



Mental Health Disorders in Children and Adolescents during COVID-19

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DESCRIPTION

The new coronavirus has been around for two years and had a significant global effect. Growing data suggests that COVID-19 may have harmful impacts on both healthy people and patients with mental disorders. Social isolation, school closings and family stress are only a few of the unexpected changes brought on by COVID-19 that have a significant impact on people's mental health, particularly that of children and adolescents. The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes coronavirus 2019 (COVID-19) has infected more than 481 million individuals globally as of March 2022 and over 6 million of them have died as a result, according to the World Health Organization (WHO). COVID-19 can impact the neurological, gastric and respiratory systems in addition to the respiratory system.

We are learning more about the effects of SARS CoV-2 infection because to the rise in relevant studies. Some patients have long COVID or initial respiratory symptoms followed by enduring symptoms like dyspnea and taste loss. Children with COVID-19 typically have one or more respiratory symptoms compared to adults and the majority of the time, their disease is mild to moderate. Studies on the signs of a child's infection recovery after it have been reported less frequently. Recently it was found that just 4.7% of children who contracted despite having only mild symptoms, most COVID-19 infected children are more vulnerable to psychological harm than adults. This implies that children are more susceptible to mental health issues than adults when they encounter the same difficulties as adults such as extended isolation, a lack of supplies like food and water, masks and knowledge about the severity and viral virulence of the pandemic.

While a few researches have analyzed COVID-19 infected individuals, the majority of studies addressing the psychological effects of pandemics on children have been carried out in children who are not sick with the virus. Therefore, even those

with minor symptoms, mental abnormalities linked to COVID-19 infection in children may be a cause for concern. Anxiety is a prevalent mental illness that typically first manifests in childhood and adolescence and affects 6.5% of kids. Healthy kids and teenagers are more vulnerable to the detrimental effects of anxiety later in life. Childhood anxiety hinders socio occupational functioning, which may have a negative impact on future success and academic performance.

Anxiety disorders may have a variety of consequences and repercussions if left untreated. Children social and living environments undergo dramatic changes during the COVID-19 pandemic as a result of strict government measures against the epidemic such as social exclusion, school closures and isolation at home a lack of basic necessities and public health supplies and false information and COVID-19 related misinformation, all of which may exacerbate children's anxiety symptoms. Sadness, exhaustion, guilt, disrupted sleep, decreased appetite, loss of interest and pleasure and concentration problems are all signs of depression. More importantly depression dramatically lowers a person's functioning and quality of life and is frequently linked to suicidal or self-destructive ideas.

There is mounting evidence that the COVID-19 epidemic has had a detrimental impact on children's and adolescents' mental health. There have also been reports of COVID-19 other behavioral and emotional impacts on kids and teenagers. For instance, the COVID-19 pandemic's stress, cautious measures, anxiety and despair all have the potential to disrupt regular sleep cycles and cause a considerable rise in the number of persons who suffer from insomnia. The majority of COVID-19 survivors. Special population's children with a history of mental illness mental health should be a concern during the pandemic. Obsessive Compulsive Disorder (OCD) in children and adolescents has been found to have a tendency to aggravate pre-existing symptoms as well as develop new ones during the COVID-19 pandemic.

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