

ANALYSIS OF MENTAL HEALTH ISSUES AND DRUG ADDICTION DURING COVID-19

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Covid-19 epidemic has become a prime health dilemma that has changed the life globally. The rate substance use and drug overdose has subconsciously increased just after the declaring covid-19 as a national emergency. This has also resulted adverse consequences on mental health which is potentially linked to unreliability over jobs and subsistence. To control this resulted situation a survey is conducted by gathering data, research papers and information in order to analyze the current horrifying situation.

This paper reflects through a thoroughly literature review and organizing research on mental health issues and drug addiction during this pandemic. For this review we systematically selected 10 research articles published in different ventures. This study outcome will lay out the prominent consequences of this issue and will help to guide for future precautions.

Additional Key Words and Phrases: Covid-19, pandemic, mental imbalance, coronavirus, research, drug, health.

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1 INTRODUCTION

Covid-19 has expeditiously extended worldwide. This outbreak has certainly included a degree of distress, panic and matter of concern among the global population. There is a distress that the covid-19 outbreak is having an unfavorable impact on the mental health of general residents. Covid-19 has become a barrier of our routinized life. Lockdown measures has also limited every citizen's regular activity [1]. During this tough and elongated interval interaction with relatives, friends, colleagues or other close people is mandatory without distracting ourselves. But most of the population is going through mental hassle due to the outbreak of the global pandemic. Sadly, this pandemic has expanded the figure of drug addiction. Research says Covid-19 might cause up to 75,000 deaths related to drugs, mental trauma and stress.[6]

This pandemic has become a global challenge for us. Ministry of the entire world is trying to stop this spreading at any cost. This has become the first priority of research. But substance use disorder is affecting a person's habits and manners. Though the whole world is shaken with the outbreak of covid-19 but still mental imbalance and drug addiction issues must not keep unobserved. There are few organizations who have highlighted the effect of catastrophe on human performance [8]. The disruption of drug retail, lessened the supply and access to illicit drugs and online drug seeking scheme might be on a rise.[3]

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To keep trail of the latest observations regarding mental health issues and drug addiction during the widespread of coronavirus there is a necessity of gathering related data and information. Drug addiction and mental health is a global hazard and keeping track of this will help to reduce the alarming rate. This paper also aims the psychological health during which includes anxiety, post-traumatic stress disorder symptoms, and depression this during covid-19.[8]

This paper will pay attention to the following facts: In section 1) there will be elaboration of the basic overview on the mental health issues and narcotics addiction 2) The research question and the articles were selected by searching in the on the digital libraries with the keywords and the search string which has been discussed. 3) discussion about the research questions and the references have been included. In section 4) prominent future investigation and blueprint have been attached 5) some defensive data related the selected research paper 6) final run through in short and lastly all the references has enlisted.

2 RESEARCH METHODOLOGY

A systematic literature review (SLR) can be assumed as a methodology as the same topic or relevant article were published on the same area. SLR can be identified as a good approach for data collection as well as analysis as the same topic gets researched on the papers.

2.1 Research Objective

The goal of this review is to find out the reasons about how the mental health of people is getting affected badly in this era of Covid-19. For this, the systematic review is a good way because in this process, the researchers have also tried to find out the same issues in their articles. This review is going to focus on the mental distress that people are experiencing during this pandemic worldwide. Psychological consideration is also necessary along with physical fitness since both physical and mental fitness is essential to lead a sound life. Besides, there is not enough published article or information on the impact of mental health in this Covid pandemic [7].

Another objective behind this review is to detect what research have been done on this same area, what procedures or tools they have used, what are the outcome of this research and further exploration.

2.2 Research Questions

The research questions that are designed to have a view of the mental distress individuals are facing in this era of covid-19 worldwide. These questions are based on the study, approach, method, data collection and analysis of the selected research papers. Table 1 is representing 6 designed questions. This table shows the target, approach or method, target group and outcome of these questions and motivation behind these questions.

2.3 Article Selection

This section depicts the procedure for selecting the papers or journal that we have selected for this systematic review. The choosing procedure was in two different ways. The first one was done by conducting automated keyword searching from digital libraries and another one is by performing manual selection.

2.3.1 Keywords and Search String. Keywords and search strings are highlighted words which were used to find out these papers while searching. This automated keyword search strategy is popular way to perform SLR. We selected our initial papers by searching using these keywords. We used (mental health issues and Covid-19, Covid-19 pandemic and mental health, drug addiction during Corona) as our keywords.

Category	Research Questions	Main Motivation
Purpose	<ul style="list-style-type: none"> What are the mental issues individuals are facing during this pandemic? Why has drug addiction increased in the Covid-19 crisis? 	<ul style="list-style-type: none"> To understand the factors which are negatively affecting mental health. To analyze the reasons behind this addiction.
Approach	<ul style="list-style-type: none"> What are the methodologies that are followed in the studies? What are the data sources of Covid-19 that are followed to conduct the research to examine the health issues? What tools are used for data collection? 	<ul style="list-style-type: none"> To know the methodologies, they have followed in their studies. To identify the general data which are collected in the selected articles. To find out the platform and tools that are used for collecting and reviewing data in the chosen articles.
Target Group	Who are the target groups for this study?	To determine the groups of people who were part of the survey.
Outcome	Are concerns related to mental health issues and drug addiction during the COVID-19 pandemic trending upwards?	To determine the growth of research in this area.

