

Consequences of covid-19 on anxiety disorders, specifically separation anxiety disorder in individuals after the removal of restraints

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Abstract

In this article, the events of the corona virus epidemic, which took people's lives all over the world out of their usual routine, and the effect of this virus on the human psyche, even after the end of the restrictions announced by the World Health Organization, are examined. The research method in this article is a prospective study that has been worked on in the process of mining. The main focus of this article is on the anxiety conditions of covid and the increase in anxiety disorders, including separation anxiety disorder , which increased during the corona epidemic and with the end of the restrictions, this disorder continued its trend and not only had a decreasing trend but was also increasing. By examining the articles that were written in the field of separation anxiety disorders and by examining the trend of the statistics that the World Health Organization gives us before and after the global control conditions, it is necessary to pay attention to the fact that a solution to the problem of anxiety disorders should be found as soon as possible. Consider separation anxiety disorder. In this article, we have tried to bring some examples of solutions that can reduce this type of disorder.

Keywords: Separation anxiety disorder“, covid-19“, anxiety disorders”.

Introduction

An epidemic disease appeared in Wuhan, China in December 2019, which attracted the attention of the world and took the name of corona virus infection [1]. This virus spread rapidly in other countries and around the world and became a global epidemic [2] so that after the increase in cases and the global spread of this virus, the World Health Organization in On January 30, 2020, with the release of a statement, the spread of the new corona virus was announced as the sixth cause of the public health emergency all over the world, which was considered a threat not only to China, but to all countries. [3]

The relatively long latent period of this disease, or in other words, the presence of asymptomatic patients, in

addition to the previous health policies, forced some regions to implement complete quarantine (such as China and Italy) or to implement preventive care at the macro and national level (such as Iran, UAE , South Korea) in cities, provinces or even countries.

With the continuous disclosure of information, especially about the covid-19 epidemic, the mass media led to an increase in fear in the society. These news can be a bad stimulus for increasing the prevalence of anxiety disorders because they increase the amount of disorders simply by expressing horrible and disappointing content. [4]. During the quarantine period of Covid-19, exposure to the complications of the disease, death due to corona in relatives, increasing frustration of parents, loss of jobs in some areas, financial problems, limitations in social communication, peer group and school or colleagues and removal In the long run, they caused separation anxiety disorder. Returning to school after the corona quarantine was very difficult and difficult due to this disorder.

Fear of infection and health concerns, economic and financial uncertainty, social isolation and family stress are the basic challenges in the global pandemic, which probably lead to an increase in psychological distress and mental health problems [5]. Societies were affected by this epidemic and many parts of life faced restrictions. Concerns were quickly raised about collateral damage, preventive measures on mental health [6]. Only a few weeks after the outbreak of the Covid-19 pandemic, the first psychological impact surveys were conducted, the immediate results of which indicated widespread psychological distress in society the most common mental health issues reported during the first wave of all Symptoms of covid-19 were depression, anxiety, insomnia and distress. Even patients who already had these symptoms were at risk of worsening symptoms. The symptoms of separation anxiety disorder in dsm5, which is classified as an anxiety disorder, include the following

- 1- Fear of separation from people whom one is attached to
- 2- Continuous and excessive worry about the loss of the people to whom he is attached or the possible harm of those people, such as illness, injury or death.
- 3- Persistent and excessive worry about an unpleasant experience that causes separation from a person's attachment figure, such as getting lost, being kidnapped, or having an accident.
- 4- Reluctance or refusal to go out, stay away from home, school or work due to fear of separation

We found that people with anxiety disorders experienced a significant increase in anxiety and depression symptoms, which was mainly explained by the stress associated with the Covid-19 pandemic. It is predicted that with the data collected in this article, it is important that there will be a very sharp increase in disorders including anxiety disorders and a more severe increase in separation anxiety disorders. The mental health care system should start and promote its

comprehensive treatment programs according to these disorders.

research method

The current research is in terms of the applied goal of future research and in it, the trend mining method is used as a tool for data analysis. Foresight describes a set of approaches to improve the conditions of decision-making and decision-making, including the analysis of key factors affecting changes. It is for the development of strategic vision and intelligent forecasting. [7] Trends are patterns of change in important things from the observer's point of view that occur over time. The first step in future research is to discover the current trends. This method is actually predicting the future based on historical evidence that shows the changes of a data in the past. [8]. Process analysis is especially useful for measuring the effectiveness of policies and revealing emerging problems. Considering the importance of crises and their great impact on societies, it is necessary to be prepared as much as possible to deal with their adverse effects, so it is necessary to use the experience of the Covid-19 virus epidemic to be more prepared in the future. Not only to deal with the effects of an epidemic in the future, but also to deal with any possible crisis that can have such a wide impact on the mental health of the society, besides the bad effects of this epidemic on the mental health of the society still remain to some extent and need treatment.

. The future is fundamentally uncertain. With all these works and streaks of information and facts that are rooted in the past and present, they can guide us to the future. Continuing the process of "simply deciding several possible futures based on past experiences" will result in neglecting to monitor future changes and will lead to bitterness.

