

Psychological Impact of COVID-19 and Coping Strategies in Pakistan

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ABSTRACT

Coronavirus, 2019 has affected in excess of 217 nations with more than 2.5 million avowed cases and many casualties. The erratic and unsure outbreak has antagonistically influenced the mental wellbeing of the whole community. At present, all research efforts are centered on the comprehension of the study of disease transmission, clinical highlights, and method of transmission, balance the spread of the infection, and difficulties of worldwide wellbeing, while urgently significantly psychological wellness has been disregarded in this undertaking.

In December 2019, the eject of coronavirus was found in Wuhan city of China which immediately spread in China then around the globe. Be that as it may, the impacts of Corona are distinctive in every nation because of numerous factors such as region, race, health care systems, resources and governance policies. The covid-19 is characterized as epidemiological and psychological crises. It has coercively changed the ways of life of the entire world which in turns affected both physical and mental prosperity of the whole community. Regardless of the low mortality ratio, great challenges such as financial crises, the dread of death, instability, future insecurity, lockdown, forced unemployment, weak health care system, ban on religious celebrations, stigma, travel restrictions, global economic crises, misinfodemics about the disease (hatching period and demise proportion), discrimination, future uncertainty and general impact on education have challenged the psychological and mental health of the Pakistani community. Individuals are confronting alarm assaults, discouragement, self-pity, dejection and suicide ideation while keeping social removing or being isolated without getting any help from loved ones.

The objective behind the study is to review the literature on causes, hazard factors and unfavourable impacts of the COVID-19 on human's psychological health and mental prosperity intends to propose coping strategies. Past literature published through different channels to survey the effects of a pandemic such as COVID-19 on the mental prosperity of people is utilized for this study.

General Coping strategies for all age groups proposed by WHO and by psychologists with direct repercussions for the psychological and mental prosperity of Pakistani individuals can diminish the impact of pandemic eruptions. Mental life can be improved by avoiding binge-watching reports on COVID-19 through social media, being realistic with facts of the disease, stick with government guidelines, social isolation, individual hygiene, adopting a positive way of life, family work-life balance, CBT coping, information through reliable sources and creating empathy, love and care for masses.

KEYWORDS: Corona pandemic, mental wellness, psychological issues, misinfodemics, coping strategies, cognitive behavior therapy.

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INTRODUCTION

At the end of December 19, China experienced the first horrible attack of coronavirus which then further

spiked in the globe swiftly. By watching its overall transmission, On January 30, 2020, The World Health Organization (WHO) proclaimed it as a

pandemic and a 6th world's wellbeing crisis². After January 2020, Corona grasped more than 217 countries including Pakistan in its clutches in a couple of months. It has contaminated in excess of 10 million individuals and caused half-million casualties on the planet till the long stretch of July 2020¹. Researchers and scientists contrasted the indications and signs with past crown flare-ups, for example, Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV) and Middle East Respiratory Syndrome Coronavirus (MERS-CoV) and called the ebb and flow emit as the third assault of Corona. The most elevated corona cases are observed in the USA followed by Italy and Spain³. Corona impacted not only the physical health of people but paralyzed their psychological and mental well-being as well. There are numerous factors such as misinformed ideas about the disease transmission, incubation, the brooding time framework, the mortality ratio, anxiety, depression and fear of death exacerbated the psychological health situation of the community.

Psychological impact of COVID-19

Psychological wellness alludes to the condition of prosperity wherein people understands their own capacity to adapt to environmental challenges and contribute the locale with their own potential with high self-esteem. Emotional well-being establishes a six-component mental stability which incorporates a) self-acknowledgment b) well adjustment with everyday life challenges c) self-governance, d) sound relations with others e) well environmental adjustment, and f) self-growth².

Two basic emotions such as fear and depression must be considered while exploring psychological and mental repercussions of a pandemic. In a pandemic, fear builds nervousness and feelings of anxiety in sound people and intensifies the manifestations of those with prior mental issues. It is generally observed that in pandemic outbreak, the number of individuals whose psychological wellness is instable will in general be more prominent than the number of individuals influenced by the contamination. Past catastrophes have indicated that the psychological well-being interventions have more prevalence and long-lasting impacts than the epidemic itself.⁴

During past flare-ups, the non-infected community revealed several mental morbidities such as negative thoughts, fear of being stigmatized, fear of death, social rejection and poor psychosocial adaptation. Right now, we do not have enough reliable data on the effects of COVID on psychological as well as mental health and interventions and therapies used by clinicians during the episode of COVID-19 pandemic. Paranoid ideas, bogus cases, deception, disinformation (basically calling the crown as rugged,

unstoppable, unbeatable) are elevating the psychological levelheadedness of overall population. COVID-19 has developed psychopathic thoughts such as mental instability, fear of death, insecurity, vulnerability, anxiety, melancholy, suicidality, prejudice, xenophobia, health phobia, fear of stigmatization, societal rejection and insomnia among Pakistani community¹¹.

