

Insight about The Psychological, Spiritual and Nutritional Recommendations to heal from Corona Virus (covid-19) in the Pakistani Societies

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Abstract

Pakistani society consists of a collectivistic culture. Socialization, daily meet and greet are considered to be the regular norm activities in all the cities of Pakistan. The call for COVID-19 pandemic prevention in the country like Pakistan creates chaos in the lives of lively citizens. The self-quarantine and lockdown are continued for the last few days and there is a piece of breaking news that the first patient has died today in Mayo Hospital, Lahore, it is 24th March 2020 Tuesday.

Purpose: In this situation, there is a need to highlight some proven remedies that specifically work at a place where the majority is the Muslim community.

Approach: The information is taken from valid and reliable recent academic sources that are related to mental healthcare, spiritual remedies and nutritional needs of human beings with relevance to deal with the infectious epidemic in this society.

Outcome: This paper sheds a light on the evidence-based viewpoints to implement in various dimensions for healthy human beings survival.

Keywords: COVID-19; Pakistan; Mental Health; Spirituality; Nutrition

Introduction

A large proportion of human beings worldwide are infected through its outbreak from China (Ahmad et al., 2020) and an equal number of individuals are involved in explaining the mechanism of the disease neurologically and physiologically (Baig, Khaleeq, Ali, & Syeda, 2020). The focus is on the investment of resources for the development of a cure (Wu & McGoogan, 2020). The reported cases are confirmed through laboratory testing wherever possible and deaths are verified as well (World Health, 2020). Meanwhile, the infection has spread to many other European countries including the U.S., Italy and from Iran, it reached Pakistan in February 2020 (Zhuang et al., 2020).

Problems in breathing are also seen in severe cases of the virus. As the immunity declines Human Corona Virus (HCOV) have been spreading recently in the Middle Eastern countries via respiratory diseases (Fung & Liu, 2019). The rising pollution in Pakistan is the proof of trigger that clouds the normal and healthy breathing patterns. The SMOG verifies the development of respiratory syndromes in such societies (Leng, Daniel, & Munday, 2017).

Materials and Methods

Corona Virus and Pakistan

One of the countries suffering from the COVID-19 pandemic is Pakistan. Started from Sindh, Punjab is in the shackles of the infection (Mukhtar & Mukhtar, 2020). This is accompanied by poor healthcare facilities, fragile economic and political situation of the nation that is obvious for everyone (Saqlain, Munir, Ahmed, Tahir, & Kamran, 2020).

While scientists are working on antimicrobial therapeutics the population of Pakistan is ordered to take precautionary measures as shared by public health authorities (Maguire, 2020) that they have been instructed locally, for example, use sanitizers, wash hands frequently and wear masks etc. Fever, flu, cough, tiredness and breathing difficulties are the chief complaints in the COVID-19. The symptoms worsen and transfer through person-person interaction, sneezing and coughing droplets (Wickramasinghe et al., 2020). Breathlessness is prevalent in the last few years and witnessed in the form of the alarming rate of patients who have respiratory diseases due to SMOG, pollution, climatic changes, geographical and unhealthy conditions (Leng et al., 2017)

Hence, it is strictly announced that all individuals must isolate themselves at homes and in their rooms, cutting off all the social gatherings and interactions to save the precious lives on personal and regional levels (Adiga et al., 2020). It is needless to say that it is a very difficult time for the people of Pakistan in this regard; the hardest part is disconnection from socialization, going out and enjoying the normal routine tasks. This shows the need for using Internet technology to overcome the social problems and psychological impact that is haunting the people with the concept of quarantine urgently.

The outbreak of the pandemic coronavirus (COVID-19) has been expanding since the last couple of months and the number of cases (Zheng, Ma, Zhang, & Xie, 2020) has been fluctuating depending on the severity of the infection, age and health condition of the sufferers, preventative and precautionary measures (Lipsitch, Swerdlow, & Finelli, 2020). It has been detected through CT scan image analysis that the virus (Gozes et al., 2020) is related to the respiratory syndrome and damage in the cardiovascular system (Zheng et al., 2020). The lack of availability of healthcare services including testing and treatment pharmacologically provoked the attention to the control over psychological aspects of COVID-19 (Ebrahim, Ahmed, Gozzer, Schlagenhaut, & Memish, 2020). The spread of the virus is dramatic across countries and the mental health chaos is predicted to be the most harmful effect in this situation (Anderson, Heesterbeek, Klinkenberg, & Hollingsworth, 2020).

