



Group Psycho Social Intervention (G-PSI) for Dealing with Negative Impact of Covid 19 in Psychological Wellbeing

Ismail Shihabuddeen TM

Psychiatry Rehabilitation Consultant & Counseling Psychologist, KIMS, Kasaragod, Kerala, India

***Corresponding author:** Dr Ismail Shihabuddeen TM, Psychiatry Rehabilitation consultant and Counseling Psychologist, KIMS, Kasaragod, Kerala, India.

Received Date: April 30, 2021; Published Date: May 30, 2021;

© All rights reserved by Ismail Shihabuddeen TM

Keywords: Group Psycho Social Interventions, Negative impact of Covid 19, Psychological wellbeing

Editorial

Despite of availability of few varieties of vaccines for the novel Covid 19, individuals are unable to perceive psychological wellbeing due to multi-factorial reasons. Among the affected population, some are complaining of Post-Covid syndrome and some about Long Covid symptoms. However, the research is inadequate at this juncture to convince the treatment providers in treating various Post Covid19 concerns. While it takes lot more time for research studies to be evaluated globally; the supportive group psycho social interventions (G-PSI) can be viewed as an unmet need for the individuals who had an experience of Covid19. Loneliness is one common impact reported globally even during hospitalization. There are reports about lockdown loneliness and quarantine loneliness too. Hence, one among the rehabilitation strategy would be an opportunity for group psycho social interventions (G-PSI) for those hospitalized and for those who have become negative in RT-PCR test after Covid 19 treatment. This would help to enhance support

system to go back to pre-morbid level of psycho social role functioning. It is also very important to deal with misconceptions related to Covid19, treatment availability and the role of vaccines. This can influence the knowledge and attitude of the individuals in building better community living. Feasibility of group interventions depends on the multi-disciplinary treatment team work or availability of trained mental health professionals. Referral system must be effective in identifying the individuals who can be benefitted from group interventions. Regular participation in group interventions during hospitalization is expected to reduce personal distress. This in turn will make the individuals to have readiness for such supportive group interventions even after discharge for their psychological concerns.

Negative impact is also reported among the psychologically vulnerable and individuals on treatment for various psychological disorders.

People with mental health concerns reportedly had more psychological symptoms during the pandemic outbreak and while related advices that comes through media and social networking sites adds to their anxiety. Tendency of increased washers' traits is difficult to address. As washer's trait is considered as new normal criteria for prevention of Covid19 spread. However, this can increase the severity of symptoms of people diagnosed to have OCD (Obsessive Compulsive Disorder). Persons with Panic disorder with Agoraphobia might avoid socialization task prescribed; and may report an increased difficulty level. Similarly, for most of the psychological disorders, Covid 19 can create negative impact in psychological wellbeing or psycho social role functioning. Mild to Moderate Depression is also reported as an outcome of going through Covid 19 experience among few; which needs to be analyzed through further research. Similarly, fear associated with Covid 19 spread may affect the follow up visits to the hospitals for Psychiatry/Psychosocial treatment. Hence compliance to the prescribed treatment regime must be ensured with adequate psycho-education. Furthermore; in general, joblessness cannot be termed purely as a handicap of the individual as the pandemic caused un-ethical lay-offs. Economic adjustment during pandemic often makes the individuals to prioritize to meet only the basic needs. Stress due to sudden decline in income or less chances for getting new jobs even for the qualified; adds to this scenario. Employers may try to cut off the number of professionals in their organization/units which can affect the quality of services provided. The family of the affected goes through high anxiety due to uncertainty if their affected ward is living abroad or vice versa. Non-availability for quarantine space in their house or

elsewhere could be another concern for the economically poor.

When empowered an individual during the group interventions, the word of mouth of the participant helps others to deal with Covid 19 by being careful and with a balanced approach towards life. Attitude towards the recovered must be refined by adequate awareness or stigma reduction camps. This can empower society in dealing with future pandemic outbreak together with unity. Group interventions outweigh the individual based interventions in many ways especially during Covid 19 outbreak.

Provision of group psycho social interventions (G-PSI) may be categorized into:

For in-patients -during hospitalization: Screening is required for selecting the right participants among the in-patients with covid19.

For individuals with post Covid19 syndrome or long Covid -after negative RT-PCR test results: This need must be evaluated during follow up calls / tele-counselling.

For individuals who are recovered from Covid 19: Based on the expressed needs of the individual

For the family members of Covid 19 affected individuals: Based on the family burden and distress elements shared during counselling.

When affected by Covid 19, the individuals who are either on treatment for mental illness or had mental health vulnerability; may have increased severity of symptoms. This can in turn affect the individuals' physical health or psycho social role functioning. Hence, the burden of the caregiver may increase in intensity. Group Psycho Social Interventions (G-PSI) may be provided in both government and private treatment centers by recruiting mental health professionals like Psychiatry Rehab Specialist or Counselling Psychologist trained in rehabilitation. In a nutshell; at least the treatment center for Covid 19 must add Group

Group Psycho Social Intervention (G-PSI) for Dealing with Negative Impact of Covid 19 in Psychological Wellbeing

Intervention in daily schedule for better treatment outcome. There must be a helpline to communicate further progress or deterioration to the treatment providers after discharge from the hospital. This will also help in identifying Post covid19 concerns

and psychological wellbeing of the individuals. The data will be helpful for recruitment for G-PSI and referral for other services. Utilization pattern of such supportive intervention must be studied.