During pandemics, mentally instable people showed more depression and fear of death than those who were influenced by the contamination. The results of a research revealed that corona patients (or associated with being tainted) showed exceptional aggressiveness and conduct disorder, for example, dread, fatigue, depression, nervousness, a sleeping disorder or anger as has been accounted for about comparable circumstances in the past⁷. Additionally, it can elevate uncertainty because of the monetary and social repercussions of this huge scope tragedy. Such conditions can advance into messes, regardless of whether burdensome, nervousness (counting alarm assaults and post-awful pressure), insane or distrustful and can even prompt suicide. These conditions can be seen predominant in isolated or quarantined patients, whose mental pain was generally higher. Sometimes, vulnerability about disease and demise or about contaminating loved ones can ruin mental states of people. There are cases with regular flu manifestations showed high level of anxiety and decline in mental functions because of the similarity of the conditions with pandemic signs¹¹. Three principle elements ought to be viewed as when creating emotional well-being methodologies in emergencies such as pandemics or natural disasters:

- 1) multidisciplinary emotional wellness groups (therapists, nurses, clinical clinicians and other psychological wellness experts);
- 2) clear correspondence including accurate information of the outbreak through reliable sources
- 3) building up safe counselling (by means of electronic gadgets or applications)¹².

So, it is very important to execute public psychological wellness approaches related to epidemic and pandemic reaction systems previously, during and after the event.

Traumatic situation in Pakistan due to COVID-19

Here are some of the main reasons behind the spread of COVID-19 in Pakistan. In Pakistan, On Feb 26, 2020, Corona arrived with first patient and has spiked 3 million till now. The administration needed to execute a partial lockdown from April 1 to May 9, 2020. In March, one occurrence has incited the proportion of Corona patients from low to significant level when Shiite pilgrims were permitted to return from Iran to Pakistan through Baluchistan. These pilgrims were neither analyzed nor isolated

appropriately which offered ascend to the disease. Another significant factor behind the spread of this infection is the holding of a religious fest of the TablighiJamaat (religious group) in Lahore. The individuals of TablighiJamaat spread this infection everywhere throughout the nation. The third explanation behind the spread of the infection was to permit individuals to celebrate Eid -ul-Fitr on 24th May 2020. This permission was dependent upon precautionary measures that individuals didn't follow. COVID-19 has created great psychological trauma that further elevated psychological instability of Pakistani community. This flare up and diverse government mitigation acts such as lockdown, quarantine policies, social isolation, poor access to basic resources and weak health care system have developed irritated feelings of blame, disgrace, lament, misery, self-blame, outrage, disguised feelings, overpowered emotions, negative self-talk, ridiculous desires and disappointment among people¹⁸.

- **Lockdown** has promoted self-separation, isolation and social removing from loved ones and reduced the recreation time excursions. It is an aggregate horrendous mishap which presents genuine danger to individual's mental health and has brought about extraordinary loss of lives and property for each person. COVID-19 is a horrible traumatic outbreak and has influenced each person on the planet.
- There is huge pressure of the pandemic on weak health care system of Pakistan which is unable to thusly controlling the disease in both physical and mental panic situation. COVID-19 pandemic flare-up could have pessimistic effect on mental and emotional well-being of individuals while facing mental trouble and emotional wellness issues. Such significant pandemic episode is indicating negative impacts on mental wellbeing of people and society in dealing with mental issues, mental misery, distress, deprivation, intentional or unexpected damage to family, misfortune/partition of parents, stigmatization of disease, disgrace, blame, vulnerability, feelings of posttraumatic, enslavement, clinical question and prone to intrigues, alarm assaults, stress, tension, sorrow, depression, self-destructive ideation, disposition issues, rest issues, stress, disavowal, fatigue, indecision, vulnerability, disappointment, outrage, dread, disparagement, underestimation, xenophobia, widespread panic, financial

status, and other psychological well-being concerns would require strong preventive measures and coping methodologies for influenced people.

