



Journal Homepage: -www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI:10.21474/IJAR01/15200
DOI URL: <http://dx.doi.org/10.21474/IJAR01/15200>



RESEARCH ARTICLE

STRIKING OUT DEATH-CAUSING 'COVID FEAR'

Ms. Areeba Qaseem¹, Ms. Zeba Rukhsar² and Dr. Anjum Ahmed³

1. M.Ed Student, Department of Education Aligarh Muslim University Aligarh, India.
2. PGT, Redbricks International School, Kottakkal, Kerala.
3. Assistant Professor, Department of Education Aligarh Muslim University Aligarh, India.

Manuscript Info

Manuscript History

Received: 07 June 2022
Final Accepted: 14 July 2022
Published: August 2022

Key words:-

COVID-19, COVID Fear, Death Anxiety, Mental Health, Mental Health Education

Abstract

COVID-19 pandemic has triggered fear, panic, anxiety and deaths across the globe. The figure of deaths caused by COVID-19 is monstrous, but the deaths caused by 'COVID fear' cannot be ruled out. COVID fear or death anxiety is a feeling of terror and despair caused by thinking about death. This research article is qualitative in nature that is based on personal observations and a review of recent research studies in mental health. The purpose of this article is to bring 'COVID-fear' into the limelight and to draw out a thin line between fear and insanity by citing examples. Further, it provides suggestive measures to cope up with anxiety and maintain sanity, as a lot of people had lost their loved ones merely due to panic and anxiety during this pandemic and now anxiety levels are seen to be rising again due to the new COVIDwave and the fear of death has become more pronounced. It is of utmost importance that people must understand the need for sound mental health, which will help them to escape psychological issues causing death. This article deals with how to combat COVID fear and death anxiety through mental health education and different programmes. Lastly, the article enlists certain topics like- Mental Health Literacy, anxiety disorders and management, post-traumatic stress disorder, stress management, stress and anxiety among students, obsessive-compulsive disorder, and suicide prevention that may be included in the syllabi at B.Ed and M.Ed level in teacher training institutes.

Copy Right, IJAR, 2022.. All rights reserved.

Introduction:-

The word 'COVID-19' itself is monstrous enough to expedite fear, panic, anxiety and stress. The world is afflicted by a pandemic of a dreadful virus that caused an infectious disease Coronavirus (COVID-19). It is a strikingly contagious disease caused by Severe Acute Respiratory Syndrome (SARS) COV-2 virus. As of April 15, 2022, more than 500 million people have been infected by COVID-19 worldwide (worldometers.info). The COVID-19 pandemic has brought a lot of changes in our lives, from being together to social distancing, quarantine and isolation, which profoundly has contributed to stress and anxiety in a large population. A number of studies are being conducted to investigate the psychological ailments such as stress, anxiety and depression in the covid affected population. (Duan and Zhu, 2020; Gao et al., 2020; Huang and Zhao, 2020). In other pandemics and now in the COVID-19 pandemic, emotions like fear, anxiety and worry have been a major psychological concern. (Roy et

Corresponding Author:- Ms. Areeba Qaseem

Address:- M.Ed Student, Department of Education Aligarh Muslim University Aligarh, India.

al., 2020; Tandon, 2020; Xiang et al., 2020). Worrying constantly can cause palpitations, nausea, dizziness, breathing difficulty, insomnia, and anorexia (Wang et al., 2020). And such heightened emotionality causes nothing but harm.

COVID-Fear

A fear is prevailing in the form of 'COVID-fear' which can be defined as a fear of coronavirus or covid, fear of contracting virus, fear of isolation, fear of separation from loved ones and fear of death.

Covid-fear is as fatal as covid itself. This pandemic, a lot of people had lost their lives merely due to panic, anxiety, stress and fear. Fear itself has deteriorating effects on the physiological, psychological and behavioural health of human beings. As a result of which, a number of deaths have been reported due to this COVID-fear.

According to Times Now Digital (April 24, 2021)

1. A 70-year-old man heard the news of family members being covid positive, and he succumbed to death.
2. In the Nalgoda district, a 59-year-old succumbed to death within an hour of reaching his home after receiving the corona positive test report.
3. In the Kothagudem district, a 38-year-old man tested corona positive, and soon he succumbed to death after complaining of chest pain.

According to, The New Indian Express (April 29, 2020)

4. In Medak district, a woman 30 years of age died of terror immediately when she came to know that she was covid positive.

