

Uncovering The Mental Health Challenges Due The Covid-19 Crisis On High-Risk Populations – A Review

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Structured Abstract

Background: The outbreak of the novel coronavirus, SARS-CoV-2, in late 2019 led to an unprecedented global health crisis that continues to affect millions of lives and reshape societies worldwide. The pandemic's scale and severity have overwhelmed healthcare systems and prompted governments to implement drastic measures, such as lockdowns and social distancing, to curb the virus's spread. However, the stringent public health measures and the unrelenting fear of infection have inadvertently given rise to a silent mental health crisis among various segments of the population. High-risk populations, including parents and children, essential workers, and medical staff, have faced heightened stress and anxiety due to their unique circumstances, leading to increased psychological distress. Additionally, individuals with pre-existing mental health disorders have encountered further complications, as the pandemic's uncertainties exacerbate their symptoms.

Methods: -

Results: -

Conclusion: This review emphasizes the importance of understanding the mental health challenges faced by high-risk populations during the ongoing crisis and calls for comprehensive research and evidence-based interventions to mitigate the impact of fear, anxiety, and behavioural changes on their mental well-being.

Keywords: COVID-19, mental health, stress, depression, psychosocial support

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