- **Suicide**

These mental sufferings are additionally responsible about 90% of the worldwide suicide occurrence in the outrageous cases. Along these lines, suicide rate has been increased during the outbreak that isn't exceptionally unexpected, yet progressively normal. For occasion, data from Bangladesh and India reported suicide attempts due to dread of COVID-19⁴². In addition, another non-representative investigation explored the most hazard factors of COVID-19 may prompt suicidal ideation such as financial crises at national and international level, psychological trauma among professionals and public, social isolation and so forth⁴³.

The epidemic flare up has extremely challenged the economy, health systems, education, tourism almost all areas of life of underdeveloped and developed nations. The United Nations Development Program has announced almost \$220 billion economic loss in developing countries to manage the current outbreak. The Asian Development Bank has reduced fund from 3.3 % to 2.6 % in 2019 for Pakistani economy⁴². These economic pressures have influenced the mental health of Pakistani community at individual and collective level. Pakistan as underdeveloping country was already in trouble in confronting destitution, food scarcity and continuous natural disasters. Out of total populace, 24% of Pakistani population is leading beneath the standard poverty index and 38.8 are marginally meeting the poverty index standard. This is a bleak picture of Pakistani economy that cannot bear the expenses of COVID-19⁴³ and an enormous number of poor individuals will face starvation to death. A large portion of the Pakistani suicide cases happen considering the lock down injury, joblessness, dread of death and social segregation. Similarly, past logical examinations from Bangladesh and in India uncovered the first COVID-19 suicide case due to fear of pandemic and social separation⁴³.

- **Cases**

The current study adopted the strategies of extricating suicidal data from press reports as no previous authentic data is available for citation of suicide cases of pandemics. Through Pakistani press media, total 29 pandemic suicide cases were reported. The reasons behind were financial crises and psychological trauma of COVID-19. These causalities were reported from lower income and mentally challenged people⁴⁶.

- **Faith**

One explanation of the spike of COVID-19 in Pakistan was the unreasonable myths and belief about the infection. One group of individuals indicated denial mental state by not tolerating the presence of sickness. Pakistan is a territory of Muslims in dominant part who religiously believe the assurance of death at specific time written in their destiny, they didn't trouble the safety measures and preventive measures by saying "the demise time is sure so for what reason should we be frightful of the illness". They ought to be exhorted in the way to follow the preventive measures to secure their friends and family and the mankind.

- **Hoarding**

During pandemic, it is seen that storing practice of business network and frenzy purchasing of public has been expanded globally. Businessman is working on accumulating to expand his assets and the public is storing essentials under mental pressure, fear of death and vulnerability of future.

- **Robbery and begging**

Because of lockdown and money related emergencies theft and begging is expanded alarmingly. Individuals are doing dacoities to address their needs with no blame. Beggars are taking advantages of the pandemic by asking money from mentally disturbed individuals for the sake of Allah.

- **Misinfodemics**

Mass media and social networking has spread data of disease causes, transmission, control and anticipation. Though numerous sources are giving solid, bona fide and legitimate data about the pandemic, a portion of the sources had spread bits of gossip, fantasies, bogus data, paranoid fears and misinfodemics with respect to epidemiology of the disease, information list and accessibility of vaccine which caused frenzy and some other negative feelings in community which further decay emotional well-being, mental and social wellbeing, emotional conduct issues and mental trouble. The WHO, NIH, CDC working close with network associations necessitates true media reporting about COVID-19. This could be accomplished by designating adhoc local teams who effectively screen, recognize and dispel bogus data from print and social media which makes pressure. National health ministry of Pakistan has been attempting to pass on the deductively reliable information in collaboration with researchers and clinical authorities at national and universal level to eliminate the effect of misinfodemics from the mass and social media¹⁷.

Effects of COVID-19 on different groups of Pakistani society

1-On children

Doctors have reported that COVID-19 is less harmful for youngsters than grown-ups. In the wake of

knowing the way that youngsters are less vulnerable against the sickness, parents feel relaxed and agreeable¹⁷⁻¹⁸. Some government alleviation projects, for example, closing of schools, play areas, pools and all other recreational activities have developed stress and misery among youngsters and youths. Accordingly, they may show hostility, animosity, discourteousness and fretfulness at home, and they may confront physical brutality from their overemphasized parents. During lock down, social factors, for example, forlornness, companion's company, absence of fun-loving exercises, lacking space at home to play, not so much attention but rather more animosity of guardians, antagonistic money related circumstance influenced unfavorably the psychological prosperity of youngsters and youths. Additionally, unpleasant news about the flare-up through social media may create depression, fear and Post traumatic disorder (PTSD) among masses¹⁸.

