



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

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COVID stress syndrome

The COVID stress syndrome is anchored by COVID-19-related danger and contamination fears as its central feature, with strongest connections to concern of adverse socio-economic consequences and disease-related social phobia (fear of foreigners UN agency may be carrying infection).

Fear of adverse socio-economic consequences was the second-most central feature; highlight the importance of impacts of the pandemic on social and money security.

COVID-19 is having an unparalleled effect on our mental health, in addition to its staggering impact on physical well-being and mortality. Several recent studies have shown that the frequency and severity of depression and anxiety, as well as post-traumatic stress disorder and drug abuse, have all increased globally. These rises are most likely due to the changes in our everyday lives that we have all experienced.

The pandemic has effects on mental health

The COVID-19 pandemic has non continuous or halted vital mental state services in ninety three of states worldwide whereas the demand for mental state is increasing, in keeping with a replacement UN agency survey. The survey of a hundred thirty countries provides the primary world knowledge showing the devastating impact of COVID-19 on access to mental state services and underscores the pressing would like for augmented funding.

WHO has antecedent highlighted the chronic underfunding of mental health: before the pandemic, countries were payment but a pair of per cent of their national health budgets on mental state, and troubled to satisfy their populations?

And the pandemic is increasing demand for mental state services. Sadness, isolation, loss of financial gain and concern square measure triggering mental state conditions or intensifying existing ones. Many of us are also facing augmented levels of alcohol and drug use, insomnia, and anxiety. Meanwhile, COVID-19 itself will cause medical specialty and mental complications, like delirium, agitation, and stroke. Individuals with pre-existing.

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Mental, medical specialty or substance use disorders also are a lot of susceptible to SARS-CoV-2 infection they'll stand a better risk of severe outcomes and even death.

Over rumored disruptions to mental state services for vulnerable individuals, as well as youngsters and adolescents (72%), older adults (70%), and ladies requiring prenatal or postnatal services (61%)

The COVID-19 pandemic and therefore the ensuing economic recession have negatively affected several individuals' mental state and created new barriers for people already plagued by mental disease and substance use disorders. throughout the pandemic, regarding four in ten adults within the U.S. have rumored symptoms of tension or emotional disturbance, a share that has been for the most part consistent, up from one in 10 adults UN agency rumored these symptoms from Jan to June 2019 they conjointly found that a lot of adults square measure reportage specific negative impacts on their mental state and well-being, like issue sleeping (36%) or intake (32%), will increase in alcohol consumption or substance use (12%), and worsening chronic conditions (12%), because of worry and stress over the coronavirus. because the pandemic wears on, current and necessary public health measures expose many of us to experiencing things joined to poor mental state outcomes, like isolation and job loss

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