

7. Bölüm

İZOLASYON VE KARANTİNANIN RUH SAĞLIĞI ÜZERİNE ETKİLERİ



Eda ASLAN¹

GİRİŞ

Bir süredir dünya gündemini meşgul eden ve bir süre daha meşgul edecek gibi görünen yeni tip koronavirüsün yol açtığı pandemiye yönelik bilinmezlikler, yüksek bulaşıcılık, hastalanma ve ölüm oranları ile kesin çözüm olabilecek tedavi olmaması sosyal mesafe, izolasyon ve karantina uygulamalarını salgınla mücadelede kilit nokta haline getirmiştir. Sosyal mesafe, izolasyon ve karantina uygulamaları M.Ö. 300-400'lü yıllarda Hipokrat'ın veba için en etkili korunma yolu olarak tavsiye ettiği bilinmektedir. Binlerce yıl sonra dahi salgınların önlenmesinde en etkin yol olarak görülen bu yöntemler güncel pandemide bulaşın önlenmesi açısından gerek yurt içi gerekse uluslararası toplumsal hareketlerin kısıtlanmasını hedefler ve halk sağlığının korunması açısından en önemli adım olarak ön plana çıkar. Birbirinden farklı tanımlar içeren bu 3 terim, özünde insanların toplumdan izole olmasına sebep olmaktadır, her ne kadar fiziksel sağlık için mutlak surette uygulanması gerektiğinin altı çizilse de şehirler arası seyahat yasakları, ailelerin birbirini ziyaret edememesi, sosyal desteğin azalması, eğitime ara verilmesi, çocukların evde kalmak zorunda olmaları, iş yerlerinin kapatılmaları sonucu oluşan finansal kriz, 20 yaş altı ve 65 yaş üstüne uygulanan sokağa çıkma yasakları ve bu özgürlük kısıtlılığı içerisinde geleceğe dair bilinmezlik bireyler için kaygı sebebi olmuş, bir çok ruhsal problemi de beraberinde getirme riskini ortaya çıkarmıştır.

¹ Dr. Öğr. Üyesi, Mersin Üniversitesi Tıp Fakültesi, Psikiyatri AD., easlan@mersin.edu.tr

kurallarına bağlılık ve uyum göstermesi ile halk sağlığının korunmasında başarı elde edilir. Süreç içerisinde kişilerin aktivitelerine nasıl yardımcı olunabileceği; su, yemek, ilaç gibi en temel ihtiyaçların sağlanmasında uygulanacak destekler ile ilgili bilgilendirme, durgunlaşan ekonomi ve finansal kayıplar konusunda halkın desteklenmesi, kesintiye uğrayan eğitim ve öğretimin telafisinin sağlanması kişilerin kısıtlamalara uyumunu kolaylaştıracaktır. Tüm bunları yaparken diğer yandan da toplumdaki kırılgan grupların belirlenmesi, temel gereksinimler noktasında desteklenmeleri ve başta hassas gruplar olmak üzere toplumun tüm kesimlerine koruyucu ve tedavi edici ruh sağlığı hizmetlerinin ulaştırılması pandemi ve sonrası dönemde son derece önemlidir.