In addition, online instruction has changed their ways of life and they feel increasingly depleted, overburdened and home detainees. There are some adapting procedures proposed for kids, for example, tyrant child rearing, indoor games, love and friendship of seniors and appropriate directing to conquer the antagonistic impacts of this pandemic.¹⁷⁻¹⁸

2-Old Age

After the declaration of doctors, scientists and astrologers about the adversity of COVID-19 for old people challenged the physical as well as psychological wellbeing of adults. They are suffering from acute anxiety, irritability and excessive feelings of stress or aggression²¹. Due to such cognitive decline, they feel more agitated, depressed and socially isolated. Their mental health demands more attention with some psychological therapies²². It is important to involve them in some indoor physical activities to counteract the pandemic outbreak.

3- Domestic caregivers

COVID-19 has affected the mental wellbeing of caregivers as they feel overanxious or unreasonably worried about the outbreak having low capacity and resilience while taking care of infected patients at their residence. Another psychological challenge as "The secondary traumatic stress (STS)" of pandemic may incorporate depression, fear of death, withdrawal and blame among domestic caregivers²³. Individuals have developed hopelessness and high level of depression if they can't approach their contaminated family members in the medical clinic because of exacting lock down circumstances²⁴. Then again, relatives who plan to see their critically serious contaminated patients in the hospitals may

develop a sense of helplessness and guilt of crossing the government policies²⁵.

4-Marginalized people -daily wagers, slum dwellers

Government forced isolate and job closure during the COVID-19 made destitute individuals increasingly defenseless towards the infection. Overstretched ways of life and poor financial conditions have increased their deprivation, disregard and isolation. They neglect to adhere to the legislative directions of essential cleanliness due to the shortage of enough water for cleaning their hands oftentimes. Dreading the illness, individuals terminated their housekeepers, workers and daily wagers as a result of the fear that they will spread the ailment the most²⁶⁻²⁷.

5. Women

There is unequivocal proof that scourges, for example, COVID-19 unfavorably sway the occupations of people, family units and communities. In a report, the IMF has expressed that while the impacts of the ailment will be felt all around, helpless populaces and burdened individuals, for example, poor people and women are probably going to experience the ill effects of the flare-up of the disease.¹⁷ These people may have constrained access to healthcare, and may come up short on the ability to protect themselves from money stocks, for example, lay-offs, reduced off-ranch, work openings, closure of organizations, food shortages, exacerbating social-sector facilities and issues like abusive behavior at home. While people are similarly prone to contract the corona virus, the impacts of the pandemic might be experienced distinctively between the two groups, men and women. The epidemic is probably going to harm the social financial structure while exacerbating gender disparities being looked at by impeded groups. Women are hard to be influenced in an emergency with expanding stress, nervousness, loss of work, and absence of monetary chances, excessive domestic violence and poor health care access.

5-Doctors and health care workers

Pakistan's lockdown and preventive measures for contamination control were executed and in the light of inadequacy of individual protective measures, absence of screening and treatment packs and clinical threat created threat for clinical experts in high danger of contamination during the pandemic. Such frailty has increased the psychological decrease in wellbeing in Pakistani doctors, in response; they demonstrated pain, tension and apprehension. With the appearance of COVID-19 in Pakistan, clinical specialists have been feeling the squeeze including high danger of contamination, insufficient gear for security from disease, confinement, fatigue, and absence of contact with family. The seriousness is creating additional

psychological wellness issues which impact clinical workers' dynamic capacity as well as have long haul inconvenient impact on their general well-being. The unremitting pressure that clinical medicinal services laborers are encountering could trigger mental issues of tension, dread, alarm assaults, posttraumatic stress indications, mental trouble, disgrace and shirking of contact, burdensome propensities, rest unsettling influences, weakness, relational social seclusion from family social help and concern with respect to infection effects to their loved ones⁴⁹.

