



Impacts of the COVID-19 pandemic on the population's mental health

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INTRODUCTION: COVID-19 is an infectious disease transmitted by the Sars-CoV-2 virus, which can cause mild flu-like symptoms and even death. In April 2020, the World Health Organization declared a pandemic for COVID-19. The virus has a high degree of transmissibility, causing a high number of infected people. From this, the authorities of several countries, including Brazil, have adopted restrictive measures, such as social isolation, in order to reduce the spread of the disease in the population, thus avoiding the collapse of the health system. These measures of social isolation caused changes in the daily life of society, but they were necessary to contain the advance of the virus. The worrying factor in this pandemic period is the mental health of the population, since it presents different responses to the stressful situation experienced, most of them being negative responses.

OBJECTIVE: To analyze the psychological impacts on the population resulting from the pandemic caused by the coronavirus. **METHODOLOGY:** A bibliographical research was carried out in the Scielo database with the descriptors: "pandemic" "mental health" "coronavirus"; the descriptors were associated by the Boolean operator AND. Through this search, four articles related to the theme were selected. **RESULTS:** Social distancing is one of the ways to decrease the rate of those infected by COVID-19; however, this measure has negatively impacted the mental health of a large number of people. It was observed that symptoms related to sadness, sleep disturbance, nervousness, high levels of stress, anxiety and depression increased in the young population. These reactions were associated with the uncertainty of the future, since places of social interaction were closed. In relation to people with mental disorders, a high level of sadness was identified, resulting from the need to readapt to or discontinue treatment. It is also important to emphasize the increase in the level of suffering in a portion of the working population due to the risk of unemployment. In the population with lower purchasing power, a high degree of stress related to the possible difficulty of access to the public health system was observed. In the elderly population, there was a predominance of emotional disorders, depression, depressive mood, insomnia, due to social isolation, also associated with the phobia of being infected



and developing more severe forms of the disease, since they are considered a risk group and are more likely to die. Besides the vulnerable groups, there was an increase in the levels of stress, sadness, anxiety, depression, mood swings, anguish, insomnia, anger, and stress symptoms in the general population. These aspects were associated with powerlessness in the face of every disastrous scenario, in addition to fear of the unknown. **CONCLUSION:** The pandemic caused by Sar-Cov-2 has caused significant changes for a large portion of the population, with negative effects from the physical and psychological point of view, generating great suffering in different groups of society. In view of this, it is essential to carry out studies that detect the pandemic's harmful effects on the mental health of the population, enabling the public authorities to formulate and implement measures that reduce the psychic damage caused during the pandemic period, which persist even after the resolution of this global event.



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