KAYNAKLAR

1. T.C. Sağlık Bakanlığı Covid-19 Bilgilendirme Sayfası. Erişim yeri: <https://covid19.saglik.gov.tr/TR66507/s.html>. 22.01.2021 tarihinde erişilmiştir.
2. Renaud K, van Schaik P, Irons A, Wilford S. 2020 UK Lockdown Cyber Narratives: the Secure, the Insecure and the Worrying. 11 June 2020. Access by: <https://arxiv.org/abs/2006.06340>. Access Date: 1 June 2021
3. Braunack-Mayer A, Tooher R, Collins JE, Street JM, Marshall H. Understanding the school community's response to school closures during the H1N1 2009 influenza pandemic. *BMC Public Health*. 2013;13(1):1-5. doi:10.1186/1471-2458-13-344
4. Brooks SK, Webster RK, Smith LE, et al. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet*. 2020;395(10227):912-920. doi:10.1016/S0140-6736(20)30460-8
5. Jeong H, Yim HW, Song YJ, et al. Mental health status of people isolated due to Middle East Respiratory Syndrome. *Epidemiol Health*. 2016;38: e2016048. doi:10.4178/epih.e201604
6. Caleo G, Duncombe J, Jephcott F, et al. The factors affecting household transmission dynamics and community compliance with Ebola control measures: A mixed-methods study in a rural village in Sierra Leone. *BMC Public Health*. 2018; 18: 1-13. doi:10.1186/s12889-018-5158-6
7. Bai YM, Lin CC, Lin CY, Chen JY, Chue CM, Chou P. Survey of stress reactions among health care workers involved with the SARS outbreak. *Psychiatr Serv*. 2004; 55(9): 1055-1057. doi:10.1176/appi.ps.55.9.1055
8. Reynolds DL, Garay JR, Deamond SL, Moran MK, Gold W, Styra R. Understanding, compliance and psychological impact of the SARS quarantine experience. *Epidemiol Infect*. 2008;136(7): 997-1007. doi:10.1017/S0950268807009156
9. Benke C, Autenrieth LK, Asselmann E, Pané-Farré CA. Lockdown, quarantine measures, and social distancing: Associations with depression, anxiety and distress at the beginning of the COVID-19 pandemic among adults from Germany. *Psychiatry Res*. 2020;293: 113462. doi:10.1016/j.psychres.2020.113462
10. Rossi R, Socci V, Talevi D, et al. COVID-19 Pandemic and Lockdown Measures Impact on Mental Health Among the General Population in Italy. *Front Psychiatry*. 2020;11: 790. doi:10.3389/fpsy.2020.00790
11. Best LA, Law MA, Roach S, Wilbiks JMP. The Psychological Impact of COVID-19 in Canada: Effects of Social Isolation During the Initial Response. *Can Psychol*. 2020 Page unidentified. doi:10.1037/cap0000254