The unexpected job inversion from a regular health care system to the COVID-19 services may lead to detect with dissatisfaction, defenselessness, and modification challenges in medicinal services experts. Fear of being stigmatized, criticism and separation conceivably block goal to look for guiding and psychotherapeutic mediations¹⁰. Despite the normal psychological wellness issues and psychosocial issues among medicinal services laborers in such settings, most wellbeing experts don't frequently look for or get a methodical emotional well-being care⁴⁹. In Pakistan almost 60 doctors have resigned from their jobs because of insufficient protective measures and inadequate medical security

6-General public

Some of past researches findings have revealed an outrageous and wide scope of psychosocial ramifications that pandemic can inflict on everyone. Fear of COVID-19, properly named as "crown phobia"³², is likely because of the complex etiology and uncertainty of the course of the disease, sensitivity of vulnerability, procuring the disease can produce antagonistic mental reactions including maladaptive practices, enthusiastic misery and shirking response among common people³³. During malady episodes, updates on the first demise, swift virus spread in public and media reporting may affect the individuals' apprehensions, dissatisfactions, defenselessness and nervousness over the circumstance. The worst effects of crown result in lost mental prosperity of nervous public may incite conflicts among clinicians and patients, which can be ruinous to pestilence control ventures and hamper social stability³⁴.

Depressed public in Pakistanis showing concern over lock down, shortage of emergency services of hospitals and poor access to basic needs. Such panic attitude can prompt erroneous emotional disburse regarding storing everyday essentials. Such "herd behavior"³⁴ may detrimentally affect government's mitigation network and may even prompting social interruption and shameful acts. Contamination related "xenophobia" will in general ascent during plagues and pandemics, as examined beforehand, and

unfortunately gives off an impression of being a typical reaction if there should be an occurrence of progressing crown outbreak. There are reports of verbal and physical ambushes against Chinese people and other "Chinese-looking "systems and keeping them out from section to social protection and rehearsing essential human rights³⁵.

7-Consequences for individuals with prior mental ailments

Mentally weak patients are more prone to catch infections for example, pneumonia and any other viral infection. Intellectual decay, helpless mindfulness level, debilitated hazard recognition, and decreased worry about general tidiness can build the danger of getting ailment in such individuals. Moreover, social dismissal against tainted individuals makes the organization of patients with COVID-19 more challenging when mental morbidities occur.²⁴. Mental patients are more prone to make rehashes or rot of the earlier signs and appearances. For example, patients with (OCD) defined as obsessive compulsive disorder may repeat self-seeing of temperature to check for fever; or may make a couple of tries to swallow spit to check for throat torture as a symptom of COVID-19. Hand washing being a hook security measure to thwart COVID-19 transmission adds further to the horror of a known washer OCD tenacious³⁶.

Social Health Problems Emerging through the Current Pandemic

We are a social animal and our mental health is dependent upon an ever-changing fluid social activity. The confinement and social isolation required to reduce the spread of Covid-19 imposes an element of mental stress for all people. Due to the social effects emerging from this pandemic, we must consider three definite health concerns:

1. While all people may suffer depression through this social circumstance, those who suffer loneliness and sense a feeling of inadequacy, such as the elderly, are more likely to experience it more. Prior to this pandemic there was a rise in depression within teenagers and young adults, so we must consider they will also be at further risk from depression. In such groups we must consider an element that will commit suicide and therefore expect the rate of suicide to increase with stress to the medical and security forces involved.

2. The inability to freely move and so change environments must increase stress within families. We can expect partners to experience irritability with each other, which will lead to verbal arguments and, in some cases, violent domestic attacks. The serious of this will be more on the mental impressions of their children forced to witness such behavior. This can leave lifelong mental impressions within them,

which can emerge as trauma and within some a tendency to subconsciously create the same domestic aggression they experienced as a child. Since there is much evidence of social inheritance creating behavioural patterns within adults, we may expect a new manner of domestic behavior moving through future generations.

3. We must also consider our normal human desire for acts of reproduction. We must consider that this desire will increase through the lack of freedom and boredom partners experience in this confinement. This may be more so for those of less education. Therefore, if this pandemic continues for another 9 months, and we do not now know how long it will continue, then we must consider the great stress placed upon all medical centers who will be struggling to deal with patients suffering from the corona virus when they are faced with a baby boom.

Coping Strategies

Energize the enthusiasm of multidisciplinary mental wellbeing bunches at national, state and metropolitan levels

- Public must have access to official channels for most recent data about the flare-up
- Provide Online coping information in battling crown attack, sorrow, despondent and fear
- Publish authentic psychotropic solutions for public through social and print media
- Strict control on infodemics
- Facilitates mental health specialists with all resources to provide free counselling
- Continuously updates scientific research through social media
- Develop psychoeducational services for masses
- Future contravention and psychological prosperity care methodologies should be published to encounter future pandemics³⁸.

