

BRIEF COMMUNICATION**Mental Health Issues during COVID-19 Pandemic:
Treatment and How to Overcome**

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Abstract

Introduction: The pandemic from the severe acute respiratory syndrome (SARS) caused by the novel Coronavirus 2019 (herein COVID-19) has affected the entire world. Not only does it cause physical symptoms and even death for thousands, but this disease has also had a huge impact on the psychosocial functioning and mental health of both direct and indirect victims. This paper gives an overview of how COVID-19 has caused many psychological problems in Malaysia. It offers some suggestions for managing this crisis. It needs a multi-pronged public health strategy to address the psychological damage caused by both during and after the pandemic. The government, general health and mental health industry, policymakers, and academic experts need to engage in a meaningful debate that leads to policies, resources, actions to prevent future distress.

Keywords: Mental Health, COVID-19, Treatment, Overcome

Introduction

About 80,000 people have been infected and many people killed. It has drastically changed the way people live, work, study, and function. There has already been evidence that there are serious mental health consequences directly from COVID 19 (Qiu et al., 2020). Furthermore, people are likely to continue to have negative consequences long after the pandemic ends. Many people who living through the SARS epidemic in 2003 continued to have psychological distress long after (Gardner & Moallef,

2015). When surveyed, almost half of Americans said their mental health has been affected and nearly 1/5 having a “major impact” (Achenbach, 2020).

Malaysia is as likely or possibly even more like any other country to experience devastating mental health consequences from this pandemic. The Malaysian government and the health care industry, especially the mental health care sector, need to be prepared for uptake in stress, depression, anxiety, substance use, trauma and possibly even suicide among the people.

Malaysia's population is currently 32.37 million people (Department of Statistics Malaysia, 2011). In Malaysia, the COVID-19 infection rate reached 6,353 with 105 deaths in March 2020. To reduce the spread of COVID-19, the Malaysian government decided to implement the Movement Control Order (MCO) throughout the country from March 18 to 31, 2020. However, new cases continue to rise, therefore the MCO was extended to April 28 and then May 12, 2020, with a possibility of being extended further (Khor et al., 2020). Hence, prolonging the MCO will undoubtedly pose additional challenges to the Malaysian mental health system.

Indeed, even before COVID-19, Malaysia had a much serious need to handle mental health issues (Yacob, 2019). In the year 2020, psychological and mental sickness viewed as one of the greatest medical issues influencing Malaysian after heart illness. The National Health and Morbidity Survey come out that each three out of 10 grown-ups adults 16 years or more in Malaysia are experiencing some type of psychological wellness issue, for example, stress, tension, and anxiety (Adolescent Health Survey, NHMS 2017).

At the point when individuals in Malaysia were asked to practise social distancing, it has given numerous emotional wellness issues, for example, disappointment, uneasiness, sorrow, stress, misery, dejection and wretchedness. The loneliness that comes with social isolation has been shown to have a negative association with good physical and mental health (Hawkley & Cacioppo, 2010). Research shows that the danger of mortality is 29% higher in people who experience the ill effects of interminable social confinement (Lunstad, 2015).

Mental Health Treatment for COVID-19 in Malaysia

Due to increase in death, the federal government has gazetted around 409 destinations the nation over as quarantine zones. Those associated with having a fever and flu must be isolated for least 14 days. Different foundations, for example, state-funded colleges, junior colleges, specialized establishments, preparing focuses, polytechnics schools and inns claimed by The Federal Ministries Department, organizations and legal bodies additionally have been utilized as quarantine centre

In Malaysia, for helping the psychological well-being issue, the administration has set Mental Health and Psychosocial Support Team (MHPSS) in 3 levels which are national, state and district level. This group is giving Psychological First Aid Services and Psychological Support (clinical, psychological and directing administrations). Under this group, there are 5 target groups which are Covid-19 patients, Person Under Investigation (PUI), Person Under Surveillance, health care workers and other responders. MHPSS team will provide mental health assessment, mental health intervention and consultation and to make referral to psychiatric services or other related agencies if necessary.

