

## Letter to the Editor: Psychosocial Problems During the COVID-19 Epidemic Crisis



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The emergence of COVID-19 and its pandemic has been associated with fear and panic [1]. This pandemic has caused disorders such as anxiety, depression, and stress. Given that this crisis may last for weeks to months, mental health conditions are expected to worsen [2, 3].

Fear of infection and stress of keeping surfaces and hands clean intensify obsessive thoughts. Also, following disturbing news and large amounts of sometimes contradictory information received have exacerbated stress and anxiety [3]. Although quarantine has also been recommended and implemented as an effective way to prevent infection with COVID-19, it has complications and problems, too [4]. Most studies have reported the negative psychological effects of quarantine, including symptoms of post-traumatic stress, confusion, and anger. Stress weakens people's immune systems and can be a risk factor for coronavirus infection [3]. The stressors include long-time quarantine, fear of infection, hopelessness, fatigue, inadequate sources, insufficient information, financial loss, and disgrace. Some researchers have suggested long-term problems, too [5].

Infected people experience higher stress due to fear, insecurity, financial stress, and limited interactions [6]. Mental health disorders can increase the risk of infections, including pneumonia [7]. Some traditional methods of education, which were modified due to the child's

relationship with the school, have re-emerged. Even corporal punishment has increased in situations where the restlessness and nervousness of family members at home quarantine have increased [8]. A close and receptive relationship between parents and children is the key to identifying all children's physical or psychological problems. In addition to monitoring the child's behavior and performance, parents must respect their identity and needs [8]. Reduction of social interactions, cancellation of religious ceremonies, and following the news of corona have caused anxiety, frustration, reduced calmness of the elderly, and negatively impacted their mental health [9].

In the meantime, the quarantine of the medical staff, besides their fatigue and burnout, increases the prevalence of depression and anxiety in them. A study on Wuhan China's medical staff found depressive symptoms in 50% of them, anxiety symptoms in 44.6%, sleep disorders in 34%, and distress in 71.5%. The intensity of these symptoms was more severe in nurses who were at the forefront of fighting with coronavirus [10]. Therefore, it can be said that quarantine and staying at home require purposeful programs by government institutions to reduce some of the economic problems and stresses of individuals and, consequently, resolve the disorders caused by these problems [3]. Also, fun and educational programs on social media will help pass the quarantine period better.

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### Compliance with ethical guidelines

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### Authors' contributions

Both authors contributed in preparing this article.

### Conflict of interest

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