According to, The Times Of India (May 19, 2021)

5. A 75-year-old man hanged himself to death in a hospital in Kolkata after he got to know that he was covid positive.

Literature Review:-

Gothy et al. (2020) stressed the need for mental health cells for students' benefit during the COVID-19 lockdown. According to the World Health Organization (WHO) the worldwide prevalence of depression and anxiety in the very first year of the COVID-19 pandemic increased by a staggering 25%. Studies have noticed a link between anxiety and fear of covid (Mertens et al., 2020). There is consensus that COVID-19 is an endemic (BBC, 2020; Kissler et al., 2020), and it is becoming the new normal to live with covid with all the necessary continual precautions (Tanner et al. 2020). It has been noticed in this pandemic that, in comparison to adults, children and adolescents will continue to have prolonged adverse consequences (Shen et al., 2020). It is also seen that children are experiencing insomnia, restlessness, night terrors, poor appetite, anorexia, agitation, inattention and separation anxiety (Jiao et al., 2020). The fear of COVID-19 is linked more with anxiety and stress and less with depression (Bitan et al., 2020). The relationship between fear of COVID-19 with depression is persistent with few previous studies (Ahorsu et al., 2020; Alyami et al., 2020; TzurBitan et al., 2020). The relationships between anxiety and COVID-19 fear (Mertens et al., 2020) and between depression and anxiety (Jansson-Fröjmark and Lindblom, 2008; Jacobson and Newman, 2017; Hovenkamp-Hermelink et al., 2019; Chen et al., 2020a) have also been reported separately as well.

Objective of the Study:-

The objectives of this study are:

To familiarize how covid fear is as fatal as covid itself. To discuss the mental health programmes which help to combat covid fear. Pointing out suggestive measures to cope with anxiety and maintain sanity. Lastly, suggesting the topics to be included in the syllabi at B.Ed and M.Ed level. And orientation programmes and seminars for in-service and pre-service teachers.

Significance of the Study

The COVID-19 pandemic is a reason for fear, distress, anxiety, panic and grief. Millions of people had lost their lives, and entire families have been vanished. This pandemic has caused disruption of lives, properties, health etc. People suffered not only physiologically but also psychologically and emotionally. Panic attacks, heart attacks, hypertension, depression and anxiety, were on the surge in these last two years. And it was recorded and reported by The New Indian Express that mortality by heart attacks has doubled in this pandemic. Covid-fear was seen to be a

major reason for deaths as well. People died of fear of covid, fear of isolation and a lot more associated reasons. It is necessary to understand what causes this fear and which of the predictors exist.

While people are talking about body positivity, physique, good looking body, talking about mental health has been lost somewhere. Still in many places talking about one's mental health is considered a shame or the person is deemed to be mad/mental/psycho etc. Whereas, the truth is if one is not healthy mentally, he/she can never be healthy physically fully. And especially during this time, it is needed for the hour to talk about and put some light on such sensitive issues like these. This COVID-19 pandemic had majorly affected people's mental health, and as a result of which, a number of people had died as well; it was needed to bring this topic and talk about it. This research paper will aid in understanding the importance of mental health and will be helpful for people who are currently facing or might face difficulties in dealing with psychological problems in the future.

Thus, a significant need was felt by the researchers to put a light on an issue that is prevalent and equally important during this time in order to help people and make them understand how devastating and fatal this fear can be and how to deal with it with the help of a number of programmes and suggestions.

Covid fear and Youngsters

Even though children were less affected by COVID-19, but the damage caused by it on them was lethal. As much as adults have suffered from stress and anxiety during the pandemic, youngsters have experienced no less than them. When will I go to school? When will I get to play outside? Why can't I meet my friends? The stress and misery of children can easily be seen in such questions. These restrictions and boundations had made them furious and anxious. And the role of the lifestyle they are living during this pandemic (binge-watching, binge eating, gaming etc.) is only deteriorating their physical, mental and emotional health. It has been reported by Hindustan Times (November 01, 2021) that "31 children died by suicide every day in 2020, and experts blamed COVID-19". According to Roy et al. (2020), above 80% of people over the age of 18 have indicated a need for attention for their mental stability as a result of the pandemic's anxiety and stress. This pandemic has caused stress, psychological discomfort, sleep disorders and vulnerability in a large portion of the population, among other things. (Forte et al. 2020).

Fear of new wave

Covid-fear was seen to be settling down a bit, but all of a sudden, a new budding fear emerged. Fear of another wave. The anxiety levels are seen to be on surge again as another wave is expected.

