

## EXPLORING COVID-19 PANDEMIC IMPRESSION ON PSYCHOLOGICAL STATUS OF CHILDREN AND ADOLESCENT: A SYSTEMATIC REVIEW

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**DOI No. – 08.2020-25662434**

### *Abstract*

*The COVID-19 pandemic, the considerable health emergency for world. WHO acknowledged this corona virus epidemic as a pandemic and declared the outbreak as a public health emergency of international concern. In all over the world great efforts in reducing the transmission taken by government. Whole cities in maximum countries were placed under total lockdown. During lockdown, people were constricted to their home and children have been at home for longer periods of time than ever before in recent memory. This unexpected imposed social isolation has caused enormous disruption of daily routines for the global community, especially children and adolescent. Closure of schools, lack of extracurricular and outdoor activities, altered eating and sleeping habits, lack of peer-time have fostered monotony, anguish, irritation. These children are experiencing psychological distress. Several research findings highlight that during lockdown when children confined to their homes with limited outdoor activities and no interactions with same aged friends reports that there are many aspects of their lives that are disrupted. This paper is aimed at reviewing various articles related to impact of COVID-19 pandemic on psychological status of children and adolescent. Researcher conducted a review through Electronic databases search included PubMed, Cochrane Library and Google Scholar databases, from January, 2020 till November 2021. The selection procedure followed the Preferred Reporting Items for Systematic Review i.e, (PRISMA) guidelines and included all quantitative, qualitative and mixed method studies published in English. Findings of reviewed articles shows that, during lockdown, more children and adolescent reported of anxiety, depression, Sleep-Related Impairment, sub threshold mental disturbances, psychosocial problems, psychological distress, social isolation and increases in maladaptive behavior. From the review finding, it can be concluded that covid-19 had significant negative impression on psychological well being of children and adolescent. There is urgent need to plan new strategies for early psychological interventions in order to reduce the impact of COVID-19 pandemic on children and adolescent's psychological status.*

**Keywords:** *Impression, Impact, Psychological Status, Children, Adolescent, Mental Health Status, COVID-19*

### REVIEW ARTICLE

#### INTRODUCTION

The COVID-19 pandemic, the considerable health emergency for world. The World Health Organization (WHO) acknowledged this corona virus epidemic as a pandemic and declared the outbreak as a public health emergency of international concern. It has affected more than 200 world countries. But most regions around the world are affected severely, including the United States, Brazil, India, Russia, and Europe, which have seen an increasing number of cases and deaths than the rest of the world<sup>1</sup>. In all over the world great efforts in reducing the transmission by taken by government and by the general population.<sup>2</sup> Whole cities in maximum countries were placed under total lockdown, with many people returning from other countries being required to self isolate at

home.

Corona virus disease (COVID-19) pandemic has unfolded a tsunami of challenges for mankind over the past 115 months. Despite this, it has triggered a global collaboration to control the pandemic, and transformed every individual by influencing family dynamics.<sup>3</sup>

During lockdown, people were constricted to their home from March 2020. All schools and educational institutions were closed to prevent spread of infection. Therefore all teachers and students were staying at their homes. Children have been at home for longer periods of time than ever before in recent memory. Closure of schools, lack of extracurricular and outdoor activities, altered eating and sleeping habits, lack of peer-time have fostered monotony, anguish, irritation.<sup>3</sup> For those children and young people who did not have access to a garden or a park, or who lived in cramped conditions, this period was particularly trying. Typically, youngsters in this situation spent all day with their family or others who live in their household. They could only “see” their peers through online platforms or by Smartphone. Some, but not all, schools sent out regular homework so parents/caregivers became teachers, whether they had any aptitude for this role or not, or access to internet resources necessary to carry out educational tasks.<sup>4</sup>

For children, school is not merely an educational center, but also a place where they interact with their peers. In addition, schools play a role in promoting personal hygiene, physical activity, healthy eating, and body habits. Even a short-term closure of educational institutions may be detrimental to the physical and mental health of children and adolescents, and affect the sense of normalcy that schools offer. Childhood obesity, reduced physical activity, irregular sleep patterns, unfavorable diets, a sedentary lifestyle, and more screen time (mobile phone, TV, and computer) may result from lockdown.<sup>5</sup>