2.3.2 Digital Libraries to Search. Digital libraries are very helpful platform since it helps us to find out the research papers that already have been done. These libraries are required to search by automated keywords. By doing the searching, relevant papers were selected. All researches were based on keywords, title and abstract on digital libraries. In our review we used google scholar and ResearchGate for our paper selection. We selected 7 journals for the SLR.

2.3.3 keyword search and Manual Selection. Manual selection refers selecting journal or papers manually, not automatically or electronically. To follow this, there is no need to search any keyword. Sometimes, digital libraries may provide irrelevant articles. For this we performed manual selection on these articles by going through the keywords, titles and abstracts manually. Selected publications were also evaluated based on the selection criterion to reduce researcher bias in the selection process. 3 journals were selected for this SLR.

2.3.4 Final set of Articles. After the article selection procedure, 10 articles were selected. All selected articles are listed below in the reference section

3 DISCUSSION

In this section, we are going to present and interpret the study findings. We begin this by discussing the answers to the questions based on the outcome of the study. There were 7 questions under 4 categories in the section 2.2. The results are discussed below:

3.1 RQ1:What are the mental issues individuals are facing during this pandemic?

Covid-19 outbreak carries a lot of uncertainties. The government of many countries has implemented isolation or lockdown to minimize the transmission of this virus [8][1]. As a result, the social distancing and isolation have created many health issues. Many people couldn't adjust to their life since they were anxious, stressed and had a great fear of being contaminated with the virus due to the outbreak [7][3][8]. Unemployment, lockdown, virus symptoms have triggered stress, anxiety, and depression [1][2][8][6]. Loneliness due to social distancing was observed as a hindrance to mental soundness. People abandoning their near ones for having the chance of getting infected in this time of crisis also caused creating the fear of being lonely and thus, this resulted into psychological problem [4]. People suffered greatly in this outbreak. Unemployment problem has also increased in this lockdown. Many lost their jobs. As a result, many people suffered economically. They took loans and job seeking challenges also impacted adversely in Covid-19 [1]. Misinformation in social media also took individuals in anxiety and panic [3]. Fear of death also played badly in this situation since many couldn't be in touch with their closed ones. Many faced with insomnia as they were in under pressure and anxiety. This pandemic also increased suicidal thoughts to many. Cases of suicide has gone upward due to stress and depression.

The major issues found during this outbreak is depression, fear, anxiety, loneliness from these articles.

3.2 RQ2:Why has drug addiction increased in the Covid-19 crisis?

People become drug addicted to reduce their emotional pain. They take drug to get rid of their mental pressure. In this pandemic, people suffered greatly. They loss many things. To get rid of their mental pain they took drugs. During this period, an increasing trend in substance abuse was identified. Lockdown, pressure, psychological distress, financial issues also helped to worse the addiction [2]. In this pandemic, gambling, and trading in online was also affected which was also the way to the addicts to relieve their pain. So, this factor also helped to rise the substance addiction. Domestic violence is another thing that also has gone up during this epidemic. This also helped to increase addiction. Lockdown issues raised the alcohol assumption. Other health crisis also incremented one's pressure as a result some indulged themselves with the misuse of drug.

3.3 RQ3:What are the methodologies that are followed in the studies?

This question focuses on the method and approach of the study that the articles used. Most of the papers followed the online survey method or online questionnaire [3][4][7]. Some papers reviewed existing literature. Published journals, articles and other related websites were used also used for method [1][5][6].

3.4 RQ4:What are the data sources of Covid-19 that are followed to conduct the research to examine the health issues?

Online survey methods were used for collecting and analyzing data. So, this questionnaire was asked directly to the audiences. Both the researcher and audience were directly connected. The responses were collected by google form. So, here the data sources are the public and general.

3.5 RQ5:What tools are used for data collection?

Online survey method was used to get public response and analyze with digital software tools (IBM Statistical Package for The Social Sciences-SPSS, Warp-PLS version, Self-rating Depression Scales, Newcastle-Ottawa scale (OSA)and many more) [8][9]. Index survey was also used to assess one article [4]. Quantitative data was analyzed through these tools.

3.6 RQ6:Who are the target groups for this study?

General people are the main target of this study. Anyone can get infected with this virus. Health care provider are in high risk of this virus as they directly get in contact with this. So, they were also in priority [5]. Frontline workers, other emergency service providers were also in focus [4]. Highest priority was given to the people who were in age between 21-40. The public was also asked about their occupation during the COVID-19 crisis and their educational level [8][2].

