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**PSYCHOLOGICAL TRAUMA FACED DURING THE PANDEMIC OUTBURST OF  
COVID-19 DISEASE**

**PADMA KR**

Assistant Professor, Department of Biotechnology, Sri Padmavati Mahila Visva Vidyalayam  
(Women's) University, Tirupati, AP.

**\*Corresponding Author: Dr. K.R.Padma: E Mail: [thulasipadi@gmail.com](mailto:thulasipadi@gmail.com)**

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**ABSTRACT**

The Pandemic caused by novel SARS-CoV-2 has explicitly materialized harsh menace to humankind's existence. The immense unpredictable global state made by COVID-19 and the trauma it lead to affected people in diverse manner, collectively caused changes in mental health for many. Nevertheless, day to day broadcast about increasing COVID-19 cases as well as increasing death rates and difficult times faced due to spread of COVID-19 through television, social media, newspapers, family and friends as well as other sources has resulted in emotional drift as well as panic situation. Although, lack of kits proper medical safety guards as well as beds created anxiety, panicky and can even possibly led to think what happens next? How, when will appropriate normal circumstances would return? Therefore, our review portrays the severe mental health trauma confronted by people during coronavirus pandemic and how much disturbance it bought to normal life style. Therefore, our review highlited particularly on those affected countries of COVID-19 and trauma they are facing till today and measures to be taken to manage stress which ultimately keep our mental health stress free.

**Keywords: COVID-19, Mental Health Trauma, Social media, Helplines, Boost Immunity, Panic situation**

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## 1. INTRODUCTION

The crises resulting due to novel SARS-CoV-2 coronavirus pandemic has been noted globally, leading to indubitably intense psychological impacts on societies. In fact these impacts elevated stress levels as well as anxiety among the publics [1]. Nevertheless, appropriate concerns trepidations of epidemic to pandemic stage of the virus lead to mental illness among all generations in different manner [2]. Although, several ways have been adapted such as quarantine, wearing mask, gloves as well as physical distancing, yet transmission of COVID-19 contributedly rise which led to depression, psychological ill health [3]. Moreover, due to prodigious increase in transmission of COVID-19 led to significant detrimental impression on mental health conditions. The present situation of triggered prevalence of national exploitation, which in turn decreased support and increased disaster-related instability within the household. Nevertheless, various literature reported cases of domestic abuse incidents and yet a significant rise of these incidents from 36–40%. Globally Google searches have displayed significant increase and demanding for support in helpline calls as well as hotline calls worldwide. However, family members are irrespectively refusing to let in family members affected by COVID-19 disease, which has displayed

significant augmentation of inter-family violence [4, 5].

According to World Health Organization along with International Taxonomy of Viruses (ICTV) who classified this virus as well as acknowledged as a unique pathogen and renamed it as severe acquired respiratory syndrome virus-2 which was earlier referred as 2019-novel corona virus. As the first case of this virus came into existence from December 2019, hence nicknamed as COVID-19 [6, 7]. Li Wenliang Chinese doctor, who first reported on 30<sup>th</sup> December 2019 that it can be transmitted from human to humanoid connexion via respiratory droplets while sternutation and expectorating [8, 9]. However ignorance and lack of proper alertness to whole world by WHO lead to increase in global death toll which created significant psychological impact among the human well-being and eventually generated apprehension, nervousness as well as uneasiness among population throughout the world [10]. Several case reports from China as well as other countries advocating that greater number of individuals had a crucial psychosomatic influence of the corona virus pandemic. Nevertheless, this situation is bought due to negligence of china and entire world has been affected drastically. Although, among the greater risk for threat

is the United States and next leading at present situation is India. About, approximately several millions of human beings were noticed to be restless based on the analysis conducted by the American Psychiatric Association [11–15].

Therefore, our current article gives explanation to the various prevailing review reports on psychosomatic well-being symptoms and their interventions pertinent to the SARS-CoV2 pandemic. The exploration on the Medical database, Virtual libraries, EMBASE as well as PubMed electronic database with key terms “COVID-19”, “apprehension”, “human well-being”, “pandemic disease”, “psychiatry”, “psychology”, “trauma” and “nervousness” in various combinations. With the above aims and objectives in cognizance, the present focus was laid in our review article to manage the stress/anxiety as well as pinpointed aptly what measures to be taken to change the mind in order to manage the stress levels. Hence holistic interventions among general population, individual population, students, faculty, and health care professionals including doctors are lecturing on emotional health apprehension related to the nCoV-2 pandemic probably might reduce their levels of psychological stress.

