

Coronavirus disease 2019 and its pervasive anxiety in the world

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Abstract

Psychotherapy approaches such as cognitive behaviour therapy (CBT) and emotionally focused therapy have also been used in this study, which considers subjects of cognition, attachment and emotion. However, this virus, together with the damage it has caused, has also provided people with opportunities to develop their existential and skill-building capacities and has led to achievements. These include upgrading the hardware and software capabilities; improving the knowledge of specialists; adhering to the principles of health and hygiene by the public; enhancing the spirit of empathy between people and authorities; understanding the importance of the efforts of medical staff; publishing scientific articles and reaching knowledge limits; identifying strengths and weaknesses in various areas, especially in the field of crisis interventions; increasing public awareness in the medical field, particularly of communicable diseases; enhancing the sense of responsibility of individuals and authorities; and lack of excessive trust in cyberspace.

Keywords: Anxiety, COVID-19, emotion regulation, anxiety disorders, stress, cognitive behaviour therapy, emotionally focused therapy, psychotherapy;

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1. Introduction

The World Health Organisation (WHO) declared coronavirus disease 2019 (COVID-19) an emergency in the area of public health on 30 January 2020 (Goyal, Chauhan, Chhikara, Gupta, & Singh, 2020). Coronavirus is a large family of viruses that can cause breathing infections ranging from common cold to more severe diseases like middle east respiratory syndrome-corona virus-2 and SARS-8. The virus was recently dubbed COVID-19. The outbreak of this new virus began in December 2019 in Wuhan, China (Agency, 2020). In light of the current COVID-19 pandemic, we wanted to assess the evidence on improving immunity in viral infections. This review, therefore, focuses primarily on influenza-like viral infections; however, other viral infection studies were also included. Finally, practical recommendations for preventive and therapeutic nutritional interventions for COVID-19 have been drawn up (Jayawardena, Sooriyaarachchi, Chourdakis, Jeewandara, & Ranasinghe, 2020).

COVID-19 is a serious threat to global health and is now recognised as one of the major human concerns internationally as 210 countries have 2,988,945 affected people and 206,728 people have died. From a psychological point of view, the most important issues related to COVID-19 are stress, anxiety and their consequences (Al-Rabiaah et al., 2020). Anxiety is considered a diffuse, unpleumhur & Gexasant and vague feeling of fear with an unknown origin that people experience (Cumhur & Tezer, 2019). It is, in fact, a sense of insecurity, helplessness and physiological excitement that has a negative emotion along with a feeling of concern about a particular danger that is likely to occur (Association, 2013). Little research has been carried out on the experience of anxiety in patients with coronavirus. In fact, anxiety in such patients is mostly due to the unknown disease and the cognitive ambiguity of people about the virus. Fear of the unknown reduces the perception of immunity in humans and has always been an anxious concern. The lack of scientific information about COVID-19 also exacerbates this anxiety (Novel, 2020). Therefore, stress and anxiety can weaken the immune system (Qu et al., 2020). In addition, chronic stress can also lead to cognitive impairment, disturbance in the regulation of emotions and memory disruption, which lead to incorrect decision-making. COVID-19, which is now a global pandemic, is accompanied by a number of stressful conditions, including reports of rising deaths that are associated with social distancing stress (social isolation), negative reports of social distancing (social isolation), negative reports about the economy and fear of global hunger. This new hard experience can increase the chance of anxiety in the population (Wu & McGoogan, 2020).

1.1. Frameworks

If anxiety persists, then it may lead to mental disorders such as generalised anxiety disorder (GAD). This disorder is a type of anxiety disorder that is defined as an excessive and unreasonable worry about everyday occurrences and activities (Ranjbaran, Aliakbari, & Javidi, 2016a). In contrast to panic attacks, GAD is more chronic and can last for months. The symptoms of this DSM-5 disorder may be listed as follows: severe anxiety and worry, inability to control anxiety, social dysfunction and anxiety associated with symptoms, such as restlessness, fatigue, lack of concentration, irritability, muscle tension and sleep disturbances which cannot be attributed to the direct effects of one substance, one physical illness or another mental illness (Ganji & Ganji, 2013). The panic disorder may also be caused by anxiety. This disorder is a psychological condition characterised by a group of anxiety disorders that occur with a sudden onset of panic

in the patient and a fear of recurrence. These attacks, which usually last no more than a few minutes, are accompanied by symptoms such as palpitations, sweating, shortness of breath, chest tightness, tremors, loss of balance or confusion. These symptoms are so widespread that people think they have had a heart attack and are afraid to die (Ranjbaran, Reyshahri, Pourseifi, & Javidi, 2016). Obsessive compulsive disorder (OCD) is another consequence of anxiety. In fact, OCD causes anxiety and, as a result, the person acts obsessively to relieve anxiety, thus trying to reduce anxiety. Also, according to recent research, the spread of the coronavirus can cause significant psychological stress, which may have adverse effects on students' learning and overall mental health (Sood, 2020). Generally, the rapid increase in fear and anxiety among people due to the uncertainty of the treatment of this disease is associated with basic and, at the same time, social disruptive actions such as closure and quarantine, which can lead to other significant psychological disorders, such as post-traumatic stress disorder, depression and other behavioural disorders. Unforeseen factors including family distance, loneliness, misinformation on social media and financial insecurity are also effective in exacerbating mental disorders (Christian, Hensel, & Roth, 2019).

