

Impact of the COVID-19 Pandemic in Patients with Mental Disorders

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Commentary

Due to contact limits (social distance), temporary societal lockdown scenarios, or economic collapse, the ongoing COVID-19 epidemic has altered everyday living patterns for practically all people throughout the world. Despite the fact that the COVID-19 pandemic creates problems for all of us, preliminary findings show that the current pandemic is considerably more difficult for individuals with pre-existing mental disorders, with psychological implications varying depending on the diagnosis. According to a recent WHO survey, the COVID-19 pandemic has delayed or suspended vital mental health services in 93 percent of nations globally, despite rising demand for mental health care. The study of 130 nations provides the first worldwide evidence of COVID-19's disastrous impact on mental health care access, highlighting the urgent need for more financing. The study was released ahead of WHO's Big Event for Mental Health on 10 October, which will bring together world leaders, celebrities and campaigners to demand for higher mental health spending in the aftermath of COVID-19. Prior to the pandemic, nations were spending less than 2% of their national health budgets on mental health and were failing to satisfy their people's requirements, according to the World Health Organization.

The COVID-19 epidemic has presented health-care providers with an unprecedented problem. The dangers of COVID-19 infection on one's physical health have been widely recognised. The implications for mental health and mental health treatment, on the other hand, have been and will likely continue

to be considerable. There has been evidence of higher relapse in those with pre-existing mental health disorders throughout the epidemic. There has also been an upsurge in mental health issues in persons who have never had a mental health problem before. In mental health services, there has been a rise in caregiver stress. This has been exacerbated by limited or inconsistent access to health care, 24-hour care and day care services. There have also been negative consequences for the mental health staff and service. The well-publicized instances of a persistent syndrome known as 'long COVID' have been linked to significantly crippling post-COVID-19 infection. The pandemic had a detrimental influence on mental health education, research and training, all of which are integral parts of mental health care. The consequences of the pandemic on different facets of psychiatric services, including patient and caregiver care, psychiatrists, allied health professionals and wider service provision, are examined in this context. Positive and creative solutions produced by mental health services and its stakeholders to pandemic concerns are also explored.

This research looked at the general public's mental health during the COVID-19 epidemic and the risk factors that came with it. In most investigations, there was a substantial incidence of negative psychiatric symptoms. In high-, middle- and low-income nations, the COVID-19 pandemic poses an unprecedented danger to mental health. In addition to flattening the viral transmission curve, prevention of mental problems must be prioritised. A government programme that mixes viral risk reduction with safeguards to mitigate mental health risks is urgently needed.

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