

Anxiety, Stress, Behavioural and Psychological Effects during Quarantine Period: A Review

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ABSTRACT

When an infectious disease circulates quickly from one to more people, it is considered as an epidemic. It may stay in one area or may spread widely. COVID-19 was declared a pandemic by World Health Organization on March 11, 2020, through reporting more than 118,000 cases and 4,291 deaths in 114 countries. The symptoms of COVID-19 were coughing, coryza, sore throat, breathing difficulties, myalgia, fatigue, nausea, vomiting and diarrhoea. With all these physical symptoms, some psychological consequences were very struggling such as anxiety, depression, and stress of the COVID-19 pandemic. These results of COVID-19 identify an urgent need to provide psychological support to this population during this pandemic. Also, the isolation after the loss of close friends or family members can be painful, especially among the people who have lost many loved ones. Quarantining includes precautions of COVID-19, which helps to prevent transmission of infections. COVID-19 affects all kinds of ecological habitats, no one finds safe and stress-free across the world, the life of people have been affected by many reasons, directly or indirectly. People learnt lessons from the coronavirus a lot and feels unsafe, stressed, lonely even living and stayed at home and locked themselves in their own houses. Both personal and community behaviours are affected during the pandemic, therefore, the present review aims to discuss and deliberate the relationship between psychological effects, posttraumatic stress disorder, and burnout through literature focusing and emphasizing on the mental health impact on health care providers after COVID-19 pandemic.

Key-words: Behavioural problems, COVID-19, Psychological effects, Mental health, Quarantine

INTRODUCTION

Grieving the loss of any loved one can be the worst experience in our life. Due to this intolerable incident, we may hassle with unwanted memories, and dull feelings of loneliness. In this situation, one could also forcefully try to forget any memory of our loved one to avoid painful feelings. Also, it is more difficult to cope with this loss by enduring COVID-19 quarantine (Fig. 1, Fig. 2). After the second wave of this coronavirus disease, many people feel this sorrow. The psychological consequences of the COVID-19 pandemic, such as anxiety,

depression, fear, frustration and stress are very struggling. As compared to the transmission of respiratory syndrome on an individual case basis, coronavirus disease is highly infectious [1-4]. In January of 2020, the U.S. announced the first confirmed COVID-19 case. COVID-19 was declared a pandemic by World Health Organization on March 11, 2020, through reporting more than 118,000 cases and 4,291 deaths in 114 countries [5-7]. Also, the WHO declared the COVID-19 outbreak a public health emergency on an international level. Each case of COVID-19 bring along many new infections, the symptoms are chills, cough, coryza, sore throat, breathing difficulties, myalgia, fatigue, nausea, vomiting and diarrhoea (Fig. 3) [8,9].

The results of COVID-19 identify an urgent need to provide psychological support to the population affected during this pandemic. Patients are quarantining for preventive care of COVID-19 and used as a measure to check transmissions of infectious diseases.

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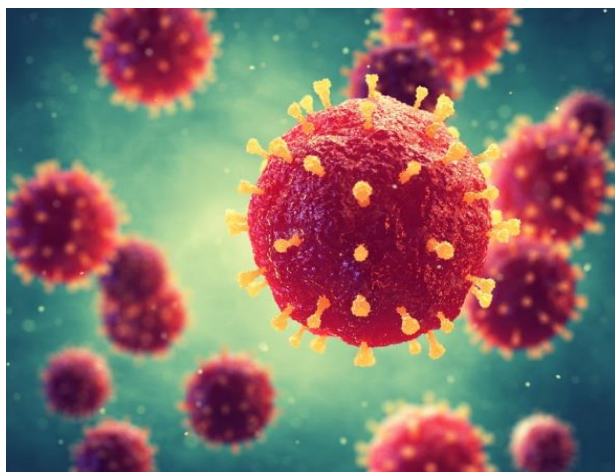


