

PP113

Post COVID-19 Complications on Mental Health

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ABSTRACT

The Covid-19 pandemic is a major health crisis affecting several nations, with over 72000 confirmed deaths reported till date. Such widespread outbreaks are associated with adverse mental health consequences. Keeping this in mind, the covid-19 outbreak pertinent to mental health was retrieved via literature research of the PubMed database. The Coronavirus Disease 2019 (COVID-19) pandemic has deeply altered social and working environments in several ways. Social distancing policies, mandatory lockdowns, isolation periods, and anxiety of getting sick, along with the suspension of productive activity, loss of income, and fear of the future, jointly influence the mental health of citizens and workers. Workplace aspects can play a crucial role on moderating or worsening mental health of people facing this pandemic scenario. Anxiety, depression, post-traumatic stress disorder (PTSD), and sleep disorders are more likely to affect healthcare workers, especially those on the frontline, migrant workers, and workers in contact with the public. Job insecurity, long periods of isolation, and uncertainty of the future worsen the psychological condition, especially in younger people and in those with a higher educational background. Multiple organizational and work-related interventions can mitigate this scenario, such as the improvement of workplace infrastructures, the adoption of correct and shared anti-contagion measures, including regular personal protective equipment (PPE) supply, and the implementation of resilience training programs.

Keywords: COVID-19 pandemic; mental health; occupational health and safety; psychological disorders; PPE.

