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Impact Of Covid-19 On Mental Health In Pakistan

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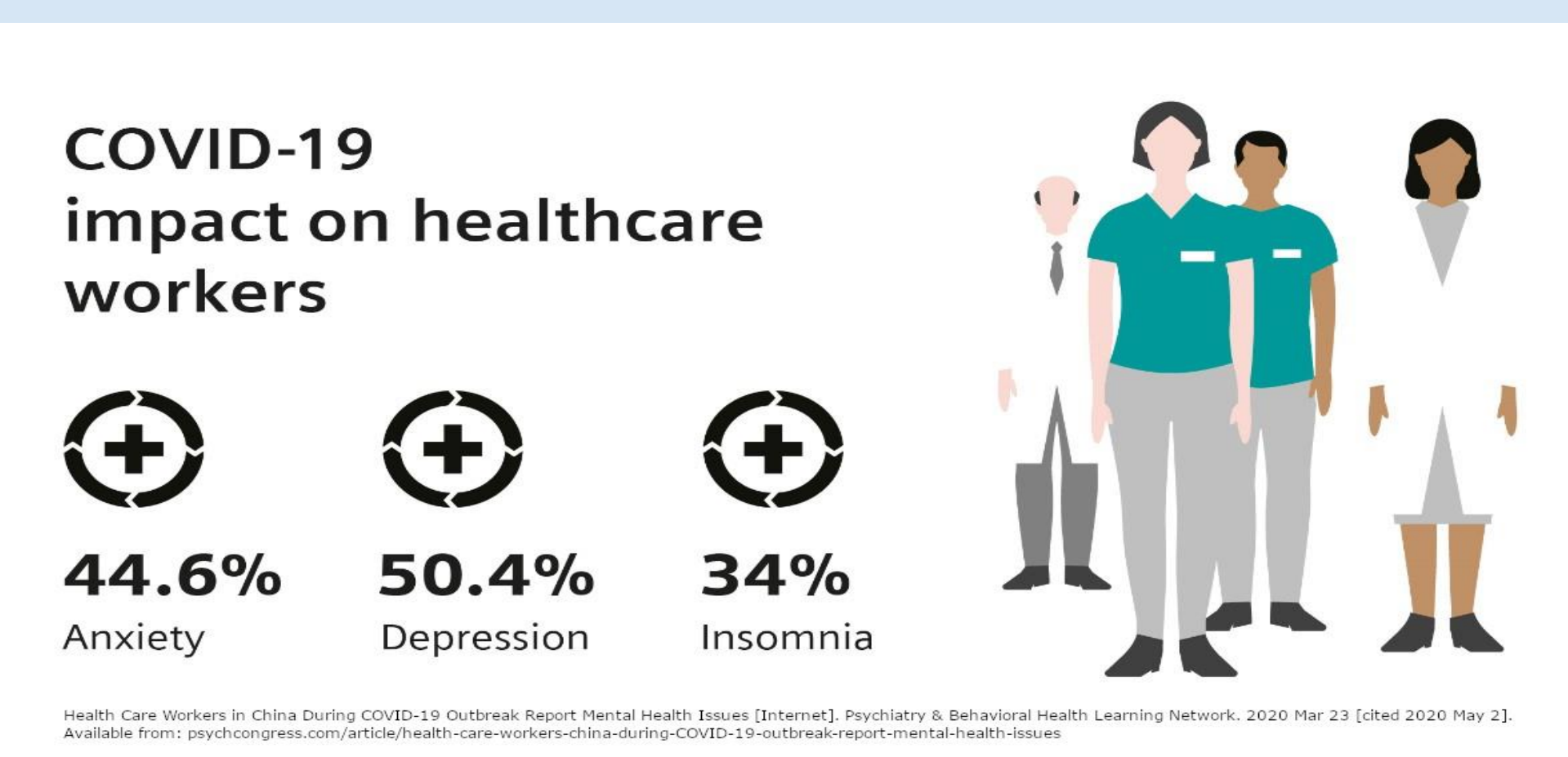
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INTRODUCTION

The outbreak of the novel corona virus (COVID-19) in December 2019 is one of the events which has affected everyone's life across the world. Fear and anxiety about this disease is overwhelming, which has caused psychological distress among general population.

Fear and anxiety about a disease as infectious as COVID-19 can trigger new-onset or worsen existing mental illness. (K et al., & De Choudhury, M. (2020)). The main objective of this investigation is to demonstrate the adverse effects of COVID-19 on the mental health of health care providers, COVID-19 patients, and students in Pakistan.