Fig. 1: Coronavirus



Fig. 2: Isolated feeling of quarantine people

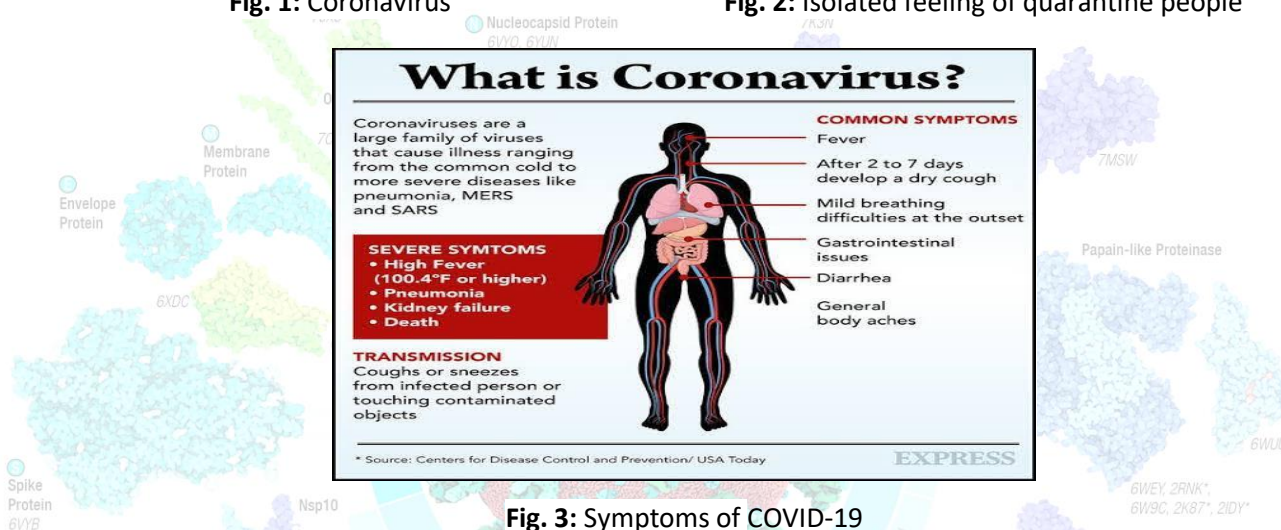


Fig. 3: Symptoms of COVID-19

The effects of the COVID-19 pandemic on depression and anxiety levels would also invite some other psychological disorders like confusion, stress, loneliness, nervousness and generally feel sad. During quarantine our movements are restricted; we could not keep in regular contact with our nearest and dearest peoples [10,11]. Only we can contact them by telephone and online channels. In some cases, most people are still removed from the consequences of getting COVID-19 [12]. During this coronavirus quarantine, many people may become close to psychological burnout. Dr Rekha Tailor, a former GP says, "because the pandemic has brought an enforced change in lifestyle for most people, we are all a lot more susceptible to burnout". Finally, this burnout is changes into a psychological syndrome and the components of a psychological syndrome are emotional exhaustion, depersonalization, and reduced personal accomplishment (Fig. 4). It affects our life personally, professionally, and psychological health (Fig. 5) [13-20].

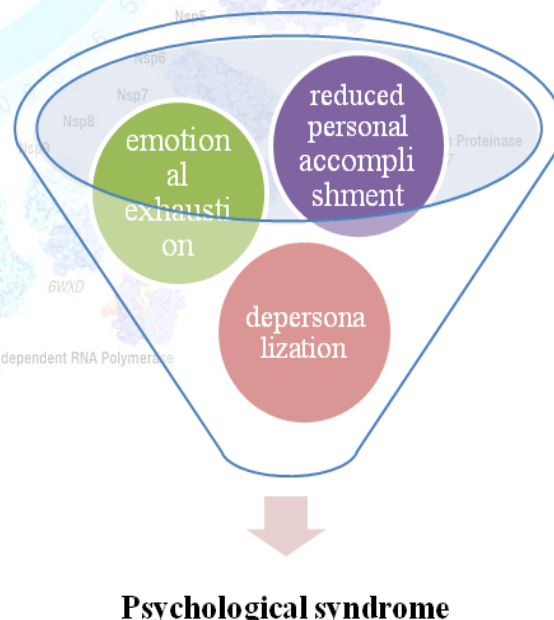


Fig. 4: Components of Psychological syndrome



Fig. 5: Effects of Psychological syndrome

UNESCO observed the impact of the coronavirus on education. Many countries have applied countrywide closures for a long time, which bounce more than 87% of the world's student population [21,22]. Also, millions of teachers do not physically attend the classroom for a long duration. Schools, colleges and other institutions and universities faced problem shortcomings of the slowdown in admissions, internships, training,

apprenticeships and placements of the students (Fig. 6) [23-25]. All kinds of educational institutions have been closed for more than two months and there is uncertainty about when the educational institutions will be reopened and what would be examination and assessment methods to be applied to safe and stress-free education [26-28].