Regardless of the race, sex and religions the public service messages have claimed the power of moral initiative around the world. The result changes in human behaviour for the sake of saving lives (Everett, Colombatto, Chituc, Brady, & Crockett, 2020). This imposes the sense of duty and responsibility as a human being. The approach covers psychological, social and behavioural change interventions that lessen the emotional fatigue among the people (Van Bavel et al., 2020).

There is a hidden warning of psychological crises in the current situation following COVID-19. The provision of mental health services along with effectively taken measures in this emergency may help in improving the decisions on government level (Duan & Zhu, 2020). Anxiety and fear are the most common initial evident symptoms among the population (Xu et al., 2020). This is also visible through the panic situation in the markets superstores for the collection and storage of bulk grocery. It is wise at the moment to work on the psychological well-being before it will be too late (Chen et al., 2020). We can learn from the countries that are currently dealing with mental breakdown badly and initial signs of distress should be reported for immediate online counselling and psychotherapy from an expert and certified clinical psychologist having more than 5 years of experience at least to control the citizen's traumatic state of mind (Qiu et al., 2020). The nation must ensure some quality facilitation of online mental health services to carry out the interventions based on the ethical guidelines from the American Psychological Association (APA) and the British Psychological Association (BPS). Training of the professionals to follow the less risky pattern of treatment approaches would also entertain via psychiatric institutions because face to face sessions are not suitable (S. Liu et al., 2020). Possibly students, patients, families and masses would seek education and awareness to stop the progression of such viruses around them as a result of ignorance and hyperactivity (Li et al., 2020). High risk of mental health problems like depression and suicide calls for early intervention (Z. Liu et al., 2020).

The behaviour analysis so far has highlighted the occurrence of fear and phobia, panic attacks and anxiety disorders with a high risk of obsessive-compulsive disorder, depression, substance use disorders, post-traumatic stress disorder and so on (Nicomedes & Avila, 2020). Goal-directed therapy is suitable

for the problems that physiological shocks have brought (Hernández et al., 2018). The literature efficiently supports the use of alternative and complementary therapies as an intervention (Lindquist, Tracy, & Snyder, 2018) to diseases and health condition through improvement in beliefs, faith, feelings and lifestyle modifications (Yao & Mills, 2016). Upon assessment of the infected patients, gastrointestinal issues were found that leads to impaired nutritional functioning. In this case, it is important to prevent the risk for secondary infection that may arise due to the bacterial translocation. This demands the focus on regulating the balance of intestinal microbiota through the use of prebiotics and probiotics (Xu et al., 2020).

Eating well is a dominant technique to heal from any illness that works like stem cells to resolve viral infections (Maguire, 2020). Infections can be fought off with the use of foods rich in vitamin C and other antioxidants that heals inflammation (Maguire, 2020). Many other research trials have been conducted recently in which the large dose of intravenous vitamin C was given for the betterment of infectious illness {von Hohenheim, 2020 #449}.

Not only foods but also dietary supplements are also potentially valuable to modulate the immunity in human beings {Riaz, 2019 #450}. Ginseng has the therapeutic properties that combat viral infections and the bacteria {Luther, 2019 #451}. Nutritional therapy is well known when it comes to enhancing immunity and managing respiratory functioning along with better mood (Balanzá-Martínez, Shansis, Tatay-Manteiga, & López-García, 2020) that are the main features in COVID-19 (Trivedi, 2018). Vitamin C, D (Kerimov et al., 2019), B12, protein-based diet are beneficial (Harvey, Schofield, Zinn, & Thornley, 2019) to serve the infected people as well as those who would continue to suffer from anxiety, depression and other mood-related issues (Brietzke et al., 2018). Healthy diet indeed promotes sleep quality and relaxation as well (Iacovides, Goble, Paterson, & Meiring, 2019).

Hypnosis also supports the role of psychological influences on immunity and psycho-somatic functioning of the human body during illness (Ayling, Sunger, & Vedhara, 2020). Hence stress reductions lead to an improvement in mood, better immunity and breathing pattern that prevents from mood disorders like anxiety, depression, and trauma and resist the development of unhealthy behaviours like addictions (Schakel et al., 2019).

Psychotherapy, mind and body practices including aromatherapy massage with essential oils i.e. lavender and grapefruit oil serve dual benefits for mind and body healing (Whittier, 2019). Similarly, thermal therapy and the soothing of nerves through hot and cold water are also effective for sleep, fatigue, emotional intensity and so on (Divya, 2019). The diversity is present in the belief systems of people based on language, ethnicity, culture and religion (Henry, 2019). Religion has complex interplay with the health and human life; lack of spirituality and faith often leads to a gap in solving the problems in related to any aspect of life (Grant & Oman, 2018). The persuasive information is given to people in the Holy books in every era and the recommendations are very clear. As it has been narrated in Islam that intentions are rewarded by intentions, one can resist fasting if diabetic or sick this means

that one can withhold oneself from social involvement if there is a danger to his or other's life.