2-Recommendations for individuals

- Take care of yourself just as others, remaining in contact with friends and family and finding time for amusement works out.
- Limit connection to pandemic-related news, since a ton of information can trigger anxiety issues.
- Instead of believing in social media unauthentic sites, trust on WHO recommended physical and psychological health methodologies
- Pay respect for your own needs, opinions and contemplations
- Limit physical contact with others while in quarantine.
- Be realistic that uneasiness and fear are conventional in critical conditions.

- Avoid puzzling the quarantine or social distancing with fear, self-pity or depression.
- Establish an empowering group of individuals for helping the contaminated people by providing them medical help through using social media
- Avoid criticize or censure individuals for the ailment spread.
- Avoid creating panic by dissipating information from unreliable channels instead always share researched data of pandemic through reliable source.
- Only follow doctor supported medical advice and cerebrum incitement procedures³⁸.

3-Medical clinics and social insurance referral focus:

- Establish an alternate course of action and procedures for managing progressively genuine mental side effects.
- Arrange mental help for groups exposed to hazard circumstances
- Show sympathetic and flexible stance when confronting the feelings of trepidation, stress and changes while confronting with pandemic.
- Ensure psychological wellness for relatives of individuals who are pathogen victims.
- Share with public that dread, uneasiness and trouble are typical on occasion this way and guide the individuals who are looking for help at whatever point essential.
- Ensure a positive atmosphere of correspondence and joint effort among experts and groups, notwithstanding giving master intercession in relational issues that may emerge
- Constantly admire those individuals who are associated with controlling pandemic.³⁸

4- Coping for Children:

- Make them busy in productive study projects by using household items
- Make them realistic in facing the disease
- Attempt to keep up the daily schedule (to the extent that conceivable), be accessible to respond to any inquiries and comprehend that in such occasion's kids might be increasingly fractious, aggressive, attention seekers and backward (for example bed wetting).
- It is significant not to reprimand them for these practices rather counsel them towards positive behaviour
- Instruct them to communicate upsetting feelings, for example, fear and insecurity in a positive way.

- Control the information of outbreak they have with the goal that they don't turn out to be much increasingly terrified.
- In quarantine situation, be imaginative, creating games (particularly including physical action) to evade dreariness³⁸.

5-Older and mentally ill people

- Council populaces who are more vulnerable to the pathogen.
- Help them through social networking
- Keep up more noteworthy attention with respect to indications also, ensure each conceivable solace when they are in disengagement.
- Assist them with sticking to clinical and mental prescription regimens also, offer passionate help³⁸.
- Give them attention to prevent the fear of the outbreak

6- Medical health workers

Doctors and scientists who work under high pressure conditions may lose enthusiasm and show conduct reactions that are normally seen versatile even with outrageous (erratic and unsure) stress. They need counseling and psychotherapy for pressure adjustment rather simple medications. For dealing the stress issue among doctors an emergency mediation plan ought to be created: a) by building an emotional well-being intercession clinical group to give online suggestions to overcome the mental effect of unpleasant occasions among medical workers b) and a mental help hotline for clinical laborers to talk about their mental worries with the prepared and concentrated group of psychological well-being specialists. Medical clinics in such manner ought to give health frameworks, extend pre-employment training for trauma management in patients, families, and themselves. Also, mental guides/directing clinicians ought to consistently visit clinical laborers to tune in to their accounts for their purge and offer help⁴⁹.

To manage the optional emotional well-being issues engaged with the COVID-19 pandemic, dire psychological mediation model (PMM) ought to be created and actualized. This PMM incorporate groups of doctors, specialists, therapists/emotional well-being professionals, and social laborers to convey early mental mediation to patients, families and clinical staff. Assorted scope of measures executed across different medicinal services settings would help quick, smooth and more secure early screening and mediation and later recovery. Epidemiological information on emotional well-being, mental effect, mental horribleness and psychosocial issues with the emergence of COVID-19 and their screening, appraisal, control, treatment plans, the board,

progress reports, wellbeing announcements and counteraction are presently not investigated to react to these difficulties. This situation increases the commencement of direction to give multifaceted emotional wellness and mental mediation plan for clinical specialists in Pakistan¹⁰.

7-How Can Cognitive Behaviour Therapy (CBT) Help During the COVID-19 Pandemic?

