عنوان مقاله:

What Effect has Quarantine and Social Distance had on the Psychological Health of People during the COVID-19 Outbreak?

محل انتشار:

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خلاصه مقاله:

COVID-19 is a rare and deadly disease and the best way to prevent its outbreak is quarantine in cities. Despite the many benefits that quarantine may provide, its psychological consequences cannot be ignored. Therefore, the present study is conducted to investigate the prevalence of psychological symptoms in people during quarantine due to the prevalence of coronavirus. The statistical population in this study was all quarantined people in Iran, of which ۲۰۲ (۹۱ males and ۱۱۱ females) were selected by the convenience sampling method. The data collection tool in this study was the SCL-۹۰-R questionnaire, which was distributed online among individuals. The results of this study showed that the average global severity index (GSI) of men and women with ۰.۶۹ and ۰.۹۵, respectively, is in the normal range, but in men, the average dimension of hostility being ۱.۲۰, and in women, the average dimensions of depression and phobic anxiety fear being ۱.۲۵ and ۱.۰۰, respectively, are above the normal range and are in the range of mild disorder. Therefore, it is recommended to reduce the psychological consequences of quarantine by psychological support during quarantine or post-quarantine period and utilize proper psychotherapies to cure them

کلمات کلیدی:
COVID-19, Quarantine, Psychological symptoms, SCL-۹۰-R

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