Meditation and yoga that emerged from chakra and spiritual therapies use the function of colour in visualizations or through laser light and colourful glass bottles give numerous health benefits (Garner, 2019). The combination of these therapies would be a complete kit for healthy breathing, better living (Ogba et al., 2019) and stable mindful thinking (Dunlop, 2019). The therapeutic approaches are evidence-based and popular with the following names as well Chromotherapy, Chakra therapy, Light therapy, salt therapy (P. Shah, 2019), faith-based or spiritual therapy and Psychotherapy (Blooms, 2019). An example is the use of positive affirmations, hypnotic inductions, observing and absorbing the red colour light for 20 minutes a day, visualizing the healthy outcomes etc.

The present and future challenges require advanced interventions and a combination of the integrative approach using holistic therapies as a treatment method of COVID-19 during and after the crises (El Zowalaty & Järhult, 2020) for awareness and reduction in the cognitive imbalances (K. Shah et al.). This would be equally beneficial and applicable for the healthcare workers (Greenberg, Docherty, Gnanapragasam, & Wessely, 2020).

Psychological Interventions

There is a hidden warning of psychological crises in the current situation following COVID-19. The provision of mental health services along with effectively taken measures in this emergency may help in improving the decisions on government level (Duan & Zhu, 2020). Anxiety and fear are the most common initial evident symptoms among the population (Xu et al., 2020). This is also visible through the panic situation in the markets superstores for the collection and storage of bulk grocery. It is wise at the moment to work on the psychological well-being before it will be too late (Chen et al., 2020). We can learn from the countries that are currently dealing with mental breakdown badly and initial signs of distress should be reported for immediate online counselling and psychotherapy from an expert and certified clinical psychologist having more than 5 years of experience at least to control the citizen's traumatic state of mind (Qiu et al., 2020). The nation must ensure some quality facilitation of online mental health services to carry out the interventions based on the ethical guidelines from the American Psychological Association (APA) and the British Psychological Association (BPS). Training of the professionals to follow the less risky pattern of treatment approaches would also entertain via psychiatric institutions because face to face sessions are not suitable (S. Liu et al., 2020). Possibly students, patients, families and masses would seek education and awareness to stop the progression of such viruses around them as a result of ignorance and hyperactivity (Li et al., 2020). High risk of mental health problems like depression and suicide calls for early intervention (Z. Liu et al., 2020).

Results & Discussion

Symptoms to Target	Evidence-Based Suggestions	Activities to be considered
Anxious symptoms & panic (Breathlessness, choking, shaking etc.)	Graded exercise and breathing exercise	The daily routine of deep breathing Listen to the audio, guided meditation Progressive muscle relaxation training (Marshall, Bland, Hulla, & Gatchel, 2019)
Reducing the vulnerability of addiction	Addiction training program to study and understand the triggers, risk factors i.e. isolation	Motivation enhancement techniques for example: Confidence building Daily acts of kindness (with social distancing) for example sharing a quote, telling a story, writing something informative Compassionate drawings, colouring and painting (Dimoff, Sayette, & Norcross, 2017)
Depressive symptoms (hopelessness and lack of interest)	Positive behavioural interventions	Gratitude journaling Writing about what makes you happy and doing an enjoyable task daily Thinking the opposite of negative feelings (Davis et al., 2019)
Being idle	Schedule mixed routine with innovative ideas especially for adolescents, teens, children and students	Read something Play a game Clean anything (Bao, Sun, Meng, Shi, & Lu, 2020)

Table 1: Recommendations for a healthy mind and psychological well-being in the context of the period of virus crises.

Spiritual Interventions

The diversity is present in the belief systems of people based on language, ethnicity, culture and religion (Henry, 2019). Religion has complex interplay with the health and human life; lack of spirituality and faith often leads to a gap in solving the problems in related to any aspect of life (Grant & Oman, 2018). The persuasive information is given to people in the Holy books in every era and the recommendations are very clear. As it has been narrated in Islam that intentions are rewarded by intentions, one can resist fasting if diabetic or sick this means that one can withhold oneself from social involvement if there is a danger to his or other's life.

