



Mental Health Implication of Quarantine and Isolation on Children and Adolescents during Covid-19 Outbreak: A Narrative Review

Rezky Aulia Yusuf

Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia
Jalan Urip Sumoharjo No.5, Panaikang, Kec. Panakkukang, Kota Makassar, Sulawesi Selatan
Email : rezkyauliayusuf94@gmail.com

Abstract

Quarantine and isolation are approaches that often used to prevent and control the transmission to the population at risk. These approaches limit the social interaction, confined mobility and daily activities of the pretentious individual. Those complete change to the psychosocial environment and have the potential to threaten the mental health of children and adolescents significantly. This literature review purposed to describe and summarize the available evidence on mental health problems caused by quarantine and isolation on child and adolescent during Covid-19 pandemic. A literature search was conducted using three major database; PubMed, Google scholar and SAGE journals. Including papers that systematically conducted reviews and reported mental health problems among children and teenagers during COVID-19 outbreak. Among 743 journal articles, only 5 met all inclusions criteria. These articles reported a high burden of mental disorders among children and adolescents. Prevalent of psychological problems among the affected individuals include fear, loneliness, depression, anxiety, mood disorders, insomnia, and other adverse negative emotions. There are many mental health threats associated with the pandemic and subsequent restrictions. Child and adolescent psychiatrists and parents must ensure continuity of care during all phases of the pandemic. Research is needed to assess the implications of policies on mental health of children and adolescents in order to be better prepared for future developments.

Keywords: covid-19; isolation; mental health

REFERENCES

1. Organization WH. Coronavirus disease (Covid-19) pandemic Geneva 2020 [09 July]. Available from: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.
2. Fegert JM, Vitiello B, Plener PL, Clemens V. Challenges and burden of the Coronavirus 2019 (Covid-19) pandemic for child and adolescent mental health: a narrative review to highlight clinical and research needs in the acute phase and the long return to normality. *Child Adolesc Psychiatry Ment Health*. 2020;14:20.
3. Danese A, Smith P, Chitsabesan P, Dubicka B. Child and adolescent mental health amidst emergencies and disasters. *The British Journal of Psychiatry*. 2020;216(3):159-62.
4. Dalton L, Rapa E, Ziebland S, Rochat T, Kelly B, Hanington L, et al. Communication with children and adolescents about the diagnosis of a life-threatening condition in their parent. *Lancet*. 2019;393(10176):1164-76.
5. Brooks SK, Smith LE, Webster RK, Weston D, Woodland L, Hall I, et al. The impact of unplanned school closure on children's social contact: rapid evidence review. *Eurosurveillance*. 2020;25(13):2000188.

6. Van Lancker W, Parolin Z. Covid-19, school closures, and child poverty: a social crisis in the making. *The Lancet Public health*. 2020;5(5):e243-e4.
7. Poletti M, Raballo A. Letter to the editor: Evidence on school closure and children's social contact: useful for coronavirus disease (Covid-19)? *Euro Surveill*. 2020;25(17).
8. Christ GH, Christ AE. Current approaches to helping children cope with a parent's terminal illness. *CA Cancer J Clin*. 2006;56(4):197-212.
9. Stein A, Dalton L, Rapa E, Bluebond-Langner M, Hanington L, Stein KF, et al. Communication with children and adolescents about the diagnosis of their own life-threatening condition. *Lancet*. 2019;393(10176):1150-63.
10. Dalton L, Rapa E, Stein A. Protecting the psychological health of children through effective communication about Covid-19. *Lancet Child Adolesc Health*. 2020;4(5):346-7.
11. Stein A, Lehtonen A, Harvey AG, Nicol-Harper R, Craske M. The influence of postnatal psychiatric disorder on child development. Is maternal preoccupation one of the key underlying processes? *Psychopathology*. 2009;42(1):11-21.
12. Krauel K, Simon A, Krause-Hebecker N, Czimbalmos A, Bottomley A, Flechtner H. When a parent has cancer: challenges to patients, their families and health providers. *Expert Rev Pharmacoecon Outcomes Res*. 2012;12(6):795-808.
13. Organization wh. Coming of age: Adolescent health 2020 [Available from: <https://www.who.int/health-topics/adolescents/coming-of-age-adolescent-health>].
14. Gómez-Salgado J, Andrés-Villas M, Domínguez-Salas S, Díaz-Milanés D, Ruiz-Frutos C. Related Health Factors of Psychological Distress During the COVID-19 Pandemic in Spain. *Int J Environ Res Public Health*. 2020;17(11).
15. Hossain MA, Rahman S, Karim MR. The Mental Health of School-Going Children During Existing Lockdown Situation Due to Covid-19 Pandemic in Bangladesh. 2020.
16. Saurabh K, Ranjan S. Compliance and Psychological Impact of Quarantine in Children and Adolescents due to Covid-19 Pandemic. *Indian J Pediatr*. 2020:1-5.
17. Al-Awaida WJ, Al-Ameer HJ, Al-Turk H, Al Bawareed O, Khalil R, Al Deek A, et al. Psychological Effects of Quarantine on Syrian Refugees, Compared to the Jordanian Population. Compared to the Jordanian Population (4/18/2020). 2020.
18. Liu JJ, Bao Y, Huang X, Shi J, Lu L. Mental health considerations for children quarantined because of Covid-19. *Lancet Child Adolesc Health*. 2020;4(5):347-9.
19. Sheng X, Liu F, Zhou J, Liao R. [Psychological status and sleep quality of nursing interns during the outbreak of Covid-19]. *Nan Fang Yi Ke Da Xue Xue Bao*. 2020;40(3):346-50.
20. Alvis L, Shook N, Oosterhoff B. Adolescents' prosocial experiences during the covid-19 pandemic: Associations with mental health and community attachments. 2020.
21. Witt A, Ordóñez A, Martin A, Vitiello B, Fegert JM. Child and adolescent mental health service provision and research during the Covid-19 pandemic: challenges, opportunities, and a call for submissions. *Child Adolesc Psychiatry Ment Health*. 2020;14:19.
22. Andrews JL, Foulkes L, Blakemore SJ. Peer Influence in Adolescence: Public-Health Implications for Covid-19. *Trends Cogn Sci*. 2020.
23. Ahmad AR, Murad HR. The Impact of Social Media on Panic During the Covid-19 Pandemic in Iraqi Kurdistan: Online Questionnaire Study. *J Med Internet Res*. 2020;22(5):e19556.

24. Balasubramanian S, Rao NM, Goenka A, Roderick M, Ramanan AV. Coronavirus Disease 2019 (Covid-19) in Children - What We Know So Far and What We Do Not. *Indian Pediatr.* 2020;57(5):435-42.
25. Chen S. An online solution focused brief therapy for adolescent anxiety during the novel coronavirus disease (Covid-19) pandemic: a structured summary of a study protocol for a randomised controlled trial. *Trials.* 2020;21(1):402.
26. Cui Y, Li Y, Zheng Y, of Child CS. Mental health services for children in China during the Covid-19 pandemic: results of an expert-based national survey among child and adolescent psychiatric hospitals. *European Child & Adolescent Psychiatry.* 2020:1.