

Chapter 3

Main Manifestations of the Psychological and Behavioural Impacts of the COVID-19 Pandemic on Populations: A synthesis study

Saga Mouhatti

University Ibn Toufail, Morocco

Khadija Ounine

University Ibn Toufail, Morocco

Amine Rkhaila

 <https://orcid.org/0000-0002-7894-9158>

University Ibn Toufail, Morocco

ABSTRACT

Several research studies conducted during the COVID-19 pandemic revealed its negative impact on the psychological well-being and quality of life of the population. The objective of this research-synthesis is to reveal the psycho-behavioral influence of the pandemic on the population. The authors conducted a systematic review according to the PRISMA (preferred elements for systematic review and meta-analysis) criteria, which included experimental and non-randomized controlled trials, observational research, and qualitative research using a biopsychosocial approach. They selected 23 publications that met the inclusion criteria and then ranked the main specific findings on the psychological and behavioural impact of the COVID-19 pandemic on the community. The results revealed that the pandemic generates stress, anxiety, helplessness, and social behavioural difficulties in the population. The research synthesis identified gaps and strengths in the prevention and management of population mental health in order to help governments develop well-structured intervention and protection programs.

DOI: 10.4018/978-1-6684-6496-0.ch003

INTRODUCTION

The COVID-19 pandemic is said to be the first in the globalized period, having the following characteristics: global scale, extremely fast transmission speed, cross-effects of global inter-territorial interdependencies, resource management, and the complexity of the spatial organization of economic globalization (Jeanne et al., 2022).

The incidence of the SARS-CoV-2 pandemic that induced COVID-19 syndrome is now extremely controversial. What is certain is that the virus produces a highly infectious form of atypical pneumonia (Chauhan, 2020). Covid-19 is thought to have initially arrived in the Wuhan region in November 2019, prior to global dissemination. Nevertheless, it was not until January 30, 2020, that the World Health Organization (WHO) reported the discovery of a virus and proclaimed a worldwide public health emergency. Finally, on March 11, 2020, the WHO declared the outbreak to be a pandemic (WTO, 2020).

The COVID-19 pandemic is part of a sequence of infectious disease emergence and re-emergence that has produced several significant outbreaks in recent decades, including the H5N1 flu in 1997 and 2005, SARS in 2003, H1N1 in 2009, MERS in 2012, and the Ebola outbreak since 2014. These epidemiological phenomena have been associated with community health hazards. This outbreak caused a twofold surprise: on the one hand, the advent of a novel pathology with a much too rapid spread. On the other hand, the discrediting of a paradigm that persisted throughout the twentieth century, according to which the global control of infectious phenomena and the forms of protection against health crises. In this hazardous environment, interest is placed on health resource management as well as countries' eventual reaction to the COVID-19 epidemic (Salman et al., 2021).

Infectious diseases, like other stresses in daily life, put our capacity to adapt to the challenge. Because the propagation of an infectious disease may induce concern, anxiety, and panic, makes us fear for our own and our family members' safety. Stressful experiences might also trigger memories of earlier traumatic occurrences, exacerbating our suffering. The psychological implications appear to be the most severe threat to the global population. Depression, anxiety, and post-traumatic stress disorder are the most often reported psychological problems in the literature (Yuan et al., 2021). Some research found a rise in spousal violence and child abuse during the first weeks of lockdown (Fegert et al., 2020). In this regard, (Jiao et al., 2020) highlighted how COVID-19 lockout potentially influence children and indicated that family and community participation could prevent potential mental and physical health difficulties. These children's increased psychological symptoms may be due to a lack of assistance during such a stressful period. Policies should consider the effects of confinement on the mental health of families and urge supportive intervention in the current and future (Spinelli et al., 2020).

20 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage: www.igi-global.com/chapter/main-manifestations-of-the-psychological-and-behavioural-impacts-of-the-covid-19-pandemic-on-populations/319155

Related Content

An Analysis of Factors Affecting Postnatal Depression Intervention Adherence

Omobolanle Omisade, Alice Good, Tineke Fitchand Jim Briggs (2017). *International Journal of Public Health Management and Ethics* (pp. 1-18).

www.irma-international.org/article/an-analysis-of-factors-affecting-postnatal-depression-intervention-adherence/193580

Cross-Cultural Competence: An Essential (but Neglected) Pillar of Global Health Initiatives

Jean Chamberlain, Eve Nakabembeand Sophia Guinness (2022). *Contemporary Issues in Global Medicine and Moving Toward International Healthcare Equity* (pp. 1-11).

www.irma-international.org/chapter/cross-cultural-competence/312270

An Islamic Faith Perspective on Using Social Media / Mainstream Media to Prompt Organ Donation/ Transplantation Awareness: Going Beyond Science- Nephrology

Shahid Muhammad (2018). *International Journal of Public Health Management and Ethics* (pp. 1-12).

www.irma-international.org/article/an-islamic-faith-perspective-on-using-social-media--mainstream-media-to-prompt-organ-donation-transplantation-awareness/204406

Ethics of Outsourcing Drug Trials

Somjit Barat (2021). *International Journal of Applied Research on Public Health Management* (pp. 1-16).

www.irma-international.org/article/ethics-of-outsourcing-drug-trials/278787

Exploring Decision-Making Processes in Neuroeconomics: Neuroeconomics and Health Behavior

Leema Jacob and K. Jayasankara Reddy (2025). *Behavioral Economics and Neuroeconomics of Health and Healthcare* (pp. 79-94).

www.irma-international.org/chapter/exploring-decision-making-processes-in-neuroeconomics/356622