a



b

Fig. 6: COVID-19 impact on student and offices

Impact of pandemic COVID-19 on Educational Institutes during lockdowns- To investigate student's personal opinions and reactions about digital/online study and learning in the context of the COVID-19 isolation, and their attitudes toward different behaviour a survey

questionnaire method was used (Table 1). Respondents rated their degree of agreement with the item statements (1) Very Satisfied, (2) Satisfied, (3) Ok, (4) Dissatisfied.

Table 1: Student's personal opinions survey by questionnaire method

Questions	Very Satisfied (%)	Satisfied (%)	Ok (%)	Dissatisfied (%)
How do you feel about your academic studying behaviour experience during this period of the COVID-19 pandemic?	20	15	25	40
What do you feel about the condition of a quarantine imposed during this period of the COVID-19 pandemic?	38	32	16	14
Do you feel the risk of contagion during this period of the COVID-19 pandemic is true?	48	42	8	2
Do you feel the relationships with your university colleagues during this period of the COVID-19 pandemic healthy?	10	14	35	41
Do you feel the relationships with your relatives during this period of the COVID-19 pandemic are healthy?	12	13	32	43

Currently, it seems that physical distancing due to the coronavirus reveals the obstructive effects of social isolation on mental health as well as physical health. Being alone, most people can be relaxing, meditative, and rejuvenating, but many people can go through low confidence or anxiety [29]. Isolation after the loss of any family member and friend may be painful, particularly among elderly people who have lost many loved ones during their lives [30].

The quarantining of individuals at home plays an important role in preventing the spread of infectious diseases. But adjusting to the severance in our normal routine is uncomfortable. It is essential to be concerned about our mental health, even if our time in quarantine is relatively short. The most important thing is not to give up [31]. Public health experts advised that everyone has been to limit their social contact like work from home, continue to self-quarantine if exposed, and self-isolate if symptomatic. Although, quarantine, physical distancing and social isolation are annoying and difficult. During this quarantine, people can show some psychological disturbance, including stress, depression, insomnia, anxiety, anger, fear, frustration, and boredom [32].

As Kimberley Smith (a lecturer in Health Psychology at the University of Surrey) said, "Loneliness and social isolation have been shown to increase our risk of poorer health. Many researchers propose that loneliness and social isolation both influence the body's inflammatory

response" [33,34]. Everyone may cope with stress differently. Studies have revealed that if the quarantine is longer, then the poorer psychological outcomes tend to be, so keep quarantine as short as possible. Quarantine may be unhealthy social isolation and make one's feel panic because social isolation is a "silent killer that places people at higher risk for a variety of poor health outcomes" (Fig. 7). Social isolation's adverse health consequences are sleeplessness finally which changes into reduced immune function. Also, these consequences are linked to poor cardiovascular health and the victims can go ahead with stress and panic thinking about the reason which is responsible for that physical distancing [35,37].

**Fig. 7:** Boredom during quarantine

During Quarantine people should follow this behaviour- Some activities and hobbies like - exercise, yoga, meditation, reading, listening to music, prayer and interaction can help the patient to reduce the stress that was created through isolation (Fig. 8). By doing the above activities in their daily routine, they promote their mental health with a sense of good health and normalcy. In many cases, isolated people can find it challenging to

ask for help, but it is required to stay connected with their near and dear one's ^[38]. In that situation, if the conditions are in the limit, people can be connected through mobile phones, emails, text messages, social media sources, and video calls for a stay in touch. But too much exposure to negative news can feed fear and stress in the victim's mental health, so controlling media consumption is also necessary ^[39].

