

COVID -19 Pandemic Psychiatric Aspects

Chikkanayak Lokesh MD.

- Corona Virus is transmitted from animals to humans.
- It now can spread between humans
- It is Novel Virus so we are learning
- It can rapid transmit and lead to death in 2 to 3%. More than normal flu . (Influenza)

- Evidence shows it causes .
- Mild illness in 80 %
- Moderate illness in 15 %
- Severe illness & in 5 %

- Corona has become Pandemic
- People are Experiencing
- FEAR
- ANXIETY
- UNCERTAINTY
- DANGER.

- As per APA
- 48% are anxious about getting Virus
- 40% anxious about becoming ill or die
- 62% are anxious about losing family or friend

- People are Experiencing Varying Emotions
- Extreme Danger to self, others and to world
- Stress is experienced differently in different people
- Some have Physical symptoms
- Some have Emotional symptoms.

- Due to increased Stress and Anxiety
- People change their BEHAVIOR to cope
- Some start Obsessive & Compulsive habits
- Exhibit excessive Avoidance , Isolations
- People want to Control self, others and surrounding to Cope.
-

- Cope with stress by Protective thinking patterns
- Exhibit Cognitive distortion (distorted thinking)
- All or nothing thinking
- Exaggerated Unrealistic thinking
- Make mountain out of mole
- Catastrophic thinking

- Management of Stress and Anxiety
- Avoid excessive TV news watching
- Structure your day with Exercise
Yoga, Meditation, Deep breathing Relaxation.
- Increase socialization with family friends
- Use Mental health Apps , Headspace, Calm

- Continue the CDC guidelines Social distancing,handwashing,using mask when out,shelter in place, quarantine.
- Dispel the myths, situation is not that dire.
- We are not trying to prevent infection but timing the infection so we can flatten the curve.

- The odds of hospitalization and dieing is low but not as low as Flu and not as high as Ebola.
- Only 10 to 20% of Covid 19 pt needs hospitalization
- Feeling & anxieties do not reflect truths & facts
- Using Mindfulness based CBT therapy helps

- Learn let anxiety and fear float away by practising mindfulness and deep breathing.
- Spiritual therapy & faith based therapy helps
- Give up need to Control self ,other and world to manage stress,anxiety,fear and uncertainties.
- Do more things with family and friends.

Be Well & Be Safe

Thank you.