Psychology Week 3:

Packet Overview:

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<th>ESSENTIAL QUESTION:</th>
<th>What Are the Psychological Effects of a Quarantine?</th>
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| PROCEDURES:         | **Day 1:** Read Article One “What are the psychological effects of a quarantine?  
                      **Day 2:** Constructed response that examines the psychological effects of quarantine.  
                      **Day 3:** How to Cope with Quarantine: further examine the psychological effects of quarantine and how to cope. |
| WORK TO BE RETURNED:| **Assignment 1:** After reading the article answer the five questions in complete sentences.  
                      **Assignment 2:** Constructed response that examines your routine and how the quarantine has impacted that routine.  
                      **Assignment 3:** |
                      [https://www.verywellmind.com/protect-your-mental-health-during-quarantine-4799766](https://www.verywellmind.com/protect-your-mental-health-during-quarantine-4799766) |
| TIME ALLOCATED:     | 3 (20) minute lessons |

**Article One**

“What Are the Psychological Effects of a Quarantine?
New research surveys the challenges and consequences of this form of seclusion”.

Posted Mar 29, 2020

Vinita Mehta Ph.D., Ed.M.

Given the exponential spread of COVID-19, President Trump wanted to order a quarantine for the New York region before recommending a “strong travel advisory.” But what are the psychological effects of a quarantine? One woman who was quarantined for 14 days with her husband after being on a cruise ship with infected passengers told the CBC, “Now I know what an inmate must feel like.”

Clearly, being apart from (most) others and in isolation for the good of society can take a significant toll. In response to the pandemic, psychologist Samantha Brooks of Kings College London and her colleagues conducted a “rapid review” of the literature on the psychological effects of being quarantined.

Predictors of psychological impact before quarantine:
Having a psychiatric history was associated with anxiety and anger four to six months after being released from quarantine. Moreover, quarantined health-care workers showed more severe symptoms of post-traumatic stress compared to quarantined members of the general public.

**Stressors during quarantine:**
- Longer periods of quarantine were associated with post-traumatic stress symptoms, avoidance, and anger.
- Participants feared for their own health and/or fears of infecting others.
- Participants felt frustrated and bored during quarantine, due to confinement, loss of regular routine, and diminished social and physical contact with others.
- Having inadequate basic supplies (e.g., food, water, clothes, or accommodation) during quarantine led to frustration, and was linked to anger and anxiety four to six months after release.
- Having inadequate information, including clarity around actions to undertake, the purpose of the quarantine, and different levels of risk proved stressful.

**Stressors after quarantine:**
- Financial loss due to the inability to work created serious economic hardship, with enduring psychological impacts. In particular, anger and anxiety persisted for months after quarantine.
- Stigma was prominently reported. Participants experienced rejection and avoidance by others, and were treated with fear and suspicion.

**What can be done to offset the psychological consequences of a quarantine?**
- Keep a quarantine as short as possible but “scientifically reasonable.” Studies showed that the longer the quarantine, the poorer the psychological outcomes tended to be.
- Give people as much information as possible. Quarantined individuals feared being infected or infecting others. Thus, making sure that people quarantined have a firm understanding of the disease and the purpose of the quarantine is key.
- Provide adequate supplies quickly, and have back up plans for what to do if those in quarantine are running out of them.
- Decrease boredom and improve communication. Clear guidelines on coping and stress management should be provided. In addition, remaining connected to one’s social network — even remotely — helps guard against immediate anxiety and long-lasting distress.

Assignment 1
Directions: After you read article one, answer the questions below. Make sure you answer in COMPLETE SENTENCES.

1. Name two stressors during quarantine.

2. What is one stressor that can occur after quarantine?

3. What can be done to offset the psychological consequences of a quarantine?

4. In 3-4 sentences explain which stressor during or after quarantine do you think will cause the most mental health issues.

Assignment 2

Directions: Answer the following question in a paragraph (at least five sentences), using the article, class material and your own knowledge.

A daily routine is great for mental health, it reduces stress, cultivates positive daily habits, and gives us a sense of control. How does being in quarantine affect your daily routine? Before the quarantine what was your daily routine? How has it changed since staying at home?
How to Cope With Quarantine

By Kendra Cherry  Medically reviewed by Steven Gans, MD

March 18, 2020

Quarantining yourself at home can play an important role in preventing the spread of infectious diseases. But this doesn’t mean that coping with the disruption in your normal routine is easy. Taking care of your mental health is essential, even if your time in quarantine is relatively brief in the grand scheme of things.

The 2019 coronavirus (COVID-19) outbreak has led people to engage in social distancing as a critical way to help “flatten the curve,” or contain the spread of the illness to help keep infection rates as low as possible. Quarantine is recommended in cases where a person has been exposed or potentially exposed to others with coronavirus (COVID-19).

Possible Mental Health Effect of Coronavirus Quarantines

A 2019 review in The Lancet analyzed the results of past studies to get a better idea of how COVID-19 may impact those who are quarantined. The review found that psychological distress is common both during and after periods of quarantine. People commonly experienced:

- Fear
- Sadness
- Numbness
- Insomnia
- Confusion
- Anger
- Post-traumatic stress symptoms
- Depressive symptoms
- Low mood
- Stress
- Emotional disturbance
- Irritability
- Emotional exhaustion

There is some evidence that there may be longer-term consequences as well. Substance and alcohol dependency was more common up to three years after quarantine.

While individual reactions to self-imposed or mandated isolation will vary, you may be likely to have feelings of loneliness, sadness, fear, anxiety, and stress. Such feelings are normal given the circumstances. However, there are steps you can take to protect your mental health and well-being while coping with a quarantine.

Things You Can Do to Cope:

Researchers suggest that there are steps that may help mitigate some of the negative mental health effects of quarantine.

Establish Routines

The disruption in your normal daily routines can be one of the most difficult aspects of quarantine. This can leave you feeling directionless as you try to figure out how to fill all the hours of the day. If you’re working from home, it can be helpful to structure your time much like a regular workday.

Be As Active As Possible

Even relatively short periods of physical inactivity can have an impact on your health, both mentally and physically. One study found that just two weeks of inactivity could lead to reductions in muscle mass and metabolic effects.

Combat Frustration and Boredom

Some of the distress of being quarantined stems from boredom and frustration. Finding ways to stay occupied is important, so try to maintain as many of your routines as you can. Keep working on projects or find new activities to fill your time, whether it’s organizing your closet or trying out a new creative hobby.

Communicate

Staying in contact with other people not only staves off boredom, but it is also critical for minimizing the sense of isolation. Stay in touch with friends and family by phone and text. Reach out to others on social media.
If possible, join a support group or discussion board specifically for people who are in quarantine. Talking to others who are going through the same thing can provide a sense of community and empowerment.

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<td><strong>Directions:</strong> In at least five sentences, answer the question below; using article one and two as well as your own opinion.</td>
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<td><strong>How have you coped with the quarantine? How has the quarantine impacted your mental health?</strong> Give examples from the article and your own experience.</td>
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