

The Relation between Mental Health and Covid-19 Pandemic: A Systematic Review Study

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ABSTRACT

The COVID-19 outbreak has already invaded the entire world. This pandemic induced social and work functioning impairments and were strongly associated with increased the symptoms of anxiety and depression. Financial distress due to the pandemic, rather than job loss, was also a key correlate of poorer mental health. The study aims to determine major factors associated with the pandemic situation that affects the mental health of the common public in a detrimental way. The study concludes that the recent outbreak of COVID-19 has resulted in affecting both physical and mental health of common people adversely.

Keywords: mental health, COVID-19, pandemic

INTRODUCTION

Any disastrous event imparts adverse consequences on the mental health of global citizens hugely. This study is focused on discussing the adverse impact of COVID-19 pandemic on the mental health of common people worldwide. It is evident that the recent pandemic has resulted in increasing trauma, fear and mental illness during extreme severity of the infectious diseases. People get panic stricken due to the increased rate of spreading of coronavirus. Moreover, mental stress has increased due to isolation, joblessness and stagnancy in daily livelihood. Therefore, it is significant to conduct an evaluation regarding the interrelation between pandemic situation and mental sickness of the common public.

Research aim and objectives

Primary aim of this study is to determine major factors associated with the pandemic situation that affects the mental health of the common public in a detrimental way.

Objectives

- To determine major mental health issues experienced by common public during COVID-19
- To evaluate key measures adopted by the concerned authorities to mitigate mental health problems during COVID-19

Research questions

- What are the major consequences of COVID-19 on the mental health of the common public worldwide?
- What kinds of remedial actions are suited to get recovery from mental sickness during COVID-19?

Literature review

Psychological impact of pandemic: Any pandemic situation results in disrupting the normal livelihood of common people across the globe. In accordance with Saurabh and Ranjan (2020), an outbreak of any contagious disease results in an increased level of panic among the common public in respect of being affected by that disease. Moreover, infected persons with mild symptoms do not express themselves as an infected one and move freely in the society. As they fear becoming isolated from the mainstream of the society along with being ignored by other people, they show such kind of causal behaviour to others.

On the contrary any pandemic situation also develops a condition of disruption in the normal livelihood across the globe. As argued by Choudhari (2020), this kind of devastating situation also develops panic among the common public in respect of leading daily lives in an appropriate way. It is also evident that people belong to the poorer class prior to the medium of earning than to maintain safety precautions prescribed by health professionals. Thus, it can be stated that fear of losing jobs and disruption of normal livelihood also results in degrading the mental status of the common public during the pandemic situation.

Challenges faced by health practitioners to cure mental illness during pandemic: Health practitioners have to deal with patients with different kinds of diseases even amid the pandemic situation. Therefore several challenges are experienced by them to provide care to normal patients along with the patients affected from the infected disease simultaneously. In accordance with Kopelovich *et al.* (2021), doctors have to implement suitable strategies to provide an improved service to the critical patients along with keeping an undisturbed service to normal patients. Apart from that a separate unit is also needed to cure mental illness of patients besides treating their physical health problems.

On the other hand, Preti *et al.* (2020) stated that global pandemics also impart adverse consequences on the mental status of health practitioners associated with public health sectors. It is evident that healthcare workers have to deal with a huge number of patients affected from severe diseases such as **H1N1**, **SARS** and others. Especially a sudden increment in the number of patients is experienced by the health workers during any pandemic situation. Moreover they are also panicked due to the fear of getting affected by such contagious disease. Hence it can be stated that pandemic situations result in degrading the psychological status of both patients and health workers in a severe manner.

METHODOLOGY

A **positivism philosophy** is implemented in this study to collect relevant information from authentic sources regarding the impact of COVID-19 on the mental health of

the common public. This philosophy benefits the researcher to accumulate factual information by means of standard observations (Park *et al.* 2020). A **descriptive design** is selected for investigating several factors associated with the discussing situation. As stated by Rahi (2017), this research design contributes to adopt suitable methods for investigating research variables effectively. Hence inclusion of this research design is beneficial to select an appropriate method of data analysis to evaluate several factors involved in the impact of COVID-19 on the public mental health worldwide. An **inductive approach** is adopted by the researcher to conduct the study in a systematic manner. In the words of Tuffour (2017), an

inductive approach is suitable for analysing data in a qualitative manner that is gathered from specific observations. Hence, this approach is found to be beneficial for this study to obtain the research outcome in a viable way.