The fear of a new wave is not only associated with deaths but with the consequences people faced during the last lockdown. People are worried about losing their jobs, financial crisis, health issues, covid complications, shortage of necessities, isolation, lockdown and separation from their family and friends. Children yet had got back their lives on track after the re-opening of schools, and news of another lockdown was devastating for them. The news of the new wave is messing up people's mental health, and now it is extremely important for people to protect their sanity and learn how to deal and cope with their stress and shun the possibilities of any more deaths than may be caused merely due to fear. And in order to prevent such death causing fear it is essential for people to maintain sound mental health. It is often said that a healthy mind leads to a healthy life. Hence, keeping one's mind at peace is very important, and it is equally important to know every aspect of good mental health.

Mental Health

Mental health is not merely the absence of psychological problems but the presence of a sound state of mind. Mental health care programme helps people to think, feel and act in a rational way and cope with the stress and anxieties of life. World Health Organization (WHO) defines mental health as "a state of well-being, in which every individual realizes his/her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his/her community".

Mental health care programmes are important to help people suffering from psychological problems. During the covid pandemic, the need for mental health care programs arose markedly. During the pandemic, people focussed on treating oneself and others physiologically so much that focussing on mental health got neglected somewhere. And hence, it got really important for people to keep a check on their mental health and mental health care programme plays an important role in ensuring that. Few programmes like:

1. National Mental Health Programme (NMHP) –Government of India launched it in 1982 to implement mental health knowledge in general healthcare as well as in social development.

National Mental Health Programme has a number of objectives, which are:

-to ensure accessibility and availability of mental health care, comfort and care for everyone in the near future, mainly to underprivileged and susceptible sections of the society.

-to increase participation of the community in developing mental health services and boost efforts for self-help in the community.

This programme is needed in the time of covid pandemic as it promotes positive mental health, helps in treating mental and psychological problems and eradicates the stigma of covid and psychological illness. All the workers in the mental health team are trained. And general public would be benefited from it through education, mental health centres, mental hospitals, tertiary care institutions and support organizations. One can visit its portal in order to connect to the program on the given link. www.nhp.gov.in/national-mental-health-programme_pg

2. District Mental Health Programme (DMHP) – launched under NMHP in 1996. It provides community mental health services in around 600 Indian districts.

The objectives of District Mental Health Programmes are-

-detection and treatment of patients in the community.

-through public awareness, reducing the mental illness stigma.

-treating rehabilitation patients in the community.

In view of the covid pandemic, DMHP works best as it provides services for the early detection of mental illness and its treatment. It also provides specialized hospital-based mental care. General public would be benefited from their or nearby districts, as it provides services in around 600 districts of India.

Institute of Human Behaviour and Allied Sciences, Delhi, is identified as a nodal agency for the implementation of DMHP.

3. Mental Health Rehabilitation – The rehabilitation services help people to live in a normal way by removing or trying to remove all the psychological obstacles they face to carry a normal life. Cognitive therapy, occupational therapy, physical therapy and speech and language therapy are catered to the people in need. And it is important in the times of mental health crisis caused by the covid pandemic. But during the pandemic the mental health rehabilitation centres have been temporarily closed. Hence, people with psychological issues need to be assured that these centres will soon be reopened. Till then, digital platforms for training and support should be provided.

4. Counselling programs and sessions – Counselling is consultation/guidance/advice given by any expert or therapist about a problem anyone is facing. There are a number of counsellors which people can approach who are facing psychological issues either physically or through online consultation. Counselling sessions include behavioural counselling, systematic counselling, humanistic counselling, psychodynamic counselling, cognitive behavioural therapy and behavioural disorder counselling.

Suggestions:-

The COVID-19 pandemic has disrupted people's lives. The deadly virus took millions of lives in such a short period of time, and at the same time, deaths caused by its fear cannot be ruled out. Covid fear has proven to be as disastrous as covid itself. People lost their lives merely due to panic, heart failure, cardiac arrests and suicides. And those who are alive, majority of them are dealing with anxiety, stress, depression etc. Therefore, it is now crucial for people to maintain sound mental health as the new wave is approaching. Sound mental health is important not only during a pandemic but in normal life as well. It should be taught and included in the curriculum as well.

There are a number of topics that should be included in the syllabi of B.Ed and M.Ed level in a teacher training institute, which are:

1. Mental Health Literacy – Mental Health Literacy provides knowledge of mental disorders along with its management and prevention. This will teach about the strategies and coping mechanisms for the student to navigate stress and will provide achievement and motivation.

