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Psychosocial Impact of COVID-19: Health Impact and Clinical Findings

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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ABSTRACT

Besides its high mortality rates, COVID-19 disease has dramatic psychosocial and psychological effects worldwide. There are significant reports of mental issues, panic attacks, anxiety, depression, and financial difficulties, and the effects continue to persist months after recovery [1]. The disease itself multipliedgic by many other problems like post-traumatic stress disorder, depression, change in behaviors. All these have a significant impact on their lives [1]. It also has adverse effects on pregnancy. COVID-19 has affected the mother as well as the child's health. There are many panic and anxiety issues. Many deaths were not even reported. Coronavirus pandemic has led to many health and mental illnesses. Many lockdowns led to financial difficulties and problems in the present and future.

Long-term neuropsychiatric effects may be caused by more than only the massive psychological trauma suffered during the outbreak.

Poor developmental outcomes in offspring have been associated with prenatal psychological distress, including abnormalities in brain development 4, 7, and worse socio-emotional and cognitive development.

This article tends to define the psychosocial (psychosocial remove) impact of COVID-19 on students, health workers, pregnant women, how their lives and mental health are affected worldwide. COVID-19 affected the workplace. Stress throughout pregnancy and early life has been

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linked to cancer lately. It has affected many lives in agricultural areas, economic-financial losses. Current reports put forward feasible passing on vertical coronavirus, although longitudinal studies offspring are needed. The paternal infection on the offspring and generational upshot can be contemplated.

Keywords: Psychosocial; COVID-19; health impact; clinical findings.

1. INTRODUCTION

We lost many lives during a pandemic; we lost our friends and family relatives. Apart from its high mortality rates, it has a significant impact on mental health. COVID-19 has brought fear, anxiety, and depression around the world. Mass fear of COVID-19 is seen around the world [1]. COVID-19 has affected social lives, workplaces, mental health. Isolation, social distancing, All of this has psychiatric and mental health effects for both children and adults, according to Covid-19's guidelines. Lockdowns are being implemented worldwide to stop the spread of COVID-19 infection.

One of the essential steps adopted during the lockdown was the shutdown of schools, educational institutions, and recreation centers. Everyone experiences tension; due to these unforeseen circumstances, you may experience worry and a sense of powerlessness. In comparison to adults, it has been claimed that this pandemic may have longer-term detrimental consequences for children and adolescents. Numerous aspects influence the nature and extent of the infection, including developmental age, current educational status, special needs, having a pre-existent mental health condition, being economically disadvantaged, and having a child or parent quarantined due to infection or fear of infection.

Those who are COVID-19 positive have more complicated neuropsychiatric symptoms such as alterations in behavior and psychosis may appear. As a result, thoroughly documenting frontline physician observations of neurological and neuropsychiatric consequences and following such individuals longitudinally will be critical corona virus pandemic has led to many health and mental illnesses. Many lockdowns led to financial difficulties and problems in the present and future. It while feeding the world, many agricultural workers – waged and self-employed – regularly face high levels of working poverty, malnutrition, and poor health and suffer from a lack of safety and labor protection and other types of abuse.

The following sections describe results of research on the Children's and teenagers' mental health affected by the COVID-19 epidemic, as well as national and to prevent further spread, regional lockdowns have been implemented.

1.1 Aim

To assess the effects of coronavirus disease 2019 (COVID-19): on the psychosocial impact of covid-19 on pregnancy, children, isolation, and quarantine, maternal, perinatal, and neonatal outcomes by reviewing posted studies on those affected by COVID-19.

1.2 Objective

To analyze the effects of the psychosocial impact of covid-19 on the mental health of adults, children.

2. METHODS

COVID-19's impact on maternal, perinatal, and neonatal outcomes were investigated in depth. A review was done to determine the impact of COVID-19 on maternal, perinatal, and neonatal outcomes. We used PubMed, Google Scholar, and EMBASE to conduct a complete literature search, which included 20 April 20.

For searching purposes, the following keyword combinations and medical subject heading (MeSH) terms were used: ‘corona-virus disease,’’ covid-19’,’ SARS-CoV-2’, ‘pregnancy,’ gestation,’’ mother,’’ maternal,’’maternal-fetal transmission,’’ vertical transmission,’ ‘intrauterine transmission,’ ‘infant,’ ‘neonate’ and ‘delivery.’

Data were collected from medical records of A.V.B.R.H hospital and various articles.