These children are experiencing distress due to the unavailability of adequate help and attention from the trained instructors, making education more expensive for them and their families as they need to utilize additional time, support, and resources. Due to the closing of schools, students' interaction and communication with school mates, play, exercises, and peer- activities are hindered, which have proven vital for the growth, development, and learning of the young human minds. The children who are at most significant risk are the youngest ones as their brains are still developing and are being exposed to high levels of stress and isolation, which can lead to permanent abnormal development. Children exposed to stressors such as separation through isolation from their families and friends, seeing or being aware of critically ill members affected with corona virus, or the passing of loved ones or even thinking of their own death from the virus can cause them to develop anxiety, panic attacks, depression, and other mental illnesses.<sup>1</sup>

These research findings highlight that during lockdown when children Confined to their homes with limited outdoor activities and no interactions with same aged friends reports that there are many aspects of their lives that are disrupted.

### RESEARCH AIM

This paper is aimed at reviewing various articles related to impact of COVID-19 pandemic on psychological status of children and adolescent.

## METHODOLOGY

Design:

This systemic review is conducted according to the guidelines of Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA). In this mixed method approach was applied that includes all Qualitative, Quantitative and mixed methods studies. The studies were classed under seven areas and separated into numerous thematic divisions, with the research and reports identified being discussed. The information is examined qualitatively and reported in the paper. A summary of the papers included in this systematic review is presented in Table 1.

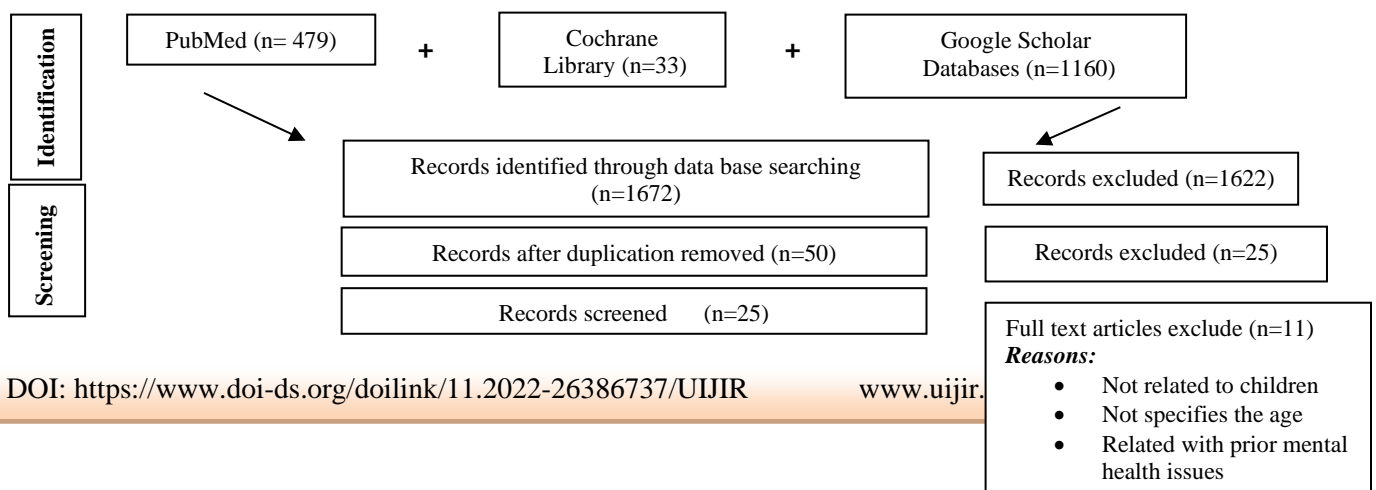
### INCLUSION AND EXCLUSION CRITERIA

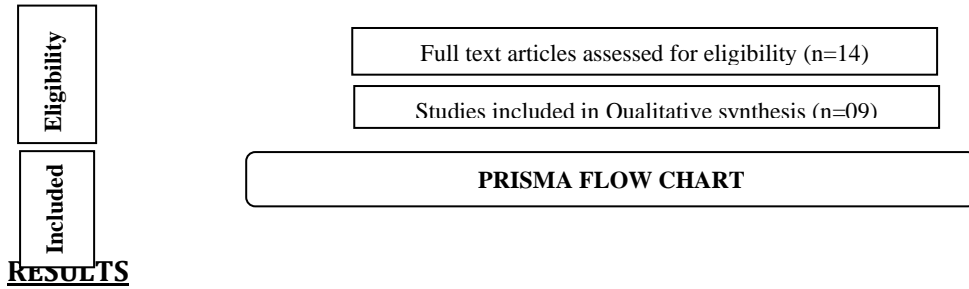
Inclusion criteria	Exclusion criteria
<ul style="list-style-type: none"> <li>Quantitative qualitative and mixed methods studies.</li> <li>Studies on school age children and adolescent.</li> <li>Studies related to mental health outcome.</li> <li>Studies on Recent COVID-19 pandemic.</li> </ul>	<ul style="list-style-type: none"> <li>Studies that are not in English.</li> <li>Studies that did not mention age.</li> <li>Studies that included participants with prior mental health issues.</li> </ul>

