Impacts of the COVID-19 pandemic on global psychological well-being and related sociodemographic factors

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Highlights (Abstract)

How does inequity play into our understanding of well-being?

This study investigates psychological responses to COVID-19, as well as the overall impact of the pandemic on mental health based on demographic factors. Evaluating these effects of the COVID-19 pandemic is useful, as it paves the way for targeted therapy and outreach to affected populations. For this study, the literature review and data analysis were conducted from a database of sources. The results showed that gender, age, and financial stress, among other factors, are the features most often impacting poor mental health and coping mechanisms in response to changes resulting from the COVID-19 pandemic. Through such economic and sociodemographic indications, the COVID-19 pandemic has exposed many health inequities around the world and presents the question of how inequity plays into our understanding of well-being.

References

- Psychological Impact and Associated Factors During the Initial Stage of the Coronavirus (COVID-19) Pandemic Among the General Population in Spain
- Initial psychological impact of COVID-19 and its correlates in Indian Community: An online (FEEL-COVID) survey
- Impact of the COVID-19 Pandemic on Mental Health and Quality of Life among Local Residents in Liaoning Province, China: A Cross-Sectional Study
- The Enemy Which Sealed the World: Effects of COVID-19 Diffusion on the Psychological State of the Italian Population
- Psychological Effects and Associated Factors of COVID-19 in a Mexican Sample
- The impact of the COVID-19 pandemic on the mental health of the adult population in Bangladesh: a nationwide cross-sectional study
- Increased stressful impact among general population in mainland China amid the COVID-19 pandemic: A nationwide cross-sectional study conducted after Wuhan city's travel ban was lifted
- Impact of Covid-19 on the Behavior of Community Residents With Suspected Transient Ischemic Attack

Study Area

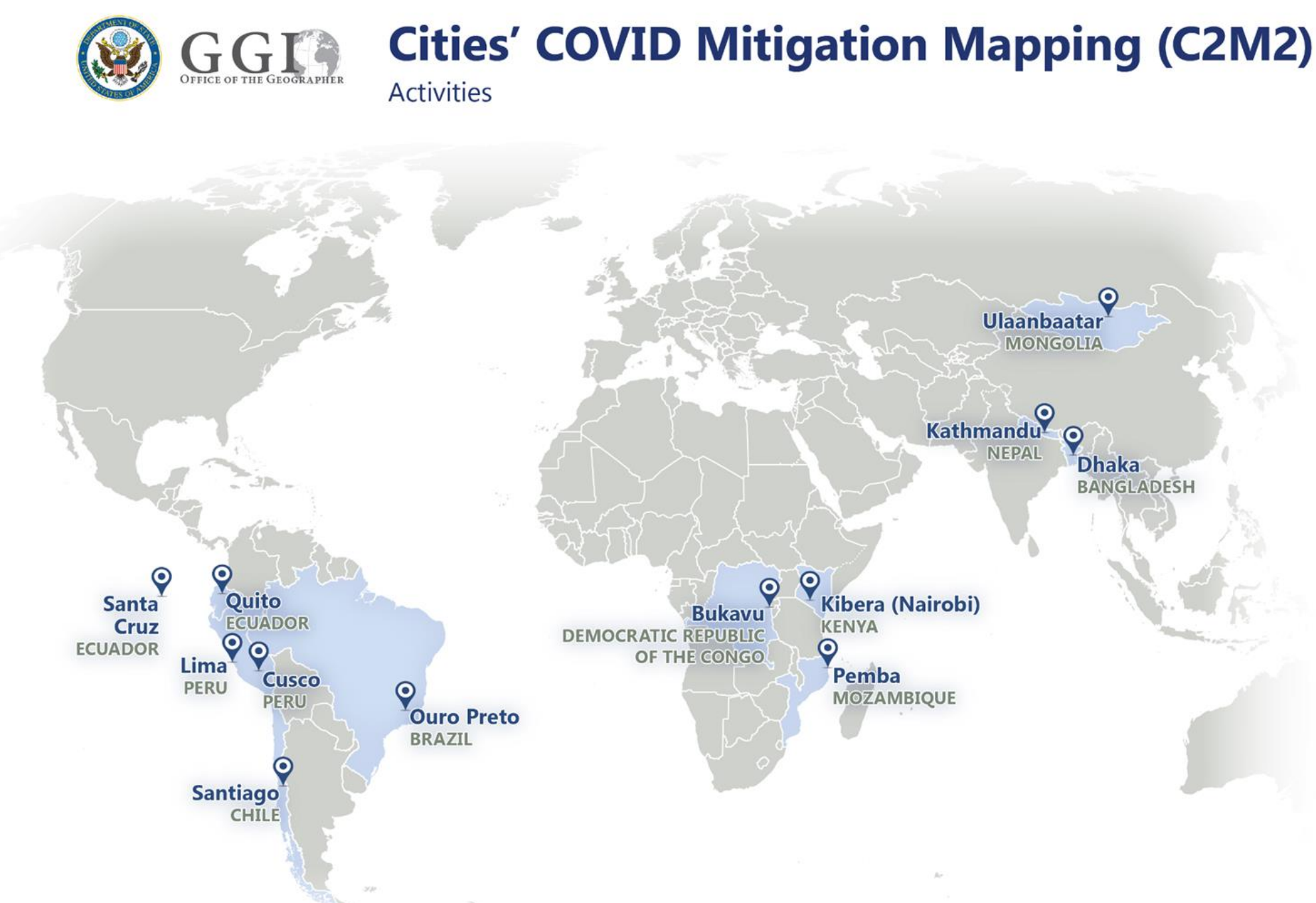**Cities' COVID Mitigation Mapping (C2M2)** Activities

