



Short Communication

Psychological effects of Post-Quarantine Following Outbreak of “COVID-19”

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Abstract

As majority of the world is facing severe crises with spread of the deadly “COVID-19”, simultaneously rising are mental aptitudes influencing and impacting the psychological health which in future could result in overall deterioration of quality of life of an individual. According to studies performed by researchers following previous quarantine across the globe during the spread of Ebola Hemorrhagic Fever (EHF) in Africa and Severe Acute Respiratory Syndrome (SARS) in Toronto concluded quarantine to produce severe negative effects on an individual’s psychological health. In the present article, the authors would concentrate specifically on the negative impacts generated in regards to the psychological status of an individual in a quarantine facility.

Keywords: COVID-19, psychological, negative, population, quarantine

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As majority of the world is facing severe crises with spread of the deadly “COVID-19”,^[1] simultaneously rising are mental aptitudes influencing and impacting the psychological health which in future could result in overall deterioration of quality of life of an individual. According to studies performed by researchers following previous Quarantine across the globe during the spread of Ebola Hemorrhagic Fever (EHF) in Africa and Severe Acute Respiratory Syndrome (SARS) in Toronto,^[2,3] concluded Quarantine to produce negative effects on an individual’s psychological health which are, Emotional disturbance, Depression, Irritability, Insomnia, Anger, Grief, Numbness, Low mood and Emotional exhaustion.^[4-10] These symptoms present in variation with individual and the time spent during Quarantine. According to the World Health Organization (WHO), 7.5 percent of the Indian population is currently suffering from 1 or more negative psychological impacts.^[11] If this is

put to calculation, it gives a total of 90 million populations which are expected to be just conservative estimates. In addition, according to the National Institute of Mental Health and Neuro Sciences (NIMHANS) which works under the aegis of Ministry of Social Welfare, India concludes 150 million of Indian population requiring active treatment in the form of either medications and or counseling to overcome negative attitude leading to variations in psychological behaviors. Of the existing population involved, only 30 million are being benefitted with the services provided for the same while the rest 120 million are far from treatment interventions which later would put large mental, social and financial burden on one’s own and ultimately the country’s economy.^[12] The authors have mentioned the above figures to realize the impact of the current ongoing COVID-19 crises in the Indian population which already is carrying a huge number of individuals with negative psychological

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impacts. Invasion of CORONA-9 will make the condition worse even after it fades from the world leading to an immense increase in number of people with psychological setbacks. To fabricate identification, characterization and specification of treatment strategies be inducted at the earliest for current period and after the Quarantine phase ends, Quarantine phase can be divided in three phase.

Phase I (Day 1-Day 7)

It is the beginning of Quarantine phase where an individual experiences a sense of comfort, relaxed, happiness in spending quality and leisure time with family with a feel of a break from daily schedule of work or activity.

Phase II (Day 8-Day 14)

In this phase the individual starts to feel boredom at home called as "Decision Fatigue" presenting with commencement of shake of acceptable mental phase, attitude of panic and anxiety being the common features.

3. Phase III (Day 15-Day 21)

This phase starts nearly from the late middle extending to the last day of Quarantine with Mental Mood Disorder, Depression, Fatigue and Emotional Exhaustion as common and widely seen symptoms.

Treatment Strategies

1. Early action to reduce psychological, emotional and social negative images in an individual promoting a normal psychological attitude towards the current temporary situation.^[13]
2. Availability of accurate information from the governmental and their associated aegis both, from state and national level of recent intervention being implemented and future projections to be implied if required should be broadcasted on daily basis for the betterment to the farthest level of population.
3. The general population, adults and children, should be advised to continue with their regular dietary and sleep schedule, same as that of prior to beginning of Quarantine, as both these components directly affect mental wellbeing.^[14,15]
4. Only time during which individuals performed their respective work or activities should be modulated with recreational activities depending on hobbies, choice and profile keeping the concerned occupied for any productive work thus preventing development of even the smallest negative brunt on mental health.
5. Positive attitude of serving others to overcome the same situation among family members and people in contact via social media promotes self occupiedness and understanding the condition and its impacts to deeper depth

by one self's and possibly looking for ways to eradicate the same.^[1,7] On an urgent basis, the government should start free online and broadcasting counseling programs via television and radio immediately till the final day of Quarantine to lessen the number of population being engraved with negative psychological impacts.^[16]

There is a saying "Wealth of Information, Scarcity of Attention", only from experts as excessive use of social media which at time renders illogical and unwarranted information in the form of news, pictures and images^[1] leading to exhaustive behavior, restlessness, insomnia etc.

Conclusion

Early and timely intervention from the government in the form of medication and counseling being spread to the innermost set of populations in the rural areas can lead to reduction in individuals being engraved with negative psychological effects of Quarantine. This would impart a positive and healthy backflow of individuals after the end of Quarantine producing promising results once individuals are back to work.

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