Verses from the Holy Books	Meaning to take home
"I will watch over this temple and be ready to hear all the prayers that are offered here."	We have got to pray for better times. Continue praying, asking for help from the higher power and seek forgiveness.

<p>Prophet Muhammad said:</p> <p>If you get wind of the outbreak of plague in a land, do not enter it; and if it breaks out in a land in which you are, do not leave it." (Al-Bukhari and Muslim)</p>	<p>It is sunnah to read these chapters of the Quran on the sick person: Surat Al-Fatihah, Surat Al-Falaq, Surat An-Nas, Ayat al-Kursi, the last two verses from Surat al-Baqarah, and Al-Anbiya 21:83. When there is an outbreak of a disease, Islam commands Muslims to practice quarantine.</p>	<p>Prophet Muhammad said:</p> <p>"If there were a river at the door of one of you in which he takes a bath five times a day, would any soiling remain on him?" They replied, "No soiling would be left on him." The Prophet said, "That is the five obligatory prayers. Allah obliterates all sins as a result of performing them." (Al-Bukhari and Muslim)</p> <p>Purification includes washing the mouth. Prophet Muhammad said:</p> <p>"Had I not thought it difficult for my Ummah, I would have commanded them to use the Miswak (tooth-stick) before every prayer." (Al-Bukhari and Muslim)</p>	<p>Islam emphasizes the importance of cleanliness. This acts as one of the vital coronavirus safety precautions. Islam made ablution a pre-requisite for the validity of prayer.</p>						
<p>We read in the Quran what means:</p> <p>*{Those who follow the Messenger, the unlettered prophet, whom they find written in what they have of the Torah and the Gospel, who enjoins upon them what is right and forbids them what is wrong and makes lawful for them the good things and prohibits for them the evil and relieves them of their burden and the shackles which were upon them. So they who have believed in him honoured him, supported him and followed the light which was sent down with him – it is those who will be successful.}* (Al-Araf 7:157)</p> <p>Prophet Muhammad said:</p> <p>"A human being has never filled any vessel which is worse than his belly." (At-Tirmidhi)</p> <p>Prophet Muhammad commands Muslims to cover their food and drinks. He said:</p> <p>"Cover up the (kitchen) containers (i.e., pots, pans, etc.), tie up the mouth of the water-skin, lock up the doors and extinguish the lamps, because Satan can neither untie the water-skin nor open the door nor uncover the containers. If one can cover the cooking pot even by placing a piece of wood across it, and pronounce the Name of Allah on it, let him do it. A mouse can sometimes cause a house to burn along its dwellers." (Muslim)</p>	<p>Islam made lawful for Muslims all the good foods and drinks and made unlawful to them all what causes harm to them and their bodies. Researches have proved that consuming unlawful meat causes serious diseases. Islam urges Muslims to be moderate in consuming lawful food and drinks.</p>	<p>Prophet Muhammad (peace be upon him) said:</p> <p>"Purification is half of faith." (Muslim)</p>	<p>In the light of this hadith, Islam calls its followers to protect themselves against diseases through the following guidelines:</p> <p>One of the objectives of the Shariah is the preservation of the soul. Therefore, everyone must take all necessary measures to protect themselves against any harm.</p>						
<p>"There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven." (Luke 21:11)</p>	<p>Referring to future time. He added that the Bible is very specific about what will happen before the End Times.</p>	<p>Forecasts deaths all over the globe "by sword, famine and plague" (Revelation 6:8)</p>	<p>One major event, for example, is the ancient temple in Jerusalem is supposed to be rebuilt first.</p>						
<p>Prophet Muhammad used to say:</p> <p>"O Allah, I seek refuge in You from leprosy, madness, elephantiasis, and evil diseases." (Abu Dawud)</p> <p>[O Allah! the Lord of mankind! Remove this disease and cure (him or her)! You are the Great Curer. There is no cure but through You, which leaves behind no disease]." (Al-Bukhari and Muslim)</p>	<p>Recite frequently as much as possible the duaas (supplications) to say to protect yourself from coronavirus and other infectious diseases.</p>	<p>Table 2: Recommendations from the religion point of view in the context of the period of the virus crises.</p> <p>Nutritional Interventions</p> <p>Upon assessment of the infected patients, gastrointestinal issues were found that leads to impaired nutritional functioning. In this case, it is important to prevent the risk for secondary infection that may arise due to the bacterial translocation. This demands the focus on regulating the balance of intestinal microbiota through the use of prebiotics and probiotics (Xu et al., 2020).</p> <p>Eating well is a dominant technique to heal from any illness that works like stem cells to resolve viral infections (Maguire, 2020). Infections can be fought off with the use of foods rich in vitamin C and other antioxidants that heals inflammation (Maguire, 2020). Many other research trials have been conducted recently in which the large dose of intravenous vitamin C was given for the betterment of infectious illness {von Hohenheim, 2020 #449}.</p> <p>Not only foods but also dietary supplements are also potentially valuable to modulate the immunity in human beings {Riaz, 2019 #450}. Ginseng has the therapeutic properties that combat viral infections and the bacteria {Luther, 2019 #451}.</p>							
<p>Prophet Muhammad said:</p> <p>"How wonderful is the case of a believer; it is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him." (Muslim)</p>	<p>When you face trials and difficulties with patience, you feel inner peace and a state of psychological health that will help you defeat the disease. Islam has put rules and regulations on interactions with the opposite gender. Islam prohibited adultery and homosexuality which are the causes of many diseases. When a Muslim is afflicted with a certain disease, he has to look at it as a test from Allah the Almighty.</p>	<table border="1"> <thead> <tr> <th data-bbox="815 1850 1046 1906">Evidence-Based Suggestions</th> <th data-bbox="1054 1850 1286 1906">Foods list to be considered</th> <th data-bbox="1294 1850 1500 1906">Ideas for Consumption</th> </tr> </thead> <tbody> <tr> <td data-bbox="815 1917 1046 1973">Prebiotics and probiotics</td> <td data-bbox="1054 1917 1286 1973">Yoghurt Raw milk</td> <td data-bbox="1294 1917 1500 2101">Dip the mixed crushed nuts and berries or other fruits Blend with fruits, honey, oatmeal and veggies Drink warm milk before sleep</td> </tr> </tbody> </table>		Evidence-Based Suggestions	Foods list to be considered	Ideas for Consumption	Prebiotics and probiotics	Yoghurt Raw milk	Dip the mixed crushed nuts and berries or other fruits Blend with fruits, honey, oatmeal and veggies Drink warm milk before sleep
Evidence-Based Suggestions	Foods list to be considered	Ideas for Consumption							
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<p>"When I hold back the rain or send locusts to eat up the crops or send an epidemic on my people" (The Bible)</p>	<p>This might be one of the warnings to move to the straight and righteous path and doing righteous deeds.</p>								

