



Do not Forget People's Mental Health

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Dear Editor,

The outbreak of coronavirus disease 2019 (COVID-19) has changed the typical lifestyle of people worldwide for nearly two years. Maybe before the onset of this pandemic, no one believed that a virus could change all aspects of life. COVID-19 has had a catastrophic effect worldwide, and it has led to more than 5 million deaths.¹

Since the beginning of the COVID-19 pandemic, different factors such as emotional and exaggerated images and news, rumors, and misinformation about the origins and causes of the disease, have affected the lifestyle of the people, and many people have lost their family or friends, all leading to increased anxiety.² The results of studies in the previous pandemics have shown that one of the most critical domains of harm is the mental health of people and the significant point is that the mental health of infected individuals was less affected than non-infected individuals. During the COVID-19 pandemic, different studies have evaluated the mental health of people. Fear and anxiety are common feelings that are experienced by patients with or suspected of COVID-19. A study published in 2020 showed that fear of illness results in increased anxiety and stress levels in patients, healthy individuals or health workers.

On the other hand, the role of sleep is clear and different studies have been done on the quality of sleep, so the importance of sleep quality and its effects on people's lives is not hidden from anyone. In both developed and developing countries, sleep problems are growing and becoming one of the emerging epidemics. Also, the relationship between sleep quality and physical and mental health is evident to all. Sleep quality has a direct relationship with a stronger immune system, better

mental health, and higher quality of life. All the studies have shown that this disease is usually accompanied by simple respiratory symptoms (fever, fatigue, and dry cough) that can reduce sleep quality. Furthermore, sleep quality is reduced based on family orientation, working conditions, and home quarantine.³

Results of different studies have shown that physical activity can reduce the symptoms of anxiety and improve mental health, but during the pandemic, people are in quarantine, and they are deprived of sufficient physical activity. In 2020, Chouchou and colleagues found that lack of physical activity and poor-quality sleep during this pandemic directly affects well-being.⁴

Currently, all governments are attempting to buy vaccines and vaccinate their citizens, but they must pay attention to the effects of pandemics on the life and mental health of people. Some of these effects may persist for years, so the global health system should be aware of the pandemic's psychological aspects. Do not forget that after the vaccination of the people, the world does not go back to the normal condition of before starting this pandemic. Vaccination is the first step in fighting this virus. The next step is improving people's quality of life.

Conflict of Interest Disclosures

The authors declare that they have no conflict of interest.

Ethical Statement

Not applicable.

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