2. Anxiety disorders and management – Students face anxiety in day to day life. Anxiety due to studies, assignments, exams, family problems and now due to covid pandemic. Anxiety disorder includes:

a) Panic Disorder- It includes a series of unforeseen panic attacks which involves intense and terrifying fear. One is suffering from panic disorder if he/she experiences a sense of danger now and then, fear of death, palpitations, sweating, trembling of hands and legs, breathlessness, nausea, chills, chest pain, dizziness etc.

b) Social Anxiety Disorder- It is characterized by the heightened and constant fear that one will negatively be evaluated in a performance situation. If a person feels blushing, has difficulty in

- speaking and talking, has a rapid heartbeat while in conversation with someone, worrying about social events and meeting people etc., he/she might have social anxiety.
- c) Obsessive Compulsive Disorder- It is a disorder where people have recurrent, unwanted thoughts, emotions or ideas that make them feel that they are driven to do things repetitively. If a person is obsessing over something way too much, like needing things orderly and symmetrically, having difficulty tolerating uncertain or inappropriate things, checking things, again and again, to be sure, fear of contamination when touching things, etc., then he/she might have obsessive-compulsive disorder.
 - d) Post-Traumatic Stress Disorder- It is a disorder that is characterized by failure of recovery after one has experienced any trauma or terrifying events.
3. Stress and anxiety among students and its management – Not necessarily a disorder, but almost every other student has stress and anxiety to some extent. Being overburdened by academic pressure, family issues, relationship issues, body image issues, bullying etc. and now covid are some of the reasons causing anxiety and stress. At this age, it is essential to learn to manage stress because the damage done at this sensitive stage is irreversible. Therefore, it is important to include topics like stress management to drag students towards sound mental health.
 4. Suicide Prevention- A number of students commit suicide every year, and during the pandemic, a number of children committed suicide due to a lot of pressure and stress of a lot of things that students are going through. One can never know what is going on in the mind of the child. Being young and immature with heightened emotionality, students tend to take big steps that can never be acceptable. Therefore, it is extremely important to touch on these sensitive topics via curriculum. If anyone is facing problems of suicidal thoughts, then he/she may take help from the suicide prevention helpline number on <http://www.aasra.info/helpline.html>

Workshops, Seminars and Conferences for In-service and Pre-service teachers

To bring change, impart information and educate, there is no one better than a teacher. Hence, in-service teachers and pre-service teachers are the perfect choices when it comes to teaching or preaching about something. In the times of the covid pandemic, it has become more important. Workshops, seminars and conferences must be arranged in the times to discuss, explore and introduce new ideas. School-based counselling can contribute to mental health promotion. Hence the contribution of teachers in combating covid fear can really be helpful. Workshops, seminars and conferences can be arranged in the view of the covid pandemic as well in order to reach out to things that could prove to be beneficial for all.

1. Guest lectures can be arranged where the knowledgeable other or the expert can talk about the important topics. Topics like covid and mental health, the importance of mental health, stress management etc.
2. Celebration of mental health day in institutes, a number of programs can be organized on the topic of mental health.
3. Co-curricular activities related to mental health for pre-service teachers.
4. Refresher courses and orientation for in-service teachers.

A few important things that should be talked about in every seminar, workshops and conferences during the time of pandemic are-

1. Psychological strategies for handling grief, distress and stress.
2. Avoid believing every news circulating on social media.
3. Covid related information must be provided without disturbing images.
4. Importance of yoga. In the time of covid, people can be benefited from tele yoga.
5. Talking about techniques of coping strategies for people with psychological issues.
6. Talking about stress management.
7. How covid fear has caused many deaths, and how necessary is it to maintain sound mental health.
8. Training students and teachers about the symptoms of different psychological disorders so that they can self-evaluate their problems. And teachers will be able to diagnose such symptoms in their students.
9. Training teachers on how they can provide psychological first aid to their students because approaching a teacher is far easier than approaching a psychologist.