		Eat yoghurt in breakfast
Whole foods soluble and insoluble fibre	Bran Barley Oats Seeds Nuts Leafy veggies Grains	Enjoy a bowl full of the cooked meal as a snack or breakfast Wash and eat veggies raw Sprinkle a handful of nuts and seeds in beverages and side dishes Prepare cutlets Brown bread and rice portions with gravies
A plant-based diet for antioxidants i.e. vitamin E & K	Organic vegetables Celery Spinach Bell peppers	Eat raw Mix in baked meat Roast Boil Grill Chop
Lots of Vitamin C rich foods	Organic fruits Citrus fruits Apple Peaches Nectarines Strawberries Grapes	Blend in the milkshakes Eat whole Enjoy as snack
Zinc-rich foods	Beef Eggs Legumes chickpeas Shellfish Peas	Bake with veggies and corn Prepare steaks Use strips in home-made burgers and sandwiches
Other immunity strengthening foods	Garlic Mushrooms	Add in soups Garnish to salads Mix in curry Serve with snacks Simmer in teapot extract
Ginseng	Green Tea	Add lemon Add honey Drink two cups a day Enjoy sips with each meal

Table 3: Recommendations for physical health and boosting immunity in the context of the virus.

Finally, the message is to stay hydrated, drink lots of warm water and try to eat in moderation, small portions and a balanced diet with the use of rainbow foods.

Conclusion

A globally coordinated approach is required to eradicate the evil of the virus (Gates, 2018). The scientists have been growing

and the advancements in research have been producing anti-viral vaccines since centuries for every new illness that came to the surface (Madhav et al., 2017). The strategies to maintain immunity, stable mental health and taking hold of spirituality must be observed patiently to handle the inevitable emergent diseases (Dodds, 2019). Serious planning is a mandatory requirement to apply an integrated model with the joint actions of medical staff, physicians, mental health experts and social health workers as one (Zhang, Wu, Zhao, & Zhang, 2020). There is no vaccine developed yet for the treatment of the virus as a cure and the data for recommendations is also scarce {del Rio, 2020 #447}. I encourage the further inquiry on the effective options for healing from this deadly virus to save the masses and hope that the present efforts for the management of the illness slower down its spread and would motivate the individuals for the promotion of care, health literacy and its benefits {Murthy, 2020 #448}.

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