3.7 RQ7:Are concerns related to mental health issues and drug addiction during the COVID-19 pandemic trending upwards?

Research on this area is going upward day by day. To prevent this epidemic, more knowledge and research are necessary. So, research in this area has become useful to find out the issues to fight against this outbreak. So, to come up with newer solution, research on this area is becoming popular and increasing day by day. Many articles have already been published since this has become the most highlighted issue nowadays and more are getting published to come up with advanced and newer version.

4 FUTURE RESEARCH DIRECTIONS

Future research direction describes the further investigation on mental imbalance and drug addiction during this pandemic situation. These findings will include more data in the existing research. Future research in this field will certify the outcome and accuracy of the research.

4.1 Health Care Community

The world is trying to eradicate coronavirus and ensure a safe immunization among the global population. The health care community's aim is to maintain a safe and secure society during this pandemic. Health care groups are evolving new strategies and guiding society on the use of substance appropriately.

4.2 Free Counselling Approach

Mental imbalance and drug addiction rate has drastically increased during covid-19. These might give them temporary relief but this can be a lifetime hazard. Free counselling can be a huge factor of reducing this issue. Preventing education is extremely essential. The whole community must take part in social awareness program to substitute this obstructive behavior. Specialist will keep track on certain amount of the population and people can share their feelings who are suffering from mental stress, anxiety and depression. This will be a cost free and healthy future life for every living.

4.3 Research Technique

An accurate research technique is mandatory for genuine research. Every research outcome depends on a proper research technique. Certain amount of issues can be measured with an accurate result. The major point of this research

is to have a proper outcome of the conducted research. Mental health issues and drug addiction rate can be measured by taking accurate data regarding this issue.

Most researchers prefer survey method to conduct any kind of research. This method brings out the most accurate result and easier to conduct than other method. The prime intension of functioning this technique is collecting vast information and representing.

5 VALIDITY THREAT

Sometimes there might be a possibility to occur research bias as a survey gets performed manually. As some papers have been selected automatic way without being verified, we have tried to scrutinize all the papers manually and make a neutral and clear review to avoid bias of any researcher.

6 CONCLUSION

This systematic review examined the affects on mental health and drug addiction during this outbreak. People are struggling daily to live and fight against this disease. They are suffering both physically and mentally. Both physical and mental soundness is necessary to have a sound life. Mental health consideration is also mandatory beside physical fitness. This review can be helpful to find out mental health issues and the increasing reasons of drug addiction.

The main motivation of this review was to find out the mental health issues individuals are facing and to know the methodologies and tools the researchers have used in their articles and the outcome.

Many factors have been found out that are adversely affecting mentally. Stress, pressure, anxiety were the major ones. Lockdown, social distancing, unemployment problem, loneliness and fear of death were the reasons of these distress [8]. Updated, timely and easy guidance should be given to reduce confusion and anxiety among people [6]. By focusing on this particular issue, we can change this adversity and work together to improve the mental health of the months ahead.

This study was focused on psychological problem and addiction of substance by following methodology, data collection, data analysis and the result from specific papers. Thus, this paper can help to view the issues people are facing and as a result, solution for these issues can also be derived by knowing the problem. Proper guideline and steps need to be put into place effectively to reduce the load of mental health days to come.

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A CONTRIBUTION RECORD

Detail each group member contribution according to the following tables.

A.1 Paper Assessment

Populate the following table with the required information.

Student id & name	Paper No frm Ref	Paper Title
Tasnim Khondokar Mim(19-39527-1)	<ul style="list-style-type: none"> 7 8 4 	<ul style="list-style-type: none"> Emerging Mental Health Issues from the Novel Coronavirus (COVID-19) Pandemic Impact of Covid-19 outbreak on psychological health – The case of Bangladesh Covid-19 and mental health
Tazrian Zaman Tusht(19-39433-1)	<ul style="list-style-type: none"> 3 2 1 	<ul style="list-style-type: none"> The Increase in Addiction during COVID-19. COVID-19: The Hidden Impact on Mental Health and Drug Addiction. Covid-19 Pandemic and Mental Health Issues.
Dipta Saha (19-39379-1)	<ul style="list-style-type: none"> 6 9 5 	<ul style="list-style-type: none"> Mental health implications of COVID-19 pandemic and its response in India Impact of COVID-19 pandemic on mental health in the general population: A systematic review Mental health and the COVID-19 pandemic

Table 1. Paper collected and read by the group member

A.2 Paper writing contribution

Populate the following table with the required information.

Student id & name	Section No	Section Title
Tasnim Khondokar Mim(19-39527-1)	2,3	RESEARCH METHODOLOGY, DISCUSSION
Tazrian Zaman Tusht(19-39433-1)	1,4	INTRODUCTION, FUTURE RESEARCH DI- RECTIONS
Dipta saha (19-39379-1)	5,6	VALIDITY THREAT,CONCLUSION,REFERENCES,ABSTRACT

Table 2. Section(s) Written in the paper by the group member