

**EXAMINATION OF THE IMPACT AND CONSEQUENCES OF THE COVID-19
PANDEMIC ON MENTAL HEALTH**

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The ongoing Coronavirus disease 2019 (COVID-19) pandemic poses a serious threat to public health worldwide. Moreover, COVID-19 pandemic has also led to the mental health consequences due to the financial and existential uncertainties and social constraints. The study was conducted from February to May 2021 to determine the impact of the COVID-19 pandemic on an individual's mental health. A total of 104 volunteers (62 female and 42 male) participated in the study, of whom close to 60% suffered from COVID-19, as well as close to 90% of their family members. In addition, 10% of respondents report the death of a family member as the outcome of COVID-19, which coincides with the official reports of the Institute of Public Health "Dr Milan Jovanovic Batut" of the Republic of Serbia. The DASS-21 scale was used to assess the degree of anxiety, stress, and depression, as well as mental health in general. The results indicate the highest degree of stress (in 52.9% of respondents), while anxiety disorders and depression are present in more than a third of respondents (about 35%). Similar results were obtained in an Italian study, which confirms the need for a timely response and empowerment of the individual to seek professional help. These data were especially emphasized in the respondents who reported a death within the family. The results of our study, as well as numerous other studies, unequivocally indicate the negative impact of the COVID-19 pandemic on mental health. Furthermore, potential psychopathological consequences have yet to be thoroughly investigated.

References

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ISPITIVANJE UTICAJA I POSLEDICA PANDEMIJE COVID-19 NA MENTALNO ZDRAVLJE

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Tekuća pandemija COVID-19 (engl. Coronavirus disease 2019) predstavlja ozbiljnu pretnju po javno zdravlje širom sveta. COVID-19 ne samo da ugrožava fizičko zdravlje, već utiče i na mentalno zdravlje usled različitih okolnosti: gubitka porodice, posla, društvenih ograničenja i neizvesnosti, kao i straha od budućnosti. Naša studija je sprovedena od februara do maja 2021.godine u cilju utvrđivanja uticaja i posledica COVID-19 pandemije na mentalno zdravlje pojedinca. U istraživanju je učestvovalo 104 ispitanika (62 žene i 42 muškarca), od kojih je oko 60% bolovalo od COVID-19, kao i blizu 90% članova njihovih porodica. Pored toga, 10% ispitanika beleži i smrtni ishod kao ishod COVID-19 kod pojedinih članova porodice, što se poklapa sa zvaničnim izveštajima Instituta za javno zdravlje "Dr Milan Jovanović Batut" Republike Srbije. Za procenu stepena anksioznosti, stresa i depresivnog stanja, kao i mentalnog zdravlja u celini, korišćena je DASS-21 skala (engl. The Depression, Anxiety and Stress Scale - 21 Items). Rezultati ukazuju na najveći stepen stresa (kod 52,9% ispitanika), dok su anksiozni poremećaji i depresivnost prisutni kod više od trećine ispitanika (oko 35%). Slični rezultati dobijeni su i u italijanskoj studiji, što potvrđuje neophodnost blagovremene reakcije i osnaživanje pojedinca da potraži stručnu pomoć. Ovi podaci su posebno naglašeni kod ispitanika koji su naveli smrtni slučaj u porodici. Rezultati naše studije, kao i mnogobrojnih studija nedvosmisleno ukazuju na negativan uticaj pandemije COVID-19 na mentalno zdravlje. Sa druge strane, buduća istraživanja, sa vremenske distance će svakako pouzdanije pokazati intezitet potencijalnih psihopatoloških posledica COVID-19.

Literatura

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