

**Letter to Editor**

# The Anxiety of the Public - One Most Destructive Contribution of COVID - 19

**Shimon Shatzmiller\***

Department of Biological Chemistry, Ariel University, Israel

**Letter to Editor**

The public health crisis COVID-19 has led to general recommendations from officials to contain its spread. Anxiety about contracting the virus is prominent among the public. Specific pathways for anxiety due to contractile disease examined. People expected that a contributing trait of fear of being infected with COVID-19 involves a tendency to tenderness and sensitivity, emotional responses that are part of a broader behavioural immune system [1].

COVID-19 has a severe effect on the psychological and physiological health of the public in general. Some of the medical staff in Wuhan infected by transfer of COVID-19 from person-to-person and it is declared by China on January 20. The people got anxiety regarding the symptoms, which lead to shortage of masks, and alcohol through-out the country.

On the night of January 31, due to the knowledge that "Shuang-English oral fluid" could suppress COVID-19, the public rushed to the pharmacy overnight to buy this drug, due to that many medical staff worked more than 16 hours a day which lead to less sleep. A 37-year-old Japanese government official working as isolated returnees from Wuhan committed suicide. Report advises that COVID-19 is distinguished type between beta coronaviruses connected with human Acute Respiratory Distress Syndrome (SARS) and Middle Eastern Respiratory Distress Syndrome (MERS). Some studies shown that mental health problems are mainly observed in health care workers and also in SARS survivors during the SARS epidemic.

Post-Traumatic Stress Disorder (PTSD) and depressive disorders were the most common long-term psychological effects [2]. COVID-19 is a physical disease that scientists are trying to understand from many angles. However, the epidemic and its associated stressors likely have mental health consequences. It is quite reasonable to experience distress as a result of the chronic stress of this magnitude. Real losses (of loved ones, no opportunity for a ceremonial funeral) or symbols (graduation celebrations) abound. There may be feelings for many,

and unresolved sorrow for some. The isolation (curfew) can lead to depression in many and suicidal thoughts for some. But there will be no response, "One size fits all" [3].

Similar results reported in a previous study conducted on MERS [4]. Following the research evidence, we can consider that psychological state of the public may affect during COVID-19 period. Therefore, through a web-based cross-sectional study, researchers aimed to curb the mental health burden of the Chinese public during the outbreak of COVID-19, and investigate the potential influencing factors.

The research findings will give data support for the targeted interventions in psychological health in Chinese public in this COVID-19 period [1].

The incidence and mortality of virus disease 2017 (COVID-19) has risen dramatically worldwide [5].

COVID-19 may affect not only the health, but it may have major effect on the social and economy, as a result many undeveloped countries are undergoing severe crises than the developed countries. Economic side. Due to this pandemic, not only the developed countries but also the less developed countries are facing severe crisis with the medium and small businesses going bankrupt. Due to which the psychological stress is more resulting from COVID-19, reported from India which includes self-harming of individuals due to stress and anxiety and majorly due to incorrect information about the virus (Figure 1) [6].

The psychological behaviour of the public can be determined on the strict rules and regulations set by the government for the public well-being [7].

Few countries like Italy, United Kingdom and Sweden have introduced new approaches for less spread of the virus which are Early Lockdown, no lockdown and no lockdown. Based on a culture that uses Google's narrative language and trend data. Every country has taken its own approach towards fighting the virus depending on their own cultural background and the sensitivity of the public behaviour related to the anxiety levels rising towards the set rules and death rate due to the virus. Moreover, the locking policy of one country can affect the mental health of another country, suggesting that policy-makers should explain this effect. The Socio-economic decisions and general behaviour of a country is majorly dependant on how the society operates in general terms in regards to the terms and policies that are set in place.

The context contributes to the explanation of the differences in responses and effects of identical conditions across space and

**Citation:** Shatzmiller S. The Anxiety of the Public - One Most Destructive Contribution of COVID - 19. *Ann Clin Case Stud.* 2020; 2(4): 1032.

**Copyright:** © 2020 Shimon Shatzmiller

**Publisher Name:** Medtext Publications LLC

**Manuscript compiled:** Aug 20<sup>th</sup>, 2020

**\*Corresponding author:** Shimon Shatzmiller, Department of Biological Chemistry, Ariel University, 40700 Ariel, Israel, E-mail: shimon120@gmail.com



**Figure 1:** The Peace Monument in front of the U.S. Capitol in Washington.

specifically to the asymmetric responses to the same shock. Reasons followed from, Tubadji et al. [7]. As per the lockdown policy decisions, for better understanding and analysis of vast culture diversity and differences following approach can be implemented. This approach can be implemented in more of general terms.

Not only did the virus result as a challenge for people in general but has also affected people psychologically who are suffering from different illness and ailments majorly. 45% of the US population have been reported with more psychological stress and depression resulting from the virus. As the epidemic occurs, the burden on mental health is likely to increase as actions taken to slow the spread of the virus, such as social alienation, business and school closures, and shelter regulations, lead to greater isolation and potential. Economic hardship.

In order to reduce the death tolls, the policies have played a crucial role, though we know it's important, these policies also have resulted in loss of jobs and isolation which in turn have a major impact on people's mental health. The fear for loved ones and saving themselves from the wrath of this pandemic has become a major concern and a reason of anxiety for every person who have no certainty as to when this pandemic will come to an end [8].

## References

1. McKay D, Yangb H, Elhaic J, Asmundson GJG. Anxiety regarding contracting COVID-19 related to interoceptive anxiety sensations: The moderating role of disgust propensity and sensitivity. *J Anxiety Disord.* 2020;73:102233.
2. Mak IWC, Chu CM, Pan PC, Yiu MGC, Chan VL. Long-term psychiatric morbidities among SARS survivors. *Gen Hosp Psychiatry.* 2009;31(4):18-326.
3. Silver RC. Surviving the trauma of COVID-19. *Science.* 2020;369(6499):11.
4. Lee SM, Kang WS, Ah-Rang Cho, Kim T, Park JK. Psychological impact of the 2015 MERS outbreak on hospital workers and quarantined hemodialysis patients. *Compr Psychiatry.* 2018;87:123-7.
5. Bhuiyan AKMI, Sakib N, Pakpour AH, Griffiths MD, Mamun MA. COVID-19-Related Suicides in Bangladesh Due to Lockdown and Economic Factors: Case Study Evidence from Media Reports. *Int J Ment Health Addict.* 2020.
6. Tandon R. The COVID-19 pandemic personal reflections on editorial responsibility. *Asian J Psychiatr.* 2020.
7. Tubadji A, Boy F, Webber D. Narrative Economics, Public Policy and Mental Health, The COVID-19 Pandemic in the UK, Covid Economics, CEPR: Vetted and Real Time Papers Review. 20:109-131.
8. Panchal N, Kamal R, Orgera K, Cox C, Garfield R, Hamel L, et al. The Implications of COVID-19 for Mental Health and Substance Use. 2020.