

عنوان مقاله:

Overview on Children Mental Health Status during Coronavirus Disease: Expressing How to Support

محل انتشار:

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تعداد صفحات اصل مقاله: 7

نویسندگان:

Gholamreza Mohammadi - Assistant Professor, Velayat Hospital, Semnan University of Medical Sciences, Semnan, Iran

Kobra Sheidaee - Department of Pediatric Neurology, Bu-Ali Sina Hospital, Mazandaran University of Medical Sciences, Sari, Iran

Saeed Dashti Dargahloo - Student Research Committee, Faculty of Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Mohammad Tabarestani - Student Research Committee, Faculty of Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Mohsen Hosseinzadegan - Medical Student, Student Research Committee, Faculty of Medicine, Mazandaran University of Medical Science, Sari, Iran

Farzane Ashrafinia - Department of Nursing and Midwifery, Razi School of Nursing and Midwifery, Kerman University of Medical Sciences, Kerman, Iran

Masoudeh Babakhanian - Student Research Committee, Psychiatry and Behavioral Research Centre, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Iran

خلاصه مقاله:

Background: Coronavirus pandemic puts children in a more critical mental status compared to adults. Some symptoms of children's mental disorders include extreme dependence, anxiety, fear, anger, and impatience. The present study aimed to review the studies, which have investigated the effects of coronavirus and its consequences on mental health, particularly the children, and provide some effective strategies to support them. Materials and Methods: In this overview, two researchers carried out the present study after comprehensive research according to the latest articles in PubMed/Medline, Web of Science, and Google Scholar until March ۲۷ ۲۰۲۰. Results: Ten studies examined were conducted on the children mental health status (the symptoms of depression (۲۲.۶%), anxiety (۱۸.۹%), and the prevalence of Post-Traumatic Stress Symptoms (PTSS) (۳۰%)) as well as irritability, anger, emotional discharge and other symptoms, such as sleep disorders, nightmares, nocturnal enuresis, eating disorders, the sense of loneliness, the fear of illness and loss of parents or caregivers, understanding the physical signs of the disease in children under quarantine, news of outbreaks and school closures. This review reports that the symptoms of fear and anxiety in children of ۱۲-۱۷ years old are higher compared to adults. Conclusion: To reduce the negative psychological effects on the children arisen from coronavirus crisis, despite the recommendations of World Health Organization (WHO), and

the United Nations Children's Fund (UNICEF), some strategies are significantly important including physiological counseling for parents and children, access to the mental health services, and paying more attention to the children exposed to risk.

کلمات کلیدی:

Children, COVID-۱۹, Mental health, Support

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