1.1.1. Anxiety: good or bad?

Well, according to what has been said, is this anxiety only destructive or is it helpful? There are two different aspects to anxiety. On the one hand, anxiety is not only good, but it is necessary and can cause attention, focus, alertness, behavioural change and planning. In fact, a feeling of environmental insecurity, together with anxiety and ambiguity, develops in an anxious person, which causes the whole organism to unite in an attempt to make the environment safer, and thus the organism defends itself against insecurity (DoughAbadi, Soleimani, & Javidi, 2016).

In fact, a natural level of anxiety increases the body's ability and energy to secrete cortisol and can focus a person's attention on prevention and personal and environmental health (Latifoğlu et al., 2017). As a result, in this particular crisis, the person takes everything more seriously and reduces the risk of coronavirus infection. On the other hand, when the level of anxiety increases, it is no longer helpful and may also cause confusion, discomfort and disorder. So, what is said about the destructiveness of anxiety is related to a high level of anxiety, which causes the person to be unable to have emotional management and, therefore, increases the risk of coronavirus infection (Ranjbaran, Aliakbari, & Javidi, 2016b; Stroebe, Schut, & Boerner, 2017).

1.1.2. Psychotherapy approaches to anxiety

Can anxiety be regulated to a normal level? Psychologists use psychotherapeutic approaches such as cognitive behavioural therapy (CBT) approaches and emotionally focused therapy (EFT) to help regulate anxiety levels in order to treat individuals (Najafi et al., 2015). In the CBT approach, it is said that the basis of negative emotions is negative with wrong beliefs. In fact, healthy beliefs lead to healthy emotions and ultimately to healthy functioning. This approach also helps to improve anxiety through the use of psychological training techniques, cognitive reconstruction, coping and role-playing. The EFT approach is also a short-term approach, which is an empiric humanistic approach to rebuilding emotional business, and uses a structural systemic approach to rebuild interactions (Javidi, Soleimani, & Ahmadi Kh, 2013; Najafi, Soleimani, Ahmadi, Javidi, & Kamkar, 2015; Soleimani et al., 2015). This approach focuses on emotions and helps people to achieve emotional self-regulation. It actually uses the

components of focusing on positive emotions, emotional reconstruction, finding new meanings to better communicate with others and better adapting to the environment (Javidi, 2013). In this approach, the therapist pays special attention to the attachment styles and the communication patterns of individuals (Javidi, Soleimani, & Ahmadi, 2001; Najafi et al., 2015). On this basis, the therapist regulates the treatment process in such a way so as to lead to a secure attachment, so that people can move more confidently towards a positive and constructive relationship in order to be able to express their emotions constructively (Javidi, Soleimani, & Ahmadi Kh, 2012; Javidi et al., 2013). In fact, the precarious feeling of anxiety is being treated in this approach. This is due to the fact that the main focus of this approach is to create a safe, emotional and supportive environment. In fact, both approaches help to control and manage anxiety by managing and regulating emotions.

1.1.3. Opportunities

However, this virus, along with the damage it has caused, has also provided opportunities for people to develop their existential and skill-building capabilities and has led to achievements such as hardware and software upgrades, improved knowledge of specialists, adherence to the principles of health and hygiene by the public and an increase in the spirit of sympathy between people and the authorities. It also includes understanding the importance of efforts by medical staff; publishing scientific articles and reaching knowledge limits; identifying strengths and weaknesses in various areas, in particular, in the field of crisis intervention; increasing public awareness in the medical field, in particular, on communicable diseases; enhancing people's and authorities' sense of responsibility; and lack of excessive trust in the cyberspace. Its psychological achievements also include improving individual emotional regulation, identifying individual existential capacities in times of crisis, controlling anxious beliefs, improving psychological adjustment, recalling anxiety about death, remembering God and seeking refuge in God, enhancing creativity and innovation, individual self-assessment in the field of courage/fear and indifference, better understanding of the value of health, a distinction between opportunism and profit and fame-seeking and truth-seeking, human attention to family and friends, the empowerment of sympathy and the creation of home opportunities and home quarantine jobs.

1.1.4. Consequence

At the end of the day, it can be stated that, although it is true according to the Holy Quran, 'It may be that you dislike a thing while it is good for you, and it may be that you love a thing while it is evil for you, and Allah knows, while you do not know' (verse 216, Surah Al-Baqara). God also says, 'do not despair of the mercy of Allah; surely Allah forgives the faults altogether; surely He is the Forgiving the Merciful' (verse 53, Surah Az-Zamar) [Al Quran, 2001].

According to the quotations mentioned above, and with regard to the fact that the Holy Quran believes that after every difficulty comes relief (verse 94, Surah Al-Sharh), it can be concluded that these difficult days will definitely pass and that ease and relief will return to the lives of human beings. It, therefore, appears that, in such circumstances, the human duty is to deal with the damage caused by coronavirus, as well as to enhance the scientific and psychological capabilities of individuals. Therefore, it is best to focus on opportunities for growth and improvement of existential capacity in times of crisis.

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