Results Discussion

It seems that depression was more common during the covid-19 pandemic than other disorders [9]. Women are more vulnerable to stress than men. In recent studies, the prevalence of anxiety, depression and stress during the covid-19 epidemic has been reported in women more than in men [10]. Since separation anxiety disorder is often associated with other mental disorders such as panic, generalized anxiety, depression, etc., the higher prevalence of these diseases may lead to the higher prevalence of separation anxiety disorder. In the conditions of the covid-19 pandemic, the increase in the rate of depression and anxiety disorders led to an increase in these types of disorders even among teenagers [11] and at the same time, the quality of providing psychotherapy services decreased and only treatment through counseling A phone call was made and this separation anxiety disorder was difficult to treat in this way. The results of the research show that children with covid-19, who were hospitalized and could not have close contact with their parents, controlled their separation anxiety through short musical videos and did not react strongly to this disorder. Due to the prohibition of visits that happened at that time, most

children suffered shock and trauma of being separated from their parents, and separation anxiety disorder was very common in these types of children. The results of the research indicated that the group of children who used happy music videos and showed interest in these clips had less anxiety disorder than other children in the control group.

The studies conducted in Poland show an increase in depression and anxiety disorder up to 26.6%, which is 2.4 times the increase of this disorder in the Polish society.

The data available in Germany in 2020 declares the increasing trend of this disorder by more than 20%.

In Italy and Spain, in 2020, evidence of an increase is clearly visible, but exact statistics have not been announced.

China has a 30% increase rate of this disorder, and in the United States, this increase has been 40%. Uncertainty in the future for some justifies their lack of foresight and for others it is a precious source of opportunities.

According to the statistics announced by the World Health Organization, in 2020, which was the quarantine period of Covid-19, one out of every eight people in the world will live with mental disorders. According to the researches of this organization, anxiety disorders and depression are the most common and most frequent among mental disorders.

Appetite disorders are 14 million people and this amount is 3 million in children. These statistics collected by the official authority, the World Health Organization, from all over the world in 2019 clearly indicate that the most important and common disorder that has therapeutic solutions It is also appropriate and comprehensive. They are anxiety disorders that have clearly intensified and increased during the Corona period. As a result, according to the research that has been done, there are solutions to reduce this disorder and prepare people for other natural and unnatural events that these events They also cause anxiety disorders, such as earthquakes, war, floods, etc., by implementing these solutions, the prevalence rate can be lowered and even solved before such a disorder occurs.

In the following, we will discuss some solutions to solve the problem of separation anxiety disorder.

Using video calls between family members when it is not possible to communicate with them in person.

The use of music therapy solutions and short clips with a happy rhythm, the effectiveness of which was implemented in an article during the Corona period in Chinese hospitals and had a positive result.

Before republishing news and using news sources, let's find out about the accuracy of its information. Spreading false news in society can cause or increase anxiety disorders.

This point should be spread in the society by the media that Covid-19 is not the first and the last contagious disease and it will not be. And it is not the most deadly disease either. It may be interesting to note that only two out of every hundred people infected with Covid-19 may die, while some diseases that are not taken

seriously have high mortality rates, for example, more than one million people per year. In the world, they die due to tuberculosis.

recreational programs with peer groups or membership in sports groups such as hiking or climbing groups to communicate with the community, as well as using travel plans or tours in nature, as well as making work appointments in the environment Open, including parks or outdoor cafes

Watching happy and entertaining movies to take your mind off the distraction or doing your favorite activities with loved ones.

Avoiding tense gatherings or reminders of covid or anxiety disorders

Talk about concerns or let loved ones know how we feel about them

Emotions should not be confronted and emotions should be expressed clearly and completely

Do not make a decision in an anxious situation, do not take any important action until relative calm is achieved again

If you feel uncomfortable, be sure to go to psychological centers and talk to your doctor or psychiatrist

Considering that Covid-19 raised the level of mental disorders significantly and even some of its effects have not disappeared and have remained to some extent, it is necessary for the world to make good use of this rare and expensive experience in order to deal with Be more prepared for future crises

In addition, anxiety disorders require professional follow-up and treatment

The best way to treat on a large scale is to use public education

Public education on a large scale can prevent the occurrence of disorders, or the conditions that cause disorders, and can also help people in need of treatment to seek professional treatment.

It is necessary to use all mass media, including television, social networks, websites, etc. to achieve this goal.

It is clear that any crisis will fill the social media space with different news and reactions, but in what way is the key.

Paying attention to the articles makes it clear that the correct use of social networks can be a winning card for the society

It can reduce the level of anxiety and certainly in the next step strengthen the social solidarity that is the product of every crisis.

Conclusions

According to the review of the trend in other articles and the extensive research that has been and is being done in the field of the Corona epidemic from a medical point of view, but little attention has been paid to solving the problems and mental injuries caused by the Covid-19 epidemic. . During the covid-19 pandemic, according to the surveys conducted and statistics published by the World Health Organization, we have had a sharp increase in anxiety disorders, especially separation anxiety disorder, which has

become more permanent than other disorders. By examining the available cases, we found that the mental disorders caused by covid-19 have subsided and decreased to some extent, but the separation anxiety disorder caused by the covid-19 pandemic has continued to be present in human societies. With the solutions mentioned in the article and following their tips, we can hope that in the near future this disorder caused by covid-19 will fade and this sharp increase will subside. The research has faced limitations, including the limited number of articles in the field of anxiety disorder and separation anxiety disorder during the covid-19 pandemic, as well as examining the harmful effects of covid on human mental health. Among the other limitations was the lack of statistical updates by the World Health Organization, the latest data on mental disorders reported around the world are not up-to-date and are related to the past few years. In the following, it is suggested that according to the presented solutions, research should be done on the effectiveness of the said items, although the solutions have been used in societies such as China, Italy, but it is suggested that they be implemented in other countries as well. With the hope that more researches will be done in the field of anxiety disorders, especially in the field of separation anxiety disorder caused by epidemics or similar natural or unnatural cases such as floods, earthquakes and wars. Thanks

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