



Mental health wellbeing during the Covid-19 pandemic

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Abstract:

The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported to date. Such widespread outbreaks are associated with adverse mental health consequences. Preliminary evidence suggests that symptoms of anxiety and depression (16-28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic and may be associated with disturbed sleep. Several individual and structural variables moderate this risk. In planning services for such populations, both the needs of the concerned people and the necessary preventive guidelines must be considered. Although recognised as effective measures to curb the spread of the COVID-19 outbreak, social distancing, and self-isolation, have been suggested to generate burden throughout the population. The COVID-19 home confinement evoked a negative effect on mental wellbeing and emotional status ($P < 0.001$; $0.43 \leq d \leq 0.65$) with a greater proportion of individuals experiencing psychosocial and emotional disorders (10% to 16.5%). These psychosocial tolls were associated with unhealthy lifestyle behaviours with a greater proportion of individuals experiencing (i) physical (+15.2%) and social (71.2%) inactivity, (ii) poor sleep quality (12.8%), (iii) unhealthy diet behaviours (10%), and (iv) unemployment (6%). Conversely, participants demonstrated a greater use (15%) of technology solutions during the confinement period. These findings elucidate the risk of psychosocial strain during the current home confinement period and provide a clear remit for the urgent implementation of technology-based intervention to foster an Active and Healthy Confinement Lifestyle(AHCL).



Biography:

Raphael Louis, (Global Healthcare Reform Expert), is the Founder, Chairman, President & Chief Executive Officer (CEO) of The Federal Association for the Advancement of Visible Minorities (FAAVM), whereas a NFP Corporation including activities such as the FAAVM Socio Economic Development Council (SEDC), which plays a vital portion in the overall mission realization of the organization. He is also Founder/Leader of the National Coalition Party of Canada (NCPC) and believes that most Canadians who are in the slightest degree politically active are inclined to hold one of the two chief political positions common in this country, what we call conservatism or liberalism, thus politically, Canadians are highly divided. Raphael political vision when it comes to issues of finance, immigration, public health, national security, diplomacy, human rights, international trade, foreign direct investment (FDI) and environmental protection, is that government must represent Canadian interests first.

Publication of speakers:

1. Raphael Louis, Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the "ECLB-COVID19" multi countries survey.
2. Raphael Louis, Asian Journal of Psychiatry, 09 Apr 2020, 52:102066, DOI: 10.1016/j.ajp.2020.102066 PMID: 32302935 PMCID: PMC7151415

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