Conclusion:-

The COVID-19 pandemic had affected people tremendously in ways no one could have imagined, be it physiologically, psychologically, emotionally or economically. As much as covid had spread rapidly, its fear escalated two times faster. A number of people died merely due to heart attacks, panic and anxiety. Hence, it was important for people to realize the significance of maintaining their sanity and peace to escape the death-causing fear

which was escalating faster. A number of different mental health programmes like National Mental Health Programmes, District Mental Health Programme, Mental Health Rehabilitation, Counselling programmes and sessions etc., are there which help people to tackle and deal with the psychological ailments they suffer from and how people can avail its services. It is also important to disseminate the education aiming at providing sound mental health by introducing related topics such as mental health literacy, anxiety disorders and their management, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, suicide prevention etc., in the syllabi at B.Ed and M.Ed level. Workshops and seminars for in-service and pre-service teachers should also be conducted where guest lecturers can be arranged on sensitive and topics that are needed for the hour. These workshops and seminars must also provide some suggestions that will help people to work towards having a healthy state of mind.

The COVID-19 pandemic has helped to focus attention on issues affecting physical and mental health. People's reactions to COVID-19 fear have ranged from fleeing their jobs to committing suicide, as well as rise in domestic violence. It is critical to learn what people are scared of during pandemics, the elements that contribute to this fear, and how it can be alleviated or at the very least managed. The long haul effects of COVID-19 fear can be threatening and lead to negative consequences later in life. The susceptible population and related factors of covid fear recognized in this review may aid policymakers in developing appropriate strategies to deal with the current catastrophe of the pandemic's prolonged effects on people's mental health.

Bibliography:-

1. Ahorsu et al. (2020). The Fear of COVID-19 Scale: Development and Initial Validation. *International journal of mental health and addiction*, 1–9. Advance online publication. <https://doi.org/10.1007/s11469-020-00270-8>
2. Alyami et al. (2020). Alyami, M., Henning, M., Krägeloh, C. U., & Alyami, H. (2021). Psychometric Evaluation of the Arabic Version of the Fear of COVID-19 Scale. *International journal of mental health and addiction*, 19(6), 2219–2232. <https://doi.org/10.1007/s11469-020-00316-x>
3. Bitan et al. (2020). Fear of COVID-19 scale: psychometric characteristics, reliability and validity in the Israeli population. *Psychiatry Res.* 2020;289 doi: 10.1016/j.psychres.2020.113100.
4. Chen et al. (2020). How Have COVID-19 Isolation Policies Affected Young People's Mental Health? - Evidence From Chinese College Students. *Frontiers in psychology*, 11, 1529. <https://doi.org/10.3389/fpsyg.2020.01529>
5. Duan, L., and Zhu, G. (2020). Psychological interventions for people affected by the COVID-19 epidemic. *Lancet Psychiatry* 7, 300–302. doi: 10.1016/S2215-0366(20)30073-0
6. Forte et al. (2020). COVID-19 Pandemic in the Italian Population: Validation of a Post-Traumatic Stress Disorder Questionnaire and Prevalence of PTSD Symptomatology. *International journal of environmental research and public health*, 17(11), 4151. <https://doi.org/10.3390/ijerph17114151>
7. Gao, et al. (2020). Mental health problems and social media exposure during COVID-19 outbreak. *PLoS One* 15:e0231924. doi: 10.1371/journal.pone.0231924
8. Goothy et al. COVID-19 lockdown impact on the mental health of students: need to start a mental health cell. *MOJ Anat Physiol.* 2020;7(2):51-52 DOI: 10.15406/mojap.2020.07.00289
9. Hovenkamp-Hermelink et al. (2019). Differential associations of locus of control with anxiety, depression and life-events: A five-wave, nine-year study to test stability and change. *Journal of affective disorders*, 253, 26–34. <https://doi.org/10.1016/j.jad.2019.04.005>
10. Huang, Y., & Zhao, N. (2020). Generalized anxiety disorder, depressive symptoms and sleep quality during COVID-19 outbreak in China: a web-based cross-sectional survey. *Psychiatry research*, 288, 112954. <https://doi.org/10.1016/j.psychres.2020.112954>
11. Jacobson, N. & Newman, M. (2017). Anxiety and depression as bidirectional risk factors for one another: A meta-analysis of longitudinal studies. *Psychological bulletin*, 143(11), 1155–1200. <https://doi.org/10.1037/bul0000111>
12. Jansson, M. & Lindblom, K. (2008). A bidirectional relationship between anxiety and depression, and insomnia? A prospective study in the general population. *Journal of psychosomatic research*, 64(4), 443–449. <https://doi.org/10.1016/j.jpsychores.2007.10.016>
13. Jiao (2020). Behavioral and Emotional Disorders in Children during the COVID-19 Epidemic. *The Journal of pediatrics*, 221, 264–266.e1. <https://doi.org/10.1016/j.jpeds.2020.03.013>
14. Kissler (2020). Projecting the transmission dynamics of SARS-CoV-2 through the postpandemic period. *Science (New York, N.Y.)*, 368(6493), 860–868. <https://doi.org/10.1126/science.abb5793>