The facts demonstrate that it's an extremely troublesome time, and it's likewise evident that there are standards from cognitive behaviour perspective that can help us to beat the challenge. Cognitive behaviour therapy is supported by the possibility that our contemplations, emotions, what we do and how our body feels are totally interconnected. There are loads of all around explored standards of CBT which we know are useful with overseeing nervousness and low temperament. A portion of these standards are similarly as accommodating for adapting to troublesome circumstances without an analyzed psychological well-being issue. In this dubious time, settling on certain decisions about how we think and carry on can assist us to be calm and control our mood swings⁴⁰.

Tips from CBT to help manage anxiety related to coronavirus

- It's not unexpected to feel a wide range of emotions because of the pandemic, including dread, misery, outrage, to feel 'cut off', or to feel a blend of these things.
- Our body's reaction is a physical response that can be extremely physical, including feeling winded, having a sinking heart, or feeling hot.
- There is a huge amount of data about coronavirus, some of it from more trustworthy sources than others. Persistently checking the news can cause us to feel progressively on edge. Consider constraining how regularly you look and ensuring you get the report from reliable sources.
- Abstain from checking more than once for indications of disease – it can coincidentally aggravate you feel.
- Continue breathing – pausing for a minute to inhale gradually and ground yourself into your seat and feet can be useful.
- Remain associated with individuals – we can't invest energy genuinely; however, we can call, compose, email and keep in contact with friends and family.

- Look for help on mental issues, particularly if you have a previous stress record. A group of specialists is offering remote counseling services now.

Tips from CBT to help managing mood when staying indoors.

Tips from social actuation, a proof-based treatment for anxiety and melancholy, can assist us with keeping our temperament lifted while we should remain at home.

- Remain busy with your favorite activities
- We feel happy about those activities which provides us feeling of accomplishment
- Remember those things that remind you about feeling associated with others
- Try to adhere to a standard everyday practice of getting up and hitting the sack, so you don't make it harder to rest around evening time
- Try to do some activity every day, the endorphins it discharges cause us to feel more joyful, and it's acceptable at disposing of adrenaline which can cause us to feel restless⁴⁰.

8-Law of attraction

The technique is just about the soundness of thoughts and feelings, the circle analogy is only for to directs your mind towards positivity.

This technique is comprised of three components

1. Gratitude

The individual has to say thank you to God and the Universe for keeping him/her healthy then he/she will transcend this thought towards the family health and finally ask for the whole world's health. The individual must repeat these words several times in a day, it will energize his /her positive energies help to remove the fear of pandemic.

2. Affirmation

At the second stage of the technique a person must affirm the blessings of God whatever he/she is enjoying. He/she will say that everyone in the world is blessed with love, wisdom, health and abundance. We should be thankful to God for these blessings and ask his mercy to protect us from the misery of pandemic.

3. Trust

At third stage a person must show trust on family, governmental mitigation acts and the health care services provided by doctors during the flare up.

4. Be kind to everyone

At the end, we must give command to our minds to be kind and empathetic with everyone in sharing resources, exchanging positivity and helping the needy. This technique will remove the negativity from the minds of people, in response; they will share their assists with those who require these essentials direly. Especially, it will diminish the hoarding trend among masses. It will promote positivity and selflessness among people.

9-Religious coping

Individuals who are experiencing passionate misery due to the spike of COVID-19 pandemic are using religion to adapt and to mitigate the pandemic anxiety. Before the pandemic, the intensity of prayers was observed only in Ramadan. But the outbreak brings people close to God to surrender them and to ask forgiveness of their sins⁴⁶.

The fundamental purpose behind the rising enthusiasm for prayer is religious coping, where individuals use their religion to adapt to misfortune. They appeal to God for alleviation, comprehension, and solace. Exploration has archived that individuals battling with malignant growth, demise inside their nearby family, or serious sickness are increasingly religious. Affliction as cataclysmic events makes individuals use their religion more seriously⁴⁷.

10-Interventions to reduce the burden of social factors.

1. Dealing with Depression.

Education of authors to write on social media programs discussing depression and how to deal with it. The creation of new networks of 'Help Call Centers' all over Pakistan to deal with depression enquires would be of great help. The training of these operatives for these Help Call Centers: in psychological understanding to be better able to relate with higher empathy to the needs of such people. Trained in relaxation techniques to enable such people to calm down and understand a bigger picture than their depression prevents them from realizing.

2. Domestic Stress.

Educational programs on the TV and social media platforms on the importance of dividing the home into zones, so everyone has 'their' area of isolation and peace. • Education in the importance of respecting these zones and periods of peace. • Education for the parents to the psychological effect upon children witnessing domestic quelling and violence.