### **1. General Populace Psychological Health affected due to Pandemic virus**

Globally, threat to death occurring due to COVID-19 initiated the population to control their anxiety and restructuring at a massive level by building prospective for even grander social renovation [16]. Nevertheless, measures taken by national and International government agencies by implementation of lockdowns, Shutdown of schools as well as colleges, self-restriction, constraining the pupil in open places, at sacraments, such as marriages. Sudden isolation bought solitudeness, seclusion which were apparently triggering each individual population mental health and because of this physical seclusion several issues been rising such as child mistreatment, bosom-partner violence and suicide [17, 18]. WHO recommends that we refrain watching COVID19-related news as it might cause worry and negative psychological trauma [19]. Instead, the WHO advocated few management steps which is helpful for general population facing psychological stress. Additionally to be stress free, occupy ourselves with work in a well-planned manner. The optimistic plus confident persona of general people who have experienced COVID-19 might drastically reduce psychological related stress among the general population (Figure 1).

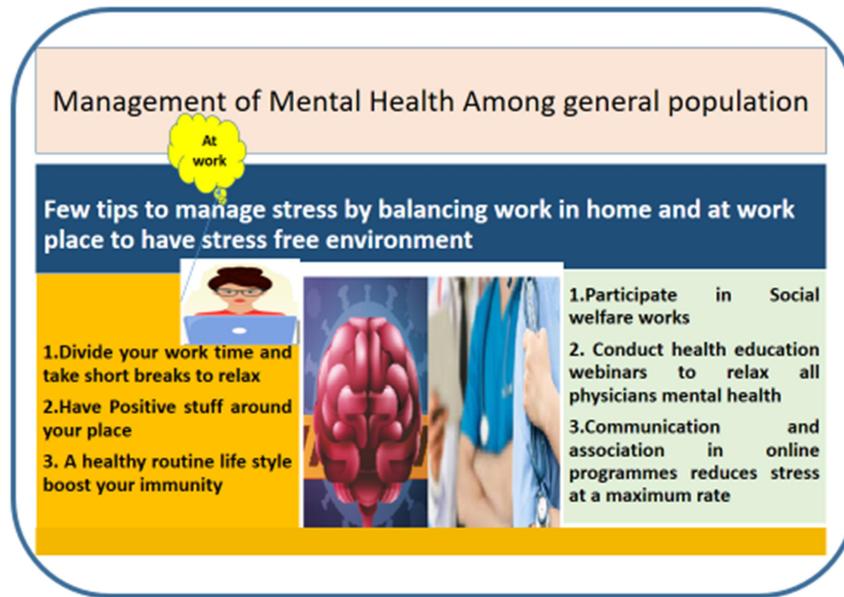


Figure 1: Stress Management among general population to display stress free environment

## 2. Anxiety, Mental depression faced by Health care Professionals and doctors

Several, research papers have distinctively displayed that the medical care professions were at greater proficiency levels of work anxiety than among the common populace [20]. Although, nervousness along with worry was shown in doctor's face which is connected with both corporeal and emotional health problems [21-22]. Healthcare professionals (HCPs) as well as doctors facing work related stress which is general factor for suicidality as they feel it problematic to express their contemporaries or bureaucrat about the emotional health challenges they are facing due to increasing COVID-19 cases [23-26]. Although, literature reports have shown that various doctors would relatively seek support from friends and

family rather than consulting psychiatric [27-28].

## 3. Literature related to the Emotional health jeopardy and interventions of nCoV outbreak in susceptible populaces

Several research reports have pinpointed specific populations which are greatly susceptible to the psychological health distress due to the impact of the coronavirus pandemic. The authors who first identified these vulnerable groups included older adults [29] the homeless [30] migrant workers [31] mentally ill [32-33] as well as pregnant women [34] and Chinese students studying overseas [35]. Till date, several reports acknowledged that a single outbreak of current pandemic virus could affect approximately fifty patients along with thirty staff members, in a

psychiatric hospital and as a result of this strict quarantine was announced [36-37]. India is being cautious as well as alert in following the right civic health intercession at the correct phase which includes refrainment in the precincts for travel ban/cancelling almost all visas, shutting down of schools plus colleges in certain states and assiduously watching up with civic examination of doubted/wide-open cases with respect to observance of quarantine recommendations.