3. RESULTS

A vast number of cases, reports, and studies had identified that only 324 pregnant women had positive COVID-19 cases; 24 case studies had met the eligibility criteria and were included in reviews. Most of the common symptoms found were: fever, cough, dyspnoea, fatigue, myalgia,

etc. Infections by severe acute respiratory syndrome during pregnancy had led to adverse outcomes such as preterm labor, miscarriage, stillbirth, congenital malformation following high fever is observed in the first trimester. It was observed that covid-19 positive women also sufferincreasedincreased emotional eating (EE) associated with gestational weight gain (GWG) due to increased intake of food. Findings suggested the need to provide psychosocial and nutritional education during check-ups. Pregnant women suffering from these infections had seen to be facing depression and anxiety issues more when compared to covid-19 negative pregnant women

4. DISCUSSION

4.1 Impact of COVID on Children

Bequarantinedtine in homemade causes significant anxiety and psychosocial impact on children.[2] They have become emotionally unstable. Schools are closed, which has also affected children's health and futures [2]. They are the most susceptible group to infections, and most extended illness can be seen. Most education is affected, which has its own consequences. They do not have one-to-one interaction with teachers. Physical activities are stopped, which has an adverse ef on their physical health. They have become dependent on their parents, lost interest in schooling, and become lazy. They are attending online lectures, which are not feasible for everyone. Childwho rents which are economical can buy p, hones, but those who are economically underprivileged cannot buy a phone and attend online lectures. The COVID-19 pandemic may have long-term effects on children from low-income households, including child labour, child trafficking, child marriage, molestations, and death [2]. Quarantined children experience more outstanding psychological issues than nonquarantined children [3]. Helplessness & anxiety are the most common challenges faced by children in quarantine [3]. Numbness, dizziness, flashbacks, and significant neurological disorders may occur in youngsters with disastrous ideas [4]. COVID-19 could lead to a rise in psychiatric diseases such stress, depression, anxiety, and grief-related disorders [5].

4.2 Impact of COVID on Health Care Workers

Healthcare workers are one of the most vulnerable groups to COVID-19 and its psychosocial implications because of their role in caring for affected people [6]. Professionals are working in hospitals present with moderate to severe anxiety problems, concerns about the viral infection itself, and fear of contamination, And spreading the disease to their family members [7]. Because of the emotional stress of the situation, these experts are more likely than the general population to experience psychological effects. As a result of their separation from their families, Post-Traumatic Stress Disorder (PTSD) is increasingly common [6]. Stress can be caused by a variety of factors, including exhaustion of personal protective equipment, concerns about not being able to work properly if assigned to new locations, concerns about rapidly upgrading information, a lack of time and access to current valid information and communication, drug shortages, and a shortage of health-care facilities such as ventilators and beds needed to care for the surge of critically ill patients [7]. They live alone in their rooms; there is no one to talk with, which will most likely lead to depression and anxiety disorders. It has been noted that increased rewards can reduce the impact of stress on health [7]. The factThis is brand new, extremely infectious, without a cure, and with rapid updates on its results has caused concern [8]. Health-care employees who are married have lower rates of depression than those who are not, which is likely due to the support that marriage gives, which lessens the risk of depression and loneliness [8].

Higher mental health deficits were linked to lockdown measures, a diminution in social interactions, and a stronger sense of life changes. Importantly, poor mental health was linked to a rumored but unofficially publicized stay-at-home order.

4.3 Impact of covid-19 in pregnancy

Raging of infectious diseases and their responses (i.e., isolation, quarantine, and social distance) have had a significant impact on people's lives and caused a great deal of psychological distress. Pregnancy is a special moment in a woman's life when her immune system and physiology change, potentially putting her at risk for psychological distress. As a result, psychological pain and mood fluctuations would be exacerbated by the pathophysiology of covid-19 infection during pregnancy and fear and apprehension about the implications on them and their newborns. Multiple SARS-CoV-2 infection

crises during pregnancy may have long-term psychological and mental health consequences for the mother [8].

Coronavirus can induce a cytokine, hyper inflammation, with neurological consequences, among other things. Acute respiratory dysfunction and the pathogenetic course of the acute immune response can have immediate and continuing repercussions on cognition and neuropsychological performance. In addition, emerging diseases and the ensuing reaction measures (i.e., isolation, lockdowns, quarantine, and social distance) have hugely impacted people's lifestyles and caused a great deal of psychological distress [8].

Mother–baby separation has gotten a lot of attention during the Covid-19 outbreak. Patients who have been healed with Covid-19 are quarantined for 14 days to ensure that the disease does not resurface. Furthermore, nearly half of mothers kept their children apart for fear of illness, and only a tiny fraction of women breastfed their newborns in the first few months. Premature mother and baby segregation have been linked to pessimistic (pessimistic) effects on newborn neurologic brain amelioration, parent psychological well-being, parent and infant connection, and early nursing termination.