### Search Strategy

Researcher searched the electronic data bases through PubMed, Cochrane Library and Google Scholar databases, from January, 2020 till June, 2021. Search was carried out by using following methods like, combined subject search (MeSH) or free text terms like COVID-19 and Children [All Fields] or (COVID-19 and children impact [Terms] OR mental health impact of COVID-19 on children &quot;[All Fields] OR (&quot; COVID effects on children &quot;[All Fields] AND " &quot;[All Fields]) OR effects on Children of COVID-19 " Psychological effects of COVID, Children "[All Fields]) OR ("COVID-19 and children.

Search Strategies	No. of studies available
Studies searched through electronic data bases through PubMed, Cochrane Library and Google Scholar databases by using the terms like COVID-19 and Children [All Fields] or (COVID-19 and children impact [Terms] OR mental health impact of COVID-19 on children &quot;[All Fields]	1672
Total number of studies excluded due to duplication and irrelevant	1622
Studies excluded because they were systemic review	25
Number of studies included in systemic review	09





**Table. 1: LITERATURE FINDINGS**

SR. NO.	AUTHORS AND YEAR	TITLE OF STUDY	COUNTRY	SAMPLE AND SAMPLING TECHNIQUE AND METHODS OF DATA COLLECTION	FINDINGS	CONCLUSION
1.	S Yeasmina , R Banikb, S Hossainc et al.,2020	Impact of COVID-19 pandemic on the mental health of children in Bangladesh: A cross-sectional study	Bangladesh	384 parents having children aged between 5 and 15 years. Purposive sampling. Online questionnaire was used to collect the data.	Children were classified into four groups where 43% of child had subthreshold mental disturbances, 30.5% had mild, 19.3% suffered moderately and 7.2% of child suffered from severe disturbances.	It was concluded that large proportions of children are suffering from mental health disturbances in Bangladesh during the period of lockdown.
2.	L Duan, X Shao, Y Wang et al ,2020	An investigation of mental health status of children and adolescents in china during the outbreak of COVID-19	China	359 children and 3254 adolescents, Convenience sampling method, Spence Child Anxiety Scale, Child Depression Inventory and Coping style Scale, were distributed online	The anxiety levels of children and adolescents were (23.87 ± 15.79) and (29.27 ± 19.79), respectively. 22.28% respondents were suffering from depressive symptoms.	Study concluded that the COVID-19 outbreak has had a significant psychosocial impact on children and adolescents. Findings of current levels of anxiety and depression not only highlight the need to address emotional distress for children and adolescents during the epidemic
3.	S Shah, A Kaul, R Shah and S Maddipoti,20 20	Impact of Coronavirus Disease 2019 Pandemic and Lockdown on Mental Health Symptoms in Children	India	423 children aged between 11-15, Pediatric symptom checklist (PSC)-youth self-report short version was administered telephonically. Non-probability sampling	Out of 423 children, 130 (30.7%) had psychosocial problems, of which 107 (25.2%) had anxiety or depressive symptoms. The common reasons were fear of acquiring COVID-19 infection (60%), not able to attend school (56%), and not able to meet friends (80%)	It was concluded that covid-19 had significant negative impact on mental well being of children.
4.	S H. Li , J R. Beames, J M. Newby et al.2021	The impact of COVID-19 on the lives and mental health of Australian adolescents	Australia	760 adolescent aged 12–18 years, The seven-item Warwick Edinburgh Mental Well-Being Scale—short form (SWEMWS)	Results showed that three quarters of the sample experienced a worsening in mental health, since the pandemic began, with negative impacts reported on learning, friendships and family relationships. There were also higher levels of sleep	It was concluded that adolescents faced several mental health issues due to covid-19