12. Gualano MR, Lo Moro G, Voglino G, Bert F, Siliquini R. Effects of COVID-19 lockdown on mental health and sleep disturbances in Italy. *Int J Environ Res Public Health*. 2020; 17(13): 4779. doi:10.3390/ijerph17134779
13. Rona RJ, Fear NT, Hull L, et al. Mental health consequences of overstretch in the UK armed forces: First phase of a cohort study. *Br Med J*. Published online 2007. doi:10.1136/bmj.39274.585752.BE
14. Xin M, Luo S, She R, et al. Negative cognitive and psychological correlates of mandatory quarantine during the initial COVID-19 outbreak in China. *Am Psychol*. 2020;75(5):607-617. doi:10.1037/amp0000692
15. Altın Z. Covid-19 Pandemisinde Yaşlılar. *Tepecik Eğitim ve Araştırma Hastanesi Dergisi*. 2020;30:49-57. doi:10.5222/terh.2020.93723
16. Yıldırım H, Işık K AR. No TitleThe effect of anxiety levels of elderly people in quarantine on depression during covid19 pandemic. *Social Work in Public Health* 2021; 36(2):194-204. doi :10.1080/19371918.2020.1868372
17. Yang Y, Li W, Zhang Q, Zhang L, Cheung T, Xiang YT. Mental health services for older adults in China during the COVID19 outbreak. *The Lancet Psychiatry*. The Lancet Psychiatry, 2020; 7(4): 19. doi:10.1016/S2215-0366(20)30079-1
18. Meng H, Xu Y, Dai J, Zhang Y, Liu B, Yang H. The Psychological effect of COVID-19 on the Elderly in China. *Psychiatry Res*. 2020;289:112983. doi: 10.1016/j.psychres.2020.112983
19. Santini ZI, Jose PE, York Cornwell E, et al. Social disconnectedness, perceived isolation, and symptoms of depression and anxiety among older Americans (NSHAP): a longitudinal mediation analysis. *Lancet Public Heal*. 2020;5:62- 70. doi:10.1016/S2468- 2667(19)30230-0
20. Cheung YT, Chau PH, Yip PSF. A revisit on older adults suicides and Severe Acute Respiratory Syndrome (SARS) epidemic in Hong Kong. *Int J Geriatr Psychiatry*. 2008;23(12):1231-8.
21. Santini ZI, Jose PE, York Cornwell E, et al. Social disconnectedness, perceived isolation, and symptoms of depression and anxiety among older Americans (NSHAP): a longitudinal mediation analysis. *Lancet Public Heal*. 2020;5:62-70. doi:10.1016/S2468- 2667(19)30230-0
22. Shuja KH, Shahidullah, Aqeel M, Khan EA, Abbas J. Letter to highlight the effects of isolation on elderly during COVID-19 outbreak. *Int J Geriatr Psychiatry*. P 2020;35(12):1477-1478.
23. Vefa Sosyal Destek Grupları, 65 Yaş ve Üstü ile Kronik Rahatsızlığı Olanlara Sokağa Çıkma Yasağı Genelgesi. Erişim Yeri: <https://www.icisleri.gov.tr/65-yas-ve-ustu-ile-kronik-rahatsizligiolanlara-sokaga-cikma-yasagi-genelgesi> Erişim tarihi: 23.02.2021
24. Norredam M, Nellums L, Nielsen RS, Byberg S, Petersen JH. Incidence of psychiatric disorders among accompanied and unaccompanied asylum-seeking children in Denmark: a nation-wide register-based cohort study. *Eur Child Adolesc Psychiatry*. 2018; 7(4):439-446. doi:10.1007/s00787-018-1122-3
25. Sprang G, Silman M. Posttraumatic stress disorder in parents and youth after health-related disasters. *Disaster Med Public Health Prep*. 2013; 7(1):105- 10. doi:10.1017/dmp.2013.22
26. Santavirta T, Santavirta N, Betancourt TS, Gilman SE. Long term mental health outcomes of Finnish children evacuated to Swedish families during the second world war and their non-evacuated siblings: Cohort study. *BMJ*. 2015;15 (350):7753. doi:10.1136/bmj.g7753
27. Abel KM, Heuvelman HP, Jørgensen L, et al. Severe bereavement stress during the prenatal and childhood periods and risk of psychosis in later life: Population based cohort study. *BMJ*. 2014;348:7679. doi:10.1136/bmj.f7679
28. Taylor MR, Agho KE, Stevens GJ, Raphael B. Factors influencing psychological distress during a disease epidemic: Data from Australia's first outbreak of equine influenza. *BMC Public Health*. 2008 8:347. doi:10.1186/1471-2458-8-347
29. Wu P, Liu X, Fang Y, et al. Alcohol abuse/dependence symptoms among hospital employees exposed to a SARS outbreak. *Alcohol Alcohol*. P2008;43(6): 706-712. doi:10.1093/alc/alg073

