



SHORT COMMUNICATION

Assessment of Corona Anxiety, Generalized Anxiety, Post-Traumatic Stress, and Stress Coping Styles in COVID-19 Survivors

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Received: 01-March-2023; Manuscript No: IMMINV-23-96608; Editor assigned: 03-March-2023; PreQC No: IMMINV-23-96608 (PQ); Reviewed: 17-March-2023; QC No: IMMINV-23-96608; Revised: 22-March-2023; Manuscript No: IMMINV-23-96608 (R); Published: 29-March-2023

INTRODUCTION

Morbidity and mortality from COVID-19 are steadily increasing. Currently, there are approximately 140 million cases of COVID-19 worldwide and approximately 3 million deaths. Turkey currently has about 4 million cases and about 35,000 deaths. These numbers continue to grow as the pandemic is uncontrollable. These high case numbers demonstrate the lethality and severity of the pandemic as a global health problem. Meanwhile, psychosocial problems among COVID-19 survivors are also increasing. According to official data from our country, 49% of her COVID-19 cases are female and 51% are male. Studies conducted in China and Italy also found that COVID-19 cases were more common in men. However, no studies were found in the literature showing this statistically significant association between sex factors and her COVID-19. In contrast to these results, COVID-19 cases were detected more frequently in women (54.9%) in our study. On the other hand, participants without COVID-19 (53.3%) were also more likely to be female. There was no association between gender and her COVID-19. Another key finding of this study was that COVID-19 cases were fairly uncommon among those who were married and had a regular income, a finding that was consistent with normal individuals and it was taken to mean that a business lifestyle may be more effective against his COVID-19.

DESCRIPTION

There are studies reporting higher overall anxiety levels in the general population due to the COVID-19 outbreak. Consistent with these results, high levels of generalized anxiety were also found in our study. Higher levels of anxiety have been found, especially in COVID-19 survivors. In addition, anxiety symptoms were more severe in this group. A significant association was found between COVID-19 illness and generalized anxiety disorder. This result was interpreted to mean that the psychosocial and economic problems experienced by COVID-19 led to anxiety in people's personal and social lives. Post-traumatic stress symptoms are expressed as avoidance (tendency to avoid thinking or remembering the

event), intrusion (inability to sleep, dissociative experiences resembling flashbacks), and hyperarousal (irritability, anger, difficulty falling asleep). Will be a study conducted during the COVID-19 pandemic found an increase in PTSD. Additionally, another study reported that her PTSS was higher in a COVID-19 patient. We found PTSS to be high in both groups in our study. The results indicate that people without COVID-19 experienced post-traumatic stress as much as COVID-19 survivors. Additionally, we found that "hyperarousal" was higher in COVID-19 survivors. This finding may be due to increased hypersensitivity in COVID-19 survivors due to negative psychological effects during illness [1-4].

CONCLUSION

In this study, the relationships between corona anxiety, generalized anxiety, and post-traumatic stressor assessed separately in the study groups showed a negative correlation between generalized anxiety and corona anxiety in both groups. This was a conclusion consistent with our findings. That is, COVID-19 survivors had high levels of generalized anxiety and low levels of corona anxiety, whereas those without COVID-19 had high levels of corona anxiety and low levels of generalized anxiety. This result was interpreted to mean that corona fear is a specific fear, perceived in a pattern distinct from generalized fear. On the other hand, positive associations were found between post-traumatic stress, corona anxiety, and generalized anxiety. This result can be interpreted as reflecting a positive interaction between anxiety and stressors.

ACKNOWLEDGMENT

None.

CONFLICT OF INTEREST

Author declares that there are no conflicts of interest.

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