#### **4. Globally Effected Countries and demises due to novel corona virus Pandemic till July 22<sup>nd</sup> 2020**

Currently, the whole ecosphere is experiencing a precarious pandemic malady acknowledged as COVID-19/nCoV-2 which is the biggest challenge facing by humankind with almost all countries being affected. The robust rate with which coronavirus is sweeping across the sphere affecting the mental as well as emotional health condition of patients plus medical professionals and doctors in different communal [38]. However very less hypothetical studies have laid steps as well as endeavoured to explore this angle [39-42]. During this pandemic time, where emotional balance needs some kind of support from parents as well as peer relationships in executing a massive support [43]. Further, if proper support is not being given at right time there might be

higher chances of people developing psychological stress and disorders like depression, insomnia, anxiety, anger, boredom, etc [44-45]. The histograms shown in **Figure 2** are based on the available information at the time of publication, originating from sources like [www.statistia.com](http://www.statistia.com). This statistical data has been collected and updated on the website by government based on the availability of information registered from the affected areas.

#### **5. COVID-19 Testing Strategy in India created agitation**

The upshot of cases reported daily from day to day news about increasing COVID-19 among the general population caused a sort of uneasiness among the whole world. Nevertheless in this condition it is the sole responsibility of a psychiatrist to play a key role likely in short as well as long-term [46]. Additionally reports as per Covid-19 India News Live Updates, nearly 50,000 cases (48,661) for the third consecutive day, the total number of coronavirus infections in India arose to 13,85,522 on Sunday i.e 25<sup>th</sup> July 2020. The toll arose to 32,063 with 705 deaths in the last 24 hours and day by day is still in increase upcoming days. In fact India has not received enough kits and therefore experts censured India for testing too less numbers in spite of the call by the WHO to implement test approach [47]. Nevertheless, India perceived a

different approach and declared for total lockdown for 1.3 billion people on March 24 [48].

Even though, Initial Indian strategy implemented by the advice of the Indian Council of Medical Research (ICMR), which limited testing of people with foreign travel, contacts of Covid-19 patients, and severe acute respiratory illness from all over the country [49-50]. This strategy of national lockdown was though successful to flatten the curve of Covid-19 infections but once lockdown over it extended the doubling rate of Covid-19 infections to 6 days from the earlier predicted time of 3 days in the initial phases [51]. Moreover, the developed countries such as the US, Italy, Spain, and the UK had adapted test approach which also resulted in a spike of infections [52]. This testing vigor in India should increase as large nations who have tested over 20,000-30,000 people per million but India lacks testing kits. However, apprehension about personal safety, worry for their families, and fretfulness for patient mortality, financial problems were the impulsive factors for stress-triggering response among populations. These are the basic concerns among general population, which left them in psychological trauma [53-54] (Figure 3).

## 6. How to reduce stress in COVID-19 Cases

Chee *et al.*, [55] has assessed various issues which might influence the reduction of anxiety happened due to COVID-19. Each individual in general population needs safety of family which is the most important point in reducing stress. Apart from that proper guidance, ensuring safety measures for reduction of disease as well as positive strategy from their colleagues especially from the female staff. Nevertheless another significant literature report gave insight that the degree of contact with active cases or asymptomatic cases who were tested positive lead to psychological as well as mental health disturbances [56]. A single review article published recently in 2020 from India have also revealed that at present situation of pandemic positive motivational factors like supportiveness of family as well as colleagues and appreciation by peers with positive caretaking response would basically boost the psychology. Love and affection is the best medicine for any sort of disease [57].