According to Ministry of Health, Malaysia has come out with Mental Health Kit as resource for as guideline of Psychological First Aid for COVID 19. There are two component of this kit that is for patient and health worker. This kit will help to assist and giving information to patient who come for screening, patient undergo home quarantine, patient under investigation (PUI) or COVID 19. Each Psychology Officer in Malaysia basically will deal with around 40 to 80 case each day. For the front liners,

every one of them is mandatory to do DASS poll to gauge their feeling or emotional states of stress, anxiety and depression. For the Covid-19 positive cases and Person Under Investigation (PUI) group which going through Quarantine (in quarantine centre or home quarantine) Psychology Officer will call them for their emotional wellness status to get some answers concerning the historical backdrop of psychological well-being, any inclination of trouble, for example, furious, miserable, disappointment and other conduct such smoking and drinking propensities. Psychology officer will spend around 5 to 10 minutes for every client to get some information about their mental and emotional states concerning their psychological well-being status.

For those have emotional wellness issue, the Psychology Officer will call them for offering directing by video call or up close and personal guiding. MHPSS Services will also provide clinics for some cases which needs recommendation or referral to a counselling session or to the psychiatrist including referral to the specific agency who provided other support like Welfare Department to catch up those who need other social support issue identified with their food and different needs. While in college, understudies who are been isolate can find support from the college instructor and analyst. All guiding meeting will be through video call and some of them by up close and personal on the off chance that it genuine case.

How to overcome mental health issues during COVID-19 pandemic

Trusting to misleading and false information about the infection can cause anxiety among people. Everybody has been encouraged to stay away from fake news and only trust

information on COVID-19 from reliable sources. They have been encouraged to get to the updates from official sources such as the ministry and health services department. Qiu et al. (2020) has conducted a nationwide large-scale survey of psychological distress in China during the COVID-19 epidemic. The survey has found that this can cause mental illness. Inaccurate information affects everyday life.

Stay connected with friends and family members

Individuals have been recommended to stay in contact with their relatives and companions by telephone, email and internet-based life. This association can assist them in discussing considerations and emotions to lessen pressure. Social help has been appeared to diminish pressure and discouragement (Shanmugam et al., 2020) these individuals with enduring catastrophes (Pinker, 2015). They are additionally urged to keep dynamic and eat a balanced diet.

Try to anticipate distress

It is valuable to recognize the sentiment of stress and anxiety. Individuals have been encouraged to comprehend this feeling and know about this feeling. Individuals have been encouraged to stay away from propensities like smoking and drinking (Rathakrishnan, 2013). A lot of other degenerate conduct and deviant behaviour can be maintained a strategic distance (Rathakrishnan, 2013). Chan et al. (2019) found that: one's mental requirement for connectedness fills in as a significant determinant for substance use. In the event that their mental requirement for relatedness is satisfied, a definitive method for dealing with the stress of utilizing medications could too be decreased – and thus bringing about a

general decrease in the substance-related mental issue.

Comprehend the meaning of life

MCO hinders the pace of life. Individuals could acquire time and chances to consider the significance of life (Lee, 2020). Spirituality and meaning of life are significant determinants of recuperation for patients with a mental disorder (Huguelet et al., 2016). Despite an exceptional worldwide emergency, while being furnished with additional time, individuals could investigate, or re-investigate the significance of life and meaning of life. Individuals may get an opportunity to figure out how to acknowledge things which were ignored prior to this – and conceivably finding another harmony between work, family and individual life. Sathyanarayana Rao et al. (2010) brought up that: work, family and individual life ought to be correlative and not clashing with one another.

The way forward

The issue of pandemic COVID-19 has gotten a lot of consideration by the administration. Even though the MCO has been utilized by the legislature to help forestall the COVID-19 infection, it keeps on spreading. To defeat this issue, all people need to focus on their safety, particularly on home cleanliness, hands and social distancing.

COVID-19 pandemic additionally can be decreased if everybody has information on be safety measure, keep their perspectives and have control their conduct. Research on social and emotional wellness will helps particularly those in stresses and uneasiness. Through social support many people will get benefit especially those are mentally ill.

Conclusion

Until this point, no investigations have analyzed how the MCO due to COVID-19 may influence Malaysian youth's emotional well-being or conduct prosperity (Li et al., 2020). We recommend that analysts start analyzing these issues so as to think of observational reaction that will alleviate the emotional well-being consequences for the Malaysian populace. In accordance with Qiu et al. (2020), we energize examination concerning the mental pain brought about by COVID-19 and we further suggest that Malaysia needs to have a thorough arrangement to treating those affected through observationally-based medications.

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