



## A REVIEW OF MENTAL HEALTH RESPONSES TO PANDEMICS

**Anandhi Narasimhan**

**M.D. Los Angeles, California, United States of America**



### **Abstract**

**OBJECTIVE:** Author reviewed the literature published from 2005 regarding mental health responses to pandemics.

**METHOD:** The review began with a computerized literature search. Further sources were located through citations from articles identified in the original search.

**RESULTS:** The author synthesized the contents of the articles reviewed using the categories of 1) Identifying the mental health related implications of a pandemic as well as effects from being in quarantine 2) Effects on healthcare professionals 3) Identifying high risk populations 4) Optimizing screening protocols 5) Administering intervention and treatment effectively 6) Evidence based treatments targeting mental health symptoms

**CONCLUSION:** Prior research has shown that there can be profound mental health related effects from a pandemic and those who are already dealing with mental illness can have an exacerbation of symptoms. High risk populations should be identified with heightened screening, and appropriate evidence based interventions administered which can help decrease mental health related symptoms.



Anandhi Narasimhan, M.D. is a Board Certified Physician accredited by the American Board of Psychiatry and Neurology specializing in Adult, Child, and Adolescent Psychiatry. Dr. Narasimhan completed her adult psychiatry residency training at Duke University Medical Center in Durham, North Carolina, and completed her child and adolescent psychiatry fellowship training at University of California Los Angeles Medical Center in Los Angeles, California.

### **Speaker Publications:**

1. Anandhi Narasimhan, Mental health in the Covid-19 pandemic, *QJM: An International Journal of Medicine*, hcaal10, 30 March 2020
2. Anandhi Narasimhan, North, C. Mental Health and the Covid-19 Pandemic, *The New England Journal of Medicine*, 13 April 2020
3. Anandhi Narasimhan, et al. Long-term psychological and occupational effects of providing hospital healthcare during SARS outbreak. *Emerg Infect Dis* 2006;12;1924-32

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<https://europe.psychiatryconferences.com/speaker/2020/anandhi-narasimhan>

### **Biography:**