**PREVALANCE OF DEPRESSION DUE TO COVID-19 AND ITS TREATMENT**

***Zainab Aurangzaib1, Maryam Aurangzaib2, Mona Khurshid3***

***1,2,3Department of Social Sciences, Government College University Faisalabad (GCUF), Faisalabad, Pakistan.***

**Corresponding Author: Zainab Aurangzaib**

***Department of Social Sciences, Government College University Faisalabad (GCUF), Faisalabad, Pakistan***

**Email:** **zainabaurangzaib76@gmail.com**

**Abstract:**

***Pakistan is one of the countries where depression is prevailed at a vulnerable level. The fear of virus and consequences of it has shifted the people in a state of constant depression. Loneliness and social isolation may have contributed to depression. There is an immediate need for more convenient mental health treatments, say the researchers. The psychological problems produced due to COVID-19 and approach of cognitive behavioral therapy to treat depression are discussed. Many people are suffering from depression-related disorders that is a serious issue to dealt with. Women, younger persons, those living in rural regions, those with lower socioeconomic status, and those with high risk of infection were more likely to suffer from psychological discomfort during the pandemic.*** ***CDC (Center of Disease Control) Report Showed 5% rise in Anxiety and depression during COVID Pandemic. Percentage of individuals with recent anxiety or depressed symptoms rose from 36.4 percent to 41.5 percent between August 2020 and February 2021. Findings showed that CBT can be an effective treatment to treat depression during these hard times. In this review, we have discussed the prevalence of depression during covid-19 is discussed. Treatments of depression specifically CBT is also discussed.***

 **Keywords:** Clinical Depression, Covid-19, Cognitive Behavioral therapy, Mental health, socioeconomic

**Introduction:**

Depression also known as Clinical depression is a disorder that causes the constant feeling of sadness, disappointments and loss of interest. It hinders in your daily-life activities. It causes physical and emotional problems. Many physiological and psychological factors are involved in the depression.

Depression is common in all over the world, and Pakistan one of those countries where depression is prevailed at a vulnerable level [1]. The severity of the illness relies on the symptoms and may vary from mild to severe. The most common factors causing depression are family history and social problems. In this era, covid-19 is one of the major factor causing depression in the people. A young as well as old person is also facing this disorder due to covid-19. The fear of virus and the consequences of it has shifted the people in a state of constant depression. Due to covid-19 lockdown, there are also huge loss of economy. People have lost their jobs and their close ones. This has created a tension in the society. Everyone is afraid of getting the virus and death. Media, News channels, Daily updates related to covid situation worldwide has created the anxiety among people. Moreover, people who are recovered from virus and now are in healthy state also have some anxiety feelings. Amid this situation, educational loss has also created the depression and anxiety among the students. Depression is becoming one of the serious disorder in our country which needs to be dealt with.

Pandemic-related mental health is likely to be impacted by certain risk and protective variables. As a result of COVID-19-related anxiety (e.g., keeping employment or being tested for the virus), mental health problems may develop. After university closures, students moved and attended classes virtually, while other young adults transitioned to remote employment or lost their jobs in the early weeks of the epidemic. Due to these interruptions, an already vulnerable group may be more susceptible to mental health issues. As a result of the pandemic's orders for social distance and isolation, loneliness may be more common and debilitating. These sentiments may be exacerbated by the epidemic in those under 25 years of age. As important as social support is for minimising mental health concerns, it is not without its flaws [5]. When a woman is pregnant, she is more at risk for psychological discomfort, which can have severe effects on both mother and baby. Pregnant women may be particularly affected by the COVID-19 pandemic, since women tend to report more anxiety and depression symptoms than males during illness outbreaks. Infection and sickness rates in pregnancies are increased when anxiety and depression symptoms are persistently high during pregnancy. Symptoms of anxiety and depression during pregnancy may also impair physical activity, diet, and sleep, which in turn affects mother mood and foetal growth [30].

COVID-19's influence on mental health and well-being must be understood and mitigated. This can be accomplished by identifying psychological qualities that are possibly changeable and will provide people with immunity or resilience to these consequences. During COVID-19's phase, there is an urgent need for more convenient mental health treatments [23]. In this review we have discussed the psychological problems produced due to covid-19 and approach of cognitive behavioral therapy to treat depression.

**Materials and Methods:**

CDC (Center of Disease Control) Report Showed 5% rise in Anxiety and depression during COVID Pandemic. Percentage of individuals with recent anxiety or depressed symptoms rose from 36.4 percent to 41.5 percent between August 2020 and February 2021. Age 18–29 and those with less than a high school education had the highest rises. Our study aimed to study the causes of depression raised due to covid-19 and discussing its treatment. Data was collected using crossref, google scholar and pubmed articles to discuss the psychological problems like depression resulted due to Covid-19. Cognitive Behavioral therapy was used as treatment approach using pubmed and crossref articles.