A **secondary research strategy** is adopted in this study to collect required information from authentic sources. Different **scholarly articles** available on **Google Scholar** are included in this study to obtain relevant information regarding the selected topic. **Systematic review** of the selected journals is conducted to evaluate key findings from those articles.

Data analysis

Table 1: Systematic review

Sources	Key findings	Implications
Pfefferbaum and North, 2020	Pandemics results in development of emergency situation in public health sector It results in generating insecurity, anxiety and stigma among common people due to the fear of inadequate medical services during the pandemic	Highlights the issues of confusion and psychological distress among the common public regarding lack of medical responses during the pandemic. It is also identified that patients, their family members and normal public undergo stressed mental situation in the fear of inadequate medical services
Baloran, 2020	College students implement suitable policies to manage severe mental health challenges during the pandemic They possess sufficient mental strengths to anticipate the adverse impact of COVID-19 and take adequate precautions along with minimum public exposure	Depicting the mental awareness of college students to deal with severe health challenges during COVID-19. It is also identified that high risk-perceptions are possessed by students that resulted in taking suitable actions to mitigate mental health problems
Fiorillo and Gorwood, 2020	Recent pandemic has disrupted the mental status of normal public along with the health professionals and psychiatrists across the globe Psychiatrists implement suitable strategies to address mental sickness of affected people by suggesting interaction with friends, taking adequate diet and performing physical exercises effectively	Highlights major suggestions made by the psychiatric experts to mitigate the issues of mental sickness experienced by common people across the globe
Pierce <i>et al.</i> 2020	Adults faced extreme level of psychological distress during the lockdown period Psychological distress raised to 28.2% in the UK till April, 2020 during COVID-19 pandemic	Highlights the issues of mental distress faced by adults in the UK during COVID-19 pandemic as a result of lockdown
Simione and Gnagnarella, 2020	Health workers in Italy faced severe psychological stress and anxiety during COVID-19 regarding the spread of infectious disease They also experienced death anxiety due to the increased level of risk factors during the pandemic	Highlights the challenges faced by health workers in Italy to cure a huge group of infected patients. Moreover the issues of direct exposure to COVID-19 patients is identified as prime reason for psychological distress of associated health practitioners

DISCUSSION

It is identified that COVID-19 pandemic has resulted in declining the mental status of common people besides severe physical distress worldwide. In the words of Gómez-Salgado *et al.* (2020), normal people have faced severe psychological decline due to the **quarantine** period across the globe. It is pointed out that besides the health consequences its adverse impact on the socio-economic parameters result in mental distress of normal people. However, health workers implement adequate **resilience strategies** to overcome their own mental distress (Heath *et al.* 2020). It also results in providing mental support to the affected people for ensuring their psychological well-being during the pandemic.

CONCLUSION

Based on the above analysis it is pointed out that the recent outbreak of COVID-19 has resulted in affecting both physical and mental health of common people adversely. Several factors such as **lockdown, quarantine, joblessness, economic decline** and **increasing rate of infected cases** have resulted in psychological distress of the common public worldwide. Health practitioners have also experienced severe mental breakdown due to direct

exposure to the patients during the pandemic. However suitable strategies are adopted by both health workers and conscious common people such as college students to implement suitable strategies for keeping mental strength during the pandemic situation.

RECOMMENDATIONS

It is recommended for several productive activities such as **physical exercises** and **interaction with knowing one**. Apart from that, it is also suitable to **perform activities** like singing, listening songs, writing, reading and other entertainment activities to ever minds from any kind of mental distress. However on getting severe mental stress it is also suggested to take adequate advice from the expert psychiatrist to overcome such trauma. Thus, it is concluded that by taking suitable strategic measures mental stress can be mitigated by the affected people in a suitable way. It ensures an effective recovery from the psychological disorder along with keeping a positive mental status in future.

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