, women, people with pre-existing health problems, and people with no income were recognized as vulnerable and high-risk groups.