**Results:**

**Psychological problems due to Covid-19:**

The COVID-19 crisis resulted mental issues in China and different social orders that were correspondingly affected. Lack of relational correspondence can likewise cause or deteriorate gloom. Australia is one of the top nations where psychological wellness problem has high proportions over the total sickness burden. An individual can encounter a few complexities because of tensions. [3]. In further studies, it was discovered that levels of despair, anxiety, and insomnia were associated to self-rated overall health, a history of mental health disorders, and specific concerns about COVID-19, notably personal financial. Once again, it is time to create strategies for understanding and mitigating the effects of COVID-19 on mental health and well-being. One approach is to uncover possibly adjustable psychological capacities that will provide people with immunity or resilience to these harms. [**23**] Patients infected with COVID-19 reported physical discomfort, fear of complications, and discrimination from social media platforms (e.g., WeChat and Weibo). These negative feelings may increase the likelihood of psychiatric issues, notably depressed symptoms (referred to as depression later). Furthermore, because infected patients were treated in specialized isolation facilities for COVID-19, loneliness and social isolation may have contributed to depression. Psychological distress and sadness, for example, may have a deleterious impact on patients' immune system response. Patients suffering from depression may have negative attitudes toward antiviral therapy, which may impair treatment adherence and recovery. Previous research indicated that patients could have chronic depression even after infectious disease outbreaks [**24**]. High levels of loneliness, significant degrees of COVID-19-specific worry, and low distress tolerance were significantly connected with clinical levels of depression, anxiety, and PTSD symptoms. The additional factors associated with clinical levels of depression, anxiety, and PTSD symptoms [10]. Members who utilized web-based media, spoken with their friends through calls or video calls, and cleaned their homes more frequently had fundamentally higher despondency scores than others [p < .05]. 24.4% of the example had showing moderate-serious nervousness, and 31.4% demonstrating moderate-extreme burdensome indications. Over the very first two months of lockdown, there was just a slight diminishing in nervousness levels among members overall and a tiny decline in misery levels between weeks 3-6 that then, at that point expanded again in weeks 7-8.[4] It was discovered that practices like going on a walk, working out, dozing routinely, eating a decent eating regimen, and imploring made no huge distinction in melancholy scores [p > .05]; in any case, members who applied those practices had lower anxiety levels than others. [1]. Members who were between the ages of 18 and 29 and were single, understudy, as well as having lower salary than their costs, had greater depression levels than others. When compared to other members, those who were afraid of being contaminated and infecting others, had a cleanliness obsession, were anxious about the future, were miserable, and were tense reported lower levels of melancholy. During the isolation, members who had to move out of their homes reported dejection, dread of death, melancholy, rest difficulties, a sense of futility, and moderate degrees of anxiety. [1] The epidemic global oppression without a visible point, and the effects of this epidemic cannot be controlled by one person. In addition, epidemics simultaneously affect different domains [e.g., finance, relationships, and health] this stress can increase emotions associated with PTSD symptoms [5]. Significant level of loneliness, high level of Coronavirus, and low misery resilience were essentially connected with clinical degrees of discouragement, tension, and PTSD manifestations. Flexibility was related with low level of depression and tension manifestations however not PTSD. [5]



***Figure 1.***

Recent studies showed that the degree of the pandemic and its possible effect on the wellbeing and prosperity of us all is dubious. With vulnerability comes dread, tension, stress, and – under these conditions where numerous individuals are passing on – fear and despondency. [6] Females suffered more from anxiety and sadness when they had lower levels of baseline inflammatory indicators. Patients with a positive prior psychiatric illness had high scores on the majority of psychopathological tests, as well as similar baseline inflammation. The initial systemic immune index (SII), which measures the immune system response and inflammatory processes based on peripheral lymphocytes, neutrophil, and platelet counts, was found to be positively related to depressive symptoms. [9]. Low distress tolerance and isolation were significantly associated with higher levels of depression, anxiety, or post-traumatic stress disorder. Low stress levels were related with high degrees of flexibility. Low levels of sadness and PTSD symptoms were related with family support, whereas support from friends and relatives was not associated with any mental health outcomes. Recent research have shown that depression levels drop when instrumental support increases [10]. In comparison to previous examinations, female teens showed a greater risk of sadness and anxiety during COVID-19. In the sample, the elderly youths were more disheartened than the younger ones. In any case, when it came to different age groups, no connection with anxiety was found. It is a regular occurrence for youngsters to be left at home alone on weekdays. According to the data, teens who did not have a partner on workdays were more likely to be unhappy and worried throughout COVID-19. Unsurprisingly, physical activity was linked to both sadness and tension, and it appeared to have some protective effects for teenage mental health throughout this global crisis [11]. On the one hand, it was important to determine the likely prevalence rates of generalised tension issues [GAD] and sadness, as well as to identify socio-demographic risk variables associated with screening positive for GAD or depression. GAD or anxiety were significantly associated with being younger, female, experiencing a loss of income due to the COVID-19 crisis, having a confirmed/suspected case of COVID-19, knowing a loved one with a confirmed/suspected case of COVID-19, and having a moderate or high perceived risk of COVID-19 infection within the next few days [12].