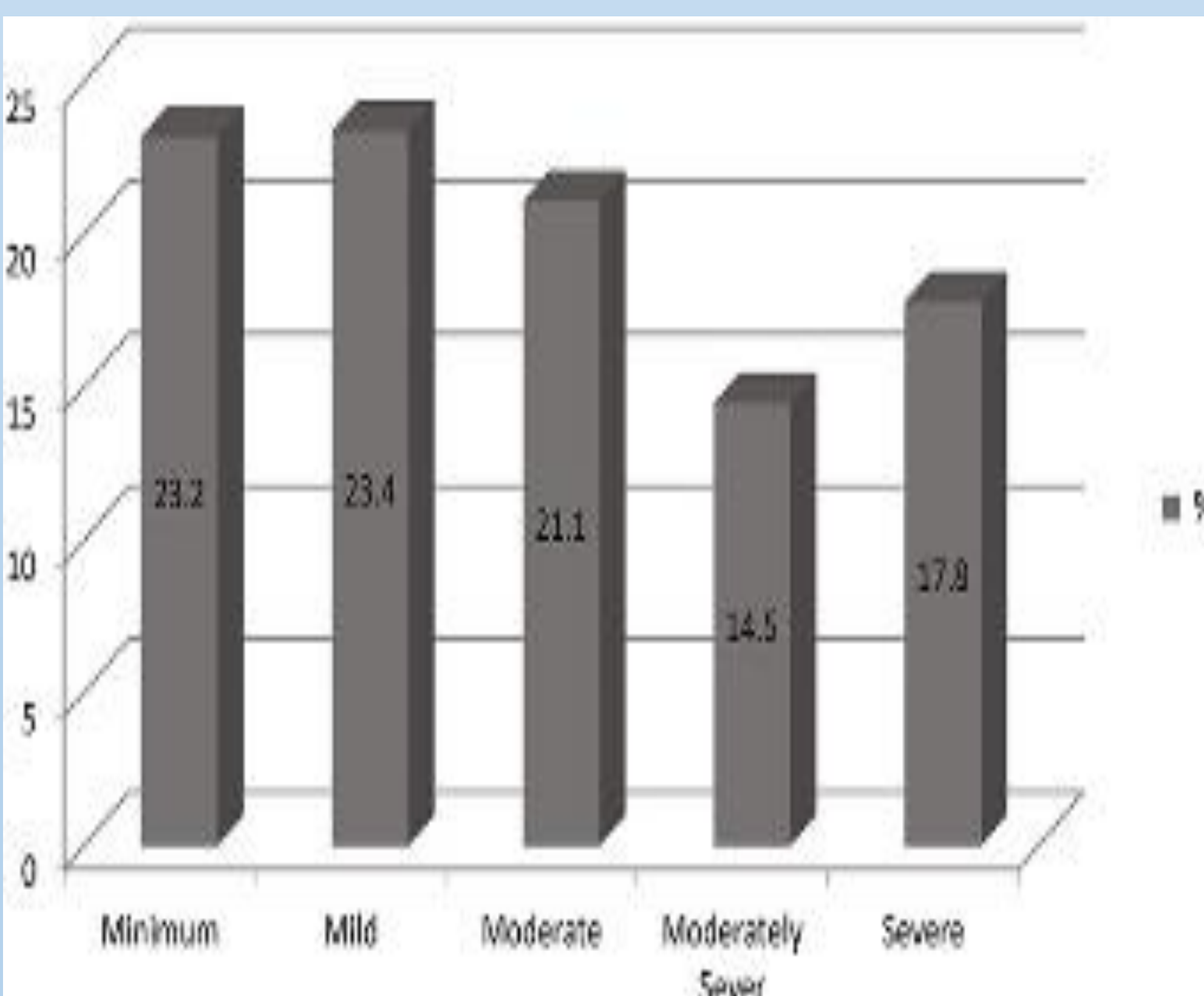
PSYCHOLOGICAL DISTRESS AMONG HEALTH CARE PROVIDERS



Harvard Business Review., 2020.

A research study was conducted by Sandesh, R et al. 2020 in which 112 health care professionals participated: 81 (72.3%) suffered depression, 96 (85.7%) anxiety, and 101 (90.1%) stress.

PSYCHOLOGICAL DISTRESS AMONG COVID-19 PATIENTS



Source: Asim et al., 2021.

- Fear of extreme disease outcomes (Xiang et al. 2020).
- Loneliness, anxiety, denial, insomnia, despair and depression (Zhou et al. 2020).
- Social rejection, discrimination, financial-loss and stigmatization also exaggerated mental health issues (Martinez et al. 2020).
- Dubey et al (2020) consequences of COVID-19.

PSYCHOLOGICAL DISTRESS AMONG STUDENTS

- Due to closure of their schools and limited resources.
- A cross-sectional survey conducted by Aqeel et al (2020)
- Negative and significant relationship between mental health, anxiety, and depressive symptoms.



Some pictures from sessions with students in Gilgit., 2020

CONCLUSIONS

This study demonstrated that COVID-19 has brought many challenges for Pakistani Population and has led to severe consequences such as depression, anxiety, stress and post-traumatic stress disorder among Pakistani population. People who are at more risk to develop symptoms of psychological distress are health care workers, COVID-19 patients, their families and friends, and persons with pre-existing mental health conditions. This graphic shows a few ways those at risk can take action to improve their mental health.



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