3. Reproductive Concerns

Education programs on birth control methods and importance of preventing conception accidentally and explanation of possible health dangers to mothers and infants in these times. Education of 'lay' medical staff to assist trained medical staff to deal with those suffering from Covid-19 to enable the more professionally trained medical personal more time to assist pregnant patients.

COVID-19 as blessing for world repair

While this is all uplifting news, this is just a transient rest because our planet has indicated that it despite everything gets an opportunity to bob once again from environmental change, yet nations should change their frameworks. This shows we need basic changes to continue this and to have a potential for success against environmental change. Late information shows that the emanations are bouncing back in China as the nation facilitates the lockdown and looks to launch its economy. One intriguing effect of the dormancy has been that nature has begun recuperating; individuals are seeing clear blue skies for a considerable length of time. A few people are seeing the night sky loaded with stars, there has been an improvement noticeable all-around quality around the globe, and we have begun seeing creature populaces recuperating. It has been seen across the globe with satellites that countries all over the world witnessing a sharp decline in air pollution with nitrogen dioxide emissions when compared to last year.

Solidarity has raised prosocial conduct, compassion and philanthropy in the general public. Individuals feel the significance of people for one another to live, to share, to help and to adore. Lockdown and social separating have given us a chance to invest energy with our family to see each other's issues and agonies. This is an ideal opportunity to fix the social holding and unpredictability of conduct. Before the COVID emergencies, we were living for technology rather for our family. In this way, we may call COVID-19 as a gift for earth fix.

CONCLUSION

Mental prosperity specialists, for example, psychologists, therapists and social workers must be on the cutting edge to propose intercessions for the COVID-19 emergency. Help shows, for instance, those used in debacle conditions should cover locales pertinent to the individual and aggregate mental prosperity of the masses. Alongside physical health suggestions, the WHO and the U.S. health networks declared psychosocial and mental prosperity an essential proposition. This is as per longitudinal data from the WHO showing that psychological health

and mental wellbeing are distinguished as the essential driver of grimness and mortality on the planet. Therefore, the extended focus for examination and promotion of mental prosperity in relating to compelling flare-ups is critically required around the world. Moreover, COVID-19 has opened a door for humankind to discover its spirit lost in the quagmire of avarice, defilement, need to feel superior and decimation of our delightful planet in the clothing of progress. Although the impacts of the crown outbreak are irreversible, it is proved as a blessing in disguise for the earth repair.

Future Guidelines

We could have a triple effect: empower youngsters to continue learning at home, empower schools to connect with their understudies and stay above water, and empower instructors to hold work through this emergency. The learning from this venture can be important to help build up an intelligent across the nation advanced digital education strategy that keeps going past the current emergency. It is believed that the 21st century is the rising period of psychological instabilities. Along these lines, the significance of the mental and social readiness of this pandemic should be conveyed worldwide. The administration and accomplices must consider the psychosocial bleakness of this pandemic and assess the worth, fatalities and related outcomes. Stigmatization of pandemic accused groups by the society may impede worldwide trade, a global exchange may increase unrest. Government and social workers should take steps to eradicate the disgrace associated with infection, prejudice, negative publicity and psychosocial negative effects by making conversation with medical experts and psychologist. Free public support numbers and free reliable counseling sites might be propelled for reducing mental pressure among the masses. Misinfodemics ought to be denounced, just valid locales ought to be utilized to teach people on causes, indications, reactions of disease, and the time when cautious clinical advice should be taken for cure. To make more secure social media, strict government laws and enactment with respect to counterfeit news, web-based life gossipy tidbits, disinformation and falsehood are to be actualized. Covid-19 caused us to understand that the best resources of humanity are physical and mental wellbeing, peace, love, solidarity, social bonding, and ingenuity.

The government of Pakistan should consolidate mental intercessions as a feature of the health care system with regards to the public wellbeing crisis in the COVID-19 outbreak. Pakistan ought to acquaint a mental emergency mediation program to alleviate the psychosocial trauma of society. There is a scarcity of research on the psychological well-being factors

predominant in Pakistan during the COVID-19 flare-up so this study will offer practical recommendations to assess the effect of coronavirus flare-up on the psychological wellness of the Pakistani community. The government of Pakistan ought to fortify faculty, streamline institutional administration and offer propelled training and degrees in the field of advising mental health and psychological well-being.

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