

COMMON PSYCHOSOCIAL REACTIONS OF PEOPLE AMID A PANDEMIC*

*From a briefing note of the Inter-Agency Standing Committee on Mental Health and Psychosocial Support in Emergencies, an inter-agency forum for UN and non-UN humanitarian partners

Fear of contracting and/or transmitting the disease being suspected as ill being stigmatized when ill, and being unable to ensure safety of family and friends

Anxiety due to the great uncertainty in the unfolding situation

Boredom and frustration may emerge due to prolonged idle time at home

Stress may be heightened due to the lack of livelihood and income difficulty in sustaining basic needs unfinished academic and work requirements, and a change in family structure and dynamics

