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Topic: Mental Health problem and the Covid-19 Pandemic

The global outbreak of the novel Corona virus touches everyone patients, vulnerable people, health care professionals, and the public in general. One important aspect of human wellbeing is mental health which is likely to be overlooked in the pandemic response. In this assignment I will discuss general aspect mental health and covid 19 pandemic I will be explaining short and sweat how mental health patients and public in generally could be affected and I will introduce some relevant management strategies.

The covid 19 pandemic became one of the leading causes of mental health problems at this time due to the disease experience, physical distancing, stigma and discrimination, and limited access to basic services, These issues affected as general population but is very high among the health care workers, patients with covid 19 and other illnesses, children, women, youth, and the elderly are experiencing post-traumatic stress disorders, like anxiety, depression, and insomnia and increase the risk of mental health problems and exacerbate health inequalities. Also, several studies were done during the pandemic among the refugees and asylum seekers around the world show extremely high mental problems among the refugees.

For example, one of the surveys done in Malaysia last year among the refugee and asylum seekers found a high prevalence (43%) of mental health disorders like depression, post-traumatic stress disorder, and generalized anxiety. The pandemic has both short- and long-term implications for mental health problems especially for venerable groups or exacerbated mental health disorders and those dealing with barriers to accessing care.

Several international organizations including WHO and CDC have released general considerations and resources addressing the mental health and wellbeing of both general communities and specific high-risk groups during the pandemic.

Throughout the pandemic, anxiety, depression, sleep disruptions, and thoughts of suicide have increased for many young adults. They have also experienced a number of pandemic-related consequences such as closures of universities, transitioning to remote work, and loss of income or employment that may contribute to poor mental health. Several studies reported younger age as a risk factor for mental health problems amid COVID-19 For example, Huang and colleagues found that younger people had a significantly higher prevalence of generalized anxiety and depressive symptoms compared to older people.

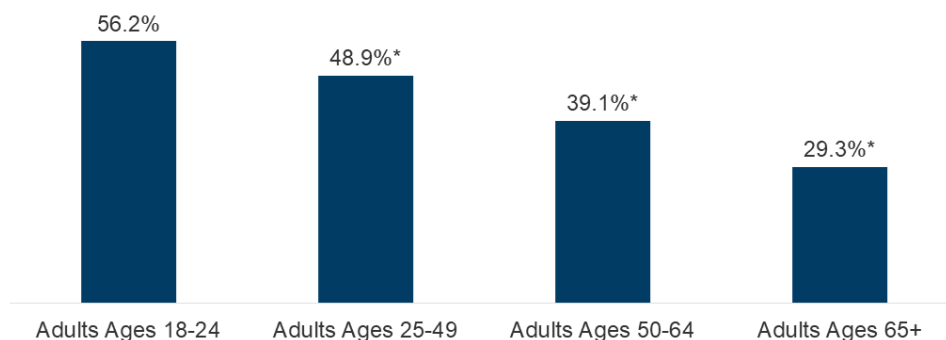
Moreover, Wang and colleagues reported the anxiety risk of people above 40 years old was 0.40 times (95% CI: 0.16–0.99) than participants aged below 40 years, suggesting that younger individuals had a higher risk of anxiety. However, Chew and colleagues found mental health problems as more prevalent among older adults, contradicting studies discussed earlier.

Another study by Cao and colleagues found 6.3% of the participating doctors felt nervous after listening to the news on mass media that some doctors were positive for COVID-19, whereas 52.6% of the participating nurses reported negative emotions, worrying about family, fear of infection, and stress about heavy workload.

A study from Wuhan assessed mental health in healthcare providers who were positive for COVID-19, which found that 88.3% of the participants experienced either psychological stress or emotional changes during the isolation period.

Figure 3

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age



NOTES: *Indicates a statistically significant difference between adults ages 18-24. Data shown includes adults, ages 18+, with symptoms of anxiety and/or depressive disorder that generally occur more than half the days or nearly every day. Data shown is for December 9 – 21, 2020.
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020.



Suicide and covid 19

It is reported that approximately 800,000 people die by suicide each year. In addition, for every suicide, there are more than 20 suicide attempts. This has a wave effect on families, friends, co-workers, communities and societies.

In response to the COVID-19 pandemic, strict restrictive measures were put in place. These have had a significant impact on the global economy, including increased unemployment rates worldwide.

Mental health professionals should be aware that rising unemployment is associated with an increase in suicides. National shutdowns to avoid overburdening or collapse of health care systems due to COVID-19 where the resulting contraction of the economy may lead to other long-term unintended problems. Suicides are preventable. Make sure you know the phone numbers

and addresses of relevant mental health services in the country where you work.

