

COVID-19 Pandemic and its Effect on Mental Health in General Population

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Abstract

The COVID-19 pandemic is a complex global public health crisis presenting which has caused tremendous psychological problems in different subpopulations and there is an urgent need to focus on the strategies to prevent massive mental health impacts on the public. This systematic review aims to assess and explore the psychological impact, anxiety, depression, and stress on the general public during the initial stage of the COVID-19 outbreak. Literature review is conducted based on databases: Pubmed, Medline and Web of Science based on the selected keywords of the study which includes mental assessment of the general public on anxiety, depression and stress during COVID-19 pandemic. Studies indicate that the COVID-19 pandemic is associated with depression, anxiety, insomnia and acute stress in the general population. Previous studies and preliminary evidence from current lockdowns suggest that emergency measures protecting the public's physical health by dislocating individuals, families, and social networks could well be causing a devastating public health crisis of mental ill-health in the months and years to come. Health systems need better and more timely data to govern through a pandemic-induced transition period which helps to overcome those challenges with appropriate psychological strategies, techniques and interventions, to preserve and improve mental health of the general public, including those who need routine assistance. Mitigating the hazardous effects of COVID-19 on mental health is an international public health priority. Keywords: COVID-19, pandemic, mental health, general population

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