

عنوان مقاله:

Different methods of treating psychological problems during COVID-19 pandemic

محل انتشار:

شانزدهمین کنفرانس بین المللی روانشناسی، مشاوره و علوم تربیتی (سال: 1402)

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خلاصه مقاله:

Background: The coronavirus disease ۲۰۱۹ (COVID-۱۹) pandemic has had adverse mental health effects including depression, anxiety, and loneliness worldwide. Objective: to investigate different methods of controlling the mental health problems during COVID-۱۹ pandemic. Method: we searched Pubmed, Scopus, and Google Scholar search engines during Jan ۲۰۲۰ to Jan ۲۰۲۳. The keywords that have been searched include "COVID-۱۹", "depression", "anxiety", "mental health", and "treatment". Review articles, letters, and non-English articles were excluded. Result and discussion: Some methods that have been evaluated in recent literatures to treat psychological problems during COVID-۱۹ pandemic were peer education intervention, empathy-focused program, behavioral activation, mindfulness program, mobile phone-based intervention, curbing anxiety and depression using lifestyle medicine, group and personal exercise programs, tai chi, social determinants, emotional freedom techniques, dance therapy, cognitive behavioral therapy, and internet-based self-help interventions. Conclusion: mental health problems that have become prevalent during COVID-۱۹ pandemic can be effectively reduced by some methods that were mentioned in this study

کلمات کلیدی:

.COVID-۱۹; depression; anxiety; mental health

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