COVID-19 has also influenced suicidal behaviour among vulnerable individuals in different contexts. Several case studies based on news media reports are found, where individuals committed suicide in fear of COVID-19. These cases from India, Pakistan, and Bangladesh have shown how a perceived susceptibility and fear of getting infected has resulted in suicidal attempts among individuals, highlighting a high mental health burden of this pandemic.

According to media reports, several case studies in which individuals committed suicide due to fear of COVID-19 were found. Previously, young adults (ages 16-24) were found to be particularly vulnerable to mental health problems. During the early stages of the covid-19 epidemic, Wang et al. found that university students in China were more likely to be stressed and anxious Depression in response to covid-19 outbreaks of elderly people

What we need?

Multidisciplinary mental health science research must be central to the international response to the COVID-19 pandemic, given the potential effects on individual and population mental health, and its potential effect on the brain function of some of those affected by the disease. There are important immediate insights to be gained, which could provide evidence-based guidance on responding to this pandemic and on how to promote mental health and wellbeing, and safeguard the brain, should future waves of infection emerge

Also, we need health promotion because mental health promotion is a strengths-based approach that emphasises healthy public policy. Characterized by explicit respect for health and equity in all aspects of policy, it facilitates community and population level mental health responses, particularly for those facing the greatest risk. We need a comprehensive and equity oriented mental health approach that not only involves prevention and treatment, but also promotion.

As we learn SBH class the health promotion must be comprehensive program can be including poverty reduction strategies like universal basic income to vulnerable people to mitigate the effects of job loss and economic hardship to prevent mental health problem and delivering program to support social emotional development and mental health support. More than ever, public health and mental health policies must work together to address the pandemic's effects. An equity oriented response is the only solution for a sustainable recovery.

Promoting mental health research multi-disciplinary

COVID-19 has brought unique challenges to all aspects of health and wellbeing, which include social, cultural, educational, occupational, economic, political, and other dimensions of human lives. This phenomenon is evident in the findings of latest research and review as well a wide range of factors associated with mental health problems suggest that those should be examined using multi disciplinary approaches enabling researchers from different disciplines to bring their unique insights and resources to better understand the social determinants of mental health in the era of a pandemic.

Although health systems remain on the focus in such research efforts, other social systems and stakeholders should be engaged in future mental health research in COVID-19 and similar disruptive global events

Addressing mental health inequities during pandemics

Several social determinants of mental health are identified in the current research which emphasises the role of structural inequalities in different contexts in influencing psychosocial stressors and overall mental health outcomes among individuals.

Therefore, addressing inequalities in the social determinants of mental health should be a long-term goal in the development of future mental health policy and practice.

Such efforts, if adopted, could help build resilience to mental health challenges, prevent mental disorders and promote positive mental health at the population level

Strengthening mental health systems for COVID-19.

Health systems around the world have experienced a critical lack of preparedness in fighting COVID-19, which has the mental health impacts of this pandemic as well. Most nations don't have strong mental health systems which will ensure a continuum of mental health care from prevention to institutional look after severe mental disorders therefore, those systems might not address the added burden of mental health problems during this pandemic.

Perhaps, one of the greatest lessons from COVID-19 would be strengthening mental health systems ensuring resilience to systematic shocks as seen during public health emergencies Potential strategies to attain such resilience may include establishing mental health policies, developing population based programs, enhancing institutional capacities to develop mental health workforce, revising health systems financing for mental health, engaging communities, and institutions to address barriers to access to mental health and promote positive mental health across population

Conclusion

While these challenges are primarily the result of infectious disease with implications for physical health, they can also have a profound impact on mental health and well-being. Around the world, people face fear and concern for their personal safety, the lack of a vaccine or effective treatment, and negative socioeconomic consequences such as unemployment and lack of access to necessary goods due to quarantine and containment measures in various settings. These issues may have multiple implications for the mental health of populations, requiring the attention of global health researchers and practitioners.

Further, there is a need to develop mental health interventions which are time-limited, culturally sensitive, and can be taught to healthcare workers and volunteers. Once developed, such interventions should be tested, so that information regarding effective therapeutic strategies can be widely disseminated among those working in this field of mental health programmes.

At the WHO Executive Board meeting in January 2021, WHO Member States stressed the importance of integrating mental health into public health all the state members expressed strong support for the adoption of a decision on this matter, at the World Health Assembly's 74th session. Last, we need to identify these:

- Mechanisms (e.g., coping strategies and preventive interventions) to support vulnerable groups under pandemic conditions, such as front-line health and social care staff, those with pre-existing mental health issues, young people and older adults.
- Interventions that can be delivered under pandemic conditions to reduce mental health issues and boost wellbeing, including those that can be repurposed
- Methods for promoting more successful adherence to behavioural advice about COVID-19 while enabling mental wellbeing and minimising distress

Promotion of mental health can be achieved by effective public health and social interventions it a comprehensive program.

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