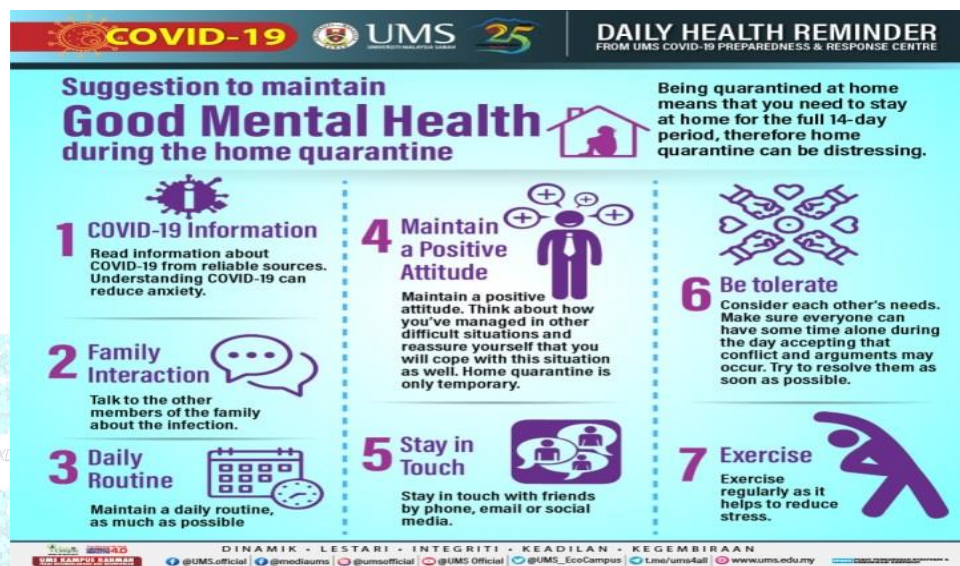


Fig. 8: Suggestions to maintain mental health & fitness

Types of therapy that are used to treat social isolation

Cognitive-behavioural therapy (CBT)- It is a type of psychological treatment that helps people by relieving them from some problems like depression, anxiety, mental illness and made them aware of negative thoughts that affect their behaviour. CBT treatments usually involve efforts to change thinking patterns and to cope with difficult situations ^[40-42].

Exposure therapy- Exposure therapy was developed to help people confront their phobia and fear. In this form of therapy, psychologists create a safe environment to expose the individuals to avoid situations and fear. They oppose fears, process emotions, and then regulate their anxiety ^[40-42].

We may learn to avoid painful feelings and try to search for an alternate target to relax the consciousness of our mental controls and learn to accept these types of unavoidable situations with awareness. Relatively short periods of physical inactivity can harm our health, both mentally and physically. Research shows that only 14 days of inactivity could lead to degradation in muscle mass and metabolic disorders ^[43-45].

So, we must learn while being in these stressful situations we should take care of our mental calmness successfully. In some stressful situations, we find ourselves uncontrolled. But, we do have an alternative that how we deal positively with these painful situations. Some simple suggestions could lead to the introduction of lifetime confidence, self-respect and improved health:

- Relax the mind and make some difference in our energy and stress levels by following the instructions of relaxation through media resources.
- Learn to focus on images (Creative Visualization), which build up our mental peace and create a healing response in our old memories. Determine to replace the negative scene with the positive scene.
- A 30-minute quick walk will help us to fight anxiety and depression, also improve our energy levels.
- Look at the beauty of nature, smell the roses and make some efforts to see the well being in everything.
- Writing assists to reduce anxiety and get painful topics off our minds.

- The meditation process adjusts our mind and relaxes the body and balance the brain-body connection.
- After every hour for just 2 minutes, focus with closed eyes on any sound from our surroundings (Mini-Meditation).
- Without special cost, equipment or much time, these techniques require only our attention. By using these techniques we can build up our immune system. Be well and stay safe [33,46,47].

CONCLUSIONS

Although it is important to stop the spread of the COVID-19 infection, to have self-care strategies, social isolation affects us mentally and physically. In the current scenario, it is necessary to develop specific techniques to detect burnout and emotional distress among quarantine people and provide proper meditation to address their physical and emotional illness.

Energetic counselling sessions at regular intervals and other methods to boost the attitude of these quarantine people should be arranged and analyzed. Guidelines for decrease boredom, improve communication, coping and stress management should be provided for quarantine people.

CONTRIBUTION OF AUTHORS

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