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Image Source: MapGive Cities' COVID Mitigation Mapping

Methodology

1. Created a search term for Web of Science.
2. Collected, categorized, and analyzed 1612 academic papers.
3. Studied the papers/topics under different lenses.
4. Drew conclusions from the research results.

Results

In the process of the data analysis and review, all p-values less than or equal to 0.01 were taken as significant, and p-values greater than 0.01 were deemed insignificant.

Sociodemographic factors

Age, gender, and financial security are most significantly associated with poor mental health. The most significant effects occurring throughout the pandemic include anxiety, depression, and general stress, whereas the prevalence of other mental states, including uncertainty, helplessness, and fear, is fluctuating with developments and advancements in public health measures.

Results, cont'd

Vulnerable populations

People with pre-existing medical conditions have been impacted as a result of the pandemic. Treatment options have become limited in many parts of the world due to hospital overcrowding, shortage of available healthcare workers, financial strain and patients' apprehensiveness towards visiting hospitals out of fear of infection by COVID-19.

Conclusions

There are countless forms of inequity in our world, including gender, socioeconomic, racial, and more. All of these forms of inequity impact accessibility to medical care, resulting in disparities surrounding healthcare and treatment.

The COVID-19 pandemic unveiled many more of such inequities. Financial strain as a result of store and company closures, hospital closures as a result of overcrowding due to COVID patients, not receiving age- or gender-appropriate medical care, and not receiving the resources and attention required for pre-existing medical conditions are all inequities brought to light by COVID-19 which impact the accessibility and quality of medical care. Analyzing such inequities allows us to understand the overall well-being of populations throughout the world as well as gaps in healthcare accessibility. With this information, we can work towards initiatives and efforts to reduce disparities in healthcare.

Future Work

Limitations to this study include a limited database of academic articles and incomplete information regarding the impacts of the pandemic because it is an ongoing phenomenon.

As the course of COVID-19 progresses, vaccines are distributed, and countries lift restrictions, future studies on the continuing evolution of psychological responses to the pandemic, changes in mental healthcare accessibility, and the overall impact of quarantine on both mental and physical health can be conducted to prepare for and organize appropriate outreach and treatments in a post-COVID world.

Acknowledgements