					disturbance, psychological distress and health anxiety, relative to normative samples.	
5.	Z Ma , S Idris, Y Zhang et al.2020	The impact of COVID-19 pandemic outbreak on education and mental health of Chinese children aged 7–15 years: an online cross sectional survey	China	668 Parents of children 7-15 years old, purposive sampling technique was used and Impact of Events Scale-Revised (IES-R), The Short Mood and Feelings Questionnaire (SMFQ-P) were used for data collection	During COVID-19 pandemic, 20.7 and 7.2% children report experiencing post-traumatic stress disorder (PTSD) and depressive symptoms due to the COVID-19 pandemic	It was concluded that COVID-19 epidemic has caused PTSD and depression symptoms among Chinese children aged 7 to 15 years.
6.	M. A. J. Luijten, M. M. van Muileko, L Teela et al.2021	The impact of lockdown during the COVID-19 pandemic on mental and social health of children and adolescents	Netherland	Two representative samples of Dutch children/adolescents (8–18 years) before COVID-19 (2018, N=2401) and during lockdown (April 2020, N=844) were compared on the Patient-Reported Outcomes Measurement Information System (PROMIS) .Random stratified sampling	Participants reported worse PROMIS T-scores on all domains during COVID-19 lockdown compared to before. During lockdown, more children reported severe Anxiety (RR=1.95 (1.55–2.46) and Sleep-Related Impairment (RR=1.89 (1.29–2.78) and fewer children reported poor Global Health	Study showed that governmental regulations regarding lockdown pose a serious mental/social health threat on children/adolescents that should be brought to the forefront of political decision-making and mental healthcare policy, intervention, and prevention.
7.	D Schnaiderman, H Comar, G Giannini.et al.2021	Psychological impact of COVID-19 lockdown in children and adolescents from San Carlos de Bariloche, Argentina: Parents' perspective: A descriptive, crosssectional study	Argentina	The mother or father of children and adolescents attending primary or secondary school in San Carlos de Bariloche participated in the study. Self developed questionnaire was used for data collection.	A total of 267 parents were included. Of them, 96.3 % noticed emotional and behavioral changes. The most common ones were that their children were more bored (76.8 %), more irritable (59.2 %), more reluctant (56.9 %), and angrier (54.7 %).	It was concluded that COVID-19 lockdown affected the emotional health and habits of children and adolescents. Boredom, irritability, and reluctance were more present during lockdown.
8.	K O'Sullivan, S Clark , A McGrane et al.2021.	A Qualitative Study of Child and Adolescent Mental Health during the COVID-19 Pandemic in Ireland	Ireland	94 Parents, guardians, caregivers, and their children were recruited. Interview method to share their experiences of COVID19 was used for data collection.	Parents and children discussed the negative impact of the restrictions on young people's wellbeing. Children and adolescents experienced adverse mental health effects, including feelings of social isolation, depression, anxiety, and increases in maladaptive behavior	It was concluded that the COVID-19 Pandemic had negative impact on the health of children and adolescent.
9.	U Ravens-Sieberer, A Kaman ,M Erhar et al.2021	Impact of the COVID-19 pandemic on quality of life	Germany	Children and adolescents aged 11–17 years were sample of the study. KIDSCREEN-10, mental health problems (SDQ),	Results were compared with data from the nationwide, longitudinal, representative BELLA cohort study (n=1556)	It was concluded that covid-19 disturbed the quality of life and mental health status of children and adolescents

		and mental health in children and adolescents in Germany		anxiety (SCARED), and depression (CESDC) were used for data collection.	conducted in Germany before the pandemic. Two-thirds of the children and adolescents reported being highly burdened by the COVID-19 pandemic. They experienced significantly lower HRQoL (40.2% vs. 15.3%), more mental health problems (17.8% vs. 9.9%) and higher anxiety levels (24.1% vs. 14.9%) than before the pandemic.	
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**CONCLUSION**

Despite the fact that the rate of COVID-19 infection among young children and adolescents is low, the stress they face makes their state extremely sensitive. Many cross-sectional researches have been carried out to investigate the impact of COVID-19 and lockdown on children and youth. The findings of these studies show that the nature and extent of this impact is influenced by a number of risk factors, including developmental age, educational status, pre-existing mental health conditions, being economically disadvantaged, or being quarantined due to infection or fear of infection. Clinginess, disrupted sleep, nightmares, poor eating, inattentiveness, and major separation problems have all been linked to young children in studies.

Covid-19 had a considerable detrimental impact on the psychological well-being of children and adolescents, according to the findings of the review. To mitigate the impact of the COVID-19 pandemic on children and adolescents' psychological well-being, innovative ways for early psychological therapies are urgently needed.

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