During COVID -19 pandemic, 19% people had stress and 14% had anxiety. Psychological health has been adversely affected by COVID-19 in a significant way. Governments should give psychological assistance to people during a pandemic, according to the study's major strategic implications. Brief, localized mental intercessions, for example, should be devised to decrease COVID-19's negative impacts on psychological health. Mental help, such as brief, home-based psychological interventions, should be given to citizens during the pandemic. [13] Sadness and lessened enjoyment, family problems, relationship problems, isolation, issues with smoking, and other drugs, self-harm and harm to others (such as suicide or homicide), and relatively weak immune system are all risks associated with mental health, particularly depression. Furthermore, the effects of depression extend beyond functionality and quality of life and contribute to somatic health. Depression has been shown to raise the risk of morbidity from conditions such as cardiovascular disease, diabetes, and obesity. This model effectively distinguished discouragement elements in light of the execution of measures by the public authority [2]. Others bring a more focal point to these measurements, recommending that they may not represent an increase in mental health conditions but rather increased diagnoses— either in view of a decrease in emotional well-being disgrace that has driven victims to look for mental medical care all the more frequently, or in light of the fact that medical care experts analyze all the more promptly and even too extensively [7].

**TREATMENT OF DEPRESSION:**

As we have discussed that, depression and anxiety has been prevailed specially due to covid-19 pandemic. Depression is a major problem that need to cope up soon. Some important psychiatric therapies to treat depression includes Cognitive Behavioral Therapy (CBT) and Emotional therapy.

**Cognitive Behavioral Therapy:**

Cognitive Behavioral Therapy (CBT) is a psychological mediation that is used to improve mental health. It helps to deal with the massive problems by breaking them into smaller parts in a positive manner. CBT is an effective treatment to deal with depression and anxiety. There have been many researches to evaluate the effectiveness of the treatment. Many studies showed that CBT is a short term treatment reducing anxiety and depression. About 60% of youth has been recovered from depression by CBT as shown by meta-analysis. Scientists have evaluated its long-term outcomes in youth with anxiety-related disorders. Researchers have also used different treatment formats to investigate the long term effects of CBT. The study showed great improvement in anxiety measures after CBT. However, it was indicated that there is less chance of recovery in youth with principal diagnosis of SOP (Social anxiety disorder). The choice of treatment format does not effect at all. The results showed 4-years post treatment improvement and long-term follow-up recovery rates were same as the efficacy trials [14].

CBT

***CHANGING PERCEPTIONS***

***Fig.2***

CBT alludes to an assortment of strategies that are applied to treat a wide scope of mental conditions, like anxiety or depression. It is situated in a system that accepts that contemplations, feelings, and practices are totally associated, and all the more explicitly, that considerations drive feelings and practices. In this manner, a fundamental suspicion in CBT is that in distinguishing and changing one's useless considerations, one's maladaptive feelings and practices will importantly be changed too. Most CBT conventions for youngsters have been adjusted from conventions initially created for grown-ups. While the substance should be changed to be age appropriate, a significant number of the center parts are similar. Normal methods in CBT for kids incorporate psychoeducation, self-observing, ID of feelings, critical thinking, adapting abilities, and award plans. Explicit intellectual systems incorporate ID of psychological mistakes, Socratic addressing, and psychological rebuilding including the improvement of adapting contemplations. Behavioral techniques regularly incorporate envisioned or in vivo openness—especially for depression problems. The study was performed to evaluate the outcome of CBT in childhood depression. The results suggested the long-term outcomes and effectiveness of this therapy in children. However, there are number of moderators effecting the therapy [15].

 ***Internet-based Cognitive Behavioral Therapy:***

Since its inception, cognitive behavioral therapy (CBT) has grown in popularity, becoming one of the most investigated forms of psychological treatment. Newly developed therapies and procedures have been incorporated into CBT (e.g., mindfulness- and acceptance-based strategies). This is due to the fact that CBT has been adapted to be used on an internet-based platform, and that internet access is growing exponentially throughout the world. Cognitive-behavioral therapies are the most common type of internet-based depression treatment. Cognitive and behavioural skills are taught through these programs, which are accessible online. Some of these programmes were originally only available offline (on CD-ROM, for example), but have now been converted for web distribution. Many new programmes have been developed and tested. Cognitive behavioural Beating the Blues (BTB) and MoodGYM16 are examples of web-based platforms. Access to the iCBT is simple and convenient from home (or anywhere with an internet connection) iCBT initial session might take place on the same day as screening/referral. Face-to-face appointments, on the other hand, must be planned days or weeks in advance due to therapist availability [16].

