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Homework 7

<https://www.karger.com/Article/FullText/510752>

This article assesses the impact of COVID 19 on the mental health of individuals and predicts the changes in psychopathological symptoms based on the sense of coherence levels of people prior to the pandemic. The article states that reviews reveal that 16-18% of participants show symptoms of anxiety and depression, and a large part of this percentage is women, young people, and people with sleep problems. Sense of Coherence is positively correlated with mental health. Individuals with higher sense of coherence tend to see challenges as a way of growth. The article discusses the study that was conducted to find the effect of the virus on mental health, this study was conducted through an online platform. Psychopathological symptoms, sleep, traumatic distress was monitored. The COVID19 stress index was calculated as the mean of the z scores, the higher scores reflect higher stress. The data analyses were done on RStudio and are linked with the article. The results of the study show that there is a significant difference between the mental state before and after the pandemic as the psychopathological symptoms in individuals increased.

<https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30234-4/fulltext>

The article claims that the Corona Virus pandemic exposes the effect of social inequalities on the morbidity and mortality of people. Poverty, environment, and race/ethnicity are social determinants of health and they have an immense impact on COVID-19 results. For instance, according to research, smoking makes the situation worse for an individual if they get the virus. Race is also significant, for study shows that the infection rate of the virus is greater in African American communities compared to white communities, while the mortality rate is 6 times higher. The article concludes that there’s a need to further discuss the effects of social inequalities in the COVID research and public health goals. Changes must be brought to prevent the adverse effects of social inequalities on the morbidity and mortality rate in communities.