15. Mertens et al. (2020). A review on the effects of verbal instructions in human fear conditioning: Empirical findings, theoretical considerations, and future directions. *Biological Psychology*. 2018;137:49–64. doi: 10.1016/j.biopsycho.2018.07.002
16. Roy, D. et al. (2020). Study of knowledge, attitude, anxiety & perceived mental healthcare need in Indian population during COVID-19 pandemic. *Asian journal of psychiatry*, 51, 102083. <https://doi.org/10.1016/j.ajp.2020.102083>
17. Shen et al. (2020). Treatment of 5 Critically Ill Patients with COVID-19 With Convalescent Plasma. *JAMA*, 323(16), 1582–1589. <https://doi.org/10.1001/jama.2020.4783>
18. Tandon R. (2020). COVID-19 and mental health: Preserving humanity, maintaining sanity, and promoting health. *Asian journal of psychiatry*, 51, 102256. <https://doi.org/10.1016/j.ajp.2020.102256>
19. Tanner et al. (2020). The Effect of the COVID-19 Pandemic on People with Parkinson's Disease. *Journal of Parkinson's disease*, 10(4), 1365–1377. <https://doi.org/10.3233/JPD-202249>
20. Xiang et al. 2020. Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed. *Lancet Psychiatry*. 2020;7:228–229. doi: 10.1016/S2215-0366(20)30046-8.

Weblinks

1. Aasra- Suicide prevention helpline numbers retrieved from <http://www.aasra.info/helpline.html>
2. Corona virus cases. Retrieved from <https://www.worldometers.info/coronavirus/>
3. Definition of mental health. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response#:~:text=Mental%20health%20is%20a%20state,to%20his%20or%20her%20community.>
4. Department of Psychiatry, National Mental Health & Neurosciences, Bengaluru, India (2020)- Mental Health in the Times of COVID-19 Pandemic, Guidance for General Medical and Specialised Mental Health Care Setting retrieved from <https://nimhans.ac.in/wp-content/uploads/2020/04/MentalHealthIssuesCOVID-19NIMHANS.pdf>
5. National Health Portal. Retrieved from https://www.nhp.gov.in/national-mental-health-programme_pg
6. National Mental Health Programme retrieved from <https://nhm.gov.in/index1.php?lang=1&level=2&sublinkid=1043&lid=359>
7. The Hindustan Times (November 01, 2021) 31 children died by suicide every day in 2020, experts blame COVID. Retrieved from <https://www.hindustantimes.com/india-news/31-children-died-by-suicide-every-day-in-2020-reveals-govt-data-experts-blame-COVID19-101635728283964.html>
8. The New Indian Express (April 29, 2021) Telangana: Woman dies due to fear on testing positive for COVID-19. Retrieved from <https://www.newindianexpress.com/states/telangana/2021/apr/29/telangana-woman-dies-due-to-fear-on-testing-positive-for-COVID-19-2296477.html>
9. The New Indian Express (September 29, 2021): Mortality by heart attacks had doubled this pandemic. Retrieved from: <https://www.newindianexpress.com/cities/chennai/2021/sep/29/mortality-by-heart-attacks-has-doubled-in-the-pandemic-2365013.html>
10. The Times of India (May 19, 2021) Fear of death, separation cause mental health issues in COVID patients: Doctors. Retrieved from <https://timesofindia.indiatimes.com/city/kolkata/fear-of-death-separation-cause-mental-health-issues-in-cov-patients-docs/articleshow/82750611.cms>
11. Times Now News (April 24, 2021) COVID-19: People are dying of shock and fear in Hyderabad. Retrieved from <https://www.timesnownews.com/hyderabad/article/COVID-19-people-dying-of-shock-and-fear-in-hyderabad/748981>
12. Types of Therapy. Retrieved from <https://www.medicalnewstoday.com/articles/types-of-therapy#summary/>
13. UNICEF Impact of COVID-19 on children's mental health. Retrieved from <https://www.unicef.org/india/impact-COVID-19-childrens-mental-health>
14. Increase in anxiety by 25% stated by WHO. (2022). Retrieved from <https://www.who.int/news/item/02-03-2022-COVID-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>.