

Assessment of the SARS-COV2 Triggered Mental Health Issues and Strategies to Combat it Beyond the Panic

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SUMMARY. The outbreak of SARS-CoV2 has been declared as the pandemic by WHO has made the world to face the colossal loss. The objective of the study is to assess and investigate the theoretical perspective on how the people are being psychologically affected by and coping with the SARS-CoV2. The cross sectional observational study was made at the tertiary care hospital Larkana Sindh. The sample size was calculated by using the sample size software as per the WHO guidelines error margin. The sample purposive technique was used to collect the sample. In the current study 69% male were taken and 31% were female and most affected age group was the 60-75 years old, that is about 29.5% and the less affected age group was 19-29 years old which is about 10.75%. Most frequent mental disorder was the anxiety that was about 36.75%. Separation anxiety disorder patients were about 30.6%. The government should closely monitor the information spreaded regarding SARS-CoV2, especially the misinformation should be traced and halted. From the current study it can be concluded that the number of patient infected from SARS-CoV2 experienced different mental health issues such as anxiety, hysteria, depression, psychosis and the phobia.

RESUMEN. El brote de SARS-CoV2 ha sido declarado como la pandemia por la OMS que ha hecho que el mundo se enfrente a la pérdida por cierre. El objetivo del estudio es evaluar e investigar la perspectiva teórica sobre cómo las personas se ven psicológicamente afectadas y se enfrentan al SARS-CoV2. El estudio observacional transversal se realizó en el hospital de atención terciaria Larkana Sindh. El tamaño de la muestra se calculó utilizando el software de tamaño de muestra según el margen de error de las guías de la OMS. La técnica intencional de la muestra se utilizó para recoger la muestra. En el estudio actual, se tomaron 69% de hombres y el 31% de mujeres; el grupo de edad más afectado fue el 60-75 años, que es aproximadamente el 29.5% y el grupo de edad menos afectado fue de 19-29 años, que es aproximadamente el 10.75%. El trastorno mental más frecuente fue la ansiedad que era aproximadamente 36.75%. Los pacientes con trastorno de ansiedad por separación eran aproximadamente 30.6%. El gobierno debe monitorear de cerca la información difundida sobre el SARS-CoV2, especialmente la información errónea debe rastrearse y detenerse. Del estudio actual se puede concluir que el número de pacientes infectados por SARS-CoV2 experimentó diferentes problemas de salud mental como ansiedad, histeria, depresión, psicosis y fobia.

KEY WORDS: anxiety, combat, depression, SARS-CoV2, strategies.

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