

The Effect of SARS-Cov2 Virus on Community Mental Health

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Dear Editor,

Coronavirus Disease (2019) is a common disease that was declared by the World Health Organization (WHO) on March 11, 2020, as a global health emergency and an epidemic. To prevent infection, measures such as social distancing, quarantine, and contact restrictions have been taken around the world, which may have an overall impact on people's mental health (Ahmadi & Hekmatnezhad, 2020; Ahmadi, 2021). Measures such as restricting contact and quarantine can reduce anxiety and depressive symptoms by reducing personal independence and well-being, especially in people with a history of depression and mental illness such as schizophrenia. Closing schools and reducing interpersonal communication in children can lead to incomplete learning of social skills and curriculum and create interpersonal problems. This can reduce self-esteem and increase anxiety and interpersonal problems and mental illness (Shakeel & Javed, 2022). Recently, the world is experiencing a global epidemic of COVID-19 caused by SARS-COV2. This has posed great and difficult challenges to every stratum of society and from every aspect, including the economic crisis, temporary unemployment, hunger, the collapse of basic services, the suspension of education, has affected all segments of the world (Paul et al., 2022). The disease is affecting the medical systems of almost 213 countries. If we talk about the health issues raised by the global epidemic, then on the one hand, which is extremely dangerous to a person's physical health, at the same time, there are many psychological effects of COVID-19 on human health. Its widespread nature is the reason why restrictions have been placed on its growth around the world, which is why almost everyone, including students, teachers and businessmen, is locked in to prevent the virus from spreading inside. This condition now leads to mental health problems in people who have been sitting apart for a long time, feelings of loneliness, anxiety, depressive symptoms, and other negative feelings of mental illness can greatly affect people during an epidemic around the world Witnessed. There can be many reasons, such as staying home for

a long time, fear of being infected with the virus, grief, rumors, and myths in the community about the diseases and so on. The main purpose of this work is to implement the data collection collected too to obtain useful information and create results from it, to investigate the psychological effects of COVID-19 on human health, what are the different symptoms, what can be the reasons. And a general solution map for the relevant problem. The impact of personal internal resources (IRs) on dealing with traumatic events is also constantly investigated. This study aimed to determine the effect of the SARS-CoV-the 2 epidemic on anxiety, depression and loneliness in two groups at different levels of exposure (high and low) to infection. We analyzed the effect of IR in terms of the level of hope and self-efficacy on mental reactions (anxiety and depression) and social well-being (loneliness). This study was conducted as an online survey. Descriptive statistics, correlation analysis, and difference tests were used for the initial analysis. Structural equation models (SEM) were used to analyze multivariate data (Walach et al., 2022). The SEM model showed that people who work in professions with a higher risk of infection are better able to cope with this epidemic. We observed higher levels of IR in the higher exposure group and the consequences were less clear. We conclude by stating that the level of hope and self-efficacy can moderate the response in an epidemic situation and form protective factors against the symptoms of psychopathology. According to the findings, providing interpersonal needs and skills by appropriate replacement during quarantine and implementation of treatment measures in case of recurrence of symptoms can reduce the problems and mental illnesses associated with Covid-19 (Plangger et al., 2022; Ebrahimi et al., n.d.).

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