



Letter to Editors

Covid-19 disease will cause a global catastrophe in terms of mental health: A hypothesis



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A situation, like the present one, associated with the spread of infectious disease, results in intense mental stress [1]. Studies confirm that individuals who have experienced [2], or not [3], COVID-19 emergencies have mental disorders such as stress, anxiety, and depression. There are also psychological disorders of occupational origin, such as those found in members of medical teams working in contact with infected patients [4]. In general, the population confined to their homes appears with new emotional disorders (irritability, insomnia, fear, confusion, anger, frustration, boredom), which previously did not suffer from them, but now even persist after the quarantine is lifted [5]. Furthermore, recent studies report that the virus not only affects the respiratory system, it could also be affecting the nervous system of infected people [6], which could cause the appearance of new psychological diseases.

So, a question arises: Will COVID-19 have a strong impact on the mental health of humanity? our hypothesis is that in the short and medium term, the entire world population, infected and uninfected, rich and poor, professionals and non-professionals, regardless of race, religion, gender, or age, undeniably all will suffer from a mental disorder associated with COVID-19. Thus, in the coming years, governments will not only have to deal with economic problems but also perhaps with a bigger problem, the mental health of their population.

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Conflict of interest statement

No conflict of interest.

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