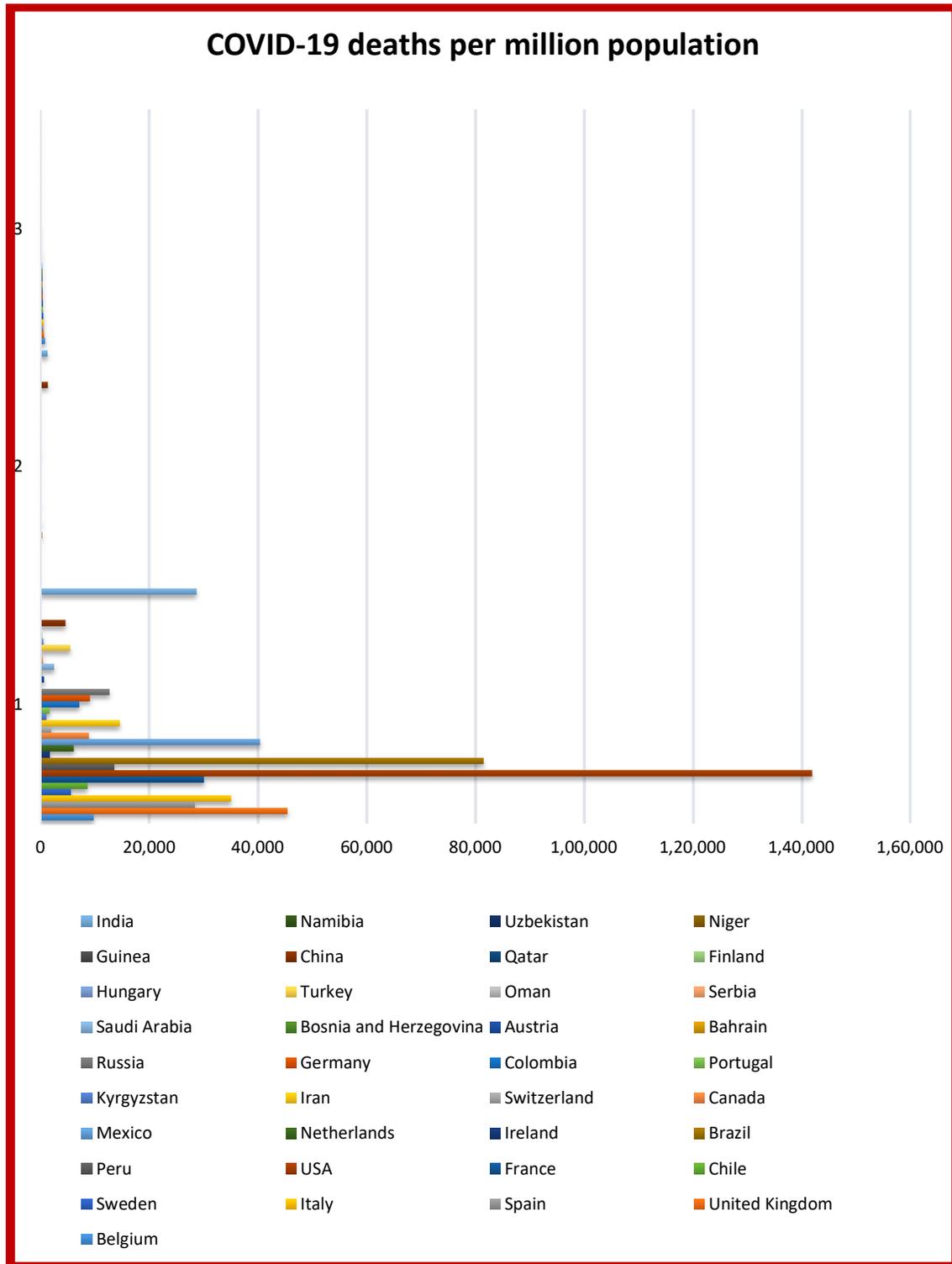


Figure 2: COVID-19 deaths worldwide report till July 22<sup>nd</sup> 2020

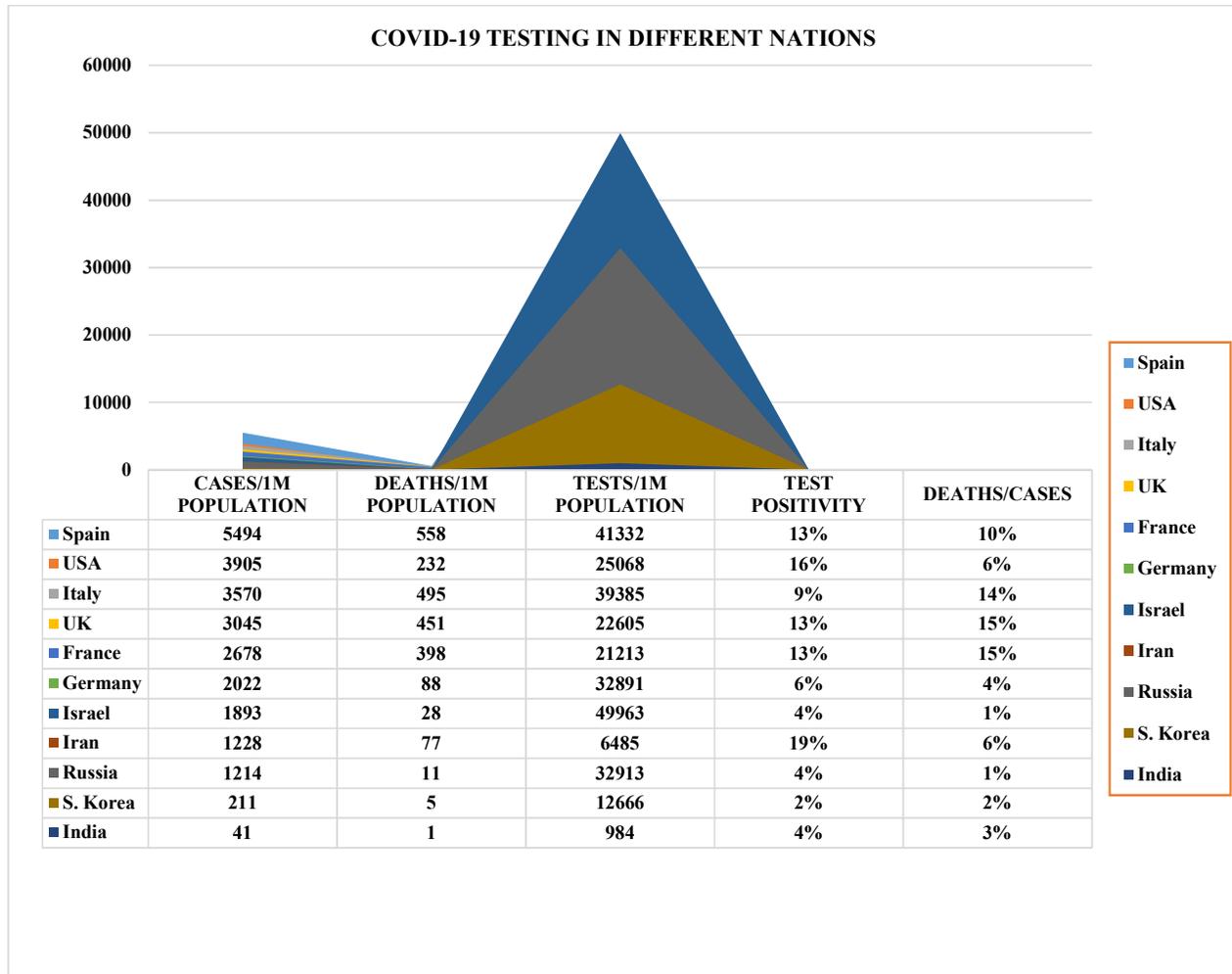


Figure 3: Depicting the COVID-19 testing done in INDIA Vs Other Nations

**CONCLUSION**

The coronavirus outbreak has shook the entire universe and has triggered a huge amount of hesitancy in the lives of Indian public as well, just like other global counterparts. Although, through helplines, hotlines and questionnaires survey it was possible to refrain the advancement of psychological related health problems especially from India. However, it was initially revealed that the beginning phase of COVID-19 pandemic had identified a significant proportion of them facing

psychological distress during the catastrophe. Mostly, predicted population effected was HCW, elderly aged, doctors and to an extent younger age, facing physical distress. Therefore, the primary aspect of the government based on WHO guidelines is a need for considering such mental health issues and planning interventions programs to fight against the pandemic. Hence, interventions programmes conducted such as webinars related to pandemic control, Immunity boosting, current drugs and vaccines as

well as plasma therapy. However these kinds of programmes conducted by using electronic media helped each and every citizen to control their distress.

#### Authors' contributions

All authors conceived, Dr.K.R.Padma solely wrote the whole manuscript and edited the commentary. All authors read and approved the final manuscript.

#### Competing interests

The authors declare that they have no competing interests

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