



# Psychological health threats during COVID-2019's first wave

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## ABOUT THE STUDY

The Coronavirus (COVID-19) epidemic had a significant psychological impact on the population. The absence of clear transmission links and non-specific symptoms in the early stages of COVID-19 have defied conventional containment strategies such as case isolation and contact quarantine. Several consequences for individuals' physical and mental health, such as infection fear, lockdown, social isolation, and loneliness, inevitably influenced well-being during the current period. The psychological consequences of quarantine, in particular, frustration, loneliness, and future concerns, are well-known risk factors for a variety of mental disorders, including anxiety, affective disorders, and psychoses.

To assess these characteristics, researchers created and validated the 36-item COVID Stress Scale (CSS), which takes into account the presence of potential traumatic stress symptoms related to COVID-19. The pandemic outbreak is unlike any other traumatic event in its rapid global spread. Within a few weeks of the pandemic's spread in China, it had become a global health emergency.

The main feature of the COVID-19 pandemic is uncertainty; people live in fear of being infected because they don't know where the virus is. The impact of quarantine and physical separation on the psychological well-being and mental health of the general population has been investigated in a few studies, the majority of which were conducted in China, with others conducted more recently in other countries.

During the current epidemic, 35% of the population experienced psychological distress, and 4.6% of the sample, particularly the female group, experienced a high level of PTSD. Other significant studies found that, while exposure to potentially traumatic events is common, the development of a Post-Traumatic Stress Disorder

syndrome is relatively rare, typically ranging between 5 and 10% in the general population, and it may also be influenced by personality traits.

Personality traits, which have traditionally been thought of as dimensions of individual differences, characterize personality structure and can predict a state of vulnerability or resilience, as well as a mental distress disorder like PTSD. Individual differences in personality traits have been shown to be one of the factors that may help explain why only some traumatized people develop psychiatric illness. They demonstrated how personality traits play a critical role in the development, outcome, and formation of specific symptoms, such as PTSD.

From March 9th to May 4th, 2020, all people's lives were marked by an increase in COVID-19 cases, a high number of deaths caused by the virus, and social and physical isolation. All of these factors, along with fear and uncertainty about the future, may increase the likelihood of a psychopathological onset.

The current study was designed to: a) assess the impact of the COVID-19 pandemic on the psychological well-being of the population; and b) determine whether psychological well-being can be influenced by personality traits. The findings could help mental health professionals protect people's psychological well-being in the aftermath of the pandemic.

The study's main finding is that the vulnerability trait influenced people's perceptions of their psychological health during the first wave of COVID-19. The findings emphasize that in order to reduce the risk of the onset of episodes of mental disorders, it is necessary to care for both those who are already suffering from psychological disorders and those who are not.

The COVID-19 outbreak has been and continues to be a trauma for the entire population. People did not feel as helpless and vulnerable in the face of events prior to the

virus's outbreak, it helps to advances in every scientific field. COVID-19 elicited anxiety and depressive symptoms in patients. These findings could help mental health professionals protect the psychological well-being community in the aftermath of a pandemic by focusing on vulnerability and the dimension of anxiety and depression.

Based on the current study's findings, additional research examining the relationship of well-being in a stressful situation with personality traits, particularly those related to vulnerability, is recommended.