



The Combination of Increased Anxiety and Stress due to Covid-19 Contribute to Internal Health Difficulties for Dependence Cases

Bei Wu*

Department of Psychiatry, University of Freiburg, Germany

DESCRIPTION

The internal health impact of COVID-19 is significant and we've seen from former pandemics of this nature that there can be long-term psychiatric sequelae. This current epidemic has seen an increase in fear and fear convinced behaviours in the general public with exemplifications of fear buying in Ireland emphasising the current stress situations of the Irish population. There have been calls for increased internal health care during the COVID-19 epidemic and this should include cases attending dependence psychiatry services. Increased cerebral stress situations have been demonstrated in over one-third of the general population during the COVID-19 epidemic. Over half the population surveyed in one Chinese study rated the cerebral impact of the epidemic from moderate-to-severe. Increased stress situations have been shown to play a crucial part in medicine abuse and fall in dependence. In addition, ongoing increased acute and habitual stress can lead to the development of alcohol and other substance abuse diseases. In our service, a comparison of figures of admissions to our inpatient unit this time showed analogous situations of admission compared to the same time period in the former 5 times, with numerous cases citing the stress related to COVID-19 as a significant factor in their donations to our service. From a physical perspective, the use of alcohol and other lawless substances can be mischievous during the COVID-19 epidemic. There's a direct physical effect that gobbled substances can have on the respiratory system in relation to COVID-19. Cocaine use can have a dangerous effect on the cardiovascular system, further adding the threat of mortality associated with COVID-19 infection. The lack of vacuity of tradition and lawless opioids during this epidemic may lead to dropped forbearance and posterior overdose. The World Health Organization (WHO) has advised that increased alcohol consumption can make a person more vulnerable to adverse health

issues associated with COVID-19. This is most probably due to the vulnerable repression seen with habitual alcohol use, and habitual alcohol use has been shown to increase the inflexibility of other given influenza infections. Combined with the diversion of coffers in drug towards the treatment of COVID-19, this could leave dependence cases more vulnerable to the physical consequences of their dependence.

The measures taken by governments encyclopedically and in Ireland to stem the COVID-19 epidemic can take a heavy cerebral risk on cases living with dependence. Insulation and lack of distraction created by social distancing guidelines can lead to alcohol abuse, relapse of alcohol dependence and implicit development of alcohol use complaint. Insulation and tedium are also significant motorists of problem gambling. Despite the check of laying outlets and the conclusion of major sporting events worldwide, online gambling has seen a significant rise in fashionability during the COVID-19 epidemic. There has been heavy creation of a plethora of other gambling products including online summerhouse games, online niche machines and virtual sports. Reports from problem gamblers attending our service punctuate the current difficulties they face trying to avoid the ever-adding lure of these online forms of gambling that don't involve live sports. An illustration of similar is virtual horseracing where gamblers can go on the outgrowth of a race between virtual nags on a computer screen. To the casual, controlled bettor, these forms of gambling aren't particularly seductive. To problem gamblers, they present an avenue to continue gambling numerous countries have recognised problem gambling as a significant issue during the COVID-19 epidemic, with Latvia assessing a ban on online gambling and Portugal considering an analogous ban on online summerhouse gambling. The combination of the increased anxiety and stress due to COVID-19, the insulation caused by the social distancing

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Corresponding author Bei Wu, Department of Psychiatry, University of Freiburg, Germany, E-mail: wu_bei@gmail.com

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measures and high vacuity of alcohol and gambling during this time will contribute to increased internal health difficulties for dependence cases. This, in turn, will increase the demand on services to give ongoing care to these cases during the epidemic and test the capability of our current systems to give a service for these cases.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.