30. Türkiye Psikiyatri Derneği Sağlık Çalışanları Ruhsal Destek Hattı. <https://www.psikiyatri.org.tr/2207/turkiye-psikiyatri-dernegi-saglik-calisanlari-ruhsal-destek-hatti> Erişim Tarihi: 21.01.2021
31. Hao F, Tan W, Jiang L, et al. Do psychiatric patients experience more psychiatric symptoms during COVID-19 pandemic and lockdown? A case-control study with service and research implications for immunopsychiatry. *Brain Behav Immun*. 2020;87:100-106. doi:10.1016/j.bbi.2020.04.069
32. Muruganandam P, Neelamegam S, Menon V, Alexander J, Chaturvedi SK. COVID-19 and Severe Mental Illness: Impact on patients and its relation with their awareness about COVID-19. *Psychiatry Res*. 2020;291:113265. doi:10.1016/j.psychres.2020.113265
33. Moffitt P, Aujla W, Giesbrecht CJ, Grant I, Straatman AL. Intimate Partner Violence and COVID-19 in Rural, Remote, and Northern Canada: Relationship, Vulnerability and Risk. *J Fam Violence*. 2020; 35(6): 1-12. doi:10.1007/s10896-020-00212-x
34. Pandemics and Violence Against Women and Children | Center For Global Development. <https://www.cgdev.org/publication/pandemics-and-violence-against-women-and-children> Accessed date: January 21, 2021.
35. Richards TN, Tillyer MS, Wright EM. Intimate partner violence and the overlap of perpetration and victimization: Considering the influence of physical, sexual, and emotional abuse in childhood. *Child Abuse Negl*. 2017; 67:240-248. doi:10.1016/j.chiabu.2017.02.037
36. Duncan TK, Weaver JL, Zakrisson TL, et al. Domestic Violence and Safe Storage of Firearms in the COVID-19 Era. *Ann Surg*. 2020;272(2):e55-e57. doi:10.1097/SLA.0000000000004088
37. Lakhan R, Agrawal A, Sharma M. Prevalence of Depression, Anxiety, and Stress during COVID-19 Pandemic. *J Neurosci Rural Pract*. 2020;11(4):519-525. doi:10.1055/s-0040-1716442
38. Organization WH. COVID-19 and Violence against Women What the Health Sector/System Can Do.; 2020. <https://www.womensaid.org.uk/the-impact-of-covid-19-on-women-and-children-experiencing-domestic-abuse-and-the-> Accessed date: January 21, 2021.
39. Wagers S, Radatz DL. Emerging Treatment Models and Programs in Intimate Partner Violence Treatment: An Introduction. *Partner Abuse*. 2020; 11(3): 202-227. doi:10.1891/PA-2020-0015
40. Plan-International.Org/Ebolareport Young Lives on Lockdown: The Impact of Ebola on Children and Communities in Liberia Interim Report Erişim Yeri: https://resourcecentre.savethechildren.net/node/8708/pdf/liberialockdownexecutivesummary_0.pdf Access date: January 21, 2021
41. Kübler-Ross, E., & Kessler, D. On grief and grieving: Finding the meaning of grief through the five stages of loss. New York, NY: Scribner. 2005
42. Monteith LL, Holliday R, Brown TL, Brenner LA, Mohatt N V. Preventing Suicide in Rural Communities During the COVID-19 Pandemic. *J Rural Heal*. P 2021: In press. doi:10.1111/jrh.12448
43. Kawohl W, Nordt C. COVID-19, unemployment, and suicide. *The Lancet Psychiatry*. 2020; 7 (5): 389-390. doi:10.1016/S2215-0366(20)30141-3
44. Ammerman BA, Burke TA, Jacobucci R, McClure K. Preliminary investigation of the association between COVID-19 and suicidal thoughts and behaviors in the U.S. *J Psychiatr Res*. 2021;15;134:32-38. doi:10.1016/j.jpsychires.2020.12.037
45. Huang JZ, Han MF, Luo TD, Ren AK, Zhou XP. Mental health survey of medical staff in a tertiary infectious disease hospital for COVID-19. *Zhonghua Lao Dong Wei Sheng Zhi Ye Bing Za Zhi*. 2020; 20;38(3):192-195. doi:10.3760/cma.j.cn121094-20200219-00063
46. Corrigan PW, Druss BG, Perlick DA. The impact of mental illness stigma on seeking and participating in mental health care. *Psychol Sci Public Interes Suppl*. 2014; 15(2):37-70. doi:10.1177/1529100614531398
47. Wilson JM, Lee J, Fitzgerald HN, Oosterhoff B, Sevi B, Shook NJ. Job Insecurity and Financial

- Concern During the COVID-19 Pandemic Are Associated With Worse Mental Health. *J Occup Environ Med.* 2020;62(9):686-691. doi:10.1097/JOM.0000000000001962
48. Desclaux A, Badji D, Ndione AG, Sow K. Accepted monitoring or endured quarantine? Ebola contacts' perceptions in Senegal. *Soc Sci Med.* 2017;78:38-45. doi:10.1016/j.socsci-med.2017.02.009
 49. Nordt C, Warnke I, Seifritz E, Kawohl W. Modelling suicide and unemployment: A longitudinal analysis covering 63 countries, 2000-11. *The Lancet Psychiatry.* P 2015;2(3):239-45. doi:10.1016/S2215-0366(14)00118-7
 50. Bhuiyan AKMI, Sakib N, Pakpour AH, Griffiths MD, Mamun MA. COVID-19-Related Suicides in Bangladesh Due to Lockdown and Economic Factors: Case Study Evidence from Media Reports. *Int J Ment Health Addict.* 2020; 15 :1-6. doi:10.1007/s11469-020-00307-y