



## Commentary

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# COVID Stress Syndrome: The Pandemic is Affecting Mental Health of The Individuals

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## COVID Stress Syndrome

COVID-19-related risk and pollution worries are at the heart of the COVID stress syndrome, with the strongest links to concerns about negative socio-economic effects and disease-related social phobia (fear of foreigners UN agency may be carrying infection).

The fear of negative socioeconomic outcomes was the second most prominent feature; emphasise the importance of the pandemic's effects on social and financial stability. COVID-19 has a profound influence on our mental wellbeing, in addition to its profound impact on physical health and mortality. The prevalence and severity of depression and anxiety, as well as post-traumatic stress disorder and substance addiction, have all risen globally, according to many recent reports [1]. These increases are most likely the result of changes in our daily lives.

## Substantial Mental Health Foot print

Our preliminary results indicate that COVID stress syndrome affects a large proportion of the population, with COVID-19's mental health footprint outnumbering its medical footprint. Despite the fact that only 2% of our sample had COVID-19 and 6% knew someone who had, 38% and 16% of our sample, respectively, were listed as having moderate-to-extreme or severe COVID-19-related distress.

## The Pandemic has Effects on Mental health

According to a new UN agency report, the COVID-19 pandemic has disrupted or stalled critical mental health services in ninety-three countries, despite the fact that demand for mental health services is rising. The survey of 130 countries presents the first global evidence of COVID-19's devastating effect on mental health systems and highlights the urgent need for action.

WHO has previously demonstrated the ongoing underfunding of mental health: prior to the pandemic, countries were only allocating 2% of their national health budgets to mental health,

and were unable to meet their peoples' needs. In addition, the pandemic is driving up demand for mental health services. Sadness, isolation, lack of financial benefit, and worry are all factors that can either start or worsen mental illnesses. Many of us are now dealing with increased alcohol and opioid use, insomnia, and anxiety [2]. COVID-19, on the other hand, can induce physical and mental problems such as delirium, hysteria, and stroke. Individuals who have pre-existing mental, medical, or substance use conditions are more vulnerable to SARS-CoV-2 infection and are at a higher risk of serious outcomes, including death.

Concerns about rumoured disruptions to mental health programmes for marginalised people, such as children and youth (72 percent), older adults (70 percent), and women in need of maternal or postnatal services (70 percent) (61 percent).

The COVID-19 pandemic, and thus the resulting economic downturn, has harmed many people's mental health and built additional obstacles for those already suffering from mental illness and drug abuse. Approximately four out of ten adults in the United States have rumoured symptoms of tension or emotional distress since the pandemic, a share that has remained relatively constant, up from one out of ten adults UN agency rumoured these symptoms from January to June 2019 [3]. Because of their anxiety and stress over the coronavirus, many adults are reporting clear negative effects on their mental state and well-being, such as difficulty sleeping (36 percent) or intake (32 percent), increased alcohol use or drug use (12 percent), and worsening chronic conditions (12 percent). As the pandemic progresses, existing and appropriate public health policies must be implemented.

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