



Commentary Article

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## Impact of Corona Virus on Mental Health

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### Introduction

COVID-19 is a disease caused by the SARS-CoV-2 coronavirus, which is a modern coronavirus. Following a study of a cluster of cases of 'viral pneumonia' in Wuhan, People's Republic of China, WHO first heard of this new virus on December 31, 2019. People over the age of 60, as well as those with underlying medical issues such as high blood pressure, heart and lung disease, diabetes, obesity, or cancer, are more vulnerable.

WHO is collaborating with our Global Technical Network for COVID-19 Clinical Management, academics, and patient organisations around the world to develop and conduct studies of patients beyond the acute course of illness to better understand the proportion of patients who experience long-term effects, how long they last, and why they occur. This research can be used to establish additional patient advice.

The COVID-19 pandemic and the ensuing economic downturn have had a detrimental impact on many people's mental health and raised additional obstacles for those who still suffer from mental illness or drug abuse problems. Approximately 4 in 10 adults in the United States have registered signs of anxiety or depressive disorder during the pandemic, a share that has remained relatively constant, up from one in ten adults who reported symptoms from January to June 2019.

Many adults are experiencing specific negative effects on their mental health and well-being, such as trouble sleeping (36%) or eating (32%) due to concern and tension about the coronavirus, rises in alcohol intake or drug use (12%), and worsening chronic conditions (12%), according to a KFF Health Tracking Poll from July 2020. As the pandemic progresses, continuing and appropriate public health education will be needed.

### Adults Experiencing Job Loss or Income Insecurity

Many people around the world have lost their jobs or income as a result of the pandemic, which has had a negative impact on their mental health [1]. Adults who lost a household job during the pandemic had consistently higher rates of anxiety and/or depressive disorder symptoms than adults who did not lose a household job (53 percent vs. 32 percent, respectively).

Similarly, the December KFF Health Tracking Poll found that households suffering income or work loss are substantially more likely to say the coronavirus epidemic has negatively affected their mental health

### Essentials Workers

During the COVID-19 pandemic, key staff such as health care professionals, grocery store employees, and mail and package delivery personnel experienced high rates of poor mental health [2]. These employees are often expected to work outside the home and may be unable to practise social distancing. As a result, they're more likely to develop coronavirus and spread it to other.

Critical staff face additional obstacles as a result of the pandemic, according to a KFF study [3], including difficulty affording basic necessities.

### Policy Responses and Considerations

Leading public health agencies, such as the Centers for Disease Control and Prevention, the Substance Abuse and Mental Health Services Administration, the World Health Organisation, and the United Nations, have released general concerns and tools addressing the mental health and well-being of both general populations and particular, high-risk groups during the pandemic [4]. Some measures have been taken at both the federal and state levels in the United States to combat this.

### References

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