

Psychological Distress Treatment

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Introduction

When you are overwhelmed, psychological distress explains the unpleasant feelings or emotions you may experience. These emotions and feelings might get in the way of your day-to-day life and influence how you interact with others. The COVID-19 disaster has triggered a worldwide "mental health pandemic." Given the pandemic's recent onset, scientific evidence is not yet available to fully comprehend the nature of the resultant mental health impact; therefore, there is a need to act quickly to create psychotherapy treatments that may alleviate pandemic-related misery. The pandemic's detrimental impact on people's capacity to achieve their most fundamental needs (e.g., physical safety, financial stability, social connection, participation) has resulted in psychological discomfort, including anxiety and grief [1].

Description

People are living in constant terror of becoming infected with the illness. Loneliness and social support have increased in older and disabled populations, as well as those with underlying health concerns, as a result of social distancing and detaching rather than affiliating. Artificial social connections, such as online video events, frequently increase rather than alleviate the sensation of isolation. People have been cut off from the activities that provide them with esteem, prestige, and enjoyment (e.g., work, graduation ceremonies, and weddings, engaging in sporting activities). In an era where staying six feet away from others is the norm and any close contact could lead to virus transmission, the impact on dating and finding a spouse is significant [2].

During cancer screening, diagnosis, therapy, and recurrence, anxiety is frequently evident. It can sometimes influence a person's health-related behaviour, adding to the delay or omission of cancer-prevention measures. Women with high levels of anxiety, for example, may undertake breast self-examination less frequently if they realise that they have a genetically higher risk of having breast cancer than they previously assumed. Anxiety can increase the likelihood of pain, other distressing symptoms, and sleep difficulties in cancer patients, and it can also play a role in anticipatory nausea and vomiting [3].

Identifying the potential causes of psychological anguish and then resolving to take efforts to reduce or overcome it is the first stage in effective dealing with psychological distress. This may entail psychiatric counselling in order to identify the source of the psychological suffering. A psychiatrist, psychologist, or other mental health practitioner may recommend a variety of therapeutic treatments to assist relieve psychological discomfort as part of the counselling.

Fear is an emotion that evolved to protect us and improve our ability to survive when we perceive danger or threat. Fear is an understandable feeling given the pandemic's primary concerns of illness and death. Validating the person's emotional experience, within reason, is the first step in treating with pandemic-related dread. It's also crucial to let the person understand that fear may be used as an ally rather than something to be conquered. When fear is channelled correctly, it protects both the individual and others by causing protective behaviours such as hand washing, mask wearing, social distancing, and limiting non-essential activities [4,5].

Conclusion

The best results may come from combining pharmacological and non-drug therapy. The COPEs research enrolled individuals who had been depressed for at least three months after an acute coronary syndrome. A phased approach to depression treatment depending on the patient's preferences included a combination of pharmacological treatment (antidepressants of choice) and problem-solving therapy, as well as additional social support and follow-up. Importantly, this study found that, in addition to reduced depression, there were fewer catastrophic cardiac events and lower healthcare expenses.

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