Increased health anxiety was connected to unemployment or underemployment and current or former psychotherapeutic or psychiatric therapy. Being younger, having a Loneliness was linked to a lower educational level, unemployment, living alone, and having current or previous psychotherapeutic or psychiatric therapy. Higher psychosocial stress was linked to females, younger age, inadequate educational level, living together in a partnership, living with underage children, and present or previous mental therapy. Females, the elderly, high educational levels, employment, cohabiting with a spouse, cohabiting with children, and no current or previous relationship were all connected to higher life satisfaction [9].

Long-term neuropsychiatric effects may be caused by more than only the huge psychological trauma suffered during the outbreak. The virus's contamination of the central nervous system, as well as the host's immunological response, may contribute to the development of neuropsychiatric sequel in newborns [10].

Infections have been associated with increased risk of schizophrenia spectrum disorders in epidemiologic and birth studies. Maternal viral infections during pregnancy have been associated with increased risk of neuro-developmental problems such as autism, schizophrenia, and epilepsy in the offspring [10]. COVID-19 encephalopathy might be a direct viral impact caused by neuroinvasion, an immune-mediated disease generated by the virus, an indirect immunopathology caused by blood–brain barrier malfunction, or a combination of the three. Inflammation and neuronal death were seen in a COVID-19 post-mortem analysis; however viral infiltration was not confirmed (Von Weyhern et al.). In seriously afflicted COVID-19 individuals, magnetic resonance imaging (MRI) may allow early detection of neurological involvement or distinction of real neurological involvement from toxic and metabolic CNS consequences. Lumbar puncture CSF investigations have a history of yielding negative results.

A comprehensive study (Rogers et al., 2020) found a higher incidence of depression, anxiety, exhaustion, and sleeplessness following COVID-19 infections, confirming early claims of increased mental health issues. Poor methodological flaws, such as a lack of pre-infection evaluations and control groups, hampered the findings.

Intriguingly, in those who are COVID-19 positive, more complicated neuropsychiatric symptoms such as alterations in behaviour and psychosis appear. As a result, thoroughly documenting frontline physician observations of neurological and neuropsychiatric consequences and following such individuals longitudinally will be critical. CNS impacts that impair behaviour and cognition in adults and children (especially during crucial stages of childhood growth and adolescence) might lead to mental illnesses with long-term consequences [11].

COVID-19 encephalopathy could be a direct viral effect caused by neural invading, an immune-mediated triggered by the coronavirus, an indirect immunopathology caused by blood–brain barrier malfunction, or combination of the three [12].

Poor developmental outcomes in offspring have been associated to prenatal psychological distress, including abnormalities in brain development4, 7, as well as worse socioemotional and cognitive development.

Even among socioeconomically wealthy women with low-risk pregnancies, pregnant women are more likely to suffer significant levels of depression and anxiety symptoms during the COVID-19 pandemic, which might harm mothers and foetuses.

Psychological pain and mood swings would be exacerbated by the pathogenesis of covid during pregnancy, as well as the fear and uncertainty about short- and long-term consequences for themselves and their newborns. Multiple SARS-CoV-2 infection crises during pregnancy may have long-term repercussions on the mother's mental health as well as the neurobehavioral system development of the infant [13-20].

Mother–baby separation is a critical issue that needs to be addressed during the Covid-19 pandemic. To guarantee that Covid-19 does not recur in China, all treated patients are segregated for 14 days. Due to a fear of infection, nearly half of women stayed separated from their children after the quarantine ended, and nursing was poor in the early months, according to our findings. Early mother–baby separation has been linked to negative effects on the brain development of newborns, parents' psychological well-being, and the attachment between parents and infants, as well as early feeding termination Stress throughout pregnancy and early life has been linked to a higher risk of developing cancer later in life. (Please cite literature to support this claim).

Our findings, in contrast to previous studies, pinpointed that there are link between mother–baby separation days and early developmental deficits in a range of areas, including communication, gross motor, problem solving, personal–social, and social and emotional development, allowing for more precise proofing.

5. CONCLUSION

Pregnancy is that stage of women's life where a woman undergoes through innumerable physical changes inside her body. This phase of her life is certainly crucial undergoing through which later she gets almost a new life. Pregnant women become more vulnerable to various infections, especially considering today's scenario where COVID-19 had not only infected but also destroyed many lives of healthy and lively individuals. There can be a possibility that an infant (new-born) may also get affected by the infectious viruses. So, it is mandatory to take proper measures, in case felt suspected to any of the symptoms. To avoid such symptoms, and prevent occurrence of any serious complications, proper hand hygiene, personal hygiene, diet etc must be followed regularly, especially a woman carrying an infant must adhere to all such practices

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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