

# 7<sup>th</sup> World Congress on Nursing Education & Research &

## 39<sup>th</sup> Global Nursing Care & Patient Safety

### A narrative review: mental health in the pandemic; social isolation and Covid -19

#### Background:

COVID-19 has rapidly spread across the world and become a pandemic disease. This outbreak has changed the lives of people all over the world. Some of the decisions have been made to control the transmission of diseases like this, are physical isolation and social distancing. The quarantine is an unpleasant experience that prohibits the usual activity and has adverse effects on the mental health and livelihoods

#### Methods:

For this review we searched through PubMed and Google scholar for articles published 2016-2022. A total of 18 articles which were relevant to the subject of our review were selected by primary screening. After full text analysis 7 articles were included in the final review

#### Results:

Review of all 7 articles showed that there was evidence of widespread concerns about the effects of social isolation on well-being and mental health; increased anxiety, depression, insomnia and mood disorders like fear and panic. Beyond stress induced by the illness itself, stay-at-home orders and quarantine are new to the population and make them worry. According to the studies everyone is at risk of psychosocial harm caused by isolation, some are more vulnerable such as children and adolescents, elderly, females and people with pre-existing mental health conditions.

#### Conclusion:

This study found several mental health problems among individuals and people who experienced isolation and quarantine. The evidence necessitates multiple interventions.

During the current pandemic it is very important to advocate and support the people especially who are vulnerable and facing the disease. We should put these groups at the top of the list of psychosocial support and screening for mental health problems. Psychosocial services should be given to the patients and other people by means of telemedicine. Our role is more important than ever to make sure that people live healthy lives and to promote well-being for all at all ages

**Keywords:** Mental health, isolation, COVID -19

#### Biography

Sheida Kaviani has her bachelor in nursing. She has finished her academic education at Shiraz university of Medical Sciences, Iran. As a young researcher, she has passion in mental health and wellbeing. She has an oral presentation and two abstracts presented in different international congresses.



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