There may be a benefit to customized and engaging CBT sessions, which should be incorporated in future CBT trials. Even while internet-based CBT may be a more widely available and less expensive type of CBT, it may not be helpful for moderate to severe depression or anxiety disorders. [17].

Mobile apps are also an alternative to conventional sessions. These apps are effective in treatment of depression using CBT. In a research, function and user reviews about mobile apps for CBT were evaluated. These apps are utilized in a variety of settings, both to replace and enhance therapy. It is essential that users felt safe and secure [20]. Also during this Covid-pandemic online session for CBT will be effective.

***Effectiveness of CBT:***

It has been shown that CBT can reduce depressed and anxiety symptoms in patients with implanted cardioverter defibrillators (ICD) by up to 60% (15) as well as enhance cardiac event survival in heart failure patients. When compared to controls, CBT dramatically lowers the proportion of patients who were depressed still [17].

In another research, efficacy of CBT was evaluated for depression and anxiety. The researchers performed a placebo-controlled trial for this purpose.41 studies were included on the patient with different types of depressive disorder. Various cognitive (e.g., cognitive restructuring) and behavioral (e.g., exposure) approaches are used in CBT therapies for anxiety in order to change maladaptive beliefs about the possibility and true cost of predicted trauma. In a significant number of meta-analytic reviews, it has been proven that CBT is effective in treating anxiety disorders. The study proved that CBT is an effective therapy for anxiety and depression [19]. Treatment effects must be sustained in anxiety-related conditions due to their chronic nature. In general, CBT was linked with mild symptom improvement in anxiety disorders, according to a meta-analysis [21].

As the COVID-19 epidemic spreads, its effects on individuals throughout the world are becoming more evident. Mental health and well-being are included in the scope of this analysis The question of how to reduce these effects and plan for future catastrophes of this sort is less apparent. Researchers have shown that cognitive behavior therapy is beneficial in reducing depression's persisting symptoms [25]. In the general as well as inpatient settings, cognitive behavioral therapy (CBT) is extensively used to treat or prevent physical and psychological discomfort of many kinds. In CBT, cognitive reconstruction, behavioral change, and social support are all included. Even a brief CBT treatment can reduce psychological stress and physical symptoms in patients [26].

Cognitive transformation is the psychological process that has been studied the most in CBT treatment for depression. Both antidepressant and CBT treatments result in cognitive changes. Also, cognitive (cognitive restructuring) and behavioral (behavioral activation) treatments have been found to have this phenomenon as well. However, cognitive transformation is crucial in CBT for anxiety and depression. Experiencing (exposure/behavioral experiments) may be one of the finest methods to convince someone of the need of cognitive transformation. Cognitive therapy may be enhanced by exposure and behavioural treatments [18].

**OTHER TREATMENT OPTIONS:**

Unanimously, it was discovered that one-third of individuals in the general population suffer from anxiety or depression. There was a greater likelihood of psychological discomfort among women, younger persons, those living in rural regions, those with lower socioeconomic status, those with COVID-19 infection or at high risk of infection, and those who had been exposed to the media longer. To decrease socioeconomic and gender inequalities in psychological distress during the COVID-19 pandemic internationally, there is the urgent need to provide mental health services and interventions to high-risk communities [27]. Psychological First aid (PFA) has been employed to reduce the stress [28]. As part of the psychological-behavioral intervention (PBI) programme, patients with anxiety and depression received psychological assistance and breathing exercises. To determine if this sort of intervention was effective, anxiety and depression levels were measured in patients. COVID-19 hospitalized patients will be assessed for anxiety and depression, and the characteristics that lead to their incidence will be examined in the study. As part of the COVID-19 evaluation, PBI was used to assess anxiety and depression levels. PBI may have a favorable impact on the mental health of COVID-19 patients as a kind of social support. Others who suffer from anxiety and depression might benefit from this treatment strategy. For patients to have good clinical results and a higher quality of life, early prevention of mental health issues is important [29].

**Conclusion:**

It was concluded that Covid-19 has resulted in great prevalence of depression and anxiety among the people worldwide. Many people are suffering from depression-related disorders that is a serious issue to dealt with. We have discussed Cognitive Behavioral therapy as depression treatment. Our findings showed that CBT can be an effective treatment to treat depression during these hard times. Researchers have found CBT as essential and convenient therapy to treat depressive persons. There should be more research to evaluate how to cope up with depression disorders specially caused due to Covid-19.

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