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# Depression due to COVID-19 Pandemic Effects on Human Behaviors

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## SHORT COMMUNICATION

Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behavior, motivation, feelings, and sense of well-being. It may feature sadness, difficulty in thinking and concentration and a significant increase or decrease in appetite and time spent sleeping. People experiencing depression may have feelings of dejection, hopelessness and, sometimes, suicidal thoughts. It can either be short term or long term. The core symptom of depression is said to be anhedonia, which refers to loss of interest or a loss of feeling of pleasure in certain activities that usually bring joy to people [1]. Depressed mood is a symptom of some mood disorders such as major depressive disorder or dysthymia it is a normal temporary reaction to life events, such as the loss of a loved one; and it is also a symptom of some physical diseases and a side effect of some drugs and medical treatments [2].

Changes in personality or in one's social environment can affect levels of depression. High scores on the personality domain neuroticism make the development of depressive symptoms as well as all kinds of depression diagnoses more likely, and depression is associated with low extraversion. Other personality indicators could be: temporary but rapid mood changes, short term hopelessness, loss of interest in activities that used to be of a part of one's life, sleep disruption, withdrawal from previous social life, appetite changes, and difficulty concentrating.

The current corona virus (COVID-19) pandemic is a particular and rare situation. It can affect people physically, but also psychologically. In this type of context, many people will experience stress, anxiety and depression reactions. This page should be seen as a tool that can help you to minimize the repercussions of these kinds of reactions on your life [3].

Stress is a normal physiological response to an abnormal situation. As such, it is part and parcel of our lives. It enables our body to adapt to the multiplicity of positive and negative events that we experience, like a birth, marriage, loss of employment, etc. Stress comes and goes on its own, depending of what factors are involved. For example, if you feel stressed on the job but less so at home in the evening or on the weekend, we could deduce that the stressors are work-related [4].

### Physical symptoms

- Headaches, neck tension, gastrointestinal problems, etc.
- Sleep problems
- Lower appetite
- Lower energy, fatigue

Contrary to fear, which is a response to a well-defined and very real threat, anxiety is a response to a vague or unknown threat. Anxiety manifests itself when we believe that a dangerous or unfortunate event may take place and are expecting it. Everyone experiences anxiety at their own individual degree and intensity. How the anticipated event is perceived will greatly influence the intensity of the anxiety experience.

The dictionary defines depression as a passing state of lassitude, discouragement and sadness. Depression can appear in a variety of physical and psychological ways. Its intensity varies from one person to the next.

### Psychological and emotional symptoms

- Virus-related worries and insecurity
- Feelings of being overwhelmed by events, powerlessness
- Self-verbalization that does not always reflect reality
- Negative vision of things or daily events
- Feelings of discouragement, insecurity, sadness, anger, etc.

### Behavioural symptoms

- Difficulty in concentrating
- Irritability, aggression
- Crying
- Withdrawal, insularity
- Difficulty in taking decisions
- Increased use of alcohol, drugs and/or medication

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