**Write an Essay Outline on the following Causes of Mental Health Problems During COVID 19**

A pandemic is not just a medical phenomenon; it affects individuals and society and causes disruption, anxiety, stress, stigma, and xenophobia. The behavior of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity, degree of flow, and aftereffects.[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0001)Rapid human‐to‐human transmission of the SARS‐CoV‐2 resulted in the enforcement of regional lockdowns to stem the further spread of the disease. Isolation, social distancing, and closure of educational institutes, workplaces, and entertainment venues consigned people to stay in their homes to help break the chain of transmission.[2](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0002)However, the restrictive measures undoubtedly have affected the social and mental health of individuals from across the board.[3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0003)

As more and more people are forced to stay at home in self‐isolation to prevent the further flow of the pathogen at the societal level, governments must take the necessary measures to provide mental health support as prescribed by the experts. Professor Tiago Correia highlighted in his editorial as the health systems worldwide are assembling exclusively to fight the COVID‐19 outbreak, which can drastically affect the management of other diseases including mental health, which usually exacerbates during the pandemic.[4](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0004)The psychological state of an individual that contributes toward the community health varies from person‐to‐person and depends on his background and professional and social standings.[5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0005)

Quarantine and self‐isolation can most likely cause a negative impact on one's mental health. A review published in *The Lancet* said that the separation from loved ones, loss of freedom, boredom, and uncertainty can cause a deterioration in an individual's mental health status.[6](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0006)To overcome this, measures at the individual and societal levels are required. Under the current global situation, both children and adults are experiencing a mix of emotions. They can be placed in a situation or an environment that may be new and can be potentially damaging to their health.[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0007)

Children, away from their school, friends, and colleagues, staying at home can have many questions about the outbreak and they look toward their parents or caregivers to get the answer. Not all children and parents respond to stress in the same way. Kids can experience anxiety, distress, social isolation, and an abusive environment that can have short‐ or long‐term effects on their mental health. Some common changes in children's behavior can be[8](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0008):

* Excessive crying and annoying behavior
* Increased sadness, depression, or worry
* Difficulties with concentration and attention
* Changes in, or avoiding, activities that they enjoyed in the past
* Unexpected headaches and pain throughout their bodies
* Changes in eating habits

To help offset negative behaviors, requires parents to remain calm, deal with the situation wisely, and answer all of the child's questions to the best of their abilities. Parents can take some time to talk to their children about the COVID‐19 outbreak and share some positive facts, figures, and information. Parents can help to reassure them that they are safe at home and encourage them to engage in some healthy activities including indoor sports and some physical and mental exercises. Parents can also develop a home schedule that can help their children to keep up with their studies. Parents should show less stress or anxiety at their home as children perceive and feel negative energy from their parents. The involvement of parents in healthy activities with their children can help to reduce stress and anxiety and bring relief to the overall situation.

Elderly people are more prone to the COVID‐19 outbreak due to both clinical and social reasons such as having a weaker immune system or other underlying health conditions and distancing from their families and friends due to their busy schedules. According to medical experts, people aged 60 or above are more likely to get the SARS‐CoV‐2 and can develop a serious and life‐threatening condition even if they are in good health.[10](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0010)

Physical distancing due to the COVID‐19 outbreak can have drastic negative effects on the mental health of the elderly and disabled individuals. Physical isolation at home among family members can put the elderly and disabled person at serious mental health risk. It can cause anxiety, distress, and induce a traumatic situation for them. Elderly people depend on young ones for their daily needs, and self‐isolation can critically damage a family system. The elderly and disabled people living in nursing homes can face extreme mental health issues. However, something as simple as a phone call during the pandemic outbreak can help to console elderly people. COVID‐19 can also result in increased stress, anxiety, and depression among elderly people already dealing with mental health issues.

Family members may witness any of the following changes to the behavior of older relatives[11](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7361582/#hpm3008-bib-0011);

* Irritating and shouting behavior
* Change in their sleeping and eating habits
* Emotional outbursts